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Hard Work Comes
Great Horizons

Get to know one of AU
JAS' model students

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PIA's Mental Health
Awareness Campaign

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The Standard

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Students cheering as the athletes are being introduced.
Photo taken by Alejandro Juancho.

Baring the Vigour of Sports: The Arellano University PEP RALLY 2018

by Dian J. Mantiles and Warren Ryan P. Revoltar

Last July 5, 2018, the celebrated home turf of the Chiefs - Arellano University, kick started the 94th season of the National Collegiate Athletic Association (NCAA), which is the initial and longest running collegiate sports league in the Philippines with the underlying theme “Unparalleled Heights through Sports Development”, hosted by the 5-time hosts, University of Perpetual Help System DALTA.

Faye Anne Marie Flores, a volleyball player, commenced the program with an invocation, followed by the singing of the national anthem and the Arellano University hymn, spearheaded by the Arellano drum chiefs.

The masters of ceremony, Mr. Jehu Ray Cabanes and Ms. Angeline Manto - an ABS-CBN Sports and Action (S+A) representative did a splendid job as they

effectively hosted the program. Everyone applauded as the masters of the ceremony introduced the Vice President, Marketing / Athletic Director, Mr. Valente V. Cayco, who gave his opening remarks to welcome and to officially start the program.

As the course of the celebration was on fire, students from the Plaridel campus together with the Legarda campus students

Were clustered in accordance to their year level, strands and programs, applauded their hearts out when they were asked to take up their loudest cheers. Additionally, Cherifer Boy of the Cherifer brand, as one of the generous sponsors of the PEP Rally, did a “mascot dance” which relatively flavored the event.

Afterwards, Maria Fe

“Joy” Apolonio, Asst. Athletics Director, started introducing the players and coaches who will take part in all of the events, both Juniors and Seniors division, in the 94th season of the NCAA. As expected, the athletes were graced with the hails and cheers from blue and red bleeding Arellanites. Moreover, the event was also carried out in a revenue of

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AU Chiefs go against the EAC Generals.

Braves and Chiefs' Home Game

by Warren Ryan P. Revoltar

Levi Dela Cruz and Rom Junsay drove the Arellano bus right into the winners' circle with an overtime and a comeback win against the visiting team EAC, respectively.

At long last, Arellano University played its first game in the NCAA 94 Men's Basketball Tournament. Making their debut at home at the Arellano Gym in Legarda, Manila, the Chiefs got off to a rousing begin-

ning with a 75-69 thriller of an overtime triumph over visiting Emilio Aguinaldo College. The Braves duplicated the Chiefs' win with a comeback 79-77 victory over the EAC Brigadiers.

At 2PM, the AU Braves collided with the EAC Brigadiers. Early on the contest, the home team however fell onto a 21-point hole early on. The home team stumbled off...

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Election of SG Officers

by Paul Zacarias, Froilan

Last August 20, 2018, the Division Office held an “Election of Division Federation Supreme Student Government Officers” at Malabon City.

The elected President was John Mark G. Edang, and one of the chosen Board Director was John Jerimie Cortan. Both are from the same year level and track; Grade 12 – HUMSS 1A. The other elected Board Director is Krystel Velasco and Arcie Mauricio was elected as the Peace Officer of the division. Both came from Grade 10 – Albert Einstein.

The mentioned electives are from Arellano University – Jose Rizal High School; a great...

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Hail to the Chiefs: Tagisan ng Salita Champs!

by Miguel Louis Campos

On August 30, 2018 Arellanites John Cedrick Regenio and Lardine Agustin from Elisa Es- guerra Campus' grade 12 HUMSS 4a and 5a respectively did battle with contestants from 33 other schools from which 5 schools were exclusively pitched for dominance in the Senior High school round.

The first day of the contest was held in Robinsons Town Hall Malabon where our Arellanites showed true intellectual mastery of the Filipino language in the form of 3

games Salitang Pilipit, Hanap Salita and Salitrat- to. They have managed to survive the Elimination round which they were in 4th place and were headed for the final round to be conducted on the 31st of August 2018 in the municipal hall of Malabon.

On the final day, John Cedrick Regenio and Lardine Augustine plowed through another 3 games Salinsalita, Sangay- Sangay na Salita and Halo -Halong Letra from which our Arellanites accomplished absolute victory with Arellano University...

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Seminar on Awareness and Prevention of Violence, Harassment and Hazing

By Gabriela B. Mendoza



College students as target audiences and the awarding of certificate for the resource speaker.

Harassment, abuse, and humiliation: these are words that relate to hazing. It does nothing but condones and promotes violence that is why the Central Guidance of Arellano University- Legarda organized a seminar entitled “Awareness and Prevention of Violence, Harassment, and Hazing.” It was held last August 1, 2018, 9:30 am to 11:30 am at the Little Theater. The activity was mobilized to impart to students awareness and as well as the consequence and

implications of the said topic.

The Master of Ceremony was Ms. Karina Aquino, College Guidance Counselor and the opening remarks and introduction of the speaker was given by Ms. Mildred C. Pañgan, RGC, Rpm, and Supervising Guidance Counselor of AU-Main. Mr. Jerome Gumayagay, Program Chair for Performing Arts and Ms. Lourdes Mendoza from the College of Criminal Justice were



present at the said event to accommodate their students. The activity was attended by second year and third year students with Ms. Rodea Lois Licuanan assigned with the registration.

The Central Guidance Office invited Police Superintendent Lemuel P. Nalangan, MPA, a part-time faculty member of the College of Criminal Justice, AU-Main Campus as the resource speaker of the seminar. Mr. Nalangan shared his expertise and his experience regarding bullying, harassment, and hazing.

Ms. Ludivina A. Alonzo, RGC, Rpm, AU-Main Supervising Guidance Counselor awarded the Certification of Appreciation to Mr. Nalangan. As she delivered the closing remarks, she encouraged the students that the guidance office is generally open for consultation and there are proper professional advice to be given, especially when it concerns the topic discussed in the seminar. ●

Thru the NCAA years with Mr. Valente Cayco

By Amira A. Floro

The National Collegiate Athletic Association (NCAA) season is one of the most prestigious, well-known, and awaited sports event in the country where by the college students in the national level are given a chance not only to expose their skills and talent on the specific field of game, but also to manifest the spirit and camaraderie of their respective alma maters. Aside from the said facts, it is also an avenue for the aspiring players to prove themselves to the noble sports, and fortunately, when discovered by the professional assessors and managers, they can pursue it as a profession and become part of the Philippine Team which has a vision and the passion to express greatness of the Filipinos in terms of sports all over the world.

Auspiciously, our very own alma mater is part of this, which we’ve been given a chance to manifest our worth in the battle field of discipline, greatness, perseverance, and family spirit, represented by our home heroes, the Arellano University athletes.

To become more informed on the status of the university in this matter, I was given a privilege to conduct an interview with the VP for Marketing and athletics director of Arellano University, Mr. Valente Cayco. During our conversation, he shared the recent and previous standings of the university in the NCAA. Primarily, he is glad because the Arellano University Chiefs were able to join consistently every year including the Track and Field. In the NCAA Season 94, he updated me with the following:

- (a) Defended titles of the university from last year’s season 93
- (b) Championships that might happen for the university
- (c) Crowd/Arellano University community support
- (d) Level of competition, and more.

Mr. Cayco said that, “for the basketball, it’s a new team; meaning -- young players, well,

not that young, but not enough experiences to have this pillar of instinct for what they want. The thing is, we still have to wait for them to mature, so in terms of getting into the finals, there is a slim chance of getting into it. But, what we will have here is THE experience of fighting with the other schools.”

He also gave me a glimpse of how the AU Chiefs clinched its first OVERALL CHAMPIONSHIP thru excellent performance last year and (hopefully) this year. “Last year, the women’s volleyball team got the back-to-back championship, third overall for senior’s division and no. 2 in the junior’s division, not bad. There are some old players here that already graduated, so we will rely on the new ones which, alam mo na, if you are new in the team; wala pang maturity and experience.”

To put it simply, it became inspiring as he shared his vision for the university in relation to the NCAA Season 94’s motto – “UnParalleled Heights through Sports Development”. In fact, some of the athletes who graduated from the university happened to represent the country in international sports events like basketball, cheerleading and many more. “Well, when you speak on the unparalleled heights through sports development, parati naman nandun yun eh, when you join to the NCAA, you always think of the development of the athletes, at the same time it’s not only through sports; but the athletes themselves, meron dyang academics, and at the same time sports. We have been producing good athletes sa Arellano per se. Arellano athletes that are now competing in international sports, we have Capadocia, we have Camino, as well as Jio Jalalon sa Gilas, looking at it, Arellano is still a very young school at the NCAA,

they just joined last 2009 or 2010, I think, so not bad, since NCAA has been existing for 94 years; we are still on the birth of the NCAA; meaning Arellano is still on the infant stage, but Arellano is still competing, meaning, they are there on the top once in a while, yan ang inyong ipagmalaki, maging school pride nyo ang Arellano, that is where your money goes, yung pag-aalaga sa mga players and at the same time, pagkuha sa mga coaches na makikita nyo na, every time your school competes-- they are giving their best, they are not just for no. 3, no. 4, they don’t compete for the sake of competing, they look forward to become champions.”

His best AU Chiefs MOMENT that happened in the last few years of Arellano was “For me, the most memorable at dapat ipagmalaki ng Arellano is that 3-peat tayo sa track and field. Ang track and field, isa iyong sa track, isa iyong Sa field. Sa track meron yung 100 meters., 150 meters, merong relay- ang dami, sa field naman merong throw, javelin , long jump at high jump - ang dami. Sa Olympics yang track and field ang pinaka-ultimate, ang pinaka inaabangan nila, because that is where you separate the boys from the men, pagalingan yan at patibayan, that is where you measure your strength and weakness and yet Arellano has been champions for three times, it is usually held in the last of the NCAA, you will see the stadium full of people. Meron pa nga dyan na kung tawagin ay decathlon lahat ng events ay sinasalihan. Ang Ironman, ang hirap nyan, pero three consecutive na championships!

“Yan ang CHIEFS moments ko, yan pang dapat ipagmalaki ng Arellanites” Lastly he defined Arellanites in three words, “braveness, resilience and discipline!” ●



Recognizing Bullying Seminar: Top Tips to Online Safety

by Christine Maye G. Galopo



Guest Speaker Eufer Pasion

On August 6 2018, the Legarda Guidance Office conducted a seminar on bullying at 1 to 4 PM which were attended by freshmen, transferes and fourth-year college students. It focused on how to protect oneself from becoming a victim to the potential harm and dangers in social media.

The guest speaker, Territory Channels Manager Mr. Eufer L. Pasion, presented tips on how to protect oneself online. He advised everyone to download a legitimate software to avoid computer malwares or viruses, to protect sensitive and personal information, to create or renew strong password which combines all characters and symbols together, to be in control and responsible of your online

reputation, and to instruct safety for kids online and share security tips to others. He emphasized in developing a prudent and courteous attitude as Filipino netizens. “Think before you click’ is the cardinal rule in using internet,” he stressed.

He engaged the students with gifts given to the confident and eager participants who answered his questions, and ended his seminar by offering 365 Microsoft Office Package and Windows 10 for the whole audience for free.

The guidance office hoped that the seminar sheds light to the students about the critical role of online safety in the cyber environment and how it can lead to any form of bullying. ●

Feature

THE BURNING DILEMMA OF FAITH: RELIGION VERSUS SCIENCE

By: Dian J. Mantiles

Prior to existence of man, our ancestors executed a variety of endeavors concerning the explanations about uncertain mysteries and obscurities of universe. This is to justify and establish the factual origins of life. All through this early study and explanations of human origin, belief systems, abstract perspectives and ancient ethics have developed and fused into a philosophical expression of “Religion and Faith”. This abstract concept served as a reference for many people - it holds moral code and contains set of classification of right and wrong. It provides an extreme foundation of love, hope and joy for humanity. And specifically, it explains the concepts of life and death. Religion is considered as the heart and soul of humanity.

However, because of the constant advancements of the world, the ideology of religion tends to lessen the amount of its credibility. Another form of barrier is the birth and advances in science and technology. I think the majority of religious teachings are being contradicted and changed by the systematic theories

and explanations of science. Most of the unfolded questions in our history and present life are being gradually answered by the evidences revealed. Because of these powerful evidences, many people lost their faith. Young people are being swallowed by the advantages of science and technology. The beliefs for God or gods are no longer present within these groups.

Lastly, each individual has his or her own faith from within. And as open believers, may we not be confused by these things. Science may possibly help us through diverse fields of study and bizarre explanation of things, but the satisfaction of such devotion and faith is an inexplicable feeling. In religion, there is nothing more profound other than choosing what is right. And I think there is always a uniform objective – to offer moral patterns among all of its members. Whatever religion may be, we are all imposed to do what is right and good. Perhaps religion has its own nature and network of practices but the catch is, what can you do to improve your faith? ●



Valente Cayco (Left) and EIC Amira Floro (Right)



Baring the Vigour of Sports: The Arellano University PEP RALLY 2018

By Dian J. Mantiles and Warren Ryan P. Revoltar

Performances by Jerry Codinera’s coached Seniors Men’s Basketball team and the successive performances of Star Music Artists, Bryan Gazmen and Mario Mortel. As per the final program, the AU Chiefsquad and Drumchiefs ended the first part of the general PEP rally.

The second Part of the event, co-presented by EYE MO and was sponsored by Smart, Oishi, GlutaMAX, Power Potato, simpleads – started. Several OPM solo artists and bands performed on stage, namely: Down by 18, BRWN, Unit 406, RJ Agustin, Soap Dish, Miro Valera, True Faith and Silent Sanctuary. Each and everyone, young and old, sang up to the very last lyric of the last performer’s song. All in all, the multitude of students and university staff who attended this year’s PEP Rally is a clear manifestation of the firm comradery of the Arellano University community.



The Curtain is Now Open:

Teatro Arellano By Sheikinah Grace Sanz

The word "theatre" was derived from the Ancient Greek “theatron”, which means "a place for viewing", and from “theaomai”, "to see", "to watch", "to observe". It is the place where people come to see the truth about life and social situations. The curtain is now opened by the first ever theatre guild in Arellano University – Juan Sumulong Campus.

Composer Stella Adler Juan and under the supervision of Ms. Janine Martinez as the Artistic Director, our first theatre group has taken the official name of "Teatro Arellano". This initiative has the purpose, in an artistic manner, of being a medium to express noble ideas and interesting situations in order to open the minds and hearts of those who watch their performances. At the same time, Teatro Arellano is already making a way to develop and enhance the acting skills of Arellanites, as well as to promote culture and arts in the community of our University.

Now, we proudly announce the very first production of Teatro Arellano titled: "Ang Paglilitis kay Mang Serapio" coming this November 2018, to which all of you are invited. Let's support our very own theatre, as Arellanites we must be united: we must watch as one, so that our hearts may beat at once.

Lastly, Teatro Arellano will open its workshop this upcoming December for the audition as per the next production. If you have the willingness and the talent, don't miss this chance to be part of our theatre guild! ●



Confection entries for Nutrition Month



Feature

LIMELIGHT: Hail to the AU Utility Personnels and Guards

By Warren Ryan P. Revoltar

Imagine yourself eating your packed lunch on a filthy foul-smelling gazebo at your university, despite of your hunger, would you be able to swallow anything? Imagine yourself studying for your preliminary or midterm exams on a scorching library due to malfunctioning air conditioning units, would you understand every single lesson that was typewritten on your handouts? Imagine that you're about to pee but almost all cubicles on your university's comfort rooms are apparently unsanitary-looking, would you not hold in pee and try not to puke? Imagine staying in a classroom for hours on end not knowing that there's a lunatic intruder, not from your university, waiting in the corridors to inflict pain in you - to assault you, would you feel safe and secured?

Luckily, these are some realities that are happening in other schools - in and out of the Philippines - that we, Arellanites, doesn't experience for we have industrious utility personnels and guards working 24/7 to keep the university neat and clean and secured, safe and sound.

With that, here are two of the many hardworking AU utility personnels and guards that are both worth-hailing.

Mrs. Mira Luna Daguman, an inexhaustible 46 years old utility personnel of the university who previously hails at Negros Occidental, performs routine maintenance activities, heavy cleaning duties, such as cleaning floors, washing walls and glass, removing rubbish, emptying trash containers, replacing trash can linings, organizing and keeping areas neat and tidy for about 9 hours - 7:00 AM to 4:00 PM - everyday. She's been working since 2004 in the university and her unwavering loyalty is indeed evident.

Mrs. Daguman was able to finish high school in Makati High but due to some sort of financial problem she wasn't able to enroll herself in college. When she was asked about her message to the students, she advised "Mag-aral mabuti. Para makamit ang magandang kinabukasan nila at para ma-

suklian ang paghihirap ng kanilang mga magulang."

Cleaning work is often physically demanding. Utility personnels can easily get scrapes and bruises from cleaning, moving equipment and using tools to fix things. Needless to say that some oftentimes have an unfair mindset that they can make a mess, reasoning "that's why they pay the janitor" which is wrong in all aspects. So when asked about the hardships or struggles she faces in her work almost everyday, she stated "Minsan gusto mo ng umayaw..." but she added "Pagbubutihin ko ang trabaho ko para masuportahan ko ang pamilya ko," and that she's willing to do anything for her family even if it means doing work, day and night, 24-7-365.

