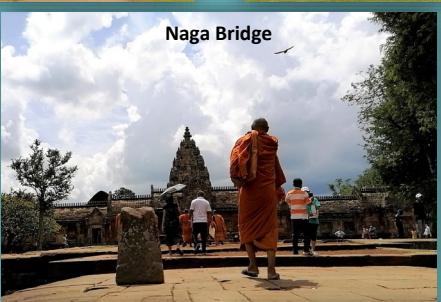




The Khmer Empire constructed Prasat Phanom Rung in the early days of its reign. At that time the Khmer Empire was still a part of the Hindu society and was practicing Hinduism. The Khmer architecture in this temple is characterized by a foundation made of laterite and sandstone for the upper structures and carvings of the buildings.



In Thai, the name "Prasat Hin" means stone castle. It's named so due to its stone construction. On two distinct days in a year, the sun aligns, and shines through its 15 different doorways. As a result, the sunlight appears at the center of the main temple of Phanom Rung when viewed near the Naga Bridge.



FOOTPRINTS

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Volume 6 Issue 1

August - October 2021

Pandemic Woes

Business Owner
To The Rescue

Struggles of Online Learning

NEWSTART
to Better Health



"We don't just teach,
we build character."



Western Association
of Schools and Colleges



Office of Nation Education
Standards and Quality
Assessment



Growing in Jesus

**PROTECT YOURSELF,
PROTECT OTHERS**

Pandemic Response
Comparison of two ASEAN Countries

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EDITORIAL STAFF

- Editor-in-Chief:** **Sherik Kavira Kazimoto**
- Associate. Editor:** **Paphangkorn Sirijanya**
- Feature Editor:** **Leslie Hayden Gara**
- News Editor:** **Phurin Siloh**
- Layout/Design Editor:** **Panida Kanya**
- Editorial Adviser:** **Arpha Vida Buga-ay**
- Technical Adviser:** **Edan Boy Pedragosa**
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back cover: **Leslie Hayden Gara**
- Arpha Vida Buga-ay**

Fun with Portmanteau

port·man·teau

/pôrt'mantôô/

noun: portmanteau; plural noun: portmanteaux; plural noun:

is a blend of words in which parts of multiple words are combined to form a new word.

glamorous

+ camping

= **glamping**



emotion

+ icon

= **emoticon**



iPod

+ broadcast

= **podcast**



parachute

+ troops

= **paratroops**



spoon

+ fork

= **spork**



chocolate

+ alcoholic

= **chocoholic**



pocket

+ monster

= **pokémon**



information

+ commercial

= **infomercial**



2 Years Max

- Sherik Kavira Kazimoto

Moving from one country to another is something that I grew up with and I loved it. Nevertheless, there are always difficulties that come along with any kind of movement. I always thought that I was going to stay in Congo - the country where I'm from, until I got older. Little did I know that I was only going to stay there for less than 5 years of my life.

It was the saddest moment of my life when I left my closest friends and moved to a completely new place. That sadness didn't last long. When we moved to Tanzania, I was scared, and always quiet. I kept on tagging along with my mom all the time. Until finally I decided to make a few friends at my new school. I am not much of a social butterfly, so it was hard for me at the beginning.

A week passed and I started learning Swahili, the language of Tanzania. Though learning a new language is a good thing, I didn't want to speak the language fluently because I was afraid that I would forget how to speak French.

A few more weeks passed, and I started speaking both English and Swahili. My French was slowly fading from my brain. I didn't pay much attention to it because the only people whom I could speak French with was my family. After a month or so, I made a few good friends. They helped me during my classes.

Did I mention that I had to change my penmanship when I moved to a new school system? I used to write in an amazing cursive handwriting, but I can no longer do it. It felt like I left everything behind. My friends helped me learn how to write again. I was

made fun of at first, but I didn't let that stop me from doing what I had to do to adjust to my new home, at least for the time being.

I thought that Tanzania would be my forever home since everyone in the family was happy. I was wrong because a year later we had to move again. I was more excited about the move because I started to enjoy going to different countries.

The next stop was Uganda, a country right next to Tanzania. There I learned new ways of doing things once again. It took me a while to figure out how things worked, since I came in the middle of the year rather than at the beginning of the school year. Once again, I had to make new friends. It came to a point that I started to miss my old friends because of how I was treated in the new school.

By the end of the year, I was able to find new friends and they helped me adjust to yet another new country. Just when I thought that that was where we will finally settle, we moved again. That time I was even more excited because I was already getting bored of staying in a new country for longer than 2 years.

