



The Standard

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JANUARY - MARCH 2018

Arellano University's 80th Foundation Day Celebration



Famous local bands, Ex Battlion and Third of December performed in Arellano University Legarda on February 20, 2018. Celebrities include Ai Ai delas Alas and internet sensation group of dancers called Mastermind... **Page 2**

"AU - AMC launched their first ever ikatlong Lahi Pageant"



The Ikatlong Lahi Pre-pageant has been successfully launched last February 28, 2018 at Arellano University—Apolinario Mabini Campus Quadrangle... **Page 4**

STRAND WEEKS HELP TO STOP STRAND SHAMING



Arellano University-Elisa Esguerra Campus started to highlight disparate strands since January in the hopes of stopping students from shaming other strands...**Page 12**

Do you want to be a part of next school year's editorial board? Go to the Office for Student Affairs and find out how! :)

Campus Journalists Bounce Back



The Standard Editorial staff from different Arellano University branches gathered at Arellano University, Legarda, Juan Sumulong Campus for a series of activities like a workshop on news writing and also a significant talk on journalism...**Page 6**



The Lady Chiefs Dominates Once Again



NCAA Season '93 has been a successful season for the Arellano University Lady Chiefs as they have dominated the league by conquering the finals series against the San Beda University Lady Red Spikers...

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First National Multidisciplinary Research Conference

The 1st National Multidisciplinary Research Conference was an assembly participated by administrators and faculty delegates from various institutions nationwide, research presenters and researchers across levels and disciplines of study... **Page 8**



EPITOME OF GREATNESS

People differ in their choice of career. Some want to be a doctor, a military man, a lawyer and others. People passed through a series of trials in life, those trials serve as a test of their dedication to pursue and attain their dreams... **Page 11**

See you next school year! :)

"Truth Conquers All Things"

- The Standard Manifesto



EX BATTALION IN AU !

Irene Alcantara

Last February 20, 2018

Arellano University welcomed the internet sensation and group of rappers named Ex Batallion or simply Exb. Exb consists of 13 rappers, and two of them are internet vloggers. They became famous for their original tagalog rap songs and one of them is the highly talked about song called *Hayaan Mo Sila*.

Arellanites were very glad to have Exb here in Arellano University. The concert was fun and many students were present to see the concert. even some of the attendees were from different universities. The concert started at 3:00 in the afternoon.



Photos taken by Alejandro Juancho

The group Mastermind also gave a live dance performance that made the crowd sway their body to the music. Ai Ai delas Alas was also one of the guest who made the whole crowd alive. The group Third of December was also there to serenade the crowd with their love songs.

Whenever you meet someone, the very first thing in you they look at is your face. It's only natural if you want to keep your face not only to look its best, but also to keep it clean. A good looking and clean face can give you the confidence to "face" the day. These are some method to keep your face well-nourished and hydrated:

Creating a Skincare Routine for Your Face

Method 1

Pick an appropriate cleanser. Skin can range from dry to oily and in between. When picking out a cleanser, choose one that matches your skin type. It will say on the bottle whether it's for oily skin, dry skin, combination skin, or all skin types. Choose a mild cleanser, such as one that says "for sensitive skin." Harsh scrubs can damage your skin.

Wash Your Face Twice Per Day

Method 2

Wash your face twice a day, in the morning and at night. It's especially important to wash it at night, as you're removing the grime of the day.

If you have oily skin, you may want to wash it a few times during the day with a non-comedogenic face wash to help prevent pore clogging.

4 WAYS TO GET CLEAR, SMOOTH AND HEALTHY FACE

Joey Celespara



Mayara Cardoso

POLSCI WEEK

Warren Ryan P. Revoltar

AUP's annual PolSci Week, that happened last December 14-16, ended with a blast and even breaking barriers between Political Science students, and Senior High School students.

Arellano University Politea, the official organization of Political Science students of AU Manila, organized a three-day event entitled "Break-through", that not only Political Science students enjoyed but also Senior High School students that are under the HUMSS Strand. The said event held at the Little Theater started with a lecture that tackled the role of alternative media towards socio political development. Speakers of the said lecture were Mrs. Maria Lourdes Tiquia and Prof. Maron Vilarin. Cleve Kevin Robert Arguelles, who wrote a book about Pres. Rodrigo Duterte, also talked on the second day of the said event.

Althroughout the PolSci Week 2017 Political Science students participated on activities of their choice that suited their expertise such as constitutional Quiz Bee, Political Elocution, Amazing Race, Public Policy Debate and Men's Basketball. The awarding and closing ceremony happened at the AU Gym and was spearheaded by the President of the organization, Jumalynne V. Doctolero, who in behalf of the Politeia members gladly thanked all participants. The event was indeed successful not only because it united students taking up Political Science but also letting other courses and Senior High School students pass through, glance and experience Politics and what it is like to be a Political Science student at least for a day or two.

Method 3

Moisturize your skin

When your skin is dry, apply moisturizer. For best practice, apply a facial moisturizer after every time you wash your face. It's also a good idea to apply it before you put on makeup.

Pick a moisturizer that's meant for your skin type, by looking for the oily, medium skin, or dry skin label on the bottle.

In the morning, try choosing a moisturizer with a sunscreen in it.

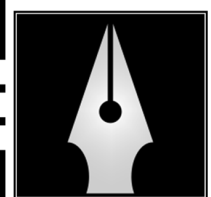
Method 4

Exfoliate your skin

Some people have good luck with exfoliation creating smoother, clearer skin. You shouldn't exfoliate too often, as it can damage your skin. Generally, you can exfoliate a few times a week, though you may need to do more aggressive treatments less often. Also, you may not want to exfoliate while on acne treatments, as it can make the problems worse.

These methods can help your face looks its best. But if your face needs special attention or you want an expert's opinion, feel free to ask a specialist or a dermatologist.

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THE LADY CHIEFS DOMINATES ONCE AGAIN

Elijah Agus Lejan Cruz Solamo

NCAA

Season '93 has been a successful season for the Arellano University Lady Chiefs as they have dominated the league by conquering the finals series against the San Beda University Lady Red Spikers.

The Arellano University Lady Chiefs sweeps another opposition team for the back to back title as they displayed with a score of 25-13, 29-27, 25-15 against the San Beda University Lady Red Spikers. They've been crowned at the Filoil Flying V Centre in San Juan on Monday afternoon at March 19, 2018 and gave the lady chiefs a two-game sweep of the best-of-three finals.

Their game results have been formidable for the competitors of the NCAA Season '93 giving us an 8-1 season standing. Having proved this, The lady chiefs is dropping us a hint that they can maintain their dominance once more for the next season.



Arellano University Job Fair 2018

Christine Maye G. Galopo

The Arellano University has put up a convention for all graduating college students to hunt for available jobs. It was held at Plaridel Hall Lobby last January 12, 2018. It started at 10:00 am and ended at 4:00 pm.

Well-known companies include Phil Health, McDonalds, BDO, SM, Toyota, The Medical City, and many more looked for applicants.

Arellano University Job Fair 2018 is needless to say helpful and relieving for the graduating students. As a fellow student starting out once more in college, it's relieving to know that AU is thoughtful enough to have my back even up to my final year of my college life.

OUTREACH PROGRAM AT HOSPICIO DE SAN JOSE

Cogolio, Anne Klariz

Last

December 7, 2017, as a way of sharing the Christmas spirit, the AUSSC conducted an outreach program at Hospicio De San Jose. The members of AUSSC have been a blessing in disguise for a day to children with special needs at Hospicio as they brought joy and gifts for them. For the first part of the program, the children showcased their talents and wit. The crowd cheered as the children freely and joyfully sang and danced in front of everyone. Of course the council didn't miss the chance to also show their hidden talents and took part to the singing and dancing after the children's special number.

As soon as the fun activity has finished, all members of the AUSSC patiently fed the children while playing and interacting with them. It was a new and joyous experience for all members, an unforgettable one. All children were happy upon receiving gifts from their ate's and kuya's. Everyone in the room shared stories and tales with another. The council had learned some valuable lessons from the children and were touched by the stories given.

Christmas season is a time for sharing love and being a blessing to everyone. AUSSC's gesture was truly remarkable and the activity was undeniably unforgettable for them. They not only gained lessons from these but also new found friends.

Arellano University Professor Passed away from Aneurism

Jeselle Ann Dela Cruz

A prominent professor of Arellano University passed last September 16, 2017. Dr Rodil, head of English Department, was found lifeless at his apartment the day after he died.

According to the medical findings, Aneurism was the leading cause of his death. It was remembered that he was about to celebrate his birthday 2 days before the tragedy. But before it happened Dr. Rodil's friends narrated that he was planning for his birthday celebration. He also promised his students under his subject that they will conduct a raffle draw, a way for Dr. Rodil to share his blessings. Many students, staff and employees mourn his loss and attended in his internment. They held tribute for Dr.. Rodil which was conducted by his students, friends and co- workers. Before the first semester ended. Professor Garay acted as the OIC of the English Department.

His loss was also a big lost for the University. It was hard for his friends to accept the reality. During those days, I myself was part of the lost.

Christmas Even Inter-Branch 2017:

“Spreading the Christmas tradition through the Filipino”

Gabriela B. Mendoza

Last year's theme for the Christmas Events Inter-Branch 2017 was “ Spreading the Christmas tradition through the Filipino” which was held by the Supreme Student Council. It consists of activities such as essay making, poster making and Belen making.

At 8 o'clock in the morning of December 11,2017, students who were interested in participating on the following contests were lined out in the lobby to register. The participants included students all the way from the AU branches of Elisa Esguerra Campus, Plaridel Campus, Jose Rizal Campus, Mabini Campus, Jose Abad Campus and of course, Juan Sumulong Campus, where the event took place.

At about 9 am the contest started. Both the essay making and poster making contest occurred at the Little Theater; where as the Belen making contestants remained at the AU lobby. The AUSSC provided materials for the contestants excluding those who joined the Belen making for they bought their own materials. The AUSSC officers also provided snacks and lunch for the young artists.

The winners were announced at 5pm. In the poster making contest: 1. Princess Chloe m San Jose (Plaridel Campus) 2. Aliezza Angelique P. Cledel (Juan Sumulong Campus) 3. Kurt R. Lugtu (Plaridel Campsu) For the Elementary 1. Alena Dela Pena (Jose Rizal Campus) 2. Kaye Antonette Velado (Jose Rizal Campus).

Students from different branches of the Arellano University gave importance to the heart of Christmas. By expressing their knowledge and interpretation, of the true meaning of Christmas to their arts.