Not only Mrs. Daguman is regarded as an industrious university personnel but also Mr. Daniel Rivera, a roaming security guard originally from Baler, Aurora. He's responsible for ensuring the safety and security of the university. Part of their work is to patrol, guard, and check anyone who will enter the university premises. He's a college graduate from Mount Carmel College and is hoping and waiting to pass the Criminologist Board Exams.

Security guards have the potential to encounter hardships on a daily basis while performing their duties and when asked about the hardships he faced during work hours he shared, "Syempre di maiwasan yung mga pasaway na estudyante, mahirap kontrolin. Tapos may mangilan-ngilang nagrerekلامo..." but impart quickly, "Pero kung di makontrol, nand'yan naman ang OSA.", which suggest that he knows his limitations and his job description.

Lastly Mr. Rivera expressed, "Pag-iigihan ko pa yung trabaho ko. Dito ko binubuhay pamilya ko, nakakatulong ako sa magulang at mga kamag-anak ko, kaya gagalingan ko pa." when asked about his promise to himself this new academic year.

Again, hail to all the Arellano University utility personnels and security guards who epitomizes "For God and Country". ●

“Ugaliing Magtanim Sapat na Nutrisyon Aanihin” Nutrition Month Celebration

Anne Klariz T. Cogolio

The TLE Department in cooperation with the Future Homemakers’ Club conducted an activity in celebration of Nutrition Month aligned with the theme “Ugaliing Magtanim Sapat na Nutrisyon Aanihin”. The event was held at Socio Civic Center in Arellano University – Juan Sumulong campus in August 3, 2018.

For welcome remarks, Mrs. Anavelle Gambayan, the Arellano University High School principal, prepared a wonderful speech for everyone present.

The Grade 7 representatives participated in Speech Choir Presentation followed by the Grade 8 representatives. The audience was in awe as the students poured their heart and soul on their performance. Up next was the Nutri-Quiz Contest wherein the participants competed by year level. The representatives are from Grade 8 to Grade 10. The Nutri-Quiz Contest has three levels: easy, average, and difficult round.

A special number was given by Aaron Dela Cruz. People in

in the crowd cheered while he was serenading them with Inigo Pascual’s ‘Dahil Sa’yo’, and selected students from tenth grade Newton also showcased their talent. Right after the ice breaker, videos related to the nutrition month theme made by every grade level was shown.

As the crowd was patiently waiting for the participants’ output in Icing Decoration Contest, the grade 9 and grade 10 students performed their Speech Choir Presentation with pride and confidence. The judges of the Icing Decoration Contest were Mrs. Victoria D. Trivino, Dean of Student Affairs, and Mrs. Anavelle O. Gambayan.

Mr. Bryan Marquez and Mrs. Melanie Bernabe recognized the Future Homemaker’s Club Officers for their valuable service and dedication in the event. And for the most awaited part, winners in each contest was awarded with medals, certificates, and special prizes. To finally end the program, the closing remark was given by Mr. Daniel Cariazo. ●

Poster Making Contest

GRADE 7

- 1st place - Ceron Michael Angeles
- 2nd place - Flora Mae Openiano
- 3rd place - Gerard Bacaoco

GRADE 8

- 1st place - Noui John Jacosalem
- 2nd place - Ahmalia Buccat
- 3rd place - Christian Tonido

GRADE 9

- 1st place - Mark Maurice Rivera
- 2nd place - Angela Ansula
- 3rd place - John Mark Manese

GRADE 10

- 1st place - John Ysrael Jordas
- 2nd place - Sandro Ofalsa
- 3rd place - Ralph Meneses

Grade 7 and 8 Icing Decoration Contest

- 1st place- Mariecris Ednave, Kyla Mari Dela Pena, Princess Adehter Encina
 - 2nd place- Danaya Gurtiza, Mica Emana, Arlyn Noez
 - 3rd place- Kate Evangelista, Jehainie Hassan, Michaela Cortez
- Grade 9 and 10 Icing Decoration Contest**
- 1st place- Nicole Cabucos, Jeremy Mendoza, Marlia Ballon
 - 2nd place- Juliana Serrano, Emanuel Faigal, Hannah Ulanday
 - 3rd place- Lyka Anin, Ram Rivera, Myca Joson

Video Presentation Contest

Jian James Gopez, Giela Mae Costales, Lei Glyndsey Gerance, Karla Patricia Santos, Kurt Stephen Famoso, Azriel Neri, John Gabrielle Cayetano

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“AU– AMC Senior High School Opening of Classes”

by Jave Mary Lacea

Last 25th Of June 2018, The AU AMC Basic Education opened their class for the Senior High School School Year 2018 – 2019. The SHS Students were very excited to meet new friends and classmates, new professors, and share different perspective about the things they had learned from the previous year.

The AU AMC SHS Opening of class was presided by the Office of Student Affairs Mr. Jude Vincent G. Paliza and the JHS/SHS School Principal Mrs. Lydia T. Terrado who welcomed the students very cheerfully and greeted each and every one politely. She did the opening remarks to make the school year official. Mrs. Terrado introduced the SHS Faculty from class advisers of different strands to class subject professors, the Prefect of Discipline Ms. Aileen Mae R. Galila, the SHS Guidance Counselor/ Psychometrician Ms. Rhenell I. Punzalan, RPM and such.

The short program went well and the students were guided to their respective assigned rooms together with their new class adviser.

AU AMC FIRST FRIDAY MASS

By Jave Mary Lacea

Every first Friday of the Month, The AU AMC Senior High School Department has their “First Friday Mass”. The SHS Department together with the Supreme Student Council aims to achieve this platform of SSC in order for the students to feel the presence of the lord and learn a gospel or two from the Bible.

Church. The mass commentator, lecturer and sacristans are students of AU AMC and others came from the assigned strands for the offerings.

First Friday Mass started after announcing the newly elected SSC officers. It is one of the successful platforms of AU AMC SSC and will continue until the end of the school year.

The priest of the mass came from San Isidro Catholic



AU AMC First Friday Mass
Photo taken by Christine Jade Clemente

EDITORIAL

SA SUSUNOD

Ni Pocholo Navarez

Puyat nang pumasok sa silid aralan. Nahihya nang makita ang guro sa harapan na mayroong hawak na class record. Subalit, hindi na nagdalawang isip na buksan ang pinto sabay bati na may kasamang ngiti, ngiti na pangrang walang kulang na awtput at ipapasang kuwaderno. Hindi nag aksaya ng pagtingin man lamang ang guro, bagkus naupo na lamang at tumingin tingin. Habang nasa kalagitnaan ng pag tatawag ng pangalan, napagtanto at natatarantang ikinumpara at hinagilap sa kapwa kamag-aral ang kulang na awtput. Batid ang labis na pangamba na tila sinabayan ng pag guhit ng pawis sa leeg, nanlalamig na balat habang pinakinggan ang gurong tinawag ang estudyante at ipinagmamalaki ang dalawang awtput na opinasa. Mawawala na yata sa ulirat ng mga oras na

tatawag ng pangalan, napagtanto at natatarantang ikinumpara at hinagilap sa kapwa kamag-aral ang kulang na awtput. Batid ang labis na pangamba na tila sinabayan ng pag guhit ng pawis sa leeg, nanlalamig na balat habang pinakinggan ang gurong tinawag ang estudyante at ipinagmamalaki ang dalawang awtput na opinasa. Mawawala na yata sa ulirat ng mga oras na



AU AMC SHS Opening of Classes
Photo taken by Darrel Abaigar

AU AMC Induction Ceremony.

AU–AMC Induction Ceremony 2018

by Jave Mary Lacea

Every year, the Arellano University opens an election to all students who has potential to be leaders that will help the University maintain a good position and well balanced institution and will help in handling and guiding the students of AMC as it is one of the most important characteristics of leaders. The University chooses leaders who will serve wholeheartedly in his/her position and can share knowledge and skills to his/her co-students.

On 31st day of July, Arellano University – Apolinario Mabini Campus introduced the officers of Senior High School Department in each strands for the school year 2018 – 2019. The Office of Student Affairs – Mr. Jude Vincent Paliza had been presided the Induction Ceremony together with the JHS/SHS Principal – Ms. Lydia T. Terrado and the Assistant Principal – Ms. Florence Solis.

iyon. Tila naubusan ng dugo ang estudyante ng tawagin ang kanyang pangalan, “Wala ka na namang ginawa kahit isa, mahiya ka naman. Senior High Student ka pa man din!”, nais sanang tumayo ng estudyante at sabihing “Ma’am, subject mo lang ba ang pinapasukan ko? Marami din akong ginagawa!”Napakadaming aktibiti at awtput ang dapat ipasa. Ni hindi makapagpahinga. Sa halip na ipangalandakan ang nais bigkasin, tumayo ang estudyante at nagsabi, “Ma’am, pasensya na po. Magpapasa po ako.” Tila

naliwanagan ang estudyante na bilang isang maga-aral, mayroon gampanin at responsibilidad na dapat isaalang alang at bigyang prayoridad ang pag-aaral. Kung kaya’t kumuha ng papel at ballpen sa bag ang estudyante’t sinimulan ng gawin awtput bilang isa hanggang anim.

nilalanghap Lakas ng loob ay sa buhangin hinagilap. Pag-sikat ng araw ay aking kinalugdan Paglubog naman nito’y aking kinapootan.

Tulad ng ilang naliligaw na pangarap Di na muling mabubuo’t muling mahahanap. Sa pagkakalunod, patuloy itong lulubog Buhangi’y

The SHS Department are composed of Seven Organizations which are the Accountancy and Business Management, the Senior Executive Association (ABM Club), the Humanities and Social Sciences (HUMSS Club), the Science, Technology, Engineering & Mathematics (STEM Club), the General Academics (GAS Club), the Information and Communication Technology (ICT Club), the SPORTS Club and the highest student organization of AU – AMC, the Supreme Student Council.

It was very overwhelming to see the newly elected officers stand in front of AU AMC Senior High School Students who witnessed the Induction Ceremony.

LITERARY CORNER

HAPPY HOUR

by Lois-An Aguilar

“Be happy.” That’s easier said than done.

We all have times where we smile even though it’s the fakest part of the day.

Maybe you’re one of those people who make so many people happy and laugh when you can’t even smile at yourself.

There would be nights where you would sink into nothingness without even knowing why.

But what matters the most is that you should always stay positive and fight for your happiness not just referring for your love ones but for yourself.

You can always make a way to cheer yourself up and smile as if nothing bad had happened.

Smile, that’s the precious as diamond a person can wear.

LIGAW NA PANGARAP

Ni Pocholo Navarez

Buhangi’y batong gumuho at nadurog. Sa pagka-kaaho’y muli itong nalunod. Nais na ito’y mabuo’t muling mahanap, Tulad ng ilang naliligaw na pangarap.

Ang pag-asa’y sa hangin



New-trition Month in AU-AMC

By Michael James B. Belardo

Last August 1 and 2, 2018, the Arellano University A. Mabini Campus held a two-day event in celebration of the Nutrition Month with the theme of “Ugaling Magtanim, Wastong Nutrisyon Aanihin”. But, this was not an ordinary kind of event that you expect it to be. Because, the faculty members of the Junior High School Department thought of a new idea on how to celebrate this annual event. They’ve decided to test the abilities and talents of the students in a new level by designating each grade level to execute a specific formal event.

So here’s the designated tasks given for different grade levels. Grade 7: they perform a 7-year old birthday party Grade 8: JS

Promenade, Grade 9: Debut, Grade 10: Wedding. This part of the event was done in the first day, which was held last August 1, 2018. All of the grade levels poured out their passion for designing and managing the program flow for the event during the preparation on that day.

They have showcased their camaraderie and cooperation with one another throughout the event. The judges were overwhelmed by the works of the students to the point that they felt that they were in an actual event. Praises from the parents, teachers and students were overflowing in that exact moment with admiration to the works of the students.

TANDA NG KARUNUNGAN: FILIPINO, WIKANG PANG-SALIKSIKAN

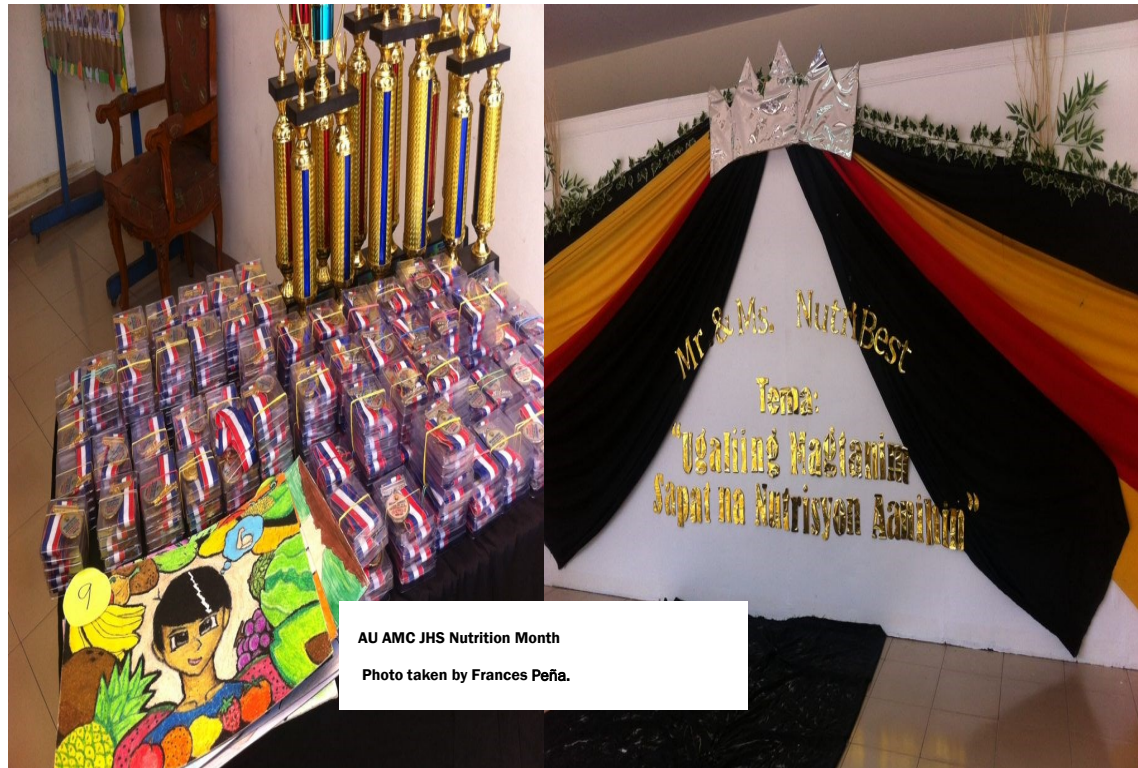
Ni Prince Robel N. Tecson

Kasabay ng pagdiriwang pagdiriwang ng bansa sa Buwan ng Wika, ang Unibersidad ng Arellano Apolinario Mabini Campus ay nagsagawa ng isang pagdiriwang na nagbibigay ng halaga sa Wikang Filipino.

Taon-taon, nagdaraos ang Pamantasan ng Arellano ng isang pagdiriwang na sumusubok sa pagmamahal ng mga mag-aaral sa kanilang wika. Nitong huling Agosto, ang Arellano Mabini ay naghanda ng mga samu't saring patimpalak na humamon sa kagalingan ng mga mag-aaral sa sariling wika na may temang, "Filipino: Wika ng Saliksik." Ang layunin ng temang ito na gamitin ang Filipino bilang instrumento ng karunungan. Ang programa ay nagsimula sa isang dasal na pinamunuan ni G. Michael James Belardo at sinundan ito ng pag-awit ng Lupang Hinirang at Awit ng Arellano sa pamumuno ni Bb. Mara Juliana Ramos. Ang panimulang mensahe naman ay ibinigay ni Bb. Julianne Rico, Filipino Co-

ordinator ng Junior High School Department.

Pagkatapos ng pormal na pagbubukas ng programa. Lahat ay sabik ng mapanood ang pinakahihintay na Lakan at Lakambini 2018. Ang patimpalak ay nagsimula sa masigabong pagsayaw ng AU Dance Troupe. Ang Gurong Palatuntunan ay si Bb. Nathalie Jewel Delos Santos, ang Pangulo ng Samahan ng Filipino, at ni G. Joshua Lee Ramos, miyembro ng Samahan ng Filipino. Matapos mabilang ang mga puntos na nakuha ng mga kandidato, pinangalan si G. Prince Robel N. Tecson bilang Lakan 2018 habang si Bb. Shane Marie S. Bornasal naman ang Lakambini 2018, na parehas galing sa pangkat ng 10- Isaac Newton. Pagkatapos ng nasabing patimpalak, ang lahat ay naghanda para sa pasiklaban ng mga pangkat na binubuo ng iba't – ibang katagorya bawat antas. Nagwagi ang 7- Jose Rizal sa Presentasyon sa Awit. Nasungkit naman ng 8-Sampaguita ang tropeyo pagdating sa



AU AMC JHS Nutrition Month
Photo taken by Frances Peña.

For the second part of the activity which held last August 2, 2018. Mr and Ms NutriBest took part. Selected students from different sections participated in this pageant. Here, they revealed their talents, their suits for

theme wear category, and their intellectual capacity. This segment highlighted the beauty and wit of the participants and support to their classmates. Also, there was a Slogan and Poster competition about the theme of said event.

