



Arellano University The Standard



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AU-JSC's BEEd and BSEd, Re-accredited

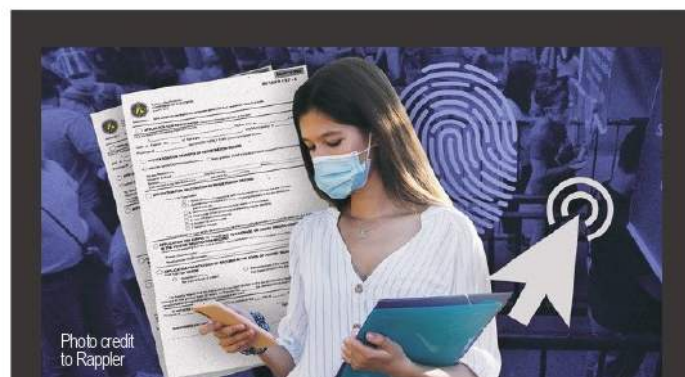
by Maria Nadine Roman



THROUGH A FORMAL LETTER addressed to the Chairman/CEO of Arellano University, Mr. Francisco P.V. Cayco last May 14, 2021, the Federation of Accrediting Agencies of the Philippines (FAAP) granted Level III Re-accredited Status to the Bachelor of Elementary Education Program and to the Bachelor of Secondary Education Program of Arellano University-Juan Sumulong Campus (AU-JSC) after having satisfactorily met the standards and fulfilled all the requirements of the Philippine Association of Colleges and Universities Commission on Accreditation (PACUCOA) in accordance with Memorandum Order Number 1, Series of 2005 of the Commission on Higher Education (CHED).

The re-accreditation status for these two programs under Arellano University's School of Education headed by its Dean, Dr. Eduardo Dela Cruz Jr., would be effective for five years starting from May 2021 to May 2026 as per the PACUCOA Board of Directors Chairman, Conrado E. Inigo Jr., Ph.D. stated in his letter last May 5, 2021 to the Chairman/CEO of Arellano University, Mr. Francisco P.V. Cayco.

Besides having full administrative deregulation, authority to revise the curriculum without CHED approval and priority in the awards of grants/subsidies or funding assistance from CHED/DepEd, being re-accredited means that Arellano University – Juan Sumulong Campus (AU-JSC) would now have the authority to offer new graduate courses allied to its BEEd and BSEd courses without the need for prior approval. AU-JSC would also have the privilege to offer new graduate programs as well as offer open learning/distance education, extension classes and transnational education.



The Upcoming Elections in favour of the youth.

by Sophia Manalo

STORY ON P 31

Wound Healing the Organic Way: Singapore scientists create durian husk hydrogel patches

by Jennylou Canon

HAVE YOU EVER PEELED A DURIAN AND ACCIDENTALLY CUT YOURSELF? What if those husks can actually become bandages?

Singapore's Nanyang Technological University (NTU) scientists invented antibacterial gel bandages made out of durian husks as a way to reduce food waste.

TURN TO P 28

The Digital Immigrants and the Pandemic

by Ryan Guevarra

SINCE THE PANDEMIC AFFECTED THE PHILIPPINES, everything has changed. From production of goods, services, administrative processes, and even the educational system. In this way, everyone is obliged to adjust with the progressing 'New normal', in the pursuit of growth recovery in the country.

TURN TO P 24

Globe at Home WiFi Stories of AU students

by Caih Isaiah Jan R. Ulit

AS THE COUNTRY EMBRACES ONLINE CLASSES, Arellano University and Globe formed a partnership wherein they provide life-changing opportunities to plenty of students. In August, Arellano University announced Globe's campaign "Noon at Ngayon WiFi stories", and they need ten best success stories of the students per campus about their experience with Globe WiFi at Home. On October 14, 2021, Ms. Elora Dana Dela Cruz, a student from 12-HUMSS 4A was chosen on the Jose Rizal Campus because of her inspiring story. She received lots of benefits from Globe and was also given a chance to be exposed on the social media accounts of Globe.

Teacher's Month is Heroes' Month

by Fiona Lumabi

ARELLANO UNIVERSITY - ANDRES BONIFACIO CAMPUS Senior High School Supreme Student Government (AUABCSHSSSG) held an event successfully for Teacher's Month despite the barriers of the new normal and online learning for two straight academic years. This event represented the love, gratitude, and respect the teachers deserve that was embodied with the theme "Education Avengers: The Online Return of Heroes" that was celebrated on October 13, 2021, at 1 p.m. It was conducted via Facebook live and StreamYard on the official group page of Arellano University - Pasig for SHS Students in the A.Y. 2021-2022.

TURN TO P 14

BUWAN NG WIKANG PAMBANSA 2021 IPINAGDIWANG NG AU-EEC

by John Mark Caranto



STORY ON P 19



AU-JSC Virtual Graduation: Chiefs' Cheer to Batch 2020-2021

By: Grace Ann Alamon



Graduating students of Batch 2020-2021, together with their families, united as Arellano University-Juan Sumulong Campus held the virtual 83rd College Department and Graduate School Commencement Exercises that lasted an hour via Facebook Live on the Arellano University (Official) Facebook page last September 29, 2021.

Mr. Jose Maria Angelo Herrera, the Master of Ceremonies warmly welcomed the graduates and their families through an inspiring introductory message, "Graduation, a defining moment that marks the conclusion of an educational journey and the foundation of another chapter in one's life. It is a rite of passage that all graduates have been looking forward to for years... Someone said that the secret to life is the passage of time, and for time to be enjoyed it has to be punctuated with rites of passage, the collective celebration of a graduation ceremony is a moving, emotional, living event that can be forever edged into a memoir..."

The presentation of candidates for graduation began with the School of Education (Bachelor of Elementary Education, Bachelor of Secondary Education, Bachelor of Physical Education Sports and

Wellness Management, and Bachelor of Library and Information Science) followed by the School of Hospitality and Tourism Management (Bachelor of Science in Hospitality Management, and Bachelor of Science in Tourism Management), then by the graduates of the School of Business and Administration (Bachelor of Science in Business Administration Major in Financial Management, Bachelor of Science in Business Administration Major in Marketing Management, Bachelor of Science in Business Administration Major in Human Resource Development Management, and Bachelor of Science in Business Administration Major in Operations Management). Next was the graduates of the School of Computer Science (Bachelor of Science Major in Information Technology and Bachelor of Science in Multimedia Technology), followed by the Institute of Accountancy (Bachelor of Science in Accounting Technology). This was succeeded by the Bachelor of Science in Psychology and the graduates from the College of Arts and Sciences (Bachelor of Arts in Psychology, Bachelor of Arts in Political Science, and Bachelor of Arts in English). Next

up was the graduates from the College of Criminal Justice (Bachelor of Science in Criminology), followed by the College of Nursing (Bachelor of Science in Nursing), then by the College of Pharmacy (Bachelor of Science in Pharmacy). Next up was the College of Medical Laboratory Science (Bachelor of Science in Medical Technology), followed by the College of Radiologic Technology (Bachelor of Science in Radiologic Technology). The College of Physical Therapy (Bachelor of Science in Physical Therapy) came next and, finally, the graduates from the School of Midwifery (Bachelor of Science in Midwifery). There was also a presentation of the candidates for graduation for the Graduate School (Master of Arts in Nursing, Master in Business Administration, and Master of Arts in Education).