“AU- AMC launched their first ever Ikatlong Lahi Pageant”



Candidates of Bb. Ikatlong Lahi 2018 during their sports wear competition

The Ikatlong Lahi Pre-pageant has been successfully launched last February 28, 2018 on Arellano University – Apolinario Mabini Campus (AU-AMC) Quadrangle. Ever since the beginning of the Senior High School classes, some members of the LGBT (Lesbian, Gay, Bisexual, and Transgender) Community in our campus were requesting to hold a local school pageant to highlight and to promote diversity in an institution of learning. Through the formation of the student organization, HUMSS Club, they have put on the effort and the responsibility as the working bees. Also, under the supervision of Ms. Lydia T. Terrado, AU – AMC Principal, Mr. Jude Vincent G. Paliza, AU-AMC OSA, and through the effort of Ms. Christine A. Razo, AU- AMC HUMSS Club President, the said pageant that was entitled “Bb. Ikatlong Lahi 2018 AU – AMC” was made possible.

The said pageant of HUMSS Club chose the theme “Queen of Queens” with similarities to the known ‘Miss Universe’ pageantry where instead of numbers; they represent themselves through their own-will selected countries. The candidates are: Joel B. Isanan,

Andro T. Buco, Kenneth T.Villaruel, ABM 12-A; Arnel D. Mercado, GAS 11 – A; Glenn R. Baguhin, ABM 12 –B; John Luiz P. Gonzales, Sports 12 – A; Jess Anthony D. Zaleta, ABM 11 –B; Gilbert Q. Brevia and Jessie Y.Capulong, HUMSS 12 – A; Aaron E. Mendoza, HUMSS 11 – C; Ajay C. Lopez, HUMSS 11 –A; Kerby C. Trinidad, HUMSS 11 – B; *Prince John M. Bufete, STEM 11 –B; and* Joshua Chrismar C. Re-bong, GAS 12 – A. They represent the country of Brazil, USA, China, Canada, Colombia, Ghana, Great Britain, Jamaica, Thailand, Philippines, South Africa, Spain, Sri Lanka, and Venezuela, respectively.



Two Candidates showing off their casual wear at the Pre pageant

The critics of the said event were Mr. Jonathan O. Orlain, Former Mr. AU – Jose Abad

Santos (JAS); Mr. Jude Vincent G. Paliza, AU – AMC OSA; and Ms. Nurjaina Ajihil, AU – AMC Registrar.

Crowds went wild while cheering on their bets when candidates let themselves show their rigid personalities where they made us took a glimpse of their grace intact Production Number, chic and stylish Casual Wear and with high energy posing on different angles with their Sports Wear portion. In addition, amazing serenades from Rolito N. Bazar, HUMSS 11-B student that softened and made the audience giggle their hearts in his vocals.

All what has been seen and shown last pre-pageant was just a taste from the much awaited Coronation Night wherein the results of the pre pageant segments will be revealed and the First Binibining Ikatlong Lahi will be unleashed. So, let’s watch it and support it.



Some of the candidates took a groupie

Words by: Christine A. Razo, Emmanuel G. Vecino, Ricky S. Cabual Jr.

Photo Credits and Captioning: Kristel Ann May C. Malonzo, Mario M. Dela Cruz

**Speech Choir:
A Culminating Activity of Grade 12 Students
of HUMSS and GAS for the Show**

“Excellent!” This was the remark of Ms. Lydia T. Terrado, Principal of Arellano University – Apolinario Mabini Campus (AU-AMC), after the well done and amazing presentation in Speech Choir of the Grade 12 students of the solo section of Humanities and Social Sciences (HUMSS) and General Academics Strand (GAS).

The performance was presented at the Culminating Activity of the mentioned strands last March 13, 2018 at the Review Room of Arellano University – School of Law. Evaluators of the activity were two of the Outstanding Professors from Arellano University – Jose Abad Campus (AU-JAS) namely: Dr. Bibiana Jocelyn D. Cuasay, Adviser of AU-Standard in JAS; and Dr. Ernerio Sagusay, Head of Junior Educator in JAS.

HUMSS strand, chose to perform the “Reversed Creation” by Bernard Backman, a poem that depicts the creation of the world based on the Bible but in an reverse way or destruction of the world; while the GAS Strand, chose “Like the Mo-



Students rehearsing their performance in front of observer teachers

Dramatic and Theatrical style was applied by the groups to show completely the message and essence of the selected pieces. The preparation of the groups lasted for four weeks or a month. The process of preparation included the choreography and other parts of performance. HUMSS and GAS were headed and choreographed by Ricky

S. Cabual Jr. and Alexa Decena, students of the mentioned strands respectively.

Before the actual presentation, a “Lecture and Pre-Evaluation Seminar” was held last March 5,

2018 at Mariano Magsalin Sr. (MMS Hall) and Flor-entino Cayco Jr. (FCJ Hall) at AU-AMC. The seminar was headed by Mr. Ramon Michael Renzaes II, a Theater and Speech Choir Director. Mr. Renzaes broadened the knowledge of the students about speech choir. He also enhanced the voice quality of the participants, watched and gave suggestions to the presentation of the two strands.

The Culminating Activity for HUMSS and GAS aimed to develop the Unity and Efficiency among the students who participated in it.



Ricky Cabual Jr. leading an activity given at the Workshop



Mr. Renzaes conducting the Lecture



Participants of Speech Choir after their seminar

- Words by:
- Christine A. Razo
 - Emmanuel G. Vecino
 - Ricky S. Cabual Jr.

Photo Credits and Captioning:

- Kristel Ann May C. Malonzo
- Mario M. Dela Cruz

HUMSS 12 - A



New Mr. and Ms. Arellano Pasay winners crowned

by Mariel Catalan

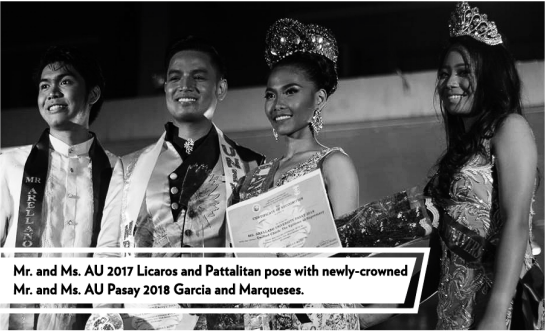
With grand preparations come successful results. Once again, the Arellano University Jose Abad Santos campus remarkably held its annual Mr. and Ms. Arellano University coronation night last February 2, 2018 at the university quadrangle.

Eight male and ten female candidates from different departments showcased their charms, talents, and intelligence incorporating this year's theme 'Unified Chiefs: The Epitome of Supremacy'. A pre-pageant was held the night before where all the candidates displayed their talents by singing, dancing, comical-skit acting, and a very compassionate tribute to the soldiers and civilians who died during the Marawi siege.

The pageant started with the casual wear presentation of candidates dressed in uniquely fashioned university shirts. Next is the colorful and dramatic theme wear display. Then the formal wear competition, which was followed by the announcement of special awards and top 10 for the Q&A portion. Questions addressed today's issues and core values of the university.

The top 10 male and female candidates include: School of Hospitality and Tourism Management representatives Cristine Artocilla and Earl Alcantara; Jan Earle Capitan, Angelica Marqueses, and Lorraine Balberan of School of Business and Commerce; Leann Austin Reyperillo, Jan Gilmour Fondales, Nestle De La Merced of College of Arts and Sciences; School of Education's Johanna Arreola; and School of Computer Studies' Virgilio Garcia. After the Q&A portion, 2017 Mr. and Ms. AU Pasay and Interbranch winners Juancho Licaros and Genamarie Pattalitan made their final walk and speech. AU Idol Pasay grand winner Eric Mendoza serenaded the candidates for their final look. After the deliberation of judges' scores, winners and runners-up were announced, SCS's Garcia and BA's Marqueses were crowned Mr. and Ms. Arellano University 2018, CAS' Fondales and SHTM's Artocilla were first runners-up, while De La Merced of CAS and Capitan of BA got the second runners-up.

This was indeed a splendid experience for the new winners, the candidates and the entire school itself. Showing enthusiasm and excitement the students from all departments, and from different levels, cheered their heart out, shouted over their lungs and gave their all to support their candidate. Events like this gather together and emphasize the common denominator which connects each and every student of Arellano JAS campus, and that is the willingness to be unified for one goal. As the saying goes "All for one, one for all". •



A LEADER, INDEED!

by Justin Rhot Almazan

You have drowned yourself in the deepest means of empathy.
But no one ever did the same way.

You are a student, a typical one, who will do everything that he or she could in his or her studies. You're not that smart like any other girl or boy in school. You are not that good in public speaking, despite of your bachelor's degree. You have flaws, you have fears, you have doubts, you have failed and you have questioned yourself too many times, "Am I worth it? Do I really deserve this?". Well, you're not perfect.

You did not expect anything. You never dreamed of having things that you do not even know if you can handle or not. Nobody won't like it that way either.

You needed a hand, but no one ever lent you.
You needed to be heard, but no one ever listened.
You needed to be seen, but no one ever acknowledged you.
You needed to breath, but no one ever let you.

You are impatient, patiently waiting to be noticed. Your hard works, your efforts, your time, and your passion. But darling, no one ever did.

To be a good leader, you have to be a good follower. And a good follower knows how to listen, care, initiate and appreciate. You have drown yourself, deeper, just to gave what it asked for. You know you don't deserved these things, those treatment, but at the end of the day, you knew that it is all worth it.

If you are a leader, learn from the criticisms of others. Feel the pain of failure and face the hardships that life could offer. You will never know what would be the ending, without the means of the struggle of your journey.

Even if no one believed, even if no one could see, even if no one will be, Stand and give the standard the way it should be.

Trust yourself, believe in your vision and live your passion.

Maybe, you're not that good enough for them, but what's important is you know to yourself that you are brave enough to be a leader, indeed. •

The Standard JAS Campus Journalists Bounce Back

by Andre Mae Bacolod

The Standard Main Campus conducted a news writing workshop last January 10, 2018, with the main purpose of sharpening the abilities and skills of young campus journalists. Historically, the organization has been very active as it deemed itself to be a "Catalyst of Change" from the very day it was founded. The Student Publication became silent for a while, but is now thirsty for the shout of their voices. So after its dormancy, The Standard is now bouncing back and starting to revive its first impression.

So with the said News Writing Workshop at the Little Theatre of AU Main, the AU JAS Campus' The Standard Editorial Board and Staff, along with their adviser, Dr. Bibiana Jocelyn D. Cuasay, participated wholeheartedly. The members all have the eagerness to voice out the people of JAS Campus, pledged to shoulder the honor and responsibility of a trustworthy campus journalism. With this news writing workshop and an overflowing excitement to improve initial knowledge about writing, The Standard of JAS Campus prepared or the event.

