

Arellano University The Standard



• OCTOBER - DECEMBER 2019 • AY 2019-2020 ISSUE 2 •



INQUIRER TOUR

NOVEMBER 29, 2019

The inquisitiveness of the editors and advisers of Arellano University The Standard is as clear as day during the recently concluded tour-seminar at the Philippine Daily Inquirer's main office in Chino Roces Ave, Makati City.

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AU-EEC HOSTS FOUNDER'S DAY CELEBRATION

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Arellano University-Elisa Esguerra Campus celebrated the 127th birth anniversary of Mr. Florentino Cayco Sr. on Wednesday, October 16, 2019.

CELEBRATING KNOWLEDGE BEYOND CLASSROOMS

Celebrating the 2nd Faculty and Student Development Seminars this September 23, 24, 25, and 27, Dr. Bondoc opened the four-day series of forums with her topic – "Teenage Pregnancy"

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INTRAMURALS 2019: KICKS OFF!

Arellano University- AMC celebrates its annual Intramurals Week with the theme "Atletang AU- Mabini Disiplina at Pagkakaisa ang Una" at the school premises last October 14-18, 2019.

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AUPC CELEBRATES UNITED NATIONS DAY

Last October 25, 2019, the Elementary Department of AUPC held a United Nations celebration to celebrate the different cultures of the different countries involved.

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An Enchanting English Week

To celebrate the English Week this year, the School of Education and Young Educators' Society held a three-day celebration last November 25-27, 2019 with a theme "English Proficiency: Gateway to Environment Transformation".

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HARD WORK PAYS OFF CONGRATULATIONS!

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Medical Technologist Licensure Examination Passers of AU JAS on September 2019.



AU JUAN SUMULONG CAMPUS HOLDS SCIENCE MONTH CELEBRATION

By Jake Michael Antonio

Senior High School (SHS) Science Department, along with STEM Club officers, led the celebration of this year's Science month at Plaridel Hall lobby that started on October 7 and lasted for 11 days. With the theme "Science for the People: Enabling Technologies for Sustainable Development", students showcased their excellence through participating activity which aims to highlight creativeness and their intellectual capacity.

STEM Club officers assisted the participants who joined the Science quiz bee held at the roof deck of the Rizal Hall building. Grade 11 winners of morning-shift were from STEM 1, STEM 2, and HUMSS 1. While students of afternoon-shift which obtained the highest scores during the quiz bee competition were from STEM 7, ICT 7, and HUMSS 13. In line with this, coaches from Champion Youth Philippines (CYP), in participation of Science Department and STEM Club officers, handled a seminar about mental health awareness among selected sections from different strands. Mr. Ryan Quirante - CYP President - discussed the importance of keeping one's mind positive and gave his motivating remarks toward pupils.

Additionally, all Grade 12 STEM sections were obliged to exhibit their scientific study proposal in Science Investigatory Project (SIP), conducted in their respective rooms. Aspiring young-researchers from STEM 3 were hailed as winner, while STEM 4 and STEM 1 were next in line. At the same time, 11th graders competed in junk-art competition wherein all strands were welcomed to join. The outcomes of their project were displayed in Science fair and were judged soon after. In the end, students of STEM 1 flourished as the winner.

Science department also facilitated the annual eco-modelo contest at the AU gymnasium. Participants were required to create an eco-friendly costume to promote a waste management. Throughout the competition, Ms. Jazryl Mendoza and Mr. Israel Paguio brought home the bacon as they were hailed as Ms. And Mr. Eco-Modelo 2019.

"Our aim is to see SHS students participating and enjoying our activities because for us, it is not just to celebrate, to have competitions or events as one of the organizations of Arellano University, but we're giving them opportunities where they can express themselves, sharing their knowledge, showing how talented and creative they are, that they can't just be active inside the classroom but they can also be active when it comes to events," Ms. Macy Cariño, STEM Club President said.

DULAGIM, THRILLER, THRILLER NIGHT!

By Sheiknah Sanz



Inspired by terrifying inside stories in the university, Mr. Marc Noesis Marquez produced another showstopper - DULAGIM, presented by Teatro Arellano and witnessed last November 14 and 15 by the AU community.

Viewed by students, school staff and several invited guests, the recent production by Teatro Arellano entitled DULAGIM, from the combined words of Dula and Lagim was indeed a success. Dulagim was written by Mr. Marc Noesis Marquez - Production Manager of the Teatro Arellano. According to him, Dulagim was inspired by hair raising Arellano inside stories. It contains four stories entitled "Katok", "Laro", "Dan and Roy" and "Kabinet".

The cast of Dulagim, for "Katok" are Lyra Guerra, Ryan Atanacio and Jio Dimalanta. And for "Laro" are Thalia Dulcero, Rouelle Tierra, Noesis Marquez and Ryan Atanacio. And for "Kabinet" are Eloisa Alberto, Rochelle Hipolito, Lester Pelegrino and Cassandra Dela Vega. Lastly, for "Dan and Roy" is Lloyd Goyagoy.

"Teatro Arellano would like to thank the Arellano University Supreme Student Council (AUSSC) and the Office of the Student Affairs (OSA) for their unending support, especially to Ms. Janine Martinez, the Director of Teatro Arellano for the love and passion that you shared with us from the very beginning up to this day," Sheiknah Grace C. Sanz, Former Assistant Stage Manager of Teatro Arellano.

For those who have a willing heart to be part of the growing family of Teatro Arellano and for those who have passion and love for theater, don't hesitate to send a direct message in the Teatro Arellano's Facebook page or you may text Mr. Marc Noesis Marques (09064657110). For more information and updates please like the official page of Teatro Arellano on Facebook.

STUDENT'S TECHNICAL AND CREATIVE WRITING SKILLS EXPOSED

By Anne Cogolio



Yet another successful event pulled off by The Arellano Standard Manila in cooperation with the English Society. Senior high school and college students from different departments gathered for Exposition: Technical and Creative Writing Workshop held at the College Library's viewing room last November 22, 2019.

Professor Gary Garay introduced Dr. Maria Cuntapay

as the first speaker of the aforementioned seminar-workshop. The fundamentals of effective technical writing was discussed to a predominantly senior high school audience. As the program resumed in the afternoon, the Master of the Ceremony, Mr. Roi Laurente - Vice President of the English Society - introduced the next speaker, Prof. Gary Garay who at that moment discussed fundamentals of syntax and grammar,

WHY MEDIA CENSORSHIP IS CRUCIAL TO RESPONSIBLE JOURNALISM?

By: Mariane Lorca

CENSORED

Photo credits: vectorstock.com

In an age where information is as accessible as purified drinking water, there are a lot of things to consider. The Internet is a massive database of information. Everything you put on the internet remains there as if frozen in time. The Internet is also the home of social media conglomerates such as Facebook and Twitter. Social media dominated the internet for years now. As social media continues to grow its influence, a lot of questions are raised in different matters such as data privacy and censorship.

According to Censorship Laws website, media censorship is the act of altering, editing, or banning of any or all media that can be perceived as immoral or illicit. Noting this definition of media censorship, it does not seem harmful, in fact, it is actually better in terms of protecting the viewer from such content. Social media platforms such as Facebook and Twitter have moderators that filter these disturbing contents from the user.

It is a different story in journalism however, news are often times graphic and violent. Have you watched TV Patrol or 24 Oras on TV? You would often hear the news anchor say "Pasintaba sa mga kumakain dahil ang mga sumusunod ay karumaldumal." In delivering news, a person must be direct with the information they are giving to the public without compromising the dignity of the people involved.

Social media on the other hand is not that good in censoring violent acts. You probably have seen something on Facebook that was shared by one of your Facebook friends about this man hurting an animal or a bloody car accident. Social media news is the raw and unedited version of mainstream news. There are no news anchors to tell you what the crime was instead you do it for yourself. There are no editing team that blur the unrecognizable faces or bloodied bodies. It is all there for you to see.

Media censorship is crucial to responsible journalism because it protects the viewers from the violence and gore of the even and also protects the dignity of the people involved. In journalism, one must think about the ethical implications not only the technical aspect of the news. One must remember that behind every disturbing crime or event is another human being that has rights and that should be respected by the journalist and the media.

FAKE NEWS: SOGIE BILL WILL UNDERCUT ACADEMIC FREEDOMS

By: Dian J. Mantiles



Source: Ernie Esconde (Puntal Central Luzon)

The Sexual Orientation and Gender Identity and Expression (SOGIE) Equality bill is being slurred by people who have not interpret and fully understood it. So much more when people whose job is to implement laws are the one in peddling inane lies to deceive the public.

The initial version of the bill filed in the 12th Congress by the Akbayan party list Rep. Etta Rosales, the ADB (House Bill 2784) only wanted to address discrimination based on sexual orientation of a person. However, few advocates capitalized the need to include "gender identity" in the backbone of the bill. The bill was modified by then by the Lesbian and Gay Legislative Advocacy Network-Philippines (Lagablab) to include gender identity in 2003. It was subsequently renamed as "The Act prohibiting discrimination on the basis of sexual orientation and gender identity and providing penalties hereof." This was then provided as the basic descriptions of the bill.

The SOGIE equality bill also known as "Anti-discrimination bill" (ADB) has been emphasized by Sen. Tito Sotto to undercut academic freedoms penalizing the catholic institutions to disentangle their discriminatory measures for the LGBTQ+ students.

This statement of Sen. Sotto was maligned by Dr. Tesa Casal De Vela, executive director of Women and Gender Institute in Miriam College during the second SOGIE equality bill hearing last September 4, 2019. According to De Vela "Academic freedom does not include freedom to discriminate. Religious freedom does not include freedom to hate speech".

The practice of one's religion is constitutionally certain, but it is never absolute for it shows limitation when rights of others were being denied access. More than preparing students to become religious, sectarian and religious schools must always be weighed of basic humanistic freedom. Most cases, if the role of the school is to establish wholesome religious education, it is the dependability of its students to follow and exercise such measures.

The sources of suffering are based on unrecognized fear without full awareness and understanding. The furtherance of the SOGIE bill only accounts the measure of substantive democracy in our country that when others were marginalized, the government shall uplift the sector to balance the inequality to the social strokes.

Senate President Vicente "Tito" Sotto 3rd is one of these people. As the leader of the Senate, Sotto should exercise prudence in criticizing proposed laws. He must demonstrate to the public the proper way, one that requires careful analysis of what is being proposed.

And here, Sotto fails miserably. He accuses the Sogie bill of providing a backdoor route to legalize same-sex marriages in the country. He anchors this mistaken notion on his wrong interpretation of the proposed provision that prohibits anyone from denying a person any license on the basis of the latter's sexual orientation, gender identity and expression. He argues that this would include the issuance of a marriage license. He even cultivates an unfounded fear when he stressed that a public official can go to jail if he or she denies issuing a marriage license to a same-sex couple.

construction of sentences and paragraphs and fundamentals of pragmatics.

For students to have a deeper understanding of Creative Writing, the third speaker, Prof. Milynor Acibo, introduced everyone to poetry and its elements. She even emphasized the difference between a poem and a prose. Just like the first two speakers, Prof. Acibo gave her audience an activity which was a blackout poetry wherein students have to redact words through blacking out unneces-

sary words using a marker until they form a poem from the remaining selected words. Everyone had fun while doing this exercise as they freely expressed themselves through abstract words and poems.

After the awarding of ceremony and token to the last speaker, the program was ended by the adviser of The Arellano Standard Manila, Ms. Abigail H. Cayco - as she expressed her gratitude towards the participants, speakers, and officers during the closing remark.



CAREER PLANNING SEMINAR

By Dian J. Mantiles



In its vision to provide relevant knowledge in response to global and economic necessities, the College of Arts and Sciences commissioned the language department to induce a seminar sought to provide an intellectual pattern for a successful career development at Room 3A, Arellano University, Legarda, on September 30, 2019.

Tagged as an essential university, holistic in producing effective graduates, the seminar-workshop is held annually inside the Manila campus. The seminar is under the care of language department headed by Dr. Maria Cuntapay and Professor Gary Garay.

Having such great resource speakers from varied successful areas serve as gateway to an effective clout inspiring many students to become hardworking and successful in the near future. Mr. Christian Jasper Nicomedes, an alumnus of Polytechnic University of the Philippines (PUP) was the chosen speaker for this event.

The seminar-workshop offers vast idea in essential career planning techniques including the choice and shifting of program in college, second options in the academe and foremost, the value of time management.

Participants undergone 3-hours intensive seminar where they asked to flaunt their thoughts and perception of the topic. The invited resource speaker evaluated the answers of each participant and best outcomes were recognized during the closing ceremony of the program.



2ND PLACER
Nasyunal Na Patimpalak Sa Dagliang Pagsulat Ng Sanaysay

TOP 5 FINALIST (4th Placer)
National Spoken Word Poetry Contest

44th YMCA National Congress of College Students

ARELLANITES AT THE 44TH YMCA NATIONAL CONGRESS OF COLLEGE STUDENTS



Source: Arellano University Supreme Student Council-MAIN

Our Arellano University delegates, Mr. Jefferson Chester Juanillo, Mr. Xian Lozada, Mr. Michael Cariaga, and Ms. Shiela Violago together with their adviser Mr. Frederic Almanzan in the 44th YMCA National Congress of College Students and the 24th YMCA National Campus Club Advisers Seminar-Workshop at Teacher's Camp, Baguio City.

Also, Congratulations to Mr. Michael Cariaga of School of Education for reaching top 5 in the National Level of Spoken Poetry Competition and for winning 2nd place in the Dagliang Pagsulat ng Sanaysay.

Congratulations Michael! The Arellano University Supreme Student Council is immensely proud of you!

THE HEIGHT OF INTERNET MEME CULTURE

By Argellyne Jean Jaelenei Moriones

With the popular use of photo editing apps and social media, these images with bold white or black caption called "memes" (pronounced as mims), had easily paved their way to replace the Internet's emo-posting era. The word "meme" was coined by the biologist Richard Dawkins in his 1976 book *The Selfish Gene*, in which he suggested that ideas could replicate, evolve, and enter popular culture in a process analogous to the way genes spread. In our digital generation today, memes are widely spread across different social media platforms with various themes which often contain humor, sarcasm, and sometimes logic. React then share — that's the netizens' golden rule and anyone having the audacity to share a meme without even reacting would probably be unfriended with a gritted teeth.

From image macros (any image with witty text or some kind of catchphrase imposed over it, usually in black or white bold font), to GIFs or GIF reactions, to video memes, netizens have found another way to enjoy social media sites especially Facebook. But these memes are not posted for mere entertainment only because they can also be used for a deeper purpose; to deliver political messages and promote ideologies weaponized to influence the netizens, and soon, the public masses. Several online communities like 4chan and Reddit play a major role in "weaponizing", or the process of creating and spreading memes with the goal of making an idea become viral. You may not be aware, but you might be unconsciously supporting a communist or a terrorist ideology just by sharing memes.

Meanwhile in the Philippine setting, Filipinos have found a new medium to translate jokes by creating memes. We, Filipinos, are well known for having wit and a good sense of humor. Thus, popularizing and intensifying the meme culture in the Philippine online community. However, we must always bear in mind to observe proper netiquettes (internet etiquettes) to avoid unintentional cyberbullying because some jokes that we think are supposedly be funny might be diminishing someone's self-esteem.

So for now, if you are not up to something, go get your smartphones, log in to your Facebook account and say yeet to massive humorous memes flooding your newsfeed today!

Parents: be home before 10pm
me who went home at 2am:



INQUIRER TOUR

The inquisitiveness of the editors and advisers of Arellano University The Standard is as clear as day during the recently concluded tour-seminar at the Philippine Daily Inquirer's main office in Chino Roces Ave, Makati City. Student-writers' curiosity about journalism seemed cosmic, inconceivably vast as they ask nonstop questions during the open forum. Then quickly, they roamed around the printing press of The Philippine Daily Inquirer



and closely-viewed the steps on how they produced broadsheets to be delivered in the country on a daily basis. The Philippine Daily Inquirer uses soya ink and papers that are six times recycled.

HEADLINE

Feature



HINUGTAN BEACH: A PARADISE AWAY FROM THE LIMELIGHT

By: Jeanette Tropa



Are you thinking of going to a fine vacation into a captivating beach after a stressful school engagement? Are you thinking of enjoying that vacation as if you're scrolling along a sundry of seascides without a bunch of tourist crowds along your way? Or are you thinking of an aesthetic destination with exciting spectacles and can offer you waves of gateway adventures? Well, if you are, I suggest you a great and vibrant place to add on your bucket list. Ready yourself to embrace the open air and soothing waves of Hinugtan Beach in Buruanga, (pronounced as bur-wang-ga) Aklan.