Awarding of the special awards like the Leadership Award, Loyalty Award as well as the awarding of Certificates of Completion to the students of the International Nursing Program were also conducted.

The Commencement Exercises formally ended by a motivating valedictory address of Ms. Christelle Lu P. Tardo from BA Psychology of Arellano University-Jose Abad Santos Campus. This was followed by the recitation of the Pledge of Loyalty by the Salutatorian, Ms. Shiela D. Violago from the BEEd of Arellano University-Juan Sumulong Campus.

AUMMC's contests: cAUmpus Ko 'To, mAUKulay ang buhay 2021

By: Rcee U. Tenefrancia and Jazmine Marie G. Agoncillo

Arellano University Multimedia Club (AUMMC) celebrated the 129th Founder's Day of Arellano University and the United Nations 2021 International Year of Fruits and Vegetables by its poster making contest entitled "cAUmpus Ko 'To" with the theme of "My AU Campus After the Pandemic" and slogan making contest entitled "mAUKulay ang Buhay!" with a theme of "Local or International Dishes with Fruits and Vegetables" last October 20 - 30, 2021 via AUMMC Facebook page.

The poster-making contest was opened to all officially enrolled Junior High School and Senior High School students of Arellano University, with 16 entries of illustration pieces. On the other hand, the slogan making contest was opened to all officially enrolled Elementary Students of AU, with 26 submitted entries of the contest piece.

The "cAUmpus Ko 'To" (poster making contest) opened its submission of entry on Oct. 23, 2021, and the "mAUKulay ang Buhay" (slogan making contest) opened its submission of entry last October 24, 2021. Both Competitions closed their submission of entry on October 25, 2021, at exactly 5:00 pm.

The voting for the People's Choice Award formally started on October 26, 2021 through reacting to AUMMC's post of the participants' entries and ended on October 28, 2021, at exactly 5:00 pm.

Thereafter, the winners of the "cAUmpus Ko 'To" (poster making contest) and

"mAUKulay ang buhay" (slogan making contest) were announced via the AUMMC page last Oct. 30, 2021.

The winners of the "cAUmpus Ko 'To" contest were: (1) First Place: Luis Christopher Sta. Maria of AU Jose Rizal Campus, (2) Second Place: John Christian Glory Miranda of AU Juan Sumulong Campus, (3) Third Place: Ria Marion Rato of AU Jose Rizal Campus, and the (4) People's Choice

Award: Ericka Mae Ambay of AU Jose Rizal Campus.

After that was the announcement of winners for the "mAUKulay ang buhay" contest who were: (1) First Place: Alexis Denielle Ga of AU Andres Bonifacio Campus, (2) Second Place: Samiha Carit of AU Jose Rizal Campus, (3) Third Place and the People's Choice Award: Yanah Mae Dalinoc of AU Andres Bonifacio Campus.



AU-JSC SHS Idol Locals 2021

By: Gwenivere Au Yap

The Arellano University Supreme Student Government (AUSSG) of Juan Sumulong campus held the AU Idol Locals for the Senior High School Department last October 29, 2021 at 6:00 pm via Facebook Live on the AUSSG Facebook page.

The first to perform was Mr. James Martin Paco from Grade 12 – STEM 2, followed by Mr. Al-Rasul Abdulkarim from Grade 12 – ABM 7. Next up was Mr. John

Paul Navales from Grade 11 – GAS 3, followed by Mr. Louis Daniel Laforteza from Grade 11 – ABM 16 then Mr. Franz Angeles from Grade 12 – ICT 3, and the last to perform was Ms. Ckylah Llona from

Grade 11 – S.A.D. 2.

After the great performances, Mr. Jehu Rey Cabañes, the AUSSG-SHS Adviser gave an appreciation speech to the Chiefs for sharing their talents to the Arellano community.

The program formally ended by the awarding of winners, 1st runner-up, Ms. Ckylah Llona from Grade 11 – S.A.D. 2, the 2nd runner-up, Mr. Franz Angeles from Grade 12 – ICT 3, and the champion, Mr. Louis Daniel Laforteza from Grade 11 – ABM 16. Aside from that, a certificate of participation was also awarded to all the Chiefs who participated in the event.

CONTENTMENT IS A WAY TO LIFE

By Rodelyn Millana

During these challenging times, the people in Isla Pamarawan, City of Malolos, Bulacan are turning to various ways of coping in what has become a "new" type of normal in this uncharted season of life because our world has been turned upside down by the COVID-19 pandemic crisis. Everyone is hoping that this virus will vanish, but it seems like it is going to take a while before that happens.

But one day, we will be there at the end of the path and look back and see the beautiful memory, where we can say we made good use of our time accepting what we have and loving the people around us. Starting and ending the day with a thankful heart. Just as the sunrise can represent the beginning of something new, the setting sun may represent the fulfillment of a previous chapter in one's life to begin again. There are no things that divide us, for it is a world overflowing with love, happiness, and gratitude. We have so much to be thankful for. We just need to look around!



Photos by Rodelyn Millana

Adamson University Conducts Webinar on Political Reporting and Mobile Journalism

By Stephanie Grace M. Lumongsud

Intending to enhance the broadcasting skills and creativity of students from various schools and universities, Adamson University (AdU) conducted its second webinar on Liberal Arts - Communication and Broadcast Media entitled, "Political Reporting & Mobile Journalism: Media in Response to the New Work Set-up,"

virtually hosted by Mr. Richmond Yap — current AdU Director to the Office of the Vice President for Academic Affairs, via Zoom teleconferencing app garnering up to 371 attendees including The Arellano Standard Manila members last October 9, 2021, from 2 p.m. to 4 p.m.

Mr. Yap started the webinar with the introduction of the first speaker, Prof. Glenn Ace Parungao, a Radio Broadcaster and Special Lecturer of AdU.

According to Prof. Parungao, political reporting and mobile journalism have become a consistent trend since the pandemic which is why there have been several changes, especially on how media organizations have to adapt and evolve from the traditional 'tried & tested' method to cater to the needs of their audience.

“

As the media started to rely on convergence, interactivity, and mobility, it is not surprising that journalism changed as we wherein mobile journalism or what we call 'MOJO' has become content-accessible today.” he added.