As the program started, The JAS Campus journalists looked at each other, sending a message that the things the speakers say are worthy to be jotted down and listened to. After the long hours of challenging and fun writing, the program ended and everyone was beyond just satisfied. They came out of the Main Campus all claiming to be replenished and filled with new knowledge that they will utilize in writing better articles for the next issues. Attention-worthy articles are those that are structured and thought of properly. And that's why we are all seeking to learn how our articles could utterly change the world. •

How to Overcome Inferiority Complex



by Maria Liza Cabel

People have their own unique talent or achievement. Some haven't started on the hobby they want to develop and some are already good at it. If you're one of those people who look at the experts with envy and you think no matter what you do, you can never be like them, then maybe you have Inferiority Complex. Inferiority complex is an individual's lack of self-esteem which makes him doubt himself and his capabilities. These people isolate themselves and are afraid of trying new things because they think ahead of time that they will fail.

If you think you have Inferiority Complex, this is how you should handle it:

1. **Avoid negative thoughts.** Stop doubting yourself because this is the main reason why you get scared of attempting to do something. Having negative thoughts is normal, but you should not dwell on it too long because it hinders your potential to be what you really want to be.
2. **Shrug off all the toxic criticism.** The best examples of this are the foul words or insults coming from the people around you. They're either insecure or just plain rude. If you fall, don't stay on the ground, get back up and remember that everybody makes mistakes. Your failures do not define you. Everyone is given a chance to make up from those, so grab that opportunity to prove them wrong.
3. **Have faith in yourself.** The greatest motivation you can give yourself is the mindset of doing things for your own betterment and not to please the people around you. Reading articles, like this, on how to improve yourself, will help big-time.

Self-confidence is the absence of Inferiority Complex. You have to trust your capabilities in order to establish a strong self-esteem. Everyone has his own unique skill; don't compare what's yours with other people. Enhance yourself and you will be fine without them. Nelson Mandela once said "It always seems impossible until it's done". So believe in yourself more than anybody else. Stop wishing and start doing! •

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Brokenly Unbroken

by Magie Ramos

I woke up in a morning,
not knowing what to do,
The sun shines so bright but it has no light
Everything is just a routine,
It is so suffocating,
I want something new,
I want something worthwhile,
I want something invigorating,
There is so much I want,
but I don't how to get that "what?"

So I went out,
I drew myself to the world to search for it,
For the missing piece I need to find,
And I thought I've found it, I had fun,
I enjoyed doing things I've never done

But the world fooled me;
he blinded me with his faux light,
And took away everything I have,
I was in despair,
A broken glass totally shattered,
impossible to be repaired
But then I saw a hand,
Inviting me to stand,
I was startled when it drew me to a light,
But unlike in the world,
it felt so warm, so vivid, so genuine
I felt something in my heart,
so unfamiliar yet intimate
Like I've been born again

I felt love, forgiveness, mercy and grace,
The world made me broken
but He made me unbroken,
I know now why I can't find it before,
I was searching in the wrong place,
I searched in the world,
When it is in God,

Night Sky

by Joy Delossantos

As the sun sets and darkness slowly envelopes the skies, these little lights we see from earth appear. Some of us only see stars and a moon. Others eyes see a beautiful art piece. For some, the beautiful night sky is their comfort. They look at the moon and feel the warmth of it. Like gently asking you, "What's wrong? Tell me and I'll listen." And as they speak what your heart has been hiding, the moon glows a little brighter than before. Like answering "Everything will be alright, my dear." Then there are the stars that suddenly twinkle as if agreeing to what the moon has said. Your lips would slowly turn into a curve; a sign of calmness. This is one of those rare times when darkness is not deemed as bad because without it, these wonderful lights in the night sky wouldn't be looking at you, shining bright.

Last

by Justine Rhot Almazan

I hate people who walk away so easily
Without a doubt, but full of mystery
Maybe that's what life is meant to be
Painful and full of agony.

Reasons are running in my mind
Justifying things that seem so right
Before you leave again tonight
Please, let me give my last goodbye.

As the Devil Sang

by John Alfonso Dar

I would've asked my mother
To hold my hand to comfort me
from the undeniable discomfort
of feeling suspended.

I would've begged my father
To lift me on his shoulders and rescue me
from the lingering presence
of this intricate truth.

I would've told myself,
ten, fifteen years from now
That all would be okay
If, from the safe lines, I do not stray.

But why can a child like me
know of such unruly perspective,
of loss,
helplessness,
and
futility?

Has the Earth's rotation come to a halt?
Can't humanity breach these walls
that gives us hindrance?

Yesterday my geography teacher
taught us about the world:
Its continents, countries and cities.
It was all nothing but a divided mass of people
Separated by lines and territories.

Today my spiritual teacher taught us about religion
And how there came to be Muslims,
and Catholics and others.
Of all the Gods and ceremonies and rites
and how all these once set a bloody war.

Tomorrow, I hope, that my history teacher
will teach us about the origin of man.
Of how every one of us,
regardless of color, language and physique
came from one ancestor.

But these things I mourn of.

For when I look at the skies every night,
I see humanity,
Dispersed much like the stars
that shine in the inked horizon.
Never bound to touch again,
Cursed to maintain distance
despite their gravities, and pulls, and so on.

And even though my science teacher told us
that we came from one big bang,
To an impossible unity,
I put my head down as the devil sang.

A Letter To The Girl Who Thinks She's In Love Again

by Sheena Bacolod

Just because he's slightly better than the last one doesn't mean he's enough to deserve you. I know you just got out of that damn toxic relationship because you finally woke up to the fact that you don't need to keep fitting yourself into an obvious mismatch. He did not appreciate all the things you do for him, he seemed insensitive when his words hurt you, he belittles you in almost everything and a lot more painful things I know you've been silent about for a long time.

So you decided.
You chose to break free.
Congratulations! You stood up.

But now, there's this new guy, totally different from him. Better, way lot better. You know you don't "love" him as you think you're not ready to love just yet. But you're actually considering him because he gives you the attention you think you deserve and treats you so much better than how you've been treated in the past. And yes you may not love him the same way you loved the past but in your eyes he's perfect.

I'm here to tell you to slow it down girl. You just got out from a hell of a relationship. You wouldn't want tactless decisions give you another one, would you? Give yourself some time, away from relationships, away from commitments. Let yourself indulge in being single and try to live without needing love from anyone else. Relearn how to appreciate things alone.

Then you shall have a clearer view between who you really want to love and who you just think you should love. What's better than yesterday doesn't always mean the best for the tomorrow. So don't rush it. Check yourself.

Let the next relationship be infused only by pure love and not just the intent of topping up the last one.

Shadows of Light

by Jeriel Faune

Both light and darkness inside his heart dwell
Opposing sides that discord and collide
A duel for dominance that none can quell
Forces his heart to struggle and divide

A mark of mastery he tried to gain
His dream and desire since his younger days
But then all his efforts were in vain
For he let darkness rule and changed his ways

Now anger and hatred consumed his heart
Cost him his father, his friends and his dream
I cannot let him drive himself apart
Gave up my freedom that I may save him

Though little the light inside him may be
So long as it shines, there's hope he'll be free

Arellano University Research Festival 2018

by: Roman Christopher M. Malicdem

The Arellano University Research and Publications Department conducted its University Research Festival (URF) at AU - Pasig, College Library last February 23, 2018 with its theme “Creativity for Innovation: Pathway to Excellence in Multi-disciplinary Research”. The festival aims to enhance and sustain the research culture in the institution as well as to fuel the academic community’s passion for research.

In this event, students in the senior high school and college department as well as the faculty from all branches of Arellano University presented their work utilizing posters and other visual displays. Every aspect of these events, from poster design to presentation was designed to help students have a passion for research as well as to hone research communication skills and creativity for innovation.

Dr. Gomer O. Agon served as the Master of Ceremonies while the Campus Research Coordinators: Dr. Paulo Manuel L. Macapagal (AU - Main), Dr. Gina M. Alvarado (AU-Pasig), Dr. Lucila B. Bondoc (AU - Mandaluyong), Dr. Lilian B. Enriquez (AU-Malabon), and Dr. Archieval A. Rodriguez (AU - Pasay) served as judges in this event.

The program started with a Doxology followed by the Philippine National Anthem and the Arellano Hymn, then opening remarks was led by the Assistant Vice President of AU - Pasig, Maria Paz A. Magsalin, followed by an inspirational Message from the Director of the Research and Publication Department, Dr. Ferdinand C. Lacuata. Afterwards, research presentations from all AU branches were observed.

After the research presentation, the announcement of winners and awarding of certificates were given to the participants. he winners of the University Research Festival 2018 were the following:

Best Researches was awarded to the SHS - AU Main: “The Effectiveness of Using Hydroponic Method and Soil Method for the Growth Rate of Plants” by Angelo Carl Oriel and John Eric R. Eria; College - AU Pasig: “iReport: A Cloud-based Tool for Data Visualization Updates in Remote Locations” by Edwin C. Marin, Marjourie P. Bernardo, and Charmain Jade M. Timula; Faculty - AU Pasay: “Facility-Based Survey on the Adverse Childhood Experiences Among Substance Users in Pasay City.”

Best Research Presenters were Angelo Carl Oriel (SHS - AU Main), Arianne Therese Robert Adelaide L. Albolario (College - AU Mandaluyong), and Dr. Virginia A. Perey (Faculty - AU Pasay).

Best Posters were awarded to the SHS - AU Malabon: “Feasibility Study: Combine Ability of Allium cepa and Allium sativum Juice against Candida albicans” by Carla Cruz, Lariane DM, Chael Patrick B. and Kristine Joy Tumala; College AU - Main: “Determination of Anxiolytic Activity of Cucurbita Maxima Duch. (Squash) Fruit Pulp Crude Extract in Stress-induced Swiss Albino Mice” by Enrico M. Miras Jr., Ivy P. Ramirez, and Jason B. Roman; Faculty - AU Pasig: “Unmasking the Countenance of Fathers with Exceptional Children: Lifetime Changing of Family Life” by Dr. Joycelyn Parazo-Reyes.

The program ended with a closing remark led by the Research and Publications Department Core Researcher, Dr. Rose R. Decade. Kudos to all the students and faculties who received an award!

First National Multidisciplinary Research Conference

March 2, 2018

By: Eve Georgia B. Tan

The 1st National Multidisciplinary Research Conference was an assembly participated by administrators and faculty delegates from various institutions nationwide, research presenters and researchers across levels and disciplines of study.

The conference was held at Bulwagang Dra. Rosario, Olivarez College, Parañaque City with the theme “Research Beyond Borders: Capacitating Explorations for Mastery and Meaning.” In this Research Conference, selected high school, undergraduate, and graduate students across the Philippines presented their Research Papers.

Students and professors from Arellano University - Pasig joined and presented their Research Papers in this Research Conference. Kudos to Roman Christopher M. Malicdem a Bachelor of Secondary Education major in English student from Arellano University - Pasig received a Research Merit Award and a medal. His Research Paper was considered as one of the best and promising Research Paper nationwide.



