



Arellano University

The Standard

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> TURN TO PAGE 9



HON. ROMULO LEADS THE OATH TAKING OF ELECTED AU-ABC OFFICERS

Last August 30, 2019, AU-ABC gathered the 23 academic and non-academic organizations with over 600 student leaders from elementary to college departments in this year's Induction of Officers with a theme of "Be Brilliant. Be Bold. Be the Change", making it the biggest induction of all time.



MS. EARTH PHILIPPINES 2019 VISITS AUPC!

> TURN TO PAGE 15

AMC - "AGOSTO, BUWAN NG WIKANG KATUTUBO"

> TURN TO PAGE 5



Ipinagdiwang ng Arellano University- Apolinario Mabini Campus ang Buwan ng Wika na may temang, "Wikang Katutubo: Tungo sa Isang Bansang Filipino", kung saan binigyang diin ang pagpapahalaga sa ating wika sa pamamagitan ng mga aktibidad na pinamunuan ni Bb. Lady Rasmia Mohammad, SHS Filipino Coordinator noong Agost 19-23, 2019.



AU-JRC THE STANDARD PRIDE!

Two writers from the official campus newspaper The Standard wins 1st and 4th place in different categories at the Division Level competition held on July 27, 2019 at Malabon Elementary School. This year's theme is "2019 Pansangay na Kumperensya sa Pamamahayag ng mga Paaralan at Paligsahan: Division Level."

> TURN TO PAGE 11

AU-EEC:

HOME OF
BEAUTY AND
BRAINS FOR
THE
CANDIDATE
OF MISS
PHILIPPINES
2019:
SALVEJEAN
TABIRAO!



> TURN TO PAGE 12

AU JAS: PREPPIN' FOR NCAA SEASON 95!

The Jose Abad Santos community kicked off the NCAA 95 with the yearly Pep Rally tour last July 22, 2019. This year's a special year as Arellano University hosts the NCAA season for the first time.

> TURN TO PAGE 7



AU: FROM GUEST MEMBER IN SEASON 85 TO NCAA SEASON 95'S HOST

Bannering "Kaisa Sa Pagkakaiba" as NCAA Season 95's theme, Arellano University hosted the oldest collegiate athletic association in the Philippines for the very first time since its inclusion as a guest member in season 85.

A simple yet festive opening ceremony were witnessed by spectators coming from the ten participating schools last July 7, 2019 at the Mall of Asia Arena.



> TURN TO PAGE 2



AU: FROM GUEST MEMBER IN SEASON 85 TO NCAA SEASON 95'S HOST

By Glen Christian Alvarez Tacasa



Photo from Alejandro Juancho

> From Page 1

In a one-on-one interview, one of the heads of the NCAA 95 committee, Ms. Abigail H. Cayco, explained the reason as to why they came up with this season's unique theme "Kaisa Sa Pagkakaiba", "Inisip namin ano bang meron kay Arellano University na wala sa iba? Then, we brainstormed and came up with the idea of unity in diversity. The school has a very diverse culture, we do not discriminate against students. Wala tayong pinipili. At oo, pang-masa tayo. So, why not turn "Unity in Diversity" to "Kaisa Sa Pagkakaiba", right?" This is the most recent if not the first and lone NCAA theme coined in our native language, Tagalog, by a season host. The committee came up with a slogan that not only reflect Arellano University as a community but also it aims to promote unity regardless of diversity among the different participating schools in this annual conference. Moreover, Ms. Cayco explained "Also, the slogan has social relevance in today's setting," she added, engaging not only within the collegiate sphere, but also in relevant social issues.

Kaisa Sa Pagkakaiba was unveiled during the 2019 AU Pep Rally held April 4, 2019 at the campus grounds of the AU

Main Campus in Legarda, Manila where a huge crowd made up mostly of senior high school students did not show any sign of fatigue. In that same event, Better Days and 6 Cycle Mind OPM songs were heard, a glimpse of this season's opening ceremonies' theme of performances.

Besides the usual parade of University's athletes, for the first time, a woman - Ms. Regine Arocha from the Lady Chiefs headed the athlete's oath this season. Season 95 also held a separate segment for the muses from different schools leaving the crowd in awe. This season's pageantry segment is pegged from different mythical characters in the Philippine legends fused with different "laro ng lahi" and notable Filipino festival elements like the Gigantes of Angono's Gigantes Festival, Moriones of Marinduque's Moriones Festival and colorful and tasty kiping of Quezon Province's Pahiyas Festival.

On top of that, folk dances not only of the Mindanao region but also folk dances from other provinces in Luzon and Visayas infused with modern dances and OPM songs, performed selected AU students from its seven

branches, were witnessed by the astonished crowd. "We wanted to highlight Philippine culture amidst diversity, we wanted to show how old can mix with the new and that we should never forget where we all came from. Hence, we tried to marry the folk and modern dances in the performance." Ms. Abigail Cayco explained. Then, the iconic Filipino singer Bamboo, take off the stage by singing his song medleys. Joining him are the aerial dancers featuring Pilipinas Got Talent 2018 Grand Winner Kristel De Catalina that took the audience's breath away as they suspend themselves from the ceiling and performed different acrobatic acts.

Mr. Francisco Paulino V. Cayco, Arellano University Chairman and CEO announced the official opening of NCAA Season 95 stating "Maging kaisa sa pagkakaba. Ito ang simula ng NCAA Nobentay-singko." It marks the official opening of NCAA Season 95 athletic competitions and for the first time, NCAA Season 95 is introducing a new sport called "HADO" a hybrid Augmented-Reality dodgeball game adapted from Japan.

AU CELEBRATES NUTRITION MONTH 2019

By Jake Michael Antonio

Attaining engagements by way of activities, Arellano University, together with Food and Beverage Club (FNB) and Home Economics teachers, managed to join the annual Nutrition Month celebration through conducting different contests which anchored on the theme, "Kumain nang wasto at maging aktibo... Push natin 'to!" at Plaridel Hall lobby, last July 29 to 31, 2019.

Students from Senior High School executed their skills in line with the sole purpose of this year's theme. This aimed to promote an awareness among other learners in focusing on giving importance to nutritious food and seeks to practice physical activity.

The celebration of this year's event has highlighted the typical contests such as combined poster and slogan making, nutri-jingle, and cooking duo. These were mostly participated by both grade 11 and 12 students.

Exact 55 students, from different tracks in Senior High School, engaged in showcasing meaningful posters with quotable slogan, which were conducted inside the science laboratory.

On the other hand, the cooking duo competition is only exclusive for grade 12 cookery students who were able to flaunt their expertise in cooking healthy foods in the kitchen laboratory. Also, Nutri-jingles were performed in Plaridel Hall lobby.

Home Economics Head Jecka Ramirez Mira said that the event was made possible due to the cooperation of active students. She also expressed her gratitude to Mr. Daniel John Cariazo (Assistant Principal), Mrs. Lourdes Canilang (SHS Principal), and subject coordinators, for giving her an endless support to make the event successful.

"I am honored to be a coordinator of this activity. This is the first time I am handling an event since the Nutrition Month is a nationwide event. We did everything we could to make the event possible to happen. It was difficult to make an event but with the help and support of these people we did not lose hope. It was an opportunity and joyful experience to us to make an event with a positive people," Ms. Ramirez said.

On the last day of July, the culminating ceremony was successfully ended by giving recognition to the winners who showed excellence in their respective fields.



Photo from Senior Highschool Department



WRITERS SCREENING

By Anne Klariz T. Cogolio

The Arellano Standard Manila's search for new set of writers and contributors is finally over.

With bigger and brighter projects that's been cooking under the Editorial Board's sleeve, the first in line of which is the Writers Screening - open to all interested SHS and College students from AU Legarda. Not only they have a chance to be a part of the official school publication, the activity can also serve as an effective avenue to showcase their skills not just in news writing but also in other writing categories and hone their mastery in campus journalism.

The Editors, together with the adviser, Ms. Abigail H. Cayco, were all hands-on in organizing the event. The Writers Screening was held on July 18, 2019 at the Little Theater, PH Building. It was packed with hopeful applicants - both registered and walk-ins. They were given specific theme and topics according to their chosen category: Editorial Writing, Feature Writing, Photojournalism, Sports Writing, News Writing, Literary, Science Writing, and Cartooning. With at least an hour ticking on their hands, they were able to complete the task on time. The activity was definitely a success and the result was posted on the official page of The Arellano Standard Manila on the 27th of July 2019.

Congratulations and welcome to The Arellano Standard Manila, writers!



Feature

THE FATHER OF SCIENCE FICTION AND HIS MOST FAMOUS WORK

By: Lennabel Tuazon



Photo credits: amazon.com

Even after 155 years, Journey to the Center of the Earth remains a definite classic and favorite among science fiction fans. The story revolves around German professor of Geology Otto Lindenbrock, his orphan nephew Axel Lindenbrock, and their guide Hans Bjelke. Basically, professor Lindenbrock found a really old manuscript written by a renowned Icelandic historian. As he and his nephew were perusing the old manuscript, they discovered a hidden note which when translated into Latin and read backward, appears to be the Icelandic alchemist Arne Saknussemm's record of a passage leading to the center of the Earth in a crater of Snaefell, a dormant volcano in Iceland. The crater containing the passage, however, is only revealed by shadows at noon during the last few days of June. Thus the launch of their expedition, finding Hans along the way to help as their guide, they encounter quite an adventure involving prehistoric animals and weird plants, all that you can think of in a situation like that.

Jules Verne, the author behind this classic novel, was a French novelist born on February 8, 1828, in the French city of Nantes. He is a pioneer of the Science Fiction genre because of his ability to understand the sciences of his day and to extrapolate from them the logical discoveries that had yet to

come. He got the inspiration for the book from Charles Lyell's Geological Evidences of the Antiquity of Man of 1863 (and probably also influenced by Lyell's earlier ground-breaking work Principles of Geology, published 1830-33). And he is the second most translated author in the world since 1979, between Agatha Christie and William Shakespeare.

Despite being published over 150 years ago Journey to the Center of the Earth is still as captivating today as it was when it was first published, besides the awesome narration of the adventure that they embarked on, you can't deny the true brilliance of the sciences explained in the novel. And the most fascinating thing about Jules Verne is that even though all of his works were written in the late 1800's, most of his predictions and visions turned out to be true. Most has been applied to modern science and technology, and that has made his work a staple not only for those who are interested in science fiction, but in science as well.



SULONG ARELLANO,BANGON ITBAYAT

By: Glen Christian Alvarez Tacasa



On July 27, 2019 at 4:16 AM, a magnitude 5.9 earthquake jolted and devastated parts of Batanes, the epicenter being municipality of Itbayat.

According to the National Risk Reduction and Management Council (NDRRMC), this magnitude 5.9 earthquake caused a total of 9 deaths, 60 injuries, and affecting over 911 families. On the other hand, Department of Public Works and Highways (DPWH) reports that it resulted damages costing over 211 Million pesos, including the heavily damaged 131-year old historical sites, the Santa Maria de

Mayan Church in Itbayat, Batanes, built in 1888. This lead to a declaration of a state of calamity in the whole islands of Batanes last August 1.

This disaster gained local and international attention, hence donation of goods and aids coming from the Philippine government, non-governmental organizations (NGOs) - private individuals residing in and out of the Philippines - for the victims poured. Our very own university open its arms on helping our fellow countrymen in Itbayat, Batanes too.

The seven Arellano University campuses and different colleges and departments donated goods and monetary aids. The Office of Student Affairs (OSA) and the Department of Community Development, in partnership with the Alumni Association and the Arellano University Supreme Student Council (AUSSC), spearheaded the collection of relief goods as well as the accumulation of monetary aid amounting to 121,000 pesos for the victims of the sudden natural calamity. Moreover, the National Collegiate Athletic Association (NCAA) which is Arellano University is hosting this season, donated over 150,000 pesos coming from its nine other member schools.

Also, there was a donation box administered by the NCAA, seen located at the main gate advocating students to help the victims of this recent disaster in Itbayat, Batanes.

AU MAIN CELEBRATED BUWAN NG WIKA 2019

By Jake Michael Antonio

Arellano University commemorated this year's month-long celebration of Buwan ng Wika through initiating activities in different grade levels with the aim of heightening the value of native languages and culture, held at the Plaridel Hall lobby.

With the theme, "Wikang Katutubo: Tungo sa isang Ban-sang Filipino" the event was widely celebrated within the school and was participated by some elementary, junior high school, senior high school and college students. Each grade level had their own manifestation of promoting such purposes aligned with the theme.

Mr. Isaias V. Antonio - junior high school Filipino Department subject coordinator - spearheaded the events, poster making, slogan and tagisan ng talino in particular, that both elementary and junior high school partaken. Mr. Homer De Guzman - senior high school Filipino Department subject coordinator formally commence the celebration on August 6 by managing the poster making competition. The contest started at exactly 8 a.m. for morning shift, while for the afternoon was rescheduled on August 15 due to suspension of classes. The contests in poster making and slogan were partici-

pated by both grade 11 and 12 students, which were exhibited inside the high school library at Rizal hall. Sabayang Pagbigkas that was exclusive only for grade 11 students was performed in the Little Theater. Meanwhile, senior high school students who acquired excellence in the Filipino subject, regardless of their respective tracks, were the ones asked to participate in Tagisan ng Talino. The culminating ceremony happened after the occurrence of the rescheduled folk dance competition among grade 12 students

The College of Arts and Sciences (CAS) also led the annual celebration of "Buwan ng Wikang Pambansa" last Friday, August 30, at Plaridel Hall lobby. Students from elementary to college had associated themselves in varied activities in the morning and afternoon, respectively. The program started with a doxology and was followed by the singing of the National Anthem conducted by Prof. Mauricia Francisco. Dr. Maria C. Cuntapay - Department Head of Linguistics - gave her opening remarks afterwards.

The judges for the competitions were recognized before the reading of guidelines.

The contests include Indakan Festival (Folk Dance), singing competition, essay writing, and poster making. Poster making contest was led by Samahang Mag-aaral ng Kasaysayan (SAMAKA) organization at NCB building, last August 29. The winners of all the events were recognized and given medals, trophies and certificates right after the intermission number.

"I wasn't even supposed to sing because I'm under the weather. I was just there to help out the faculty and to support my friend who also joined the contest. They were short of contestants, and my professor knows that I sing and eventually does impromptu performance. I didn't expect to win. I was just there to support. But it was a nice surprise," Lennabel Tuazon, 2nd placer of Buwan ng Wika 2019 singing contest said.

Dr. Maria Agnes Ifurung concluded the program who tackled her overview of Buwan ng Wika celebration this year.



2600 Legarda St., Sampaloc, Manila

Feature

OUR HOME COUNTRY'S NASA

By: Argellyne Jean Jaelenei Moriones

We grew up learning astronomy and space missions as foreign countries' things. Technologically advanced equipment, a large amount of budget, and clever minds are the things that often pop up on anyone's mind, especially when the talk is about launching of satellites, unmanned rovers, and space rockets. And I know it's inevitable for anybody not to think about NASA or the National Aeronautics and Space Administration; an agency under the United States Government and is in charge of U.S. science and technology that has to do with airplanes or space. NASA had sent many successful missions outside the planet since the past decades in which, one of the most controversial was the Apollo 11 that had sent the first human on the moon. Also, there is a European counterpart called ESA or European Space Agency. But did it ever cross your mind that one day the Philippines will also be having one?

Just recently, August 8, 2019, President Rodrigo Duterte signed Republic Act 11363 or the Philippine Space Act which will establish the Philippine Space Development and Utilization Policy and therefore creating the Philippine Space Agency (PhilSA). This enormous news will surely open doors of opportunities to every Filipino in the field of astronomy and space development. However, since it was a "newborn" agency, we couldn't expect much on it as early as now. No satellite or rocket launch will happen yet but the agency will aim to focus on the following objectives: National Security and Development; Hazard Management and Climate Studies; Space Research and Development; Space Industry Capacity Building; Space Education and Awareness; and International Cooperation.