Prof. Parungao has de-

ADMISSION AND STUDENT RECRUITMENT OFFICE
IN PARTNERSHIP WITH
COLLEGE OF EDUCATION & LIBERAL ARTS
Communication Department

ADAMSON UNIVERSITY

Political Reporting & Mobile Journalism: Media in Response to the New Work Set-up

This communication and broadcast media webinar will explore the areas of political reporting and mobile journalism. Speakers will help students enrich their skills and creativity to pursue a career in media.

SPEAKERS:
Prof. Glenn Ace Parungao
Prof. Argyll Cyrus Geducos

Facilitator:
Mr. Richmond Yap

**October 9, 2021
2:00 PM
via ZOOM**

REGISTER NOW!

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scribed media convergence as the merging of several unusual approaches in media which are caused by technological advancements and innovations. These approaches including podcast, video streaming, and social media are highly recommended to also encourage journalists to make use of only one device or what is now called the “Black Box Policy.”

MOJO, as a product of media convergence, has led to the rapid increase of FAKE NEWS which is why he has concluded his talk by finishing with a quote saying, “To all journalists, ‘Be an instrument of truth rather than a peddler of fake news.’”

To proceed with the 2nd speaker, Mr. Yap introduced Prof. Argyll Cyrus Geducos from Manila Bulletin who started as an Editorial Assistant before becoming a Police Beat Reporter that was assigned to 8 different Reporting Beats and was then assigned to Malacañang.

According to Prof. Geducos, Political Journalism (POJO) is one of the most important fields to achieve democ-

racy because it provides information, serves as the ‘watchdog’ or observer, and is a real forum for political discussions.

He introduced the strengths and opportunities found in POJO such as; (1) Meeting different kinds of people, (2) Being in the ‘front row’ of events, (3) Helping people form a sound opinion, (4) Having the chance to change things and (5) Having the chance to travel across different places.

He then gave ideas on the weaknesses and threats of being inclined in POJO which consists of; (1) Criticism, bashing, and false allegations, (2) Misinterpretation of stories or reports often critically viewed as partisan, (3) Influence of different factors at different levels and (4) Conflicts with the biases of the general public.

After this, Prof. Geducos gave advices to aspiring political journalists that involve; (1) Self-introduction to all kinds of people, (2) Keeping notifications open to stay up-to-date, (3) Keeping receipts, (4) Always double-checking claims and context, (5) Being quick and accurate by getting various opinions from both your friends and family and (6) Having a good support group or team.

To formally end his talk, he left a reminder to all the attendees saying, “Be friendly to everyone, but not too much.”



AUJSC SSC General Orientation for A.Y. 2021 - 2022

By: *Dian Mantiles*



clarify questions.

To formally move to the objectives of the program, Ms. Padua started by introducing Ms. Isabelle Soleil C. Curato, the Dean of the Office for Student Affairs (OSA), and Mr. Marvin Costales, the adviser of the AUSSC Juan Sumulong campus followed by the introduction of AUSSC executives, representatives, and different committees to complete the organization's workforce.

EXECUTIVES OF AUJSC SUPREME STUDENT COUNCIL (SSC)

President: Jerome Vincent T. Galeño
Vice President-Internal: Maria Nadine Roman
Vice President-External: Ricky S. Cabual Jr.
Secretary: Sheikinah Grace C. Sanz
Assistant Secretary: Jean Araceli F. Remo
Treasurer: Dustin Jay Cariazo
Auditor: Carmella Alessandra M.

Jaranilla
Business Manager: Ruth Padua
Public Relations Officer: Jomari U. Jovellar

COMMITTEES OF AUJSC SUPREME STUDENT COUNCIL (SSC)

Publication Committee

Head:
Mantiles, Dian

Members:

Cal, John Lester
Alcantara, Jennifer
Tan, Jovelyn
Julian, Arjay

Social Media Committee

Head:
Malindog, Joshua Angel

Members:

Lecaros, Leyliah Anne

Benedicto, Richer Glade

Mabale, Marites Raben

Alobin, Alexis Nelman

Camitan, Bianca Mari

Technical Committee

Head:
Gloria, Joshue

Members:

Bernades, Jeffry
Sese, Zhannel Abigail
Restauro, Kiara Jude

Events Committee

Head:

Enriquez, Jejomar

Members:

Sasis, Felicity Coleen
Gonzales, Roan Gay
Angue, Dana
Alog, Gillan

Moreno, Kevin Joseph
Erlano, Carl Ashleigh

REPRESENTATIVES

Chelsea Dyne F. Fortis - BS Pharmacy

Jester Aaron Muldong - BS Physical Therapy

Lesley R. Montalban - BS in Accountancy

Janlouise Freia M. Nepomuceno - BS Criminology

Eiriel Moraga Malinay- Medical Technology

Allyana May C. Aniag - AB Psychology

Lara Angela G. Deocarariza - BSBA Marketing Management

Edeleine Rio R. Pascual - BSN

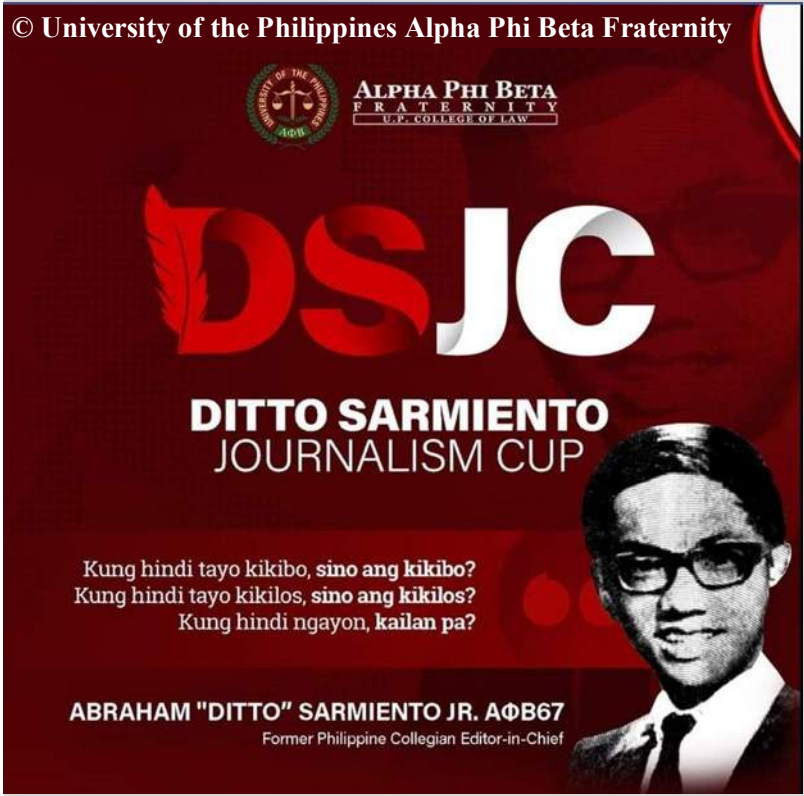
Mryle Gabrielle Meneses – AB Political Science

After the introduction of AUJSC SSC members, Ms. Padua proceeded to the next agenda which was the introduction of all recognized organizations in Arellano University Juan Sumulong Campus for the academic year 2021-2022 where the organization presidents and secretaries presented their proposed activities and programs for the whole school year.