In the end, the hard work of the students and the teachers paid off in this different kind of event in Arellano University Apolinario Mabini Campus. It truly was an exciting and energizing event both physically and mentally.



AU AMC JHS Buwan ng Wika
Photo taken by Angel Zarsadias

Katutubong Sayaw. Ang 9 -Molave ang naghari sa Interpretasyon sa Sayaw sa Tugtog ng "Mamang Sorbetero." Hindi naman nagpatalo ang 10-Albert Einstein sa Sabayang Pagbigkas na may piyesang "Filipino: Wika ng Saliksik" ni Jenifor Aguilar. Nanalo naman ang 9-Narra sa Laban ng Lutong Pinoy kung saan ipinakita nila ang masasarap na putaheng makikita sa lalawigan ng Isabella. Lahat naman ay nabighani sa gawa ni G. Justin Kyle Horlina kaya't siya'y pinarangalan bilang kampion sa Poster Making. Hindi nagpahuli si Deiba Jay Paredes ng 8-Sampaguita nananalo sa Slogan Making. Gumising sa pusong mga mag-aaral ang mensahe ni Christel Mae Brosas na nagwagi sa Spoken Poetry. Sa isang panayam kay Bb. Angelica

Reigne Torres, isang mag-aaral mula sa Grade 10 pangkat ng Albert Einstein, ipinahayag niya na tama lamang ang tema sa sitwasyon natin ngayon. Nasabi niya rin na kanya daw napagtanto na dapat lang pag-aralan ang wikang sariling atin. Dagdag niya pa ay kung hindi ito gagamitin, parang aklat na lamang ito na maluluma at aanayin dahil sa kapabayaan at pagkalimot.

Tunay ngang makasaysayan at makabuluhan ang pagdiriwang na ito hindi lamang sa Arellano Mabini kung hindi pati sa buong bansa. Ang Wikang Filipino'y nararapat lamang na bigyang pugay, pahala-gahan at gamitin. Ito ay yaman ng bansa na nag-aawit ng ating kultura, tradisyon, at kasaysayan. Napatunayan ng pagdiriwang na ito na ang Filipino ay tunay ngang Wika ng Saliksik.

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AU JAS Student Leaders’ Road to Success

by Mariel Catalan

“Building the Agents of Success” is this year’s theme for the induction and team building event of student leaders of Arellano University Jose Abad Santos (JAS), held last August 10, 2018 at the University Lobby. The induction of officers was held in the morning while the team building activities in the afternoon.

The Arellano University Supreme Student Council (AUSSC) organized the event, allowing student leaders to know their responsibilities and how they can be great leaders through a talk delivered by guest speaker, Mr. Gerald John Sobrevega, a graduate of BS Physical Therapy from University of Perpetual Help.

Mrs. Beverly Gabriola, adviser of AUSSC, gave the open-

ing remarks, congratulating her officers for successfully organizing the event. The lighting of candles made the ceremony profounder as all the student leaders read their Oath of Responsibility, highlighting the morning session. An hour break was given to the attendees to prepare for the afternoon activities.

It didn’t seem like a gloomy, rainy afternoon for all the student leaders were enthusiastic, hoping to win the team building activities. Ten groups consisting of members from different organizations were formed and tasked to create their group cheers. Each group had its own unique and amusing cheers, causing more excitement.

> TURN TO NEXT PAGE

Parlia’s Unity and Camaraderie

by Maria Liza Cabel

The Political Science student organization, also known as The Parliamentarians, had their first ever Acquaintance party under the administration of their Senate President, John Alec Cudal, with the theme “Unity and Camarederie” which aims to associate every political science major from freshman to senior.

It was held at room MB309 of Arellano University Jose Abad Santos (JAS) last August 29, 2018. The event was hosted by Norhanina Sulaik and John Alec Cudal.



Hosts John Cudal and Norhanina Sulaik welcome the attendees. [Photo taken by Marco Barcelon].

The program started with an opening prayer, followed by the Philippine National Anthem and Arellano Hymn. The Head of the Political Science Department, Mr. Noel Delos Trinos, was the in-charge of the opening remarks. The officers then prepared parlor games, and an intermission number.

According to Cudal, this is their first major event and everyone should look forward for more of their events that would be beneficial to every student of the university. ●

"You Pass This Way, But Once."

by Joy Delos Santos

The hallways and rooms of Arellano University Jose Abad Santos campus were crowded once again as classes started last June 18, 2018. The opening of classes is surely one of the most difficult happenings for the Guidance Department of the school because of all the orientations for the parents, and for both old and new students.

Because of this, The Standard interviewed the school’s Guidance Counselor, Dr. Liberto Moises, last August 20, 2018, to personally ask for his insights on the opening of classes.

Dr. Moises described how challenging it is, particularly to the new students because they are the first batch of graduates from senior high school and

from senior high school, and how it might feel just like the usual for the old students. He also then talked about how it might be a challenge for the professors, as he gave some pointers on how to give their best in teaching the students.

“Even if the opening of classes is considered as a natural phenomenon by the old professors who has been teaching for many years, this also serves as a challenge on how they can meet the students’ excitement and expectations from their teaching. In the teaching profession, you should not be after the pay. You are here because you have a mission. And that mission is to impart knowledge, your knowledge to the students.”



AUSSC Officers take oaths. Photo taken by Marco Barcelon.



Student leaders have fun participating in the team building.

EDITORIAL

CAN WORKING STUDENTS BE EXCUSED FROM THEIR CLASSES?

by Andre Mae Bacolod

Attending classes nowadays isn't as easy as 1-2-3. There could be a lot of reasons that hinder a student in fulfilling his or her duty to go to class. An example is a working student who simultaneously works and studies. Considering the number of responsibilities that he or she is shouldering, is it justifiable that he can be excused if he or she fails to attend class? On my perspective, it is.

The fact that they enrolled themselves despite the tremendous barrier (which is the reality that they have to work for their survival and tuition fee) is a proof of their willingness to graduate. Although it is their choice in the first place, the university should not pressure the students the same way as their

work pressures them. After all, the university is the most guaranteed route towards success why does it have to be as complicated as the traffic in EDSA for these students if the journey can be as smooth as on the expressway?

Yes, the students ought to be responsible for their conduct as well and the university shouldn't be the one to adjust. But the mere truth that these students have heavy load with their subjects, have conflicts with their schedules and have more exposure to diseases cannot be denied the excuse to miss their respective classes.

At the same time, the sacrifices of working students are more apparent and heavier compared to a regular student in terms of their social life, extracurricular activities, peace of

mind and even their sleep. Time management is the thing that these individuals are doing and budgeting as soon as they wake up and right before going to bed. The concrete nine-hour allotment for that stable job, some hour for their classes, their rest time and a few moments for their leisure are reflections of how challenging and tiring their daily routine is.

So if the university is generous and understanding enough to let these students be excused for some reasons whenever they're unable to go to school, it would be a big help to them. It's indeed overwhelming to behold a university that helps working students to cope up with the things that they are incapable of accomplishing, an example is attending his classes. Does your university like this? ●

He also shared his expectations for this school year, answering with such philosophy and encouragement for the students to keep attending classes and learn.

“I remember the quotation ‘You pass this way but once.’ This quotation means that every moment that passes; you have to take advantage of that because you cannot go back to the place where you are now when you have gone already. So, my expectations from the students is that they have to study, and as much as possible, to avoid absences. Because when you are absent, you miss the lecture and the opportunity to learn.”

He also reached out to all the professors “not to leave the room unless everybody understands the lesson” because of how he firmly believes that the teacher plays an important role in a student’s learning.

Lastly, he imparted a message for all the students: “I keep on telling my students [the saying] ‘Honesty is the best policy’. The school is the training ground for you to be honest. When you go out of the school, you carry that behavior. You will carry that culture in your place of work. So that saying is very true in all aspects of life. In Tagalog, TAPAT. When you read that word from left to

right or vice versa, it will still be TAPAT. So there is no substitute for being honest because it will not be for other people, it’s for you...”

Dr. Moises ended his message with a hopeful smile for the students and their journey. He also hoped that he and his co-professors would be able to work as a team in making Arellano University a great place for learning. ●

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AU JAS SHS crowns Mr. & Ms. Nutrition 2018

by Gabrielle Cardinal

The Arellano University Jose Abad Santos Campus Senior High School (AU JAS SHS) celebrated this year's Nutrition Month with Mr. and Ms. Nutrition 2018, held last July 30, 2018 at the University Quadrangle.

The event started with a lively production number, showing great confidence in front of the crowd.

With the theme, "Ugaling Magtanim, Sapat na Nutrisyon Aanihin", the candidates displayed their creativity with the theme wear portion, wearing variations of farmer costumes and dresses covered with fruits and vegetables. Long gowns,

filipinianas and suits with coats and ties dominate the formal wear portion.

Only the top ten contestants are given the chance to participate in the Q & A portion where they answer hashtags prepared by the organizers. Four of the ten exhibited braveness and competence during the Q & A which helped the judges with their deliberation. Lester John Cepada and Jerrie Ann Jampas were crowned Mr. and Ms. Nutrition 2018, JC Subido for the first runner-up, Serge Calimpusan and Sahher Diez as the second runners-up, and Jonathan Garcia and Miyaka Quirong as third runners-up.●



The candidates display their creativity with their theme wear.

chology program in 2016. He was a student by day, and worked full time at a company by night. It is a fact that your third year in college is when the going gets tough, yet Jan managed to ace the majority of his school works and even top some of his classes. "I thought it would be hard, but because of the professors who taught the subjects clearly and with ease, the course that I thought would be a challenge became easy and understandable."

Responsible and able to draw a line between school and everything outside out of it, Jan was often pegged to lead several of the Psychology activities (i.e. Psychological assessment, preparation for Psychology defense). Not to mention, he also joined the Mr. and Ms. Arellano University JAS in 2018, taking home several awards and was later on titled 1st runner-up. He was also elected as Assistant Treasurer for the Psychology Society 2017-2018. All of this, and never did he stray from prioritizing his studies. Feel unproductive yet? We thought so too.

The formula to keeping your academics and extra-curricular activities up is simple: be motivated and responsible enough to get actual work done. But Jan, humbled by his upbringing

humbled by his upbringing and experiences in life, gave credit to those he thinks are due. "I was able to finish it with the help of the people around me; my professors and my classmates."

With a diploma at hand, Jan is now employed at a company where he enjoys his current day shift, which is something he wasn't able to have before. Happy with everything that is happening to him at present time, we asked him if there was anything he'd like to change about his past. "I don't think I would change anything. I like it the way it is because I was able to enjoy my stay in the university for a couple of years."

A paragon is defined as a model of excellence. In this case, Jan is one. Not because he was already excellent but because he embodies someone who strives and perseveres to be one every day, yet still acknowledging their flaws and keeping a kind heart. He knew that he had some disadvantages compared to the other students; lack of proper rest, time and so on, but he turned these into drive, a drive that lead him to excellence.

"Always remember that your diploma is the best receipt that you will receive. It might not be the gate pass for you to achieve a specific goal, but it will be the feather in your hat on your future endeavors." ●

FEATURE

Hard Work Comes Great Horizons

by Andrew Agenga

Meet Romeo N. Mendaño, one of Arellano University Jose Abad Santos (JAS) Campus' model students. Romeo has been an AU JAS Campus maintenance personnel since November 28, 2015 and through the help of Dr. Archieval Rodriguez, the former College of Education Dean and Mrs. Emily Escobido, the elementary school principal, he was able to enroll in the College of Education and take up Bachelor of Elementary Education (BEEd) during the first semester of school year 2016-2017.

Since then, his life has been full of challenges. According to him, oftentimes, he encounters misunderstandings with his colleagues because of conflict of schedule at school and at work.

"Being a working student, you will experience ups and downs, hardships, joy, and mixture of emotions. But I always tell myself that **I won't be a janitor all my life, and that I will hold on to my dream of becoming a professional teacher,**" he shares.

He has been motivated by this ideal and the encouragement of his seniors and the College of Education staff and faculty. He advises his fellow students to study hard, be grateful that they have a chance to go to school and not to take it for granted because, unlike them, the life of working students is complicated and has a lot of challenges, both academic and work related.

To Mr. Romeo N. Mendaño and to the other working students out there, hail to all of you. We wish you all good luck in your pursuits. ●



Romeo Mendaño

LITERARY CORNER

Just Memories

by Mica Caresusa

Dugg! Duuug! Duuug!
I hear that familiar sound
Quite a while since the last time I heard that
Do you happen to know where that sound comes from?
I think I know you!
I met you years ago right
Good to have heard from you
You seem so happy! Good for you.
Ohh! I remember where I met you!
We were still young back then
I thought I totally forget everything
Even this sound of my heart pounding

Yeah! That's the sound my heart!
It's funny how our fate tore us apart
Together, we collected a lot of happy memories
Yet those were meant to be just memories.

Apple

by Andrew Agenga

It started with a foolish thought,
"My mom has much money to spend"
I asked the apple she had bought,
"Mom, a new apple, would you send?"
From afar she murmur and sigh.
"Son, my love for you is so great."
"The apple price is very high;"
"That for months, no breakfast I ate."

Finally my apple is here,
Excited, even in study time.
"Forget study, my mom is there"
"She has a great job, I'm so fine"

"Son, I'm coming home, I'm so sick!"
"Mom! Bring apple or you'll be kick!"

Sunshine

by Jeriel Faune

He stands
Clad in all black,
A stranger before you
Snow descending on his shoulders,
Sunshine.

A Cancer Patient's Yell

by Andre Mae Bacolod

You may have the power to end my precious life
Yet you cannot cut my happiness just like a knife
This may be hard for me as I face this strife
But I'll not embrace you 'cause I'm not your wife

My recovery might not be so sure
For I know that this suffering is hard to cure
No matter how painful I will really endure
Until I finally say that I am now pure

The hurt that you're giving me isn't easy to suppress
But the people around me didn't fail to offer caress
If I keep on thinking of you I'll just get stress
So I'll take away all my worries as I undress

You may see me crying yet you won't see me fall
Perhaps you underestimated me for I am small
But my hope that I will be healed is as mountain as tall
I guarantee you that I'll have the last call

Today I may be experiencing you, cancer
But tomorrow I know I'll no longer suffer
I will not be in this state of hardship forever
For with God, I believe that He'll help me live longer

#TimesUp

by Miguela Munda

Pretty eyes,
nice legs,
can I kiss
those red lips

Are you alone?
I'll take you home
the streets aren't safe,
I'll show you the way

These things you say,
they're re supposed
to make me feel okay.
yet the very things
that make me cover-up,
keep my head down,
and let the voices drown.

– I'd rather be ignored, but dignified
than be admired yet objectified

Beyond What You See

by Joy Delos Santos

I shall not be defined by what you see physically.

My body is a blank canvas and I can make it look however I want it to be.

Because if you look at humans naked, we're just all the same species trying to decorate our lives with what we think makes it happy, meaningful, and beautiful.



ARELLANO UNIVERSITY

“PAGBABAGO O SIKAP: Miting de Avance 2018”

By: Patricia Malig

New school year, new leaders of the school's Supreme Student Council are to be elected. On the 22nd day of June at exactly 3pm, at the main lobby of Arellano University – Pasig, Mr. Ronald F. Acob, head of Office of Student Affairs led the opening remarks followed by Assistant Vice President Maria Paz Magsalin who highlighted the importance of holding a student council election and furthered the qualities a student leader must possess.

PAGBABAGO party led by its president Gary Alphonse Ipong all wore black. SIKAP on the other hand wore shades of blue and was headed by Alexander F. Garcia. One of the inspiring quotes said during the meeting de avance was "Professionalism is knowing how to do it, when to do it and doing it". One of which is certain to set as a motivation and individual note for the competitors. After presentations of each party's and discussions the event ended. The said event has showcased unity and solidarity among students despite each party's differences.



“Project Semicolon; your story is not yet over”

By: Joshua David Ignacio

“Project Semicolon;” a mental health awareness campaign was conducted last September 4, 2018. The said event was organized by the Psyche Infinitum Association in collaboration with the AU-Guidance office with the objective of raising awareness in the importance of mental health

An exhibit was set up by Psyche Infinitum Association at the Arellano University – Pasig lobby main lobby featuring: info graphics on depression and its signs, the entries of the college student for the poster making competition focusing on positive psychology and a Freedom wall where they wrote messages for their old and future self.

Aside from the exhibit, seminar was conducted at AU-Library organized by the AU-Guidance Office entitled “The X's And Why's; A seminar on mental health” where the college students participated, the said seminar was conducted by Dr. Tan, on they discussed the significance of mental health and how to beat pressure, melancholy, and depression.

The “Project Semicolon;” has been a successful campaign ended with its essential message that you can survive and fight your internal saboteur and that suicide is not the answer because your story is not yet over.

“Campus Invasion”

By: Patricia Malig

A long queue of students signalled the start of Campus Invasion 2018. The said affair was hosted by Mr. Sherwin Punla and Ms. Dianne Medina. The first band who performed was Dotty Chan, followed by Absolute Play. Next in the line of artists is RJ Agustin under the management of ABS-CBN serenaded the crowd with his sultry voice, BRWN band and UNIT 406 also sang their own composed songs. Miro Valera is the last artist that performed before the anticipated main act of Rockstеды.