Roman Christopher M. Malicdem, BSEd student, received a *Research Merit Award and a Medal* for his research paper presentation entitled “Extent of Implementation of the Business Math Curriculum Design in the SHS-ABM Classroom in Arellano University – Pasig”



FACULTY PRESENTERS: Dr. Gina M. Alvarado, Mr. Roberto Acepcion, Jr., and Dr. Joycelyn Reyes

Campus Journalism Seminar

by: Roman Christopher M. Malicdem

The official student publication of Arellano University - Pasig (The Standard – Pasig) conducted a Campus Journalism

Seminar last February 7, 2018 at the AU-Pasig School Library. The seminar was hosted by the Editor in Chief of The Standard – Pasig, Eve Georgia B. Tan. The program started with a Doxology followed by the Philippine National Anthem. Afterwards, Dr. Dioselina Avelino gave opening remarks, and then the host introduced the resource speaker of the seminar which is Dr. Gina M. Alvarado.

In this seminar the speaker gave significant inputs about the use and importance of Campus Journalism. She also discussed how to properly write an article about the campus and the features that a student journalist should have.



The speaker emphasized the Republic Act No. 7079 known as the Campus Journalism Act of 1991, an act providing for the development and promotion of campus journalism and for other purposes. Afterwards, an open forum was observed wherein students were free to ask questions regarding Campus Journalism. Students from different courses who attended this seminar gained knowledge about Campus Journalism as well as the importance of it. The event ended with a closing remark led by the host/editor in chief of The Standard – Pasig, Eve Georgia B. Tan.

Ex Battalion at Arellano University

By: Gerlie O. Garcia

In celebration of the 80th Founding Anniversary of Arellano University, Ex Battalion, along with Third of December and special guests were invited to perform at Arellano University-Pasig, campus grounds/quadrangle.

Popular, OPM and original songs from Third of December were performed, with singing performances from Aiana, Miko and Gab, Ukelele Girl Selena Marie Cabusas and a dance performance from Mastermind were thoroughly enjoyed by the student audience despite the rain and humidity. Afterwards, “Tell Me”, “Hayaan Mo Sila” along with their other songs were sung on stage by Ex Battalion.

Their much-awaited performance was well-received and much-enjoyed by the audience—students from senior high school and college.



“Insights: Talk On Journalism”

By: Patricia A. Malig

On the day of February 26,2018 at 9:00 am inside the Arellano University -Legarda's Little Theater held a valuable seminar for not only the members of Standard from different branches who were present that day ,but to the other students there as well. It was entitled Insights: Talk on Journalism. The seminar was overlooked by Ms. Isabelle Curato, Adviser of Standard in Arellano University Legarda. Opening remarks were given by Head of OSA Legarda, Dean Trivinio, and shared her thoughts as to what the attendees were about to learn. The speaker was non other than the renowned visual artist and photographer Carlo Gabuco. He talked about photojournalism, his works and how we as students could make an impact using photography. He showed video clips and photographs that show the current state of society. It did not focus on politics but it focused on the stories of the people. He would mainly interview children that became orphans due to Tokhang. He told the students that News is to be validated which is an important part in every journalist's article. He shared his experiences when he was in the validating process of each story that would cause him to be culture shocked because of the maladjustments the children need to face but he bravely faced it to share the story which was his goal. After his talk the students asked questions and he answered each and every one of them. All was contented with the new knowledge gained.

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ARELLANO UNIVERSITY

ANDRES BONIFACIO CAMPUS

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"PAMASKONG HANDOG NG CAS-AUP"

By: Enrico Nigel Cruz

With the excitement of Christmas we couldn't help but be excited, especially with what the students of Arellano University- Pasig had planned. Dec 16 2017 was the launch of "Pamaskong handog ng CAS-AUP" and the brainchild of Sir Robert Robas, a faculty adviser from the CAS department; the purpose was simply to provide an all-around feel of joy, happiness and love within the community of barangay Manggahan.

There can't be a successful event without having minor technical difficulties, even though the sound system was later the host, Yshmaella Dela Cruz, did an incredible job in maintaining her composure, while not everyone can do this, she showed grace under pressure and with the help of her psychology companions they were able to keep things in order. The event officially started ones Dean Aurora Franco opened with her generous message of enlightenment and the introduction of the faculty and advisers.

Children from Barangay Manggahan have the amazing gift of humor, which was clear during extensive games, the magician's act and Rocky's puppet show, which left not only the children, but the teachers and parents amazed, in those few moments it was clear that everyone forgot their worries and was having a good time; Because of our simple lifestyle, we get to appreciate the small blessing that people give.



race every day, but with the help of the students from HKM/ Tourism, Nursing, Criminology, Poli Sci and Psychology they were able to prove that amidst all that there can still be laughter and hope that the following day will always be a better day. Since the Christmas season is a time for sharing and caring we were blessed by the sponsorship of Atty. Sorongon who graced the children with toiletries. Food, toys, and school supplies were all came from donations.

There is nothing like spreading the Christmas spirit and "Pamaskong handog ng CAS-AUP" will surely be something to look forward to next year. As one of Bamboo's songs go, "Ang dami mong problema, nakuha mo pang ngumiti" and on that day there was no doubt they all went home with a smile.

DONASYONG HANDOG 2017

"It is better to give than to receive", an old but still known quotation in the current generation. It was the 15th day of December, 2017 when Arellano University Pasig Senior High School Strand Organizations led "Donasyong Handog 2017" as part of the Christmas celebration in the campus. Wherein, they organized the system of donating school



supplies, biscuits, clothes and personal hygiene materials. The gift giving program was held in Barangay Maybunga Covered Court near the campus. The beneficiaries of all donations are the Day Care students from Barangay Maybunga and street children within the school vicinity. During the simple program, the officers prepared a story telling that gave fun to the little ones. Of course, the celebration of Christmas for a child will not be complete without Santa Claus as one of their main source of happiness. And so, Santa visited and was the one who gave the gifts to the children. And afterwards, the officers offered snacks for the kids. Truly, Christmas can be celebrated in various aspects. May it be physical, emotional, spiritual or such, the most important thing is that we have shared the love and laughter to others in the way that we can.

CHRISTMAS PROGRAM 2017

The Arellano University - Pasig Senior High School Supreme Student Government headed the Christmas Program 2017 with the theme, "Christmas: Seasons of Love and Laughter." It was held last December 13, 2017 at the University Gymnasium. The event highlights three major competitions in line with the Christmas celebration. First, is the Giant Christmas Tree Making Contest whereas the materials used by all entries was pure recycled. Second, is Spoken Words that showed the poetic skills of Senior High School students. And lastly, the Christmas Jingle Competition which showcased the creativity and talents of every participating strand. It was indeed a successful activity that enlightened the value of Christmas in school premises through sharing love and laughter to others. The over-all Champion of the three categories was Information, Communication and Technology. Christmas is for all, it does not require any state of life enable to celebrate it. It is an annual celebration throughout the world, in different places and various institutions like education. Together, let us value Christmas and keep in mind the real essence of celebrating it.

Ending the year with Love

By: Xyrrille Ann G. Torres

On the 18th of December, The Arellano University Supreme Student Council together with the Senior High School Students and College Organizations of Arellano University Pasig ended the year with giving out to the less fortunate. Gift packs containing school supplies, instant food and hygiene kits were given out through a simple event, Where Children from Barangay Rosario were gathered to have fun and receive gifts that came from the good hearts of students from AU Pasig. The event was headed by the AUSSC adviser Mr. Sherwin Punla and AUSSC President Mr. Paul Benjamin Tadeo. Students from the Tourism and SBA Department started the program with a little fun through dancing to the catchy beat of the famous 'Baby Shark' song along with the children of Barangay Rosario and the other students from AU Pasig. Mr. Sherwin Punla then gave the children encouraging words to study diligently and made them promise to be the model youths for a better tomorrow. Shortly after Mr. P gave his speech, the gifts were given to the two batches of kids that came. Hugs and laughter were shared despite the short amount of time that was spent. Everyone left with bright smiles and hearts that looks positively to the future ahead. But the love for giving from the AU Students doesn't end just yet, gift packs were given along Dr. Sixto Antonio Ave. through students that rode their motorcycles. Handing out gift packs to people along the street. Through this event we encourage everyone that every small deed counts, we don't need to be wealthy to help out and that even the smallest things can help us shape up the future ahead of us. Maybe one of those kids will be the one who'll give us a cure for cancer, right? Let's keep in mind that whatever happens in our present will affect the future. Those small help you've given maybe the way to change another person's life.





Month of Love is Sportsfest!

by Angelika Delos Angeles
and Ivan Mae Valberde

February is one of the most awaited months annually because hearts is everywhere, and love is in the air, many are being ecstatic to wait on what would happen to their February's. But for the Elementary Department, February is their Sports fest 2018. In the said event, the Nursery Kinder Preparatory or NKP, Grade 1, 2 and 3 played relay games such as; Traditional Filipino Games while Grade 4, 5 and 6 participants played Chess and Team Sports like Basketball and Volleyball as well as Badminton in Singles and Doubles Category. These young children enjoyed every game without feeling or having dull moment because everybody is enjoying and felt extra happy. These students felt a lot of freedom in showing their skills and talents in a most creative and effective way. But this sports fest 2018 isn't just about the Elementary students but also to the faculty members in Elementary Department which played relay games and volleyball as well.

This Sports fest was implemented for everyone in Elementary Department experience break and relaxation because of the stressful days in life, may it be in academic or not.

Mr. and Ms. Ecology 2018: “The Key To Greener Planet Is In Your Hands”

by Paula Poblete

The Junior High School Committee launched this year's Mr and Ms Ecology held last February 9, 2018 headed by Mr. Jeffry Naol. The theme of today's pageant was “ The Key to Greener Planet is in Your Hands”. It has been 6th year since this contest held at Arellano University Jose Rizal High School and the crowned Ms. Ecology was Ms. Merlaine Bernal and the Mr. Ecology was Mr. Kirstentahle Cruz.

Among different beauty contest enthusiast all over the world the school had constantly found a relevant, entertained and obliging advocacy beauty contest. It promotes the significance in taking care of the environment. The organizer also launched different activities for the candidates on the day of January 15, 2018; they had a room to room campaign to all the Junior High School students. The next activity was tree planting happened last January 22, 2018, those activities showed up the candidates passion in appraising the importance in taking care of our environment. Aside from those activities students also made slogan wherein it shows significance upon the benefits derived from our healthy environment.

The event concluded with the knowledge imparted to Arellanites the power of their actions changes the environment. Everyone must advocate the importance of taking care of our environment. And the pageant raised 100 chairs and trash bins for the school. “Empowering the knowledge of every students of Arellano; and being a model student to all students must remember that the key of a greener planet is in your hands”, stated by Anne Payad the Head Committee of the pageant.