To conclude the program, the host opened the 'Kamustahan' session where the participants had an exchange of 'kamustahans' and were also encouraged to ask questions and make clarifications for their respective organizations.

Freedom of the Press: Ditto Sarmiento Journalism Lecture Series

By *Jonee R. Elopre Jr.*



checking, journalism ethics, news writing, feature writing, editorial writing, and advocacy journalism. The event was divided into morning and afternoon sessions.

During the first day of the lecture series, Prof. Yvonne Chua, MPM, Associate Professor in the University of the Philippines (UP) Department of Journalism and Co-founder and Project Director of VERA Files, discussed about 'Fact Checking'.

Prof. Chua structured her talk by answering the frequently asked questions about fact-checking, centering in the ways of verifying textual and visual claims.

As an elaboration, she said, "check the sources of the claims and look for clues in the images." She also discussed

how to use the verified information gathered. According to her, writers should be able to write about their findings by starting with a fact, followed by warnings about the claims featured.

In the morning session of the second day of the lecture series, Advocacy Journalism, Editorial Writing and Feature Writing were highlighted.

Head Community from Rappler, Mr. Jules Guiang, M.P.A. discussed the Advocacy Journalism. His speech circulated within the quote, "Kung hindi tayo kikibo, sino ang kikibo? Kung hindi tayo kikilos, sino ang kikilos? Kung hindi ngayon, kailan pa?." Moreover, the role of young journalists as news broadcasters was given emphasis in the speech of Mr. Guiang. At the end of his talk,

he quoted "Kumibo at magpakikibo, kumilos at magpakilos, hindi bukas kung hindi ngayon."

Continuing, Atty. Ryan Balisacan, MPA elaborated the lecture in editorial writing, emphasizing the basic structure of an editorial article. According to him, an editorial should include a lead that hooks the readers, arguments, counter-arguments, and call to action. Atty. Balisacan gave the audience a tip in writing an editorial by saying, "It's [Editorial Article] supposed to have laser-like focus or attention to a particular topic."

After the talk about Editorial Writing, Prof. Rachel Khan, Ph.D. went over the topic of Feature Writing.

CONTINUE TO PAGE 11....

Welcome to the home of Chiefs: AUJSC's Live Virtual Orientation S.Y. 2021 - 2022

By: Rcee Tenefrancia

Arellano University Juan Sumulong Campus held a Live Virtual Orientation for the School Year 2021- 2022, hosted by the Director of Alumni Services and Placement, Mrs. Sonia Dignadice, last August 6, 2021, from 1:00 pm to 5:00 pm via Zoom Teleconferencing App. It was attended by freshmen students from the School of Business, Technology and Management (BS Business Administration, BS Accountancy, BS Computer Science, BS Hospitality and BS Tourism Management), others came from School of Liberal Arts, Social Sciences and Humanities (General Education & Liberal Arts, and BS Criminology), also from School of Education, Industrial Arts, Skills Training and Continuing Education (Bachelor in Elementary Education, Bachelor in Secondary Education, Bachelor in Physical Education, Teacher Certificate Program and TESDA Programs).

After the Vice President for Academic Affairs, Dr. Maria Teresa N. Rivera gave an inspiring message to all the Chiefs, the discussion of health and safety protocols that were implemented in all AU campuses as well as Computer Ergonomics were then discussed by Dr. Jhason John Cabigon, the Director of the Office of Occupational Safety and Health Standards. This was followed by a talk by the Dean of the BS Psychology Program, Dr. Paulo Manuel Macapagal, on how to take care of one's mental health amidst the COVID-19 pandemic.

After this, the AVP for Basic Education, Dr. Eduardo



Dela Cruz Jr., discussed the concept of Flexible/Blended Learning among the students which is a combination of traditional and online classes. Dr. Dela Cruz also mentioned that Arellano University has synchronous and asynchronous ways of learning through the use of Pegasus Learning Management (PLMS).

Next up was discussion of the Dean in the Office for Student Affairs (OSA), Ms. Isabelle Soleil Curato, about the Programs and Activities offered by OSA like (1) Student Leadership Enhancement Programs, (2) Physical Fitness and Wellness Programs, (3) Culture and Arts Programs, (4) Responsible Citizenship Programs and (5) Campus Volunteer Programs. Furthermore, OSA is also responsible for the Supervision of Student Organizations and Publication. Other services offered by the Office for Student Affairs is the Grievance and Complaint Mechanism wherein students can raise their concerns or file their complaints to the administration by their Facebook page "Arellano University Office for Student Affairs" and hotline 8-734-7371 to loc. 206.

Thereafter, the event proceeded with the discussion about "Netiquette" by the School of Computer Science

Department Chair, Ms. Geraldine M. Rilles, so miscommunication and heated arguments between students through following the right conduct inside the online classroom. After this was the LMS Orientation, the educational platform of Arellano University, by the LMS Supervisor, Ms. Kristine Arevalo.

The host, Mrs. Sonia Dignadice, as the Director in Alumni services and Placement office, then gave a brief orientation regarding the Alumni Services & Placement. Followed by the Guidance Services.

To formally end the program, Ms. Grace Cayco, the AVP of Arellano University-Juan Sumulong Campus, assured the students that Arellano University would make sure that the students' experience would be as good as it can be regardless of the challenges brought by the Covid-19 pandemic for Arellano University would always be there to help the students cope up especially in these challenging times.

AU-JSC: STEM WEEK 2021

By: Gwenivere Au Yap

The Arellano University – Juan Sumulong Campus conducted a (Science, Technology, Engineering, and Mathematics) STEM WEEK event with the theme of "Agham, Pananaliksik, at Teknolohiya: Kabalik at Matalag at Maunlad na Pamayanan", last September 30, 2021 to October 04, 2021 via Google Meet and Zoom Teleconferencing App at 1:00 PM to 4:00 PM.

This celebration of Science Month was organized by the STEM and Science coordinator, Mr. Andro "Dro" R. Romano, along with the STEM club adviser, Ms. Jennica Aquino, and the STEM club officers, that was led by the STEM club President, Ms. Melody Leynes.

