



# The Standard

A Monthly Issue

AY 2017-2018 ISSUE 2

NOVEMBER–DECEMBER 2017



## Celebrating Our Founder's 125th Birth Anniversary

Florentino Cayco Sr., the founder of Arellano University celebrated his 125th Birth Anniversary last October 16, 2017. This year's theme for the Founder's day celebration was "Founder, Father, Friend, Educator, Nationalist and Democratic Leader".

*"We owe it all to you, our dear Florentino Cayco!"* Since the time of the founder, Arellano University has flourished from its humble beginnings. Let's take a look back at our founder's journey.

Continue to next page...

## Magna Carta Doctrina Great Chapter in Learning

New campus be celebrated in a manner that we Arellanites uniquely call our own, it was in a manner truly worth remembering, though late in the academic year, the Arellanites of Elisa Esguerra campus celebrated nonetheless... **Page 7**

## Vivo has invaded Arellano University with OPM and it rocks!



... **Page 3**

## "The Annual Festival: Green Fest!"



... **Page 5**

## Arellano's Celebration of United Nations 2017



This year's theme: "International Year of Sustainable Tourism for Development", conceptualized by the Junior and Senior High School students of Arellano University – Juan Sumulong Campus, aptly meets the celebration of United Nations last October 27, 2017, which was held at the gymnasium... **Page 3**

## HARAPAN 2017



The Supreme Student Council of Arellano University-Jose Abad Santos Campus (AUSSC), in collaboration with the Parliamentarians, held this year's interdepartmental debate entitled "Harapan" last November 25, 2017... **Page 4**

## Points of Heroes



Last week before the Finals exam of the students, Arellano University Elisa Esguerra campus conducted the English Week Celebration lead by the English department... **page 7**

## "Arellano University – Pasig's Social Night: A mid Summer Night's Dream"



The Social Night inspired with Bohemian Theme "A Mid Summer Night's Dream" was the most awaited event held last September 30, 2017, 6:00 PM, at the Arellano University – Pasig Gymnasium... **Page 5**

Contributions of general news, issues, academics, sports, literatures, and lifestyles are always welcome. Send your article or work via e-mail on [johnzeppmarinda@gmail.com](mailto:johnzeppmarinda@gmail.com)

*"Truth Conquers All Things"* -The Standard Manifesto



*Since* the time of the founder, Florentino Cayco, Sr., Arellano University has flourished from its humble beginnings. As we have commemorated the founder's 125th birthday last October 16, let us look back to his notable lifetime journey.

Mr. Cayco was born in the coastal town of Malabon where he lived a simple life with his family. His life was not as smooth sailing, at a very young age, he worked as a gardener in the Bureau of Lands to support his studies. All his hard work paid off because he was appointed primary school teacher after seventh grade. After three years, he passed with flying colors the American Teachers Examination that led him to be the first Filipino to have a position as a supervisor.

## "We owe it all to you, our dear Florentino Cayco"

By Anne Klariz T. Cogolio

He was sent to Indiana State University after he passed the pensionado tests with high honors. His scholarly record has not been equaled nor surpassed up to now by any other school in that university during the 100th year founding celebration of Indiana State University. Cayco, the only non-American in the group, was one of the fifteen chosen to represent the first class of the university on the basis of scholarship and campus leadership. But his desire for learning didn't stop there for he also went to Columbia University in 1922 for his MA degree. When he came back to the Philippines, he was appointed Assistant Superintendent of City School and at the same time a professional lecturer at the University of the Philippines from 1922 until 1935. In 1946 He resigned from the position of Undersecretary of Education, to assume the presidency of Arellano College (now Arellano University).

This university is truly a remarkable legacy of Mr. Florentino Cayco, Sr. to all of us.

### 125th Founder's Birth Anniversary Celebration



**Florentino Cayco Sr., the founder of Arellano University** celebrated his 125th Birth Anniversary last October 16, 2017. This year's theme for the Founder's day celebration was "Founder, Father, Friend, Educator, Nationalist and Democratic Leader". Yearly, Arellano University celebrates the birth anniversary of the founder and this year's celebration was held in Arellano University – Jose Rizal High School in Malabon. It has been a really special event for the people in AU-JRHS since the founder lived in Malabon.

In spite of the cancellation of the classes due to the national transport strike of jeepney drivers, members of the AU-JRHS community pushed through with the celebration of the birth anniversary of a great man who founded the Arellano University. Guests were welcomed by the traditional dance of the Junior High School Students. The program started at 7:30am, the Chairman and CEO of Arellano University was assisted by the cadet while they did the entrance of honors and colors, and offered flowers to the monument of Florentino Cayco Sr.. During the event, the Chairman and CEO of Arellano University talked about the life of the late Florentino Cayco, Sr., in his speech, he talked about how strong the personality of the founder was.

"Without any announcements, the moment he entered the classroom, everybody knew that he entered the classroom. The personality alone stood up, caught the attention of the people and the magnetism attracted the attention."

Mr. Chairman also mentioned that all of the children of the founder had a distance with him, that he had a very professional relationship with them. He said that if you have to say something to the founder, it better made sense.

Mr. Chairman also shared a story about his childhood experience with the founder- about Aling Nene, a member of women's club in Malabon who once visited the house of the founder. The Chairman who was then a teen who's just having a vacation was the one who opened the gate for her. He said that while Aling Nene and the Founder were talking, the founder said to him "I have a sack of fruits in the kitchen, you divide it into two. I am going to give half of it to her" and then the Chairman divided it into two and made sure that he left behind the best ones for them. When the founder saw this, he asked to give away the best fruits and said "yes, when you give something, you give the best."

The Founder believes that it always has to be that way. Every time you give or do something, you always give the best.