It's a big step for the Philippine government to establish an agency that will help it's science and technology department in improving further in scientific investigations and research. We, as students, should look forward to what PhilSA can contribute to our learning and in return, we must help shape the future of our country in the space-faring scene through participating in research or in the agency's future events. Who knows? You might be the next man on the space!

USHER: THE PHILIPPINE BUILDING 'HEALTH' MONITOR

By: Christine Maye G. Galopo

Insufficient infrastructure is one of the major hurdles in the Philippines' economic growth. Because the Philippines is on the pacific ring of fire, natural disasters like earthquakes and floods occur often that demanded constant rebuilding and resilience in infrastructure.

Ultimately, an equipment was developed through research funding from the Department of Science and Technology (DOST), called Universal Structural Health Evaluation and Recording System (USHER). It monitors the 'health' of the buildings and bridges 24/7 to determine if it could withstand a strong earthquake. USHER can be accessed easily and anytime through cloud.

USHER need to be placed inside the infrastructure in a place or vault where it is isolated and secured from being moved intentionally, so the equipment could accurately sense motion through accelerograph sensor. It has an alarm and warning sign feature built in when there would be an earthquake. Data and analysis can be retrieved from USHER in case of internet connection loss. It also has a rechargeable battery lasting up to eight hours in case of power interruption.

USHER was awarded winner in 2018 World Summit Award, developed by several organizations: School of Civil, Environmental and Geological Engineering, and Mapua University. It was launched on September 2, 2019 at the Sofitel Hotel in Pasay City. Other clients applied for USHER are Malayan Plaza in Pasig, Prima Residences in Quezon City, One Legazpi Park Residence in Makati, Everest Academy Manila in Taguig, and Alpha Grandview Condominium in Manila, among others.

As of September 2019, according to Jan Gavina, Project Development Officer III of USHER Spin-Off Project, there are 12 government agencies that have been installed with USHER this year with no cost as it is part of the research grant from the DOST. Building managers or owners can purchase USHER that is cost-friendlier than an imported earthquake accelerometer equipment.

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AU-AMC’s FIRST FRIDAY
DEVOTION FOR SY. 2019-2020
By Mia Grace Salonga



Photo taken by Shaina Galapon: Reverend Father Joseph Gil Alfonso during The Liturgy of the Eucharist.

In recognition to the Sacred Heart of Jesus and reparation for sins, Arellano University– Apolinario Mabini Campus held its First Friday Mass for the academic year 2019-2020 with Reverend Father Joseph Gil Alfonso last July 5, 2019.

The mass was set on the school’s quadrangle where the students are arranged according to their sections with their respective advisers. The school Glee Club spearheaded by Ms. Cyndi Frayres sang songs harmoniously which gave peace in the ceremony. The priest tackled about the Gospel, *Matthew 9:9-13*, wherein it talks about Jesus asking tax collectors to join him. The priest enlightened the students, teachers, and staffs by saying “*Jesus came for those who need him*” which means he did not come for the righteous ones but the sinners.

The mass ended with joyful, loud claps, and a lesson that remained in each and everyone’s heart.

DUCK, COVER AND HOLD:
A DRILL FOR SAFETY
By Llana Tabasin



Photo taken by Shaina Galapon: Students of AU-AMC performing duck, cover and hold at the quadrangle.

Arellano University– Apolinario Mabini Campus students, teachers, administrators and other stakeholders cooperated in the annual Earthquake Drill at the school quadrangle headed by Mr. Danilo Umbao last July 4, 2019.

This drill aims to provide knowledge and to raise awareness in case an earthquake will occur. Days before the drill, students were oriented by the teachers about the things to do when they hear a loud bell ringing continuously. Given that knowledge,

MABINIANS’ ASPIRING WOMEN IN STEM
By Shalna Galapon



During the “Women Inspiring Women Forum” by the DOST-SEI with the Women in Science.

Arellano University– Apolinario Mabini Campus STEM 12 students spearheaded by Ms. Glaiza May Gaño participated in the “Women Inspiring Women Forum,” conducted by the Department of Science and Technology Science Education (DOST-SEI). Held during the 2019 National Science and Technology Week Celebration last July 19, 2019 at the Philippine International Convention Center (PICC) Pasay City.

The highlights of the forum are the three distinguished guest speakers: Ms. Jakkallen Del Predo (Physical Oceanographer),

it was a successful execution of an earthquake drill where everyone managed to execute the *Duck, Cover and Hold* method as the alarm pauses. They also managed to leave the buildings through the assigned emergency exits properly and without any accidents. Students and other people inside the campus had shown responsiveness and alertness to this kind of casualty.

As per Eleanor Everett’s saying “*For safety is not a gadget, but a state of mind.*” Being knowledgeable about disaster safety is an important thing we should consider. Lack of awareness can lead us to danger. Not only can it take away our shelters and properties but also our lives. Educating people about disaster safety is indeed a helpful way to guide everyone in avoiding risks and accidents caused by these catastrophes.

SSC ELECTION: BAGWIS
PARTYLIST DOMINATED THE
POSITIONS
By Shalna Galapon

To give students an opportunity to develop leadership and to build a new set of student leaders, Arellano University– Apolinario Mabini Campus SHS Department conducted the annual Supreme Student Council (SSC) Election last July 5, 2019.

There are three parties who had the courage to represent themselves as nominees aiming to be student leaders: **WISELY, MAS AU and Bagong Adhikain Gabay sa Wastong Isipan at Samahan (BAGWIS) Partylist**



Ms. Maria Isabel Layson, (Behind the newest discovery of “Aratiles a cure to diabetes) and Dr. Gay Jane Perez Ph.D. (Deputy Director of Research and Extension Associate Professor). Sharing their experiences and journey as a Women in Science serves as an inspiration to the aspiring STEM students who will pursue science courses or researches and also to be a scientist in the future.

In connection to the said forum Dr. Josette Biyo Ph.D. (Director of DOST-SEI) invites all Grade 12 students to apply for scholarship under their program and it is open to all students who are willing to pursue careers in the field of Science and Technology.

SUPREME STUDENT COUNCIL S.Y. 2019-2020	
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SPORTS REPRESENTATIVES	11: Russel Andrew Quibete 12: Francois Kian Alvarez



Photo taken by Shaina Galapon: The new set of Supreme Student Council (SSC) for SY. 2019-2020 under the advisory of Mr. Arnel Jerus

have the same goal to serve the school but differ in their way of implementing it. “*Serbisyon All Out,*” is the winning statement by the BAGWIS Partylist thru the leadership of their President, Mr. Paolo Miguel Nobleza.



HEADLINE: AGOSTO, BUWAN NG WIKANG KATUTUBO

By Yvon Meliclo



Larawang kuha ni Kim Zabala: Mga guro at tauhan na bumubuo ng Senior High School noong Buwan ng Wika.

Sinimulan ang pagdiriwang sa unang aktibidad, ang Spoken-Word Poetry Elimination Round na ginanap sa loob ng silid-aklatan ng Senior High School kung saan itinanghal ng labing-isang kalahok ang kanilang piyesa sa harap ng mga hurado noong Agosto 19, 2019. Sa pagtatapos ng eliminasyon, limang kalahok lamang ang pinalad na makapasok sa pangunahing kaganapan.

Ginanap ang Pagsulat ng Sanaysay noong ika-22 ng Agosto kung saan nalinang ang kanilang husay sa pagsulat ng sanaysay patungkol sa “Pangangalaga sa Katutubong Wika, Pangangalaga sa Bansang Filipino”. Sa parehong araw ginanap rin ang Tagisan ng Talino.



Larawang kuha ni Arvee Bedredo: Sabayang Pagbigkas mula sa ABM 11

Ika-23 ng Agosto ang pangunahing kaganapan ng lahat ng mga aktibidad sa Buwan ng Wika. Itinanghal ng bawat kalahok sa iba’t ibang larangan ng Senior High School ang kanilang inihandang presentasyon para sa paligsahan sa Sabayang Pagbigkas (gamit ang piyesa ni Ernest Genesis Mercado Guevara na pinamagatang “Wikang Filipino...S agisag ng Pagka-Pilipino”), Spoken-Word Poetry at Sayaw Noon, Tugtog Ngayon.



Larawang kuha ni Arvee Bedrero: Sabayang Pagbigkas mula sa STEM 12.

Mga Nagwagi sa Larangan ng: SPOKEN-WORD POETRY:

1. Apple San Sebanez (ABM 11-A)
2. Erika Baisa (ABM 12-A)
3. Shaila Marie Cruz (ABM 12-B)

PAGSULAT NG SANAYSAY:

1. “**PROTEKTA**” ni Russel Andrew Quibete ng SPORTS 11-A.
2. “**PAHALAGAHAN ANG SARILING ATIN**” ni Kin Ace De Lara ng STEM 11-A.
3. “**KATUTUBONG WIKA, PUNDASYON NG BANSANG PILIPINAS**” ni Ryann Joseph Sarito ng STEM 12-B.

TAGISAN NG TALINO:

1. Justin Paul (ABM 11-B).
2. Rhynel Ian Moros (HUMSS 12-A)
3. Roland Estrada (ABM 12-B)

SABAYANG PAGBIGKAS:

1. ABM 12
2. ABM 11
3. STEM 11

SAYAW NOON, TUGTOG NGAYON:

1. HUMSS 11



Larawang kuha ni Kim Zabala: HUMSS 11 Kampeon sa larangan ng Sayaw noon, Tugtog ngayon.

Pagkatapos ng mga pagtatanghal, agad na inanunsyo ang mga kalahok na nagwagi sa patimpalak. Pinangunahan ito ni Bb. Mohammad kasama sina Bb. Lydia Terrado (Principal) at Bb. Florence Solis (Asst. Principal) na umalalay sa pagbibigay ng pagkilala.

PEP RALLY 2019: AU TO HOST NCAA 95

By Shanre Villanueva

As a part of giving support as AU hosts this season, Mabinians gathered at the school quad-range for the Pep Rally 2019 spearheaded by Mr. Johnny Viduya, OSA Mabini Campus last July 22, 2019.

Students with their props enthusiastically participated in the games prepared by the Office of Student Affairs such as cheer and dance show-downs, singing performances and Q&As where the winners received AU merchandise as prizes. Audience were screaming in excitement as the AU Chiefs Basketball teams were introduced thru an intermission numbers prepared especially for the students.

The said event was prepared and presented by Dean Trivino (OSA Head) together with her secretary Mr. Jomar Edraisa, Ms. Abegail Cayco (Asst. to VP Marketing), AU Pep Squad & Drum Chiefs, AU Chief Athletes, Mabini Faculty, and Students.



Photo taken by Shaina Galapon: SHS Students who won the dance show-down during the Pep Rally

MABINIANS: REJOICED AS AU CHIEF WON AGAINST EAC GENERAL

By Llana Tabasin

Arellano University-Apolinario Mabini Campus cheered the Arellano Chiefs Basketball during their game against EAC Generals last July 26, 2019 at the Filoil Flying V Centre in San Juan.

AU Chiefs secured their first win in the NCAA Basketball Season 95 against EAC Generals with scores 86-77. Chiefs’ Conductor and graduating player Kent Salado played an important role in paving the way for Arellano U’s senior basketball team to bounce back after four major loses in their previous games. Salado’s 18 points controlled AU’s lead in the first quarter of the game scoring 29 points versus EAC Generals with 15.

During the final two minutes of the duel between Chiefs and Generals, JP Maguilano fueled up his team and reduced the lead down to 10 resulting to score 79-69. The match was still in favor of AU Chiefs in the last minutes which led Generals to their fourth loss.

LITERARY CORNER

Tanka: *FEAR*

By Shaina Galapon

Im not scared, Im scared
In my room at 3 AM,
Tears dried on my cheeks,
How I tried to cut my wrist
And dreaded to be alive.

Haiku: *MEMORY*

By Shaina Galapon

A hint of sadness,
Everything we had before,
Should remain untold.

PANGARAP

Ni Rhynel Ian Moros

Pangarap, pangarap,
Mga bagay na nais sa hinaharap,
Salitang maglalagay sa alapaap,
Mula sa mga sakit at hirap.

Pangarap na nais makamtan,
Sa pamamagitan ng kasipagan,
At naniniwalang ito’y mararamdaman,
Ang aking pangarap minsan madatnan.

Kahit na ito’y may kahirapan,

Buo naman aking kalooban,

Na tumuloy sa’king daan,

Tungo sa pangarap na nais mahagkan.

Bagmat mahirap ang tamang landas,
Paglalakbay patungong itaas,
Kahit na maraming malas,
‘Di ininda, ‘pagkat alam ko na may katas.

Sa ating mga palad,
Tayo’y may iisang hangad,
Makita ang bunga ng paglalakad,
Mga pangarap na nais matupad.

THE STANDARD

Arellano University Apolinario Mabini Campus Press

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RAMPA FILIPINANA ON RUNWAY

by Christine Joy Malaca



RAMPA FILIPINANA – a prestigious event for the Buwan ng Wika was held last August 28, 2019 at the school lobby of Arellano University – Jose Abad Santos. Proud presenters were from the College of Arts and Sciences Student Organization (CASSO) who gave their all-out efforts to pull off the brand new and modern celebration of the Buwan ng Wika.

The event showcased creativity and artistry in crafting gowns from waste materials

like plastics, papers, cloths and other recyclable materials. masterpiece.

The candidates walked on stage wearing their original and innovative filipinana.

The audience was astonished by the colorful beauty of each candidate’s filipinana.- A colorful sunflower-inspired gown worn by candidate **Kristel Remollo of AB Psychology** won the **Best in Recycled Filipinana**. The gown was made by *Mayil Faustino*, also a psychology student, who is fond of creating gowns and decorations out of recyclable materials. **Kristine Hilario of AB Political Science** won the **Best in Advocacy Award** and **Best in Casual Wear**.

Jamie Jane Gutierrez who represented both **AB English** and **AB History** won **Gandang Filipina Award**. Special Awards winners are **Miss Congeniality** - Precill Ann Francis Gamit and **Most Photogenic** - Pauline Alcantara, both **AB Psychology** students, while **Best in Production** and **Online Choice Award** were received by Grace Marbella of **AB Political Science**.

It was a wonderful afternoon for all the students who witnessed a dashing display of filipinanas and another trophy for CASSO for a successful display of a modern *Buwan ng Wika*. •



John Alfonso Dar

THE ROAD TAKEN

by Miguela Munda

John Alfonso Dar or “Kuya Dar” as most Psychology students from previous batches would know him, wasn’t always clear-cut on the path he wanted to take. In the midst of everyone taking up their UPCATs and USTETs during Alfie’s high school years, Alfie was stuck thinking about what he really wanted. Although he was declined in the original program that he applied for, that would later seem as a blessing in disguise that would lead him to something that indeed was meant for him.

“Being a student of Psychology is both an expedition and a relationship. We are tasked in exploring an invisible world where levels of consciousness and the meaning of thoughts and behaviors are found. We must strongly commit to the development of knowledge in a discipline that numerous people misunderstand. Amid the long queue of case studies, piles of experimental outputs and revisions, I managed to absolutely adore the subject.”

Alfie balanced academics with extra-curricular activities as he believed it will give his college experience more flare. He also gave his time and dedication as

Public Relations Officer to the Psychology Society and of course, as Circulation Manager for two years at THE STANDARD - JAS. At present he is a practicing Psychometrician at a hospital in Manila where he gets to work alongside passionate people and interesting individuals for the benefit of science and society.

Alfie’s success is inspiring and can prompt anyone to strive beyond restraint to reach their goals. But one must remember to seek other opportunities in the event that the door one chooses to open doesn’t budge. Some people stop at the first sign of rejection or whenever it feels like everyone else is ahead in the race, but the key is to move forward, be open to changes, and believe in your own time and pace.

“If you’re scared because you fear that life is moving too fast, and you feel that you can’t keep up - love the moments of uncertainty, *because the time that you accept that these things are only temporary is the time you’ll have the courage to take risks*. By all means, any life lived with enthusiasm and meaning is leagues better than its counterpart.”•



Romeo Mendaño

FEATURE

FROM JANITORIAL STAFF TO FUTURE PROFESSIONAL TEACHER

by Joshua Diolola

A popular ad- who I am today. I thank them for treating me like family.”