The week-long event was comprised of (1) a poster-making contest that was hosted by the AU-JSC faculty members, Ms. Maria Luiza Arcilla and Mr. George Anthony Salido last September 30, 2021; (2) a slogan-making contest that was hosted by the AU-JSC faculty members, Ms. Maria Luiza Arcilla and Mr. George Anthony Salido last October 01, 2021; (3) a video-making contest last October 02, 2021, and (4) the Quiz Bee 2021 which was the highlight of the STEM Week was joined by eighty-eight (88) STEM students from Grade 11 & Grade 12 via the web application, Quizizz and was hosted by the AU-JSC faculty members, Ms. Roselyn Baguna and Mr. Jeth Martin Rapiz last October 04, 2021.

Listed below were the winners of the aforementioned events as per Ms. Melody Callueg Leynes:

POSTER MAKING

1st place: Dela Cruz, Catherine

M. Grade 11 - STEM 7A

2nd place: Lapeciros, Jerome jr.

C. Grade 11 - STEM 1B

3rd place: Basa, Liam Al-

gernon M. Grade 12 - STEM 8

VIDEO MAKING:

1st place: Entry# 27 Grade 12 Stem 4

2nd place: Entry#19 Grade 11 Stem 6A

3rd place : Entry#26 Grade 12 Stem 3

SLOGAN MAKING:

1st Place: Salili, Micaella Grade 12- STEM 1

2nd Place: De Jesus, Honey Grade 11- STEM 6A

3rd Place: Butron, Shaina Grade 12- STEM 5

QUIZ BEE 2021

1st place: Jesus Dominique Formento and Princess Nicole Fradejas - both from Grade 11 – STEM 7A

2nd place: Maricon Jane G. Laguting from Grade 12 – STEM 7

3rd place: Alyanna Soclum Czerra and Keon Mark M. Ramos - both from Grade 11 – STEM 20

For the closing of the program, the Grade 11 STEM and Science coordinator, Mr. Andro "Dro" R. Romano stated, "Alam naman natin na ang agham, pananaliksik, at teknolohiya ay malaking bagay at tulong sa atin upang makapagpabago ng isang sistema at isa ito (event) sa magiging at nagiging rason kung bakit nandirito tayo sa platapormang ito ay dahil sa malaking tulong ng siyensya at teknolohiya."

Webinar on the Truth about Health and Happiness in the Time of Pandemic

By: Arabella Gwyneth C. Alilio

Arellano University's School of Education together with the Young Educators Society conducted a webinar entitled "The Truth about Health and Happiness in the Time of Pandemic" via Zoom Teleconferencing App last October 22, 2021, from 1:00-4:00 PM. The webinar was attended by the 7 campuses of Arellano University, together with St. John Bosco-IAS, Sta. Catalina College and Polytechnic University-Sta. Mesa.

It was hosted by Ms. Maria Nadine Roman, the President of the Arellano University-Juan Sumulong Campus (AU-JSC) Young Educators Society. Ms. Irah Liwanag, the Secretary of the AU JSC Young Educators Society, delivered the opening remarks. Thereafter, the host formally introduced the first speaker of the webinar, Dr. Lourdes R.

Dela Cruz, Professor from St. John Bosco-IAS.

The main focus of Dr. Dela Cruz's presentation was on the requisites to living a happier, healthier, and thriving life. Stating that crises and challenges are inevitable in life, she highlighted that it is essential to believe that there are always solutions to them.

According to Dr. Dela Cruz, a greater part of the solution is to apply and practice the 7 General Life Principles which includes (1) taking responsibility for your life, (2) having a positive mindset, (3) creating, visualizing, and acting on your goals, (4) being determined and persevere, (5) nurturing self-care, (6) being financially well and (7) dialog regularly with the higher power.

Dr. Dela Cruz elaborated how each principle could have a great impact and help when it comes to solving crises. In addition to that, she explained how during the pandemic the most common crisis would be taking care of all aspects of one's holistic development and in response to this; she presented the different activities one could do for each aspect of development.

As Dr. Dela Cruz ended her presentation, the host then proceeded to introduce the second speaker of the webinar, Dr. Gary Dy, a Psychology professor from Arellano University. Dr. Dy focused his presentation on Personality Development during the pandemic. Dr. Dy described personality as the core potential that determines one's success in life and career. Pressing on the importance of

personality development, he cited certain reasons such as ensuring excellence in one's chosen field, contributing to individual and national development, and how an improvement in your personality can improve one's chances for success in any undertakings.

When it comes to struggles in personality development, he described the struggle to march from the lower mind to the higher mind as the greatest of all great struggles. Dr. Dy then explained how personality development could push you to either express yourself or to give up.

Dr. Dy highlighted that one must believe in the innate goodness and put effort to manifest it. To end his presentation, he shared tips on how to achieve personal de-

velopment such as (1) developing confidence, (2) having realistic expectations of yourself, (3) determining if "adequate" is good enough, and (4) creating systems and using a tool.

The host then proceeded to gather questions from the attendees which were all dutifully answered by both speakers. As the Q&A portion came to a close, Certificates of Recognition were awarded to both Dr. Dela Cruz and Dr. Dy for imparting their knowledge as guest speakers to the webinar. The webinar formally ended as Ms. Joselle Erika Lou Tabarangao, Vice President-Internal of AU JSC Young Educators Society, delivered the closing remarks.

Journalism Competition: Chiefs brought home Victory in DSPC 2021

By: Rcee Tenefrancia



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Arellano University Juan Sumulong Campus' writers and adviser from The Arellano Standard Manila won the first ever virtual competition of Division School Press Conference sponsored by the Manila Mayor, Francisco "Isko Moreno" Domagoso, with the theme of "Pahayagang Pangkampus: Kaagapay sa Paghilotom at Pagbangon ng Sambayanan" that was held via Google meet last August 7-8 2021. The

Awarding of Winners was streamed through Facebook and Youtube by September 10, 2021.

As the virtual Awarding of Winners proceeded, inspirational messages were given to the Campus Journalists by Mrs. Aida Rondilla, the Chief of Curriculum Implementation Division, followed by Melody P. Cruz, Cese, Cynthia L. Ayles, Cese, Pedro M. Arao, Maria Magdalena M. Lim, Ces0 V, The Assistant Schools

Division Superintendents and lastly Atty. Antonio C. Casangkapan, the City Government Assistant Dept. Head III & Assistant Schools Division Superintendent.

News writing is the first to be presented in the Virtual Awarding of Winners, with the proctors Mary Leth Ugat, an SPA in A. Maceda Elementary School and Madelyn M. Mendoza, an SPA in J. Luna Elementary School. News Writing was given a lecture and judged by Sir Bam Alegre, Senior News Correspondent and Anchor of GMA News. Arellano University JSC's news writer, Rcee Tenefrancia won the First place in the News Writing category.