A general direction of sunset rise against Buruanga, a district in Aklan, the westernmost part and a boundary of Aklan across its neighbouring province along the Panay Island. Here, you can find the so-called Hinugtan Beach, a spitting image of Boracay Island for they both possess white sand. But it is not just about the white sand, this intriguing Hinugtan Beach can offer us more. It is a perfect place for adventurous visitors for it offers a great number of pleasurable experiences such as snorkelling and diving so as a perfect place of underwater exploration. This place poses a great and relaxing ambience because it's not crowded and no loud noises which will enable you to enjoy your privacy. It is a good place to clear one's mind and get away from the busy city for the mean time. This beach also features Godly sceneries, from its surrounding cliffs, corals, to its playful waves and its aqua blue clear water that is very inviting. PREPARE YOUR CAMERA, a very essential reminder, for it is indeed a world-class paradise and an instagrammable beach.

However, going there is a kind of hassle and tiring for some roads were not that well-constructed, and it takes you 2-3 hours of trip coming from Kalibo (capital of Aklan) to Buruanga town-proper. You can rent or ride a van (it usually costs 200-300 pesos) if you wish to use land transportation. As you arrive to the town, you can hire a tricycle or motorcycle to send you off to the beach. Meanwhile, if you are off on sea transportation, from Caticlan, you can hire a boat though the price varies per driver or operator, but it usually depends on the number of passengers (it usually costs 50 pesos or so). But I highly recommend you to take land transportation for it is much safer than the sea, because some boat farers don't provide life vests. You won't have a problem while you are in this adventure for people there are hospitable and generally accommodating.

District of Buruanga, so as Hinugtan Beach advocates conservation of marine resources and environment friendly grounds. For this reason, the beach was remained untouched (virgin island as what they used to call it). It has cottage, resorts and small villas which accommodate visitors so they can rest for a day or even overnights for a cheap price. Instead of an entrance fee, Hinugtan Beach charges 40 pesos per head (excluding the driver if you rent a vehicle) for an environmental fee. Buruanga residences are free from it. They also have first aid personnels in case of some incidents such as sea urchin poisoning. However, night life and extreme beach activities have no place on this beach. Compared to Boracay, Hinugtan Beach is undeniably much better in terms of cleanliness and ambience.

Indeed, Hinugtan Beach embodies a romantic seascape, and it sways to the world of splendid escapade with various context. The sun is rising to strike rays to its playful water. Each bud comes together to form a beautiful coral. Treasure this limelight and appreciate its horizon. Prepare yourselves for another adventure. Anchors away!

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STEM WEEK 2019: SCIENCE FOR THE PEOPLE: ENABLING TECHNOLOGIES FOR SUSTAINABLE DEVELOPMENT

BY KIM ZABALA



Photo taken by Jhastene Phoebe Dargantes: STEM 11 students binyag during the STEM Week.

Arellano University– Apolinario Mabini Campus STEM Department held its annual STEM Week spearheaded by Ms. Sarah Lee Fedelin (STEM Coordinator) with the theme “Science for the People: Enabling Technologies for Sustainable Development,” last September 18-19, 2019 at the campus quadrangle.

The three-day event consisting of Science related activities are set to entice and attract the students into the Science world. In the first day of the said event was the opening program then the Grade 11 STEM students underwent a "STEM Binyag" in which STEM Grade 12 throws color powders to these new STEM students as a symbol of the beginning of their journey as a STEM student.



Photo taken by Shaina Galapon: Awarding Ceremony, STEM QUIZ BEE 1st Place during the STEM Week.

The STEM Society had organized a number of exciting STEM-driven activities for the students which included a Science, Technology, Engineering and Mathematics exhibit where four classes of the STEM strand prepared for. The first exhibit is from STEM 11 A with the theme Computer Engineering, followed by the STEM 11 B with the theme Mathematics Algebra, then the STEM 12 A with the theme of the Different Branches of Science and STEM 12 B with the theme Technology. The exhibit was visited by the instructors for judging. The event was followed by the Geometric Playground where different strands enthusiastically competed.



Photo taken by Philip Constantino: Angela Carloy Slogan Making Contest (1st Place) during the awarding ceremony of the STEM Week.

The second day was the day for the following contests: Poster Making Contest, Slogan Making Contest, Stem Quiz Bee, Chess Tournament and the STEM Seminar. The events were participated by the students showing their different skills in the field of Science. The last day of the event compromise of the awarding ceremony, these are the following winners: Exhibit; STEM 12 A (1st Place), STEM 11 B (2nd Place) and STEM 12 B (3rd Place). In Geometric Playground; STEM 12 B (1st Place), STEM 12 A (2nd Place) and STEM 11 B (3rd Place). In Slogan Making Contest; Angela Carloy ABM 12 A (1st Place) while in the STEM Quiz Bee; Froison Pulido STEM 12 B, Kin Ace De Lara STEM 12 A, Gian Lourden Yap STEM 11 A and Jon Remix Aquino STEM 11 B (1st Place).

AU-AMC CELEBRATES ITS TEACHERS

By Yvon Melicio



Photo taken by Jeffrey Espiritu: AU-AMC Faculty and Staff with the selected Supreme Student Council (SSC) during Teacher's day celebration.

In celebration of Teacher's Month, Arellano University– Apolinario Mabini Campus held its Teacher's day spearheaded by the Supreme Student Council (SSC) at the school quadrangle last October 8, 2019.



Photo taken by Jeffrey Espiritu: Mr. Drew Santos in his priceless smile in the game during the Teacher's day.

Teachers were introduced by Strand Department walking up to the stage with their selected students. Letters were prepared and stored in an envelope coming from their respective students which were read to them during the event. It was filled with heart-warming messages that made the teachers emotional and it can be seen that they were moved by the letters that their students have written for them.



Photo taken by Jeffrey Espiritu: A group of teachers during the calamansi relay planning their strategy in the game.

As a way of pay back to the dearest teachers, the day was for them to enjoy given the fun games such as calamansi relay and whisper game. It's visible from the face of the teachers that they were having fun playing since it's the day that they are not holding red pens and class records. Certificates were also given to every teacher to show gratitude and respect for their profession. A simple gesture of appreciation from their students cause them an inspiration and feel they are really a hero as the saying says “My Teacher, My Hero.”

Feature

THE BOOK THIEF: WHEN DEATH HAS A STORY TO TELL, YOU LISTEN.

By Kenshin Dijamco

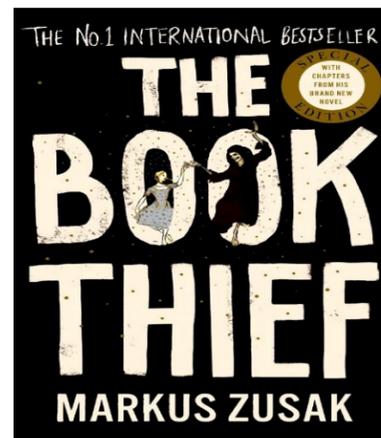


Photo taken from: book.google.com

The Book Thief is a historical novel by Australian author Markus Zusak and is his most popular work. It was published in 2005 and became an international bestseller and was translated into 63 languages. The novel revolves around the life of a girl who in a very young age learns how to steal due to their status in life. Along with an interesting plot, setting, and themes that tackles prevalent issues, the novel is worthy of the luster and recognition it has retained throughout the years.

Liesel Meminger, a girl who witnessed the death of her brother at a very young age and finds her life changed when she unearths a single object from the snow. It is a Grave Digger's manual left there by accident at her brother's funeral, which is also her first act of thievery. This story tackles both society and education dilemmas that is a big problem now. Currently, there are still countless amount of children that are uneducated because they cannot afford to study. Due to poverty, education for them is just impossible and instead of finding a job, they resort to doing things that aren't accepted by society. A lot of people do bad things because they were not properly educated and they need money to live. And most job nowadays needs a certain level of education.

Another way to relate this is “Books as a form of escape and enlightenment,” children who are affected by poverty are opened to societal issues at a very young age. They are exposed to it all and can't do anything since they don't understand what's going on. Being knowledgeable about these topics will give them the ability to actually have a stand.

The author used Death as a Narrator not because it could be a good character, but because it shows a purpose. Death is still a big problem in our society today. And people don't know how to accept the fact of death as part of the human path. They are witnessing these deaths without the understanding of what rights they have. This book is inspiring since it will teach you why we need to value the little things we have, such as education. Being educated has a big impact to our society so don't waste it. This book targets adolescents who are looking for answer to why we need to study.



**AU- AMC INTRAMURALS 2019:
KICKS OFF!**

By Paolo Miguel Nobleza



Photo taken by Jeffrey Espiritu: *ABM Department received numerous of awards during the awarding ceremony of the intramurals.*

The four-day event started with the parade of the athletes together with their candidates for the Mr. and Ms. Intramurals 2019 inside the campus grounds. The lighting of the torch is led by Mr. Rico Macasusi and Mr. Von Myer Dela Cruz (Members of the AU- Mabini Basketball Team) in behalf of all students competing for the games of this year intramurals. On the other hand Ms. Nica Angel Carl Dajan (Team Captain of AU- AMC Volleyball Team) and Mr. Gabriel Capitin (Team Captain of the AU- AMC Men's Volleyball Team) took the Oath of Sportsmanship. To formally start the events for this year's Local Intramurals 2019, Mr. Fedelito T. Bobaco (Coordinator of the Sports Department) declared the Formal Opening of the Games.

The opening was followed by the search for Mr. and Ms. Intramurals 2019 where the candidates from different strands showcased their beauty, talent and intelligence. The audience were enthusiastically cheering for their candidates starting from their production number, sports attire to the question and answer portion. The following are the winners for the Mr. and Ms. Intramurals 2019: Mr. Justine Ramirez and Ms. Khyleene Gail Domingo (2nd Runner Up); Mr. Andrei Reblando and Ms. Nanette Benigno (1st Runner Up); and Mr. Sahur K. Abdulrahman and Ms. Angela Mae D. Balmes (Mr. and Ms. Intramurals 2019).



Photo taken by Jeffrey Espiritu: *The newly crowned Mr. and Ms. Intramurals 2019.*

The remaining days of the intramurals were for the competition of Chess, Volleyball and Basketball from elimination to the final competition of the participants from the different strands. The final competition in Basketball was the game between ABM 12 and HUMSS 12 while in Volleyball (Men and Women) was between ABM 11 and ABM 12.

Teachers were also given the chance to showcase their skills in sports specifically in Volleyball from which they were divided into two teams named Jackie and Cassie.



Photo taken by Jeffrey Espiritu: *HUMSS 12 Basketball Players after beating the ABM 12 in the Basketball Championship.*

These are the following winners:

Volleyball Competition:

Women's Division: ABM 11 - Champion
Team Captain: Ma. Deirdre Weda Durante

Men Division: ABM 11 – Champion
Team Captain: Denzel Erick Cundangan

Basketball Competition:

HUMSS 12 – Champion
Team Captain: Jan Rico Chavez

Chess Competition:

Champion: Zyus Jan Cruz
STEM 12 – A

AU- AMC ACQUAINTANCE PARTY:

THE REWIND

By Shaina Galapon



Photo taken by Jeffrey Espiritu: *A group of student band performing during the Acquaintance party.*

Last October 10, 2019 Arellano University- Apolinario Mabini Campus held its Acquaintance Party with the theme "Retro and Vintage: A travel back in time," organized by the Supreme Student Council (SSC) at the school grounds.



Photo taken by Jeffrey Espiritu: *The Glee Club singing the doxology during the Acquaintance Party*

The event was highlighted in the star like rampage in the red carpet of the students and teachers with their retro and vintage attire. There was also a search for the special awards given in the event such as Mr. and Ms. Lost in Time, The Pale Rainbow and Outfit Of the Night. This was followed by the Live Band presented by the different group of students. The students were able to unwind and live in the moment while singing along with the band. The event was also open for the socialization in the slow dance and party session of the said event.

LITERARY CORNER

THE CANVAS

BY LIANA TABASIN

Autumn leaves fell, shade of auburn soon
turned over the ground grassy,
The place was all cozy, cold winds embraced my
fragile body
I felt the glimpse of good isolation, indeed, a
sanctuary
Bittersweet it was, because I knew it wasn't
reality.
I opened my eyes and looked at the image of my
life's piece
Enormous and clean it looked, but its still empty
as I can notice
I couldn't avoid to be involved in a striking pain
of insecurity
I wish I was like them, painted blissfully.
So I travelled, wandered along the depths of my
dreams,
Lonely and being pulled back into the pit of peo-
ple's expectations constantly
I was torn between following what they wanted
for me and just being me
The confusion made me lost, confusion marked
all over my body.
Still travelling until the day the light of hope
came, finally
Realized it wasn't about finding the true mean-
ing behind my life
It is about creating the canvas, filling colours
inside
Painted by your own hands, without minding
the judgement of other's eyes.

TIPSY

By Shaina Galapon

Liquor everywhere,
Blurry eyes but I saw him,
Sitting next to me.
Slept on his shoulder,
Woke up and realized that,
He is the right man.
He is the right man,
I was on his right shoulder,
That left me in doubt.

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Arellano University Apolinario Mabini Campus Press

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HEROES WITHOUT CAPES

by Ma. Rina Misa

“My Teacher, My Hero.” is this year’s theme for the World Teacher’s Month and Arellano University - Jose Abad Santos Campus won’t miss celebrating this event for our modern day heroes. Held last October 5, 2019, college professors were honored and merited for their dedication in teaching.

Faculty staff from different departments attended the event and have witnessed video presentations prepared by their respective department student leaders.

Moreover, students expressed their appreciation and heartfelt gratitude to their professors by writing dedications on the *Gratitude Wall*. The Performer’s Guild rendered them with songs and a dance number.

Teaching is a difficult profession and it takes strong compassion to be a real teacher. They dedicate themselves for the growth and learning of their students. They are true heroes of this modern day. Kudos to all teachers! ●



Professors of AU JAS with AUSSC Pres. Gee Nery (wearing red shirt)
Photo taken by Kris Turqueza

HIGHER STANDARDS FOR “THE STANDARD”

by Christine Joy Malaca

The Arellano Standard - Jose Abad Santos Campus held a News Writing Workshop on October 7, 2019 at the school's Function Room where college students and members of the said organization attended.

Andre Mae Bacolod, a former EIC of The Arellano Standard JAS, was one of the speakers of the event. She gave a talk on News writing 101 and encouraged everyone to get involved in the workshop through various activities she prepared. Maria Frances Rosa Bocatcat, also a former EIC of the same organiza-

tion discussed Campus Journalism and Feature Writing. She conducted activities and gave prizes to its winners. Both guest speakers shared their experience and journey as writers of the school newspaper.

Through this workshop, students and staff writers were encouraged to be versatile and creative in writing. The Arellano Standard has come a long way and with its growing number of members, workshop and seminars vital to its development are much needed to produce above the standard write-ups. ●



The Standard JAS' Editorial board together with guest speakers and participants
Photo by Ezekiel Senobio



Joydill Gaviola during the Feature Writing activity
Photo by Ezekiel Senobio

ANIMO TURISMO!

by Ricky Paul Gabilo

In line with the celebration of the World Tourism Day, the School of Hospitality and Tourism Management of Arellano University - Jose Abad Santos Campus held various events on October 11, 2019.

SHTM students attended a seminar on Tour Guiding and Tour Packaging Proposals in the morning while during the afternoon, a fashion show was held where selected Tourism students walked on the runway wearing collections of fashion designer, Khandie Segovia. Flashy display of Segovia’s intricate designs was the highlight of the day.

The SHTM students were able to hold a very successful event wherein faculty members and alumni worked together in order to give the best for their students. They are beyond grateful to Ms. Khandie Segovia, Dean Florenitte De Guzman, faculty members of SHTM and the alumni for their support and great efforts to make the event grand. ●



AU IDOL Goes OPM

by Dan Ivan Lee Delloso

The Supreme Student Council and Performers’ Guild of Arellano University - Jose Abad Santos Campus held the annual singing contest, Arellano University Idol, or most commonly known as AU IDOL. The competition was held at the University Lobby on October 5, 2019. It was participated by 20 students from different departments and colleges.

Each participant performed an OPM hit that surely made the audience feel both broken and ecstatic. The competition was judged by a group of notable alumni, who displayed great talent in the art of singing. The judges were put on a tight spot as all of the performers gave their best and laid on a great show. 2018’s AU Idol Champion, Mary Joy Barco, also showed her talent

when she performed a song for an intermission number.

The 2nd runner up was Ma. Shaina Michaela Kitchon, 1st Runner up was Rolito Bazar and AU IDOL 2019 Champion is Gillian Marie Cortes, a Medical Technology student, with her winning song “Luha.” The three winners will represent AU JAS on the University Wide AU IDOL that will take place at AU JAS on December 16, 2019. ●



AU IDOL 2019 Champion Gillian Marie Cortes
Photo from AUSSC JAS FB PAGE



AU IDOL contestants receive their OMOI White gift packs
Photo from AUSSC JAS FB PAGE

KEEPING UP WITH MARKETISTAS

by Joydill Gaviola

The Junior Marketing and Management Executives (JMME) of Arellano University - Jose Abad Santos celebrated BA Week with a creative and innovative activity “TatakMarketista: A Remarkable Connection.” Product and packaging presentation, commercial jingles, parodies and sales demo were presented during the activity which was held last October 3, 2019 at CB 303.

The contest commenced with the group category’s 3-minute presentation of their products, recorded video jingles and parody entries. The single category was an actual presentation of sales demo.