JUNIOR HIGH SCHOOL ELECTION

by Paula Poblete

Equipped with passion and perseverance, the junior high school students raised their voice in this year's election. It was held at the high school library headed by Ms. Arna Mae Radoc (adviser of the Junior High School Supreme Student Council) Mr. Cervino (Head of the Junior High School Office of the Student Affairs) and Mr. Benjar Matining Jr. (Head of the Senior High School Supreme Student Council). The counting of votes happened last February 28, 2018 started at 9:00 am and ended at 3:00 om organized by the Senior High School Student Councils. With the 2 days campaign allotted for both parties “ Lodi Party Alliance and Pawer Party Alliance” candidates showcased their full interest in leading their fellow Arellanites. All are highly suitable leader.

And the elected students who gained the majority of votes are:

Ardie Mauricio	President
Kyla Insigne	Vice President
Alyssa Gutierrez	Secretary
Meryll Ong	Asst. Secretary
Mica Rodriguez	Treasurer
Hailey Castro	Auditor
Allen Yanguas	Business Manager
Carl Ramos	P.R.O In English
Krystel Velasco	P.R.O In Filipino
Marcus Furigay	Sergeant At Arms
Lorenz Lindo	
Aivelyn Laguerta	Grade 10 Representatives
Alexa Mauricio	
Karlforte in Cruz	Grade 9 Representatives
Cheryll Soriano	
John Eng Baelo	Grade 8 Representatives
Kian Cruz	



GINOO AT BINIBINING IKATLONG LAHI

by Diane Kristel Sebastian

Arellano University- Jose Rizal High School, in collaboration of Humanities and Social Sciences Society (HUMSS Society) headed by Mr. Jalil Dimalna managed the annual pageant for the students which are members of the LGBT community last February 26, 2018 to celebrate the HUMSS week. The pageant was entitled “Ginoo at Binibing Ikatlong Lahi” which was conceptualized by the officers of the said club. The elimination was held at the AUJRHS library months before the aforementioned pageant.

HUMSS Society officers started to prepare for the event from 9 o'clock in the morning to 3:30 in the afternoon. Past 4 o'clock on that day, the stage started to heat up when the hosts-- Mr. Jericho Alcuran and Ms. Carmela Villanueva (Ms AU title holder AY 2016-2017) introduced the contenders. After a long month preparation of the four (4) Binibinis, they talents. As the competition goes by, some of the candidates made their own markings and made themselves the crowd's favorite but only a few made it to the finals. At the end of the competition, Mr Angel Masalunga and Ms. Reynald Amor was declared as Ginoo and Binibining Ikatlong Lahi 2018.

OUTSIDE ARTICLE I

by Angelika

Delos Angeles

Philippines currently mending with a lot of current event and issues nowadays but the most alarming issue that needs to be addressed due to its rapid spreading is the Dengue, a disease caused by viruses a mosquito could give. Dengue disease is unbelievably increasing the rate of many people who is being sick, that shows incapability to be more productive in their everyday lives. An agency outside our country come up to an idea of formulating a medicine that will reduce and decrease the growing rate of dengue victims for preventions and interventions against dengue. Department of Health or DOH as responsible for our health and care agreed to this ideas and concept of treatment. This formulated vaccine, developed by Sanofi Pasteur and named as Dengvaxia, a vaccine that contains medicine they believed would prevent people from having Dengue fever and due to the legal process it has been licensed and according to Pasteur, it is safe, effective and affordable vaccine. During the trial of this vaccine, it gets a lot of mixed reactions.

Many people are criticizing and questioning Dengvaxia's efficacy, some people say that it is unjust and improper medicine to take because instead of being protected against Dengue, people who had vaccinated Dengvaxia felt numerous sickness and are being more prone to Dengue disease.

The results that has been published shows that vaccine's efficacy to the people are mixed because other people experiences sickness while others are not and just normal.

The agency who's responsible for this, leave some speech to the public that they would be curing all the Dengvaxia victims for free and they would be finding set of solutions for this kind of matter, since it is all about lives of people and in one wrong move many people would be harm.

EPITOME OF GREATNESS

by Justin Cruz

People differ in their choice of career. Some want to be a doctor, a military man, a lawyer and others. People passed through a series of trials in life, those trials serve as a test of their dedication and eagerness to pursue and attain their dreams.

Failures and challenges are experiences that make a man stronger and brave to face problems in life. These characteristics can be seen in the person whose life I will discuss in this article. She is my present teacher in Research Project, with her guidance and knowledge, I and most students in our strand found the subject so easy to learn.

The person I am talking is now in her 50th year in teaching profession. Giving half of her life to educate and inspire her students to go beyond their dreams. She is no other than Dr. Sony Q. Gonzalez, the present Subject Coordinator for Research, Cluster Chair for Cluster 8 and Adviser of Grade 12 Humanities and Social Science 1P at Jose Rizal High School.

Dr. Sony Q. Gonzalez, came from a poor family. Her father was a musician and weaver, while her mother was a plain housewife. She is the 7th among 9 siblings. Only three of the family were able to go to college as working students at the same time. Dr. Gonzalez was a consistent honor student at Jose Rizal High School and when the time come that she has to pursue her college degree because of poverty, she decided to work as a laborer to be able to study. She enrolled in Arellano University-Legarda in the College of Commerce, but after a semester, she shifted to another course which is Education as per her mother advised. Her major was Mathematics and English as her minor subject. She graduated in the year 1967 and was hired



in year 1967 and was immediately hired in the same school where she graduated in high school as mathematics teacher. People can say Dr. Gonzalez is a very dedicated and committed teacher that's why she became the President of the Faculty Club in the school. In 1991, she was appointed as Assistant Director at Jose Rizal High School. At the same time she taught in the college department in the same branch. Unluckily, Dr. Gonzalez's position was abolished in the year 1999 because of management decision. She made a serious decision during that time. She decided to retire as faculty the high school, but continued teaching in college in the same campus.

She has 3 children to her husband Armando Gonzalez, who died of cancer in year 1994. Left alone, she supported her youngest son. Her other 2 children were already working during that time. Dr. Gonzalez continued her post-graduate degree. At age of 65, Dr. Gonzalez finally retired as professor in college both in Malabon and Legarda. After her retirement at Arellano University, she became a professor in another university in Navotas City and later became the principal in the high school department of same school for almost 2 years. Her stay in this University did not last long because of her age. But, because teaching is her passion, she decided to accept private tutoring classes and this lasted for a year, because she applied as a faculty in the Senior High School Department of Jose Rizal High School. She is now in her second year of

teaching in the K-12 Program handling Research Subject. History repeat itself. In the year 1984, Dr. Gonzalez was awarded "Most Outstanding Faculty" at Jose Rizal High School. During the celebration of the Christmas Party of all Senior High School Faculty in all branches of Arellano University, she was again awarded as "Best Performing Teacher" for the academic year 2016-2017. Up to now, we can still see her passion, eagerness, and strong will to teach. When she asked about here guiding motto in life, with no hesitant she answered: "Courage, firm determination, dedication, honesty, and commitment are the essence of success."

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CRIMWEEK 2018

by Erika Onava, Ammie Tomaquin and Adrian Mercado

The Criminology Department of Arellano University celebrated their Criminology Week (CrimWeek) last March 2018. The Department hosted an exhibit showing the equipments used in the field of Criminology. This exhibit showcase the different equipment used by the Criminology student. The Crim Students demonstrate the functions of their equipments specially the Comparison Microscope. The Comparison Microscope is used to identify what kind of guns the person used and its also used to compare two objects. This Department proudly says that this equipment is only found here in Arellano University-Jose Rizal High School compared in all of the branches said by Mr. Milmar Ramirez, a Criminology student who facilitate the said event. By this cause, the Criminology Department wanted to broaden the population of Crim students by inspiring graduating Senior High School students yo pursue criminology as their course. Mr. Milmar Ramirez said that the population of Criminology Students from first year to fourth year ranges from 105 students only that's why they are using this event to inspire and to gain more aspiring Criminology students.

"Huwag magmagaling at ipaubaya sa professional" Thus said by Mr. Ryan Rigo, the Dean of Criminology department in AU Malabon on March 2, 2018, a seminar was held in Arellano University for the celebration of the criminology week. The Seminar has three phase: The Forensic Chemistry, Gender awareness and Personality development in relation to recruitment to the PNP, and Fraud detection & Counterfeit Currency notes. The Criminology department invited Humanities and Social Science (HUMSS) students to attend the said seminar in the school quadrangle.

The first phase of the seminar was about the chemical used in forensic science, suchas the Methanol used for cleansing equipments, differents rulers to detect if the signatures and being fabricated, Money detector, digital analytical balance and binocularstero microscope.

The Second phase was entitled Gender awareness & personality development in relation to recruitment to the PNP. It is about the trainings they undergo to develop theirself to be an effective police officer, appending these said trainings they undergo serious tsks, seminar and etc. to build a good relation to their co-criminology students and to be a good role model.

Third is the fraud detection and counterfeit currency notes. It is about how to detect lies of the culprit and how to identify or after a bogus money from authentic money. At the end of the seminar proper, it was followed with a boodle fight. Lately citezens says that Policemen cause ruckus to our community but seeing them makes me think now it will be without police in our society.

MR. AND MS. SENIOR HIGH SCHOOL 2018

by Justin Cruz

Exceptional beauty and chivalrous characteristics are the ideal standards that a student competitor must have. Elegance, confidence and intelligence determine how we will show ourself to other people.

Pageants showcase talents of young aspiring individuals. It help boost confidence and improvement. In Arellano University Jose Rizal High School, students can express theirselves. Last January 26, 2018, the Mr. and Ms. Senior High was held in Jose Rizal High School. It was the second year of the pageant in senior high school, with the organizer Mr. Gregggy Aglibut and the help of Supreme Student Council.

Ms. Ma. Kyla Aquino, student of Humanities and Social Science 1A, was a home growned student of Arellano University Jose Rizal High School. She was the Supreme Student Government Secretary and on her 1st year as Grade 11 student, she was the president of HUMSS society. They organized the first year of Mr. and Ms. SHS in Arellano University. In her second year in senior high, Ms. Aquino was crowned as Ms. SHS 2018 with special awards which are, Best in Formal Attire, Best in Catwalk, and the Popular Vote Award. According to her, she wasn't really imagined herself as a participant and the only preparation that she considered as major problem was loosing weight. The experience wasn't really good, she struggles before and during the program like wardrobe malfunction, difficulties in submitting school paper works, and the comments of other students because of her being the leading contender.

Her goals in joining the pageant was to have more self confidence, improve herself and also to inspire other students. She left a quote that can be a motivation to youth, "Don't be afraid to show your true self. Turn negativity into motivations for you to strive for the betterment." Mr. Senior High 2018 came from grade 11 students. He is Mr. Mike Jonrie Chua, a grade 11 General Academic student of 1A. It was a new experienced for him but still he manage to conquer the stage. He is Mr. Mike Jonrie Chua, a grade 11 General Academic student of 1A. It was a new experienced for him but still he manage to conquer the stage.