Afterwards, the announcement of the Winners in Feature writing was presented with the proctors Gilbert A. Leona, an SPA in Francisco Balagtas Elementary School and Conielyn Relota, an SPA in Andres Bonifacio Elementary School. Feature writing was assigned to Renalyn Valdez, an Assistant Professor in PUP College of Communication, to give a lecture and serve as a judge. Arellano University JSC's feature writer, Saara Santos marked the 9th place as her spot in Feature Writing category.

Later on, the Science and Technology Writing was presented with the proctors Romelyn Rachelle Joy Cabugsa, an SPA in CENTEX-Manila and Alma

Alonzo, an SPA in Sta. Ana Elementary School. It was judged by Aries N. Oliveros who is known as Teacher and Coach Champion in debate and writing. Arellano University JSC's very own Science writer, Jonee Elope took the 2nd place in SciTech category.

Arellano University - Juan Sumulong Campus ranked overall as top 8.5 in Top Performing Schools Secondary Journalism English all together with their School Paper Adviser, Ms. Abegail Cayco who was recognized 1st place for advising in News writing, 2nd place in advising Science and Technology and 9th place for advising in Feature Writing.

AU Standard Manila held Virtual General Orientation

By: Jazmine Marie G. Agoncillo and Maria Nadine Roman

The Arellano Standard Manila successfully conducted its virtual General Orientation for the School Year 2021-2022 last October 2, 2021, from 9:00 AM to 12:00 NN via Google Meet with attendees of 100 comprised of the presidents of local organizations and The Standard members from the different Arellano University.

The aforementioned orientation aimed to help Chiefs gain more knowledge about the newly formed Digital and Communications Department of Arellano University as well as the new guidelines of the Office for Student Affairs with regard to Student Activities Request Form (SARF) application for curricular and extra-curricular activities and events. Furthermore, this general orientation also aimed to inform The Standard members from the 7 campuses of Arellano University of the more comprehensive by-laws of the university's publication.

Ms. Maria Nadine Roman, the Editor-in-Chief (EIC) of The Standard in Juan Sumulong Campus and the host of the orientation introduced Ms. Lara Busuego, Adviser of The Standard in Arellano University- Elisa Esguerra Campus, to give her opening remarks.

"This has been very challenging here for all of us, especially now in this pandemic, there are so many changes that we must adjust even here in standard. And

of course, with all those challenges and changes, there's always a goal of improving ourselves." Ms. Busuego stated introducing the goal of the orientation which was to improve the knowledge of the participants of the new rules and regulations of Arellano University.

After that, Ms. Abegail H. Cayco, the over-all adviser of The Standard, introduced Arellano University's Digital and Communications Department. Ms. Cayco began her discussion by saying, "Back in 2020, we experienced pandemic. Arellano University had to adjust and change something about its process. The office of the president decided to open the Digital and Communications Department (DIGICOM)...The DIGICOM ensures all online posts comply with the university's standards from using the correct university logo and colors to the congruency of online marketing to the university's vision, mission and core values. The DIGICOM reviews all online content to ensure the brand integrity of the university in the digital space by thoroughly checking all the disseminated information in relation to the university are authentic and accurate."

In her discussion, she stated that no logo tampering is allowed, like the editing of the Arellano University logo itself,

cutting the logo, or any misuse of the logo. Furthermore, all must comply with all the basic rules in creating publication materials from the margins to the color palettes to be used. Ms. Abegail Cayco also mentioned that publication materials must always contain all the needed information for the event/activity it is advertising, in a short and concise manner. She also emphasized that organizations must check if their publication materials are mobile-friendly. She then added that publication materials must be first approved by the organization's adviser before submitting it to the DIGICOM point persons for checking of the technical team.

The second discussion was spearheaded by Mr. Jomar Edraisa, Coordinator of the Office for Student Affairs (OSA) who discussed about the new guidelines in the OSA's SARF Application.

He presented the Student Activity Request Approval Flow, which comprised of (1) checking and approval of publication materials by the DIGICOM, (2) submission of SARF to OSA, (3) approval of SARF application by the AVP SPS, (4) approval of SARF application by the VP of Academics, (5) if it is with waiver or consent form, approval of SARF application by the Director of the Legal Department, (6) Last-

ly, if there is a budget, approval of the Finance Department is needed. Mr. Edraisa also reminded the participants that SARF application for any activity or event should be passed 30 working days before the event if it has a request for budget and 15 working days if none. Furthermore, he informed everyone that OSA are now accepting online submission of SARF applications as well as post-activity requirements. Mr. Edraisa then mentioned that SARF attachments can be found and easily downloaded in a Google Drive folder made by OSA and promulgated to the 7 campuses of Arellano University.

Before proceeding to the last discussion, the Vice President of Arellano University Legal Affairs and Human Resources, Atty. Frederick Dedace delivered an inspirational message with him highlighting that "The journey of a thousand miles begins with a single step. This proverb must as well describe your journey. Note that the truth as I'm always maintained is relative for the lenses of the behold. When you write your articles, free yourself from the biases of your truth. The truth will set you free."

For the last discussion, the Adviser of The Standard in Jose Abad Santos, Dr. Florenitte De Guzman, introduced The Standard to the participants in-

cluding its roles as the university's official publication as well as its by-laws to be strictly followed by all its members so they may effectively and efficiently work on the publication's vision which is to safeguard the image of the standard quality of journalism with the virtue of honesty, fairness, and justice in the university through the empowerment and recognition of the voice of students and its mission which is to engage the Arellano University students on the academic and non-academic affairs of the campus by providing a straightforward and pertinent product of journalism through student publications.

To conclude the program, Ms. Roman awarded certificates of recognition to Ms. Cayco, Mr. Edraisa and Dr. De Guzman for sharing their invaluable knowledge in The Standard's General Orientation S.Y. 2021-2022.

To formally end the program, the over-all adviser of The Standard, Ms. Abegail Cayco delivered her closing remarks with a statement, "We begin to crawl once the passion is within us, but we will only be able to walk as long as there is discipline and having respect towards our passion which will enable us to run."

DAILY LIFE DURING THE PANDEMIC

By Beatriz Anne L. Gallo



Photos by: Beatriz Anne L. Gallo

The COVID 19 pandemic has had a tremendous impact on people's daily lives, affecting every aspect of life. Three members of a family in Batangas City shared their stories coping with the pandemic, while half of the world seems to lose hope;

Arsenia Libed (wearing a beige long sleeve shirt), 65, was a former sari-sari store owner but now a stay-at-home wife; since we are facing a global health crisis, she thought gardening is comforting

and is a good idea to cope with boredom during this pandemic.