Under group category, participants from the 1st year level won all the awards, namely “Potato Bombs” for *Best in Packaging*; “It’s Cheesetime” for *Best in Tagline*; “Nacholicious” for *Best Presentation and Jingle*, and “Lucky Me” for *Best in Parody*. The single category sales demo winners are: Josef Borja, Christine Joy Cordova and Lemuel Juan.

Marketing students of AU JAS actively involved and showed their skills and talents in a competitive and meaningful spirit during BA week. ●



JMME together with the event's Judges
Photo from JMME



© JMME



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SO YOU THINK YOU CAN WRITE?
YOU'RE IN, LITTLE SHAKESPEARE!
THE STANDARD NEWSPAPER IS FOR YOU TO ROCK!
VISIT OUR PAGE AND SEND YOUR ENTRY:
@TheStandardArellano



PEG RECLAIMING THE STAGE

by Joshua Calim Diolola



During PEG's intermission at B.A. Week

The Performers' Guild (PEG) is an independent theater group of Arellano University - Jose Abad Santos which aims to develop confidence and enrich talents of students through meaningful collaboration and integration of various talents.

PEG was established way back in 2014, their first performance was in a concert called "THE COLLAB: TRUE PERFORMERS 2016" held at AU-JAS' campus ground.

However, after their debut concert, the group can't find their way back to limelight. "It was year 2017 when the majority of the members were graduating students and others were becoming inactive. So, I was the only member left," said James Paul Constantino - a pioneer member of PEG. But a strong passion for singing led James to revive the group. He asked help from Raven Amandi - PEG's former president, to give him a leg in order to bring forth the group.

The old adage "no matter what happens, the show must go on" prevailed to live in the spirit of members of the group, despite not having an adviser, conflicting schedules, and individual and cultural differences, PEG members are now very active and they always allot time for their practices. They believe that the heart of a true performer lies in his passion to inspire, motivate and help others grow as performers. Now, the group has 48 members from different college departments who also share the same passion. Also, PEG encourages students who are not so talented but willing to be trained to join their group.

Should you expect a blast performance from PEG? Wait until it surprises you because in February 2020, PEG will be having another concert and this time, a special guest will be joining them. •

FEATURE

TOYS INFINITY AND BEYOND!

by Magie B. Ramos

"Old but Gold" the 90's kids' childhood memoir premiered its fourth sequel last June 2019, the well known animated movie series "Toy Story 4".



Toy Story 4 (Sheriff Woody at the center)

To give you a background, "Toy Story" is a 1995 American computer animated film by Pixar animation studios and released by Walt Disney Pictures. The film is almost at its 25th year along with its sequels, but the nostalgia that it brings to the viewers is timeless.

Way back 2010 when "Toy Story 3" was released, the metamorphosis of the toys' first owner - Andy, was shown from childhood to adulthood, wherein he had to give his toys to a new young owner - Bonnie. At first, he was hesitant to give away his Sheriff Woody toy that was very sentimental to him and not to mention, his favorite. The film ended perfectly, with the toys having their new owner and Andy going to College.

But the writers have gone beyond their viewers' expectations when they released a fourth instalment in the series. The "Toy Story 4" which mainly involves Sheriff Woody, as the main character, who wandered and sought for his purpose as a toy, since his kid owner - Bonnie found a new apple of her eye. Woody then felt unneeded, but eventually reunited with his good old friend Bo Peep, and through her, he found himself a new purpose - and that was to help other toys have an owner. Because of this, he had to part ways with Buzz Lightyear and his other friends. Of course it can't be Disney-Pixar

film without a tear-jerking end.

The film never failed to bring its viewers' inner child in a heart-warming way, thanks to its writers. But the animators also deserve applause for the evident development of film's animation as it exceeded its predecessors.

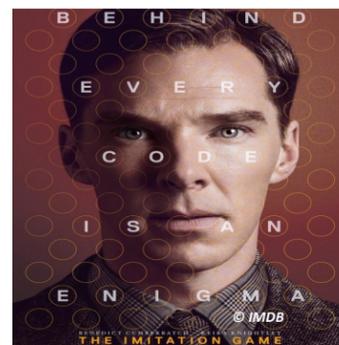
People constantly change, their priorities, preferences and so on. One day you're into a certain thing, the next day you're not. Just like the toy owners in the film. However, "Toy Story 4" is implying that, like Sheriff Woody and Buzz Lightyear, People: Families, Friends may part ways, but it is their shared memories that binds them "To Infinity and beyond..." •

EPIC BIOPICS

by Mariel B. Catalan

FEATURE

Watching films is like having a sneak peek to different places. Others prefer traveling to worlds of fantasy where there's heroism, sorcery and other things that tickle people's adventurous side. But when it comes to the realm of reality, biopics or biographical films will take you not just to the other side of the world, but will travel you back in time. For reel.



While a lot of notable, noble or Nobel laureates gained historical fame, there are underlying truths behind their glory.

The film *A Beautiful Mind* is something you could've heard many times already. But have you watched it? Well, you should. It is a story of John Nash, a Nobel Laureate in Economics, who later in his life was diagnosed with paranoid schizophrenia. He doesn't have a third-eye, but he's friends with people only he can see. The rest of the story will be a surprise you should not miss.

Fan of Benedict Cumberbatch? Another movie that's worth watching is the story of Alan Turing in the movie *The Imitation Game*. Not only because it's an English film that made its story complex, but because the story revolves around deciphering codes.

And not just the codes that we know, but the kind that can save millions of lives. Despite his numerous achievements and contribution in the field of science, he was never recognized in his home country due to his homosexuality. And yes, the said movie tells that side of Turing's story.

Films touch lives because people can easily relate to them. We felt *kilig* over Jack and Rose's love story, we were furious when John Wick's dog, Daisy, was killed, and we all mourned when Tony Stark died. But a story that has existed in the past surely creates a different impact- the kind that's life changing, or somehow changes our perspective in life. These films' main characters, that made its story complex, but they're the real superstars who made a difference in our lives. •

HEADLINE: HARD WORK PAYS OFF: CONGRATULATIONS!

by Mica Caresusa



Board Passers of Psychology Licensure Exam 2019

The Professional Regulation Commission (PRC) announced that 205 out of 285 board examiners passed the Psychologist Licensure Examination given by the Board of Psychology in Manila last October 2019 and 4,743 out of 6,453 passed the Medical Technologist Licensure Examination given by the Board of Medical Technology in the cities of Manila, Baguio, Cagayan De Oro, Cebu, Davao, Iloilo, Legazpi, Lucena and Tuguegarao this September 2019. Meanwhile, Arellano University Jose Abad Santos Campus got a 100-percent passing rate for Medical Technologist Licensure Examination.

Passers from the Psychology department are Jackie Lou A. Ortiz, Sofia Amor B. Morales, Kenneth Arvin C. Ramos, Brian Michael H. Austria, Marissa A. Obligado, Kate S. Roxas, Rodea Lois Q. Licuanan, Fe Anthonette B. Gamazon, Jomary J. Plecis, and Dwight Thadeou Perez.

While the Medtech passers are Cassandra Rose G. Javier, Christian G. Philip Solangon, Bea Loraine O. Sumagpang, Maria Cristina I. Unciano.

This is yet another reason for the AU community to celebrate. Congratulations, passers! •

Literary Section

IN ONE'S BLOOD by JASMINE UMAGUING

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
I 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

One Sunday Morning with Mom

by Magie Ramos

The warm kiss of the sun,
The refreshing dew of plants,
I took my phone, oh! It's Sunday morning,
The scent of pancakes and eggs roaming around,
I wish there's also a ham,
And as I walk, I saw my mom,
She smiled at me sweetly,
I draw closer to her,
I was surprised when I saw her,
Her hair that is used to be as black as ravens,
Now is silver,
Her quiet eyes that says thousand thoughts,
Are now scarred with fine lines,
Blinded by chasing things I want to mine,
That I didn't notice all this time,
The reality woke me,
Indeed,
Her youth abandoned her,
But the beauty of her souls will surely last in my memory forever.

The Battle by Jamie Jane Gutierrez

Dead people everywhere
Dying because of hunger.
Hunger in love, care and attention.
Will you fight for them or fight against them?

Fighting for peace and love.
Fighting their own reflections.
No, stop the war. We should pray.
Because prayer is the biggest

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Photo by: AUSSC PASIG
AVP Maria Paz A. Magsalin giving her inspirational message

A DAY OF APPRECIATION FOR THE TEACHERS

By: Aleona Seriel Buatis

The weather might prove uncertain with its temper, but the AUSSC-Pasig was certainly determined in giving honour and recognition to the respectably distinctive faculty members of AU-ABC. In celebration of World Teachers' Day that aims to empower the passionate educators of the chiefs. The current president of the Supreme Student Council Mr. Angelo Espiritu organized a joyous event full of appreciation and gratitude. Indeed, the said event was a huge success and it was made possible through the collective effort of the university and the support of Universal Robina Corporation.

To begin the program, an opening remark was first given by the Dean of the Office for Student Affairs, Prof. Ronald Acob, which was immediately followed by an inspiring message from the Assistant Vice-President, Ms. Maria Paz Magsalin. In her message, Ms. Magsalin emphasized the need for young, fresh, and vibrant educators and the necessity of unity in lifting the quality of education to greater heights for posterity's sake.

Afterwards, to sprinkle a bit of fun and entertainment to this occasion, talented performers prepared an enticing set of intermission numbers initiated by the AUP Dance Crew with their electrifying moves. Subsequently, a serenade was also performed by Jemimah Remo, a second-year Psychology student, when she sang a heartwarming song entitled 'Greatest Love of All' which earned the appreciation of the audience.

Accordingly, the deans of various college departments were then given an opportunity to express their gratitude, support, and care for their students. One of the most remarkable messages came from Dean Marilyn Padua of the College of Nursing, is that their students' success, victory, and failure were also theirs to keep. The dean of SHTM, Dean Kathrine Jane Dela Cruz further added that the students have also given them a greater purpose to live in this world.

Finally, it was then the time for the awarding of certificates recognizing the invaluable contribution of the faculty members of Arellano University-Andres Bonifacio Campus to the world of education. The certificates were given to them with pride and honour by Ms. Maria Paz

salin and Prof. Ronald Acob symbolizing their perseverance and determination to develop the future of the generations to come.

Afterwards, refreshments were served, and intermissions were again performed. The presence of Ms. Politico and Mr. Marcelo were also acknowledged.

All things considered, the event managed to achieve its goal of conveying appreciation and gratitude to the general faculty of the campus university. For this reason, it is important to remember that our teachers and professors are more than just instructors with their academic lessons. They are also people with their own individualities that are uniquely their own and that their teachings can go beyond the four walls of the classroom. They are not just educators, but also life mentors and we should trust them to prepare us for the future with their enduring wisdom.

After all, as most things in life, there is always more than what we think there is.

DARING TO DREAM IN ONE NIGHT

By: Adrian Renz Caluma

One of the school-year's most anticipated and awaited event finally happened as the first ever Senior High School Acquaintance Party was held at the AU-ABC Quadrangle last October 18, 2019 with the theme "Dare to Dream". It aimed to establish good camaraderie among the students by bonding, socializing and enjoying time together. Approximately 1,300 Grade 11 students attended as they flaunted their glamorous Coachella or Bohemian outfit.

While the program was going on, the guests took their dinner at the canteen and at the same time, had their picture taken at the photo booth area as their souvenir.

Everybody was not able to hide their excitement as the party became livelier when Mr. Daryl I. Albero, SHS Head of Office for Student Affairs, opened the dance floor.

Before the party ended, the winners of the Face of the Night and Best Dressed for the Male, Female, and LGBT community were announced.

It was truly a night of dreams as the students left the venue with laughter and friendship.



Photo by AUSSC PASIG
(Right) The Venue
(Left) Students enjoying the party



BATTLE OF THE SEXES: A SEMINAR

by: Jhon Aldrin M. Perpinan

The eradication of gender inequality is said to be a pivotal circumstance in the progress of society. For the same reason, AU-ABC decided to hold a seminar entitled "Battle of the Sexes" spearheaded by the Guidance Office. The said discus-

sion transpired on November 15, 2019 from morning until late afternoon with an approximately 800 participants from the first-year college students.

Indeed, it turned out to be an informative colloquy with the supervision of the guest speaker, Salvacion Barredo, an active officer from the Gender and Development Center (GAD) who proved to be an eye-opener for many of the attendees.

On the whole, the seminar centered around the discussion of gender equality and the elimination of discrimination against those who identified themselves outside the conventional perception of society. Consequently, topics such as existing stigmas and prejudice against other genders were also tackled. Certainly, many of the students were enlightened and it is hoped by the university itself that the students will utilize this knowledge to the best of their capabilities. The event officially concluded around 4:30 in the afternoon. Evidently, the seminar was a success not only for the organizers but also for the students who participated.

An Enchanting English Week

by Monette Anne Siman

To celebrate the English Week this year, the School of Education and Young Educator's Society held a three-day celebration last November 25-27, 2019 with a theme "English Proficiency: Gateway to Environment Transformation". The organization prepared different contests from Photo Essay, Quiz Bee, Poetry Writing to Character Parade. These contests were able to showcase the knowledge, creativity, and charm of the Arellanites from all departments. Everyone played dress-up as they enjoyed an enchanting week in celebrating the English language.

Here is the list of Winners:
Photo Essay
3rd place: Darlene Dones
2nd place: Davies Bombales
1st place: Kresta Joyce Lagazo

Quiz Bee
3rd place: John Lemuel Buenaventura & Alletta Camero
2nd place: Gabrielle Kyle Jose
1st place: Jhon Aldrin Perpiñan

Poetry Writing
3rd place: Gabriel Antonio Sievert
2nd place: Jhon Aldrin Perpiñan & Ronalyn Benido
1st place: Jeremie Dabu

Character Parade
Elementary Department
Champion: Frishean Rose Mapalo (Cinderella)

College Department
Champion: Heide Colopano (Themis, Goddess of Justice)



The winners of Character Parade with (L to R): Dr. Gina Alvarado, Dr. Eduardo Senajon, Dr. Rose Dedace and, AVP Maria Paz A. Magsalin.

DEVELOPING STUDENT LEADERSHIP THROUGH TRAINING-SEMINAR

By: Nidelyn Concovar

Leadership Development Training-Seminar and Team Building were successfully held last November 11, 2019 at AU-ABC Gymnasium. There were 125 officers from different organizations and strands that participated in every activity in the seminar.

Mr. Daryl I. Albero, Head of SHS-OSA welcomed the officers and guests with warmth and encouragement. He was then followed by Mr. Ferdinand Marcelo, Assistant Principal of SHS Department, as he gave his inspirational message emphasizing the importance of developing the leadership skills of the students. Mr. Joemarie V. Fuentes, SHS-SSG President then introduced the guest speakers. The first speaker was Mr. Mark Andrei Clarisa, former SHS-SSG President, who shared his experiences and learnings during his term. He was then preceded by Mr. Sherwin Punla, a Professor from School of Hospitality and Tourism Management and Philippine Association of Campus Student Advisers NCR Core Group Chairman, who also shared his firsthand experiences and advices on how to be a good leader. And lastly, Mr. Juan De Jesus, SK Kagawad of Brgy. Sto. Domingo, Cainta Rizal, shared his ideas on how to develop the innate leadership skills of an individual. After their discussion, Mr. Gerardo S. Lavin, Adviser of AUSHS-SSG and Mr. Daryl I. Albero awarded the certificate of appreciation to the guest speakers. The main highlight of the event was the Team Building activity.

Every station consisted of one game that has to be accomplished within 5 to 10 minutes. The teams were divided into 4 groups composed of 31 members - a mixture of students from different strands and organizations. They were given a map of the stations as their guide. In every station they will pass, they will receive a jigsaw puzzle piece from the facilitator and complete it as soon as they pass all the stations.

The activity may have been exhausting but being able to understand how leadership works made it all worth it.

Mr. Adrian Renz Caluma, LDP Chairman ended the seminar with a special message of gratitude and thoughts to ponder.



Photo by: AU ABC Guidance Office
Poster for the Seminar

"A leader is someone who learns by himself and from his team. A leader is someone who carries the weight of things together with his team. And a leader is especially confident of himself and his team."



8TH SHTM SKILLS FESTIVAL

Annually, the School of Hospitality and Tourism Management in Arellano University-Pasig holds an event called "SHTM Skills Festival" which aims to showcase the skills and enhance the competencies of the students who are enrolled in the Hospitality Management, Hotel and Restaurant Management, and Tourism Management programs from 1st year to 4th year level. It is a three-day event celebrated every first week of October 4 every year. For this year, the 8th SHTM Skills Festival was held last October 2 – 4 with the theme "Experiencing Professional Enhancement through Relevant Trainings and Seminars" (EXPERTS), in line with theme of UNWTO's Tourism Day. This event was made possible with the collaboration of Students Association of Tourism Management (SATM), Students Guild of Hospitality Management (SGHM) and (The Events Management Class of 2019). There were approximately 352 registered participants who attended the three-day event.