Romeo plans to practice his craft by teaching at Arellano University if he will be given a chance. Furthermore, Romeo says, "If I were to offer advice to my fellow students, regardless if they're irregular or regular students, self-supporting or not, poverty should not deter them from achieving their goals and they should always be reminded that *“when there’s a will, there’s a way”*. They must thrive to be as positive as they can and not let negativity consume them. They are never too old to go back to school. People around them can never dictate their future. So they should always chin up, chest out and walk confidently. They should keep fighting for their own dreams.”

Romeo is expected to graduate next year. •

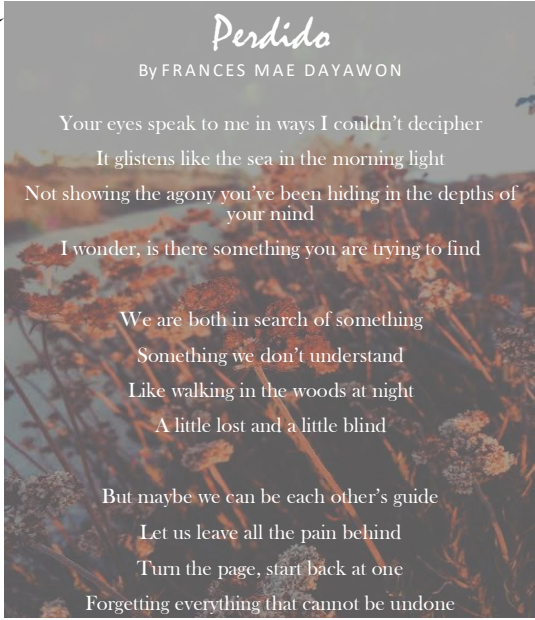
Some students have tried to put him down and have labeled him as *‘just a school janitor’*, but that has never stopped Romeo from soaring high. He continues to hope that one day his life will change. While it may be true that he works at Arellano , Romeo is also a graduating BEED student. "I am greatly in debt with the following people:Ma’am Escobido, Dean Archieval, Dr. Sagusay, Ma'am Gina, Sir Edmund, Ma’am Tamayo, Ma'am Garcia and Ma'am Ferre. Without their support and trust, I won’t be

Literary Section

IN ONE'S BLOOD

It was a bliss as I saw you
Glass doors I have walked through
I was startled to see you
Doubting if I should feel blue
For how you look so mature
At first I didn't recognize who
But somehow I knew it was truly you
Your eyes I was looking into
As I approached, you stood
I saw the things we used to do
I felt the security within your arms
A glimpse of you leads no harm
I wish everyday it was all okay
Tragic years are here to pay
Both startled with how we've grown
How I wish you were always there to hold

Time flies and things changed
Wrinkled eyes and aged face
Your voice is still the same
And the love is there to tame
Hear you talk so I'll always remember
Cause the last time I heard was in December
Your old jokes never get old
All was in ecstasy with what you told
wish you've realized that then
Questions to ponder in my head
What could've been if you were there?
Would I still be your princess so fair?
I've been longing for that embrace
Little kid waits for his king's grace
You've been the protective one
And I'm proud of whom you've become,
Dad



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Like poems, stories ,songs, etc.?
- **Creative and Imaginative?**

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COMELEC in Action

by Ricky Paul Gabilo

The Commission on Elections of Arellano University – Jose Abad Santos took the initiative to aid student organizations in electing their respective officers for the school year 2019. COMELEC Chairman John Alec Cudal and his members actively engaged in promoting impartiality and in giving equal rights to students who aspire to be leaders.

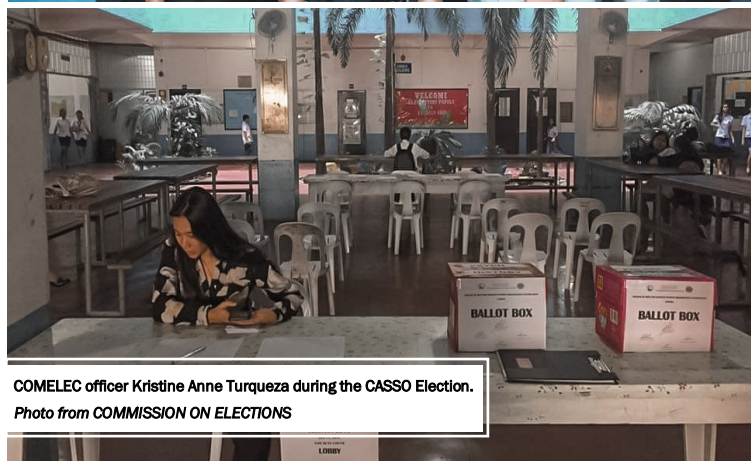
Elections of various student organizations were conducted between the months of June and July. The Parliamentarians, which Chairman Cudal led last school year, had their election on the 27th of June in which Marvy Lumampao was elected senate president. Psychology students elected Janberlene Esteban as the president of their

organization, the Psychology Society on the 28th of June. Business and Commerce Society's (BCSoc) Louise Montalvo was elected as president last July 3, along with the elected officers of the Junior and Marketing Management Executives (JMME), the Junior Financial Executives (JFINEX) and the Commerce Outreach Committee (COC), all which are under BCSoc. President Nicole P. Dela Rosa of the College of Arts and Sciences Student Organization (CASSO) was elected last July 11, 2019.

It surely is a good start for COMELEC and for the newly elected student leaders to motivate and encourage one another in the pledge to serve students and the university. ●



COMELEC Officers
Photo by Ronnel Maramot



COMELEC officer Kristine Anne Turqueza during the CASSO Election.
Photo from COMMISSION ON ELECTIONS

AU JAS HOLDS INDUCTION CEREMONY AND TEAM BUILDING

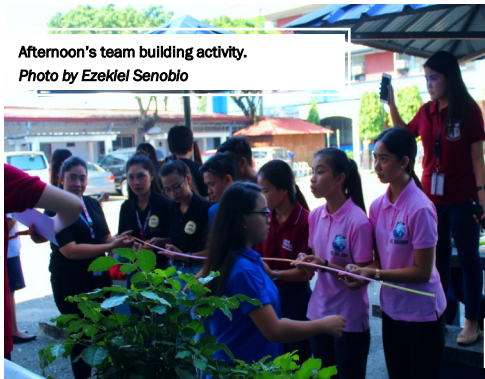
by Dan Ivan Lee Delloso

The Arellano University Supreme Student Council (AUSSC) of Jose Abad Santos held an induction ceremony for the student leaders of local organizations in the campus as their first event for the school year 2019-2020. The leaders assembled at the University Lobby on August 09, 2019, with the theme: "WeAREllano: Uniting the Leaders in taking the lead for the Next Generation."

The program started with an enthusiastic yet notable opening remark from AUJAS Student Affairs Office Director, Dr. Enerio L. Sagusay. The officers participated in the lighting of candles and oath taking of responsibility as a symbol

for officially being inducted as leaders ready to serve their fellow students with dedication and commitment. Afterwards, Mr. Enrico Lim, a representative from Every Nation Campus – a Global Campus Movement for Leaders, conducted a seminar about leadership.

The AU-SSC also prepared a team building activity where groups were arranged from mixed members of different organizations for them to establish rapport and good relationship with each other. Finally, the event ended with the awarding of the winners in the team building activity and also for the best bulletin board where several organizations won. ●



Afternoon's team building activity.
Photo by Ezekiel Senobio



Oath taking ceremony of student leaders.



Mr. Erik Del Alarcon of Every Nation Campus
Photo by Darlene Jill Marcalas

A seminar entitled "Environmental Emergencies, Terrorism, Mass Casualty and Nursing Disaster" spearheaded by Arellano University 3rd Year Nursing Students was held last August 14, 2019 at the Jose Abad Santos Campus' main building. Nursing students from all year levels were invited as well as all clinical instructors, faculty members, and the secretaries of the College of Nursing and the College of Arts and Sciences.

Mr. Fernando Atienza, a Registered Nurse, an alumnus of AU, and a Focal person of both Emergency Medical Services and Emergency Response Unit of Philippine Red Cross Pasay Chapter, was the guest speaker. He was also the first responder in Resort's World Attack last June 1, 2017.

The seminar aims to empower the participants



AU Chiefs Squad hyping up the afternoon of PEP Rally Tour.
Photo by Wilma Cabelte

The event's highlights were the celebration of #KaisaSaPagkakaiba as the whole community gathered in the quadrangle whilst cheering the Arellano University chants together with the AU Drum Chiefs and the NCAA 94 three-peat cheer-leading champion, the AU Chiefs Squad. The day also served as a platform to

IN CASE OF EMERGENCY: WHAT TO DO?

by Mica Caresusa



3rd Year BS Nursing Students together with Prof. August Manzon and Mr. Fernando Atienza.
Photo by Rysa Atender

to develop emergency management plans for providing assistance for mass casualty incidents that require preparedness and strong involvement. After the lecture and demonstration, the audience was given the chance to ask questions related to the seminar.

It was indeed an insightful program to all attendees. The seminar ended with the awarding of a Certificate of Appreciation to the guest speaker Mr. Atienza, for sharing his precious time and knowledge to the students. ●



Mr. Atienza uses a dummy to demonstrate CPR.
Photo by Rysa Atender

which livened up the crowd as the students were excited to win prizes.

What caught the attention of the students most was the dance performance of this year's AU Chiefs Seniors and Juniors Basketball team as their form of introduction to the Arellano University community.

Smiles and excitement flooded the faces of many as the program came to an end, but this certainly is just the beginning of something grand for the whole AU Community. Truly, we should all embody the theme #KaisaSaPagkakaiba in this year's season as we fight for the crown thru sportsmanship and unity amidst diversity.

PARENTS' SCOOP OF COMPREHENSION IS CALLED THE "GRASP OF SCIENCE"

by Ma. Rina Misa

An orientation program for the parents of CAS students was held last August 17, 2019 at the Function Room. Parents were invited to be informed of important matters about school activities and to be given an idea on their children's whereabouts inside the campus.

The first talk was made by the Dean of College of Arts and Sciences, Dr. Pastora L. Liggayu who

talked about the upcoming school accreditation. "A lot of preparations were made in order to pass the Compliance Accreditation. However, this needs to be done by working hand-in-hand with the participation of university personnel, faculty members, students, parents, or the University as a whole," she said.

Moreover, elaboration on some issues were discussed by Mr. John Marc G. Balano, Psychology Professor and

Guidance Counselor for Junior High School. He introduced the backbone and pillars of AU and talked about the deeper meaning and understanding of AU's Core Values and related Community Development and Outreach Programs. Lastly, Mr. Balano discussed the students' benefits like the Dean's Lister program and its processes.

The orientation concluded was informative for both students and parents. ●

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Meet the New Faculty Members of AU-ABC

by: Ressie Joy Catherine Felices

As fresh ideas drive universities, AU-ABC warmly embraced the new Department Heads of the different Colleges for Academic Year 2019-2020 bringing with them the experience and enthusiasm in creating an impact both within their disciplines and their respective colleges across the university.

This feature would be a two-part story. For this issue, let us get to know two of the newest faculty members of AU-ABC.

First off is the diligent and steadfast Program Chair of School of Midwifery.



Dr. Joycelyn Parazo-Reyes, RN, MAN, MAEd. (SpEd)
Program Chair

Dr. Reyes is a graduate of Bachelor of Science in Nursing at Urdaneta City University. She earned her doctoral degree with an emphasis in Educational Management at the Philippine Women University. She dedicated over eight years of her life sharing her medical knowledge through joining the academe.

Currently, she is the adviser of AU-ABC Nursing Society. She is also the Representative of AU-ABC in AU Faculty Organization. She is a valuable member of Ethics Review Board of Arellano University System.

Furthermore, she is currently the Research Chairperson of College of Nursing.

“My role and function as a Dean, literally, is to develop, administer, and promote the academic programs and academic support functions of the college

Furthermore, being Dean, my role is to provide leadership, conduct and implement strategic planning for the betterment of the College. It entails so much responsibility and accountability since I need to lead and guide the path of my students.

I am very excited and optimistic for the School of Midwifery. I am eager to campaign, promote and join the marketing of Midwifery as a course. Senior high school students have low information and understanding how in demand Midwifery is. And as far as employment is concerned, there is a high demand, both local and abroad, for Midwives. Currently, the midwives in the health centers and hospitals are retiring. In the past few years, there is low enrollment in Midwifery, so this is the opportunity for SHS students to take Midwifery since they have already taken two years in senior high.

Midwifery can be one interesting course to take because there are so many advantages in taking it. It is a short course that can help their family immediately because the salary for midwives in government health centers and hospitals is ranging from Php 25,000 to 30,000. Within two years, they can be professionals. For now, we are preparing and monitoring the local board examination of Christine Velasco. We are praying hard that she will pass the board.

There are so many things to plan and prepare for the College—the PRC Audit visit, hiring of new faculty, curriculum and instruction, Investiture and Pinning ceremony this October 2019, supervising the students in their upcoming hospitals and community duty and many more.

As the Program Chair of School of Midwifery, I want my students to be responsible in assuming their role as a student. my students to be responsible in assuming their role as a students.

I always believe that Poverty never a hindrance towards reaching life goals and ambitions. I am a testament of that because I myself came from a poor family in Tarlac but I managed to get out of my limitation. I believed so much in Education. I believe that Education can improve the socio-economic status of every generation. I believed in their D’s - Desire, Discipline and Determination. If you are poor and have the desire to improve life, the self-discipline and the constant determination, you will also learn the value of sacrifices towards reaching your goals.

“Have that 100% determination, hope and trust in the Almighty God.”

-Dr. Joycelyn P. Reyes, RN

As a believer in the importance of Education, she wants her students to believe in their dreams and determination to create the best future they deserve.

Having her as the Program chair of School of Midwifery, AU-ABC future midwives will do great in their field.

Now, let us get to know the meticulous and wise College Dean of College of Arts and Sciences.

Dr. Eduardo T. Senajon is a Science Education specialist majored in Chemistry. He earned his PhD in Chemistry Education at the University of the Philippines-Diliman Campus as a government scholar.

He was the former Dean of the School of Arts and Sciences at the Emilio Aguinaldo College-Manila



Dr. Eduardo T. Senajon
Dean

for 12 years and the First Recipient of the Best/Outstanding Dean Award prior to his new assignment at the Arellano University-Pasay Campus as the Dean of School of Education.

“Deans have a number of functions. In a capsule, they are responsible in setting the right direction of the college they are tasked to manage and lead. In particular, the success in the implementation of AUs vision, mission, philosophy and objectives, which ultimately cascade to providing quality graduates.

Primarily, a dean is an administrator tasked to manage the college by providing leadership among his or her colleagues. He or she directly supervises the faculty members in their pursuit of providing quality education for the students. Since the gamut of a dean’s duties and responsibilities is wide and deep, its function as leader is more difficult than when he serves as a teacher.

I would like to be part of AUs thrust and direction of achieving the Deregulated Status, as such, I would engage the college active participation in order to attain PACUCOAs Level III-IV Accredited Status. Also, I would want to offer science programs for the College of Arts and Sciences 2-3 years from now.”

“The life lesson I want to impart to my student is to put into practice the acronym, CHIEFS.”

-Dr. Eduardo Senajon

Dr. Senajon always strives for the betterment of the students and the institutions he belongs to. He makes sure that he is able to fulfill the role of a leader not forgetting his purpose of serving the College of Arts and Sciences the best education it could offer.

To be continued on the next issue..

LITERARY

Carve me a smile with a knife"
by April Casalan

I'm slowly falling,
Reality is now fading,
Everything is now in blur,
Pain carving like forever,

Freedom is what I Scream,
Wishing to awake from a bad dream,
And feelings will never fade,
Sadness now invade,

Memories are made to remember,
Something we can't get back together,
I'm a prisoner of my past,
And forever seem it will last,

Save me from madness,
Bring me happiness,
Carve me a smile with a knife,
So I could smile for my whole life,

Please hug me that tight,
This night will never be bright,
The star is now exploding,
Just like those dreams I'm dreaming.