“Student Leaders Taking Action for Better Tomorrow”

By: Edeza Jean Padua

The induction of officers of the different organizations in Arellano University-Pasig was held last August 29, 2018 from 9am to 11am at AUP Lobby. Caniogan Sangguni-ang Kabataan Chairman, Mr. Miguel “Migs” Caruncho was invited as the guest and lead the oath taking of the officers. From the student leaders of Junior High School to College organizations participated in the said annual ceremony. And as per the theme of the said event, “Student Leaders Taking Action For Better Tomorrow” a very inspirational speech from the new AUSSC president, Mr. Alexander F. Garcia wherein he share his passion for Leadership and commitment, “Leadership is a challenge for it pushes us to be someone who is of purpose, and of relevance. As student leaders, we are to be individuals who know our purpose. Purpose that eventually becomes our reason to accept the challenge of building a future that we always dream of. ”. It aimed to inspire student leaders to be responsible with the

The different organizations that inducted on the said ceremony are as follows:

- Arellano University Nightingale Society
- Young Educators Society
- Criminal Justice Student Organization
- Few Intelligent and Sensible Thinkers
- Junior Executive Society
- League of Information Technology Education Students
- Psyche Infinitum Association
- Student’s Association of Tourism Management
- Student’s Guild of Hotel and Restaurant Management
- Arellano University Pasig “The Standard”
- Glee Club
- Elementary Supreme Student Government
- Junior High Supreme Student Government (Linguistic Club, Binhi Club, Conquerers of Mapeh, Umalokohan Club, Math Club, Junior Librarian Club, Science Club, TLE hyacinth Club)
- Arellano University Supreme Student Council.



“Legalizing Freedom of Information (FOI)”

By: Princess Raihanah

Freedom of Information, as we speak, is a right that every Filipino fight for as we believe that we deserve to be informed of the things that are happening in the country especially the plans and programs of the government for the Filipinos.

A short talk was conducted by Hon. Councilor Vico Sotto last August 25, 2018 at around 2 in the afternoon in Arellano University – Pasig. Ms. Margaret Johnson, the Executive Director of the Iowa Public Information Board wherein the Freedom of Information was talked about. In his talk, Hon. Councilor Vico Sotto explained his stand on legalizing the Freedom of Information in which still remains as an Executive Order by our President Duterte.

He discussed the importance and framework of the implementing FOI once it passes as a law.

Students from the Political Science Department, School of Business and Accountancy, and the Arellano University Supreme Student Council-Pasig were invited to listen and encouraged to give their insights on his proposal.

Hon. Councilor Vico Sotto’s talk was truly encouraging for the students as it seems like the students found the legalization of Freedom of Information as a start of a clearer and more honest governance of the City of Pasig.

Glowing lights from everyone’s mobile swayed left to right following the beat of their song definitely were a sight to remember and somewhat magical, when Rockstеды came up the stage.

As the night concluded by 11 PM, everyone was drained yet satisfied with the a fun and adrenaline pumping experience.

Senior High School and Organization of AU – Pasig took their annual “Induction Ceremony”

By: Julius Macapinlac

The Senior High School Supreme Student Government with its respective Strand Organizations took their annual induction ceremony at the campus quadrangle of Arellano University - Pasig, August 7, 2018.

The said event was participated and attended by elected officers of organizations as well as the respective personnel of the Senior High School Department. The actual oath of office was administered by Ms. Sharon Carnay, Representative of Honorable Barangay Chairman Reynaldo De Jesus and current Barangay Secretary of Caniogan, Pasig City. The program ended with a speech by the new President of Arellano University - Pasig Senior High School Supreme Student Government, Mr. Mark Andrei Clarisa.

In his speech, the President summoned the cooperation of all strand organizations of the Senior High School Department and said to be looking forward for a great Academic School Year to come.

“Yielded: Andres Bonifacio Campus Praises Students with Good deeds”

By: Ma. Laura Jessica Calvadores

Love, the warmest feeling of all, is celebrated every February. In earlier times, it is believed to be the second celebration of Christmas; everybody is giving gifts and cards full of letters written with passion, but for Alfie Ramos, it is not only the time for giving people hope and joy. A 26 years old first year College student studying BS Information Technology in Arellano University – Andres Bonifacio Campus, who immediately turned over a wallet containing 8,890PHP that he found in the male's comfort room on the ground floor of the campus' main building at exactly 10:15AM of February 14, 2018. The incident was first reported to the Dean of College of Arts and Sciences Dr. Aurora A. Franco who later found the owner of the money which is said to be a Senior High School student. During the interview, Alfie Ramos stated why he returned the money, “Hindi naman akin iyon at alam kong pinaghirapan yung perang 'yun kaya ibinalik ko agad.” He also stated that he is not aiming for a reward; he is just doing what is the right thing to do. It is blissful to know that there are still people who do good deeds and obey the rules with integrity.



“SIKAP” Party-list was elected as the new Supreme Student Council of AU-Pasig

By: Roman Christopher Malicdem

Arellano University - Pasig conducted its annual election of the new Supreme Student Council last June 25, 2018. The election started from 9:00 AM until 5:00 PM at the lobby of Arellano University - Pasig. Students of AU-Pasig voted between the 2 parties which were team “SIKAP” and team “PAGBABAGO”.

With the majority of votes the whole SIKAP (Students Invocation of Knowledge Aiming for good Projects) won the SCC election. According to team SIKAP, their vision, aims a united University Supreme Student Council that leads and serves by providing innovative, relevant and globally-competitive services to students towards responsible progress for a dynamic, efficient, effective, and working University System. Their mission strives to assist students to optimize their talents, skills, and participation in school activities and help them leverage their knowledge to achieve a greater leadership role in the University.



The newly elected Executive Department / Administrative Council are as follows: President, Alexander F. Garcia; followed by the Vice President Internal, Aimmerine G. Sumagaysay; Vice President External, Mohamm Saheb Castulo; Secretary, Yshmaella S. Dela Cruz, Treasurer, Kimberly Gonzales; Auditor, Phoebe Gail Sabas; P.I.O, Mark Anthony B. Ruadel; and Business Manager, Princess Raihanah Macawadib. The newly elected Legislative Council / House of Representatives were Aubrey Abrazado, HRM Representative; Mariella Yvonne Bernardo, Psychology Representative; Nardison Jude Mier, I.T Representative; Princess Dianne Seran, Education Representative; Miguel Montanez, Political Science Representative; Marry Rose Almozara, SBA Representative; Labay Daud Melendres, Criminology Representative; Ian Tristan Joy Catipay, Nursing Representative; and Ana Rose Miranda, Tourism Representative. The new adviser of AUPSSC is Prof. Robert John O. Robas. Congratulations newly elected ones!

“Lihim Na Kakayahan, sa Buwan ng Wika’y Natuklasan”
By: Aleona Seriel Buatis

Ang ating buwan ng wika, hindi lamang selebrasyon sa wika ng ating bansa, paraan na rin ito ng pagtuklas ng mga hindi matatawarang talento ng mga natatanging estudyante ng bawat paaralan. Kamakailan lamang ay naganap ito sa pamantasan ng Arellano sa lungsod ng Pasig kung saan kuminang ang kaniyakanayang kakayahan ng bawat magaaral.

Sa ikaunang araw ng selebrasyon ng buwan ng wika, ika-29 ng Agosto taong 2018, naganap ang patimpalak sa pagsusulat ng sanaysay at sa poster islogan na nangyari sa loob ng *faculty room* mula alaluna ng hapon na tumagal nang hanggang alas-singko ng hapon. Sa ikalawang araw ng selebrasyon, ika-30 ng Agosto ng kaparehong taon, naganap ang patimpalak sa pag-awit at sa pasalitang tula. Isang programa ang naganap na pinangunahan nila Yshmaella Dela Cruz at Princess Raihanah Macawadib.

Ang mga hurado na sila Propesor Lenis Cadoy, Dr. Michael De Guzman, mga mag-aaral na sina Edeza Jean Padua at Eve Georgia Tan ang namuno sa paggawad ng mga parangal. Ang mga nanalo sa iba’t-ibang patimpalak ay ang mga sumusunod:

- Pag-awit:
- Genelyn Cruz
- Pasalitang Tula:
-Teodie Anqui
- Pag-gawa ng poster o slogan:
-Rex Godwin Asinero (Unang gantimpala)
- Carl Louis Laya (Panalawang gantimpala)
- Arthur John Lee Tolentino (Pangatlong ganimpala)

Isang malaking pasasalamat sa inyong pagmamalaki at pagmamahal para sa ating sariling wika, pasasalamat sa pagbahagi ng inyong hindi matatawarang talento at bilang inspirasyon pa para sa maraming mamamayang Pilipino.



“AU Chiefs Pep Rally”

By: Patricia Malig

Smiles and cheers were evident in the opening event of the school year, Pep Rally 2018. Hosted by Ms. Harleen Mamiit of AUP Guidance office and Mark Ruadel from Arellano University Supreme Student Council, the event began at 12:30 p.m. held at Arellano University – Pasig Gymnasium last June 29, 2018. Assistant Vice President Maria Paz Magsalin gave an opening remarks followed by Dean Victoria Trivino and Ms. Abigail Cayco who headed the games that everyone delighted and took an interest in.

As the finale of the event, the AU Junior and Senior Varsity Basketball players were acquainted with everybody and they even danced to a song which gave smiles to all their fans at AU-Pasig. As Mr. Ronald Acob spoke the ending remarks the event concluded, however the delight was still felt as everybody vacated the gymnasium.

“Annual Earthquake drill at AU Pasig”

By: Yshmaella Dela Cuz

An earthquake is a disaster that can occur anytime. Without proper orientation people can be killed easily. Recently there has been news about an earthquake that can strike at any point in the near future.

Arellano University — Pasig is one of the biggest schools in Pasig City, population estimated to be 8,000 including teaching and non-teaching personnel and students. Around 2 in the afternoon Earthquake drill was organized to raise awareness if a possible calamity will hit the University. Hundreds of students from different departments gathered around the Arellano quadrangle and were led by their respective teachers and professors. The different department heads also demonstrated the duck, cover and hold, the basic protocol when an earthquake takes places. The drill was properly executed despite of the hot weather.

An earthquake or calamities can never be predicted, having the knowledge how to survive and how to help is great advantage. Other schools and institution should also do these for the safety and awareness of their people. Remain alert and vigilant always!



Literary Corner

Close Enough

By: Karl Vince Benitez

I want to live
Like other's did
I do not want to be hurt
I want to be free

Sadness and fear
All I can feel
Pain and Conviction
Never endless journey

Happiness that I felt
Where will it happen again?
Scratch in my heart
Am I destined to be like this?

Where will I go?
Is this the end?
I still want to live
But deep inside I'm dying.

Cure to this wound
Who will I ask?
I can't heal it by myself .

A Sonnet: Purpose of an Ambition

By: Santos III S. Remorosa

Why do we dream for an
ethereal desire?
As we only think of
our ambition
Used in enlighten us
with a burning fire
Against all odds to
complete our mission
We are eager to reach the
peak of the mountain
For we are ready to ascend to
greater heights
We even have to face
ourselves in order to sustain
The great pain to see the
divine lights

Now we are beginning to
see the burning flare
That our grand dream is a
huge risk
Pursuing it will become an
unending nightmare
The safest bet is for us to
turn back and whisk
We should use our ambi-
tion not to lead our way
But to us as an inspiration
to reach the day.

The Way I Fell

By: Kim John Well Cruz

It's the way you wake up
in the morning,
A feeling so strong you
keep on yearning.
Like it's something's missing,
Or maybe a person
you're missing.

I can't explain what
this feeling is;
I know I forgot the way it is.
But seeing you just gives me

some kind of meaning,
Like a piece of gold I grew tired
of mining.

I did not plan to fall for you,
But when you smiled I knew it
will be all over soon.
I knew deep down that I blew it,
I feel for you and I didn't
see it coming.

Maybe it's the way you smile or
the way you laugh?
Or maybe it's because you're
someone I just never had.
Now I am trying to get
on my feet,
For the way you came you knock
me out of my seat.

Now I can't barely sleep of
breathe.
Oh. Darling what have you have
done to me?
I know I'm in love for all
I think about is you,
I Wish the day will come you'll
fall for me too.

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Arellano University Andres Bonifacio Campus Press

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AU JRC: A Stunning Pep Rally 2018

By: Jerald P. Betran, Kirsten R. Basas, and Kristel V. Ignacio

Malabon City - Arellano University Jose Rizal Campus had their annual event, Pep Rally 2018, last July 27, Wednesday. The students gathered around at the AU JRC Quadrangle at 8 in the forenoon to welcome the visitors. The Men Basketball Team, together with the AU Pep Squad visited the said campus to engage and to have fun with the students.

Before the program officially started, AU Pep Squad taught the students about the official chant of AU so that they can participate throughout the event. They performed the official war chant for the NCAA and had a blast with the participating students, while the AU Drum Chiefs showed off their upbeat percussion skills.

John Mark G. Edang—the SHS SSC President, invoked the opening prayer, followed with the National Anthem and Arellano Hymn that was played by the AU Drum Chiefs.

The project aims to lessen the burden of the less fortunate by donations provided from volunteers and sponsors. As per Mr. Fransisco J. Sioco, the Chairman of Klasmeyt '78, the association and the Philippine Red Cross Malabon Chapter were able to claim 80 bags of good blood from more than 120 applicants in the 1st Bloodletting program in Arellano University- Jose Rizal Campus held last 2015, claiming the campus as the

The High School Principal, Mrs. Aileene D. Cruz, then lead the event with opening remarks.

To further hype up the crowd, the JHS teachers performed a special number of the trending Bboom Bboom Dance by the Kpop Girl Group, Momoland.

The introduction of players and coaches was done by Assistant Director Mrs. Maria Fe Apolonio, and Mrs. Maria Cristina Bernardo, the Assistant Vice President closed the event "Pep Rally 2018" with an inspirational message and advice for the aspiring students of Arellano University- Jose Rizal Campus

"Don't give up on your dreams, work harder because patience is virtue! God Bless you all"-Mrs. Christina Bernardo, AVP ●

highest number of blood donors compared to other educational institutions in the city Klasmeyt '78 are also known for their immediate response to the fire that broke through Barangay Catmon, they have donated uniforms to the affected students of Arellano University- Jose Rizal Campus. Alongside with Kapampangan Foundation Development Inc., the alumni association were able to handle life-changing medical missions such as ice screenings, Operation Smile, and much more. ●



AU-JRHS Holds 2018 PTC Meeting

Academics by Froilan C. Adrayan III

Showcasing the agenda and philosophy owned by the Arellanites, the Student Supreme Council successfully conducted its first PTC Meeting at the campus's SHS building on July 13, 2018. The PTC Meeting included the High School Principal Mrs. Aileene Cruz, the Prefect of Discipline Mr. Christopher John Soriano, the Assistant Vice President Mrs. Maria Cristina F. Bernardo and the Red Cross Member Ms. Jackie. SSC Internal Vice President John Jerimie Cortan served as the Master of Ceremonies in the program; SSC President John Mark Edang led the opening prayer for the activity. The said activity discussed the K to 12 Curriculum Program and the school policies. It also highlighted details in the implemented grading system and guidelines in the Senior High School Voucher Program ●

song namely "Love Me Like You Do" by Ellie Goulding, and the students sang along with him. He also mentioned, "Sa totoo lang, bumalik kami dito, mas magaganda ang mga tao" Mr Chan continued his intermission with four of his original songs. Next, the masters of ceremony had a little game for the students before calling on stage Mr. Miro Valera. Arellanites waved their hands during the intro of his first song called "Sa Isip Ko". "Hindi kayo nagbago, nandito ako last year, same beautiful faces", the artist uttered, and gave the students a fun night with three songs. After the performance of Mr. Valera, Ms. Jessa and Mr. Gregy had another game with the students before proceeding to the next performer. "Dotty Chan" was one of the newest bands in the country, their first single is called, "Wala Naman Pala". They did a cover of Parokyaní Edgar's "Harana" and performed an original entitled

LESSEN THE BURDEN OF THE LESS FORTUNATE

By: Alexandra Christine G.

The Bloodletting and Eye-Vision Screening Program of the Philippine Red Cross Malabon Chapter and Klasmeyt '78 in partnership with Arellano University- Jose Rizal Campus and Kapampangan Foundation Development Inc. commenced this 28th of July in the year 2018 with the support of Congressman Ricky Sandoval and Vice Mayor Jennie Sandoval. The program started around 9 o'clock in a drizzly Saturday morning, college students who had classes that day were excused to participate.