On the first day of the event, October 02, 2019, the event kicked off with a parade in the Quadrangle which was joined by the contestants in the different skills competitions wearing their prescribed attire, as well as the officers of SATM and SGHM and the students from Senior High School department and SHTM. This was followed by the Opening Program at the Gymnasium which was organized by the Tornos Events. The program officially started with the Opening Remarks which was delivered by the SHTM Program Chair, Ms. Jane Katrine A. dela Cruz, followed by an inspirational message from the Assistant Vice President, Ms. Maria Paz A. Mag-salin, a message from the High School Principal, Ms. Virginia Politico and a video greeting from the Mayor of Pasig City, Hon. Victor Ma. Regis N. Sotto. Then, the Event Adviser, Mr. Sherwin Punla, spoke about the event overview, convention house rules and made some announcements before the start of the forum.

The forum proper was divided into three (3) sessions.

The first session was entitled "Getting Ready for the Tourism and Hospitality Management World," where the invited speakers representing the industry partners of Arellano University who offer various training programs for the students talked about the relevance of training in preparation of the students for employment in tourism and hospitality industry.

The second session was entitled "Sky, Land and Sea Opportunities," featured invited speakers from different

speakers from different reputable companies who tackled about the job opportunities in the different transport sectors as well as the other businesses in the field of tourism and hospitality.

The last session was entitled "Where Arellano University Takes You," which focused on the sharing of experiences by members of the alumni community who were entrepreneurs, managers and employees holding key positions in tourism and hospitality-related businesses. After the forum, the five (5) group contenders performed during the Contemporary Dance Competition and a spectacular flash mob dance involving all contestants concluded the program.

On the second day, October 03, 2019, different skills competitions were held inside the Gymnasium handled by the officers of SATM and SGHM. These competitions showcased the skills and competencies of the students in SHTM including Destination Branding, Creative Bed Making and Towel Folding, Flight Safety Demo, Tour Guide Showdown, Corporate Tour Package Presentation, Tourism Wizard and Event Planning. Aside from those competitions held at the Gymnasium, the Cooking Showdown was simultaneously held at the Kitchen Laboratory. On the last day of the event, October 04, 2019, the IQmazing race took place in the morning at the Quadrangle which was designed to test the intellectual capabilities of students enrolled in Tourism Management while they accomplished challenging tasks in designated stations. Then, the Amazing Waiter's Race and Battle of the Taste Buds were held inside the Gymnasium. After all these competitions, a seminar was held at the Gymnasium which was organized by the students enrolled in the subject Rooms Division Management.

The last part of the event was the Awarding Ceremonies where the winners in all the competitions received trophies, medals, certificates and special prizes. To officially close the event, the Event/SATM Adviser, Mr. Sherwin Punla delivered his closing remarks, followed by the SGHM Adviser, Ms. Annie Herbolario and lastly, SHTM Program Chair, Ms. Jane Katrine A. Dela Cruz. The three-day event ceremoniously ended with a grand boodle fight where the students, faculty and staff enjoyed a memorable dinner.



Photo by: SHTM
The School of Hospitality and Tourism Management

AU IDOL 2019 CELEBRATES ARELLANITES' SINGING TALENTS

By: Ana Paulyn Gabriel

Another year for celebration of singing talents as the AUSSC-Pasig held the AU Idol 2019 at AU-ABC Quadrangle last October 25, 2019. It was a day of clashing of magnificent and crystal clear voices by the representatives from the Elementary, Junior High School, Senior High School, and College Department.

It was another first for the council for they were able to hold a competition where students from all departments were able to showcase their singing talents. The representatives were judged by the Board of Judges composed of Prof. Valerie Anne C. Miranda, AUSSC-Pasig Adviser, Mr. Conrad de Guzman, Secretary of the College of Nursing, and Coach JJ Manuel from the Center of Pop Music Philippines. And hosted by Mr. Daryl I. Alberoa and Prof. Sherwin Punla.

The winners were especially chosen by the judges and were



Photo by: AUSSC PASIG

The AUSSC led by the President himself, Mr. Angelo Espiritu and adviser Prof. Valerie Anne C.

awarded with not just trophies but a scholarship at Center of Pop Music Philippines.

The competition ended with a message from the AUSSC-Pasig President himself, Mr. Angelo Espiritu thanking the AU-ABC community of their overwhelming support for the said competition.

Elementary Department:

1st Runner-Up:
Michaela Evasco

Champion:
Sabrina Kate Raborar

Junior High School Department

Champion:
John Rey Ocampo

Senior High School Department

2nd Runner-up:
Anthony Aliño

1st Runner-up:
Joshua Aluro

Champion: Jureilou Ruce

College Department

2nd Runner-up:
Denver Bondoc

1st Runner-up:
Eanne Genesis Clemente

Champion:
Lindsay Marante

LITERARY

"Get Noticed"

By: Ressie Joy Catherine Felices

Resisting surrender like a passionate pretender,
Ending each encounter with a smile in the plaster.
Solitude is not a bliss, it's an agony.

Silently torturing the word "happy".

Indulging every fake and lies,
Do not be fooled by a sweet smile.

Unleashed the signs and should be noticed,
Everything is spiralling out of control.

"You deeply broke me"

by April Casalan

I want to be with you in my future,
But it all gone into a failure,
You know how I love to study astronomy,
And gaze those stars only you and me,

All those plans become a piece of memory,
And You left me feel so lonely,
Even you know that you're my happiness,
And now I have nothing to but emptiness,

Heavy burden you've cost,
You don't even know I'm lost,
Still believing into yourself,
Not knowing I badly need your help,

I tried to make you stay,
But you keep pushing me away,
Where do I go wrong?
When I just want you to hold on,

You ripped me at my throat,
You see me as your scapegoat,
You pull the trigger and fire in my heart,
And aim your words just like a dart,

That's how heartless you are,
And now it gone so far,
I hope now you are happy,
Because you deeply broke me,

I thought we were meant to be,
But now we are a piece of memory,
All the plans and goals we have,
Are now gone just like our love.

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CELEBRATING KNOWLEDGE BEYOND CLASSROOMS

By: *Alexandrea Christine G. Salvo and Celine Inah J. Dela Cruz*

Dr. Lucila B. Bondoc – Dean of the College of Arts and Sciences as well as School of Education, greeted the 2nd semester with a remarkable opportunity for the college students. Celebrating the 2nd Faculty and Student Development Seminars this September 23, 24, 25, and 27, Dr. Bondoc opened the four-day series of forums with her topic – “Teenage Pregnancy”. Followed by the campus’ college faculty - Mr. Benedick Villarino who oriented



Dean Lucila B. Bondoc starting her seminar with an opening prayer

“Risk Reduction Management”, then “ICT Capacity Building” from Mr. Ramil Bautista. The second day ended with Mr. Dillon Gonzales’ lecture about “Stress Management”. On the third day, the students were also given an opportunity to attend Dr. Herbert Vertucio’s seminar with the topic “Moving Forward: Continuing Towards Quality Research Embracing 21st Century as Research Culture”. It was well-received and has proven the university’s student’s great interest in research-making. Dr. Mirasol Eugenio’s “English Proficiency” and Mr. Vincent Lugtu’s “Job Readiness in the 21st Century” marked the series’ last day. In partnership with the Young Educators Society and Psychology Society, the program went smoothly, and participating students left with renowned experience.

Sa Himlayan ng Nakaraan

By: *Angel Joy Flores*

Alas tres,
Oras ng mga kaluluwang
ligalig.
Mulat ka pa at tila may
hinihintay—
Kay tuwa ng
maramdaman ang lamig.

Sa kanilang himlayan ay
hinuhukay mong paulit-ulit.
Ubos na ang luha,
Hindi pa nakakabwelo sa
kagabing nagdaan.
Naiwan ka na sa hukayan.

Hindi ba dapat ibanabaon
na ang ala-ala?
Hinahabol ka pa rin tuwing
alas tres—at kung mahuli,
Kukulitin ka niya.
“Patahimikin mo na ako.”

Sila’y nakausad na,
Bakit nasa puntod ka pa rin
ng nakaraan?
Liwanag na ang tanaw
nila’y nakapikit ka pa rin.
Huwag hihimlay sa tabi ng
nakaraan.

Mga multo ng nakaraan.
Pighati’t pagsisi—tabunan
na ng lupa’t dasalan.
Tapusin na ang libing.
Gumawa ng panibagong
puntod ng ala-ala,
lyong puntod ng pagpapa-
tawad.

Napalaya mo na sila mula
sa kasalanan.
Patawarin mo na rin ang
iyong sarili.

The 12th day of October in the academic year 2019 – 2020 left an imprint to the mind and heart of AU JRC’s Senior High students. A thematic “Bohemian Party” was celebrated to further acquaint and bond the students and teachers with each other. Ms. Keziah Kyle Sanchez – Internal Vice President of Supreme Student Council (SHS Department), denoted the start of the program with an opening prayer at exactly 6 in the evening. Followed by Mr. Christopher Soriano, the Prefect of Discipline, who gave the students warnings for the cleanliness of the venue as well as safety regulations. Mr. Symoun Gabrielle Ong from Cluster 1 and Ms. Jessica Pabillo from Cluster 3 also introduced themselves to be the host of the party. The first intermission number was respectively by Rizal Symphony members (Meg Del Mundo, Renz Leona Piamonte and Janine Martinez), Chiefs Dance Company, and Groovy Ghetto. Performers mentioned lead the party with moves from the beat-dropping music of Mr. Christian Sy, a former Arellanite, as well as the DJ or Disk Jockey for the evening. Before the students were left to have fun with —

Bohemian Party

Erica Mae F. Vigo & Jherald P. Beltran



SH students grooving in their bohemian-style party

— friends and teachers, the FLAG Organization members’ spiced things up with an entertaining and elegant ramp walk true to the theme.

As the night passed and the event neared its end, Arellanites also anticipated the time for the awards. First awards announced were for the students. Face of the Night winners are Junjun Laguerta and Jan Marian De Honor.

The Star of the Night winners are Leila Sevilla and CK Andres. We also have the winner for Mr. and Ms. Bohemian Party which are Mike Vincent Lazarito and Jessica Peñaflor. For the Outfit of the Night the winners are Ronnie Balastigue and Jeralyn Larong. Awards were also given to the winners —

— representing the LGBT Community – Winwin Janico and Rosemarie Lumba. The next edition of awarding held was for the beloved teachers. The winner for Best Bohemian Outfit is Ms. Jennifer Rosales and Mr. Dictaan. For the Face of the Night we have Mr. Elija De Leon. Last, the Mr. and Ms. Bohemian are Mrs. Hazel S. Tayson and Mr. Jonathan Umali. For the Best Dream Catcher, the winner was Grade 12 ABM 1A from Cluster 1 under the advisory of Ms. Jessica Abadies.

The night was breamed with life and exciting stories to tell in the future, both by students and teachers. Events such as this truly implores what is fun being an Arellanite. As of now, students are looking forward to what next year will be like. It will surely be even more astounding.

STEM WEEK 2019

By: *Maria Ysabel B. De Guzman*



The winners and contestants of the STEM’s Next Top Scientist along with the Pride of STEM officers

October 21, 2019- The STEM week was opened by the Pride of STEM in the High School Library at 9:00 a.m. The event started with the Recycled Robot Making Competition, followed by the Poster Making Competition that ended at 4:00 p.m. The day after was when they prepared the Quiz Bee on which both STEM and non-STEM students participated in. Trailed by the Rubik’s Cube Competition and Science Debate on the same day. After those programs, the organizers gave two days of preparation for the participants of the Next Top Scientist. The last day was the competition itself, students cheered as the participants proudly presented each of their chosen scientists with their costumes. This semester was filled with a showcase of talents from various strands, STEM proved that they won’t lose out. The event ended with another achievement.

HUMSS Week 2019

By: *Lyra Ruth C. Leonardo & Paul Ivan C. Zacarias*



HUMSS officers posing in celebration of their strand’s renowned program -Bb. at Gg. Ikatlong Lahi

The 11th day of November, at around 3:00 in the afternoon, marks the opening of this year’s *Humanities and Social Sciences (HUMSS) Week*. The week has been filled with fun-packed activities and a whole lot of loud cheers. The HUMSS Society officers prepared nine activities, namely, Extemporaneous speech, Quiz Bee, Make-Up Transformation, Balagtas, Broadcasting, Radio Drama, Spoken Poetry, Project Runway, and Binibini at Ginoong Ikatlong Lahi. Each competition was warmly and vigorously supported and joined by both grade 11 and 12 students from the HUMSS strand. But the HUMSS Society made an exemption on their most-anticipated event, Binibini at Ginoong Ikatlong Lahi, they opened it to all the strands of Senior High School. The HUMSS week closed last Friday, November 15, at exactly 4:05-8:15 in the evening alongside with the end of Binibini at Ginoong Ikatlong Lahi 2019.

EVALUATION OF ARELLANO UNIVERSITY – JRHS CO-CURRICULAR AND EXTRA CURRICULAR ACTIVITIES IN ADHERENCE TO THE SCHOOL’S VISION, MISSION AND OBJECTIVES

Researched by: *Alvarado, M., et al.*

ABSTRACT

Statement of the Vision and Mission are important so that everyone involved in the organization understands what will be accomplished and how will it be accomplished. In essence it means keeping everyone in the same page so they are all pulling in the same direction. According to the Weston Massachusetts High School “participation in extra-curricular and co-curricular can be rewarding and meaningful educational experiences that enhance a child’s secondary education” and “extra-curricular and co-curricular programs that mirrors and reflect the institutions mission and vision.” This study aims to evaluate the co-curricular and extra-curricular activities of AU-JRHS in the adherence to the school’s vision, mission the institution. According to the Weston Massachusetts High School “participation in extra-curricular and co-curricular

can be rewarding and meaningful educational experiences that enhance a child’s secondary education” and “extra-curricular and co-curricular programs that mirrors and reflect the institutions mission and vision.”

and objectives, profile of the respondents, the students and teacher’s evaluation of the school’s mission, vision, goals and objectives. They also aim to find if there is a significant relationship between the AU-JRHS’ extra-curricular and co-curricular activities and the vision, mission, goals and objectives, problems and concerns encountered during the research and possible solutions and recommendations to improve the AU-JRHS’ extra-curricular and co-curricular activities and the vision, mission, goals and objectives.

Keywords:

Co-curricular and Extra-curricular Activities / Vision, Mission, Goals and Objectives

INTRODUCTION

DATA GATHERING PROCEDURES

Statement of the Vision and Mission are important so that everyone involved in the organization understands what will be accomplished and how will it be accomplished. In essence it means keeping everyone in the same page so they are all pulling in the same direction. It must be highly observe that the co-curricular and extra-curricular activities adheres to the vision and mission of the institution. According to the Weston Massachusetts High School "participation in extra-curricular and co-curricular can be rewarding and meaningful educational experiences that enhance a child's secondary education" and "extra-curricular and co-curricular programs that mirrors and reflect the institutions mission and vision."

The researchers prepared survey questionnaires on gathering the data. The survey contains questions regarding of AU-JRHS' extra-curricular and co-curricular activities in adherence to the vision, mission, goals and objectives of the institution. One hundred sixty (160) junior high school students and thirty-one (31) faculty members are selected to be the respondent of the survey. The researchers conducted a briefing regarding the contents and significance of the survey questionnaires. They read the questionnaires first in English and then in Filipino to assure that the students understood the content. Students were given ample time to answer and finish the survey questionnaires.

This study intends to evaluate the co-curricular and extra-curricular activities of AU-JRHS in terms of its relationship/adherence to the institution's mission, vision and objectives.

One hundred ninety-one (191) respondents from the total population of the junior high school students and teachers of Arellano University – Jose Rizal High School participated in the conducted survey and were divided into four batches. The first batch was the grade seven (7) followed by grade eight (8), grade nine (9) and grade ten (10) and was done simultaneously.

School Facility and Its Relation to the Academic Standing of the Selected Junior High School Students in Arellano University-

Jose Rizal Campus: An Assessment

Researched by: Arbolado, K., et al.

Abstract:

School facilities are one of the main assets of many educational institutions. It is something that can be proud of. Many students studied in a specific institution because of its facilities. In the perspective of many students it could also be helpful if the facilities are complete and well-maintain. Students prefer school in which facilities are highly motivating and will make them at-home. Institutions thus should really maintain and invest in such expenditure.

Data Gathering Instrument

A ready-made tool (survey questionnaire) from the Facilities and Maintenance Department is given to the respondents.

The researcher modified it by identifying which of the sub-questions belong to Cleanliness and Comfort Factors Construction Instrument

The instrument used was based on the cleanliness and comfort variable. Two of the main factors that is important to promote learning environment conducive for everyone. The researchers utilized a Point Scale. The four (4) – point Scale with the following descriptions and interpretation was used for the first two parts of the questionnaire.

This study utilized the descriptive method as an investigation aim to present fact concerning the nature and relates observation to the presence of the certain of other condition in order to develop a frame of relationship. This study focuses on the satisfaction of the facilities of the students in junior high school in relation to their academic standing, S.Y 2019-2020. This study is definitely status-oriented. Therefore, the best method to be used so as to tackle the task of presentation is the descriptive approach.