- End -

"Prayer"
by Gabriel Antonio D. Sievert

All logic aside
Let faith preside
God, please be my guide
Across this surging tide.
Please be by my side
With Your wings please let me glide
In my heart let Your love abide
And in my life, Your light, may I never hide



School of Business and Accountancy's seminar for Future Entrepreneurs

by: Princess Raihanah Macawadib

It is the vision of School of Business and Accountancy to be a model center of learning where the students would develop business disciplines allowing them to participate and compete in the global economy. Lectures, trainings, and seminars are offered to develop the students' capabilities and capacities. And as such, with the supervision of Dr. Maria Fe De Castro, Head of Marketing Department of School of Business and Accountancy, the selected Fourth Year Marketing students led by Mr. Jio Masanori Labadnoy together with the Junior Executive Society led by Carl Louis Laya, conducted a seminar entitled "EntrePinoy sa Arellano" last August 28, 2019 at AU-ABC College Library.

It was attended by the Third Year Marketing students, Fourth Year Finance students and Fourth Year Accounting Tech students. The purpose of the seminar was to educate the students on how Entrepreneurship works and encourage them to pursue it in the future.

There were three resource speakers who shared their expertise. The first speaker was the great mind behind the creation of the Anti-Bacterial Paper Wallet, Prof. Maria Lourdes Anastacio-Belen. She is an instructor at De La Salle University-St. Benilde who was once featured in an episode of a morning show.

In her talk, she presented how she was able to come up with her simple yet not so ordinary creation. She said that coming up with a product does not have to be extravagant but instead, it should be for a purpose and with a purpose. She ended her talk with a message of using innovation as a key factor in producing a product.

The second speaker was the franchise owner of McDonalds C. Raymundo branch, Mr. Kenneth Chua. He was a soft-spoken man but an expert when it comes to Franchising. His talk sparked an interactive question and answer forum in which the students were able to ask tips on how to own a franchise. In his talk, he emphasized the importance of thorough market research and preparedness in venturing into the world of Franchising. As his ending message, he reminded the students that to be an entrepreneur might not be easy but it is worth it.

Finally, the last speaker was Prof. Gerry Badillo, Head of Finance Department of School of Business and Accountancy. His talk was a comprehensive idea of Entrepreneurship. He discussed the different factors to be considered before becoming an entrepreneur. He ended his talk by reiterating the importance of Entrepreneurship as a future career path to take.

The seminar was also graced with special dance and song performances by the AUP Dance Crew, Ms. Angelica Salazar, and Ms. Ma. Hadassa Macaranas.

Dr. Maria Fe De Castro closed the event with a message of gratitude.

An Educational Research Workshop with the School of Education

by: Monette Anne Siman

Research has been part of the curriculum for quite some time now. In order to develop the skills and widen the knowledge of the students in conducting a proper Action Research, the School of Education has decided to hold a Seminar/Workshop on the nature of an Action Research and tips in making one. To discuss and expound on how to conduct a Research and its purpose to the fellow students, the School of Education invited Dr. Gina M. Alvarado, AU-ABC Research Coordinator and an expert of research.

The seminar was held at the AU-ABC College Library last July 31, 2019. After the fulfilling discussion, the students tested their knowledge by filling up a Research Matrix with their own research concept. They were put into groups and given an hour and a half to prepare and finish their concept.

Once all of the groups were done, one by one, a group's representative explained their research, from its statement of the problem to its theory. Since everyone was successful in making a good and proper research, each one was given a certificate to guarantee that they have participated. To give thanks to their wonderful speaker, they presented her a gift and a plaque for her great discussion.

A Day for an Assembly of Academic and Non-academic Organizations

by: Princess Raihanah Macawadib

For the first time, the Arellano University Supreme Student Council-Pasig was able to gather all the Academic and Non-Academic Organizations from the Elementary to College Department for a General Assembly. It was held last August 28, 2019 at the AU-ABC Gymnasium. This was one of the firsts that the AUSSC-Pasig was able to fulfill as the new set of leaders of the student body.

It started with the Doxology followed by the singing of the National Anthem and Arellano Hymn. Mr. Ronald F. Acob, Dean of the Office for Student Affairs, opened the assembly with a message expressing his pride of seeing the gathering of the student leaders from all levels. He thanked the AUSSC-Pasig President, Angelo Espiritu, for the fulfillment of the said assembly.

After Dean Acob's message was the introduction of each organization. The officers of each organization were given the opportunity to speak and



The student leaders from the different Academic and Non-academic Organizations.

discuss their planned activities for the whole school year. The activity ended with a closing message from the AUSSC-Pasig President himself encouraging the student leaders to work as one family.

Arellano Family Fills-In Future Professionals

by: Aleona Seriel Buatis

Plato once said, "The beginning is the most important part of the work." And it's been several weeks since the official classes started, but nothing seems to stop the newest members

of the Arellano Family from knowing all their well provided services and benefits that our Alma Mater has to offer to them.

Last July 26, 2019, the newest members of the family were warmly welcomed with an assembly held at the AU-ABC Library conducted by our ever caring, reliable, and trustworthy Guidance Counselors. There were several speakers invited to prompt four (4) batches of students with everything they must know for enrolling in our university.

Some may wonder the importance of this event, but here are the reasons why General Assemblies are the most important event to attend to: (1) familiarize students with the school's policies; (2) to provide students relevant information to students all the school has stored to offer; (3) to introduce reliable people they can approach if they have any questions; and, (4) to build a better communication with the school officials and students.

I hope that these newest members of the family will get to enjoy all AU-ABC offers while gaining a great quality education.



Dean Ronald F. Acob introducing the faculty members of AU-ABC.

HON. ROMULO LEADS THE OATH TAKING OF ELECTED

> From Page 1

AU-ABC OFFICERS By Joshua David V. Ignacio

The program begun with the entrance of colors followed by the entrance of the special guest speaker, Hon. Roman T. Romulo. Afterwards, Mr. Ronald F. Acob, Dean of the Office of Student Affairs, gave the opening & welcome remarks to all who attended. Lastly, before the program proper, Assistant Vice President, Dean Maria Paz A. Mag-salin, gave an inspirational message dedicated to the newly elected officers.

The special guest speaker, Hon. Roman T. Romulo, Representative of the Lone District of Pasig City, graciously led the oath taking ceremony and left an eye-opening message to the student leaders in which he emphasized on the responsibility that has been given to them is not an occasional nor a seasonal thing but rather, it is something that they should commit to and value as they were trusted by the whole student body. The honourable guest, together with the principals and

deans afterwards proceeded with the awarding of the certificates to each members and officers of the academic and non-academic organizations to formalize the induction of elected officers. The presidents of AU-SSC and AU-SSG gave a short message of gratitude and appreciation to this opportunity given to them.

Prof. Valerie Anne C. Miranda, The Standard Adviser of the AUSSC-Pasig, ended the event with

her encouraging message, "Carry the lesson that this university has installed in you, be passionate and learn to love, this does not only translate through service it is seen through your actions, through your sacrifices, through your commitments and through your willingness to lead. To serve and not to be served, to change for the better and if not for the best."

Arellano University Andres Bonifacio Press

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AU-JRHS BACK-TO-BACK CHAMPS!

By: Lyra Ruth C. Leonardo



Photo Credits: Supreme Student Government S.Y. 2019 – 2020

AU – JRC Junior High contestants of Diwa Pasiklaban sa Paaralan 2019

Selected Junior High school students of AU-JRHS wins the DIWA PASIKLABAN SA PAARALAN 2019 on August 28, 2019.

Five students from two different sections participated in the quiz bee as the school’s representative which covered topics from Mathematics, Science, English, Filipino and Araling Panlipunan.

Raymond Lance Torres of 10-Albert Einstein was awarded the champion and Phoemela Cully Ibañez of the same section, was the 2nd Placer. David Raniel Cabua (10-Albert Einstein), Carl Alonzo (9-Narra) and Julia Coronel (9-Narra) also participated on the quiz bee. The competition was held at the AU Legarda Campus.

Malabon’s Public Information Office, the Inter-agency Committee on Anti-Drugs (ICAD) chaired by Philippine Drug Enforcement Agency (PDEA) declared the city 43% drug cleared. Malabon now has the most number of drug cleared barangays in Metro Manila.

The free seminar about Crime Prevention and Drug Abuse -

MALABON AIMS TO BE DRUG-FREE

By: Alexandra Salvo

Control lead by the National Police Commission (NAPOLCOM) aims to introduce a stronger, much secured system to the student leaders of AU - JRC.

The forum promotes the establishment of the Student Crime Prevention Committee (SCPC) under the Supreme Student Council in all schools, colleges, and universities nationwide.

Student organization representatives as well as from other departments are the attendees of the said forum. The venue is conducted at the Defensive Tactics Room on September 6, 2019 that started at 8 o’clock in the morning until noon.

BUWAN NG WIKA 2019

By: Lyra Ruth C. Leonardo



Photo credits: AU Shutter

Opening of Buwan ng Wika

“*Wikang Filipino, wika natin, ipagmalaki natin.*” Isang napakagandang mensahe mula sa AVP ng Senior High School, Doktora Emma S. Salumbre.

Sa taong ito, ang unibersidad ng Arellano, Jose Rizal Campus, ay nakiisa sa buong bansa na ipagdiwang ang Buwan ng Wika na may temang : WIKANG KATUTUBO: TUNGO SA ISANG BANSANG FILIPINO. Pormal itong sinimulan noong ika-6 ng Agosto sa ganap na 4:12-4:40 ng hapon. Pinangunahan ni G. Gregy Mark Aglibut ang pag-oorganisa at pagsasaayos ng buong pagdiriwang bilang siyang tagapangasiwa ng Asignaturang Filipino.

Hindi rin nawala ang paggabay at mainit na pagsuporta ng punong guro ng Senior High School, Bb. Ma. Aileene D. Cruz kasama ng mga guro sa Filipino. Kinapalooban ang pagdiriwang ng iba’t-ibang patimpalak, Isahang Tinig, Pasalitang Tula, Talumpati, Dagliang Talumpati, Pagguhit ng Poster, Masining na Pagkukwento, Ginoo At Binibining Etniko at Sabayang Pagbigkas na siya namang buong puso at sikap na nilahukan ng bawat klaster ng Senior High School.

Kasabay ng laban ng Sabayang Pagbigkas ay pormal ding nagtapos ang pagdiriwang ng Buwan Ng Wika noong ika-6 ng Setyembre, ganap na 1:30-5:55 ng hapon. Muli, wikang Filipino, wika natin, ipagmalaki natin!

Patawad, Inang Kalikasan Dahil ika’y pinahirapan, Inabuso at hindi napanagalagaan, Hindi na protektahan ang iyong Mga likas na yaman.

Aming mga Ina, Kayo’y sobrang nagdusa’t nahirapan, Na ang mga tao ang may kagagawan Kayo’y aming napa-bayaan.

Kayo’y aming nakalimutan, Kayo’y aming dinumihan,

Kayo’y aming ginamit ngunit nasobrahan.

Ang aming mga kinuhang yaman ay hindi namin napalitan, Ang aming ginawa ay walang kapatawaran.

Inang Bayan at Inang Kalikasan, Kung sakaling kayo man ay maningil, Mga tao ay walang karapatan na kayo ay kuwestyunin. Sapagka’t mga tao ay hindi nagtagumpay na kayo ay buuhin at ayusin.

Mga nagkamit ng gantimpala:

- Isahang Tinig**
1. Vinalyn Abut (12 HUMSS 4P)
 2. Alyssa Ashley Nual (11 HUMSS 4A)
 3. Francis Layson (12 HUMSS 1A)
- Pasalitang Tula**
1. Denna Jane Cruda (11 HUMSSN 4A)
 2. Glemark Saplad (12 HUMSS 3P)
 3. John Leonard Enero (11 HUMSS 1P)
- Talumpati**
1. Crisrina Manansala (11 HUMSS 3A)
 2. Jestone Villato (12 HUMSS 3P)
 3. Yvonne Mondaya (11 ABM 3P)
- Dagliang Talumpati**
1. Benjie Regala (12 HUMSS 6P)
 2. Jhewell Alconera (12 HE2 1P)
 3. John Domenic Acobera (12 HUMSS 2A)
- Pagguhit ng Poster**
1. Daisy Mae Malilin (11 STEM 2P)
 2. Christian Giray (11 STEM 1A)
 3. Jhon Michael De Leon (12 STEM 2A)
- Masiningna Pagkukwento**
1. Rena Sanga (12 HUMSS 1P)
 2. Jericho Bañares (11 HUMSS 4A)
 3. Princess Joey Pagibigan (11 HUMSS 4P)
- Ginoo at Binibining Etniko**
- G. James Sumalinog (11 HUMSS 1P)
 - Bb. Jamaica Lampan (11 STEM 2P)
- Sabayang Pagbigkas**
1. 12 Cluster 4
 2. 12 Cluster 3
 3. 12 Cluster 1

Labis na kalungkutan ang iyong nararamdaman, Patawad, Inang Bayan at Inang Kalikasan, Kami ay hindi nagtagumpay na kayo ay pag-ingatan at alagaan.

LITERARY SECTION

PANIBAGONG KABANATA

By: Angel Joy A. Flores

Imulat na ang mata at maghanda na sa eskwela, Simula na naman ng panibagong taon sa pag-aaral., Unang araw ay mahuhuli ka na naman?

Kapwa ko mag-aaral, umuusad ka ba o umuuring?

Ang pag-aaral ay parang paglalakbay, Makakikilala ng iba't-ibang kaibigan, o panibagong mga tao na posibleng hirap o inspirasyon ang dala, Makadadanas ng iba't-ibang balakid at hamon.

Hindi ito madali, Walang nagiging madali kung hindi mo subukang buklatin ang librong mukhang inaamag na diyan sa tabi mo, Hindi ito magiging madali kung hindi mo subukang simulan.

Kapwa ko mag-aaral, umuusad ka ba o umuuring?

Kung minsan ay maisipang huwag na lamang ipagpatuloy, Ngunit pakatandaan, Na sa paglalakbay na ito ay may simula din ang tagumpay--Iyon ay kung sisimulan mo ang laban.

Hawak mo ang ngayon at kinabukasan, ang simula at dulo, At sana'y pakahawan itong maigi, Dahil hindi lahat ay nagbibigyan, bago ka magsisi.

Huwag sanang maging kaaway ang oras bagama't sulitin ito para sa panibagong kaalaman, Kapwa ko mag-aaral, uusad tayo ng sabay.

Inang Bayan, Inang Kalikasan

By: Joanne Templanza

Patawad, Inang bayan Kung ang iyong mamamayan Ay tuluyan ng ikaw ay tinalikuran At ibang bayan na ang tinangkilik at pinagyan.



HEADLINE: The Journalist Pride

> From Page 1

By: Paul Ivan Zacarias



Photo Credits: Ms. Jessa L. Panis

The winning writers: Lyra Ruth Leonardo (Left), Jerald Beltran (Middle), and Drianna Chloe Israel (Right)

Jerald P. Beltran, Grade 12 student from ABM and the Sports Editor of The Standard, dominated every single participant and won the first place on writing sports article.

Lyra Ruth C. Leonardo, (4th place in Editorial Writing) another Grade 12 student from HUMSS and the Feature Editor of the campus paper said that the competition was not easy to the highly competitive participants from different schools. They are now currently being trained by the adviser of 'The Standard' Ms. Jessa Panis, for the upcoming Regional Level.

Alongside our editors, Ms. Drianna Chloe Israel earned the 10th place for Editorial Writing under the supervision of Ms. Isabel Leonardo.

LECTURE FORUM SERIES 2019

By: Alexandra Salvo



Photo Credits: Supreme Student Council – College Department

The Supreme Student Council Executive officers and College Coordinator of the Office of the Student Affairs with the Ramon Magsaysay Awardee 2019 - Mr. Ravish Kumar.