Moving to Thailand, I knew I had to start the whole process readjusting again, finding friends, learning a new language, and studying completely different things. It was hard at first because I was literally the only black kid in the whole class. Even though I felt really left out, I knew that this was for the better. I have stayed in Thailand for 5 years already, and to be honest, I'm bored. I can't wait to go to a new place, and I know that change is something that will be good for me and our family.

EDITORIAL

- Sherik Kavira Kazimoto

Covid-19 has caused some serious damage to the world since 2019. The death toll has been piling up, and wave after wave keeps on taking the lives of many people. The only way to protect ourselves is to isolate from one another. It has created a lonely world of people locked behind their screens while doing online classes, working at home and doing online selling.

Wearing a mask, handwashing, and disinfecting has become a part of our daily lives. In our desire to be healthy and safe, we have become more careful with what we eat and are keen on doing our exercise just to keep our bodies healthy to fight off this disease. Advertisements on anything related to health are the top trends on TV and social media.

The choices that we make now will greatly affect the people around us, that's why making the right choice is now a huge human responsibility. Some people are against even the wearing of masks, and they're crying for the violation of their rights. But how about the rights of those who may get sick because of our negligence to protect them from us?

It is important for us to understand that it takes everyone of us together to battle the problems brought by this pandemic.



The so-called "new normal" is still far from normal for most of us. Things still seem so unreal, despite the realities that we are facing each day. We don't like the restrictions imposed on us, but it's the only way we can survive.

This footprints issue includes stories of how different sectors of the society are coping with the pandemic. Stories of struggles, hope, generosity, and humanity. Some students even shared the skills that they have learned while being at home, and we also have straight-up medical facts from the frontliners that were interviewed.

We hope that the Footprints' first issue for this year will not only be informative, but will also make you smile as you flip through its pages from cover to cover.

Struggles of Online Learning

- Phurin Siloh

The pandemic, gave rise to a new way of learning - the "Online Learning." This has become a new style of educating the young people of this generation.

Instead of meeting with their teachers face to face at school, they have to meet with them on an online class. AIMS, just like the rest of the schools all over the world transitioned to this new platform of learning.

Students and teachers need to be in front of the computer for about 7-8 hour per day. That does not include the time that the teachers need to prepare their lessons, and the time that students spend to finish their homeworks by themselves.

AIMS recently came up with a system of how teachers give homeworks to students. Each teacher has chosen a day of submission of their students' works. Most of the teachers try to finish everything during their class to lessen the home workload of their students. However, there are other teachers who tend to overload their students with work,



and some of them may not even be aware of it. Many students are not able to finish their work on time in the class, and they end up having to do the unfinished works as a home work.

Most of the students are trying their best to cope with the demands of their online classes. However, there are

those who are still struggling with it. It is often stressful and the increase of screen time especially for the younger kids is unhealthy. Younger students have modules to lessen screen time.

Despite having more freedom in an online class, the majority of the students still prefer being at school and learning face to face with their teachers and classmates. They feel that at school they can learn more, focus better, and more importantly they can catch up with the lessons more easily.

Many of the students are having a problem adjusting to this new way of learning. One of their biggest problems is the internet connection. Other times it is the occasional power outages. They also find it harder to understand some of the lessons.

RANDOM THOUGHTS

ROUTINE One's Way of Life

- Paphangkorn Sirijanya

A routine is a set of actions we do every day. They can be compared to habits. The only difference is that routines require some conscious thought. Every person has a routine whether strictly followed or loosely followed. These repeated actions define the person that you are.

It can also be seen by others as a definition of your personality. It tells them what kind of person you are.

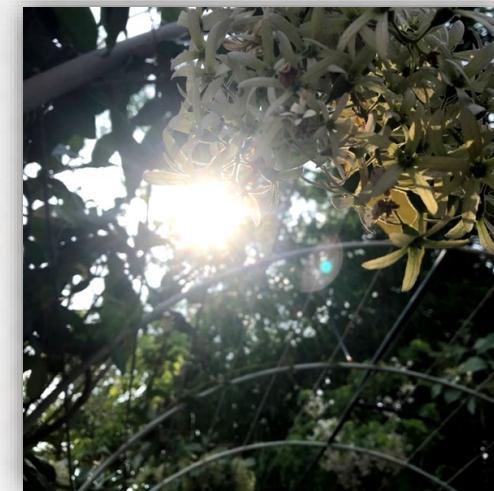


Sun Shining Through

- Leslie Hayden Gara

One early December morning as I was walking in a flower park, I saw the sun peering through the flowers. It reminded me of the importance of the sun to our existence.