The Senior High School Orientation Academics by Paul Ivan C. Zacarias, Jhon Kevin A. Abucay, and Froilan C. Adrayan III

On the 2nd and 3rd day of July the Arellano University Jose Rizal Campus held a Senior High School Orientation at the senior high school library. The program started with a peaceful prayer and after that the principal gives the student a warm welcome and as the principal ended the welcoming remarks. Ms. Zara Camille Padua (the Master of ceremony/SHS Guidance) introduce the administrative staffs of Arellano University Jose Rizal Campus. Mrs. Ma. Cristina F. Bernardo (A.V.P), Mr. Benjar A. Matinig (OSA), Dr. Cecille Dayao (School Dentist), Mr. Christopher John Soriano (Prefect of Discipline), Mr. Alkenn A. Oloroso (OIC), Mr. Carlo C. Irriberi (Registrar),

Ms. Marlyn Pescadero (Bursar), Lourdes O. Santos (SHS Librarian). But one of the highlights of the Senior High School orientation is Mr. Christopher John Soriano the Prefect of discipline of Arellano Jose Rizal Campus, he explained briefly the school rules and regulation, dress code, proper haircut and most of all the discipline. The SSC officers assisted the flow of SHS orientation. President John Mark Edang and the Internal Vice President John Jerimie Cortan managed the morning session of the program. Assistant Secretary Maria Juana B. Reyes and Public Information Officer Christine Villanueva led the SHS orientation in the afternoon session. ●

SUPREME STUDENT COUNCIL OFFICERS: SANDIGAN PARTYLIST	
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External Vice President	Rodriguez, Rose Ann
Secretary	Aldana, Nina
Assistant Secretary	Reyes, Maria Juana
Treasurer	Perlas, Saymon
Assistant Treasurer	Magistrado, Pearl
Auditor	Figueroa, Annedrei
Public Information Officer	Monterde, July
Public Information Officer	Santos, Cristel
Board Director	Villanueva, Christine
Board Director	Chua, Mike

Senior High Election By: Alicia Herrera Cruz

The Senior High population consist of 7,667 participating voters for the new Supreme Student Council Officers 2018 – 2019. The SANDIGAN party list headed by John Mark Edang summed up 4,608 votes, around 60% of the population; ; while the ASAP party list headed by Mhelmar Cuerpo claimed votes of 3,059, almost 40% of the student body. With a difference of 1,549 (or 20%), SANDIGAN party list won over the trust and the right of power to govern this school year's Senior High Students. ●

At about 3:30 in the afternoon on August 6, 2018, Ms. Jessa Panis and Mr. Gregy Aglibut started this school year's Campus Invasion. The first act was from the band of Senior and Junior High School department, "Dimasalang" with three consecutive songs. Second act was from the College department's "La Auxion", they performed two upbeat songs. "BRWN", the third band that performed, had a remarkable line of "We're brown and proud" and believes that Filipino talents are world class. They set the mood of the students with four songs for the night. The next artist's debut album hit gold – Mr. Mike Chan, who started with a very catchy and well-known

CAMPUS INVASION 2018

By: Lyra R. Leonardo and Joy Corrine A. Cabuang

"Ano ba talaga tayo?" Also, "Gluta Max" girls gave an interesting intermission number before giving the stage to the next artist – Mr. RJ Agustin. He performed the very famous song "Attention" by Charlie Puth, and afterwards said "First time ko dito sa Malabon. Sobrang energetic. Ang damping magaganda at gwapo." He had four songs for the students to enjoy. Then, the masters of ceremony called on "Mr. And Ms. Face of the Night" who received gift packs from the event's sponsor – "Gluta Max". The next performer was Mr. Jason Fernandez, a former contestant of "The Voice Philippines" she

" both from the popular local band, Rivermaya. Mr. Fernandez remarked that "Ganun talaga, malalaman mo lang ang halaga ng isang bagay o tao kapag wala na.." and Arellanites agreed to the statement with their full strength. The second to the last performer was "Soap Dish," a pop rock Filipino band that performed two songs. And finally, "Rockstедdy." The lead vocalist, Mr. Teddy Corpus greeted with "What's up madlang people?", and ended the event with a long line of medley songs that left the students a night to remember. ●

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A Big bang for School Year
2018-2019

by: Erianne KhrishaColarte



As a huge start for the Arellano University-Elisa Esguerra Campus last June 25, 2018—Arellano University- Elisa Esguerra Campus (also known as Arellano University- Hulo) opens its gate for the beginning of the School Year 2018-2019. It was another big year to develop young learners and to enrich one's knowledge of Elisa's Chiefs especially those Grade 12 students because they are the first batch who will graduate from Arellano University- Hulo after all.

As we all know, other schools have begun earlier than Arellano University as expected, chiefs were being drooled towards new friends, more challenging subjects and new teachers. "It was so exciting to meet our friends and former teachers but the nervousness I felt would not disappear because our subjects are suppo sedly harder and we will face another batch of teachers this school year." said by Ms. Angely Pastrana, a Grade 12 student from ABM 12-2P. On the other hand, the Grade 11 students said that they were still adjusting to their new environment, new batch of schoolmates and a new set of teachers. They were having jitters towards the "introduce yourself" thing yet they can still manage to make the beginning of school be a happy one.

How to be an early blrd
or an "on-time" owl?

by: Georgia Darlucio

As Arellanites, a huge number of morning and afternoon shift students are always late due to heavy traffic, oversleeping, unfinished things, etc. This usually causes interruption in the class discussions once they enter the classroom. However, being late is not an illness that can't be cured, there are things we can do to be on time.

Five things can help you to be an early bird or at least an "on-time" owl:

1. Prepare everything beforehand, by WAYS TO GROW. You are preventing last minute delays, so you do it the day before.
2. Fudge Ratio presented by Steve Pavlina. This is to make

AU-EEC Prioritizes Safety!

by: Christine Paraguison



Last July 19, 2018 at 1:35 pm, despite the intermittent rain, Arellano University - Elisa Esguerra Campus joined the Metropolitan Manila Development Authority's (MMDA) Metro-Wide Shake Drill. This aims to ensure that everyone should know how to respond safely in case 7.2 magnitude earthquakes or the so-called "Big One" occurs.

With the long bell signifying the Alarm Phase of the drill, the SHS students, faculty members and staffs did the "'Duck, Cover and Hold" and waited for few seconds to vacate their class rooms and offices then, proceeded immediately to the open space (school ground) for the "duck, cover, and hold" position. The shake drill was led by the school principal, Mrs. Maria Lourdes Mudlong together with the Prefect of Discipline, Mr. Arnel Ganza and the Disaster Risk Reduction and Management Team, Security Officers, Teaching and Non-Teaching Staff (Medical, Guidance, Maintenance) and Heads of Students Personnel Services and Student Council. It took them three minutes to vacate all the rooms. Now, everyone is set for Disaster Readiness!

accurate time estimates (e. g. expected time = 2hr, actual time = 3hr, fudge ratio = $(3/2) = 1.5$)

3. Set an alarm. So you will be notified if you need to do something.
4. Sleep on time to avoid oversleeping.
5. Time management; know how to weigh things.

"Time Flies and Time Runs Out". We should avoid wasting our time. ***Start now or you might miss half of your life.***

Going Through Different
Minds- Overcomng Shyness
and Socializng with New
People

by: Meira Michaela Conde

First day of school, the most awaited time of the students of Arellano University - Elisa



EXPANSION OF AU-EEC:
Safeguarding the Learning Experience

by: Jenrick Sison

MALABON—Last August 2018, Arellano-University Elisa Esguerra Campus has started its expansion. The said development composed of one (1) L-Shaped building with twenty-four (24) classrooms and each room can accommodate about fifty (50) students. The new classrooms are quite smaller in length but seem to be wider in width compare to old rooms. In addition, the new building comes with a small canteen and several comfort rooms.

The whole management of Arellano University-Elisa Esguerra Campus started it with safety considerations during construction such as separating construction from student learning areas and securing construction zones. The primary goal of this expansion is to enhance and safeguard better learning experience for Arellanites.

The said expansion is expected to be done completely by the month of October 2018.



EEC's Chief brought a viral
sensation in Facebook

by: John Cedrick Regenio

MALABON - Just in! Another craze was made by thousands of Facebook users around the globe! And by the power of social media, everything can be known in a blink of an eye! "In My Feelings Challenge" is a challenge that covers some dancers dancing to the beat in a moving vehicle. A great manifestation that dancers of all ages are willing to take all hazardous and challenging steps just to be a part of the well-known social media trend.

Arellano University is prominent as "a home for talented students". Stephen Pascua, a student of HUMSS11-1A made a blast as his video was featured in a famous Philippine TV show, Rated K. His video rattled

the social media by a unique twist of doing the "In My Feelings Challenge" in a Philippine popular vehicle known as "jeepney". His video reached an estimated 3,000,000 views, 27,000 reactions, 8,000 comments and dubbed as a poor version of doing Kiki Challenge. "I never expected my video to create a hype among the netizens. It's only for entertainment purpose. But I never expected that it will reach this far." said Stephen, after his video gone viral.

An immense trend shakes the social media. Every trend records a part of every generation. As long as it makes a big impact on someone's life, trends will never go out of style.

Esguerra Campus. Some of them were shy to talk with their colleagues, few were struggling to socialize, most of them were laughing so hard because they already found a set of new friends, little were just observing, and many were getting ready for the not-so-fun activity for the first day of school., the legendary—"getting to know each other".

It's really hard for a student to deal with new people who have different attitudes and behaviors. You should not be afraid to do it, for as time goes by, you will realize that you are required to socialize with others. But how will you do that?

Shy people need more support from the people around them. They need motivational statements from their classmates

"Arellano University-Elisa
Esguerra Campus seeks for
Future Volleyball Star players"

by: John Mark Aton



Arellano University-Elisa Esguerra Campus started a Boys and Girls Volleyball tryout last June 28,2018 (Saturday). Fresh faces came on Arellano EEC's ground for them to show their skills and abilities in playing Volleyball. Student-Athletes were so excited to be in on the team. In spite of the sudden rainfall, everyone cooperated just to make the tryout possible and successful with the helping hands of Volleyball Head/Coach Mr. Fred C. Benitez. There were lots of attendees in the tryout but only few stood still and remained.

Arellano University-Elisa Esguerra Campus Volleyball Team is now fully equipped and ready to fight.

"Pride of the Chiefs"

by: Krizie Colene Javier



Last August 26, 2018, a stunt scooter competition was held at Chuncheon, South Korea. With 15 riders, one of them was a student from AU-EEC. John Nyquist Mariano a Grade 12-ABM. He competed along with his fellow riders out of his hobby and love for riding scooters. Unexpectedly, He won 2nd Place on the said competition. With this, we've come to know and meet another pride and ace of our University. Congratulations for bringing home the bacon!

and teachers. ***Let us make them feel that we're ready to lend our ears to them.*** Do not let the shyness occupy the spaces around you. Make the atmosphere brighter by helping each other out. Push each other towards excellence, and let them see their full potential in doing things passionately. As the clock ticks, you could now say that, "I don't regret talking to them".



CAMPUS INVASION 2018: A NIGHT WITH A BLAST
By: Lardine Agustin



Last August 6, 2018, on the grounds of AU- Jose Rizal Campus, Arellanites from Elisa Esguerra and Jose Rizal campus wore color-coded white and blue shirts for the campus invasion 2018. They were rocked through the night with amazing performances by Miro Valera, Soap dish, Mike Chan, Rj Agustine, Brwn, Dottychan and Rocksteddy. Energized Arellanites endured the rain just to listen and dance to classic OPM and Pop music.

The concert started at 3:30pm with the opening act from Arellano University's native battle of the bands champion L'Auxions followed by Miro Valera which started with a big bang to get the Arellanites' excitement going. Production numbers from the remaining performers continued until the highlight of the evening- Rocksteddy, lead by Showtime host – Teddy Corpuz.

The Campus Invasion was all made possible from sponsors like Oishi, GlutaMax, Power Potato and Nice Day Coffee. Enthused concertgoers all left at around 11pm contented and was well entertained with all the fresh memories for the Grade 11 and a memorable flashback for the Senior High School graduating batch.

PEP RALLY EQUALS HAPPINESS
By: Edgardo Waje

Pep Rally is more likely described as students' gathering for one huge conference and different sports events. The purpose of this rally is to bring out the school spirit and to support the athletes of the university in preparation for the NCAA.



The most recent Pep Rally was done last August 2,2018 (approximately 10 o'clock in the morning) at Arellano University-Elisa Esguerra Campus' Ground with the presence of AU Chiefs Squad who had showed their enjoyable cheer

Hail to the Chiefs: Tagisan ng Salita Champs!
By: Miguel Luis Campos



Last August 30, 2018 Arellanites John Cedrick Regenio and Lardine Agustin from Elisa Esguerra Campus' grade 12 HUMSS 4a and 5a respectively did battle with contestants from 33 other schools from which 5 schools were exclusively pitched for dominance in the Senior High school round. The first day of the contest was held in Robinsons Town Hall Malabon where our Arellanites showed true intellectual mastery of the Filipino language in the form of 3 games Salitang Pilipit, Hanap Salita and Salitrato. They have managed to survive the Elimination round which they were in 4th place and were headed for the final

round to be conducted the following day in the municipal hall of Malabon.

On the final day, John Cedrick Regino and Lardine Augustine plowed through 3 more games Salinsalita, Sangay-Sangay na Salita and Halo-Halong Letra from which our **Arellanites accomplished absolute victory where Arellano University Elisa Esguerra Campus was awarded champion** followed by City of Malabon University at 2nd place, Tinajeros National High school at 3rd place, Panghulo National High school at 4th place and Arellano University Jose Rizal Campus ranked at 5th place .

Oath Taking Ceremony 2018: #BornToLead
by: Kimberly Tabilog



MALABON - Into the beauty of colors and passion, officers from different academic clubs, extra-curricular clubs, PTC officers and the faculty bonded their responsibilities in the

annual Oath Taking Ceremony last September 7, 2018 in Arellano University- Malabon.

Men in colors are coded by different clubs. The Supreme Student Council, strong in Navy Blue, The Standard Editorial Board is solemn in black, and Arellano University Creative Production dubbed as men in white. It was preceded by academic clubs like Certified Future Accountants and Tycoons from ABM is presented in Navy blue, Humanities and Social Sciences Republic is festive in their golden yellow code, Sci-πter Club is fascinating in their green shirts, The Generalist Club calm yet rocking in black and Technical, Vocational Warriors braved bold in maroon and The PTC officers in mixed colors. It is a great manifestation that clubs are the source of beauty and res-

and breath-taking exhibitions, AU Drum Chiefs who managed the drum and bass section to add energy to the players of Arellano University Basketball Teams.

The said gathering highlights AU Basketball Team's dance presentations. The crowd made its unbreakable noise as they saw Michael Kent Salado (player of AU Basketball Team), dancing "Boom Boom" of Momoland. After the intermission, there was a game for everyone. It is more likely to be a dance battle between two teams and the one who will get the loudest cheer will win. Some of the prizes were tumblers, AU shirts and umbrellas. *By the end of the day, the students left the campus with smiles on their faces.*

Closing of Buwan ng Wika marks the beginning of student's improvement
by: Delbert Jewel Natagoc



Last August 31, 2018, Arellano University celebrated its Buwan ng Wika 2018 with the theme "Filipino: Wika ng Saliksik" wherein the students showed their talents through participating in different contests. The main objective of this program is to develop and enhance each student's talent by building up their confidence to face the crowd and to prove that Filipino Language is really a medium of understanding not just in field of communication and accessibility, but also in academics.

Here are the names of the students who won in different competition:

Essay Writing: Elyssa Mae Taras (HUMSS12-4P)

Tagisan ng Talino:

Gellie G. Gabiliza (Grade 11) Steven Neal Mapa (Grade 12)

Pagbigkas ng Tula:

Angela Gaspar

Slogan Making: Geo Capinig

Poster Making: McQuelly Jural

Balagtasan: John Kenneth

Brazil, Jasmaine Trinidad, Lardine Agustin

Sabayang Pagbigkas(Grade 11)

- 1. Cluster 2 (ABM AM)- 97.5%
 - 2. Cluster 3 (STEM/ABM/GAS) - 92.5%
 - 3. Cluster 4 (TECH-VOC)- 87.25% Katutubong Sayaw (Grade 12)
 - 1. Cluster 7- (96.50%)
 - 2. Cluster 1- (96.25%)
 - 3. Cluster 11- (96%)
 - 4. Cluster 3&4- (95.25%)
 - 5. Cluster 9- (95%)
- And for the most awaited event, the "Ginoo at Mutya ng Wika 2018"— awards were given to excellent students who exerted their efforts to show that they were the best. Ruffa Mae Jove (also the recipient of Best in Long Gown and Best in Theme Wear) from TECH-VOC was hailed the "Mutya ng Wika 2018", while Delbert Jewel Natagoc (also the recipient of Best in Talent and Best in Production Number) from HUMSS has been hailed the "Ginoo ng Wika 2018".
- Everyone got so tired and exhausted especially the faculty members of Filipino Department who organized the program.
- This chapter will not end with this day but instead this will mark the beginning for those students who are continuously molding their flairs and aptitudes.



possibility. The program was very successful even in the middle of uncertain weather. We witnessed loud cheers of

students from different crowds, an intermission number from SSC Officers and AU Dance Company. Talents were one exhibit of motion in the day itself.

Being a leader is a drill to practice. It's a lifetime responsibility— a stepping stone for every student. *We can be anything. With peace of mind, strong dedication and hard work, we can achieve our goal to serve others.*

THE STANDARD
Arellano University Elisa Esguerra Campus Press

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Lung Month: Healthy Lung, Happy Life

by Rhodora M. Thiam, RTRP

The month of August was declared as National Lung Month in the country through Presidential Proclamation No. 1761 signed by former President Ferdinand Marcos on July 24, 1978. This year’s theme is titled “Healthy Lung, Happy Life”

Arellano University Plaridel campus joined in the observation of this event. Respiratory health issues were discussed in order to raise awareness among the Junior, Senior High and College students. There was a slogan writing activity among the NSTP students, with the subject: “Better and Healthy Lungs”.

To make the activity fun and educational, the supreme student council through the assistance of the DOH brought in the Stop Smoking campaign mascot Yosi Kadiri. The mascot visited class rooms and distributed flyers regarding the ill effects of smoking.