"You know you have given the best when it hurts," that is according to the Founder and until now the Chairman lives by this. We should greatly learn from our founder's words as well. He is not just a







### Arellano University: Its Historical Beginning

By Jeselle Anne Dela Cruz

**It was the year 1938**, when the respectable university emerged and produced competent professionals nationwide. It was first known as Arellano college of Law; named after the prominent jurist, Cayetano Arellano. Its Excellency continued until the World War II erupted and the Philippines fell under the Japanese occupation. It closed on December, 1941 to March, 1945. The closing of the school did not last long, and it reopened in April, 1945 and was renamed as Arellano Colleges. After its state of tranquility, the college started to offer additional courses such as two-year pre-law courses and the regular four-year law course including a complete secondary education curriculum.

In June, 1945 additional colleges where opened for students for Arts and Sciences, Commerce, Foreign Service and Education.

We owe the existence of our beloved university to Florentino Cayco; a Founder and First president of Arellano. The Malabon lad shows an exemplary persistence to make every dream be possible for learners. It was September, 1947 when the school moved its new mere site at Plaza Guipit due to its increasing population. Other courses was offered; a two-year pre-medical courses and Graduate School of education.

After successful years, it was February 1947 when Arellano Colleges achieved a university status. It was 1954, the university opened the School of Nursing. The expansion of the programs that offered several opportunities for all students who aspires to enter into different fields..

The FLORENTINO CAYCO MEMORIAL SCHOOL OF GRADUATE STUDIES was established in 1978 and named after the founder of Arellano. In 1947 it received a mere recognition for master level and took 22 years the doctoral level. The Programs added such as; the Master’s in Business Administration, Master’s of Science and Economics and Master’s of Arts in Nursing.

In February 24, 2015, AU had a partnership with Ayala Education. The partnership launched LINC@Arellano (Learning with Industry Collaboration), a junior college program that serves as an early implementation of K-12 program which was first implemented in Arellano Pasig Campus.

Currently, Arellano University has seven institutional branches in Metro Manila this includes the Jose Abad Santos, Apolinario Mabini, Juan Sumulong, Andres Bonifacio, Plaridel , Jose Rizal and Elisa Esguerra Campus.

### UNITED NATIONS CELEBRATION 2017

By Anne Cogolio

**This year’s theme: “International Year of Sustainable Tourism for Development”**, conceptualized by the Junior and Senior High School students of Arellano University – Juan Sumulong Campus, aptly meets the celebration of United Nations last October 27, 2017, which was held at the gymnasium.

The Masters of Ceremony, Ms. Criselda Cebu and Mr. Archie Arevalo did a job well done as they successfully hosted the program. Everyone applauded as Mrs. Anavelle O. Gambayan stated her welcoming address while the board of judges was introduced by Ms. Marilyn Calderon.

The contestants, who made it to the final round of United Nations Ambassador and Ambassadors 2017, gracefully sashayed down the aisle as they represented each country. After showcasing their talents (relevant to the assigned country) with confidence, the finalists also took part in the question-and-answer portion for each to respond in 30 seconds.

Before Mr. Rogelio P. Tioson, HUMMS Subject Coordinator, finally closed the program, winners of the Poster-Making Contest, Slogan-Making Contest, Travel Vlog, Jingles of the World, and the much awaited United Nations Ambassador and Ambassadors were announced.



#### Poster-Making Contests

Grade 11	Grade 12
Champion: Via Naama Mangubat (HUMMS 1)	Carl Justine Constantino (ABM 2)
1 <sup>st</sup> Runner up: John Elvin Socias (HUMMS4)	Josiah B. Ramires (STEM 1)
2 <sup>nd</sup> Runner up: Benedict Maddara (STEM 4)	Charlene F. Maritrit (STEM 5)

#### Slogan-Making Contest

Grade 11	Grade 12
Champion: Angelica Cacho (STEM 4)	Angelica V. Norega (ABM 4)
1 <sup>st</sup> Runner up: Danielle Doys Nario (HUMMS 3)	Jasmine Nava (STEM 2)
2 <sup>nd</sup> Runner up: Ralfh Louis Fuerte (Stem 2)	Jiesel P. Mendoza (ABM 2)

Jingles of the World (Grade 11)	Travel Vlog (Grade 12)
Champion: HUMMS 1	HE A5
1 <sup>st</sup> Runner up: ABM 7	HUMMS 4
2 <sup>nd</sup> Runner up: HE B2	ICT 1

#### United Nations Ambassador and Ambassadors 2017

Grade 11
Champion: HUMSS 1- Blessed Gift Mangubat and Clarizze Cruz (KENYA)
1st Runner up: ABM 1- Joel Santos and Sophia Marie Tizon (JAPAN)
2nd Runner up: ABM 8- Luigie Lajato and Mitchie Regalado (IRAQ)
Grade 12
Champion: ABM 1- Rommel San Pedro and Marianne Fernando (HONDURAS)
1st Runner up: HUMSS 3- Justine Oquendo and Kenzie Habana (MALAWI)
2nd Runner up: ABM 2- John Patrick Caoile and Aira Estrada (OMAN)



**Vivo invited seven different Filipino bands and performers in Arellano University and it was the best night ever!** Having ABSOLUTE PLAY with Murielle Tanchanco, Alto Tanchanco, & Mato Tanchanco; LUNAR LIGHTS with Jose Gaspar , Eron Dela Cruz, Mark Aquino, Maverick Meneses and Kit De Gala; STONE FREE; SUD with Sud Ballecer, Jimbo Cuenco, Kohl Aguilar, Carlos Dela Fuente and Raisa Recelis; HALE with Champ Lui Pio, Sheldon Gellada, Paolo Santiago, Roll Martinez; SILENT SANCTUARY with Sarkie Sarangay as Guitar and Vocals, Anjo Inacay as Cello, Jason Rondero as Bass and Backup Vocals and Allen Calixto as Drum ; SPONGE COLA with Yael Yuzon as Vocals, Armo as Guitarist Gosh as Bass and Ted Cruz as Drummer.

Meeting some of the best bands in the Music Industry to play for Arellano University was a Wonderful Experience!