In some cultures, the sun is worshipped as a god. In science it is known as the center of the solar system, and it provides heat, energy, and food for all living things. Without it, plants will not be able to produce its own food, which will affect the rest of the living things that are dependent on plants to survive. It is responsible for the water cycle which is also



essential to life. For humans, it provides us with free vitamin D, which helps regulate the amount of calcium and phosphate in our bodies. These nutrients are needed to keep our bones, teeth, and muscles healthy. That's how important the sun is to us.

The Friendship Bracelet

- Sherik Kavira Kazimoto

Have you ever asked your friend "how long do you think our friendship will last?" "Will it last until we graduate or until we start working?" "Will we grow old together? You may have not asked this question or maybe you have thought about it. Before I continue, I'll tell you a story.

There once were three people. They had such a great bond together. They were so close to the point that they couldn't go a day without texting each other or at least checking on each other. This went on to a point that they promised to stay together no matter what may happen. They even bought a friendship bracelet to represent their strong bond. You may think that it's cool and I agree with you, but do you think that their friendship lasted long enough? Did they continue to send messages to check on each other? Do they still have the same strong bond as they had before?

After a few months of not talking to each other, it was obvious that their friendship was breaking apart. Only one out of the three friends tried to revive their friendship. It wasn't easy at first. Even though they had such a strong bond, it wasn't easy to just bring it back to where it used to be. That friend tried everything he could, but it was hopeless. None of them even cared. Then he learned after a few weeks of trying to bring the friendship back, that they didn't want him in the group anymore. They secretly texted and checked on each other without telling him.

How do you think he must have felt? Sad? Disappointed? Betrayed? That was the day when he finally gave up on trying to bring the friendship back. If his two other friends have that bond behind his back, imagine what they must have hidden from him.

In his disappointment, he decided to stop thinking about the past and move on. He reinvented himself, started to look for new and better friends, but he had a hard time trusting people since then.

He keeps asking himself, "Is it worth it?" "Will the friendship last longer this time?" These kinds of questions kept bugging him. It caused him sleepless nights, stressed out days, which affected him immensely. Until one day, he saw the friendship bracelet on his table. Strong waves of memories flowed back in, and tears began to fall from his eyes. For a moment he felt discouraged, upset, and downhearted, but he decided to cherish those memories that once made him happy.

You see, in life, we won't always have good times. We must cherish all the good times we'll have with the people closest to us, because we'll never know if that may be the last time we'll see the people we call 'friends.' It might be the last time we'll see them as friends because in a moment they can become strangers again. The good or bad memories and experiences we have should strengthen and remind us of the good times we had. Who knows, the person closest to you today, will leave you clueless tomorrow. The person you call best your friend today, will stab you in the back tomorrow.

In the end, we must remember to cherish all the memories we had and will have. That one person, among the three friends, did not look back to hate the people whom he called friends. Instead, he cherished and kept the good memories, because of the friendship bracelet.



Quizzes and tests are prone to cheating. While the majority of the students are trying to learn honestly, there are those who just rely on their friends to give them the answers. Cheating can probably help a student pass the test, but it will definitely not help them in the future.

Students' sleeping pattern is also affected. Some of them work until late in the evening to finish their school work and it makes it hard for them to wake up in the morning. The lack of movement makes them sluggish during the day. Their teachers need to make sure that they are present online, so they end up staying in front of the camera most of the time.

Just like the students, the teacher don't like having classes online. One of the teachers even said that, "Teaching online is harder than teaching my students face-to-face, because I cannot see my students physically. Such as skills that require hands-on learning and the students cannot do them by themselves."

Another teacher said that, "I noticed that some of my students are smiling or even laughing even if the topic is not funny." Which leads the teacher to think that the student is doing something else apart from learning. To try to handle situations like this, the teachers came up with different ways to teach and bring the students' attention back to the class.

Some teachers had to resort to scolding or giving these misbehaving students some extra work when they see them doing something else during their classes.



Other teachers try a milder approach. It could be by telling stories, cracking a joke, or asking interesting questions. It helps in livening up the class and makes everyone stay awake for the duration of the period.

Many of the teachers prefer to give their students individual classwork. They then guide and help their students in doing them. Homeworks have become an extension of unfinished classwork. Some teachers also give a short break between each period when they have a two period class. Other teachers don't give short breaks, but they allow the students to use the toilet during the class.