“No democracy can be a democracy without public demonstration,” said Mr. Ravish Kumar, a Ramon Magsaysay awardee, in his lecture, *The Power of Citizen’s Journalism to Advance Democracy*.

The Supreme Student Council from the college sector attended the Lecture Forum Series at the Ramon Magsaysay Hall, Roxas Blvd., Metro Manila. This is in celebration of the Ramon Magsaysay Festival Month Lecture on September 6, 2019.

The statement above was Kumar’s, a Managing Editor of the New Delhi Television Network (NDTV) India, imparted words regarding the state of mainstream media to today’s journalism.

The former Vice Chair of the Ramon Magsaysay Award Foundation and the C.E.O. of Cavtex Holdings, Inc., Mr. Edgar O. Chua did the welcoming remarks and introduction of the esteemed speaker, and the discussant of the lecture is Mr. Richard Javad Heydarian, a Resident Analyst of GMA News and Public Affairs.

“Disagreement is the spirit of democracy and citizenship; however, it is relentlessly being attacked every day,” Ravish Kumar declared. Regarding his stance on truth, integrity, and independent journalism, it is also his principle belief that it is in giving full and respectful information to the voiceless, in speaking truth bravely yet soberly to power, that journalism fulfills its noblest aims to advance democracy.

Tears were shed in the 4th of September at AU – JRC when selected college students had a Face-to-Face with Kapamilya Star’s Pure Energy, Mr. Gary Valenciano, in his Ted Talk. He gave insights to the students about his long journey confronting family issues such as the divorce of his parents; and his battle with kidney cancer and prevalent scuffle with diabetes. Mr. Valenciano had a hard time coping with the incessant bad events in his life to the point that his conviction towards his religion wavered. However, despite those, he saw the good in the bad and was able to believe again, stronger and heart-felt than ever.

Gary Valenciano also mentioned his children’s mental state and how parents feel and what parents should do when their family is in that condition. “Don’t be afraid to seek professional help,” he said to the undergraduates who are unsure of their situation. Mr. Valenciano also firmly questioned as to why the current generation, or *Gen Z* as we call it has the highest suicidal rates notwithstanding the fact that the present-day technological advance and opportunities is higher than the previous generations.

In his speech, he affirmed that “ –the state today has established full control over the media and the corporations.

The implication of control over the mainstream media and, in turn, the citizen’s information flow is that it limits and narrows the scope of citizenship. In other words, the media controls the diversity of the news stories and identifies what the news events are acceptable.”

From the recent turn of events regarding the state of mainstream media, Mr. Kumar asserted that freedom has become a farce. “When those that are meant to safeguard the reporters right to report made a mockery of the freedom in such an obvious way, not only our intelligence as viewers has been insulted

FACE TO FACE WITH GARY V

By: Alexandra Salvo



A photo with Mr. Edelmiro M. Fernandez (O.S.A. Coordinator), Dr. Emma S. Salumbre (Branch A.V.P.), Mr. Gary Valenciano (Guest Speaker), and Ms. Sheila L. Gabriel (Dean of Hospitality and Tourism Management).

“We don’t know what it is, but there is a problem,” he solemnly thought.

He mentioned in the Q&A portion of the event that students who are finding ways to seek help and being vocal about their state is not something to be ashamed of but is actually an act of courage. Even walking up front to ask a question or ask for advice is already an act of bravery. He encouraged students to properly discuss problems to their parents or any professional to avoid a deeper and darker state of mind. Suicidal thoughts were also brought up in the portion, and with a reverberating quote that all college students were able to feel it in their heart, “Suicide is a permanent solution to a temporary problem,” Mr. Valenciano affirmed.

Thru uplifting music that he sang in between the talk and his tender words of understanding, Mr. Gary Valenciano gave a resonating experience to those who were present. One which will be remembered forever.

The event would not be without the conscientiousness of the college organization, League of the Brave Students in Hospitality Management, and the ample support of the administrators - Ms. Sheila L. Gabriel, Dean of Hospitality and Tourism Management; Ms. Gina R. Clemente, Program Chair of the College of Computer Science; Mr. Edelmiro M. Fernandez, College Coordinator of the Office of Student Affairs; and Dr. Emma S. Salumbre, the Assistant Vice President.

Deep-rooted gratitude as well to National Bookstore who sponsored the event and to the managing team with Gary Valenciano for all the support to make the event successful.

but the very imagination of citizen journalism begins to weaken.”

Social media was also discussed in the lecture when Mr. Kumar told the listeners about the 24 year old Kashmir woman who documented the state of war in Iraq and published it on her blog. They discussed the war’s condition and was able to point out that the reporters in the state could not have done what the unnamed woman had.

Despite the act of bravery, mainstream media labeled her as a traitor to her nation.

“The media today increasingly illegitimizing the space of citizen journalism because it is simply not interested or invested in the essence of journalism anymore,” he explained.

“When the media turns against the citizens, then it’s time for citizens to take on the role of media.”

- Ravish Kumar, Ramon

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AU-EEC – Home of Beauty and Brains for the Candidate of Miss Philippines 2019: Salvejean Tabirao

> From Page 1



Ms. Salvejean Tabirao, a Grade 12 honor student from HUMSS Strand, will represent Malabon City in the Miss Philippines 2019

Miss Philippines is a national beauty pageant organized to showcase the uniqueness of our country's heritage and culture. Now on its third year and with the slogan, "Symbol of Real Beauty", the Miss Philippines pageant aims to promote tourism by showcasing the beautiful places and sceneries among the different regions of the country.

Before joining Miss Philippines, 2019, Ms. Tabirao had already joined in some competitions in her barangay and around CALABARZON. She said Ms. Philippines is the first major pageant that

she will join. When she was asked about how she feels, Ms. Tabirao expressed how happy and unexpected this opportunity is for her as she represents her hometown. She was the last person to audition for the pageant without any expectations of actually winning to represent Malabon City for the Ms. Philippines 2019. This was indeed a dream come true.

With her advocacy, "Education for the less-fortunate", Ms. Tabirao is determined to do her best in the pageant. Joining the Miss Philippines 2019 will showcase her passion in modeling and her dedication on education for the poor.

Whether she wins or not, it is certain that Arellano University and Malabon City will be proud of her representation and advocacy. #HailToTheChiefs

By Marrke-Louis Perez

-LITERARY-

“The Brightest”

By Kristine Angelle Avelino

I am now talking to the moon,
I speak out what’s going on.
Suddenly, stars caught my attention,
The dark sky got my appreciation.

The starry lights can be seen on the firmament of a clear night,
But I fixedly look on the stars that shine so bright.
Is it Polaris that twinkling?
Or a Sirius that lighting?

But seems none of them is the brightest.
I earnestly gaze on my right;
I now realized and satisfied.
The sun is on my side.
The right person is on the right direction.

Gen. Luna St. cor. Esguerra St., Bayan-Byanan, Malabon City



Young Arellanites : AU-EEC Opened Its Door to Junior High School Students

By Khyla Marie Flores

The objective of the program is to welcome the students wholeheartedly and give them some clue on what is ahead of them as they start their journey as Junior High School Students. The program started with an introduction of the teaching and non-teaching personnel followed by the discussion of the campus’ rules and regulations, teaching of Mission and Vision, and Arellano Hymn. Some parents stayed throughout the momentary program to support their sons and daughters. Afterwards, all of the students, with their advisers as their guides, toured the campus to check the facilities and rooms before they proceed to their respective classes.

The Sections of every year level is named after positive adjectives. For grade 7, there are two sections named Blissful and Joyful which refers to the state of being happy. The only section in grade 8 is called Cheerful which is defined as noticeably happy and optimistic. Grade 9 students are expected to be honest and true to themselves that’s why Truthful is the name of their section.

Lastly, Hopeful was chosen for grade 10 students for being optimistic in the midst of contrariety. According to Ms. Mudlong, she decided to choose these names in order for the students to be more inspired every day. It’s like the smell of good coffee.

PEP RALLY 2019 : SHOWCASING TALENTS AND CAMARADERIE

By Marrke-Louis Perez



tion was led by Stephen Pascua, who was once a viral sensation because of his video with over 3.3 million views. Other students have shown their brilliance as they also win prizes from the other trivia games. It became more exciting as the varsities joined the talented students on stage and danced together.

In an interview, Kent "Conductor" Salado, the "Star Player of AU CHIEFS", shared his thoughts about the branch’s PEP Rally. He said, "Matagal-tagal akong hindi nakabalik dito sa PEP Rally, parang nakita ko na sobrang happy ng mga fans dito... Kahit umuulan nariyan pa rin sila, okay lang sa kanila na mabasa para makita yung mga players".

The other members of the varsity team also shared their thoughts: their energy and excitement were overflowing, they had so much fun! The excitement shall continue as we host this season’s NCAA. #KaisaSaPagkakaiba #HailToTheChiefs!

LGBTQ PLUS: EQUITY AT ITS FINEST!



By Marjorie Camacho

In a statement by the principal, Ms. Maria Lourdes G. Mudlong, the school do not argue with the issue, but since there are many facilities in the school, it is a good idea to let the LGBTQ Plus have their own comfort rooms to use. This is done in order to show that the campus has no discrimination against the LGBTQ Plus community. She adds that the school earned credits from its stakeholders for its positive conduct towards the LGBTQ Plus students.

This news spread fast throughout the social media and gained reputation from different netizens. A lot of LGBTQ Plus students of the campus felt proud and happy about the implemented project. Most importantly, they have claimed the absolute freedom they are calling out since they had been accepted in our society.

August 16, 2019 — AU Rainbow officially launched the LGBTQ Plus Restroom in Elisa Esguerra Campus. These rest rooms are meant exclusively for the members of the LGBTQ Plus community.

Mr. Royette Alabos, adviser of AU Rainbow Club, stated that this is for anti-discrimination, comfort, and privacy not only for the members of the said organization but to all the students who belong to LGBTQ Plus.

"We respect the privacy ng mga students na lalaki at babae. Ang hirap din naman kasi na mag CR na hindi kayo komportable ng mga kasabay mong umihi. We need to create safe place for everyone." he added.

A PEP Rally was celebrated in the Arellano University Elisa Esguerra Campus on July 18, 2019. It was a lively experience for everyone. The students showcased their talents and they were given a chance to meet the Junior and Senior Basketball Teams.

The AVP/Principal of Elisa Esguerra Campus, Ms. Maria Lourdes G. Mudlong, commenced the celebration with the statement: "Sa susunod nating panonood, tayong ang mananalo dahil sa suporta niyo".

She also introduced the HUMSS student of Arellano University as representative of Malabon City for the Miss Philippines 2019, Ms. Salvejean Tabirao.

The bad weather did not stop the cheerful Arellanites as they continued to bring energy and showcase their talents at the center stage providing laughter and hype to the crowd. They had a mini competition that was led by the Dean of the Office of the Student Affairs, Mrs. Victoria D. Trivijo, of Juan Sumulong Campus. One of the group who won the mini compete-



BUWAN NG WIKA 2019 : SALAMIN NG KULTURANG PILIPINO

By Justin Mark Francisco

Sa pangunguna ng Kagawaran ng Wikang Filipino, ipinagdiwang ngayong buwan ng Agosto, 2019 ang Buwan ng Wikang Pambansa na maayroong temang *"Wikang Katutubo : Tungo sa Isang Bansang Filipino"*.

Ipinagdiriwang ang Buwan ng Wikang Pambansa tuwing buwan ng Agosto bilang pagbibigay kahalagahan sa wikang Filipino at ang kontribusyon nito sa ating araw-araw na pamumuhay. Bilang pagdiriwang ng Buwan ng Wikang Pambansa, nagsagawa ang Kagawaran ng Wikang Filipino ng iba't-ibang patimpalak at aktibidad na magpapayabong at magpapalaganap ng kaalaman ng mga mag-aaral patungkol sa ating wikang pambansa. Kabilang sa mga patimpalak na ito ay ang balagtasan, parada ng mga aklat, sabayang pagbigkas, tagisan ng talino, paggawa ng poster, pabigkas ng tula, sayaw ng kapistahan, paggawa ng slogan, at pagsulat ng sanaysay. Ipinamalas ng mga mag-aaral ang kanilang galing sa iba't-ibang larangan sa pamamagitan ng paglahok sa mga nabanggit na patimpalak.

Sa pagtatapos ng Buwan ng Wika, ang mga mag-aaral at maging ang mga guro ay nag-suot ng mga katutubong kasuotan, gaya ng barong Tagalog, baro't saya, at hijab ng mga taga-Mindanao, bilang pag-alala sa kultura ng ating bansa. Kasabay nito ang paggawad ng mga parangal sa mga nagsipagwagi sa iba't-ibang patimpalak at ang pinaka-aabangang araw ng koronasyon ng "Ginoo at Mutya ng Wika 2019".

Ang mga sumusunod ay ang mga kalahok na nagsipagwagi sa iba't-ibang patimpalak :

NCAA SEASON 95 OPENING CEREMONY - KAISA SA PAGKAKAIBA

By Marrke-Louis Perez



For the first time since joining the NCAA, Arellano University is hosting its 95th Season and held its opening ceremony last July 7, 2019. It is a job well done for Arellano University as they have magnificently shown "unity in diversity" through the performers of their school and the special performance of the "Prince of Rock", Bamboo and PGT grand winner, Kristel de Catalina.

The performers from the seven branches of Arellano University were united and did an outstanding performance of OPM songs and traditional Filipino dances followed by the special performance of Bamboo. He closed the ceremony, hyping up the crowd by singing his award-winning song "Hallelujah" along with his other titles "Awit ng Kabataan" and "Noypi". The full support of all the branches of Arellano University were seen as an estimate of more than seven hundred Arellanites who came to watch and supported the show.

Of all the AU campuses, Elisa Esguerra Campus has featured the largest number of performers during the ceremony. The pride and competency of their students were displayed on that day.

Arellano University Chairman and CEO, Francisco Paulino V. Cayco, ended the grand opening ceremony, with the statement *"Maging kaisa sa pagkakaiba. Ito ang simula ng NCAA Nobentay Singko"*.

Balagtasan

Unang Karangalan
HUMMS 12- 1A (Dexter Inguito, Via Mae Asuncion, at Carlo Seguro) at HUMSS 12-4A (Justin Mark Francisco, Rose Ann Ramirez, at Lovic Lachica)

Ikalawang Karangalan ABM 12-2P (Jenilyn Vinoya, Rica Mae Pajares, Kc Cao)

Ikatlong Karangalan STEM 12-3P (Ernesto Lumanog Jr., Shiela Marie Brondial, at Jade Hendrick Tejada)

Kwentong Bayan (Book Parade) Kampeon – G11 AM- CLUSTER 3 - ANG SAYAW NG MANDIRIGMA

Ikalawang Karangalan - G11 PM- CLUSTER 6 - ALAMAT NG PINYA

Ikatlong Karangalan - G12 AM- CLUSTER 4 - TUNGKUNG LANGIT AT ANG ALUSINA

Ika-apat na Karangalan - G12 PM - CLUSTER 9 - NAGING SULTAN SI PILANDOK

Sabayang Pagbigkas

Kampeon - HUMSS 11-3A

Ikalawang Karangalan - HUMSS 11-7A HUMSS 11-8A

Ikatlong Karangalan - ABM 11-1P ABM 11-2P ABM 11-3P GAS 11-1P GAS 11-2P

Tagisan ng Talino

AM
Kampeon - John Christian Antonio (Machining 11-1A)

Ikalawang Karangalan - Justin Mark Francisco (HUMSS 12-4A)

Ikatlong Karangalan - Jhondel Agulto (ABM 12-2A) PM

Kampeon - Mark Angelo Macalla (HUMSS 11-7P)

Ikalawang Karangalan - Mark Vincent Ampalid (ABM 12-2P)

Ikatlong Karangalan - Karla Remedie (GAS 11-2P)

POSTER MAKING

Kampeon - Maryluz Capalad (STEM 11-3A)

Ikalawang Karangalan -Madelene Erivera (ABM 12-1A)

Ikatlong Karangalan -McQuelly Jurial (Animation 12-1A)

Ika-apat na Karangalan Alejandro Salvador Jr. (STEM 11-3P)



Pabigkas na Tula

Kampeon -Elisha Pahaliah Baba (STEM 11 3A)

Meryl Joy Dimapilis (HUMSS 11-1P)

Ikalawang Karangalan - Nino Ferrer (HUMSS 11-2A)

Roselle Anne Lastimoso (ABM 11-2P)

Pangatlong Karangalan - Krissy Cline Carlos (ABM 11-2A)

Raquel Delasala (HUMSS 11-8P)

SAYAW NG KAPISTAHAN

Kampeon - CLUSTER 5

Ikalawang Karangalan - CLUSTER 8

Pangatlong Karangalan - CLUSTER

PAGGAWANG SLOGAN GRADE 12

Kampeon - Raico Jimenez (STEM 12- 1A)

Ikalawang Karangalan -Kate Manlangit (ABM 12-2A)

Ikatlong Karangalan -Kaye Gatpayad (STEM 12- 4A)

GRADE 11 (HUMSS 11-2A)

while waiting at the living room.