Mr. Senior High 2018 came from grade 11 students. He is Mr. Mike Jonrie Chua, a grade 11 General Academic student of 1A. It was a new experienced for him but still he manage to conquer the stage. He received almost 9 awards including the People's Choice Award, it only shows that his new face was loved by students. According to him, talent and costumes are the major problem he had. But with the help of people around him he surpassed all the trials. His partner Maria Juana Reyes, a grade 11 students who happened to be the First Runner Up, is also his partner in talent portion. They show off an interpretative dance that made him win the Best Talent Award.

For Mr. Chua the main motivation for him to survived is "Yung paniniwala ng mga tao sa paligid ko ay yung magdadala sa akin sa tagumpay."

Their journey doesn't end on the night they were crowned, they will be the student models of Arellano University Jose Rizal High School. Other students will look at them and they serve as the inspiration to be brave enough to take opportunities and chances in life.



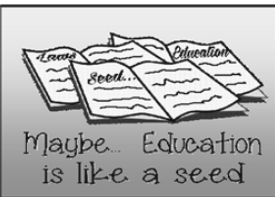
Mr. Mike Jonrie Chua and Ms. Ma. Kyla Aquino as this year's Mr. and Ms. Senior High School 2018

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STRAND WEEKS HELP TO STOP STRAND SHAMING

Krizie Colene Javier



Arellano University-Elisa Esguerra Campus started to highlight disparate strands since January in the hopes of stopping students from shaming other strands.

Since January, the officers of Humanities and Social Sciences (HUMSS) Republic pushed through their program which is the HUMSS week. The so-called Humanista Officers did a very great job as they conducted different games and contests for different sections of HUMSS Strand such as volleyball, basketball, quiz bee, essay writing contest and etc. Then, it was followed by General Academic Strand (GAS) week and Accountancy,Business and Management (ABM) week. Now the students of TECHVOC and STEM were the only ones who left waiting for their strand weeks to happen. As programs like these kept on happening, it just shows that students should stop strand shaming. Students from their respective strands showcased their passion in playing basketball and volleyball. They showed that they were not just made to excel academically but they were also molded to excel when it comes to physical activities.

Chances are given for them to show their own uniqueness. It just shows that an easy strand doesn't exist, we will always face different kinds of trials and hindrances no matter what path we will choose to take. Strand shaming should stop for every strand is different and unique on its own!



"Humanistas' got loosen up Week"

John Mark Aton

Humanities and Social Sciences students have temporarily experienced the escape from academic world just for a week. With the willingness of the HUMSS Club, the Humanistas' Week was conducted and it was started last January 22, 2018 (Monday) and ended last January 26, 2018 (Friday).

On the first day of the said event, it started up with the opening remarks and representation of each section's players as they compete in their designated sports. On the next day, the boys were excited but nervously played the Basketball Tournament. The students in morning shift were competed their fellow students in the same shift, as well as in the afternoon shift; they were battled against their afternoon shift mates. Wednesday was a Volleyball and Quiz Bee day. Each section in both morning and afternoon shift had mixed players. Just like in the Basketball Tournament, the Volleyball players rival their fellow shift mates. On the other side, there are also academics contests held. In this day, Quiz Bee was conducted. The fourth day of the Humanistas' Week, was the semi-finals on both Basketball and Volleyball. The winners on both AM and PM shift will advance to finals. Essay Writing and Singing Contest were also presented in that day. HUMSS Week's last day was a blast because it was the Finals of all awaited contests. In basketball, HUMSS 11-3A and HUMSS 11-6P faced each other. HUMSS 11-6P won the Championship Title ending the game with a final score of 57-64. In Volleyball, HUMSS 11-3A and HUMSS 11-5P, competed to bring home the bacon. At last, HUMSS 11-3A crowned as the Champions by defeating HUMSS 11-5P in 4 sets with the scores of 25-20, 23-25, 30-28, and 25-18.

After the games, the most awaited awarding followed. The winners got their trophies, medals and certificates as their rewards in exchange of their hard works. This event just proved that the HUMSS Students were not just good at academics but they can also excel in outdoor activities.

ABM WEEK:
The Beginning of History

Christine Paraguison

Last February 26, 2018 which is Monday, Arellano University Elisa Esguerra held one of the strand's event. Students taking ABM strand was very happy because this is their most awaited day to show their different skills in any activity that they will be joining. The activities that happened on that week are the product launching which you were going to publicise your product in the faculties or students, advertising, brochure making, jingle, seminar, basketball and volleyball competition. The ABM participants in every sections did not hesitate to join and to compete with

each other. The head of the event is no other than Mr. Jeffrey Bautista the adviser of the ABM strand, this event will not be possible also without the help of active ABM Officers. Words cannot explain how happy are the students who won in every activities. They thank everyone who help and support them to achieve victory. The said event was successfully end on the day of Monday, March 5 2018.



An Astonishing Night! Arellano University – Elisa Esguerra Campus held its Ginoo at Binibining Ikatlong Lahi 2018

Meira Michaela Conde

As we all know, gays and lesbians are being discriminated because of the path they have chosen to take. They were bullied most of the time because of being different. But the contest of Ginoo at Binibining Ikatlong Lahi 2018 that was held at Arellano University – Elisa Esguerra Campus last February 27, 2018 proved them all wrong. These lovely and handsome candidates showed the world that they are extraordinary and they're one of a kind.

The contestants of Ginoo at Binibining Ikatlong Lahi got the chance to showcase their talents in the talent portion of the said contest. Janice Alcantara, one of the contestants of Ginoong Ikatlong Lahi and also the one who hailed as 2nd Runner Up from HUMSS 11-2P, got the the special award "Best in Talent" with his fire dancing performance. While Precious Villanueva, one of the candidate of Binibining Ikatlong Lahi from HUMSS 11- 4A announced as best in talent awardee with her declamation titled Maurang Baliw.



The Ginoo at Binibining Ikatlong Lahi 2018 has been successfully organized by Mr. Francis De Guzman and the HUMSS Republic Officers. They are the people behind that victorious event. The stage was adorned and designed with different colors as representation of LGBT members' colorful life. The crowd became wild as the contestants walked on stage while rocking their theme wears. They got wilder when the "most awaited part", the Question & Answer portion had started. They answered the questions with confidence and showing their eagerness to win. Everyone had successfully proved themselves that they're worthy of the crown. Evidently, these wonderful people deserves to be crowned but there's standout on stage among other contestants. With their confidence, fearlessness and competence, Airam Egana and Lexie Domingo were crowned as the Ginoo at Binibining Ikatlong Lahi 2018. These two who captured the hearts of the judges and caught the attention of the audience, proved that they weren't just beauty and brains but they proved that they have the voice to speak out for themselves and they should be treated equally despite of their chosen destiny.

The event was indeed a blast! It was a night to remember, especially for those who won and joined the contest. It is really a fact that Arellano University has always the doors for the LGBT community to prove themselves to everyone. Gays and Lesbian weren't different. They, too, should be acknowledge as the part of our community.



"GAS Week: War of the Generals"

Lardine Agustin

The GAS students, the Generals marched their way through their one week history. History being rewritten started last 20th day of February. By the use of their strong wits and manpower, they had enabled themselves to achieved honors in terms of the different categories; the wars for the witful: Debate, Pinoy Henyo; the wars for the brawny started with games of Volleyball and Basketball. As for the championships, GAS-4A and GAS-1A faced each other. At the end, GAS-4A prevailed, marking the end of the week's history with their very close match. Whilst the merged team of GAS-2A and GAS-4A won the recognition for the Volleyball. More fun activities

was brought by the General club such as their team building games. The event was also made possible by their club adviser- Mr. Marvin Deacosta and their club president- Mario Quieta Jr. With a theme: Generating and Acknowledging Our Strengths, the Generals declared their open-end history last 23rd day of the said month.



Battle of Beauty and Elegance: MR.&MS.
AU Senior High School 2017

John Cedrick Regenio

"Gods and Goddesses" was the theme for this year's search of the very first owner of the crown for Mr. & Ms. Arellano University Senior High School 2017 held at the campus of Elisa Esguerra in Malabon.

The hotness of rivalry presented by the competing representative from each strands was preceded by the Masters of Ceremony, Ms. Miki Akada and Mr. John Cedrick Regenio, who successfully hosted this year's pageant by formally starting the program and introducing the board of judges. The pressure of unwavering applause and cheers of the crowd evenly made the battle for crown more tight as the contestants owned the ramp stage to show their confidence wearing their Theme Wears, Casual Wears, and Formal Wears.

A total of 10 lucky contestants made their way to the Final Round and be able to defend themselves for the title. The toughest questions about Environmental Awareness was randomly asked in order to determine who among the 10 men and women would be able to bring home recognition and respect as the title holder.

Masters of ceremony ended the pressure of support as they announce the most awaited result of the pageant. The pride of Humanities and Social Sciences, Mr. Jonh Joseph Lontoc and Ms. Mary Jovel Ann Bosquillos brought home the crown as the title holder of this year's search for Mr. & Ms. Arellano University Senior High School 2017.

Dengvaxia cases trigger ‘panic’
on PHL war on disease

Venz Carlo U. Nicor

Health officials and experts fear over unnecessary panic gripping the Philippines by a faulty dengue vaccine. Undersecretary of Department of Health (DOH), Dr. Rolando Enrique Domingo confirmed on Friday that there has been a decline in the immunization rates in the country.

"Only 60 percent of children are getting their scheduled vaccines. The health department's annual vaccination target is around 85 percent," Domingo said.

In 2016, the Philippines became one of the first Asian countries to use Dengvaxia, the first-ever dengue vaccine aimed to protect hundreds of thousands of school children from dengue. Around 800,000 Filipinos, mostly school children take part of the government's nationwide dengue immunization campaign. However, in November last year, vaccine's manufacturer Sanofi Pasteur revealed that it might increase the risk of severe disease in people who had never been exposed to the virus. The news caused panic and outrage among parents, who even began to reject immunization programs for diseases like polio and measles.

"I do trust our local health workers, but Dengvaxia has me worried," the mother said. "My baby is healthy. I'm scared vaccines could cause problems."

As a result, this has affected the Department of Health (DOH) saw a "substantial" 37 percent decline of children getting vaccinated, including the deworming program, which does not even inject children. Officials have been investigating the deaths of a dozen children vaccinated with Dengvaxia which the country's former president Benigno Aquino approved use of in early 2016 to combat the potentially deadly mosquito-borne virus.

"We just ask everybody to please not confuse Dengvaxia with the other immunization programs; programs for polio, measles, rubella, mumps," Dr. Domingo said. "These are diseases that are ancient, and we should not be seeing again."

The Health Department suspended its anti-Dengue vaccination program, but it does still have other vaccinations programs that it says have been proven effective. The problem is immunization rates have been plummeting.