The Arellano community got to meet Cara Enriquel (The Vivo event host) and she was asked how she felt being with the Arellano crowd the night of the concert, Miss Cara Eriguel said that she was delighted having the Students of Arellano University participate in their event, she also said that Arellanites were the most energetic and exciting crowd, and for that she was pleased.

Each Band was also interviewed and asked what inspires them to write and make music, some answered that it’s for fun and excitement of being in a band. While others said that it’s passion that drives them to perform and write songs.

The Standard

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## AU JAS' The Standard hosts Ambassador and Ambassadors 2017

by Sheena Bacolod

After its long dormancy, Arellano University Jose Abad Santos campus' The Standard bounces back this school year, reviving the festive search for Ambassador and Ambassadors last October 2, 2017 at the University Lobby.

With the theme "Brilliance is the new Beauty", the Editorial Board and Staff, together with their adviser, Dr. Bibiana Jocelyn Cuasay, decided to take the usual beauty pageant up a notch, focusing more on the candidates' intelligence rather than their beauty, such that each candidate was scored according to how well they answered in each round. No glamorous outfit-change was made.

Pancho Agdeppa and Joanna Catayong represented the School of Business and Commerce; Jace Delos Reyes and Maria Eddicel Angeli Atun for the School of Hospitality and Tourism Management; Ezekiel Senobio and Grace Vasquez for the College of Arts and Sciences; Mark Kerby Pano and Pumice Gecom for the School of Nursing; and Virgilio Garcia and Dana Santos for the School of Computer Studies.

At the beginning of the show, all the candidates introduced themselves by sharing their insights on the event's theme, and the Man and Woman of Wisdom Award were given to the candidate with the best interpretation. There were three rounds of questions and answers, in which the candidates were given only 60 seconds to answer.

CS candidates Garcia and Santos were crowned Ambassador and Ambassadors 2017, while Atun of SHTM and Senobio of CAS were first runners-up. Vasquez of CAS and Delos Reyes of SHTM bagged the second runners-up award. No candidate left with nothing, as they were all given special awards.

The event was total success. Students left the lobby satisfied because their candidates went home either as winners or as awardees. The candidates thanked The Standard for an awesome experience. "Thank you, nag-enjoy kami" they said. The Standard Editorial Board and Staff are truly grateful to the candidates, the judges and the people who made this event possible.

This year's batch of The Standard-JAS Editorial Board and Staff, which comprises of eleven students from the College of Arts and Sciences, hopes to regain the awareness and interest of the students of Jose Abad Santos campus in the school newspaper by releasing a monthly issue and hosting events such as the successful Ambassador and Ambassadors 2017. •



Ambassador and Ambassadors 2017 Candidates with AU JAS' The Standard Editorial Board and Staff.



School of Education vs. College of Arts and Sciences at the third and final round.



CAS representatives Edwin Balberona, Antonette Buendia, & Dale Valenzuela win first place.

Photos by: Joy Delosantos

## "HARAPAN" 2017

by Justine Rhot Almazan

The Supreme Student Council of Arellano University – Jose Abad Santos campus (AUSSC), in collaboration with The Parliamentarians, held this year's interdepartmental debate, titled "HARAPAN", last November 25, 2017 at the University Lobby, with Ms. Mary Grace Vasquez as the head organizer.

The competent students who joined the aforementioned event came from different departments such as the College of Arts and Sciences (CAS), School of Education, School of Hospitality and Tourism Management (SHTM) and School of Medical Laboratory Science. Each team consisted of three (3) members.

The debate was divided into three (3) rounds. Each round was competed by two (2) teams. At the third and last round of the competition, the School of Education students and the Political Science students representing the CAS were the finalists, with the topic "Should the PNP be the lead agency on the war against illegal drugs?". CAS, represented by Edwin Balberona, Antonette Buendia, and Dale Valenzuela, as the opposition team, took home the victory. Buendia is also named the Best Debater. •

## Wear Fashion Trends without Violating the University Dress Code

by Vergel Quilicot

College is not just about mastering and fully enhancing your skill or knowledge. There are days where you can have fun too. Most universities have their "Wash day" when everybody can show off one's taste of fashion. However, this doesn't mean you can wear all types of clothes freely. Universities still uphold the proper dress code. Fret not, you can boost your confidence without breaking school rules with these pieces:



### JACKET

For some, it is a big no-no to wear a jacket especially if it's warm outside, but there are days when the blue sky turns grey. Invest in a good and complimenting jacket, such as cardigan, denim, cargo, trench coat, bomber, parka, and varsity.



### JEANS

Running is one activity college students do every day. Always wear a comfortable pair of jeans. Skip wearing ripped and distressed ones. Instead, copy the street wear style by wearing acid wash, straight cut, skinny & black denims. For ladies, there are various choices of jeans that are wearable in the campus: high waist, skinny, low rise, wide legged, and culottes.



### SNEAKERS

A good pair of sneakers will take you miles. May it be sporty, casual white, or retro. Give your feet a break from wearing black shoes. Keep in mind that the top notch on our list is the trendy white sneaks



### DRESS

Dresses that are dainty and fresh, are usually a college girl go-to style. Ace the look by avoiding revealing parts of your body like a plunging neckline, or sleeveless, and keep the length 2-3 inches below the knee. Look for a vivid yet eye-flattering color but disregard the neon, rather, opt for pastel one.



### SHIRT

Essential for every millennial are the basic tees which are timeless. You just have to strut it in your style and you're good to go. Polo shirt is also a good alternative to look casual yet school friendly. To look professional, tuck it in your jeans or trousers and pair it with your favorite specs.

Little THINGS mean a lot

SOON.

THE STANDARD  
Arellano University Press

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## “SHTM celebrates its annual Festival: Green Fest”

By: Gerlie O. Garcia

In Arellano University - Andres Bonifacio Campus, the theme for the 6th Annual SHTM Skills Festival is “Green Fest”. As Pasig is known for being the Green City, the SHTM and SHS Department has decided to give the students a chance to participate in the protection and preservation of nature, giving them awareness of what they can do for the community and the school for this.