A brief discussion with the SSC President
Ms. Hershey B. Rivera

Literary

I Have Loved the Worst of You

by John Paolo Guerrero

The day I saw you I thought you were the one
And I was very happy because you were my special someone
When I said I loved you
You said wait
I didn't knew that boys have only one trait
I thought you have loved me but what you want was only wealth, I tried to stop loving you because you ain't no good to my health.
I knew that I was important to you but what I knew was wrong

My heart broke into pieces and let it be a song
I wanted to love you in the greatest way I can
But I was rejected, in your heart I was banned
I heard there is this other girl so beautiful so true
Whenever I get to think of her my world turns so blue
I never wanted you to happen but everything is in argue
I'm sorry my dear for I have loved the worst of you.

Magsaliksik, Magbahago at Linangin and Wika ng Umuunlad na Bansa

Ni Hershey B. Rivera

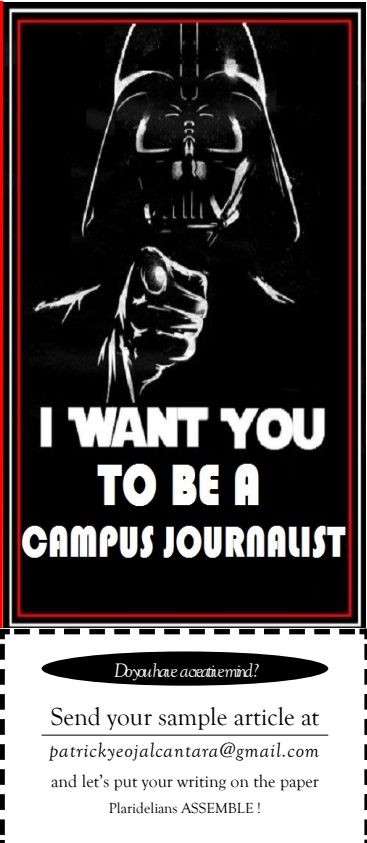
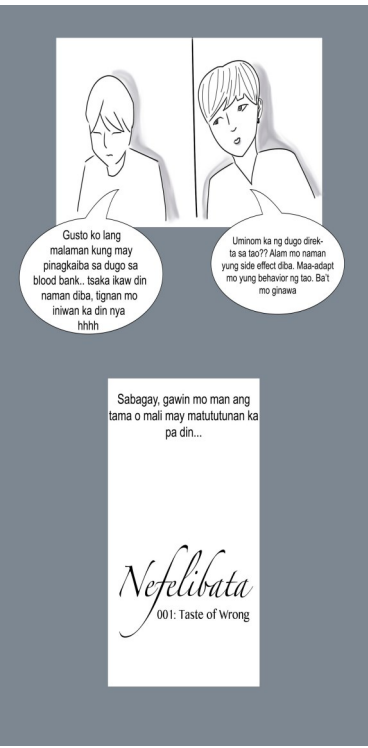
Lingind sa kaalaman ng nakakarami na ang wika ay isang mayaman at punong puno ng hiwaga. Ang wika ay hindi nata-tapos sa lingguwaheng tagalog lamang dahil kung tayo ay magla-lakbay sa ibat-ibang dako ng Pilipinas ay may iba’t-ibang saruling wika o “Mother Tounge” kung tawagin ang lalawigan nating ito. Halimbawa na lang sa NCR na ang pangunahing ginagamit na wika ay Filipino (Tagalog) at English (Ingles) ngunit, subalit, datapwat kung dadayuhin natin an mga parte ng Pilipinas ay meron pala tayong otso (8)

na dialekto o sariling wika, ito ay Bikol, Cebuano, Hiligaynon (Ilonggo), Hiligaynon (Ilonggo), Ilokano, K a m p a m p a n - gan,Pangasinana, Tagalog at Waray. Itong mga dialektong ito ay nagpapayaman hindi lang ng kanilang lalawigan kundi pati na din ang kanilang kultura. Ito ay nagrerepresenta sa kanilang luygar na kinagisnat kinamalayan. Hindi man nating kayang unawain ang wika o dialektong mayroon sila,

napakalaki naman ng aking respeto at pagkamangha sapagkat lumipas at nag salin-salin na ang iba’t-ibang henerasyon, napanatiling buhay at sayabong ang wika at kultura ng ating kapwa Filipino. Nakakamangha-mangha! Ang pagpapahayag kong ito ay pag-sasaliksik sa pagbibigay ideya ng mga uri ng wika sa Pilipinas. Hali-kat saliksikin pa natin ang wika na kayang magpaunlad sa ating bansa.

Comic

by Ashley D. Urdelas





ARELLANO UNIVERSITY

Good Deed: A Tale of the Anonymous Student

by Patrick Yeoj Alcantara

Up to this day, the two (2) students of Arellano University Plaridel Campus who did some good acts still remain anonymous. According to the sender, Ms. Perrine Laureta, the first student *helped the elderly by covering her to protect her from the rain as they walk down the street.* The student prioritized the elderly as they go along the way. Another student of Arellano University helped the student of Gateways Institute of Science and Technology because her backpack exploded in the middle of the street. *With all the major issues that we encounter with our everyday lives, there are still good deeds happening along the streets.*

We were lucky to have Ms. Laureta visit the University for us to interview her. With some luck, maybe we can find the anonymous students whom she saw lending their helping

Supreme Student Council 2018

by Patrick Yeoj Alcantara

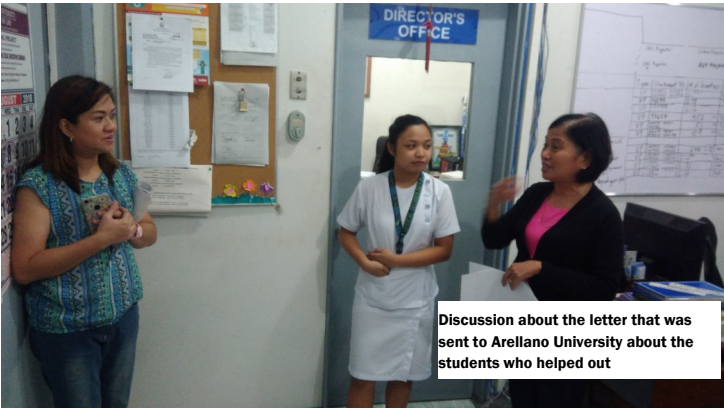
Leaders don't save, they serve. As part of the Supreme Student Council, we always live by this motto. Being equipped with enough knowledge in leading the future generations is necessary to have quality leadership for the student council. Ms. Hershey Rivera, President of Supreme Student Council, together with the Executive and Legislative Committee, discussed the first big event of the campus, which was the Acquaintance party entitled "Pop-Up Night".

hands. Ms. Laureta is a student of Centro Escolar University (Manila), taking up Bachelor of Science in Medical Technology. Upon arrival, we accompanied her to Dr. Aurora A. Franco, our Campus Assistant Vice President (AVP), as a courtesy call. Dr. Franco personally thanked her for the letter that she sent to Arellano University.

Officers of the Supreme Student Government (Senior High School) had a rough time looking for the two students. Different concerned departments gave us a hand in finding the students, but we are not lucky enough to unveil their identities.. Truly, the students were just acting on their own will. They might don't want popularity just because they helped those persons who needed their help. A good deed indeed, we hope we can witness another great act of kindness done by our students.●



Dr. Franco (AVP), Ms. Thiam (SSC Adviser) and Ms. Laureta



Discussion about the letter that was sent to Arellano University about the students who helped out

Filipino Wika ng Saliksik

Ni Jacklyn Joy Sapuan

Matagumpay na ipinagdiwang ng Arellano University Plaridel ang Buwan ng Wika na may Temang "Filipino Wika ng Saliksik" noong ika-6 ng Setyembre taong 2018 ganap na ikatlo ng hapon. Ang programa ay sinimulan sa pamamagitan ng isang panalangin. Sinundan ito ng Pam-bansang awit. Nagbigay ng pam-bungad na pananalita si Dr. Rosaline Dunuan, Dekana ng kolehiyo ng Sining at Agham. Ang mga kalahok ay nagpamalas ng galing at talento sa kani-kanilang hinandang awitin para sa programa ito.

Bilang bahagi ng programa, iginawad ang mga parangal sa mga nagwagi sa kompetisyon ng pag-sulat ng sanaysay at paggawa ng poster. Rumampa naman ang ating mga nagagandahan at nagwagwapihang kalahok ng Lakan at Lakambini sa kani-kanilang

Festival costume, Barong Tagalog at Filipiniana. Ang mga hurado na sina G. John Christopher Cabuyao, G. Anthony Tecson at Bb. Caren Ocampo ang naggawad ng parangal sa mga kandidato at kandidata. Itinanghal bilang 2nd runner up sina Bb. Paula Quaquico at G. Kish Fernandez at 1st runner up naman sina G. Daryl Cejo at Bb. Princess Moquerio. Ang nagwagi bilang Lakan 2018 ay si G. Jose Gabriel Reviva, at ang Lakambini 2018 ay si Bb. Jacklyn Joy Sapuan. Sa pagtatapos ng programa ay kitang kita ang kasiyahan sa mga manonood. Sila ay nagpakita ng hindi mata-tawarang suporta para sa kanilang mga representante ng kagawaran. Dahil dito, muli na namang naipakita ang pagkakaisa at pagbibigay halaga ng bawat Pilipino sa kanyang kapwa.

where in the locals would bring us in an island and once we get there, there would be a 10-minute boat ride heading to Masasa Beach. When we arrived, there are locals there who would ask us if we already have a place to stay. There are some areas where they would offer for a cheaper price but it's located at the rice fields. In our case, since I have Hylophobia (fear of trees) we rented a place near the sand bar, and it offers a nice view in a very affordable price. We stayed at Nanay Rosie's transient house. We've rented the entire house for only Php 1, 500.00. It is already good for 2. They also have barkada transient which is Php300 per head. When we arrived at our transient, we just had a quick rest then we started to cook our food. We grilled barbeque, cooked rice, fried hotdog for our lunch since we arrived there at around 11am. time, there are no electricity yet. As far as I can remember, electricity is available from 12 noon to 4am. So after lunch, we decided to go for a walk at the beach. We swam a little bit, but what I enjoyed the most are the fun activities we did.

The locals offered some fun water activities - island hopping, snorkeling, going to Mag-asawang Bato

and the lagoon. Unfortunately, we haven't tried island hopping and had a quick visit at the Lagoon and Mag-asawang bato instead. We tried snorkeling and we saw some pawikan/tortoise which some locals said that those pawikans are about 20 to 30 years old already.

After our pawikan tour, we went back to our transient and rest for a while.

We are planning to see the sunset, but unfortunately, we both fell asleep and we woke up around 9pm. So instead, we just had dinner then had a quick walk at the beach and went back. ●

PLARIDEL CAMPUS



The Hobby

by Patrick Yeoj Alcantara

Exploring the things you wanted to explore is always the best decision. For me, it is photography. Here, you don't need fancy camera just to capture a perfect moment, as long as you have a good eye for a scenery and a great concept for the picture. In my case, I started blogging using my phone, but due to lack of time and content I decided to pause my YouTube channel.

We can make use of what we have, as long as we have the passion and time for it. Having great equipment is a plus factor but for me, you just need a wide imagination for everything to work together. ●

Miss Earth 2018

By Patrick Yeoj Alcantara

Highlighting not only beauty but also intelligence and passion in helping the world at its finest. Reigning Miss Earth Queens visited Arellano University Plaridel Campus to spread their campaign with the students. The campaign was all about bullying and the modern problem that students face. They also talked about having a better communication with the Elementary Students of the Campus.

Bullying is one of the many problems that the Millennial have, this is also the reason why students are dropping out of school. *Being kind is in our nature, we just have to overcome the negativity that surrounds us so we can spread the love with one another.* Beside the campaign of our Queens, they also promoted Dengue prevention. They explained that this widespread disease can target anyone of age. They taught our co-Arellanites on how to prevent and avoid it. As part of the campaign, our queens were happy on handing out the mosquito repellant lotion to the students of Plaridel Campus.

It was indeed a meaningful and knowledgeable visit from our beautiful queens. Arellano University aims to have a safe environment for the students. It also aims to widen the knowledge on modern problems that students face on a day-to-day basis.

The University will promote more similar events for this school year. We, students, are ready and will be equipped with relevant knowledge soon enough. ●



The Executive and Legislative Officers of Arellano University Plaridel Campus [Vinca Louella Delfin]

A Budgeted Travel—Best for Students

by Elaiza Angel Alvarez

One of the best ways to get out of the stress zone is to travel. It can be an out of town travel or if you are fortunate enough, it can be an out of the country vacation. But of course, travelling requires time and money. I, myself, really love travelling. I wanted to have a quick escape out of the city and country. But of course, since I'm still a student, travelling would be quite difficult for me due to limited time and budget. Good thing is, there are still places that I could go for a quick escape, plus in a very budget friendly itinerary, like in Batangas. I remember, last semester, we had a quick escape at Masasa Beach located at Tingloy, Batangas. And would you actually believe that I only spent more or less Php1000!

Yes, for an amount of Php1000 you'll get to enjoy beach vibes. And it only took 3 to 4 hrs to get

there. A 1 to 2-hr bus ride from Cubao to Batangas Grand Terminal. followed by a 30-minute jeepney ride from Batangas Grand Terminal to a Port where they would bring you to the island. From there, you would have 2 options. First, ride a boat which will bring you exactly to Masasa Beach and the second one ride a boat which will bring you to Tingloy Port. In our case, we got late so we chose the second one and spent 30 to 40 minutes there. They would provide a life vest and of course, the boat ride would already give you a nice view.

Once you arrive at the Port, there are locals there who would offer a 10 minute to 15 minute tricycle ride, since you would be dropped off near a mountain. There are 2 options, again, 1st is they would drop you off somewhere near the beach, but you would need to pass the rice fields. It would require a 10 to 20 minute walk.

In our case, we chose the 2nd option

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ARELLANO LADY CHIEFS ON THE TASTE OF SUCCESS!

By Amira A. Floro



Photo description.
Photo taken by [photographer].

Arellano University’s very own **LADY CHIEFS ARE BACK TO BACK CHAMPIONS** in 2 consecutive seasons of NCAA, 92 93. The recent tournament was held last February 19, 2018 at the FilOil Flying V Centre in San Juan City Metro Manila. The rising Lady Chiefs stands a 1-0 lead in their best of 3 finals against Lady Red Spikers of San Beda University after tough succeeding sets with the tally of 25-15, 25-16, 15-25, 22-25.

In an interview, Coach Obet Javier expressed the key to their game “We can’t afford to give them a chance to beat us just what happened in our first game”.

The Lady Chiefs was gunning for their second straight women’s title and third overall. Actually, it’s already the third championship experience of the Arellano’s women’s volleyball team in the NCAA in 4 years.

After all their hard work and success, they deserved the reward...

Through the initiative of the Arellano University, the said volleyball team was given a 3 day vacation in Hong Kong last August 21-23, 2018. There, they relaxed, experienced the culture, went shopping, took a city tour, and met Mickey Mouse and friends in Disneyland. ●

The Coaster Driver

By Warren Revoltar

This year’s NCAA season has been much awaited by the Arellano Community.

No Jalalon to drive the scores, and no Salado to fire up the game and so who is left to bring the AU Chiefs to the throne? We were able

chance naming na mag-grow, magshine na mapakita yung skills naming talaga. Kasi pinaghirapan din naman naming ‘to kahit papano.

TS: Is Coach Jerry putting too much pressure on you and on the team?



Photo by Alejandro Juanco

to sit down with Levi Dela Cruz who drove the team to its first win and is continuously leading the team outside Salado’s shadows.

Levi was a former UST guard who just proved that he can also lead the chiefs into its rightful wins. Although we enjoyed their goofy side at this year’s NCAA Pep Rally, we had a chance to sit down with Levi and talk about what would happen to this year’s game plan.

The Standard: Jalalon, Salado, Enriquez and other star players already graduated and all is left is you leading the whole team. Ano yung pinakamalaking challenge sa team ngayon?

Levi: Pinakamalaking challenge is improvement pa sa sarili namin. Kasi nga yun yung kailangan naming patunayan na ‘di porket wala na sila Jalalon Salado, wala nang Arellano. Tsaka eto rin yung

Levi: Sakto lang. Si Coach naman di sya yung type ng Coach na “dapat ganito ganyan”. Si Coach Gerry sasabihin nya sa inyo na “Guys let’s get this win pero enjoy the game” parang ganon. Parang di ka kakabahan pero di rin naman magiging sobrang kumpanyansa kasi naiisip naming okay lang rin matalo pero parang samin pag sinabi ni Coach Gerry, gusto naming Manalo kasi para kay Coach yun at sa buong Arellano Community.

TS: During the first game, nag-expect ka ba or yung team na mananalo agad yung AU Chiefs or challenging pa rin sya?

Levi: Challenging pa rin kasi ang preparation namin sa EAC hindi talaga para dun sa kanila, para talaga sa Beda at Perpetual yun kasi diba dalawang beses na -cancel. Nakakahiya naman siguro kung matalo tapos may

10 respectively. Had they won that battle for 5th place against Letran in a step-ladder play-offs heading towards the semis, their season would have been more longer. Nevertheless, a great showing at last year’s edition of the NCAA Basketball.