Masters of ceremony ended the pressure of support as they announce the most awaited result of the pageant. The pride of Humanities and Social Sciences, Mr. Jonh Joseph Lontoc and Ms. Mary Jovel Ann Bosquillos brought home the crown as the title holder of this year's search for Mr. & Ms. Arellano University Senior High School 2017.



Arellanites: THE CATALYSTS
FOR CHANGE

Christine Paraguison



Being dedicated with writing, molding students to be a "catalysts of change" and enhancing journalistic skills of the Arellanites, especially ournalists in different campuses of Arellano University, are the objectives of the seminar that happened last February 26, 2018 entitled "Insights: Talk on Journalism" held at Arellano University- Legarda, Sampaloc, Manila.

The journalists from each branch did not hesitate to join in that once in a lifetime event for they believe that once an opportunity is always an opportunity. The program was hosted by John Cedrick Regenio, Associate Editor of the AU-Standard, Campus of Elisa Esguerra in Malabon. It was all started when the Dean of Students Affairs, Ms. Victoria D. Triviño gave the opening remarks to the students and followed by the talk with the guest speaker, Mr. Carlo Gabuco. The Seminar-Workshop showed and shared how Mr. Gabuco became a great photo journalist. He shared some experiences that he had while conducting interviews with different people, specifically, with those children who suffered from pain due to loss of loved ones because of the war on drugs.

"It is not about yourself. It is also not about us as a journalist. It's about their stories."-Mr. Gabuco. That statement explains that being journalist is not about being us as real journalists but the true essence of it is to know the story behind the experiences of your subject. And with conducting those kinds of activities for AU Chiefs, the Arellanites might now be the "catalysts for change".

Arellano University-EEC: University
of Hearts

Jenrick P. Sison



Last Wednesday, February 28, 2018 at around 8pm, the fire swallowed the houses in Barangay Tanza, City of Navotas. It destructed almost 40 houses and approximately 80 families have been affected due to said fire accident. As part of safety measures and to give way to the fire trucks, the Arellano University-Elisa Esguerra Campus decided to let some students to stay inside the campus for a short period of time and at around 10pm, the fire volunteers had announce that the fire was already out. After that fire accident, the whole Elisa Esguerra Campus of Arellano University, immediately lend their hands to the victims by asking the students to give some helps for those who had been affected by the fire accident such as old clothes, canned goods and other relief goods. This helps from Elisa's Chiefs might be used by Tanza Fire Victims to start new lives.

By showing this kind of kindness, AU-EEC's students proved that Arellano University is more than just a school that improves and molds the knowledge and skills of the learners but it is an institution that helps the students to define, apply and to show what's the real meaning of humanity,charity and love.

The Current State of
our Internet

Miguel Luis Campos

The Philippines is the 38th biggest economy in the world and its GDP (Growth Domestic Product) growth per year rivals that of China. Its people are one of the most active online and Filipinos are also the largest market for SMS (short message service) users in the world, yet the Philippines (5.5mbps) continues to have the slowest internet connection in the Asia Pacific Region (7mbps) and is ranked 107th globally (7.2mbps).

As of 2016 the two biggest ISPs (internet service provider) have pledged to curve the country's turtle like internet connection and promised to increase investments on their respective systems. Also, the threat of the entry of a third competitor destroyed the "status quo" (existing state of affairs) and will spark the flames of competition. In response to the current president's mandate, the building of Cellular towers in the country's rural areas have been immediately reviewed and approved by the government. In addition, the creation of a national broadband network with an estimated cost of 77 to 200 billion pesos has now become extent to reality with real prospects of significantly improving the country's aging internet systems and connecting rural and far flung areas to the internet. But, there is still a long way to go before we can catch up with the rest of the Asia Pacific Area and not to mention the rest of the world.

Significant strides have been made in the improvement of the country's internet we can just hope that this will continue and dream of the day where we won't experience that irritating lag and loosing the signals, on our smart phones yet until that day comes we'll just have continue ranting online.



Arellano University Plaridel - Mandaluyong Campus

THE STANDARD



Research Colloquium

By: Patrick Yeoj Alcantara



(Photos by: School of Education)

The 3rd Research Colloquium was indeed an event to be awaited by the Students of Arellano University-Plaridel Campus. Not only they can showcase their knowledge on a specific subject, but it will also showcase their confidence on presenting their Research.

The panel of judges were Dr. Lucilla B. Bondoc (Dean of CAS & School of Education), Dr. Ferdinan C. Lacuata (Head of Research Colloquium) and Mr. John Christopher Cabuyao (Assistant Principal of AUPC).

As the event passed by, faculty members from different departments and students were able to present their research studies.

Two researches presented caught the attention of the judges. The first was the research of Ms. Rhodora Thiam, which was presented by her co-researchers and Psychology students Krhyss Ariza Verceles, Hershey Rivera and Tweetums Santillan. Their research is about the effectiveness of the Outreach Program that Arellano University conducted in the adapted barangay "Pag-Asa".

The other one was the research of the students Chritine Joy Vergara, April Jane Lozano and Mariah Carey Perucho, which they presented for their subject, Humanities (Art Appreciation).

It was indeed a good event, faculty members and students took part in this activity by showcasing their research papers. Now off to the 4th Research Colloquium.

SHS Goes Crazy with Water

By: Vinca Louella Delfin & Lorabelle Castillo



(Photos by: Patrick Yeoj Alcantara)

It was planned that the acquaintance party will be themed as "Color Blast", but due to uncertain events the party shifted to theme of "Aqua Rave" real quick. As the event pass by the Rain didn't stop so the student enjoyed even more the event.

Students deserve a day off and just enjoy themselves. This is one of the many form of stress relieving and students did enjoyed the event.

Thanks to their Supreme Student Council President Mr. Kim Muñoz and the other members of the organization, the party was a success.

This is one of the many events that students of Arellano University Plaridel Campus should look forward too for the rest of the school year.

MOOCers

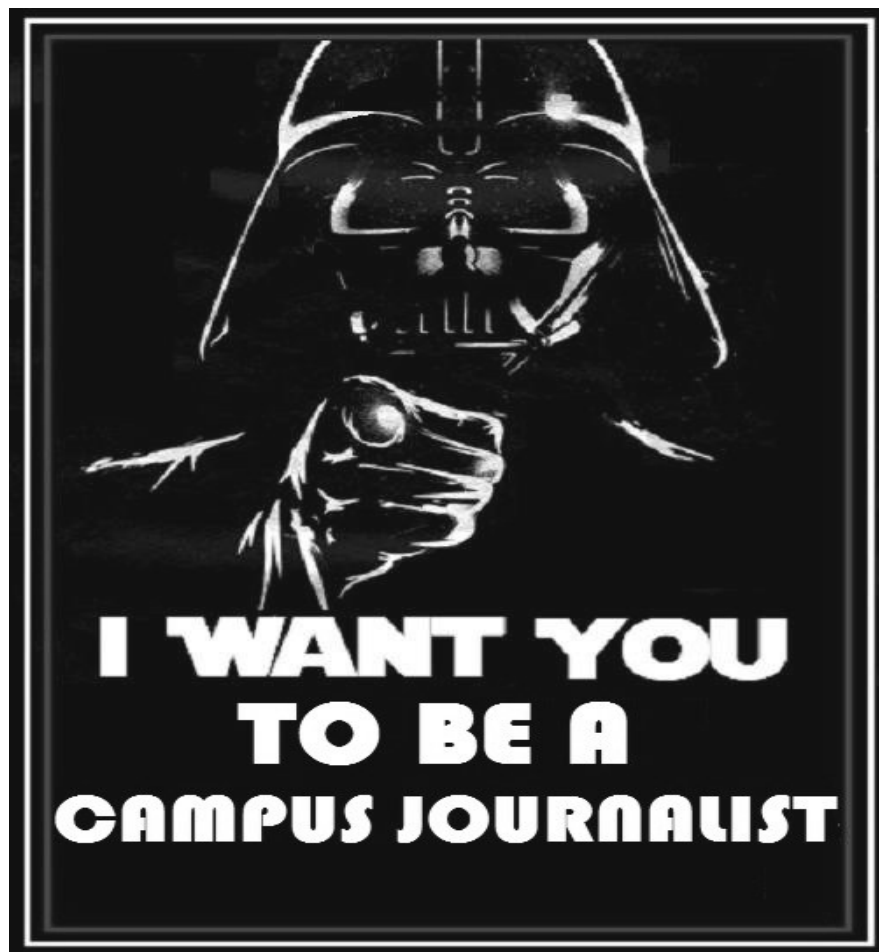
By: Mariah Carey Perucho & Arpil Jane Lozano

Being a teacher is hard work, there's grades do be done, lesson to be taught and students to care for, but, there will be always room for making themselves better on how they teach and expand their vocabulary.

Students together with teachers form Mandaluyong City experience and participated in the MOOC Seminar. This is to help teachers to expand their knowledge in the world of letters and literature.

As they expand their knowledge, they had fun with some activities that was prepared by the speaker.

Still many to come as we embark the new begging in the world of literatures and letters .



Do you have a creative mind ?

Send your sample articles at
patrickyeojalcantara@gmail.com
 and let's put your writing on the paper
 Plaridelians ASSEMBLE !

Expiration Date: 00/00/00

(Photos by: Patrick Yeoj Alcantara)

YOUTH in REVOLT

Gabriela B. Mendoza

Political participation or involvement simply means that a person is participating in the political process by making his or her opinions and beliefs known. Usually students are put-off by politics and thinks it is way too serious for them to care about in their age never realizing how vital it will affect their future. Students should be more involved in politics simply because whatever the Government would decide, these decisions will directly affect their life after graduating. We should be aware of the real concerns that can impact our life. Currently in this administration, we see students of every age sharing their voice to make a difference. As part of growing up, everyone should start speaking up for what they believe in and seeing young minds today being aware of how politics can affects our life and not sitting and not doing anything shows hope that the apathetic mindset when it comes to these things will finally end.

One might argue that students’ involvement in politics has its disadvantage as it could waste their valuable time of studying, that they shouldn’t ruin their chance of studying by putting themselves at risk by participating in street protest. We should take into consideration that education is acquired through the formal institutions like schools, whereas knowledge is gained from the real life experiences. Anyways political involvement doesn’t necessary mean going in a protest there are endless opportunities to get involved and get your opinions out there, such as attending seminars or public debates on national issues and reading newspapers or watching the news. Always remember that it is better to be politically involved rather than being ignorant to everything that is happening in our country, as a German poet and dramatist, Bertolt Brecht once said, “The worst illiterate is the political illiterate.”

AWARENESS ABOUT FEDERALISM

Federalism is one of the biggest topics in our country, especially while President Rodrigo Duterte is in charge as he also supports and promotes federalism. Federalism is a form of government whereby powers and responsibilities are divided in each of the states. In our current time, the Philippines is in a Unitary form of government whereby almost all the power is assigned in the central government.