From October 2 to 4, there were a set of activities and contests for Tourism, Hospitality (HRM) and Senior High School (SHS) students to participate in. The festival opening ceremony and Recycled Costume Parade signaled the start of the Green Fest. The recycled costume parade, participated by the SHS students, showed that recycling can be fashionable as they walked the campus grounds with their gowns and costumes made with various recycled materials such as plastic bags, bottle caps, etc. SHS students also joined the following activities: Table Skirting and Street Dancing, Cooking Contest and Napkin Folding. For the Bed Setting, the contest was for both senior high and hospitality (HRM) students.

A Toqueing ceremony was held in the function room for the 2nd year BSHRM students. There were also seminars conducted by the Tourism Management for the SHTM students. The seminar in the morning was “Ecotourism: One Day with the Experts”, that aimed to give awareness to the students about what ecotourism is and what they can do to help protect and preserve it. The seminar in the afternoon was “Everything You Wanted to Know: a Career Opportunities to Hospitality and Tourism Industry” this aimed to provide students with information about career opportunities in the industry. The campus grounds were filled with booths designed to enter to needs and interests of faculty and students.


The Tourism booths showcased the beauty of nature sights in the Philippines such as the Mayon Volcano, bringing creativity and nature together. For the Hospitality (HRM) booths, great food and service were offered at affordable prices.



## “Arellano University – Pasig’s Social Night: A mid Summer Night’s Dream”

by Patricia A. Malig

The Social Night inspired with Bohemian Theme “A Mid Summer Night's Dream” was the most awaited event held last September 30, 2017, 6:00 PM, at the Arellano University – Pasig Gymnasium. The venue had a whimsical garden entrance embellished with vines and decorative yarn balls with dim lights and candles on the floor that made everyone remind them of a whimsical garden entrance. On the stage was a huge 3D AU letters designed to appear like a galaxy. There were booths for food and drinks provided by the HRM students and a photo booth provided by the Tourism students. There was a souvenir booth for anyone who wanted to buy dream catchers, Bohemian bracelets, necklaces and of any kind.



Ms. Maureen Salem, the OSA Secretary, delivered the opening remarks. The program was hosted by the Arellano University Supreme Student Council (AUSSC) president himself, Paul Tadeo. The following were activities and performance highlights in the event: playing of bands by Jose at Musika, Maryzark, and Clubhouse; raffles, photo booth and souvenir booth, dance performance by AU Dance Crew, and final dance for all the participants facilitated by DJ Mario Angelo.

The event ended at around 11 PM.

## “Happy Teacher’s Day!: Post-Celebration of CAS Department”

By: Eve Georgia Tan

As part of Teacher's Month which annually happened at the Month of October, the department of College of Arts and Sciences had their own celebration of Teacher's Day last October 24, 2017. Headed by Prof. Valerie Anne Miranda and the dean of CAS department herself, Dr. Aurora A. Franco, with the assistance of Psychology officers and some AB English and HRM students, the event happened at Arellano University – Pasig Library. The said event was a surprise celebration among the CAS faculty members. The program was hosted by Robert Lopez and Nino Tuplano. It was started by little party game such as, hoola-hoops game, balloon pooping game, and the undying game, the pinoy henyo. Directly after the diversion, there was a granting of authentications for all the Professors. Each of them got 2 certificates; the one is the formal declaration, while the other one is an honor voted by the students. Professors and staff also received goods and souvenirs from the sponsors. It was only a 2 hour occasion, that began around 4 pm and finished by 6 pm, however the 2 hours isn't sufficient to state thank you to every one of the instructors and educators out there for their devotion in educating and spreading the training for every one of their students. Much obliged to you, Ma'am and Sir, we are saluting to you!



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# ARELLANO UNIVERSITY

## Jose Rizal High School Campus

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## DEALING WITH STUDIES AT WORK: IT'S ALL ABOUT ATTITUDE!

by Erika Nicole Onava and Adrian Joseph Mercado

Balancing work and study, not to mention other commitments can be daunting. It has been a stereotype for years that working and studying can't be in the same place. Some students say you can't work and study at the same time—or yes, you may but there's a great tendency of failing either one of the two. This means you'll wind up leaving school or leaving your job. Many students can relate to this struggle of study and work balance. The question is: will this be a challenge or an opportunity?

"Who says that working is a hindrance while studying?" this was the Senior High School student's response after being asked on how he can handle his tight time table despite working for hours in a famous fast food chain. This student, Mr. John Mark Mampusti of Humanities and Social Sciences-1P had the will to do it both, because he managed to be the class's Top 1 student and an ace in the whole HUMSS achievers of Arellano University-Jose Rizal High School while working part time to defray his tuition and living costs.

In AU-JRHS, many Senior High School students are working while taking classes. Being working students can be tough but it funds their

their studies. Most students are working because of many concerns or financial issues. Obviously, we can't diminish the fact that juggling work and study has its downside. studying and daily life experience negatively. One working student even lamented, "Of course I can't have time for myself, I looked tired and haggard and sa sleep issues, sometimes two hours or three hours lang ako matulog tapos, diretso pa pasok sa school, mas malala pag may exam. Halos half hour na lang tulog ko and most of all hindi ako nakakasali sa ibang activity at wala na akong time sa family ko kasi puro school at work na lang". studies. Most students are working because of many concerns or financial issues. Obviously, we can't diminish the fact that juggling work and study has its downside. studying and daily life experience negatively. One working student even lamented, "Of course I can't have time for myself, I looked tired and haggard and sa sleep issues, sometimes two hours or three hours lang ako matulog tapos, diretso pa pasok sa school, mas malala pag may exam. Halos half hour na lang tulog ko and most of all hindi ako nakakasali sa ibang activity at wala na akong time sa family ko kasi puro school at work na lang".