With the departure in the NCAA of Jiovani Jalalon, the brightest star the school has ever produced and now playing for Magnolia in PBA, Kent Salado’s leadership was put to the test last season. Salado performed expectedly well and in multiple outings he became the top scorer of the team in almost every bout. However, Kent suffered an ACL

ano na may sumpa tayo kaya kailangan talaga Manalo. Buti naman lahat kami nag-cooperate nabitbit talaga namin yung team.

TS: Oo, nagawa nyo talaga yung play na niready nyo.

TS: So iba pa yung ginagawa nyong preparation for Beda and Perpetual compared sa ibang team?

Levi: Uhm.. may adjustments syempre kasi di pare-parehas yung play nila. Di rin sila pare-parehas ng key players kaya kailangan mag-adjust talaga, pag-aralan yung kung pano mag-laro each player.

TS: Sinong team yung tingin nyo pinakamahirap kalabanin ngayong eliminations?

Levi: Given na yung Beda and Lyceum pero bukod siguro sa kanila, CSB kasi Malaki improvements nila pati yung Letran.

TS: Pero may chance ba tayo makapasok ng finals?

Levi: May chance, may chance Malaki yung possibility makapasok ng final four basta mag-work lang kami as a team.

TS: Sino sa mga ka-team mo yung kapag nasa loob kayo ng team yung maaasahan mo na magiging maganda yung play?

Levi: Si Alcoriza at si Alban. Kasi nakikita ko talaga all heart sila maglaro eh tsaka ako kapag nandun kami sa loob, puso tala-

To where is the Arellano Bus heading towards?

Warren Ryan P. Revoltar



GROUP PHOTO OF AU CHIEFS SRS

Kent Salado who suffered an ACL tear early in the year will be out for the rest of the NCAA Season 94 - “The Coaster Driver” Levi Dela Cruz to take the wheel!

tear early in the year, keeping him out of action for the season.

All those scenes left the door open for Levi Dela Cruz, nicknamed as “The Coaster Driver” by head coach Jerry Codinera last season, to take the wheel. It also lead many touches and heavy minutes for prized rookie Guilmer Dela Torre, a five-foot-nine guard who once shot Arellano High School into contention and plans to do the same in the Seniors. Dela Torre is the best Brave there ever was – and he finally gets to showcase his skills for the Seniors squad. Lervin Flores’ spot down low also needs to be

More than the players, this will be the season for coach Jerry to prove his brilliance on the bench. He has already proven to be a master recruiter with the likes of Jalalon, Salado, Flores, and Dioncee Holts, but his shot-calling will need to step up now that the talent is lacking.

Even when the team had Jalalon and Salado, the Chiefs were one of the underdogs. Much is still true right now. They are still underdogs. But an underdog’s goal is to beat the “top dog” and so far AU has been doing that and will still be doing that in this year’s season of the NCAA. ●

Feature

Marian Capadocia: Lawn Tennis as Her Life and Passion

By Sheikinah Grace Sanz



“Keep pushing, love your sport and put your heart in every game.”
– Capadocia

ga eh feeling ko tumatangkad rin ako kapag sila yung kasama ko doon sa loob hahaha

TS: Message for the Arellano community this season?

Levi: Sana suportahan nyo pa rin kami hanggang dulo kahit ano mangyari. With your support lalo kami ma-energize, yung bawat cheer nyo dyan sigaw, nakakalakas talaga ng loob.

The Arellano Chiefs had 4 wins and 5 loss. However, as Levi mentioned, we can expect the team that they will play their best in the 2nd round of eliminations and that they hope the whole AU community will be there to grab the team’s success for this year.

You can check out their games on ABS-CBN Sports and Action (S+A) via streaming or better yet catch them live and make them feel that you are all heart with them for the game. ●

Marian Capadocia is one of the top lawn tennis players in the Philippines and now she’s making her way to become one of the best players internationally. According to her, having a supportive family helps her persevere and motivates her to go for the goal. For her, lawn tennis is not just a sport, because lawn tennis can also financially help her support her family and her studies.

As she joins international competitions, she has made lots of friends in different courts. To her, sportsmanship will always be the foundation of a good fight. In addition, in the middle of one of her international competitions, Capadocia experienced leg cramps but when she remembered that her family was watching, it gave her more courage to push herself to win the fight and come back to the Philippines with pride.

Capadocia is truly a good example of a student-athlete. She doesn’t only excel in sports but as well as in academics. She always manages to balance playing lawn tennis and studying. Even with her hectic schedule, she makes it a habit to never miss a class. Despite being one of the best players of lawn tennis, she keeps her ambition to graduate and pursue her dreams. ●

From BUS to a ROLLER COASTER RIDE

Warren Ryan P. Revoltar



Arellano University's campaign in the NCAA 94 Men's Basketball Tournament has gone up and down.

Arellano had much welcome contributions from rookie Maui Sera Josef in its bounce back win.

Maui Sera Josef had for himself a breakout game as Arellano University had for itself a bounce back win in the NCAA 94 Men's Basketball Tournament.

Sera Josef contributed a career-high 17 points and carried the Chiefs to a well-earned 79-70 win against luckless Jose Rizal University on Friday at the Filoil Flying V Centre.

The Filipino-American rookie out of Las Vegas also tallied nine rebounds, one steal, and one block to lead his team back to the win column now at 3-3. "Si Maui is a good stretch four for us," head coach Jerry Codinera said post-game.

Braves and Chiefs' Home Game

By Warren Ryan P. Revoltar

CONTINUED. At 2PM, the AU Braves collided with the EAC Brigadiers. Early on the contest, the home team however fell onto a 21-point hole early on. The home team stumbled off the gates and found themselves chasing down a 12-33 deficit in the second quarter. "May sinabi ako sa kanilang pampagising. Grabe yun e, ang laki nung hahabulin," Darjuan said, referring to his halftime pep talk. Indeed, Arellano did nothing but answer its coach's call in the third quarter.

Flanked by backcourt-mate Marlon Espiritu as well as Aaron Fermin and Lars Sunga, Ron Junsay, who won a championship with Mapua High School two years ago, doesn't want his first game bannering the red and blue flag of his new team to end sour as he wasted no time in delivering the goods and scored a career-high 34 points on top of seven rebounds, two assists, and two steals.

"Alam na naman natin yan. 'Matic na yan," head coach Tylon Darjuan said of his new prized ward.

Still, the tally was tied at 74-all inside the last two minutes until

Sera Josef led a total of five Arellano players in double-digits as Michael Canete also had 15 points, nine rebounds, and two blocks while guards Ian Alban and Levi Dela Cruz merged for 28 markers, nine boards, and seven assists. That balance was what they used to outperform Jed Mendoza's one-man show for the Heavy Bombers.

The contest was close for the first three quarters until Sera

BOX SCORES			
Sera Josef 17	Bayla 0	Mendoza 23	Mallari 6
Canete 15	Codinera 0	David 9	Esguerra 5
Alban 14	Dela Torre 0	Estrella 7	Silvarez 4
Dela Cruz 14	Ongolo Ongolo 0	Bordon 6	Miranda 2
Segura 10	Sacramento 0	Dela Virgen 6	Santos 2
Concepcion 6	Santos 0		
Alcoriza 3	Villoria 0		
ARELLANO 79		JRU 70	
QUARTER SCORES: 12 - 16 34 - 36 54 - 50 79 - 70			

Espiritu's split from the stripe and short stab put the Braves up, 77-74. That proved to be more than enough to finalize the home team's coming back from the dead and season-opening win.

Espiritu had 13 points, five assists, four rebounds, and two steals while Fermin posted a monster 10-point, 23-rebound double-double. For EAC, CJ Boado topped the scoring column with 23 points. Unable to maintain their strong start, they drop to 0-2.

Meanwhile at 4PM, a Kent Salado-less Chiefs and EAC Generals game tipped off. The backcourt tandem of Levi Dela Cruz and Ian Alban were the stars of the show, with the latter sending the game to the extra period where the former took charge.

The Generals were clinging onto a 63-61 lead with 53 ticks to go before Alban willed a short stab over the outstretched arms of Cameroonian Hamadou Laminou. With the tally tied, neither team would be able to score, forcing overtime. There, EAC again had a one-point lead, at the three-minute mark before Dela Cruz went on a personal 5-0 run to put the home team up, 73-69.

The visitors had many chances



Junsay-Fermin tandem and Dela Cruz's 'big heart' causes heartbreak to San Sebastian

Josef, Canete, and Dela Cruz combined for 22 points just as Mendoza waxed hot with 15 markers. That proved to be enough for the Chiefs to get a bounce back win.

Still, coach Jerry knows full well that they have a long way to go to become consistent. "Medyo ang tagal bago naming makuha yung combination sa offense and defense namin so talagang malayo pa kami," he said. ●

to come closer, but both Jan Natividad and Juju Bautista muffed on their couple of charities.

Dela Cruz then hammered the final nail on the coffin with a baseline jumper that finalized the margin in Arellano's first win in its first game in the season. "Maganda rin naman yung nangyari para nakapaghandaka kami," a satisfied head coach Jerry Codinera said, referring to the fact that their debut came already two weeks into the tournament.

The second-year player Dela Cruz had 12 points, all but five coming in the extra period, while transferee Alban had 13 markers, eight coming in the fourth quarter. "Lahatlahat, nagtulong-tulong actually," Codinera said.

Indeed, it wasn't just those two who did their part as Archie Concepcion posted a 15-point, 10-rebound double-double. For the Generals, both Laminou and Bautista pounded in double-doubles, 14 points and 12 rebounds for the former and 14 markers and 16 boards for the latter. They didn't help their cause, however, as they botched 29 of their 46 free throws en route to a second straight setback to start the season. ●

Junsay-Fermin tandem and Dela Cruz's game winner caps off Arellano upset of Baste

Warren Ryan P. Revoltar

Yet again riding the inside-outside combo of Rom Junsay and Aaron Fermin, the Braves stopped hard-charging San Sebastian College-Recoletos dead in its tracks for a 98-93 decision on Friday at the Filoil Flying V Centre.

Junsay still sizzled in totaling 25 points to go along with five assists while Fermin remained a force down low for a 22-point, 18-rebound double-double on top of two blocks. Behind those two, Arellano had all the answers for Baste en route to their third consecutive victory to start the season. Lars Sunga also contributed 16 points and six rebounds as he continued his roaring return from a season-ending injury.

In the Seniors division, with Arellano University down by two with 14 ticks to go, Dela Cruz took charge and took the three that took down favored San Sebastian College-Recoletos in overtime, 82-81, on Friday at the Filoil Flying V Centre.

The Chiefs were in control for majority of the matchup before the Golden Stags came charging right back. "We're so thankful na umabot pa kami sa overtime. Good thing the boys stuck to our game plan," head coach Jerry Codinera said post-game.

Baste was up, 81-79, in the dying moments of the extra period until Arellano's lead guard got the ball and decided to launch a triple try over the outstretched arms of both Arjan Dela Cruz and Michael Are. The ball proceeded to graze the back of the rim before falling to the bottom of the net. The Golden Stags still had 4.2 seconds to make something happen, but Dela Cruz intercepted the inbound pass to finish off Arellano's return to the win column, 2-1.

Dela Cruz wound up with 10 points, all coming in the final frame and overtime, to go

along with nine assists, five rebounds, and four assists. "Si Levi, he has a big heart. He's a make or break kid and that was a desperate shot. Yun na yun. He has a big heart. He doesn't back down from an opportunity," coach Jerry said of him.

Indeed, though he was scoreless in three quarters, the second-year guard still came through in the endgame – scoring seven points in the final frame and then hitting the game-winner in overtime. "Masyado akong gigil nung mga unang quarter kaya masama laro ko. Sabi ko, bawi na lang ako kapag binunot ako ni coach Jerry ulit. Bawi ako sa depensa kasi sa opensa, walang pumapasok talaga. Buti ayun, nakakuha rin ng last minute tapos last second, na-steal ko," he shared.

Maui Serajosef and Rence Alcoriza also did their part, combining for 23 points and five rebounds. Still, it was the two-way play of their second-year guard that proved to be the difference for the Chiefs – much like in their first win of the season when he scored his team's last seven points.●

JUNIORS:
ARELLANO 98 – Junsay 25, Fermin 22, Sunga 16, Espiritu 15, Fornis 9, Domingo 4, Cabili 3, Templonuevo 2, Liangco 2, Sahali 0, Tolentino 0
SAN SEBASTIAN 93 – Baclaan 28, Pinero 18, Janao 16, Perez 9, Balo 8, Are 8, Bonalos 4, Dela Cruz 2, Loristo 0, Cortes 0, Gomez 0, Suico 0
QUARTER SCORES: 22-18, 43-45, 73-70, 98-93

SENIORS:
ARELLANO 82 – Alban 18, Alcoriza 15, Dela Cruz 10, Serajosef 8, Villoria 8, Concepcion 7, Canete 6, Santos 5, Dela Torre 3, Sacramento 2, Bayla 0, Ongolo Ongolo 0, Codinera 0, Segura 0, Abdurasad 0
SAN SEBASTIAN 81 – Calisaan 28, Calma 15, Capobres 12, Dela Cruz 10, Are 8, Ilagan 4, Valdez 2, Sumoda 2, Villapando 0, Baytan 0, Desoyo 0, Isidro 0
QUARTER SCORES: 17-12, 31-25, 43-53, 72-72, 82-81 (OT)

BOX SCORES JUNIORS			
Junsay 34	Templonuvo 1	Boado 23	Quebral 2
Espiritu 13	Sahali 1	Balowa 19	Rodrin 2
Fermin 10	Liangco 0	Sumagaysay 11	Encila 1
Sunga 10,	Nepomuceno 0	Ilustrimo 11	Murillo 0
Domingo 5	Cabili 0	Sanosa 4	Calara 0
Tolentino 3	Recto 0	Lozano 2	Rivera 0
Fornis 2		Pascual 2	Papa 0
ARELLANO 79		EAC 77	
QUARTER SCORES: 12 - 24 27-42 56 - 57 79 - 77			
BOX SCORES SENIORS			
Concepcion 15	Dela Torre 1	Bautista 14	Diego 2
Alban 13	Abdurassad 0	Cruz 14	Magullano 2
Alcoriza 12	Bayla 0	Laminou 14	Bugarin 0
Dela Cruz 12	Codinera 0	Garcia 7	Cadua 0
Villoria 9	Ongolo Ongolo 0	Mendoza 7	Gonzales 0
Canete 7	Sacramento 0	Natividad 5	Neri 0
Meca 4	Santos 0	Robin 4	Tampoc 0
Serajosef 2		EAC 69	
ARELLANO 75			
QUARTER SCORES: 20 - 13 31 - 26 49 - 48 63 - 63 75 - 69 (OT)			

ARELLANO UNIVERSITY



was an analytical thinker, and hence, it was hard to argue with him and neglect his ideas.

Mabini since childhood has the ability of a very deep critical thinking and reasoning. He had no friend and girlfriend since birth but invested his love for the nation. Looking at Mabini's excellence and disability at the same time, he is like Professor X, who have super power in the mind. His disability has never been a disgrace for him but rather, a blessing in disguise because in another scenario of his life in 1896, they were caught, and because he is a paralytic instead of imprisonment or death, he simply faced the fate of hospital arrest. This PWD Filipino does not only become triumphant against the giant Spain also became a thorn to another giant, the Americans. His condition made him look convincing to the Americans as he express his promise to them of service, but at the back of his mind and heart, he was firm in what he is holding for the sake of his beloved country. Through this, he was sent to Guam, and there, he wrote La Revolucion Filipina, which comprises critics and the reason why the revolution does not attain by the Filipinos on 1898. This work gave a big impact to the Filipinos and to the next generation towards emancipation. After 3 years he came back to the Philippines.

On 1903, Mabini was contracted with a Cholera disease that results to his death on May 13 of that same year at the aged of 38. The mystery of his Paraplegia (paralysis of the leg) condition become a source of series hearsay and debate until on1980, an exhumation of his remains occurs in order to tests his bones and to determine the real reason of his condition and they found out that it is Polio.

Mabini has an asset of courage to success despite of the many hindrances that had happened to his life. Although some people do not understand the way he thinks, he is not good in physical combat like Aguinaldo, Bonifacio, and other action heroes in our country, Mabini contributed into another and much better scheme using his gift and uniqueness, and that is his MIND. He is the Brain of Philippine Revolution-he is excellent in philosophical foundation basically in libertarian and republican ideas where he depend his ideals and strategy for the country during his time. Philosophers considered him as one of the great political philosopher. He proved to the nation and to the world that disability is not a hindrance in making greater things.

as blessings in our struggle as collegians, we have to chip away at our masterful methods of pointless control. As we grow in trusting our professional decisions, our contentment becomes an act of worship to others.



PHILIPPINE LITERATURE IS STILL LIT Gabriela B. Mendoza

In our current time, the bookstores in our country have majority of books written by John Green, Stephen King to the classics such as Jane Austen and Shakespeare, for bookworms like me, this large variety of books is easily a nirvana that we can let our mind wander into different worlds full of knowledge and adventure. But here is the short end of the stick; we could literally get lost in these kinds of books that we could forget where we actually are.

Many Filipinos tend to overlook local books because of the lack in marketing of the publisher and the author; as well as the misconception that it will just be a cliché and predictable story with cheap tropes. Also, we cannot deny the fact that we Filipinos, being heavily influenced by Western culture, can be another factor.