No one really likes having online classes, but this is the only thing that we can do right now. If teachers and students understand each other, it would make the class more fun and bearable. Let's keep on hoping and praying that this pandemic will be over soon, so that we can all go back to our classrooms and be with our friends again.

Pandemic Woes Business Owner To The Rescue

- Paphangkorn Sirijanya

Businesses everywhere, large and small, are failing due to Covid's impact on the economy. Reduced customers and clients, reduced numbers of workforce, and the overall unpredictability of Covid are the core causes of the worldwide economic decline. When a business struggles, the owner struggles, and the employees struggle. In order to understand the feelings and thoughts of the business sector, I arranged an interview with a real estate developer and a medium-sized warehouse business owner.



Mr. Niwat Sirijanya is a business owner and a relative of mine, who owns a warehouse and a real estate business. Fortunately, all of his businesses were never forced

to close down, and one of the reasons is its location being in a remote and provincial area. Even then, the pandemic has greatly affected his businesses. Due to the lack of customers, he found a 20% decrease of income for the real estate side.

When asked if he had any plans when the pandemic's first wave happened, he said, "I didn't really think of it as a threat back then. We thought it was just a seasonal flu that would just pass." "As for the real estate business, negotiations would drag on longer due to the clients' fear of getting infected." "People are especially attentive to where the house is located more than ever." "The warehouse business was also affected; there was a 30% decline of income."

He understands that the workers are the backbone of any company. That without them a business wouldn't function at all. Knowing that, makes him value the importance of his workers and he does his best to take care of them.

"Clients do not come first. Employees come first. If you take care of your employees, they will take care of the clients."

— Richard Branson

Whenever his workers are demotivated he would always have something encouraging to say. Especially during this time, his people are sometimes discouraged to move on.

Every time things get rough he would always have this to say to them, "I am aware that the business may not be looking well, but together, we will get through it." "We ourselves should be careful and must look out for each other." "If any of you falls ill or are unable to work, I will help you as much as I can." That's what he says to them.

He added that he cares deeply for his workers. In circumstances such as when a worker gets sick, he would send for the basic necessities that they need, and he makes sure that they are treated. If they cannot afford to pay for the schooling of their children, he allows them to take a cash advance to pay for their children's tuition. None of the workers were left or laid off. He made sure that every worker still got paid decently and were keeping themselves safe.

Looking at how the business is going he has been looking for ways to save the business. He considered going online as a probable solution. Customers are able to conveniently contact the warehouse, the real estate, or ask questions through social media. "Since we didn't plan ahead of the pandemic, I believe making deliveries from the warehouse would be doable." Many other businesses are going through the same situation, and he has this say to other business owners, "Team effort is indispensable in any business, and there will always be solutions to every problem even if they may not be the best."

Every living thing longs for freedom. Just like this turtle that I saw in the market that was struggling to be free. Some people capture these poor creatures to sell them as pets or even for food.

They're usually kept in large buckets with many other turtles in some markets or in front of some temples. You can really see the turtles trying their best to escape but they can't, because the buckets are either too deep or slippery.

Their only way out is when people will buy them and set them free for merit making.

I'm one of those who bought a turtle as an offering.

The main reason why I did it was for me to fulfill my merit making, but the moment I had the turtle in my hand I realized that it deserves to live its life freely. After paying for the turtle, I took it as far as possible from the market because I was afraid that it might get captured and sold in the market again. When I released it, and it saw the water, the turtle walked as fast as it could towards the water.

Dash to Freedom

- Panida Kanya

It was not able to say thank you to me, but I was happy to finally see it free.

That turtle is just like us in some ways. Everyone of us have potentials to become what we want to be, but sometimes we feel trapped and unable to show our talents to others. What we need sometimes is just a chance to be free to show what we can do too.

Many of us are not free to express our thoughts and opinions because we're afraid of what others may say. So, we end up struggling to be free from others' opinions of us and even from our opinions of ourselves.

There are some times when we feel down and discouraged and will need someone to lift us up. Just like that turtle, it needed someone to set it free, to give it the freedom it deserves.

If only everyone will get to have that someone who will scoop them out of the slippery, and deep challenges of life, then they too can be free to show the rest of the world what real freedom means.

Growing in Jesus

- Phurin Siloh

When we become a Christian, we will have a special relationship with God. As the days pass by, we will need to grow in our faith. Being a Christian is the first step in building our relationship with God. People have different levels of faith in God. Some may have more than others. If we have faith, that means we trust in the Lord. We will do whatever He tells us to do, and we will go where He leads to go.