Cesar Libed (wearing mustard yellow), 69, was a previous tricycle driver, however, because of his age and a health problem, he had to stop and was forced to just stay at home. He spends his time gardening and watching random videos on the internet to fight boredom and anxiousness.

Earl Gonzales (in a white

shirt), 18, is currently a first-year college student at Batangas State University. Due to the COVID-19 pandemic, we are forced to study at home, and for him, the current situation does him good because he can spend equal amounts of time playing online games and studying while still earning outstanding academic marks. "Mas mabuti na rin 'tong maglaro nalang sa bahay kesa gumala ngayong may pandemya", he stated.

ARELLANO CHIEFS PEP RALLY 2021: Unleashing the Power of Athletes amidst Pandemic

By: Rcee U. Tenefrancia

Arellano University successfully conducted its first-ever Virtual Pep Rally to support and cheer Arellano University's Athletes for the upcoming 97th Season of the National Collegiate Athletic Association (NCAA) with the slogan "Stronger Together, Buong Puso" via the Facebook Live in the Arellano University Sports – Official Facebook page with more than 2,300 views last Oct. 23, 2021, 4:00 pm.

Arellano University's Former Chiefsquad member, Mr. Aki Perez, and the Chiefsquad Co-Captain, Mr. Christopher Andrada, hosted the program by starting with a prayer led by the senior men's track & field team captain, Mr. Carl Lewis Rendon, followed by the Singing of the National Anthem and the Arellano University's Hymn.

Following that, the hosts introduced the Vice President for Marketing and Athletic Director, Mr. Valente V. Cayco, for the opening remarks.

"When we lose a game, we can make up for it on the next. Whether there's a virus, there's a cure. To all of these challenges in reaching our goals, we must never forget the idea is still in each and every one of us. Chiefs, we are not alone, and no one is left behind." warmly expressed by Mr. Cayco.

The first highlight of the

virtual Pep Rally is to make known the Chiefs Athletes by introducing the athletes by their respective sports and they are: (1) Women's Volleyball Team (2) Senior Men's Volleyball Team, (3) Junior Men's Volleyball Team, (4) AU Chess Team, (5) Track and Field Team, (6) Senior Men's Basketball Team, (7) Junior Basketball Team, (8) Senior Football Team, (9) Junior Football Team, (10) Taekwondo Team, (11) Table Tennis Team, (12) Badminton Team, (13) Swimming Team, (14) Lawn Tennis Team, (15) Chiefsquad, and lastly, (16) the Drumchiefs.

As the event proceeded, the hosts prepared questions for the athletes to be answered and gave inspiration to the fellow students of Arellano University. The first question asked by Mr. Perez, "Who/What inspires you the most?" Ms. Trina Marice Abay, the Co-Captain of the Women's Volleyball expressed her short but relatable answer.

"My Family, especially my mom. She is a brave, independent, and very kind woman and I want to be like her. And every time na nakikita ko siya I want to set goals. Every time na nakikita ko siya I want to work harder for my dreams and that is to be successful in my career and also in my studies, so my mom is my inspiration in everything." Abay shared.

The next question asked by Mr. Andrada, "What are the activities you do to maintain being mentally and physically fit?" was answered by Ms. Maria Katrina Sikat from the Women's Badminton Team.

"The Activities I do to keep myself being Physically fit are to do our training everyday given by our coach and to do some extra work out. I also eat nutritious food and take some vitamins. For me to be mentally fit, I sleep 8 hours a day and I always pray to lessen some of my negative thoughts". she stated.

Proceeding to the next question asked by Mr. Perez, "What is the best thing from being part of Arellano's Athlete/Team?" was answered by Ms. Carmina Alave from Table Tennis Team and Mr. Melchor P. Bustillo from the Senior Men's Volleyball Team.

Ms. Alave said that "being part of Arellano's Athlete/Team gave her an opportunity and motivation to enhance her skills and abilities more, to give glory to God, and give honor to her home [Arellano University]." She added that "being in a team feels like she has a new set of friends and family that helps each other especially during competition, and the love and support were there."

On the other hand, Mr. Bustillo shared that "it is because Arellano University gave opportunity or scholarship to those athletes who are in need and also that the Arellano Community is very supportive especially when it comes to tournaments." He also continued that "the best part of being in a team is that they serve as his 2nd family, considering he lives in a province."

After that, another question was asked by Mr. Andrada, "What was your favorite memory during the Arellano Pep Rallies?" This was answered by the Lawn Tennis Men's Team Captain, Mr. Jireh David Galang.

"Actually, my first pep rally was in 2014 and also my best memory in Arellano Pep Rally. Grabe lang yung support na binigay nila sa amin, and pumunta kami sa different branches ng Arellano, Grabe yung pagtanggap nila, yung accommodation na binigay nila sa'min, Grabe yung cheer at yung energy na binigay nila sa pagcheer para lang talaga na maramdaman naming mga athletes na may nagmamahal [at] nagsusuporta. Nabooast yung confidence namin para makapagperform pa ng maayos. Thank you Chiefs!" said Mr. Galang

The last question asked by Mr. Perez, "Who is your Sports

hero?" was answered by Ms. Catherine Joy Vicente, a member of the AU's Taekwondo Team.

She stated that "her sports hero is Ms. Hidilyn Diaz for she reminds her that in everything she does, she needs the guidance of the Lord for with God she can do anything in whatever circumstances comes, she can overcome it. For with God, nothing is impossible."

Proceeding to the next presentation, one of the AU's Chiefsquad, Mr. Ritchie B. Balaba II along with his teammates gave a brief tutorial of three (3) traditional Cheers from AU's Pep Rallies. The first one (1) A-R-E-L-L-A-N-O Arellano Go! (2) AU Chiefs Spelling and lastly, (3) the AU sis boom bah.

Thereafter, the hosts showcased Season 95th's intense practice of Pep Rally by the Arellano Chiefsquad that was filmed by their Head Coach, Lucky San Juan last January 23, 2020.

Arellano University's first-ever virtual pep rally event concluded on a heartfelt message of gratitude and appreciation by the Chiefs Athletes to the whole Arellano University Community, to God, and to everyone who showed love and support to keep them motivated and confident.

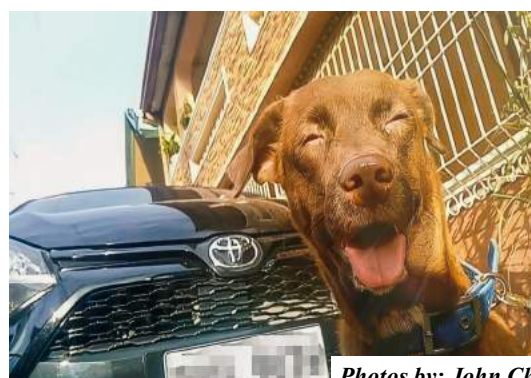
A SIMPLE CURVE OF BEAUTY

By John Christian Glory Miranda

It is known as the "Sword of Beauty" because of its sharpness in making a strong impact on others with a single glance. The happiness we feel inside ourselves may manifest as a genuine smile and brilliance that will attract you. A smile is a very small item that has a huge worth in our lives. The power of a smile may cure any grief, sadness, or hatred. A grin is lovelier than any other substance. You don't have to spend anything to smile. All you need is your heart and genuine affection.