This is one of the sacrifices a working student

needs to endure when asked further how he managed or balance everything, "Time Management", he proudly said. "Simple lang hindi ko inuubos yung oras ko sa mga bagay na medyo walang sense at sinisigurado ko na mayroong intervals ang transition ng schedule ko, like pag may pasok sa school at may duty ako, 2 hours allowance and then preparation for school na 'ko." In the case of Mr. Mampusti, he advised working students like him if they want to be successful, they need self-determination and strong will to pursue their goal in life, especially if they want to help provide for their family as well.

"Action expresses priorities." this is a famous quote from Mahatma Gandhi which truly expresses what a Senior High School working students should do to make their goals work. Students should make a move on how they can fulfill or realize their dreams. They should also practice to be independent since they will soon enter the collegiate life. They need to help themselves build their stairways to success and establish their priorities and to successfully achieve their aspirations in life.

## TEACHER'S DAY 2017

by Justin Cruz

In celebration of the National Teachers' Day, Arellano University – Jose Rizal Campus held a program with a theme, "Teaching is one profession that creates all other profession" last October 11, 2017 participated by all the Senior High School Faculty. The event started at 5:30PM and was late for 30 minutes caused by the unexpected rain, yet it did not stop the organizers of the event to continue the program so after a while, teachers ramped their way up the stage and each received a ribbon with writings Best Teacher Ever! The program proceeded with the Opening Remarks of Mr. Rony Naragdao, reading the letter of Mrs. Ma. Aileene D. Cruz, High School Principal.

The program was filled with awards, thanksgivings, prices and surprises. At one point in the program, the class presidents come up the stage to greet their advisers and gave them portraits of caricatures and letterings while the student from ABM 5P, Ms. Jessa Abayare sang Salamat by Yeng Constantino.

SHS Teachers also performed that night like the acoustic number of the all-male teacher group led by Mr. Christian Esguerra, the ballroom dance

number of the P. E. teachers together with Dr. Sony Gonzalez, and the Grade 11 and 12 combined dance number led by Ms. Jessa N. Serencio. The program ended with all the SHS teachers receiving the Certificate of Appreciation prepared by the Supreme Student Council in cooperation with all the SHS students.

One said that Make Everyday a Teachers' Day, meaning students should honor the hardwork done by their teachers all year round by showing respect, love and care. Thank you Teachers!



Foundation Day 2017 at AU-JRHS

## FOUNDATION WEEK 2017

by Paula Poblete

In celebration of the 39th year of Founding Anniversary of AU-Jose Rizal Campus, the Junior High School Department launched a one-week event with a theme Modern Throwback from October 2, 2017 to October 6, 2017, the event was organized by the Supreme Student Council of the said department with the help of different clubs.

The celebration began with a festive opening by releasing colored balloons into the sky and showcasing students' varied forms of talents in the field demonstration. In line with the whole week celebration was the intramurals where the following emerged as Champion: Freshmen for Volleyball (Boys), Seniors for Volleyball (Girls) and Juniors for Basketball.

The celebration concluded with an acquaintance party enjoyed by all the Junior High School students who attended this memorable event. Commemorating the founding anniversary of our Alma Mater reminded us of the significant contribution of the founder in providing the youth the best opportunity to grow and excel as individuals, and someone, who dedicated his life for the sake of education and democracy.



**Arellano University Elisa Esguerra campus celebrates its 39th foundation week!**  
Jenrick Sison

Last October 9-13 2017, Arellano University-EEC celebrated its 39th foundation week in which many exciting booths and activities and inter-strand competition was held to showcase the talents of Arellanites while reminiscing the years of AU.

The foundation week started with an opening ceremony on the 9<sup>th</sup> of October 2017 at exactly 7:00 in the morning and followed by the releasing of balloons in which the students in every strand participated. And also followed by the flower offering and the opening of intramurals and field demo.

On the following day of celebration Wednesday Oct. 11, 2017 was the celebration of teachers day and the start of most awaited Games, plus the opening of different booths prepared by different strands such as mini concert booth, the jail booth, horror booth and the marriage booth in which every student have enjoyed participating in those booths.

And on the last day of foundation week October 13, 2017 is the closing ceremony of foundation week in which the awarding ceremony was held such as giving awards to the winners of the games in men's volleyball the team Humanities and social studies got the championship.

And as part of celebration the Arellano university gives honor and salute to its founder of Arellano university Mr. Florentino Cayco Sr. Last October 16 2017 and remembered his contribution and legacy to every Arellanites in achieving their goals and by providing an access to learning through relevant and innovative environment.



**Magna Carta doctrina**  
( Great Chapter in Learning)

Miguel Campos

New campus be celebrated in a manner that we Arellanites uniquely call our own, it was in a manner truly worth remembering. Though late in the academic year, the Arellanites of Elisa Esguerra campus celebrated nonetheless, for new buildings, new staff and new teachers. It was really a new beginning, a testing time not only for ourselves but for the teachers as well, for on this hallowed halls we call our school, our minds shall be moulded, lessons to be forever instilled, experiences be made and memories that will last a lifetime be created. But one thing echoes in the vibrancy of it all, the potential of the teachers and the students who have a privilege to learn under them. They, our teachers, have made strives in teaching, headway in our lives as their students and an impact on our collective success in the future, they maybe new but they are naturals when it comes to teaching, for their passion flows when in the setting of the classroom, for each word uttered and written is a new lesson to be learned, and we as their students shall carry all our lives. A new and great chapter has been started from the potential of the teachers and students of Elisa Esguerra campus, for ours surpasses all.