The way this Spanish Moss grows can be likened to how we grow as a Christian. It receives water and sunlight every day, and it gradually increases its length and size. As Christians, we also grow little by little each day. We can nurture our relationship with God through reading His words from the Bible and talking with Him through prayers.

Now that we are nearing the end of time, Satan is trying his best to trick or deceive us and make us misunderstand the meaning of the Bible. He continually misrepresents the character of God in any way he can. We cannot allow the enemy to take hold of our hearts even for a moment. That is why we must strengthen our faith in the Lord and ask Him to guide us every single day.

There will be times in our lives when our faith will be tested. We must use these trials and experiences to teach valuable lessons in faith and life. God knows our strengths and your limitations, and he will not allow for us to face trials that we cannot bear.



It is written in 1 Corinthians 10:13, "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."

It is good to know that our God is faithful and will make a way for us. For every question that we may have, we can always look for answers in the Bible and we will learn more about the love of Christ for us.

Daily Wage Workers

Struggling to Make Ends Meet

- Panida Kanya

The pandemic caused a lot of problems to many people all over the world. Some groups of people cannot go to work like they used to, others had to work from home, and others even lost their jobs. There are those people also who depend on their daily wage to make ends meet. One good example are the mechanics who are working in machine shops on a daily-wage basis.



Nowadays, more people don't travel as much as they used to before. They would rather stay at home, be safe, and avoid getting infected of the virus. Since people don't travel that much, the number of customers who regularly have their cars checked, or fixed decreased. With less work to do, it affected

the usual income of the mechanics in many shops all over the country.

The health and safety protocols set by the government demands that everyone must wear his or her mask all the time while working. It was quite difficult for them at first because their job requires for them to exert a lot of strength. They find it difficult to breathe with their masks on while doing their job.

Before the pandemic they used to work overtime because sometimes even at night there were still customers who wanted to have their cars fixed. That is no longer possible now because of the government's restrictions and curfews set for all business establishments.

With less cars to fix, and no chance of working overtime, their income is greatly affected. This pushes them to sometimes look for an extra job some place else to compensate for the income that they've lost.



Another thing that concerns them is the rising cost of their daily expenses. Before the pandemic they did not need to buy masks, alcohol, or hand sanitizers, but now they need to include it in their budget. Even though their salary daily or weekly is enough, they still do their best to save some money in case any of their family members get sick.

Added to all these problems is the online learning of their children. Most of the time their children have to stay at home alone by themselves, because both parents need to go to work. They are also hoping that the government can help reduce the school fees or if possible give it for free this pandemic.

They believe that their job will get better if most people will get vaccinated. They're looking forward to the time when they can have more work to do, so that they can earn more to support their families.

Sadly the pandemic is far from over and they will need to live with it. They cannot give up trying because doing so will be like giving up on themselves and their families.

"Our greatest weakness lies in giving up.
The most certain way to succeed is al-
ways to try just one more time."

- Thomas Edison



NEWSTART to Better Health

- Sherik Kavira Kazimoto

This pandemic made us think more about health. Keeping our bodies as healthy as possible is a priority. The NEWSTART health principle is one way that can help in protecting us from getting sick from this Novel Corana Virus. NEWSTART is composed of eight lifestyle-principles that are easy to follow.

Nutrition - eating good and nutritious meals, composed of vegetables, fruits, nuts and grains can help keep us healthy. Eating junk food increases the risk of us getting sick because it does not provide the right nutrients that the body needs in order to function well. It's like doing work that just makes you exhausted without earning an income.

Exercise - can help our muscles move and release tension. Whenever we sit down for a long period of time in the same position, we allow our muscles to stay stiff. This may cause us to have backaches, muscle pains, and much more. Exercise prevents our bones from getting osteoporosis, a medical condition in which the bones become brittle and fragile. Exercise can also improve the circulation of blood throughout our bodies. It can also help relieve us from stress, especially now that we are mostly in front of our computers for online classes.

Water - is one of the most important things that we must have in our lives. Drinking lots of water can help get rid of toxins out of our bodies and it keeps us hydrated. WHO (World Health Organization) agrees that plenty of water is important for humans to remain healthy. It is recommended that adult men and women under average conditions should have 2.9L and 2.2L per day respectively.

“The first wealth is Health.”

- Ralph Waldo Emerson

Sunlight - provides us with free vitamin D. All we need to do is get out when the sun is shining and get ourselves a little tan.