Within the joint resolutions are certain proposals such as election of senators based on states, senators representing overseas voters and the state governor and vice-governor as one team. The Judicial and Bar Council which screens nominees to the judiciary would be abolished. Geographic locations of the three branches of the government would also

be reconsidered. In the proposal, the legislative department would be transferred to what would become the State of Central Visayas while the judicial department would be moved somewhere within the State of Northern Luzon. The executive department would remain within the federal administrative region of Metro Manila.

There are many debates and talks that put us into a realization about the negative and positive effect of federalism, but the sole purpose of this is to educate and to inform the Filipino people. I strongly believe that federalism will come and help us develop our country and its citizens socially, politically and economically.

-Jasper Sapalaran

KOREAN MEDIA, CULTURE AND TRADITION IN PHILIPPINES: A BANE OR A BOON?

John Cedrick R. Regenio

Korean culture has been widely invading the Filipino culture ever since early 2000s. It can reflect on the Filipino culture and media, adapting the Eastern Media values. The Korean wave society improves holding fans all over the world and creating a great impact on south East Asian media, which is undeniable in the Philippines.

But as the media and societal standard improves itself, a large critique of audience sees Korean influences as parasite in the modern media which can be vividly seen in television dramas, movies, music, as well as in manners and gestures being inside of those influences. Seems like we are already invaded by the condying colonial mentality of patronizing Korean related media and culture strike.

On the other side, facing the truth that a lot of fans idolizing Korean culture, it’s indispensable to set aside how it affect their lives as the broader parts is inspiration. Philippines a big stage for colonial influences, has made a good relationship with South Korea in terms of cultural and economic ties.

Even if it has been a sign of colonial thinking, it’s undeniable that Korean culture and influences have been warmly accepted in our country. It has been a part of Filipino Life and greatly affects opportunities and threats in our own traditions. Just take opportunities as a stepping stone of improvement and good relationship and solving threats to balance it and turn to another opportunity.

LOVE DOES NOT HURT

It has been a tradition for most parents, to use corporal way in punishing their children. Producing an already straightened road for them to achieve their goals. But based on a conducted survey by one of the most trusted statistical researches throughout Asia, this tradition did not produce better children instead it produced a lot higher digits of rebels and suicide attempts.

Most of the parents will gradually state that the reasons of those bruises caused by spans and hits are just a part of motherly or a fatherly love. An act of protection for their children that are taking what they think is a wrong path. But the point that they missed is that is instead of having your kids taught with etiquette, they ended up being the problem itself.

Love should never be painful. Love should be shown in more affectionate way. By the means of

hugs and kisses, you can pass on gratitude. Unlike bruises, it leaves a mark of hate and regret. In that case parents should reconsider their way of thinking. And as for the children, we should also try to reconsider our connection with our parents.

Misunderstanding could be one of the possible causes why most teenagers are held with leashes that’ll eventually turn into nooses. The unclarities between a child and their parents is deadly enough to trigger future possibilities.

Discipline I suggest “ should never be harsh”. Putting a stop to this would take longer time than what is expected. Small steps could be a start of a bigger progress. We, as a member of a family, should initiate a change of heart. And we are the guide for them— for those people who are still hooked with this kind of punishment.

Agustin, Lardine H.

In the light of the recent events, such as the protest for gun control of high school students affected by the school shooting in America to the students here in the Philippines rallying for press freedom, raises a question: should the youth be involved in politics?

Fake News vs Legit News

John Rico Bantayao

With all the information and alleged “news” floating in the internet, it’s getting hard to distinguish what is real and what if fake.

This is most prominent on many social media platforms. But how can we know if the news is real or just a hoax?

First of all you have to make sure if the source of the information you saw is a reliable one; don’t just believe something that you just saw on the internet or you just heard someone say it. We have to remember that information can be easily fabricated through the internet. Then you have to do a thorough research on the matter. You can even ask an official if what you saw was true.

Information is a vital key to knowledge but if your information is false, instead of it becoming your asset it becomes more of a liability and may even cause to be in great stress. Information without proof is just a rumor and we should not put our faith on rumors.

MINDING APATHY

Zepp Marinda

Apathy is the lack of interest, enthusiasm, or concern over a certain thing, this mentality should not be undermined.

People are mostly apathetic to the things that do not affect them. Right now many would rather turn a blind eye on things that are happening because it is easier and would mean less stress.

People gear towards something that is more convenient to them and will not stop even if they see some anomalies along the way. Apathy is rooted to ignorance; People do not care because they do not know. How could they anyway, with so many things happening in an individual’s life how could one have time to focus on the issues outside their lives.

But we have to look at the bigger picture here, if a thing outside our comfort zone change, then it is only a matter of time before that seeps in and suddenly change everything we’re used to. We as part of society should be aware and inclined with the issues and current events that are happening in real time.

But we should not only know what these issues are, we should also engage ourselves as how to resolve these issues.

SANDAAN: A CELEBRATION OF 100 YEARS OF PHILIPPINE CINEMA

Jeriel Andre & Hannah D. Faure



Tito Valiente answers a question from the audience during the Regional and Diasporic Cinema panel forum with Paul Grant and Angel Shaw.



Director Jose Javier Reyes delivers his talk on Anti-Feminism in Philippine movies as part of the Activist and Subaltern panel.



[From left] Jag Garcia, Nick Deocampo, Andrew Leavold, Sari Dalena, Patrick Campos, and Teddy Co pose for picture-taking after the last panel, Alternative Histories.

“Cinema is a beautiful, powerful instrument and it is young at 100 years. Film has given so much, and as a form it remains to be explored, discovered for the most hundred years.” says filmmaker San Dalena. For a hundred years, Philippine cinema has thrived, going through ups and downs in different periods of our country’s history. In celebration of its centennial, the University of the Philippines (UPFI) held The Sandaan Philippine Cinema centennial conference last September 14-15, 2017.

In corporation with the National Commission of Culture and The Arts (NCCA), the Film Development Council of the Philippines (FDCP), and College of St. Benilde, the UPFI divided the conference into two days, wherein the first day took place Thursday, September 14, opened by Keynote speaker Wimal Dissanayane, University of Hawaii’s Asian Cinema academician.

Several panelists covered the topics of early cinema under the colonial periods of Spanish and American rule. The war years under the Japanese. The golden age during the post-war era, and the martial law era where political cinema emerged. The first day ended with a screening of “Kidlat Tahimik’s Performed Nightmare”, which was celebrating its 40th anniversary as well.

The rest day was held in De La Salle- College of Saint Benilde School of Design and Arts Theater, wherein the panelists discussed Regional and Diasporic Cinema. Digital and new cinema, suballern and activistist subjects, film education and alternative histories.

This conference is the first of a three-year celebration that will culminate in 2019 with the Centerang of Jose Nepumuceno’s, the father of Philippine cinema,” Dalagang Bukid”. The organizers, UPFI’s Patrick Campos, Nick Deocampo, Sari Dalena, NCCA’s Teddy Co,

FDCP’s, Liza Diño-Seguerra and Benilde’s Jose Javier Reyes, all hoped that the conference addressed the periods in which defined Philippine Cinema, which would help aspiring film makers, from enthusiasts’, historians and students to know about the history of our country’s cinema.

As a history student and a film enthusiast, attending the conference has been a real delight for I learned a lot from our country’s celebrated academicians, historians, and filmmakers. Most people may see film as just a form of entertainment but it is proven that it can be a potent and ubiquitous tool for educations. Film, as a combination of sight and sound that produces an experience that brings us close to lived reality, could be an alternative instrument in learning, particularly about our country’s rich culture and history. I hope that a lot of people would appreciate. This unique aspect of film and history for it ushers in a new form of learning.

In a sea of possibility, the only thing that is constant is change.

Change doesn’t necessarily mean progress. Some changes aren’t always for the best; some may even be destructive, but what change can always assure is opportunity. The opportunity to experience, learn and grow, from what was felt can be determined if the thing that was changed is good or worse. Example of this is when you graduate from college. There shall be a change of scenery, time and people to what you were used to. But your skills, knowledge and passion shall be your tools to help you build the life that you dream of. And after that you shall again experience change for you shall then create a family. And still more changes shall arise in the coming years. In one lifetime, changes will occur even if we don’t notice it.

The only question is that are you prepared for the changes that will happen.

by Zepp Marinda Changing Tides

“Break the Stigma and be aware”

Sison, Jenrick P.

Human immune Virus or also known as HIV is a virus that attacks or weakens the immune system of an infected person. The virus can be transmitted by having unprotected sex, blood transmission or by giving birth by an infected mother.

Common misconception of the people nowadays is that the HIV can be transmitted through a social contact and that HIV is a life sentence for a person who is living with it. In fact HIV still doesn’t have a cure but there is still a chance through treatment process by taking ARV (Anti Retro Viral), an oral drug to avoid the complications of the disease.

As an addition, the Department of Health offers free medical tests in every social hygiene clinics to know your status in a confidential way.

For me as a person it is our responsibility to educate ourselves in terms of health issues that our country or world is facing right now. And also we must break the stigma so that we can encourage the people who suffer from HIV that there still chances for them to know that there is a life even in difficulty.

Literary Section

TRAPDOOR

Lardine Agustin

The water is deadly shallow,
Yet it is a bitter pill to swallow,
'Is this one of the cards on deck?',
'This millstone on my neck.'

Opened hearts, broken minds,
They leave but also reminds,
Memories creep inside your head,
Making you feel warm but dead.

Once, I was crying tears,
Tried to face my limitless fears,
Then it was pink, red and blood,
'When will this stop?', I asked God.

Let it forbid that I was wrong,
That's why I went through a song,
A song you won't like to hear,
For it is yet dusty and clear.

Come hell or high water,
Defeating this will make us better,
Put yourselves through our paces,
Then watch us bleed our blurry faces.

The Unzoomed Photograph

Delbert Jewel Natagoc

I was the unzoomed photograph on your wallet,
I am with your money which you'll never forget.
But would you cherish me or would you regret?
The chunks of memories that together we had shared.

Still remember the days that we had enjoyed?
Scattering our smiles even when you're annoyed.
I still remember the curves of your lips when you said,
That I was the best picture you had ever made.

Now, other photographs— I saw them with groove.
With them? I observe all of you giving laugh of cubes.
Before, the reason was me when you're lips moved.
But I saw you happier when you're with peculiar yet zoomed.

I still insisting throughout my soul and on my mind
That you only need them when you're upset or sad.
But it feels like— you had forgotten what you've said.
That I was the best picture you had ever made.

I was the unzoomed photograph that you had brought on your life,
I was your first friend who helped you to strive and to be inspired.
My companion, let me ask if you still know who am I?
But this time, you left me and I just want to ask you why.