From mythology to contemporary fiction, we have lots of Filipino writers who have written and created many beautiful works. From the timeless authors such as Carlos J. Caparas (Panday) and Mars Ravelo (Darna), Gilda Olivado (Sinasamba Kita (I Worship You)) and Bob Ong (ABNKKBSNPLAKO?!), Lualhati Bautista (Dekada '70) and F. Sionil Jose (Rosales Saga) and Nick Joaquin (The Woman Who Had

EDITORIAL



FEAR OF FAILURE Germaine Romina

Yet again....you failed. You messed things up and now you feel bad, worse maybe.

Typical scenarios like you feel when your chosen career is not for you , you ended a long term relationship, you lost your mom's favorite tupperware, you failed an exam that you've been studying for days, maybe weeks, you're afraid to try something new and now you regret it, you gave up on someone or something too soon, failing to be the "great" kid, you were so nervous at your job interview so you failed to answer some questions, or when you lost a friend. Now, some or all these things happened and now you think you are the most unlucky person in the world. Is the feeling familiar to you? Then, keep reading.

After you failed to do something, you feel bad. You feel disappointed in yourself. It's as if you are never good enough. Times like this when you feel that the whole world is against you and how worries and stress eat you alive. 3 am thoughts are haunting you. You become too hard on yourself.



Everyone wants to leave a mark Warren Ryan P. Revoltar

Even the greatest detectives of all time like Sherlock Holmes and Veronica Mars will wave their white flags if asked to investigate the age-old puzzle of what makes comfort room vandalism so captivating to students. Even I don't understand that witless reasons of them sometimes. It seems like to some, writing nonsensical symbols, figures, sentiments and "what not" is satisfying. For some, it is not acceptable by any means. They may be doing some sort of graffiti that may be considered artistic and appealing to their eyes, but for other people and school administrator's perspective, it's vandalism and not aesthetically pleasing.

A comfort room is a public utility area while a freedom board is where expressions of people are written. But isn't it ironic that freedom boards were empty of any sentiments a student could possibly write while comfort Two Navels). And to our modern authors, Miguel Syjuco (Ilustrado), Arlene J. Chai (The Last Time I Saw My Mother), F.H. Batacan (Smaller and Smaller Circles), Bebang Sy (It's A Men's World), Edgar Calabia Samar (Walong Diwata sa Pagkahulog (Eight Muses of the Fall)), Eliza Victoria (Wounded Little Gods) and so much more.

We should all start supporting our Filipino writers! For in doing so, we are also enriching our own culture and art. Let us break the stigma about Filipino books for they hold more depth than what meets the eye. Reading one actually gives us an opportunity to listen and visualize the struggles and tales of our fellow countrymen. So the next time you find yourself in a bookstore, don't go rushing to the Rick Riordan shelf but take your time and find a good book written by a local writer.

I know we badly want to indulge ourselves with the mysteries of the universe but maybe we could tone it down once in a while and read our own mystery.

It's because you are afraid....afraid that you might fail again. Then here comes mr/ms self doubt. You doubt every single thing that you do. It's slowly tearing you apart. You feel insecure, frustrated, angry and sad. All at the same time.

But here's a thing, failure isn't as bad as you think. IT'S OKAY TO MESS UP. In life, some things don't go as planned and that is perfectly okay. It's normal to fail and make mistakes. It's purely a "human" thing. What matters most is what you learn or how you can grow as a person from all this. Stop with the negative thoughts and just take things lightly. Words like "I can't do this" , "I'm too afraid to take a risk" or "I'll just mess things up again" won't help. Do not stress yourself on meeting other people's expectations. Do what you gotta do. You want to make them happy but do yourself a favor and make yourself happy first.

You gotta tell the person in front of the mirror to start embracing his/her flaws. Do not waste a good opportunity for you to grow just because you're too afraid to make another mistake. Instead, learn from them. Despite falling along the way, success will come too. I know it's a long wait and a never ending process. But for sure, it'll be worth it. Truth is , everything that you do with good intentions has its own payback. And that my friend, is how you conquer the fear of failure. ●

room doors and walls are full of unwanted comments - from biggest to smallest one? Comfort rooms must be clean and pleasant to the eyes. But how would it be if students entering it are writing in its walls?

Only knuckle draggers will kick restroom doors, overflow sinks, wad up and throw toilet papers, flood floors and most especially cover walls with scribbles! It is inappropriate to write on a public CR, let alone express through vandalism vulgar statements that are not pleasing for the public readers. Comfort room is a designated space that is designed in a way that is calming to the senses, it must not be full of written marks on its walls that may affect the trust of the public to the management who owns the utility or may cause several arguments.

While on the other side, students write on the walls because they cannot express their feelings directly in verbal form. They found the comfort room as the safest place for their expression to be revealed. They are ashamed of what would be the others' comments on them.

Feelings are not bad to be expressed, but there must be a right place for it - on a freedom board or through social networking sites. It must not be written on the walls of comfort rooms or any other public places to maintain its cleanliness. It must be a tidy place free from unnecessary stains to keep our surrounding as neat and orderly as possible.

Enjoy a cup of coffee and read a book about mananangals and aswangs for a change. ●

Let's not stop with supporting Filipino writers though. Our nation has thousands of dreamer who fights through tears and prejudice in hope for their art to be recognize and validated. Support Filipino artists by buying their paintings and other works! Support Filipino filmmakers by watching their films in theaters or if you can attend film festivals that showcase films that are straight-up masterpiece! Support Filipino musicians by listening to their music and going to their gigs, I can assure you it is a surreal experience.

Let us encourage Filipinos to be the best! Support local! Support Filipinos! ●

SOURCE: https://www.goodreads.com/show/7898.Best_Books_by_Filipino_Authors



THE GREAT PWD (Person With Disability)

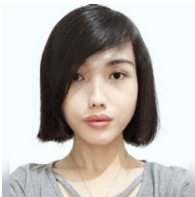
AMIRA A. FLORO

Since the beginning of civilization up to the present times, people with disabilities are not much given equal opportunity in terms of work, proving their potencies and exposing their talents and skills. Often times they are victims of discrimination, underestimation, and worst is alienation from the majority of the people who has no conditions or handicap.

In the Philippine history, there is a man who faced the same fate of being a handicap but surpassed its consequential stigma by proving to everybody that his condition is not a hindrance of uplifting one's capability and moreover marks a great legacy and history that majority of the let say "normal people" during his time and even in the present cannot attain what he has done. This man's name is APOLINARIO MABINI.

WHO IS HE? This question turns out to be ridiculous as I conducted a little survey around the campus and even outside of it; people can say a lot of things to the famous national heroes like Rizal, Bonifacio, and etc. but little things are known about Apolinario Mabini. In my surprise all the descriptions of the people about him during my simple survey were almost the same and limited as the: "Dakilang Lumpo" (The Sublime Paralytic), "yung lalaki sa dating sampung pi-so" (The man in the old ten peso bill), and "Yung bayaning nakawheelchair" (The hero in a wheelchair). The worst part is, many millennial Filipinos today do not know at all about him.

Apolinario Mabini was born in Talaga Tanuan, Batangas on July 23, 1864 into a peasant family but this reality doesn't stop the young Apolinario in reaching his dreams. He used his intelligence to acquire a scholarship from Colegio San Juan De Letran and finished Bachelor of Arts. He doesn't stop there on reaching his star; he pursues his academic endeavor by sustaining it through working, specifically by teaching Latin. Eventually he came back to Tanauan to earn more money in order to study at the University of Santo Thomas where he finished his degree in Law on 1894. Mabini is not the same as Rizal who studied in Europe; he remained and achieved his dreams in his motherland, and proved to all the Filipinos that one can do the same thing in one's own native land through one's determination, perseverance and hardwork.



A SOBER CIRCUMSTANCE: SECRETS BEHIND EVERY PROGRAM

Dian J. Mantiles

Imagine for a split second that you are flying to a striking island. For about a spur of moment and so, the pilot announces over the intercom about some glowing good news and some sobering bad news. The bad news is that the navigational equipment is damaged but upon the terrible announcement is that the flight has a tail wind so wherever it is going, everybody will get there at the rate of certain distance for an hour. Realizing its irony reflects the sad truth that is too often present in our professional verdicts as individual collegians. We fly along like this plane – directionless but swiftly propelled by the winds of circumstances. In other words, we go along with the choice of programs influenced by decree of other people around us.

The context is everything when it comes to understanding as accurately as possible the way collegians think. Every competence had the kind of general experiences necessary for asking and dealing with questions relating to the foremost reason why study a specific endeavour. The best way to put this reason into context is to look at the deep connection with the reasons why we study and continue to fight our battle cries despite of all the detracting factors beyond us. We must live as independent collegians who know the meaning and purpose of our stay in school. If

Mabini loves to read, hence, reads a lot that's why all the subjects he took has an excellent remark ("Sobresaliente"), his transcript of record has no thrill at all because all the subjects got perfect score unlike the typical students that seems win a lottery when given a passing grade or "pasang awa".

Mabini joined the La liga Filipina on 1892, coincidently with the time when Rizal was sent to Dapitan, because of this the movement was divided into 2 groups; Apolinario Mabini established the Cuerpo de Compromisarios while Andres Bonifacio founded the Katipunan. Mabini didn't dare to join the Katipunan because he carried out the principle of the La liga Filipina as his fundamental stance. This does not become a cause of conflict between Mabini and the Katipuneros. In fact, Mabini used to gives advises to Bonifacio.

Mabini's work in Cuerpo de Compromisarios is to collect funds in order to support the La Solidaridad on its reformist's campaign against Spain. He did not agreed to revolution because people are not ready for armed revolution; he don't want a blood shed but rather a bloodless one.

He wrote El Verdadero Dekalog, which comprises 10 commandments that must be kept in the heart of each Filipino revolutionary. "We need to become independent! He said, Republic is the last, and will never choose a monarchy". For him the republic is the one that can truly provide good moral and dignity to the countrymen and to the motherland.

At the age of 32, Mabini contracted a typhoid fever and eventually become paralyze. He was took care by Paciano, the eldest brother of Jose Rizal. This condition does not stop him again on reaching his dreams and living a purposeful life. Emilio Aguinaldo called him and asked for his service because of his excellent in lawmaking. He helps Aguinaldo in leading the country; he was appointed as his adviser, he became the secretary of foreign affairs, and the leader of the first Cabinet of the Philippines. These positions in the government Mabini become known and more influential, this leads his vision into a larger horizon, and later on, his surprising administrative skills enables him to spearhead the revolutionaries. In addition, he

we haven't chosen rightly what we are fighting for in every four corners of the room, then it is like that we are warriors by default, acting out the scripts handed to us by our parents, other people's agendas, and the pressures of circumstances. This is no longer within the context of fostering our prowess and living as a future professional who knows the meaning and purpose of life in the material world. But it is never too late to change your faculty focus.

In order to find dedication in our studies, we should correct our faulty focus and become learners of purpose. The best way to begin is with a purpose statement that we believe and where we want to be at the end of the day. It seems unbelievable but still, many collegians literally worry themselves to an endless expectation. When we add to this the toll of sleepless nights and days of void of achievements by the end of a semester, we glimpse the stronghold worry has on our systems and as constant part of our lifestyles. As a matter of fact, such worries doesn't empty tomorrow of its sorrow, it empties today of its strength. It is easy to deceive ourselves into thinking that we're just after the "expectation" of our parents, and gloss over the ugly reality that worry is a drive to control our faulty focuses. Perhaps the most striking characteristic of our worries is its absolute impotence in our experiences as a collegian because it never changes a single thing except our mindsets. It is definitely counterproductive!

Our personal journey as learners of purpose should be a pilgrimage of yielding our control of circumstances to the significant people of our lives, and most importantly, on how we picture ourselves in the future actually. In order for us to see these things



AN ARTLESS LOVE

By Dian J. Mantiles

If ever our hearts were one,
Then boy, surely lifetime will come...
If ever a man like you were loved by me,
Rest in my fire and it will surely perch on thee...

If ever a girl like me was happy in a man
from pour to eternity,
Nothing translates the amount of love I
can offer to thee...
You asked me if I'm dangerously under-
taking with empathy,
Ain't no way 'cause my precious love
blinds exceedingly!

I bracket thy love more than whole own-
ership of sapphire and golds,
Yet of all the superficial luxury that the
universe holds!
My love is such that blue oceans cannot
quench an endless thirst,
A crystal sky which grips a deluge that
continuously outbursts!

Thy love boy, is such a wonderful lyrics of
a song I can no way to sing,
An erotic choreography, human move-
ments can no way to recur...
A whole-empty canvas with hands avoid-
ing any forms of a slur,
A transcription of love in an endless story
written only by ME!

Place

By John Zepp Marinda

Where are you man?
I hope you're resting easy,
I'll live by your words,
And I won't let sadness defeat me.

Hope resides in every word I say,
Your betterment echoes in every song I
pray,
And I'm wishing for you to have better
days,
To not be sad and fade away.

Let's smile for your moments,
Life disappears in a blink,
Don't say goodbye,
Cause there lies more than what you
think.

To my friend that wants to get away,
He said to me carry on.
Cause whether I'm here or not
Life goes on.

When the pressure gets too much to
take,
Remind yourself you were built not to
break.
And when the ruins start to shake,
I just hope to the stars that you're
awake.

Angle

By Germaine Romina

Pressure. Temptations. Rejection.
Who says being a teenager is an easy
job...?
Fall in love. Fall out of love
I never thought this could be so hard.

I tied my hair in a messy way
Not minding 'bout what will people say
Fake friends. False rumors.
I don't need you it's better this way.

People judge easily
Eyes staring rudely

Why, do you know me?
Do you even know my story?

But lately, I've come to realize one
thing,
That no matter how harsh people say
things at you,
It still depends on how you look at
things
Or how you will react to some situa-
tions.

This is just life.
Everything that you do,
Or whatever life choices may take you,
Remember that it still depends on YOU.

Campus Fashion Trends

By Germaine Romina

Going out on your first date and
you have nothing to wear? Or maybe
you got tired of your past OOTDS?
Or you badly need a cute outfit *para
mapansin ni crush* (for you to be
seen by your crush) without looking
so extra? Come on, it's 2018! Don't
you want to spice up your OOTD a
bit? Dressing up is fun especially if
you found your style and taste. So if
you want to look "FASHOWN
AF" (especially when it's wash day)
at the school campus then here are
some tips:

FOR GIRLS:

- Choosing the best outfit re-
quires time, energy and extreme
decision-making. For us, girls, we
always have a hard time looking
through our closet finding the best
outfit. Hassle, I know. The following
are the fashion trends you should
try and are also appropriate in
school:
- 1) Retro is definitely making a
comeback! Culottes A.K.A Wide
leg pants is the new trend
pants that looks so elegant yet
so comfy. Just pair it with a
cute top, fitted blouse, or a
tucked-in shirt then you're good
to go.
 - 2) White Sneakers! If nothing
goes right in life, just wear your
favorite white sneakers. It goes
with every outfit so you don't
have to worry.
 - 3) If you want to look "girly chic"
you can wear floral dresses,
ruffle tops, off shoulders,
clothes with pastel colors or
statement shirts then just pair

it with your favorite jeans.

- 4) Or if you want to spice up
your OOTD with the "sporty
chic" look, you can go with
oversized jackets, pullovers
& denims.

FOR BOYS:

Compared to girls, some boys
only take 30 minutes in getting
ready; while for some, it'll take
30 minutes more. Here are a few
fashion tips you could try that
won't break the campus dress
codes:

- 1) White kicks! White goes with
everything and whites makes you
look 3x pogi (handsome).
- 2) Polo shirts! It's a major plus
points when boys wear polos
because they look clean and in-
deed a gentleman.
- 3) Jogger pants! When choosing
the outfit of the day, comfort
should always be considered.
- 4) Statement shirts never go out
of style so it's a must wear!

We should consider these fashion
tips as it is appropriate on the
school grounds. Breaking the
dress code in school is a major no
-no. But above all, as long as you
carry your OOTD with confi-
dence and class, then I believe
you are in today's trend.



Joshue Gloria

COMICS CORNER



CLASS SUSPEN-
SIONS BROUGHT
BY THE SOUTH-
WEST MOONSOON

Anne Klariz T. Cogolio

The opening of classes on
a rainy season is one of the
major problems to Filipino
students of all levels nation-
wide. Recently, intensified
monsoon rains and tropical
storms have decided to pay our
land a sudden but inevitable
wave of visit that lasted for
almost a few weeks resulting
to multiple class suspensions
which disrupted the students'
attendance not to mention the
possibility of causing them a
poor performance in school.
Oftentimes, the announcement
of class suspensions occurs
late which gains negative feed-
backs especially from those
students traveling for more
than an hour just to get to
their school gates.

It's no different for Arella-
no University students who
have to endure unpleasant
experiences during these kinds
of extreme weather. Imagine
waking up early in a rainy
morning and check social me-
dia platforms for any class
suspension updates but only to
receive it just as soon as
reaching the school gate after
everything you went through
and ended up going back home
enduring the fact of being
soaking wet because you have
no other option but to resort
on passing through the ankle
length flood along Legarda
since all public vehicles are
full of passengers. If you're
going to ask them, they prefer
receiving the notice much ear-
lier because it means more
time to slack off or more time
to get unfinished school works
done, all intense pressures on
deadlines have shaken off -
temporarily.

Heavy rainfall causes
flashfloods, power outage and
road hazards so be sure to ex-
ercise safety measures during
this kind of weather event and
better stay indoors. **Keep
safe, everyone!**