Temperance - is one's restraint from eating or drinking too much than what is necessary. This includes avoiding alcohol and doing activities that may be harmful to one's body.

Air - is another thing that is free. Getting out, and taking a walk to smell the fresh air is beneficial to one's physical and mental health.

Rest - we should make sure we get plenty of rest. When we get enough sleep, we wake up with a fresher mind ready to start the day.

Trust - in God. Put your faith in God and let Him guide you each day of your life. Once you submit your life in His hands, things will start becoming easier to do. Following the principles of NEWSTART can help us avoid getting sick.

We might need to add a few new things into our daily routines. After worship in the morning, one should do some form of physical activity every day, keeping our bodies hydrated, and just living as simple as possible. Life is so simple, why make it complicated? When your physical body is healthy, your mental and spiritual health will be taken care of. When we do not exercise or eat a balanced diet, we injure ourselves and therefore do not have good quality time here on earth. It is important to take care of the temple (our bodies) of God. In this way, we can still enjoy each day. No matter the situation we are in, we can still find something to be grateful for each day.

NEW SKILLS... NEW SKILLS...

- FOOTPRINTS Editorial Staff

Watcharakiat Trakoonworapanya
"Chaileng"

G - 8



Chaileng developed an interest in cooking, a few of which are Japanese curry, pad krapao, hot cocoa, and more. He started exercising in preparation for the military training. He had enough time to reflect on his

previous academic year, and realized that he was too laid back and it caused him some problems. Now he's more determined to aim higher academically.

Kasina Sutadwanich
"Vivi"

G - 8



Since the start of the pandemic of Covid-19, Vivi has been helping in her family's business. She familiarized herself with the price of each stationery and the specifications of every brand. It started as a chore, but now

it has become more of a hobby for her, and also a good way to train herself in handling the family's business someday.

Nattaninsa Dechakriengsak
"Didy"

G - 8



Didy enjoys watching animes in her free time. That's where she found inspiration to try her hands on drawing animes herself. One of her goals is to draw a fanart of her favorite anime and she hopes to be able to publish her

art works when the time comes. That is something that will surely happen given that she's quite determined to make it come true.

Rubporn Nunchai
"Aoy"

G - 8

Things have become too repetitive for Aoy this pandemic. Even watching a movie, a Netflix series, or even playing games feels too boring already. That's when she started planting some fruits and flowers in her par-

ents' garden. It taught her how to take care of her plants daily. "I need to really be patient as I wait for my plants to grow. Now I can say that I am truly proud of what I've accomplished," she said.

Jinutpinya Chansri
"Jajar"

G - 8

The current situation prompted Jajar to start her own YouTube channel that she named SeallyMe. Later on, she got interested in video editing. Video editing is not that easy, but she's determined to learn it so that she can use the skill in her YouTube channel. She watched tutorial videos on how to do it and practices how to edit videos in her spare time.

Nitipat Thanintantrakun
"Nint"

G - 8

Nint has started to take his exercise seriously. Now it has become a hobby for him. He does it regularly and he's actually enjoying it. He looks at it as a way of improving and maintaining his health, which is necessary

especially during this time of the pandemic. He considers it as an important part of his daily routine and not just a passing thing.

NEW SKILLS... NEW SKILLS...

- FOOTPRINTS Editorial Staff

Pitchayapa Ritthitraipop
"Volley" G-8



Note-taking is one of the skills that Volley learned this pandemic. She finds it very helpful especially in preparing for all her online classes. Another thing is doing summaries of her lessons. It made her self-studies much easier to manage.

Through her newly acquired skill, she's able to catch up with her lessons in a faster and more efficient way. Her new skill is proving to be useful as it is helping her with her studies and in coping with online learning.

Kanade Areepoonsiri
"Field" G-11



Field thought of learning a new skill to help him adapt to the pandemic situation.

He is also trying learn to be more independent. For some it may sound trivial, but for him it is important

to learn how to adjust to changes, and to be independent, so that he can someday stand on his own.

Leks Korbin Claro
"Korbin" G-8



Korbin decided to improve his skills in drawing. He had nothing to do much at home and one day, inspiration struck him while he was looking at his art supplies. He is now planning to do this regularly, and he is hoping to earn from his skill in drawing in the future.