My dad's young figure passed over me. He is moving towards the little girl; he closed the laptop that he's holding and placed it on the couch to focus his attention to the kid. I saw the sadness in my father's eyes but he still took the cupcake, ruffling the little girl's hair with a closed-eye smile to prevent his tears from falling.

Seeing the scenario reminds me of how my father took care of me when I was a child after my mom's unfortunate death. Then, tears strolled down my face again.

I realized how much time I've wasted growing up without appreciating my father's quality time. I felt unloved. I was engulfed by my hatred and was envious of him after I found out that he will be having a new child from another woman. He's supposed to be at the hospital taking care of his new child, but he stayed here just to make sure that I am safe.

Kampeon -Irish Mae Pomida (HUMSS 11-5P)

Ikalawang Karangalan -Ricky Bajao

Ikatlong Karangalan -Dianne Krezel Agad (F&B 11-1A)

GINOO AT MUTYA NG WIKA

Ginoo ng Wika -Ivan Dave Montemayor (HUMSS GRADE 11)

Unang Karangalan - Alwyn Chua (STEM GRADE 12)

Ikalawang Karangalan -Gerald Liposana (HUMSS GRADE 12)

Ikatlong Karangalan -Jomar Teston (ICT GRADE 12)

Ikaapat na Karangalan- Christian Jake Anital (ABM GRADE 11)

Mutya ng Wika Maria Rosalle Capiral (STEM GRADE 12).

Unang Karangalan Thessamel Bencalo (ABM GRADE 11),

Ikalawang Karangalan Nicole Libaton (HUMSS GRADE 12),

Ikatlong Karangalan Shems Sureta (TECHVOC GRADE 12)

Ikaapat na Karangalan Sharmaine Sengson (ABM GRADE 12)

TIME

By Khyla Marie Flores

It never stopped, for no one could. A gem that was freely given to every species

As it started to breathe. Hence, a cliché to the world.

Too heedless to realize. As you age, you'll spend the gem. In exchange of memories and Experiences fading away.

Strike on the clock And your heartbeat are simultaneous.

Chasing every drop of a second To save yourself a rest.

It's visible to an eye When you take a glimpse. Nevertheless, untouchable to anyone.

Don't dare to lose track on time, By all odds, you might run out of it.

Time is clever, Because it takes itself back once it's given to you. An indefinite cycle of its very nature. You can trade it with money or dreams, But none of these two can redeem time.

Time doesn't die at all. The significance depends on thyself. Duration is on the hands of time, Choices are all yours. It's alive and restless.

I ran to his arms and cried my heart out. I was so happy it was just a dream. My heart felt lighter. Sometimes, a dream could be so powerful. It can make you realize lots of things in life. It also has the power to smack someone out of their unconsciousness and remind them the power of a simple "I love you."



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SCHOOL #OOTD 101

By: Tracy Alen C. Estanislao



Image from google

Choosing an outfit for a date, an event or even just a trip to the mall is quite difficult for some of us; but what would be more difficult than choosing an outfit that wouldn't bypass your school's dress code? As a student, I am particularly aware that most schools are strict with their dress codes. Schools discourage revealing clothes, ripped jeans and other pieces clothing; and its undeniably embarrassing especially when a lot of people witnessed that you were scolded for wearing a mid riff top. To avoid these embarrassing situations, I have some ideas for effortless school-friendly outfits!

1. Have an upcoming simple school event? Wear a plain, oversized t-shirt (avoid wearing shirts printed with foul words) and tuck it in high-waisted jeans or mom jeans. Pair it with your favorite white kicks and you're good to go! Simplicity is beauty !

2. Upcoming game? Put on a denim/school jacket to show your sporty side

3. Struggling to look for an outfit for an upcoming acquaintance party? Stick with your school's party theme! Always choose an outfit that'd look good and you're comfortable in at the same time since you and your school-mates will be partying the whole night. Also, put some attention to your shoes! There are many comfortable yet stylish shoes out there.

4. Trying to get your crush's attention during prom? Choose a gown that compliments your skin tone, heels your comfortable with and the smile your confident in. If you can't avoid your gown getting tucked under your feet as you walk, choose a cocktail dress with glittery accents to balance its simplicity and stylishness. Make sure that what you're wearing won't be a nuisance when you walk or dance.

5. What if an event falls on a rainy day? Wear candy-colored (baby pinks, baby blues or anything pastel) hoodies, pull overs or sweaters to still look cute even on a rainy day. Pair it with comfy jeans and avoid wearing white shoes to avoid getting mud all over it. Stick to dark-colored kicks so that dirt stains won't be much of a bother.

6. What about an event on a hot day? Wear thin, light-colored shirts. Pair it with mom jeans or any bottoms that aren't skin tight to avoid feeling irritated while sweating. If your top looks plain to you, wear platform shoes to balance your outfit. These are just some school dress code appropriate outfit ideas. As a student as well, I understand that choosing the perfect outfit for an event is hard; especially when the school has a strict dress code. Nevertheless, don't let your school's dress code ruin your day. Going on events are pretty tiring but never let your outfit show it!

Exam Week Tips & Tricks!

By: Jowielyn Domingo

Your exam week is coming and all you have by your side all night are your notes, books and coffee to keep you awake. And, on the night before your exams, you try your best not to cram every lesson and breeze through your notes and books. The next day, you can look a little messy and unprepared.

Physical appearance is the last thing that comes to your mind during exam week. You get so stressed that you don't give a care of how you look at the moment! There's no doubt that your panda eyes, oily face and pimples will likely show during exams.

But, looking presentable during an exam can a piece of cake! You don't have to put in much time and effort to look good to feel good. Self-care is also important and it can be easy. The way you look can affect your way of thinking too! So, here are a few tips and tricks to feel and look fresh during exam week:

1. NEVER SKIP A NICE SHOWER

Not only can showers clean your body, it also refreshes and cleans your thoughts. So, never skip your shower.

2. WEAR CLEAN CLOTHES

You have to look good to feel good. Feeling good can give you good results in your exams! Wearing comfortable and clean clothes can help you get thru the rest of your day.

3. WEAR A FRESH & LIGHT PERFUME

Look fresh and stay fresh with your perfume to get you going no matter how hard the exams are. Staying and smelling fresh gives you an instant positive energy throughout the day!

4. LASTLY, STAY HYDRATED! With all the stress, drinking fluids are usually the least priority. Never forget to drink water and grab a bite before and after exams! Health is wealth indeed.

AUPC Celebrates Nutrition Week 2019



By Earl Patrick Austria

Arellano University Plaridel Campus launched Nutrition Week with the theme 'Kumain Nang Wasto at Maging Aktibo, I- push Natin to,' last August 22, 2019.

To emphasize the Nutrition Week's theme, there were lot of activities conducted like Quiz Bee, Slogan and Poster Making contest, Essay Writing contest, Cooking Showdown, Table Skirting, Table Napkin Folding and the prestigious Mr. /Ms. Nutrition.

"Ang kalusugan ang pinaka mahalagang bagay na kahit kailan di maaagaw satin ninuman at magagamit natin upang makita natin ang pan- garap natin sa hinaharap",

" kaming mga candidates dito sa inyong harap ay magsisilbing huwaran upang ang lahat ng mag aaral ang Arellano University ay maging malusog at aktibo push natin to" Jhannelle Pongcol, Ms. Nutrition 2019, said.

Maintaining healthy lifestyle boosts immunity, makes one physically fit, and increase life span.

According to Tristan Angelo Selda, Mr. Nutrition 2019, "Nowadays, people tend to forget how to live a healthy lifestyle, so we need to convince, encourage and motivate them to be active with exercise and proper diet to achieve a healthy lifestyle. Healthy living is not an option, it is a

a priority. Live with it and make it a daily routine". Be an instrument and have the courage to influence everyone to be active in practicing a long term healthy lifestyle.

The Over-all event was organized by the newly elected H.E. officers with the guidance of their club adviser, Mr. Centrey Ramos and help all the H.E. teachers. Subject teachers and advisers of different strands, the judges of the different contests and all the participants of the said activity, justified how anyone can be a contributor in making everyone realize the real essence of healthy lifestyle.

Led by the Master of Ceremonies Mr. Jessie Rhex Sanguad and Ms. Loisa Ortega the event lasted for two fruitful days.

Milktea-pid!

By: Markus Owen Emmanuel Parico

The tropical weather of the Philippines make Pinoys constantly crave for cold, sweet drinks. Milktea has been a big trend in the country with the variety of flavors and combinations you can choose from. Who knew that tea and milk surprisingly satisfies the flavor palettes of the Pinoys? It reached its peak in 2013 and became extremely popular this 2019. So where to find a good yet affordable Milktea?

Located across McDonald's Gabbys in 3391 New Panaderos extension sta. Ana, 1009 Mandaluyong City, lies the 'Perfect Cup' that serves milktea from 10am - 10 pm. Their price varies from 65 php (Small), 75 (Medium), and 85 (Large). They serve a lot of different flavor to choose from: their bestselling "Classic", "Taro", and "Wintermelon. This fits the budget of Arellano University students! "Yung ambience ng place is chill lang gano'n

t a p o s
maayos naman yung pagkaka-
kaserbe and makikita mo rin
pa'no ginawa, all in all, okay
naman." said Richelle, a
Grade 12-HUMSS 3 student
as she orders the Taro flavor.
Then, she added, "Sa taro,
okay naman, timplado ng
mabuti at maayos, on point,
kaya 'di kataka-taka bakit
best-seller din nila 'yon.", she
added.

This café doesn't just offer good milktea, it also offers good ambiance for the customers. The place is filled with adorable quotes with mellow lights to offer a good experience and a comfortable feeling for the costumers as they sip and chill.

So if ever you and your friends crave for milktea, visit Perfect Cup! It's budget-friendly, yummy and only a few meters away from the campus.

* Photo from Perfect Cup fb page

AU CHIEFS' TOUGH LOSS VS. JRU

By: Kisha Marie Valeza

Kent Salado leads the AU Chiefs as they opposed against JRU Heavy Bombers in the first round of NCAA season 95 Basketball tournament. The game was held at Filoil Flying V Centre, San Juan Manila last July 9, 2019. Arellano Chiefs takes the lead against JRU Heavy Bombers with a comfortable score of 8-22 in the first quarter of the game.

Alcoriza, Bayla, and Conception really stepped up their game as they devote 3-point shots to get the lead. As the second quarter came, unfortunately the JRU Heavy Bombers made a comeback and overthrew the AU Chiefs with the score of 26-15.

By the time that third quarter came, JRU Heavy Bombers were hungry to chase more points against the AU Chiefs but with the help of Salado's consecutive shots, they managed to attain and steal the score of 56-61 against the JRU Heavy Bombers.

"Salado with a pass and Alcoriza to finish", at this point the JRU Heavy Bombers continue to seek scores and deliver some winning shots to win even though it was a big no to Alcoriza who reigned with the help of his moves just to perpetuate the scores. However, they failed to achieve it in the last quarter.

The crowd was still in awe as the game ends. It was a well played game of AU Chiefs against JRU Heavy Bombers even though AU Chiefs fall through the game.

Kahit anong mangyari, #KaisaSaPagkakaiba pa rin ang AU sa mga susunod na laro! Tiwala lang, Chiefs!

FOR THE FIRST TIME EVER: AU HOSTS THE NCAA

By: Symon C. Duardas



Photo from AU Official FB page



Equality

By: Janna Rose Mallari

Opening ceremony of NCAA 95 embarks last July 7, 2019 at the Mall of Asia Arena with the theme: #KaisaSaPagkakaiba.

As this year's host, Arellano University prepared a joyous celebration of the Filipino Culture for the season opening and all the participating NCAA schools were very well-represented. The wearing of different mythical costumes representing the different schools and the Pistahan performance were prominent in the said event.

As part of the Opening, a thanksgiving prayer was lead by the Sindaw Performing Arts Guild. The live performances of Kristel de Cataluna and Bamboo got the deserved standing ovation. But, what made the AU community more proud were the student performers during the opening ceremony who gave an astonishing and memorable performance.

The Oath of Sportsmanship was led by the Best Opposite Spiker and Finals MVP of NCAA'93 and Athlete of the Year of NCAA'94 from Arellano University Women's Volleyball team, Ms. Regine Arocha. The ceremony ended with the NCAA policy board Chairman and CEO of Arellano University, Mr. Francisco P.V. Cayco, formally declaring the official start of the NCAA 95.

Afterwards, the game started by men's basketball led by Colegio de San Juan de Letran versus Lyceum of the Philippines University, scored 84-80 in favor of Letran Knights. The next game was played by San Beda University versus Arellano University with the ending score of 59-46 in favor of San Beda Red Lions for the first round of games this season.

"*Tayo'y magkaisa sa pagkakaiba ngayong NCAA 95! #HailToTheChiefs! #AsulAtPula*"

FEATURE

AUPC STUDENT FOUND RIGHTFUL OWNER OF LOST WALLET

by Kyla Gaturian

"Sometimes it takes only one act of kindness to change a person's life." a quote that all of us should remember.

But what is with this statement that makes it so powerful? How is it not as evident these days? How can kindness change a person's life?

Last September 2, a post went viral on Facebook, the life of Ms. Seth Sevilla, a former resident of Mandaluyong, changed when her wallet got lost with the amount of

18,700 php, but was returned by turning over the wallet to police authority, Ms. Nerly Cedik by a criminology student named Joel Florendo of Arellano University Plaridel Campus (AUPC).

After this true act of kindness, it changed the life of Ms. Sevilla's as she said, "*Hindi niyo alam kung anong relief po ang naramdaman ko kasi lahat po ng laman no'n is mga pinangutang ng mama ko na OFW sa Saudi Arabia para*

para maibayad sa bahay sa Cavite." as she thankfully returned the gratitude with a smile, she added, "*Sobra sobra po yung pasasalamat ko sa kabutihang loob na ipinalamalas niyo saakin.*"

Moreover, the post have received a lot of positive and appreciative comments such as, "*Ang bait talaga ng mga criminology student ng AU!*", "*Buti ate nasa mabuting kamay yung nakakuha.*",

"*Dahil d'yan maraming blessings ang dadating sainyo!*" and many more comments from the netizens about the post. At that moment, trust in humanity was restored.

However, with how cruel the world is right now, kindness is slowly being forgotten and its meaning is slowly changing. Being kind in this world should not be a weakness. Be one of the few who, despite the difficult circumstances, can still show kindness, honesty and humility.

It is never too late. Saving a person's life doesn't need to be doing grand gestures, it can simply be by returning what is lost to the rightful owner.

Hence, to help is to not give something big. Kindness is not to expect anything in return. Always be kind.

To Ms. Cedik and to the criminology Student Mr Florendo, we thank the universe for people like you! Again,

#HailToTheChiefs!

Iisang Kabig ng Bibig, Wikang Katutubo, Isatinig!

by Erica Mae Flores

Ipinagdiwang ang Buwan ng Wika na may temang 'Wikang Katutubo: Tungo sa Isang Bansang Filipino' sa Arellano University Plaridel Campus noong September 11, 2019.