Plastic Hollow Blocks an Experimental

Researched by: Domingo, G., et al.



Final product of the Plastic Hollow Block experiment

Abstract

The aim of the study is to reduce the plastic pollution caused by the accumulation of plastic waste in the environment and to increase peoples control of their resources while reducing Non-Biodegradable wastes. Plastic has been a real success during 1960's since its commercially developed. Many ways have been to reduce the plastic waste but some of them requires machine/equipment to catalyze the nitrogen oxide and other pollutants in air into non-hazardous substances which require higher cost. An experimental research was proposed by the researchers to produced a plastic hollow blocks that will reduce plastic waste in the environment and made the hollow blocks more durable, eco-friendly, low cost and can be shared to educate fellow student and the community on how to integrate plastic hollow blocks as a livelihood program.

Data Gathering Product

Plastic hollow blocks and the procedures as follows:
Sand, Cement, Plastic chip bags, Water, Molde
Step 1: Prepare all materials needed in making plastic hollow blocks
Step 2: Cut the plastic chip scraps into small piece.
Step 3: Prepare the hollow block molder
Step 4: Mix the sand, cement, water and the shreaded plastic scrap.
Step 5: Put the mixture of the cement and plastic scraps in the molder and let it dry for at least 24hours.

Treatment of Data

The researchers used 1Kg of sand, 1Kg of cement, 6L of water and 30 pieces shredded plastic scrap is the portion to 1 Plastic hollow blocks.

CORN HUSK AS EFFICIENT ALTERNATIVE PLASTIC BAG IN

Researched by: Medina, R., et al.



Final product of corn husk as efficient alternative plastic bag experiment

Abstract

Plastic is material consisting of any of a wide range of synthetic or semi-synthetic organic compounds that are malleable and so can be moulded into solid objects. Plasticity is the general property of all materials which can deform irreversibly without breaking but, in the class of mouldable polymers, this occurs to such a degree that their actual name derives from this specific ability. Plastics are typically organic polymers of high molecular mass and often contain other substances.

Due to their low cost, ease of manufacture, versatility, and imperviousness to water, plastics are used in a multitude of products of different scale, including paper clips and spacecraft. In developed economies, about a third of plastic is used in buildings in applications such as piping, or vinyl siding. Other uses include automobiles, furniture, and toys.

Plastics have many uses in the medical field as well, with the introduction of polymer implants and other medical devices derived at least partially from plastic. Plastic is frequent to use in packaging distinct in plastic bags and plastic wrapper that is having a huge contribute in fabricating a baleful environment

that causing a pollution, climate change, in addition to use of natural resources and waste from plastic bag production, plastic bags can increase the risk of flooding, plastic pollution in oceans has been shown to have a negative impact on hundreds of different species of marine life.

Precisely of this problem that all of us facing, The Researchers revamp the use of corn husk as alternative plastic bag that proselyte in the field of wrapping and packaging as paper bag but in the use of the raw material; not only in food production but also in craft industry.

Corn husk is one of the agricultural residues which are abundant, inexpensive, and readily available source of renewable lignocellulosic biomass. Cellulose nanocrystals (CNCs) were extracted from corn husk by alkali and bleaching treatments followed by sulfuric acid hydrolysis treatment. (www.researchgate.chemical-composition-of-corn-husk.com).

The pulping of corn husk and was achieved through Chemical Pulping —

process (Soda ash pulping) and the pulps obtained by boiling it in at least 2 hours with containing sufficient amount of water (2 gallons) and 8 table spoon of sodium carbonate (Na2CO3). Grind the boiled material until in looks soggy fibres and replaced it through the application of mould and deckle Emplace the product in a massive pressure compressed; parch it and leave it for at least 2 nights and 3 days.

This research focused on how to reduce the use of plastic bags and also to minimize the application of wood as paper.

Methodology

Materials:

- 1 dozen corn
- 2 Gallons of water
- 8 Tablespoons of Soda Ash
- Container or strainer
- Large Stainless Steel Pan
- Stainless steel or plastic utensils
- Paper making tools such as Moulde and Deckle
- Felt paper, paper towels, dish towels or couching paper

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AU-EEC Hosts Founder's Day Celebration

By Ria Katherine Saludaga

Arellano University-Elisa Esguerra Campus celebrated the 127th birth anniversary of Mr. Florentino Cayco Sr. on Wednesday, October 16, 2019. The event was attended by his family and relatives, University administrators, representatives of the other branches of Arellano University, Elisa Esguerra Campus' faculty and staff, and the Senior and Junior High School students of Elisa Esguerra Campus. Mr. Florentino Cayco Sr. was an outstanding educator, Champion of the Liberated Mind, and Magus of Progressive Education. He was also the first Filipino Undersecretary of Public Instruction, former Undersecretary of Education, and the founder and first president of Arellano University. The program started at 7:30 in the morning with a 21 gun salute by the AU ROTC and Mr. Francisco Paulino V. Cayco, the Chairman and CEO of Arellano University. It was followed by a doxology performed by EEC Junior High School student, Mr. Cesar Fobuena. It was fol-

lowed by an opening remark by the new assistant principal of Elisa Esguerra Campus, Mr. Julyndon G. Bato, who started his speech with the words, "No matter how far you are, you're always be with us." In memoriam of the University's founder. Afterwards, some selected students performed a tribute called "Buhay na Museo" to commemorate the life of Florentino Cayco, Sr. The tribute showed important milestones of his life from his birth, education, career, founding of Arellano University on 1938, until his death. The tribute was followed by a musical number inspired by the NCAA's theme "Kaisa sa Pagkakaiba" was performed by the members of HIRaya Club and AU Dancers together with the faculty members Ms. Marjorie Almadin and Ms. Lois Jone Esteves for the closing performance. As a closing



Courtesy of: AU Creatives



remarks, Dean Victoria Trivino of the Student Affairs announced that the next year's Founder's Day Celebration will be hosted by Juan Sumulong Campus. The program officially ends at 9:30 am as the attendants sang the Arellano University hymn.

"AU-EEC Intramurals 2019"

By: Ihra Mae Datumanong

Arellano University-Elisa Esguerra Campus held its Intramurals 2019 on November 13 to 15, 2019. The event was managed by Supreme Student Council. The Intramurals showcased the students' talents and skills through sports events and the Mr and Ms. Intramurals 2019.

During the first day, the torch of sportsmanship was enlightened to formally start the Intramurals 2019. Mrs. Maria Lourdes G. Mudlong, the principal of AU-EEC, gave her opening remarks. It was followed by the introduction of the players from different strands and the candidates of this year's Mr. and Ms. Intramurals. Afterwards, Mr. Rendall Macaraeg amazed the audience through his intermission number. Later that afternoon, the basketball games started. In the end, the teams from GAS, ICT and HUMSS advanced to the semi-finals.

On the second day, the semi-finals of basketball games continued between the players of GAS, ICT, and HUMSS. The Men's and Women's Volleyball games began on the afternoon.

On the third day, the championship match for the ball games commenced. The final match in the Women's Volleyball is HUMSS against TECHVOC, while in the Men's Volleyball HUMSS fought against the MAL-PRISAA team.

The final basketball match is between HUMSS and ICT. fight for the victory. The coronation night of the Mr. and Ms. Intramurals 2019 and the Awarding and Closing Ceremony was held on the evening. The awardees of the Intramurals 2019 are the following:



Basketball

Champion: HUMSS
1st Place: ICT
2nd Place: GAS

Men's Volleyball

Champion: HUMSS
1st Place: STEM
2nd Place: ABM

Women's Volleyball

Champion: HUMSS
1st Place: TECHVOC
2nd Place: ABM

Most Valuable Player: Kyle Tayab

Mr. and Ms. Intramurals 2019

Mr. Intramurals: Billy Fernando, Grade 12 TECHVOC

1st Runner Up: Christian Lacson, Grade 12 ABM

2nd Runner Up: Justine Dela Cruz, Grade 12 STEM

Ms. Intramurals: MayMay Esparagoza, Grade 12 TECHVOC

1st Runner Up: Krissy Cline Carlos, Grade 11 ABM

2nd Runner Up: Rosalie Balico, Grade 12 STEM

Overall, the Intramurals 2019 is a success in providing camaraderie and promoting sportsmanship among the students.

Out of Ink

By Marcelle Faith Hinojosa

"The first one to pass the paper will get additional points, while the paper that will catch my interest will have a perfect score."

Stated a voice which led their hands to grab a pen and rip off a piece of paper. Everyone was too busy staring at their table. A series of unordered thoughts are flashing across their mind. It was messy and chaotic at the same time.

Time is running. The clock is ticking. It was a room filled with different dreams and different cases. If there is one thing that they have in common. It's their hands that was tied by the time that keeps whispering.

"Keep on writing." "Keep on writing."

Some already stood up and passed their paper, but a certain eye couldn't stop panicking. So, it didn't stop writing. But in every paragraph that she's forming, she couldn't find the right flow. In every sentence that she's writing, she couldn't see the right words.

Tick. tock. tick. tock.

She sighed. Ripping off a new piece of paper, she crumpled the old one.

"I can't keep on making mistakes. It needs to be perfect." She whispered to herself as she wrote everything while diverting her eyes in the clock every minute.

"Last 5 minutes." The proctor exclaimed. Her heart clenched as she looked at the crumpled papers surrounding her.

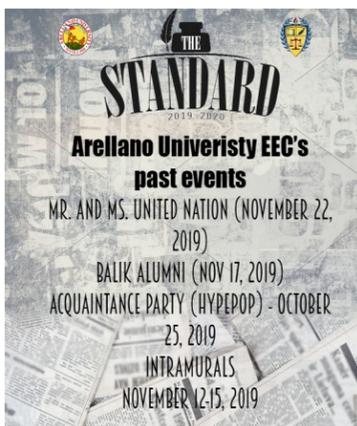
"Oh no." She shouted internally.

The last three students created a loud sound by slamming their pens at the table. "Okay you're the only one who's writing. You only have 1-minute left." The proctor said, eyeing the last girl who's subconsciously ripping off every page of her pad paper.

It was like the thoughts are being stuck in a void and having a black hole summing up her ideas in one.

"Time's up." Her world stopped as she stared blankly at her table. "Pass your paper."

You see, there are two types of pressure. First one is minding the time, as if everything you're doing is based on a race in every aspect. While the second type revolves around your own expectation, where we tend to disregard our strength by simply not looking at our limitations in whatever we're doing. It's a matter of contentment and satisfaction. Inside a room, surrounded by these four walls. A girl can be seen at the center, eaten by the pressure of time and pressure of satisfaction. She was surrounded by crumpled papers and she was out of Ink.



Nightmare of Mine

By Ihra Mae Datumanong

Clamor of unpleasant words,
Blood on the hands of a victim.
People whose greed and prejudice
Hides in the mask of no man.

People blinded by luxuries,
Walking in the land of uncertainties.
Prisoner of their own ignorance,
Tears screaming for justice.

What happened to us?
Cruelty are in the flash.
Let's run for our lives;
Run for our dignity.

Then there is Darkness.
I heard the alarm.
It's a nightmare
... But slowly coming to life.



ARELLANO UNIVERISTY- ELISA ESGUERRA CAMPUS WELCOMES ITS NEW ASSISTANT PRINCIPAL!

By: James Hanse B. Dela Cruz

"Our direction in life doesn't have to be fixed, what looks like a deviation on the road sometimes end up being the next great career shift".
-Julyndon Q. Bato, MAEd



in improving the campus and the students' lives. According to him, it is his duty and responsibility to assist and help the principal in implementing school policies that will help the teachers in maintaining order and efficiency in their works, and also school programs that will help the students develop themselves into their full potential.

He is greatly inspired by the people around him to do his best in fulfilling his new duties and responsibilities. He is especially inspired by our principal, Mrs. Maria Lourdes Mudlong, in being an effective leader. He is also grateful to her for helping, guiding, and sharing her knowledge to him in his new position.

When asked about the secret behind his success, Mr. Bato replied that hard work, sacrifice, and courage is what brought him to where he is.

Once again, we welcome and congratulate Mr. Bato for this mile-

Mr. Julyndon Q. Bato, a BS Pharmacy and Master of Arts in Education graduate from Manila Central University has been appointed as the new Assistant Principal of Arellano University Elisa Esguerra Campus.

Mr. Julyndon Q. Bato is a licensed pharmacist but he later shifted to education as he found his passion in teaching. His journey in the educational field began when he became a senior high school teacher of Arellano University- Elisa Esguerra Campus. Because of his good performance and work ethics, he was appointed as the new Assistant Principal of Elisa Esguerra Campus.

"My desire to impact peoples' lives, to have invaluable contribution in the society in a purposeful way, to play a part in shaping [the students be] an individual they will ultimately become, to encourage and help them recognize their potential, to make a positive change in the lives of the learners, and to take part in building the next generation are just a few [of my] reasons for becoming a teacher". He explained in regards to his career shift.

As the new assistant principal, Mr. Bato is doing his best in helping the school administration

Binhi ng Pag-asa

By: James Hanse B. Delacruz

Sa bawat patak ng pawis at dugo, Katumbas ay pangarap na salop ay mapuno.

Sa tirik ng araw pilit na nakayuko; Nananatiling nakatindig kahit lalamuna'y tuyu.

Sa bawat butil ng itinatanim na buto, Nangangarap na lahat ay tumindig at tumayo.

Kinakaupang ang panahon at sinusuyo Na huwag sumobra ang ulan pati ang tagtuyo.

Ang bawat butil ng buto ay simbolo ng pag-aasa; Makaahon sa hirap ang nais matamasa.

Pinipilit kahit pagod at nanghihina na; Minamabuting magtanim kaysa tumunganga.

Ngunit bakit tila baliktad ang sitwasyon?

Kung sinong nagtatanim sila pang nagugutom.

Binabarat at pinaghihipitan ng sinturon

Ng mga taong makasarili at walang konsiderasyon.

Pinagkakait ang iilang piso, Inaalas ang pagasang sa kahirapan ay umasenso.

Kung sino pang nagtatanim ng mga kakainin,

Sila pa ang nalulunod sa gutom at hindi makakain.

Ang mga taong nasa loob ng isang kaharian,

Na kanilang labis na pinagkatiwalaan, Sila ngayong nagbabaon sa kanila sa kahirapan.

Ang akala nilang pataba ay lasong mapanlinlang.



The Grade 12 HUMSS Afternoon shift classes held its second annual film festival entitled "HUMSSflix TV" on November 12, 2019. The said event was organized by Mr Marvin Z. De Acosta, a 21st Cetnury Literature teacher. The said activity showcased the HUMSS students' creativity and film making skills on different movie genres.

The film festival consists of 6 original films created by the HUMSS students which spans from 10 to 25 minutes. The said films showcased the students' skills and knowledge in film making such as editing, acting, cinematography, and many more.

The activity also recognized the exceptional films in different aspects. Listed below are the awardees of this year's Film Festival:

HUMSSFLIX TV FILM FESTIVAL

By: Lance Amyr Dajao

-Best in Original Story: PI-SU (HUMSS 12-6P)

-Best in Cinematography: PI-SU (HUMSS 12-6P)

-Best in Lightning Direction: PI-SU (HUMSS 12-6P)

-Best in Sound Effects: PI-SU (HUMSS 12-6P)

-Best in Visual Effects: RUELUS: The Silent Killer (HUMSS 12-3P)

-Best Trailer: PI-SU (HUMSS 12-6P)

-Best Promotional Poster: Family Strokes (HUMSS 12-1P)

-Best Actor: John Willen Gamit (PI-SU, HUMSS 12-6P)

-Best Supporting Actor: Jaime Manalastas Jr. (Cyrus, HUMSS 12-2P)

-Best Actress: Marjorie Camacho (Extra, HUMSS 12-4P)

-Best Supporting Actress: Rizza May L. Magnaye (PI-SU, HUMSS 12-6P)

-Best Director: Abegail Almario Florentino (PI-SU, HUMSS 12-6P)

Best Film: PI-SU, a suspense thriller film by HUMSS 12-6P

AU-EEC: HOME OF THE CHAMPIONS

By: Lovic Gogolin Lachica



ATHLETICS

Women's Volleyball

2nd place

Men's Volleyball

2nd place

Basketball

3rd place

Joan Jetro Montejo:

Most Valuable Player
Gold Medallist, Shot Put
Gold Medallist, Discus Throw
Gold Medallist, Javelin Throw

Mark Bryan Abaigar:

Gold Medallist, 200-meter Dash
Gold Medallist, 400-meter Dash
Silver Medallist, 100-meter Dash

Kazandra Mae Rivera:

Silver Medallist, Long Jump
Silver Medallist, Triple Jump

Genevie Baccay:

Silver Medallist, 800-meter Run
Bronze Medallist, 400-meter Dash

Robert Bernal:

Bronze Medallist, 1500-meter Run

Koji Martin:

Bronze Medallist, Shot Put

Taekwondo

Clifford Alonzo

Gold Medallist, Kyorugi
Gold Medallist, Poomsae

Jamil Sanchez

Gold Medallist, Kyorugi

Jeryca Villato

Gold Medallist, Kyorugi

Rhain Avila

Silver Medallist, Kyorugi

Jose Luis Daoa

Bronze Medallist, Kyorugi

Other Games

Althea Jaden Manarang

2nd Place, Chess

With their outstanding performance in MALPRISAA, the Arellanites proved that we are truly the home of the champions!