**POINTS OF HEROES**

John Cedrick Regenio



Last week before the Finals exam of the students, Arellano University conducted the English Week Celebration lead by the English Department. One of the events in the said program was the most awaited Debate by all strand including GAS, STEM, ABM, HUMSS, ICT and TECHVOC. The contest was conducted at the University's Library and the registration opened at exactly 8:35 in the morning. The program rolls as the facilitating staff announced the criteria. The following are the basis for finding the placers as well as the champions of the Debate: Validity and Preponderance of arguments 40% Ability to interpolate, be interpolated and rebut 20% Strong communication skills 20% Stage Performance 10% Team Work 10% TOTAL = 100% Teams from ABM and STEM heated the first round with the hot topic Duterte's War on Drug. HUMSS vs. CP follows while GAS vs. TECHVOC ended the first level. The strands from the Academic track make it to the semifinals while the two strands namely CP and TECHVOC lost their chance to enter. With Abortion as the topic, GAS and ABM had the chance to defend their stand against each other. The hot air and pressure of depending their point was preceded by the two remaining team from HUMSS and STEM. During the battle of brains and pride, the pressure goes up as HUMSS and STEM defended their point and side. At the end of the second round, the pride of HUMSS advanced to the finals together with GAS, labeling ABM as 3rd Runner Up and STEM as the 2nd Runner Up. The battle continues as HUMSS and GAS faced each other's team for the Final Round. Ideas and facts gathered up for the 5-minute chance to voice out their point about the Legalization of Same Sex Marriage here in Philippines. HUMSS as the PRO side scrapped the 5-minute chance. On the other side, GAS as ANTI defended their point beyond the time limit. Computing the average of the last team standing, judges creates hype and excitement as they announced the placer and champion. Gathering an average point of 93.4%, the team from GAS won as the 1st Runner Up, and HUMSS bring home the gold medal as the Champion of this year's Debate with an average score of 97.8% marking as the highest score for the entire points of each teams. Placers and Champion will be recognized and awarded this Thursday, on the Closing and Awarding Ceremony of English Week at the school grounds, 2:00 PM in the afternoon.

**AU-EEC'S ENGLISH WEEK IS A BLAST**

Delbert Jewel Natagoc



A blast of skills called "English Week" is the program where the students showcase their skills in English through joining contests and activities which would help them to improve their flairs in terms of efficient communicative skills as well as effective writing skills.

Last November 20-24, 2017, the celebration of English Week with a theme "Embracing K to 12 vis-a-vis effective communication skill in 21st century" has been held in newly-established Arellano University- Elisa Esguerra Campus. There are different activities and competitions significantly-made just for Elisa's Chiefs that should be joined by different students from disparate strands and clusters. Speech Choir, spelling bee, essay writing contest, declamation, extemporaneous speech, snakes and ladders, debate, text twist, musical play and many more were the activities conducted for English Week 2017 of AU- EEC.

Before every contest starts and as it starts, you will see the tension, nervous and fighting spirit rising up in the faces of participants from different strands and cluster. Each of them were defending and striving for their strands because they want to achieve the medal that everyone desires. Lots of reviewers, time wasted for practicing and many efforts they had made just to get the shining shimmering medals and trophies.

The Musical play, the highlight of this years' celebration added several colors and smiles to the Arellanites for they watched Elsa, Moana and other fictional and non-fictional characters dancing and singing live. It was very great but it will test your patience in waiting for your favorite character because every cluster had given 15-30 minutes to perform so if you cannot wait, then you'll not see your favorites.

"For me, the spelling contest was incredibly surprising as well as it was enjoyable and challenging. Though some words on easy are really not easy but that one really test my knowledge about spelling" said by Ms. Justine Alvarez, a participant of Spelling Bee who represented Cluster 7. It only implies that every chief of AU- EEC has enjoyed the contest regardless of the reality that they became lose. And also from the very start of this blast up to its awarding ceremony, English teachers had consistently did a great job for there's no problem happened at all and at the end of competition, whether they won or not, the sportsmanship of Arellanites still became greater than their sadness due to disappointments



# Apathy, ADIEUX!

By Jeriel Andre Hanna Faune

As a **film enthusiast**, I have long been patronizing Filipino films, particularly independent or *indie* films, for often tackle topics that matter. Missing it out during the 13<sup>th</sup> Cinemalaya Film Festival, I was pleased to know Alberto Monteras II’s award-wining debut feature-length film, *Respeto*, would have a regular run in theaters nationwide, opened last September 20, which was the day before the 45<sup>th</sup> anniversary of Martial Law. But I was not able to catch it until last October 5, in which, thankfully, one cinema was still showing it.

As I sat in that almost empty theater, I had no idea what this film had in store for me, until the credits rolled. *Respeto* stirred an emotion that was long buried. It made me confront our reality. For a long time, I have had my own political and social views, influenced by my upbringing, but I always kept them to myself. I tried to be neutral and objective when reading the news, and preferred to be indifferent when discussing it with other people. What I didn’t know, or I was in denial rather, was that my silence equaled to apathy.

Apathy, as defined by Cambridge Dictionary, is a “behavior that shows no interest or energy and shows that someone is unwilling to take action, especially over something important”. With the increasing death toll in President Rodrigo Duterte’s war on drugs, most people tend to go on with their life, as they’ve become inured to the night violence. We feel hopeless and powerless, which eventually discourages us to do something about it. According to Teal Swan, the root emotion that cause apathy is despair, which is the complete absence of hope and the ultimate form of discouragement. This could be the reason why Filipinos, including me, prefer to fall into obedient silence as a response. But this should no longer be the case anymore, as *Respeto* gladly reminded me.

*Respeto*, which won Cinemalaya’s best picture, revolves around a young aspiring rapper and a poet who was a victim o the atrocities of Martial law, set against the backdrop of President Duterte’s drug war and decisions to bury former President Ferdinand Marcos in the Libingan ng mga Bayani. The film is very timely because it literally mirrors the state of the Philippine society today. The scenes depicted raw image of the social ills which the country is facing, particularly the brutal and mostly unjust killings that we hear every now and then in the news. The film presents the reality – the truth – that we choose to repress and even turn a blind eye on. Personally, it spark to agitate various feelings – grief, anger, pain, and the worst, the feeling of helplessness against a rotten system that abuses its power. It made me want to fight for the oppressed, which breaks this silence that’s been a bondage for many years. Such is the power of film.