Pinangunahan ito ni Dr. Rosaline Dunuan, Punong Guro ng College of Arts and Sciences, binigyang diin niya na maraming diyalekto ang bumubuo sa ating bansa na dapat ang mga Filipino ang magpapahalaga.

Nagsagawa ng iba't ibang paligsahan katulad ng paggawa ng sanaysay, poster, slogan, tagisan ng talino, solong pag-awit at ang kaabang-abang na patimpalak ng Lakan at Lakambini 2019.

Nilahukan ito ng mga estudyante sa kolehiyo na pinatutunayan na ang kanilang partisipasyon sa ganitong okasyon ay sumisimbolo sa pagkamamamayang Pilipino

na may aking galing at talion.

"Ayon sa pag aaral ng pambansang wika, mayron tayong 186 na wika at 182 na lamang ang natitira dito, at mayrong 39 na nanganganib na maglaho. Kaya nararapat lamang na bigyang pansin natin ang pag gamit ng ating lenggwahe sa tamang paraan, paggamit nito sa pang araw araw nating pamumuhay" giit ni Binibining Mara Francia Tanghal, Lakambini 2019.

Ayon sa panayam kay Ginoong Rhandz Miguel Ballesteros, Lakan 2019, na ang sinasaad ng tema ngayon ay kailangan nating mahalin ang ating wika bagkus ito ay ating ginagamit sa pag papahayag sa anumang bagay na nakasanayan natin, marahil kung wala ang wika, paano na lamang ang komunikasyon sa iba kung hindi naman natin ito gagamitin,

kaya mahalin ang sariling wika dahil ito ay sariling atin dahil ang dilang nakasanayan ay ikaw rin lang ang makapagpapayaman para sa ating bansang Pilipinas.

Pagpapahalaga at pagbibigay pugay sa mga katutubong wika dapat isabuhay, isa itong paraan sa pagprepre-serba sa tradisyon ng bawat Pilipino.

Binigyang kulay rin nina Binibini Jacklyn Joy Sapuan at ang pag-alay ng awit ni Ginoong Ryan Mendoza para sa mga kandidata ng Lakambini 2019, ang pagdaraos ng Buwan ng Wika.

May buhay ang wika, sumasalamin ito sa kultura at sumisimbolo ito sa pagkabansa ng bawat isa.

Ang pagdiriwang ng Buwan ng wika ay hindi lamang tumutukoy sa

isang buwang pagdaraos kundi parte na ito ng pang araw-araw na pamumuhay ng mamamayang Pilipino.



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AU VOLLEYBALL TEAMS SECURED FIRST WIN ON THEIR RESPECTIVE TOURNAMENTS

By Joey D. Celespara

AU Chiefs and AU Lady Chiefs victorious against UST Tiger Spikers and TIP Lady Engineers in their respective conference’s season opener.

Arellano University Men’s Volleyball team will take part in the 2019 Spikers Turf Open Conference, a men’s volleyball league in the Philippines organized by Sports Vision Management Group Inc. Last year, only 10 teams signed up for the tournament. This time around, there will be 10 clubs and 14 school-based teams competing for the crown.

Arellano University Chiefs snatched victory from the jaws of defeat against University of Santo Tomas Tiger Spikers, 20-25, 28-26, 23-25, 25-22, 16-14 in Group D held at Paco Arena last August.

Arellano’s Anferree Curamen sealed the win via off-the-block hit, followed by an attack error from Lorenz Señorón. Dela Paz pounded a game-high 19 points along with eight excellent digs and eight receptions while Demy Lopez chipped 15 points for the Chiefs. Segovia Notched seven blocks of his 11 points meanwhile Edmark Meneses finishing with 23 excellent sets.

On the other hand, Arellano University Lady Chiefs will compete in the Premier Volleyball League Season 3 Collegiate Conference.

PVL will feature 12 of the best collegiate teams led by UAAP Season 81 Women’s Volleyball champions, the Ateneo De Manila University Lady Eagles, and the NCAA three-peat queens, the Arellano University Lady Chiefs. The defending champions University of the Philippines to skip this year’s conference.

With their moral boosting three consecutive NCAA championship title, Arellano University’s Lady Chiefs didn’t show any mercy and dumped Technological Institute of the Philippines in three straight sets: 25-12, 25-7, 25-13. Reigning NCAA Season 94 Finals MVP, Regine Arocha and Season’s MVP Nicole Ebuén had 10 points, enough to shutdown the lady Engineers.

The players were trained by Sherwin Meneses for Mens and Obet Javier for Womens.



Hail to the Chiefs!



WINLESS CHIEFS NO MORE: AU Chiefs takes down the EAC Generals

By Jeffrey Bryan Seroy

It’s been a nice day for the AU chiefs when they face the EAC Generals as they finally grab their first victory last July 27, 2019 at the Filoil Flying V Centre in San Juan.

Heading to this match-up, both schools are aiming for their first win of the season, that’s why they’re more focus to get the win. AU chiefs start the game on fire when the returning Chiefs Kentoy Salado carries the team to dominate the EAC Generals 29-15 in favor to the AU chiefs. Kentoy Salado has been out for Season 94 due to an ACL injury on his right knee “Sobrang hirap para sa akin kasi nung nawala ako, importanteng mga laban yun. Kaya nag-sipag lang ako at ginawa kong motivation yun na makabalik ako sa last year ko.” Salado says on the post-game interview with SPIN.ph. Salado has been motivated to this game by helping the AU Chiefs in both offense and defensive end. The AU Chiefs continues their run by the sweet shooting of Gelo Sablan and Archie Concepcion. Chiefs also lead the rebounding department via strong rebound skills of Justin Arana. Chiefs overpowered the Generals in the first half 47-36 in favor to our mighty Chiefs.

During the second half, AU community became much louder when the EAC Generals started to comeback and bring down the lead within 5. Back to their routine of playing hero ball was the Chiefs anchored by the king Chief Kentoy who made neces-

sary stops and force the opponent to make turnovers. He also says on the interview “Ako na yung pinakamatanda dito eh. Puro rookie ang kasama namin kaya sinasabi ko sa kanila na maglaro lang ng maayos. Sa akin lang kasi, depensa lang tayo nang maayos kasi alam naman natin kung saan tayo natatalo eh, sa depensa. Kasi yung score, darating din naman eh. Pag nasa loob ka, alam mo yung role mo dyan.”, it also helps the AU Chiefs back to the game. The backup point guard Bayla also chip in to bring back the lead to the Chiefs 59-50. The nerves begin to continue for the AU community when the Chiefs go to the fourth quarter. AU Chiefs continues to dominate EAC in all department, Legarda based squad continues the hot shooting streak that helps the team to get their first win in the NCAA Season 95.

Kent Salado earns the first player of the game for the Season. He also concluded that "Sobrang pressure nga eh kasi host kami ngayon, tapos last year ko pa at kakabalik ko lang," he said. "Pero pagdating sa game, laro lang ako at hindi ko na iniisip yun, para man lang makabawi naman ako sa teammates ko at sa school namin."

The Final Score is 86-77. AU Chiefs the went home victorious.

BRAVES KNOCK OFF RED ROBINS

By Trisha Eunice Matías

BOX SCORES			
Rellama 12	Sablaon 3	Fransman 18	Lugo 2
Lime 12	Lopez 2	Policarpio 13	Jugo 0
Templonuevo 8	Villarante 2	Galang 7	Castor 0
Nepomuceno 6	Recto 0	Echavia 5	Sarmiento 0
Tolentino 5	Tan 0	Mercado 4	Tadeo
Sahali 5	Javier 0	Ejercito 4	
Salinel 5		Buenaflor 3	
Cuenco 4			
ARELLANO 63		56	MAPUA
QUARTER SCORES: 15–4 35–20 49–34 63–56			

Arellano Braves foiled the defending champion, Mapua Red Robins after attaining their fifth triumph, 63-56 last August 10,2019 at Cuneta Astrodome in Pasay City.

The Braves set the tone of victory by making a 15-4 lead against Red Robins in the first quarter and pushed a massive offense through-out the game with Adrian Rellama as he gave 12 points and four rebounds joined by Louie Lime's 11 points and 5 boards.

Danreb Nepomuceno gathered six points and seven boards with Roadman Templonuevo who just missed out from a double-double with eight points and eight rebounds.

Arellano united San Beda at the top of the standing with 5-1 upon sending Mapua down to the last with 1-5 standing.

Anthony Fransman bore Red Robins with his 18 points, 13 rebounds, and two steals while Jonnel Policarpio chipped in 13 points and six boards, but fouled out at the 2:08 mark of the fourth.



569: HELLO 8:30 A.M. CLASS, GOODBYE MORNING RUSH

Mariel Catalan

JOSE A.S. Morning classes in private and public schools usually start earlier than 8:30 in the morning and flag ceremonies are often held at 7:30 a.m. or even earlier, which means that if you have to travel at least 30 minutes to get to school, then you have to be ready by 7. But with all the traffic jams and failing transportation system we have in the Philippines, do you think you're going to make it on time for class? Is it still fair to have morning classes as early as 7? Or are we up to the idea of banning classes earlier than 8:30 a.m.?

The Philippines is one of the few countries which starts morning classes as early as 7. Overpopulation, classroom shortage and the lack of facilities in public schools have resulted to shifting of classes, and more unfortunate for some resulting to triple shifts.

Now with Bacolod Rep. Greg Gasataya's House Bill 569 banning classes earlier than 8:30 a.m., how is delaying the start of class going to affect classes in the afternoon? One may think that it isn't the best time to file a Bill adjusting class schedules at a later time considering the limited facilities the government can offer. But discerning the positive effects it can create, a lot of students and parents will certainly agree to this. And I am one of them.

Besides, studying doesn't end in school. There are piles of research and homework that are yet to be done. In all truth, it doesn't help us students get enough sleep which greatly affects our performance and our attendance in class. A delayed class schedule means more time for students and parents to sleep. A lot of studies suggest and support evidences of improvement in class participation. Students feel less sleepy and there is a significantly higher academic engagement among them. I, for one, can attest to this.

An hour and a half of time difference doesn't seem like a big deal but for students who struggle their way to school every day and for parents who must get up before dawn, this slight change can make a positive impact on the students' performance in school. In addition, this should be a better option in taking care of the mental health and social well-being of students which will lead to assuring their safety from environmental complications.

But how is this going to affect double and triple shifting classes and all other aspects concerning education? Well, that's the challenge the government has to take. There are always solutions. Students should never suffer the consequences of the government's incompetence in giving what's rightful to its people. •

RISE AND SHINE: "THE-ADJUSTED-CLASS-HOURS-ACT" OF 2019

Maria Ysabel De Guzman

JOSE R. The Department of Education and Commission on Higher Education filed House Bill no.569 stating classes should only be scheduled to start later than 8:30 am. Bacolod Representative Greg Gasatay has high hopes to push this law in order to: Give priority on mental health problems that students these days experience, prioritize health and safety since most public schools start classes as early as 6 in the morning splitting the classes in two shifts in

order to accommodate the number of students that they have lastly to avoid doing too much workload that can lessen the stress and weight students these days have to carry.

In my opinion, this law can benefit students considering the act that many are sleep-deprived and stress-induced; hence, classes that start early aren't really going to help us concentrate on lectures. In addition, the students have to deal with this type of schedule for the whole school year.



No Classes Before 8:30 A.M.: Boon or Bane?

Daizen Ferese Ignacio

ELISA E. Last July 1, 2019, Bacolod Representative Greg Gasataya filed a bill on the subject of banning classes earlier than 8:30 a.m.

According to Congressman Gasataya, *"The State must prioritize the physical and mental health and also the social well-being of the students through the system of education which is concerned with the health and safety of students."* The lawmaker added that some factors affecting the students' schedule, such as the state of transportation, amount of school works because of the k-12 curriculum, and the accessibility of schools especially in the rural areas, are considered upon the formulation of the bill.

This bill aims to improve the students' performance and achievement. It will be convenient to the parents who wake up early every day helping their children in preparing for school. In approving this bill, the students will have sufficient time to rest, do their school works and spend more time with family. This bill will also benefit the teachers for they will

have more time preparing their lesson plans.

On the other hand, this bill will also affect schools resulting to two or more shifting time. The schools need to adjust their schedules especially those who are in the afternoon shift. They have to go home late to fill the hours needed for their classes. Furthermore, the time coincides with the rush hour that could affect the students who commute to school.

As a student who wakes up early every day, I am in favor of this bill. If this bill becomes a law, the students won't need to wake up as early as 4 a.m. This will lessen the hassles and anxiety they are facing every day. There will be sufficient time resting and preparing for school without hurry.

Since the bill is on its process, there's still many factors to be considered. If this bill will be implemented, it will benefit the students most especially those who live far from school, but still, the amendment of the bill will be based on the educational system we have in the Philippines. •

Not only will the learners have to compromise waking up early, the parents in turn have to get up earlier to prepare everything we need for school.

Studies have shown significant difference in excellence

on academic performance with students abroad that follow this law and it is probably the reason why our congress wants to follow their steps, and in the end it is also for the well-being of our country and the youth of today. •

The Bird's Not Early

Jester Muldong

JUAN S. Lisa is your typical high school student who strives her best to stay punctual despite the heavy traffic most Filipinos face every day. She wakes up extra early to avoid the rush hour and to secure a good spot in the LRT/MRT. Lisa's grades are of good average whilst trying to balance her social life as well. After school, while she can't stand the hustle and bustle of Philippine daily commute, she had no choice but to face it every day. She arrives home late and the stress does not stop there; she has her assignments, quizzes and research papers to prepare for the next school days ahead. Is there a fair solution for this problem? Does Lisa deserve the unnecessary stress of everyday commute?

The House of Representatives established the House Bill No. 569 stating that the start of classes will now begin at 8:30 am than the usual earlier schedules. This is to give substance to the adversity that most of the Filipino youth are facing, namely: transportation difficulties, number of school-related workloads, mental-physical health of students, and most importantly, the safety of the students in the public roads. In the 2018 World Health Organization Global Status Report on Road Safety, road traffic related injuries were the leading cause of fatalities of individuals aged 5 to 29 within the Metropolis. Moreover, in the light of the daily routines of students nowadays, most of them are bombarded with different requirements needed for all the different subjects; considering the interfering factors like social media, online games, video streaming etc. that will also affect their physical and mental state.

Think of those students coming to school every early morning; while the skies are still dark, and the sun is just about to shine. Consider the risks students have to take just to get to class on time. The hustle in going to class is tolerable as long as the traffic is understandable. However, risking going to school so early can also lead to high levels of anxiety and high risks on safety. As a student, we all need to rest with good enough recharge for another productive day. We all know that there are standards & expectations for us to meet as learners. However, we also value our mental health. Through this House Bill No. 569, the problems of some students will be lessened and can be a long-term solution. It foresees a beneficial outcome for us, the bearers of hope of the future. •



IS THERE A RIGHT TIME FOR EDUCATION?

Alreyanne Roscel A. Bolneo

PLARIDEL A bill was discussed on the Senate regarding the well-being of the students of the Philippines; proposed is a bill banning classes earlier than 8:30 AM. Ambivalent remarks are gathered from the citizens, but rationally speaking, it shouldn't be approved.

The talk about class schedules brought a spark when Bacolod Rep. Greg Gasataya filed a bill banning classes scheduled to start earlier than 8:30 AM in schools under DepED& CHED. Gasataya filed House Bill No. 569, stating that school hours from public and private schools should start later than 8:30 AM due to the "state of transportation, amount of workload under the new K-12 curriculum, state of mental health in the country, and accessibility of schools especially in rural areas which are just some of the conditions prejudicial to the health and safety of Filipino students."

The lawmaker, a vice chair of the House Committee on Higher and Technical Education in the 17th Congress also stated that other countries have their class schedules starting later in the day to improve the academic performances of students. If the bill is implemented, it could help the parents assess their children faster in accommodating their needs before school. If you think about it, schedule adjustments would ironically waste a lot of time.