2nd Place: Extra, a Korean-inspired rom-com film by HUMSS 12-4P

3rd Place: Seize the Day, a motivational film by HUMSS 12-5P

The films Extra and PI-SU are also the Cluster 6's official entries for the English Week Short Film Festival.

The film's trailers and the promotional posters can be seen on Mr. Deacosta's Facebook account. (Marvin Zenarosa Deacosta)



We are Proud of You! Salvejean Tabirao For Joining Miss Philippines 2019

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Arellano University Elisa Esguerra Press

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PURGE NIGHT

By: Princess Dianne Marahaya

On the 22nd day of November, the Supreme Students Council held an acquaintance party, but because it was celebrated on the latter part of the semester, it was then called as "Term End Party". Upon entering the gate of the school, everyone became excited to party because of the bright lights and decorations patterned from the movie, "The Purge" and exactly 5pm the gate was totally closed. Other than the amusing decoration of stage and photo booth, the lights and sounds got the students more excited.



The Office of Supreme Student Affairs, together with the Councils, Clubs Officers and Presidents of the class of Senior High School Department organized an entertaining program that united the students and served as a term-end reward. The young and energetic host from SSG officers, Nirieza Reforma and Jowielyn Domingo formally started the program with the intermission number of NCAA performers. Followed by the opening remarks of Office of Student Affair coordinator/ adviser Ms. Scire Dignadice and our principal Mrs. Vilma Dominguez.

Then, there was an "open mic session" where the brave and confident students can showed—off their singing talents, a good number of talented students performed.

The winners received the special edition of Arellano University notebooks, mugs, string bag and tote bag as rewards.

As the sun sets, the next half of the program shocked the students because of the sirens while the Presidents of the different organizations entered with their costumers and fired fake blood to the crowd to welcome DJ Kobeast to perform some of his greatest beats.

DJ Kobeast played for a good three hours and the crowd's energy kept coming. Students also took the chance to take photos with some of their professors, classmates, friends and the DJ himself.

Undoubtedly, this Term End Party is more than just an acquaintance party. It is one event that the AUPC students will never forget as part of the school journey in the Arellano University—Plaridel Campus.



Caption: Chinese cuisine and representation from the Grade 3 students

Feature

MANGORIO—OREO!

By: Markus Parico

Want to take a sip of something cold and sweet? With a hint of mango and graham that melt in your teeth? Then, go visit Mangorio. Located in, Boni Avenue, 1550 Rt. Rev. G. Aglipay, Mandaluyong, Metro Manila. It is a stall that sells Shakes with different varieties to choose from, such as Mango Graham, Oreo Graham and Milo Cheese! With an affordable price range of Regular 40 PHP, and large 60 PHP. This business have been serving customers for five years, especially to their loyal AUPC students who regularly buy their shakes after class.

"Masarap, hindi sya kagaya ng ibang mango graham, kasi sobrang daming toppings.", stated by Erica Mae Flores, a Grade 12 student and a regular costumer with her friend, Earl Austria, that also stated, "Kahit medyo common na ito nowadays iba talaga yung kanila compare sa ibang natikman ko. Naging balance yung lasa ng mango sa add ons nila and it was really good." But, not only that, but they also serve pizza. Such as the famous hawaiian, and pepperoni and many more. So if you ever decided to taste their magic, Mangorio is always open at 11AM to 11PM, serving customers with their delightful shakes and pizzas.

AUPC CELEBRATES UNITED NATIONS DAY

By Argy Kym Legarda

Last October 25, 2019, the Elementary Department of AUPC held a United Nations celebration to celebrate the different cultures of the different countries involved. The program started with the parade of Grades four to six students, followed by the prayer and the singing of the Philippine National Anthem. The principal of the Elementary



Mr. and Ms. South Africa

and elegant Mr. and Ms. South Africa, Grade 5 students Roszeleth Lilygem and Marc Jil Llaneta won the crowns.

Another part of the program that was most-awaited was the food presentation contest prepared and showcase inside their classroom. What stood out was the Chinese Cuisine presentation from the Grade 3 students.

tary Department, Ms. Barby Llemos, gave the opening remarks to welcome and officially open the program.

To celebrate beauty and talent, Mr. & Ms. UN 2019 was also part of the program. All costumes were well-crafted

Indeed, AUPC always see to it that the best way to host an event is to have the students enjoy and learn at the same time. We prioritize and always consider the wants of the student body as it'll contribute a lot to the success of the event.



Photo from Argy Kym Legarda

MAESTRO 'SALADO' — SIGNING OFF

By Kisha Marie Valeza

A 24-year old basketball player known as the, "MAESTRO" from Cagayan de Oro City is the popular point guard from Arellano University for 5 years in NCAA. This journey of Kent Salado impressed the whole Arellano Community and also the NCAA fans. As his rookie days started he became one of the well-known players, together with Jio Jalalon, because of their tandem and contribution to the Team. Coach Jerry Codiñera was the one who recruited him because of his potential and determination inside the Court.

Jio Jalalon who is now playing in the PBA, a former Chief, was present in in All-Star game last Nov. 26, 2019, the fans were astonished when they are playing inside the Court for Arellano. Both of them are really great players that's why the fans called them 'The Bus driver (Jalalon) & 'The Conductor (Salado) , after Jalalon left the Arellano Chiefs and pursued his PBA career, pressure was passed to Salado to replace Jio's position. One thing's for sure, Salado twanted to continue what Jalalon started and win the crown for the Chiefs. But, just like any other athlete, an injury had put him to test.

Kent Salado grimaced after a bad landing on one of Arellano's game in NCAA and had to stop for a year to recover.

It was also frustrating for the Arellano community to not see him play. He then suffered a partial tear that can be a MCL injury. Hurdle after hurdle, total rest was required of Salado to properly bring him back to playing full time in the NCAA.

As Arellano University hosted the NCAA 95, Salado's comeback got the AU community more excited. Though, it was unfortunate that Arellano University was not able to get the winning title this year, Salado was able to still get the hearts of the old and new AU community as he pushed and thrived during the whole season.

We look forward to seeing him play in the PBA soon. Plus, the Arellano community is excited for the next Jio Jalalon or Salado!

#HailToTheChiefs!

ONE BIG THANK YOU FOR AUBREY

By Roby Gayle Resurrection



Photo from: Patrick Yeoj Alcantara

“It was an honor and a great privilege for me that I'm the new court side Correspondent for Arellano University this NCAA Season 95” said Aubrey Bareno. Last July 27 2019, Aubrey made an announcement in her twitter account that she will be representing AU as the NCAA 95 courtside reporter. The Arellano Community definitely gave her the support she needed.

Being a student, a member of the student council and a courtside reporter is a heavy responsibility. But then, she whole-heartedly accepted the offer and thought of it as a challenge making way for personal growth.

There were expectations set for her and no doubt, she was able to deliver. With her good energy and true Arellanite spirit, she was able to manage all that was set for her.

Aside from being a student, an officer and a court side correspondent, she is also a singer. Aubrey Bareno is one of the NCAA Performers on the Opening of Season 95. She also creates vlogs on Youtube where she shares her interviews with extra fun segments with the AU chiefs.

Aubrey has proven that she is not just an ordinary student, but a great leader who is brave and talented. Most of the students know her as a Vice President of The Supreme Student Council on Arellano University—Main.

As the Basketball Tournament ended last November 19, 2019 Aubrey sees to it that she continues to inspire and share the Arellanite Spirit to the Arellano Community.

"I will always wave the Arellano Flag." she said.

Continue inspiring, Aubrey! Many look up to you now.

Indeed, #HailToTheChiefs!



AUPC GRADE 12 STUDENTS PREPARING FOR COLLEGE

Kyla Gaturian



Ever since you started kindergarten, elementary, junior high school and now you're in senior high school, you live in an almost similar world over and over again. Sure there were some changes and several differences through diversion, but now that you are a few steps away in entering the new world of College, are you ready to step in?

College is probably the last step in education to attain your goals in life for the future. Some say it can be easier for it is the last step of all your hardships, but most people definitely believe that college is the hardest for it might be the answer to the question, "Can you really make it?" And some say it is the stage where students experience total change.

But after all these mixed emotions, you really have to succeed in college. But how? One sure thing is to find a suitable university that can provide all your needs whilst providing quality education.

Many famous and well known universities have already begun administering entrance examinations for aspiring freshmen. The AUPC Grade 12 students are very much preparing for this. Some have decided which university to inquire. "I really don't know pero gusto 'ko sana sa RTU.", stated by Shaira Mae Cobarrubias a Grade 12 Student. "Noon pa lang napag planuhan ko na kung saan 'ko balak mag aral pero isa lang sa kanila yung gusto ko'ng pasukan sa college, it's Polytechnic University Of the Philippines.", stated by Elliron Granada a Grade 12 Student.

"Gusto ko talaga sa Philippine Normal University makapag-college.", said by Danice Caparros a Grade 12 Student. There are also lot of students who would like to stay in AUPC. "But, iniisip ko din na walang tamang magagawa ang pagpressure ko sa sarili ko." another student said.

Some might have already chosen which university to go to but are they really ready to take it? "Nakakakaba syempre, panibagong kklase, guro, classroom, panibagong pakikisama, lahat bago," feeling of nervousness are evident on them.

But some are uplifted, "Pressured syempre kasi dito nakasalalay yung future ko. Many may be prepared but some are not yet ready to say farewell to their beloved school in the current time. "Of course, napasaya ako ng sobra ng AUPC sa SHS life ko kasi naranasan ko na almost yung mga naranasan ng kabataan."

"Napasaya ako ng AUPC and I'm really thankful.", "Napasaya ako ng AU in a way na, mas nakilala ko sarili ko at nagkaroon ako ng mga kaibigan na handang tumulong saakin."

College is a step of bravery, not a step to be afraid of. Some may not be ready and some may be prepared. But all you have to remember, is a rainbow can't shine without a little rain.

AUPC JHS CELEBRATES THE INTERNATIONAL YEAR OF INDIGENOUS LANGUAGE



Last November 15, 2019, the Junior High School Division of AUPC celebrated the United Nations 2019 with a theme of "International Year of Indigenous Language". It was indeed a success for the Araling Panlipunan Department to organize an event like this.

As the Junior High School students observed the importance of United Nations, all cooperated and participated to the given activities, namely:

Quiz Bee, Poster Making Contest, Flag Identification Contest and as well as the Mr. and Ms. U.N. 2019.

The first three contests were held before the main event wherein it features the pageant proper of Mr. and Ms. U.N. 2019 – the most awaited contest of the Junior High School students. The winners of the first three contests received a certificate, a sash, and a medal.

The winners of the Mr. and Ms. U.N. include a title of Mr. and Ms. U.N. 2019 Best in Costume, Second Runner-up, and First Runner-up and of course, the Mr. and Ms. U.N. title. They received a certificate, a sash, and a crown as a price.

The competition has a Casual-Dress and Introduction Round, a National Costume Round, and a Question and Answer Round. The questions are handed to the contestants beforehand for them to review and to prepare their answers.

In the end, out of the 16 contestants, the title of Mr. U.N. 2019 was awarded to Charles Adrian Gumiran, a grade 8 student and the Ms. U.N. 2019 was Sarah Ann Curata, a student from grade 10.

The winners have a chance to compete for the Mr. and Ms. AU Interbranch because of the beauty and performance they displayed on the event. It is an amazing experience for all the Junior High School students because they joined and worked together to support their presenting candidates for each section and they also learned the significance of observing and celebrating the United Nations. Then again, it is one of the most awaited and prepared event of the Junior High School Division. AUPC anticipates next year for another wonderful and successful event to look for.

A Story We'll Never Hear

Alreyanne Roscel A. Bolneo

There's a light, but its too far to reach, he opens his palm, feeling the warmth he's yearning for years; indulging the sensation—he thinks to himself, *what a great day to wake up to.* He walks through the living room, eyes scanning for one thing, focusing on the target; there she is. Smiling widely from ear to ear, hips dancing; he comes close, her hands stretching out to reach him, petting his head and kissing his nose, "Did you get a good night's sleep good boy?"

Eyes brightening at her remark, he inched closer to kiss her cheek saying, *Yes, I did.* It's that time of the day, sun shining bright, clouds waving in the wind, he comes out to play. She followed him suite, they ran around the yard all day. Laughing out love, hugging in happiness, he thought to himself, *God, I wish this day never ended.* *There's only 24 hours a day, bound to end, just be alive the next day.*

There's only 24 hours a day, bound to end, just be alive the next day. All memories down the drain: hiding, raining, no house, no play. His eyes are gleaming no more, hips not dancing, not okay. How did the love fade so suddenly? ?

Alone in a busy street, he barks out, calling for her; no response. People walking around just looked at him for a second then none. If only dogs can speak, how many sad and happy stories can they tell us?

Creep

By: Angelo Gregorio Catudio

It was all soul's day, my friends and I decided to hang out and so, I asked for my parent's permission. They agreed and permitted me to go but jokingly my father gave a condition, I should buy him cigarettes.

Delighted by their decision, I hurriedly run for the nearest store with all smile and buy a couple of cigarettes. While waiting for the vendor to give me the cigarettes, an old man beside me approached me while smiling and said, "Be careful on to whom you give your smile, some of them may have been already six feet below the ground and maybe they'll got attracted to you, they might follow and creep on you." I was about to answer him however the vendor butted in and gave me the cigarettes. Completely destructed, I forgot about the old man.

After getting ready with my outfit, I went out the house, go to the nearest jeepney station in front of our baranggay hall. While waiting for the jeepney, I noticed that there's a wake at the Baranggay hall and outside it is the picture of an old man smiling the way he did when he talked to me a while ago.

Obscure Sentiment

By: Erica Mae Flores

**Painstaking affinity
bemused by your actions,
eagerly awaiting to descry
what behind the riddles
that has been shrouded of secrecy
Is this still friendship?
or we're just blinded and being
scared,
that *we can't cross the line,*
because we're bonded to uncertainty
of what are we.
Hidden feelings,
but this will not fade,
yet, *distinct to be unsaid.***

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HISTORY MAKERS

By Joey Doon Celespara

When it rains it pours... in sports.

Ernest John Obiena, a 6-foot-1 Asian Athletics Championships reigning champion, defeated five other rivals for the Chiari gold medal. Ernest John Obiena is a Filipino pole vaulter. Before breaking the Asian Athletics Championships record, he held the Philippine national record in pole vaulting with a record of 5.76 meters achieved early this year. EJ Obiena secured a berth in the 2020 Tokyo Olympics by surpassing the qualifying standard by making a 5.81 meters finish in the Men's Pole Vault competition of the Salto Con L'asta In Piazza Chiari 2019 in Italy on September 3, 2019.

Weeks later, another Filipino secured a slot in Tokyo as gymnast Carlos Edriel "Caloy" Yulo reached the Olympic qualifying mark at the World Championships in Stuttgart, Germany. Caloy made a historic mark of winning the Philippines' first ever world championship gold in gymnastics. He won the gold medal in the Men's floor exercise of the 49th FIG Artistic Gymnastic World Championship last October in Stuttgart, Germany. The 19-year-old gymnast topped the competition with a final score of 15.300, besting top qualifier Artem Dolgopyat of Israel (15.200) who placed 2nd and Multiple World Champion Ruoteng Xiao of China (14.933) who settled for the bronze.

In less than 24 hours, Nesthy Petecio became the second Filipino to win the gold medal in a world championship. Nesthy Petecio emerged as the second Filipina world boxing champion as she ruled the featherweight division of the 2019 AIBA Women's World Boxing Championships on Sunday, October 13 at FSK Sports complex in Ulan Ude, Russia. Petecio pulled off a split decision, 3-2 over the host country's bet, Liudmila Vorontsova, with 3 judges from Australia (30-27), Korea (30-27) and Ireland (29-28), saw the fight in favor of Petecio while Japan (30-27) and Argentina (29-28) had it for the Russian fighter.



THE CONDUCTOR HEADING AWAY TO THE PRO KENTOY SALADO APPLIES FOR THE PBA DRAFT

By Jeffrey Bryan Seroy

After an up and down college career our king Chief is trying his luck to the pro. The 24 year old Salado who came from the Cagayan De oro who help the Arellano Chiefs to get back to the Finals, but unfortunately loss to the San Beda College. We all remember how Kentoy and Jio make a historic run on NCAA season 92, and how they carry the AU to brags 1st Runner up on Season 92.

The King chief Salado shared his intentions to join the professional ranks after ending his with a sour defeat against JRU Heavy Bombers. Salado Though is ready to move and excited to bring his talent

to highest level of competition on The PBA.