12

Pannawich Chongsussayakul
"Copter" G-9



Copter began learning some basic tricks with a butterfly knife. YouTube has been instrumental in helping him to acquire this interesting new skill. Boredom led him to pursue learning a new

skill. He wanted to find something to do, and this was the best he came up with. "It was definitely worth it," he said, but his advise is for kids not to try it at home, especially without their parent's consent.

Qi Zhou
"Irene" G-11



Irene learned how to plant vegetables. Some of her teachers influenced her to do it. Irene has never done any gardening before, but she got so passionate about it. Gardening helps her to relax, and it also provides her some food. She feels

that it is a good skill to learn, because she's planning to live independently in the future.

Netto Hermanto Bingku
"Netto" G-10



Netto got hold of a Rubik's cube one day and he thought of learning how to solve it. Some YouTube videos taught him how to do it. After some time and a lot of patience, he finally solved it. He thinks that it will help improve his dexterity and train him mentally.

DIARY 108

- Jongpanaporn Charoenkul



AIMS students from right to left:

Siraphop Phraluecha (Peace), Panuwat Hemthong (Big), Sirasit Srirueang (Tontoey), and Jongpanaporn Charoenkul.

Diary 108 was organized by four senior students of AIMS, who dreamed of helping their community. They started with a little project, by making gift bags filled with basic essentials, food, and some pre-loved clothes. They then went around Muaklek to distribute them to more than five households and two homeless people.

They expanded their project, and started designing a t-shirt and stickers for sale. They raised over five thousand Baht to support the Mirror Foundation's Asa Ma Yiam Project (โครงการอาสาแม่ยิ่ง), and together with the foundation, they gave out food and other essentials to families who were severely affected by the pandemic.

Diary 108 has a Facebook and an Instagram page. Every week they come up with good content to raise more awareness on the importance of volunteering in any kind of community service. It can start with simple things like reading for the blind through an app, bottle recycling, clean up drive, etc.

At the moment, Diary 108 is working on an English book that can be used to teach basic English to primary Thai students. Their aim is to give them out to the less fortunate schools around Thailand. They hope to be a tiny part in imparting values in other people's lives, and in making their community a better place.



PRE ORDER

Shirt 249 baht
Sticker 30 Baht

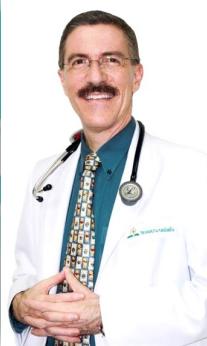
PROMOTION!!!!!!

- ซื้อเสื้อ 3 ตัว แถมสติ๊กเกอร์ 1 แผ่น (สีฟ้า)
- เสื้อ 2 ตัวขึ้นไป ค่าสั่งฟรี
- สติ๊กเกอร์ 5 แผ่นขึ้นไป ฟรีค่าสั่ง

9

PROTECT YOURSELF, PROTECT OTHERS

interviewed by: Leslie Hayden Gara



Dr. Nick Walters specializes in family medicine and tropical diseases. He has been in the medical field since 1989. He gave me a little history of how vaccination came to be.

History:

"Vaccination has been practiced since the late-1700s. It was first used for smallpox. Smallpox was a deadly and highly contagious virus. An English physician by the name of Edward Jenner discovered that people who were exposed to cowpox became immune to smallpox. That was the beginning of the vaccination."

"In 1897 Louis Pasteur developed the cholera vaccine, and in 1904 the anthrax vaccine. Multiple vaccines were developed in the 1900s. Smallpox was eliminated in the 1970s through vaccination. It helped in eradicating many deadly diseases such as smallpox, polio, Hepatitis A and B, Rubella, measles, and others."

"Traditional vaccines were the first types of vaccines created. They were often deactivated pathogens that were injected into the body to stimulate an immune response. mRNA vaccines have recently been used. They are currently used in COVID 19 vaccines such as Pfizer and Moderna. They work by creating a protein in the cell to stimulate an immune response. Humans have come a long way developing and improving vaccines."

Effectiveness:

"Vaccinations have been proven to be very effective. They have contributed to the eradication of a variety of harmful diseases. "A vaccine creates memory cells in the body's immune system so that if a person is again exposed to the disease, the body can quickly fight it off without taking time to develop immunity. This prevents or lessens disease". "The COVID 19 vaccines have evidently shown their effectiveness. People who were vaccinated developed a strong immunity against COVID 19. These people

are unlikely to develop severe symptoms that lead to death. "When a large community of people are vaccinated and are immune they get herd immunity."