Students attending afternoon classes would have to deal heavy adjustments made with the school system. A nationwide curfew was implemented, reaching your home immediately after classes is the hardest part of being a student—traffic being the main enemy. Also, a student's responsibility doesn't end itself in academic papers alone.

There are extracurricular activities, group meetings, student positional responsibilities etc. If the time for the opening of classes be adjusted, so will be the dismissal time too. Morning classes' dismissal might be adjusted around 4 – 5PM, which students in morning schedules avoid. Thus, the reason why they applied for morning schedules in the first place. Although, it is not about giving the time of preparation for school, it's about the responsibilities and duties that students have.

Students rationalize that by taking later classes, they are able to sleep in and be better rested — but the study found it was a lower quality of sleep. However, simply attending early classes will not raise a student's General Weighted Average (GWA), and vice-versa. A student's academic performance is a choice by a student itself, they may have personal reasons, but class schedules shouldn't be that of a big deal as a factor.

Education is never easy, it serves as a student's training ground for the future. If we strive to help students improve their academic performance, how about minimize the workload instead of adjusting the time schedules? The K-12 grading system that is in effect in present time is more centered to a student's skill and performance given that the percentage of performance tasks at 50 to 60 percent. If the main concern of the government is to minimize a student's workload, adjusting time schedules wouldn't be of much help. ●

8:30 A.M. CLASS: PERK or NOT?

Kyle Angelo Crispino

ANDRES B. Does time affect learning? Does time affect productivity?

The House Bill No. 569 proposed by Bacolod Representative Greg Gasataya draw mixed reactions to many of us. He is pushing for a law that will ban classes starting earlier than 8:30 AM. The said bill aims to address the issues of transportation, accessibility of schools, and the mental health of students. But the question is, will it be helpful to students or will it just mislead them?

There are different factors that are to be weighed before considering whether classes should start at 8:30 in the morning or not.

One factor is health. According to studies, waking up at 6:00 in the morning will help reduce the stress level because our minds are clear and fresh making it more adept in taking better decisions and planning. Likewise, in transportation, students can minimize inconvenience especially in urban areas that suffer from heavy traffic going to and from school every day. It will not be a hassle for them because they will not be facing the difficulties rush hour brings. Furthermore, students can save time allowing them to take more hours to do school works and take less time to do a task that would take more time otherwise.

However, if classes would start at 8:00 in the morning, tendency is that, afternoon shifts will adjust ending their classes late at night. It is important to consider that there are students who have extra co-curricular activities after their classes and home works needed to complete pushing them to sleep late resulting to sleep deprivation.

There is an article by Logan Judy stating that early classes are not necessarily the path to better grades. They can easily have negative effects on class attendance, sleep patterns, and emotional health.

The article is a testament that change is both good and bad depending on the affected parties. In this case, changes in academic schedule should not hamper student's spirit and perseverance to perform and do well in their classes. Students who are willing to learn would do anything to come to class prepared and on-time, regardless of schedule or starting time of the shift. It is just a matter of weighing situations and opting where everyone can benefit more. ●

NO MORE 7 AM CLASS?

Kim Zabala

MABINI Waking up early for a class is undoubtedly challenging for an ordinary student, particularly if you are here in Metro Manila where traffic is an everyday struggle. In addition to that, students that are from the rural areas are facing inaccessibility to their schools. Moreover, the amount of academic workload did not help in the so-called 'student life'.

In order to give priority to the health of Filipino students, Bacolod Rep. Greg Gasataya, filed a bill that bans class scheduled earlier than 8:30 AM. The House Bill No. 569 or shall be known as the "Adjusted Class Hours Act of 2019" seeks to rule out any educational institution, public or private, to commence class hours earlier than 8:30 AM. The Bacolod City Lone District Representative argued that the said bill is due to the "state of transportation, amount of workload under the new K-12 Curriculum, and state of schools". He also argued that several studies have found that late class hours improve the students' academic performance and achievements. The Department of Education (DepEd) admitted that they are still doubting the proposed bill. The government agency feels that the adjustment of class hours will be difficult to implement because of the double shifting class schedules. However, over the past few years, statistics have shown that fewer schools have the double shifting schedules. It is evident that we should not only prioritize school facilities but also the students themselves.

According to the American Academy of Pediatrics, a substantial body of research also indicates that delaying school start time has a wide range of potential health benefits to students which allows them to become more competitive and active in school.

The bill will also benefit those students in the rural area to reduce the risk of travelling in the wee hours of the day. Educational institutions in those areas are commonly far away from all the houses in which the students will have to adjust to arrive on time. The said bill will provide a much safer and healthier environment for them. Now, of course, we cannot talk about the 'student life' without talking about the traffic here in the city, where a lot of universities are based. Traffic is the never-ending problem of most students. The number of hours spent in school plus the hours spent on traffic will equate to less time of sleep which can lead to chronic sleep loss. Also, the number of academic workloads that came from the K-12 Curriculum will eventually damage the students' physical and mental health.

Providing a harmful environment for students is an important reason why this bill was proposed in the 17th Congress. This is a pressing issue that needs to be addressed. Is anything as important as the state of our students' health? Just like what our national hero said, the youth is the hope of the motherland. Placing our youth in a toxic academic and social environment will prevent growth and progress. ●





Virtually Disconnected

By Abie Bagay

I stood up in front of you.

I held your hand

I stared at you very closely.

Surprisingly, you disappeared

I forgot that I am the man of fictions

Where reality does not exist

Where the Ocean and Galaxy Meet

By Zepp Marinda

In a quaint, little cafe near a park, an elderly gentleman was enjoying a cup of coffee by himself, when he accidentally glanced upon a lone young lad sitting on a bench outside, seemingly distressed. Although he was not one for approaching nor conversing with strangers, he felt compelled to speak to this downcast-looking person; thus, he ordered another cup of coffee and brought it to the park. With a friendly smile, he offered the warm beverage to the boy and asked, “Is everything alright?”

Though a bit surprised, the young man gratefully accepted the drink, “Somewhat,” “May I ask what those ‘some’ may be?” Wrinkles appeared, surrounding the older man’s eyes, whenever the corners of his lips pulled up into a tiny grin. “Things have just gotten harder to bear lately,” he added, “feels like I’m sowing the ocean and the galaxy together.” Cupping the styrofoam filled with dark brown liquid, he stared at his own reflection on the coffee, eyes almost sunken and sombre.

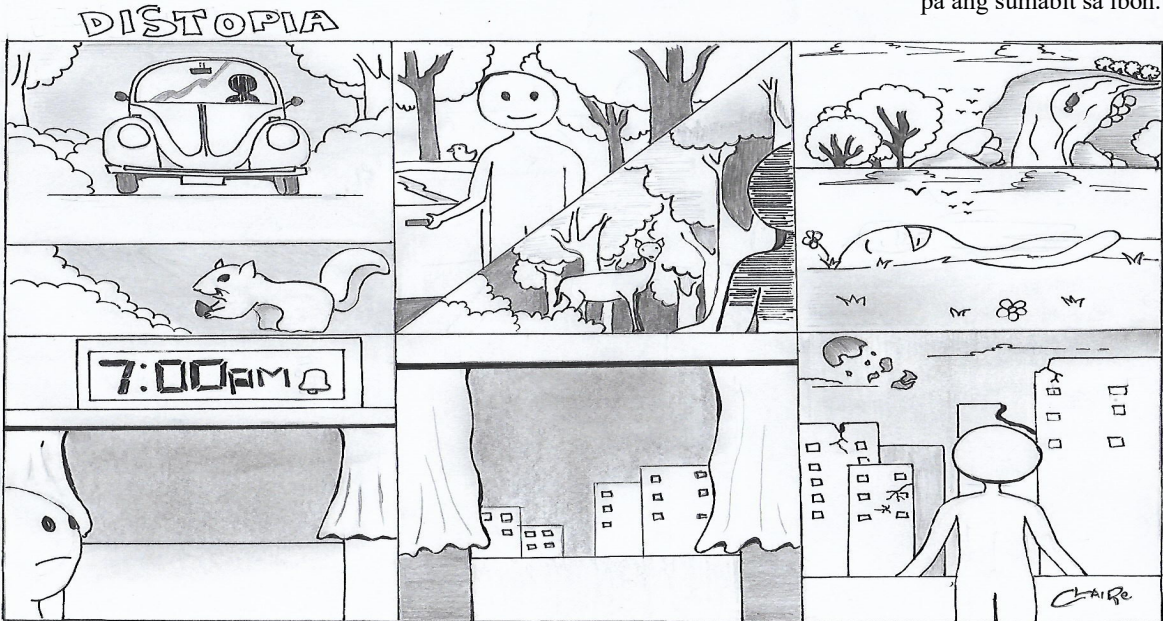
“Seems pointless, doesn’t it? Impossible, even.” Taking a seat beside the boy, the kind gentleman gave a smile, yet it didn’t reach his eyes, which were swirling in a solemn depth. Realizing the cold, hard truth in the man’s words, the boy sighed. But he continued, “then again, in this day and age, nothing seems to be impossible anymore. I mean, just look at the sky, someone created it and has succeeded. The sky is where the ocean and galaxy meet, they all look so beautiful in harmony. And you should see hope in that.”

The young man finally raised his head. “But I’m not the one who made the sky nor the ocean, I can’t do any of that.” Ruffling the boy’s hair with a pale hand, the older of the two answered, “You can’t right now, because you’re too busy fretting about what you could’ve done instead of focusing on what you can do. Of course, you can never stitch together those two vast entities together, you can only look at them and find yourself wishing and hoping.” As if to emphasize his point, he gazed up at the blue, slightly cloudy sky. “There will always be struggles, sometimes you’ll feel like you’re struggling for nothing, but when everyone or even just one person sees the beauty you’ve created, then they may see the sentiment in what you had done, struggles are what make things worth it, but you have to first see the value in your work.” His eyes held an emotion that the boy couldn’t name, almost melancholic, as they twinkled from the sunlight.

“But I can’t do it by myself.” “You can’t. No one can. We all need each other. That’s why there are so many stars in the galaxy. If there is only one, imagine how lonely it might be. How that lonesome star just drifts endlessly by itself in the empty, cold void of space. What we are is the collective aspects of everyone and everything we hold dear. We are more than just ourselves, and even more so when we’re with each other. That’s why our struggles are rewarded by the affection we’ve been given by those who we love and appreciate what we have done.”

“We all need each other. We influence each other even when we don’t try to, that’s why you have to be kind and pursue great and beautiful things. We have to influence the good things in life; everybody has dark thoughts clouding their minds, so be someone’s light for them to see the brighter side of things. So that you can see the best of the world for yourself.” When he finished, the old yet dashing man closed his eyes and felt the gently blowing wind.

Finally feeling a bit lighter and less despondent, the boy brought the now lukewarm cup of coffee to his lips and took a sip. Smiling, he responded, “...guess you’re right.” After chatting for a few more minutes about trivial things, the two of them found themselves staring up at the sky as they both finished their drinks. The boy then thanked the man for the coffee, and each went on their merry way. Unlike earlier, the boy now had a bright look in his eyes and a profound understanding of his struggles.



Asymptotes

By Abie Bagay

I saw an umbrella	The umbrella is so perfect in any angles and aspects
It has bright colors that made it glow.	But the sorrowful part is,
It has little rain drops that made me gentle	It is handled by a handsome guy whom I love
It has all the positive vibes that captivated me	With a beautiful woman Who seems to be better than me.

The Beginning of an End

By Nuela Sophia L. Niere

I remember all the looks I received that one morning. The whispering voices too loud not to be heard, and the pointing fingers accompanied by snide remarks. I remember being pushed, but no one seemed to give a care about the bruises that I took. I remember going home to a silent box of a shelter and the tears that poured down after.

I searched for different ways of easing this pain. Each one failed miserably. Until I stumbled upon the cold embrace of a thin and sharp object, and the bottles of medication that tampers the chaos in my mind. They set me off to Neverland; a place where no one could hurt me but myself.

There I tried asking for help again and again, until my voice is hoarse; until I'm gasping for breath, but just like a mute, it never reached anyone.

I would never be heard by those covered ears.

Every night I was striving for life, even for forgiveness. To be able to give peace to this broken body; to this tired mind and to this shattered soul.

My parents never questioned my stillness; the cloak of despair I was so desperately trying to remove. Even the way I trembled in front of people and how my grip on them tightens, were all ignored. Maybe because they thought I was just being shy or simply because the joyous mask I kept wearing was a sign that I could never feel pain.

But it was my turning point.

The end game I kept rehearsing.

They kept saying I did this to myself. That I was the reason for this hatred I bestowed upon my life. Maybe they were right. But how could it give justice to what those men did to me? How they never stopped using me; how they asked for my silence in turn in my life and everyone I loved. How they took turns while laughing and slowly killing me. And how I wanted to run from everything but never could.

That was when I swallowed the contents of that bottle and cut my wrists. Deeper each time I feel the pain. But how could you not, when every dream you wished for slowly fades.

Yet, I woke still.

My hand was grasped in warmth. In her warmth. She was sobbing quietly though. Her slowly graying hair, an evidence of her wisdom in this rough life. And her smile, despite her tears, didn't seized when she noticed my gaze. But those eyes, the ones that I always longed for, glowed with warmth that I was aching to feel.

And she then thanked me.

I smiled at her too.



LITERARY

The Tale For The Time Being

By Gabriela Mendoza

There is a tale about us
That alchemy resides in our blood
One cut and poison will bleed
One cut and what’s yours is now gone.

They said we have to wear armors
To hide the magic we hold
But why does even the grittiest armor,
Attracts a sword.

They said we can’t walk in their shoes.

For it’s far too big and heavy
But put themselves in our shoes
And they’ll know the terror of the night.

“Every day is a war,” they said
The street is like a minefield
Analyze it carefully
Or you might make someone explode.

“It’s so dangerous out there,” they said
Thus they taught us to hide,
Instead of acknowledging the monsters,
For it will be our fault, they said.

Do we really have to bleed?
So that you’ll know
We are as human as you,
Or would you shame us for that too.

There is a tale about us,
There is a tale about them too.
But I’m sure you’ve heard of it
So for now, let us tell our tale too.

“Agilaguna”

By Jasper Sapalaran

Kumuha ng Baso at Nilagyan ng plano

Nawalang mga agila ng di alam ng mga tao

Tinurbo ng Puno at Tinurbo din ng mga aso

Gatas at nilabas ng higit pa sa baso.

Sasakyan na mas mabilis pa sa kalabaw

Roon makikita ang bakas sa Tamaraw

at ngayon nagba-baka sakali raw

na ang Demonyo raw ay makakalaya raw

sa putikan ng mga mamamatay tao.

Hindi makapaniwala na kung sino pa

ang hindi ibon ay siya pa ang nakakulong

sa apat na sulok at di mabilang na linya

ng bakal at kung sino pa ang puno ay siya

pa ang sumabit sa ibon.



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Pastry Production, Housekeeping, Cookery,
Bartending, Caregiving, Tour Guiding Services,
Tourism Promotion Services)

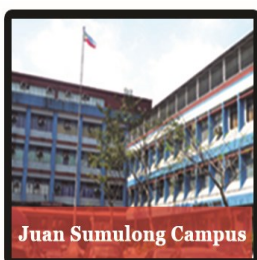
Industrial Arts - (Electrical Installation and Maintenance, Machining)
Information and Communications Technology - (Computer Programming, Animation)

SPORTS TRACK

Coaching and Sports Officiating

ARTS AND DESIGN TRACK

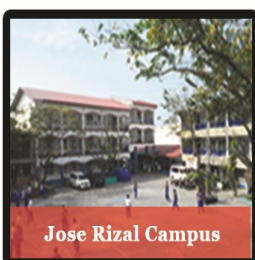
Music and Dance



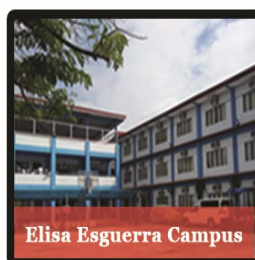
Juan Sumulong Campus



Plaridel Campus



Jose Rizal Campus



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