"Magaapply na ako para maging pro,Sana makuha ako!" Salado said on the interview of Spin.ph

Salado finishes his NCAA career with 22 points and Chiefs had 4-14 record after that though lost against the JRU heavy Bombers. Despite of the short outcome of The Arellano Chiefs on the Season 95, Salado is still optimistic that he will make it to the pro.

This season was a tough learning for the team but Salado is still believed that the team will going back strong in the next Season. Despite of early exit, Salado

put up impressive numbers for a player returning from two major injuries. He put up 16.2 points, 5.1 rebounds, 5.7 assists, 1.6 steals in his final year. And the graduating guard is hoping that Arellano's transition period is over so that the Chiefs can finally return to their glory days.

Is this the year for our King Chief to get on Pro? Let's continue our support for his journey to becoming officially professional basketball player on the PBA. The arellano faithful hope you luck and success for your new journey our King Chief Kentoy "The Conductor" Salado.



SEA GAMES FLAMES TURNOVERED TO PH

By Trisha Eunice C. Matias



The preparation kick-off after Malaysia officially handed the SEA Games flame to the Philippines last October 3 at the Bukit Jalil Stadium in Kuala Lumpur for the country's hosting of the 30th Southeast Asian Games.

The lantern carrying the SEA Games flame was brought to Manila last October 3 to kick-off a series of torch runs that will be held in Davao City, Cebu City before finally winding up in Clark which also be presented to the House of Representatives, the Senate and President Rodrigo Duterte in Malacanang.

"As we receive the flame

from Malaysia, we also receive the responsibilities that comes with hosting the flame in our country," stated by the Philippine Sports Commissioner Celia Kiram on behalf of the PH contingent and PSC Chairman William "Butch" Ramirez, who also serves as chef de mission of Team Philippines.

There will be eleven nations that will participate: Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand, Timor Leste and Vietnam. The 30th Southeast Asian Games will happen this November 30 until December 11 with 56 sports spread out over four main venue clusters in Clark, Subic, Manila and Tagaytay.



A JEHF BEÑAS STORY

By Jeffrey Bryan Seroy

"Pagpasok ko talaga dun gusto ko na talaga maglaro para sa school at manalo."

It started with the training process of his former school that anyone from the team is required to try out to different universities in the Metro. Jehf tries his luck to be part of the Arellano University Chess team. Fortunately, he has been selected to be part of the Chess team. He has also been lined up in the 95th season of the NCAA.

"First year ko lang rin kasi; kaya unexpected talaga na napili ako at na line-up for the NCAA". Beñas said in an interview with The Standard.

The journey in order to podium and snatch a medal is tough. As a student athlete, there are lots of responsibilities be it in training or in studies. He stated "Mahirap talaga siya kasi as a BS Accountancy student marami

kaming ginawa at mahihirap ang mga lessons namin, ganoon rin sa Chess team kailangan may time talaga para makapag-focus sa mga strategy na gagawin sa game."

Going back to the NCAA Season 95 Chess competitions, excited to compete for the school and his family, Jehf stated "Yung first round talaga sobrang kaba ko kasi JRU

yung kalaban ko, pero nawala yung kaba ko nung sinabi ng coach ko na hindi pa pala ako maglaro, kasi yung mga veterans muna yung pinalaro". He also stated on the interview "Pagpasok ko talaga dun gusto ko na talaga maglaro para sa school at manalo". He started his NCAA debut by defeating Jedidah Diaz of Mapua University.

The winning streak continues when Jehf won his match against Adrian Yulo of College of St. Benilde. After that Beñas face his arch rival Joshua Marquez of the Lyceum of the Philippines University. "Dito talaga ako nahirapan kasi since nasa Bulacan pa ako parati nya akong natrick, kala ko nga mauulit yun kasi nagtabla kami pero sinuwerte ako na natalo ko siya". Beñas won the match by resigning Marquez in the late game.

The nerves continue for this young kid from Bulacan when the fourth game is the way to determine his chance to bring home the Gold. "Pagnaloko kasi ako sa fourth game sabi ni coach ako na magchampion". But the streaks stop by John Philip Oncita defeats Jehf on the fourth match. "Ginawa

ko naman lahat pero sinuwerte siya, kaya natalo ako".

But the journey for the gold medal is still alive by the loss of the Letran player in there game. So Jehf is so eager to get that gold on his last Match against Robert Yap of Letran. This match determined who would bring the Gold whether Yap or Beñas could win. "Ito talaga yung pinakamahirap na part kasi it yung way para madetermine kung sino ang manaloko ng gold" Beñas said. Jehf Beñas won his last and final match and brags the gold for the Arellano University.

Beñas would like to thank his coach and his professor for being cooperative. He also stated to the aspiring athlete that "Wag kayong sumuko sa pangarap nyo at kailangan magkaroon kayo ng composure in order to come a great player" He also stated "As a team captain, pinapasalamat ko yung mga ka teammate ko at ang message ko sa kanila practice lang ng practice at parati kayong magfocus sa studies nyo kasi ito yung kailangan nyo sa future and you need to balance it sa training in order to become a great player".

Arellano University Seniors Division Chess Team is this NCAA Season 95's 1st runner up.



Mens seniors badminton 1st runner up (silver)
PHOTO by Pau Bachiller

QUEENS OF THE WOMEN'S BADMINTON ONCE AGAIN

By Karl Cruz

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it. That's what the Arellano University Lady Chiefs Badminton Team proved to deserve the title "champions".

During the 95th season of the NCAA, Arellano University badminton team fought hard and gave their all to strive during their first ever hosting-season. Confusions, endless sweats, and body pains

was felt. Nevertheless, they showed their dedication and passion of playing badminton as the season set off. According to coach Christian Torres "The battle is not about skills but it's all about passion and love in what you're doing". He also stated that "If they want to bring back home the crown, it's up to them. The title does not belong to the coach but it belongs to the players who strived and played hard."

In a short interview with Elena Arriola (NCAA Season 95 Women's Badminton MVP) she said "The sacrifices I made for my last playing year in NCAA siguro "time management" kase graduation mahirap pagsabayin ang pag-aaral at paglalaro and then "problems". Syempre mahirap maglalaro pag may problema kaya as a player obligation ma-set aside kahit mahirap para makatulong . What does it takes to be mvp this



Hail to the Queens of the NCAA Season 95
PHOTO by Pau Bachiller

The crown is back, the crown is ours!

season? Unexpected pero lumaban ako para sa team para maging masaya sila and specially to my family at sa mga nagtitiwala saman. And then to prove to someone na mali sya." She also added "Play humble, focus on your goal, trust your coach and also believe in your abilities as a player."

For all the aspiring athletes of

Arellano University, Elena Arriola said "Sa lahat ng athletes sa AU be proud na parte at isa tayo sa na icompete neto kaya stand for our school. Stand with pride, walk with dignity, and be the chief of all."

The crown is back. The crown is ours. Hail to the Chiefs. Hail to the Queens of the NCAA Season 95 Women's Badminton!

SAINTS AND HEROES COLLIDE IN COURT



Arellano SPORTS
PHOTO by Alejandro Sanchez



NCAA Season 95 All-Star Womens Volleyball Arellano Lady Chiefs Team Heroes & Seniors Basketball Arellano Chiefs Team Heroes on November 26, 2019 in Mall of Asia Arena.

KAISA SA PAGKAKAIBA

Warren Ryan P. Revoltar



With its inclusion as a guest member in National Collegiate Athletic Association's 85th season to having a probationary status in seasons 86 to 88 and finally becoming a regular member of the NCAA beginning in season 89, Arellano University didn't hold back from attaining every championship title there is. Through the years of its inclusion as a participating school in the NCAA,

AU Chiefs and its counterpart juniors' team, AU Braves, managed to bag several gold medals and runners-up finish from various sports disciplines like Chess, Basketball, Volleyball, Football, Cheerleading, Taekwondo and many more. The school's sports program and recruitment is indeed making wonders for the school's reputation as a force to be reckoned with in the oldest athlet-

ic association in the Philippines. But that's just sprinkles on the sundae. Arellano University, for the first time, on its 10th year as a member of the league, hosting the games was the icing on the cake.

As every season goes by, the timeless slogans coined by the host team didn't die and will continuously be remembered by the athletes, coaches and their respective school

communities. During AU's season as a guest member, San Beda University (SBU) roared "Winning Drive at 85" when they hosted NCAA's 85th season. During its three years of probationary status, AU Chiefs heard the slogans "Youth Speaks @ 86", "Brazen @87", and "Celebrate @ 88! Conquering New Glories For Your Honor" from season 86 to 88's hosts San Sebastian College - Recoletos (SSC-R), University of Perpetual System DALTA (UPHSD) and Colegio de San Juan de Letran (CSJL) respectively. Prior to the current and season 95's slogan "Kaisa Sa Pagkakaiba", there are six notable catchphrases that was coined by AU's predecessors in hosting the league. Beginning with De La Salle - College of Saint Benilde's "Our Stars will Shine in 89" in 2013, Jose Rizal University's "Today's Heroes, Tomorrow's Legends. NCAA @90: We Make History" in 2014, Mapua University's "Engineered For Sports Excellence in the New Decade Season 91" in 2015, SBU's "Sports Builds Character: Achieving Breakthrough at Season 92" in 2016, SSC-R's "Reignite: Bolder. Braver. Stronger" in 2017, and UPHSD's "Reignite: Bolder. Braver. Stronger." in 2018.

This year's host, Arellano University was founded on the principle of inclusivity, specifically manifested in the university's Open-Enrollment Policy wherein no entrance exams are required. Thus,

economic background does not limit a student in achieving academic excellence. Religious and political persuasions vary among the students as well. This results in a demographic profile that is rich in diversity within the walls of the seven Arellano campuses.

This echoes the composition of the NCAA. Aside from the league being made of a mix of sectarian and private-secular schools, the universities are known for their expertise in a variety of academic disciplines. Mapua University is one of the leading purveyors of science and engineering while De La Salle-College of Saint Benilde promotes culture and arts. Schools such as San Beda University, San Sebastian, Lyceum of the Philippines and Arellano University are known to ensure an impeccable standard of lawyers in the country. The University of Perpetual Help System DALTA and Emilio Aguinaldo University continuously provide the nation with skilled medical professionals while Jose Rizal University advances the fields of business and accountancy through their alumni. Uniting all these schools is the pursuit to instill and promote Filipino-excellence in the next generations. NCAA's truly a melting pot of diverse yet united top-notch Filipino athletes.

Iba't Iba, isang liga. Sari-saring Sigaw, isang Diwa. Kaisa Sa Pagkakaiba.

55 Lumad schools called 'NPA factory'

by Francis D. Layson & Jerald P. Beltran

JOSE R. The Department of Education (DepEd) Region 11 instructed the suspension of the "permit to operate" of 55 lumad schools around the Davao region. The decision to suspend the schools was based on an order from Leonor Briones, Secretary, to suspend the schools which had only been approved for approval of their status. Report claimed that the schools was promoting "left-leaning philosophies," encouraging students to protest against the government, and using children to rally. School programs were also allegedly not in line with DepEd's curriculum. According to the DepEd representative, Maria Eugenia Nolasco, Executive Director of Salugpungan Ta 'TanuIgkanogon Community Learning Centers, has already received the suspension order, School officials and employees will be given five days to respond as to why their permit to operate should not be revoked.

They said that the students here are forcing to learn about activism, hate the government and a factory of NPAs. There are no concrete evidences about it, but the DepEd continues to suspend the permit of the 55 schools.

One of the 55 schools of Lumad is still ongoing because of the willingness of other students and teachers, however; DepEd also suspended their permit to operate. It's illegal and inappropriate because there are no formal and legal basis and it did not go through due process. Many of the Lumad children's education, as well as teachers, will be severely affected to this situation. Moreover, there are no concrete information about it because there is no proof for this issue.

Some of us don't realize the importance of education of the student in Lumad schools, the poverty there is high and the only way to have a better life is through education. However, the Department of Education itself keep pushing the act of shutting down the Lumad schools, there is now formal investigation about it. This issue needs to be acknowledged and gain more exposure so that the government may take justified action.

It is hard to see many of the students to be forced to stop because of false allegation in their schools, education is more important than everything else. •

Lumad School Shut Down

by Patrick Yeoj Alcantara

PLARIDEL Numerous killings, people being mugged, and the poor keeps on being poor. Now, schools are being forced to be closed because of the outbreak of the New People's Army (NPA) in which the Lumad School at Davao be the most recent example. Just because of this matter, children are being forced to stop learning and having a chance to change their lives. We must give more attention to the people who need education so they can have a better chance in their life.

Here in the Philip-

ines, the media focuses on the people in the slums and makes numerous documentaries about their daily lives, but, the true question is, what comes next?

Most will keep on living the same life, and therefore our education should be on the top priority list of the government, if they forced a school shut down, the government should quickly build a new school for the young ones. We should focus on the things that will change our future, we should help one another to stand for what is right. •

LUMAD SCHOOLS SHUTDOWN

by Gabriela B. Mendoza

JUAN S. Jose Rizal has been a firm believer that education is the instrument of change and the future of our country. He believed that education should be free and available for all Filipinos, that it is unbound by neither political nor religious belief. Education is a fundamental human right thus it should be accessible for every human being. An individual's race, gender, ethnicity, social class, age, and disabilities should not limit anyone from giving them a quality education.

Lumads, short for *KatawhangLumad* which means indigenous people, have been in a never-ending battle for so long just to fight for basic human rights. Right for education is part of it. This year, DepEd has already shutdown 55 lumad schools since July. This was ordered by DepEd because of baseless allegations that lumad schools have been teaching its students "left-leaning" ideologies and that it has been a place for rebel recruitment. Without even formal evidence, this decision by the DepEd further alienates marginalized groups and standardized them as mutineers just because they live in a geographically isolated community. It is unjust and unfair for the lumad youths who were studying in the now closed schools for their education to be debarred because of political conflicts.

DepEd's mission is to "protect and promote the right of every Filipino to quality, equitable, culture-based, and complete basic education..." but with this action they already failed in that aspect. Lumads rights should not be politicized. They are as deserving of a quality education, free from prejudice, the same as every other Filipino. •

Humanity

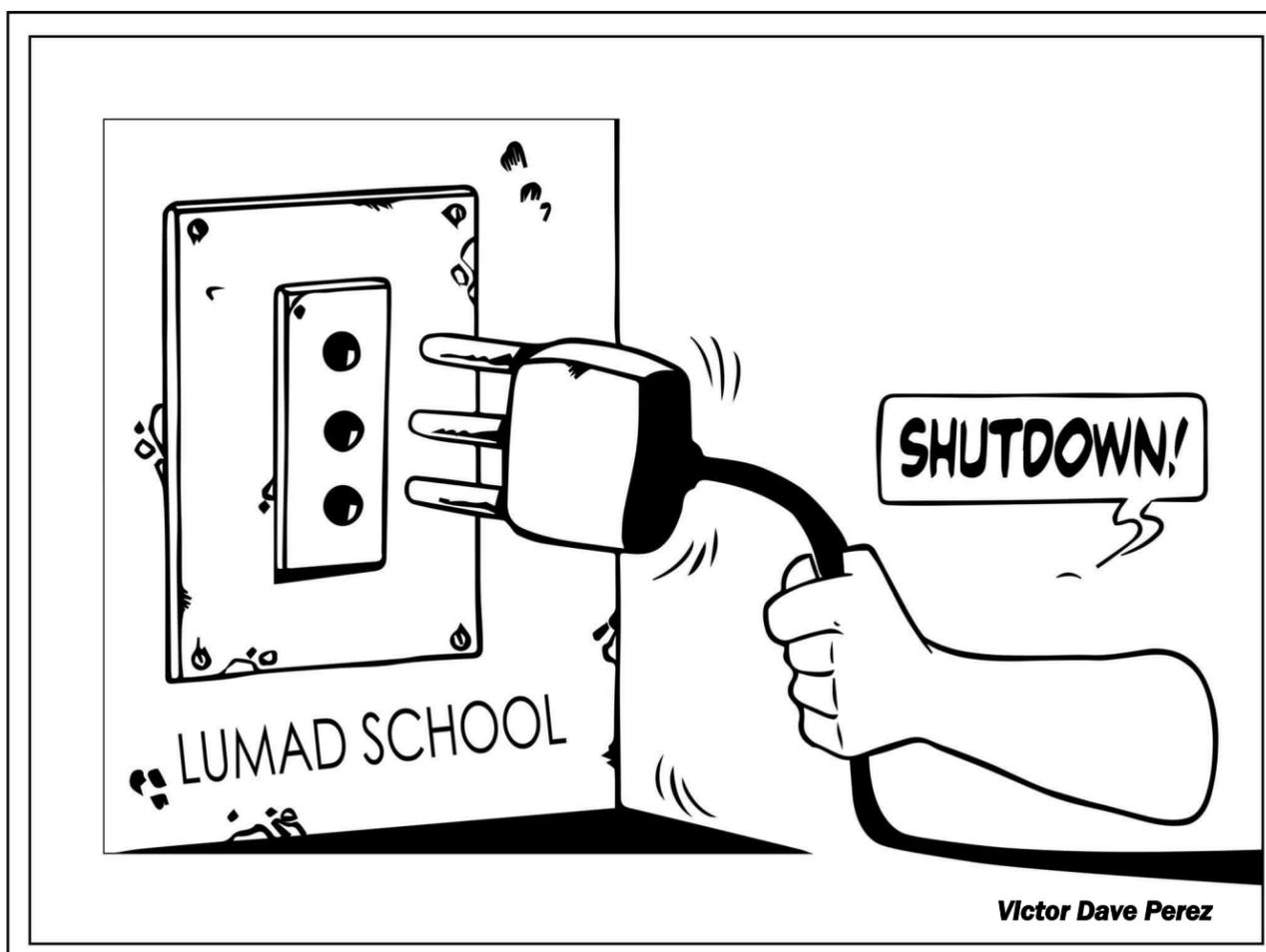
by Marrke-Louis B. Perez

ELLISAE. We are all entitled to have a good education regardless of our ethnicity, however, the Department of Education in Davao (DepEd-11) is permanently shutting down all 55 schools operated by the Salugpungan Ta TanuIgkanogon Community Learning Center (STTICLC). The said institution taught the Lumads through their indigenous learning systems. Recently, it has become a target of the Military Vilification Campaign as the institution has alleged ties to the New People's Army (NPA) and is allegedly used as NPA training centers. According to DepEd-11 spokesperson, Janelieto Atillo, the shutting downs were ordered shortly after a DepEd appointed, 5-man fact-finding committee investigated and that it had submitted "substantial evidence" of non-conforming against STTICLC last August 2019.