There have been over 7,000 deaths and the numbers of extrajudicial killings increase every day. A human life should not be sacrificed for development. It’s time to gather own acts together to stop any attempt to curtail our liberties and freedoms. Apathy, ADIEUX!



## Two - Day Transport Strike against Transport Modernization Program

By Zepp Marinda

**Transport groups demanded** last October 16, 2017 to stop the administration’s transport modernization program that will phase out all jeepney where in the efficient and affordable mass transportation system.

Many groups headed by Pinagkaisang Samahan ng mga Tsuper at Opereytor Nationwide (Piston) conducted a two-day transport strike, Monday (October 16, 2017) and Tuesday (October 17, 2017). They stressed that the transport modernization program is an abandonment of the government constitutional duty to provide a safe, efficient and affordable mass transport system as a public service. They added that Duterte is handing over our mass transport system to the monopoly control of profit- greedy oligarchs and foreign big automotive corporation, just what is happening with other public services and utilities. Likewise, they claimed that the program would “massacre” the livelihood of over 600,000 public utility jeepney (PUJ) drivers and 300,000 small operators, and thus, would result in an employment crisis as million would be added in the already “ever-increasing” number of unemployed Filipinos.

Aside from drivers and operators, the groups said commuters would be encumbered by fare hikes with the minimum fare increasing to at least 20 pesos through the Ayala owned BEEP automated fare collection system, Moreover, it would cause greater inconveniences as the route rationalization and fleet management scheme would set lesser PUJ routes to favor private vehicles and the big business owned Bus-Rapid-Transit. To them, this would also not ease the traffic crisis as PUJs only compose 2% of total registered vehicles in the country.

According to PUJ drivers, operators and commuters should not suffer from the government’s “bureaucratic corruption, transport miss-governance and private profit-oriented policies that had resulted in the country’s big-business controlled transport system. Instead of phasing out PUJs, the groups said the government should “promote modernization through the nationalization of an affordable, safe and efficient mass transport system.” They suggested that rather than subsidizing the onerous importation and procurement of new PUJ units, the government can use its funds to support our local jeepney manufacturers by subsidizing their modernization and development of greener PUJs,

Because of the slated transport strike, Malacañang has announced the nationwide suspension of government work, and classes at all levels of both public and private last October 16, 2017.



# Squad Goals

By Zepp Marinda

The Arellano University Chiefsquad came home from the Japan Open Cheerleading Championship with two champion trophies after winning in two level of competition on October 22, 2017 at the Komazawa Olympic Park in Tokyo. They competed with other representative groups from member countries of the International Cheer Union (ICU) and some of the best teams from universities and colleges from Japan.

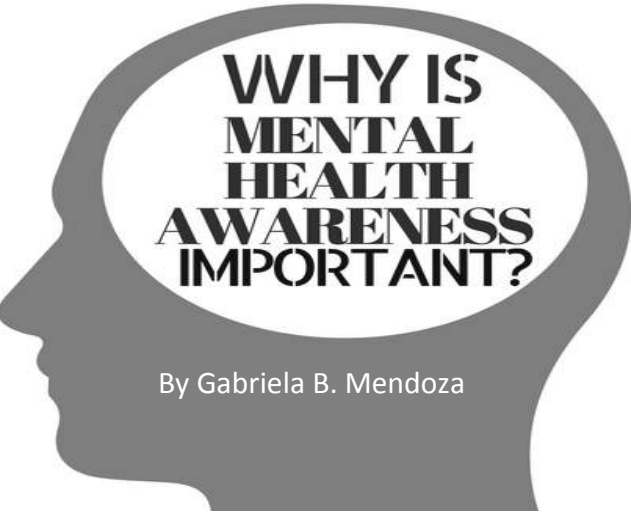


Photo from arellano.edu.ph

The AU Chiefsquad also competed in the Asian Cheerleading Competition on October 21, 2017 held in the same place as the Japan Open. They placed in second coming in close to being the champion, Malaysia at .5 points. Japan, China Taipei and Indonesia were the participants in the competition.

Both competitions were organized by the Japan Federation for Sports Cheer and Dance with the support of the Asian Cheer Union (ACU) and International Cheer Union (ICU), who are recognized world-governing body of cheerleading.

# LIFESTYLE



By Gabriela B. Mendoza

**You can always tell if people are happy.** You see it in the physical appearance. You see it in their smile, their laugh, or from their rosy cheeks. Likewise, you can tell if people are sad. You'll notice them too in their tired eyes, their meek smiles, or their enthusiasm becoming listless. Some would ask *why or what happened* but rarely *would anyone want to know*. Sometimes they do really want to say why but they'll get afraid for they might get judged or worse laughed at. So people hide deep inside and mask it with a smile until harm unnoticeably cause them to mental health problems.

**One in every five people suffers from a mental health problem in the Philippines, mental illness is a silent killer, with at least 2,558 cases of suicide arising from mental health issues reported in 2010 alone. The National Center for Mental Health's statistics shows that suicide rates of 2.5 are men and 1.7 are women per 100,00 members of the population.**

A mental disorder, also called a mental illness or psychiatric disorder is a behavioral or mental pattern that may cause suffering or a poor ability to function in life. Such features may be persistent, relapsing and remitting, or occur as a single episode. Many disorders have been described with sign and symptoms that vary widely between specific disorders. Such disorders like depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors may be diagnosed by a mental health professional.

A lot of people suffering from mental illness are reluctant to ask for help because of the stigma surrounding it. Many think these people are lazy or just making it up. There is also the supposition that these people are crazy, possessed by demons, violent, out of control and unsafe.