"Herd immunity is when enough people develop immunity to an infection that can no longer spread to those without immunity due to most people being immune. This cannot happen with SARS-COV-2, which is the name of the virus that causes COVID-19. Previous infections do not protect against new variants so a person can get COVID-19 again and again with different variants. The immunity from COVID-19 does not last after an infection, so a person can also get an infection with the same variant. Some diseases that do not mutate very easily eventually get enough infection to cause most people to be immune until the next generation is born. However, those that mutate, such as influenza and SARS-COV-2, need vaccinations that need to be changed over time to still provide protection."

Actions:

Everyone deserves to choose, and ultimately the choice is yours. Logically, it is reasonable to take the vaccine. As explained in the previous paragraph, to obtain herd immunity "If possible most people must be vaccinated."

Dr. Walters explained how the unvaccinated people can protect themselves. "Others around you may be inoculated already. However, they can still bring the virus to you. They may not catch it but they can be carriers. The best course of action is to stay at home and prevent getting in contact with other people. To strengthen your immunity, you can eat a healthy food, and drink lots of water. If you do need to go outside, you must "wear a mask, sanitize your hands, and practice social distancing". Most importantly, educate yourself. By reading reliable articles, and popular medical videos. "DO NOT trust social apps such as Facebook and Instagram, they have been used in the past for fear-mongering and spreading false rumors or information.

The best sources for information are health websites or videos reporting news and the latest information like the BBC and ABC. Or you can visit the WHO (<https://www.who.int/>) website. They provide a variety of information from many sources.

Pandemic Response Comparison of two ASEAN Countries

interviewed by: Leslie Hayden Gara

To make a comparison of these two ASEAN countries, I interviewed one doctor in Thailand and another one in Malaysia to know more about how their government and frontliners' response to the ongoing threat of the pandemic. Dr. Brian Lee is based in Thailand, while Dr. Sammy Lky is working in Malaysia.

How is your country coping with the pandemic?



"Thailand has seen a gradual decrease in new infections. The highest daily infections were reported on August 13 at 23,418 cases, which decreased to 16,031 cases on September 10. In the global ranking, Thailand ranks 29th, while the United States ranks 1st, with 41 million cases. Among the ASEAN nations, Indonesia has the most infections at (4.1 million), followed by the Philippines (2.1 million), Malaysia (1.9 million), and Thailand (1.3 million)." "Starting next month, the Thai government will provide the Pfizer Covid-19 vaccine for students aged 12-17 nationwide."



"Till today, we still have 5-figures of new COVID-19 cases a day. Some places are in enforced movement control order, where people are not allowed to go out from the affected locality. Other places are on different phases of lockdown, which depends on the number of cases in each locality. We are targeting to achieve 75% of fully vaccinated adults in the hope of moving to the endemic phase."

There is a decreasing number of admission of COVID-19 cases in hospitals. This is attributed to the increase in the vaccination rate in Malaysia. Most cases are only requiring home quarantine or admission to the quarantine centers, and it reduces the workloads in our hospitals."

What precautions and restrictions are being imposed in your country?



"Face masks are mandatory for everyone in public or working places. Social distancing is practiced everywhere, including hand washing, or sanitizing and temperature checking. Some places even practice whole body disinfectant fogging. On top of all the usual SOPs (Standard Operating Procedure), only those who are fully vaccinated are allowed to enter the malls, shops, markets, or eateries. Those who cross to another state or who come from overseas are required to quarantine and take COVID-19 swab tests. Children below 12 years old still are not allowed to be in public places or except for reasons of emergencies. Any surges in the number of COVID-19 cases in a specific locality, EMCO (Enhance Movement Control Order) will be imposed. Other than that, people are free to go around as long as the SOPs are met. Malaysians are required to check-in through an app called MySejahtera before entering any facilities. This app tracks where we have been, and will alert us if we are in contact with any positive case."



"There are lockdowns, social distancing, and many more. People have to wear double masks and curfew is imposed."

What's the rate of your country's vaccination distribution and dispensation?



According to Dr. Sammy Lky, "The vaccination rate in our country is done by appointment or walk-in basis for all Malaysians and foreigners. Like in my district, we mobilize our vaccination teams in the interior parts of the district for those who cannot travel out of their villages. Hopefully, we can fully vaccinate 75% of Malaysia's adult population by end of October so that we can move on to the endemic phase."



"Thailand still has much to catch up on. Only 16% of the Thai population have been fully vaccinated, while Malaysia has a higher rate at 51%. About 750,000 Thai people are getting vaccinated each day."

"This too shall pass"