Regardless of such allegations, these people should not be deprived to have an education. They are also Filipino citizens and it is their right to be educated. This should not be forgotten by our government. Prior to the establishment of STTICLC, the Lumad children had a hard time going to school every day due to the great distance of their homes to any other learning institutions. The STTICLC is their best hope for education as the schools are built right in their communities and is more accessible to them. Closing it down will be getting that hope away from them.

Datu Kailo Bantulan said in a press conference on June 1, 2019, "We have been waiting all our lives for the government to build a school in our communities, but now that we are able to build schools with our own perseverance, why do they want to close it?" The administrators of the school said that they were not given due process in this matter.

According to the Philippine Constitution 1987 Article 14 Section 2, "The State shall establish maintain, and support a complete adequate, and integrated system of education relevant to the needs of the people and society; encourage non-formal, informal and indigenous learning systems, as well as self-learning, independent, and out-of-school study programs, particularly those that respond to community needs." It is our duty, as Filipinos and as human beings to ensure that this right is given to every Filipino, regardless of ethnicity and political preference. This closing of Lumad schools is unfair to the students who will be greatly affected by this actions. It is also unfair that we keep our silence on this issue. It is imperative that we always had a keen mind and eye for what's happening in our society. More importantly, it is important that we must do the right and humane thing for our Lumad brothers. •



Republic Act No. 8371: The Prohibited Knowledge

by Edlyn Joy Abad

MABINI October 8th of 2019, four months after the suspension of their permit to operate for allegedly teaching "left-leaning ideologies", the Department of Education in Davao region has formally ordered the permanent closure of the 55 Lumad Schools that were run and operated by the nonprofit Salugpongan Ta' Tanu Igkanogon Community Learning Center, Incorporated (STTICLCI). According to the article of *MIN-DANEWS*, headed by the national security adviser Hermojenes Esperon Jr., the task force to end local communist armed conflict finds that the "Lumad Schools deviated from the curriculum set by the Department of Education." Moreover, they also reported allegedly that the indigenous students were being used in illegal protests and were taught ideologies that advocate against the government. However, Salugpongan along with the other Lumads deeply doubted the accusations pressed to them. In a statement from an article, Salugpongan said that to justify the shutdown of the schools, they would fight the "fabricated accusations and Red-tagging" of the government on them. Advocates in addition, claim that no due process was observed when Lumad schools were ordered for suspension on July 18, 2019.

DepEd wants the Lumad not to wake to realities and to keep them fooled, victimized and deprived of their rights so it will be easier to rob them of their ancestral land, which is their life," said Eufemia Cullamat (Bayan Muna Representative, a Lumad and a leader of the Manobo). She also stated that it is their rights to have their own ways for education as per Republic Act No. 8371 (Indigenous People's Rights Act of 1997) which ordains that the state shall provide a complete, adequate, and integrated system of education, without prejudice to their right to establish and control their educational systems and institutions by providing education in their language, in a manner appropriate to their cultural of methods and teaching—a reason why the government should revoke their decision in response on what Atillo have said as violation in DepEd Curriculum. Not only in this recent permanent closure of 55 schools that the Lumads were clamped down by the national government with red-tagging and malicious accusations. In 2017, during the peace talks between the government and communist rebels, President Duterte himself said, "Get out of there. I'll have those bombed, including your structures. I will use the Armed Forces, the Philippine Air Force. I'll really have those bombed because you are operating illegally, and you are teaching the children to rebel against the government." pertaining to Lumads.

Clearly, the national government failed to comply their responsibility in protecting the rights for education of indigenous people, which are called as "Lumads" because of their questionable arbitrary-approached with the said issue. They need knowledge in order to protect their ancestral domains and culture from capitalists that are taking their advantage to our 'no read, no write' indigenous people. As Filipinos, our stand should no longer be a question here. Human rights don't need to be argued with opinions for they are *just*. Violation of the government on Human rights should never be an exception and needs to stop. Their rights for education weren't the only one that is infringed here but also the government's power to mandate because of the unfair process done on their released order. We must fight for what is "just", not for what the irony our government is ordering and doing in their ped-estaled-seats. •

A Defense Line

by Miguela Munda

JOSE A.S. "Right to due process!" and "Right to education", cried the Lumadsearlier this year after the Department of Education formally shuts down 55 Lumad schools in Davao City, after their permits were suspended for allegedly teaching its students "left-leaning ideologies".

This scenario felt like the Salem witch hunt all over again, as people seated in power blindly pinpoints allegations against said convicts. But Jenelieto Atillo, DepEd-11 spokesperson, said that these are hardly suspicions as DepEd ordered an investigation on the schools owned and operated by the Salugpongan Ta' Tanu Igkanogon Community Learning Centers or STTICLCI. The investigation was headed by a 5-man fact-finding committee.

Atillo said that the links to NPA aren't the sole reason as to why the STTICLCI needed to stop their operations, but the findings such as violations of regulations and non-compliance with the DepEd requirements. This, and the fact that the teachers are allegedly not licensed.

These, among a hundred more "findings" is what pushed Education Secretary Leonor Briones to order a suspension for all schools under the STTICLCI.

But then again, we find ourselves circling back to the petition for due process; was there ever an investigation? Was it done independently just so the decision to shut these schools be entirely their

own? What seems to be though, is that the department has taken all said investigators and findings wholeheartedly, without a twitch. Are they enough to risk these children's education, and basically their futures by performing such drastic move?

"We have not seen DepEd officials set foot on these schools to see how vulnerable the teachers and students are from the threats, harassments and attacks from the military and paramilitary." said Save Our Schools (SOS), a network of children's rights advocates,

It is no secret that the Lumad schools have been a subject of heated argument from way back, especially when it was spearheaded by the man sitting in the most powerful place in the country. "I'll rally have those bombed," Duterte warned in 2017. "because you are operating illegally and you are teaching the children to rebel against the government."

Now the real question is; is this move really necessary to ensure the Lumad children's safety? Or yet just another tactic to wrap them under the government's fingers? No matter how much those in power want this to seem rightful and justified, in the end, it is the children who suffers most; forced to transfer in places and get education which isn't appropriate to their ways and culture. All because they can't create a defense line to ensure their rights and secure their futures. And why would they? With their chins already raised, eyes straight ahead and can never bother to look down. •

Quality Education We Deserve

by Joseph Ollada

ANDRES B. Education is important for all of us. It is a gateway to our success. And for us to gain proper knowledge and equip us for the real world, we enroll ourselves in an institution that will serve us the best quality of education. But what if our very own Department of education or DepEd, shuts down one of the institutions that promotes learning?

Recently, it has been reported that Lumad schools in the Davao Region were shut down resulting to the children to lose the very place they could gain knowledge. It is very upsetting to hear the news of its shut down because children are expected to study in a place where they could enjoy learning and feel safe against adversities.

However, from the report, we could somehow understand the reason why the Lumad schools are being shut down. And one of those reasons is the failure to meet the standards set by DepEd. One would think, are the standards set by the government that important to refrain children from learning?

However, we should also look on another side of it. Institutions cannot just offer quality education without having to meet certain standards set by the Department of Education, the highest institution in Education. Quality learning should never be compromised as schools are expected to impart accurate knowledge to the students as it will be their tool to contribute to the society in the future.

I believe further investigation should be done with the case of the Lumad Schools. Are the NPAs really using the Lumad Schools as evacuation centers? Did they really not meet the standards of DepEd? The Lumads should still not be deprived of proper education. The government has to put an end to this by providing the best solution. •



Joshua Vhen Santos



ARELLANO UNIVERSITY

The regularity of spending days here in the Metro requires energy and effort. The paper works, projects, examinations and even traveling back and forth to school and home give us tiresome weekdays (or even weekends) which make us all want to spend our vacations away from Manila. A place away from the polluted and crowded setup of the city where we can sit back, relax and enjoy the beauty of the fresh nature. A place where we know stress is nowhere to be found and enjoyment can fill us up. Luckily with only 2 to 3 hours drive bound south of Metro Manila, Batangas is serving us different spots and attractions, activities to enjoy, and foods to eat making it one of the places to be when the vacation comes up.

But away from the usual Taal, Tagaytay, Lipa, Laiya, Calatagan, Tanauan, and other travel places in Batangas (which are also great places to travel), another beautiful yet hidden gem of Batangas is a must-travel place; the home province of the late President Jose P. Laurel and the Bay-ongan Festival – Laurel, Batangas.

56.8 kilometers away from the center of the Batangas Province; Laurel, Batangas offers vast selections of things to do that can make your stay worthwhile. You can tour around and enjoy some unpopular yet oozing natural heritages. Try the ever delicious Batangas Lomi cooked in their special way together with their infamous Kapeng Barako. And if you are lucky enough, the very hospitable place welcomes you to join the people celebrate their town fiestas and enjoy the very delicious delicacies prepared by the natives themselves. Life in Laurel, Batangas is very simple for the only source of living there is thru agriculture and fisheries yet this mere thing will make one feel unplugged from the very busy vibe of the city.

TRAVEL SPOTS:

Aside from the place noted for its much conserved natural environment, one must also reach and enjoy the following areas within the municipality accessible in just one ride of a tricycle (P60.00).

Taal Lake – With its shorelines located in Bugaan East and Poblacion 3, Taal Lake and Taal Volcano are only meters within our reach. With boats ready to hire, one can enjoy a 15-minute boat ride reaching the Volcano Island where tourists can enjoy hiking, horseback riding, swimming, and even fishing.

Malagaslas Falls/Spring – Located in Brgy. San Gabriel, the falls are located in a forest cover. With the tricycle driver dropping you off Sitio Salipit, head off to Hacienda Cascada before venturing a 10 to 20-minute travel on foot to reach your destination. It is best suggested to contact a guide from the Barangay/Municipal Hall or ask a local to assist you because the trail is quite confusing. Malagaslas Falls/Spring, named after the sound of the water hitting the rock formations below, is a multilayer waterfall with natural sandbagged pools and fresh drinkable water. With only P10 – P20 entrance/environmental fee per person, you can enjoy this freshwater wonder for the whole day. Cottages and Food Stalls are also available within the area but it is best suggested to bring your food to enjoy. Grills are also available to use given that you bring your utensils or cooking ware. The prices for the cottage vary according to the size and style of your choice.

Ambon – Ambon Falls – Another 10 – 20 minutes travel on foot going deeper inside the forest from the Malagaslas Falls, you'll be able to reach the Ambon – Ambon Falls. The trail to falls is composed of crossing streams and going over large boulders, a good place to take some photos and enjoy the virgin scenic view of the natural environment. Ambon – Ambon Falls, named after the drizzles of its water drops, is a two – water jet drop-off falls with a basin-like natural pool at the bottom and is noted as one of the tallest in Batangas Province. The area is enclosed with towering natural rock walls which make it calming and a good place to unwind. Flat surfaces and Picnic Huts are also available however, it is quite limited. The entrance/environmental fee of the Malagaslas Falls includes this area that is why it is like catching two birds with one stone going here.

Antona – From the same barangay, Brgy. San Gabriel, a caved turned mini chapel called Antona has been one of the known travel destinations during the holy week. It has been one of the notable places for holy week devotions.

Laurel Public Market – The Laurel Public Market is just walking distance away from the Municipal Hall. Though it is not the usual "pasalubong" market, you can buy a lot of things there such as freshly picked fruits and vegetables, brewed coffee, fresh from the saltwater fishes, fresh meat and eggs, and different merchandises all for a very low price. You can also eat delicious foods such as Batangas Lomi and freshly baked bread or drink black coffee or milk tea in the Public Market.

The Fantasy World – Though Fantasy World is not located in Laurel, Batangas; it is also a recommended side trip as it is one of the most accessible travel destinations alongside the Sky Ranch and Picnic Grove in Tagaytay. Located in Lemery, Batangas; Fantasy World is an abandoned amusement park that was supposedly made to be the "Disneyland of the Philippines". The entrance fee though is quite costly with the fixed price of P1, 000.00 (P100.00 for 10 persons/P200.00 for 5 persons/P500.00 for 2 persons), you can enjoy a tour around the whole place and take photos of the whole area.

Summing it all up, having a total of P3, 000.00 (room rent not included) per person is good enough for a 3-day stay in Laurel, Batangas. I suggest that you travel in groups to lessen the expenses. There are also some ways to decrease the said prices such as walking instead of riding tricycles, especially when touring around the area or bringing your school IDs to acquire student discounts. The said prices may change depending on the pricing rates of the drivers. When touring around, always clean as you go and enjoy the whole trip in Laurel, Batangas.



SOLO

By Amira Floro

The dwelling place of the nightingale is bare,
Flowered frost congeals the arctic air,
The fox howls from his frozen lair;

Once the pink cast a winy smell,
The wild bee hung in the yellow bell,
Light in the brightness of beauty fell:

My candle a silent fire doth shed,
Come moth, come shadow, the world is full of strange
All alone, in a dark place.

I saw an angel, whisper into my ears,
I have no fear, I know he will guide me;
I'll only have you if you're sweeter than solitude.
Those who fly solo have the strongest wings.

Streets

by Zepp Marinda

Revel in the society poised with naivety,
Where people are laced with good intentions,
See in their eyes their rampant poverty,
When people in suits promises only in mentions.

Grow wings in traffic,
Then say it's non-existent,
Look at the glass palace,
See how their lies are consistent.

See how healthcare is depressing,
The good life we're always chasing,
It's only in our dreams we're having,
Now tell me when things are really changing.

HOW TO GET THERE:

To get there from Manila, ride a bus going to Tanauan City Bus Terminal. There are bus terminals in Pasay (P120.00) or Alabang (P80.00) going to the said destination. For about 1 ½ to 2 hours travel depending on the traffic, you'll be able to reach the Tanauan City Bus Terminal.

Right beside the drop-off area; take a 15 - minute tricycle ride going to the Tanauan Public Market/Tanauan-Laurel Jeep Terminal which costs for about P30.00.

From there, ride a jeepney with the signage "Laurel" costing P50.00. The travel time going to Laurel, Batangas is approximately 1 ½ to 2 hours. It is quite a long travel time but you will not get bored because on your way, the picturesque view of Taal Volcano and Taal Lake can be viewed.

You will be dropped off in front of a 7/11 convenient store meters away from the Municipal Hall of Laurel. There are only a few resorts/inn available nearby where you can stay, just ask for help looking for them or as much as possible have your place to stay booked before traveling.

LITERARY & LIFESTYLE



EXPLORING THE HIDDEN GEM OF WONDERS LAUREL, BATANGAS

By Ricky S. Cabual Jr.



“Hands”

By: Patricia Gail Caparroso

Have you ever wondered what hands you possess?
What those palms of yours may unknowingly digress?
In each person resides a different pair of hands,
As do our stories; some may be familiar, some may be bland.

Now sit back and let me narrate you a little story,
I promise it wouldn't be a bore, don't worry.

There are hands that are supple and smooth,
Unmarred by blemishes, scars, nor soot.
Blissfully ignorant about the nature of reality,
Isn't that such an enviable incommodity?
To be able to innocently trod along their days,
Unaware of what is wrong and out of place.

What do you think would be the opposite of the first?
Yes, it is hands that has felt hunger, fatigue, and thirst.
Have done the most work, yet remaining unappreciated.
Their hardships never to be fairly rewarded.
Dirtied palms begging for a bit of recognition,
Asking, “has no one heard our pleas and desperation?”

Equally, there are hands which hold power.
They display authority over those beneath and lower.
Though such hands should be used properly,
Some exploit it for their own gain insensitively,
Waste the privilege they've been granted,
And mindlessly grasp whatever they wanted.