These negative labels are due to media stereotypes and lack of education and awareness about the illness. People tend to forget that mental illness is as important as physical illness. They attach negative stigmas to mental health conditions at a far higher rate than to other diseases and disabilities, such as cancer, diabetes or heart disease.

Stigma affects not only the number seeking treatment, but also the number of resources available for proper treatment. Stigma and misinformation can feel like overwhelming obstacles for someone who is struggling with a mental health condition. Here a few powerful things you can do to help:

**Showing individuals respect and acceptance** removes a significant barrier to successfully cope with their illness. Having people see you as an individual and not as your illness can make the biggest difference for someone who is struggling with mental health.

**Advocating with our circles of influence** helps ensure these individuals had the same rights and opportunities as other member of the church, school and community.

**Learning more about mental health** allows everyone to provide helpful support to those affected in the families and communities.

Lack of access can be due to misinformation about where to go is a key reason for mentally ill people choose to keep their problems to themselves. If a loved one or someone you know is experiencing some mental health issues, make sure you recommend these hotlines:

**1-800-SUICIDE**  
(1-800-784-2433)

**1-800-273-TALK**  
(1-800-273-8255)

**Manila Lifeline Center**  
Contact by: -Phone  
Hotline: (02) 8969191  
Hotline: Mobile phone: 0917 854 9191

**PHILIPPINE SUICIDE AND DOH HOPE HOTLINE**  
(02) 804-4637  
09175584673

"You had many more years," he said.  
"I didn't want them."  
"But they wanted you.  
Time is not something  
you give back.  
The very next  
m  
o  
r  
n  
i  
n  
g  
may be an  
answer to your  
prayer.  
To deny that is to deny  
the most important  
part of the future."  
"What's that?" "Hope."  
Mitch Albom, The Time Keeper

RESOURCES:  
(<https://www.mayoclinic.org/diseases-conditions/mental-illness/basics/definition/con-20033813>)  
(<https://www.pinterest.org/mental-health-awareness/>)  
(<http://cnnphilippines.com/life/culture/2017/04/25/mental-illness-stigma.html>)



# LITERARY *Stories & Poems*

## We've got magic to do

Guela Munda

There are many truths in here  
Often covered up  
By sweet, delicate things  
By shaky hands  
Holding a pen & cigar  
And by coffee laced,  
Trembling lips

This is one of them

No one will look  
At the red gashes on your wrist  
And think its honeysuckle  
Dripping from it

No one will pick-up the pieces  
Of your shattered hope  
And help you make them whole

They won't. But *you* will.  
And here's how you do it.

You will not want raspberry songs  
And words that rip your soul,  
But music that flows in your veins  
Like a river, chirping birds carrying you  
As if you're light as a feather

You will not feel  
The cold of December  
And stare at the cracks in the walls for hours,  
**No.**  
Instead, you will feel the August winds  
Kissing you as it sticks to your skin,  
Stirring up a rush in you; *life*

You will not want  
The kind of love,  
That will scrape your knees  
And splinter your knuckles  
And think it is worth a poem  
**No.**

You will want a love  
That is made from within you  
And authored not by the poets,  
But by you

Last, you will not  
Look in the mirror and think,  
Broken is beautiful

**No.**

You will look again  
This time, healing  
And say "I'm beautiful,  
Scars and all"

Your skin is not a wine-stained dress.  
Your eyes are not shattered mirrors.  
And your heart isn't a black hole,  
It is scarred, healing, beating,  
Alive.

So get up darling, we've got magic to do.

## "Our Beloved Educators"

Andre Mae Bacolod

To our teachers dear who taught us to be wise  
And gave their love, patience as well as advice  
They've been through rejection, hardship and  
sacrifice

In providing these all, they didn't think twice

We appreciate the way they offered caress  
And being there whenever we're depressed  
They always lead us to the path of success  
That's why to them we are really impressed

We are the students whom their hearts they share  
But it seems that we're their children as they care  
Despite of our flaws they used to let us spare  
They are precious gem, yet they're unaware

The love for what they do is indeed apparent

To instill wisdom to us is what they meant  
Being hurt is the thing that they try us to prevent  
And whenever we fall they're at our backs like a  
parent

The knowledge they partake fills our mind and  
heart

That is why they are the reason why we're smart  
As we go to the finish line they're with us from the  
start

And their support will be there even though we  
part

Molding us in our tender years is not easy  
For we are sometimes hard headed yet seldom  
clingy

But they didn't get tired to treat us dearly  
From the bottom of our hearts, we thank our pro-  
fessors tremendously

## My Gift

Rizza V. Carmona

If I die today, I want to leave something for the im-  
portant people in my life.

But, because I can't leave them wealth or any mate-  
rial things,

I wish to God that He could atleast give those peo-  
ple, something that was a part of me.

And if I die today, I would want to give my mother  
my strength and my knowledge,

For that, she may have more strength to live her life,

I'd want to give her all the knowledge I acquired  
from the education she work hard for.

If I die today, I would want to give my sister my  
helping hands,

Because, I know, she always needs someone to lend  
her help.

If I die today, I would want to give to my love, all  
my heart,

With this, he will know that I will never stop loving  
him,

And that my heart was made to beat for him, and  
only him.

Lastly, if I die today, I would want to give the peo-  
ple, who touched my life, memories,

And hopefully in those memories, I've also happen  
to touched theirs.

## Wishing I Was Her

Sheena Bacolod

I told myself it didn't hurt.

Seeing you smile with her didn't hurt

I want you to be happy.

And slowly I realized

I wasn't enough to make that happen.

Your smiles come from her

And I'm never gonna be better

I really am thankful when

I see you laugh.

And when you're in bliss,

To me that's enough

But I can't deny,

My nights are still filled of wishing I was her

Wishing I was the one you were happy with

To contribute literary works like this, send via e-mail to  
[johnzeppmarinda@gmail.com](mailto:johnzeppmarinda@gmail.com). Share your self-expression through writing!