A baby hearing a hilarious noise from someone causes her to express her best and most sincere smile, revealing her joyous face. She has a beautiful smile that, if you catch a glance of it, may make any difficulty disappear. Lash (a mocha-colored dog), is out for a stroll early in the morning, sporting her huge smile and enjoying the sun's rays. A father, enjoying his birthday with his entire family. He was beaming with his heart, holding his cake and his heartfelt wishes in his hands. Lastly, a grandfather captured through the lens enjoying, celebrating in a fine restaurant with his family.

It may appear to be simple, yet it has a significant impact on the world in which you live. It is free and provides several advantages for all living beings on our planet. Likewise, it's a logical relationship. When you are happy with yourself, you will smile more, and when you smile more, you will radiate confidence. It doesn't matter who you are or how old you are; it's all about how you smile. Beauty is not just manifested by your physical appearance or your attitude; simply smiling may bring out the beauty within you.



Photos by: John Christian Glory Miranda



Pagbibigay
pugay sa mga
magigiting na
guro ng Arella-
no University-
Elisa Esguerra
Campus

Isinulat ni: Jann Patrick T. Jusi

Bilang pagdiriwang ng World Teachers’ Month ngayong buwan ng Oktubre, naghandog ng maikling programa ang Arellano University-Elisa Esguerra Campus (AU-EEC) noong ika-22 ng Oktubre 2021, ganap na 10 a.m., sa pamamagitan ng Google Meet at Facebook Livestream sa Arellano University Elisa Esguerra Campus - Supreme Student Council Facebook page. Ang programa ay pinangunahan ng Arellano University-Elisa Esguerra Campus Supreme Student Council at nilahukan ng mga mag-aaral ng Senior High School ng naturang campus.

Naging kaabang-abang ang programa dahil sa iba’t ibang parangal kaugnay sa pagdiriwang sa Araw ng mga Guro. Ang mga parangal ay pinagbotohan ng mga mag-aaral ng Arellano University-Elisa Esguerra Campus sa opisyal na Facebook page ng Arellano University Elisa Esguerra Campus - Supreme Student Council.

Tampok sa programa ang moderator na si Bb. Angelica Demate, Supreme Student Council Committee ng Arellano University-Elisa Esguerra Campus, at mga punong-abala na sina Ginoong Angelo Mora at Ginoong Elmer Sy, kinatawan ng Baitang 11 Supreme Student Council Arellano

University-Elisa Esguerra Campus.

Nagsimula ang programa sa pagbibigay-pugay ng presidente ng bawat klase ng Senior High School sa kanilang mga guro sa pamamagitan ng isang bidyo. Pagkatapos nito ay nagbigay naman ng madamdaming awitin ng panalangin ang Hiraya Ensemble Club ng AU-EEC.

Sinundan ito ng pambungad na mensahe ni Gng. Maria Lourdes G. Mudlong, Assistant Vice President (AVP) ng Arellano University Elisa Esguerra Campus. Tinalakay ni Gng. Mudlong ang kahalagahan ng pagiging guro sa lahat ng propesyon.

Ayon kay Gng. Mudlong, ang pagiging isang guro ang pinakamahalagang propesyon, dahil sila ang kaagapay para maabot natin ang ating mga pangarap. Ipinaliwanag niya rin sa mga mag-aaral na hindi lamang ngayong araw at buwan ng Oktubre ipinagdiriwang at kinikilala ang kagitingan ng isang guro, kundi araw-araw.

Sumunod na nagbigay ng mensahe si Bb. Julaida C. David, punong-guro ng Arellano University-Elisa Esguerra Campus. Tinalakay ni Bb. David ang kahalagahan ng panalangin o koneksyon sa Diyos at pagwawasto sa bawat isa upang maabot natin ang ating mga pinapangarap.

Sinundan ito ng madamdaming awitin nina Bb. Stephanie Francisco at Bb. Chrisandy Cristobal, STEM 11-2A, mag-aaral ng AU-EEC Senior High School.

Samantala, pinakilala naman ng punong-abala na sina Ginoong Angelo Mora at Ginoong Elmer Sy ang mga gurong nagkamit ng espesyal na pa-

rangal kaugnay pagdiriwang ng Araw ng mga Guro sa buong buwan ng Oktubre.

Gawad Parangal "Most Attractive Teacher"

- 1. Bb. Justine Nidoy
- 2. Ginoong Jarince Villanueva

Gawad Parangal "The Idol [teacher]"

- 1. Bb. Ailyn Borja

Gawad Parangal "Marecakes"

- 1. Bb. Ailyn Borja

Gawad Parangal "Lodicakes [teacher]"

- 1. Ginoong Arjay Rigantes

Sumunod naman ang pagkilala sa mga nabunot sa roleta o nagwagi sa Spin the Wheel na tatanggap ng incentives mula sa unibersidad. Ang mga nagwagi ay sina Ginoong Cj Robles, Bb. Larriza Gallos, Bb. Jocelyn Cruz, Ginoong Berlin Liwanag, at Gng. Rian Tolomia.

Nagtapos ang programa ng magbigay ng pangwakas na mensahe si Bb. Lei Lois Francisco, Coordinator ng UA-EEC Office for Student Affairs (OSA). Lubos na nagpapasalamat si Bb. Francisco sa mga mag-aaral, mga magulang, at mga guro na nagsilbing daan sa matagumpay na programa. Binigyang diin din niya na hindi lamang dapat sa araw ng mga guro binibigyan ng pagkilala ang mga guro kundi sa araw araw ay dapat binibigyang pugay ang kanilang pag-sisikap at sakripisyo sa kanilang marangal na trabaho.

Fundamentals of English Writing:
Honing Future Professionals

By: Grace Ann Alamon

Intending to enhance the skill of the students in terms of English writing, The Arellano Standard Manila conducted its two-day virtual webinar-workshop entitled “Fundamentals of English Writing,” last October 24 and 31, 2021, from 1:00 pm to 3:00 pm via Google Meet.

The aforementioned event was a two-day seminar and workshop attended by almost 100 participants composed of all The Standard members from the different AU campuses and this was hosted by the Arellano Standard Manila’s Editor-in-Chief, Ms. Maria Nadine Roman. This event aimed to improve and train the English writing skills of the writers as it was considered an important aspect of their development as writers and future professionals.

Dr. Lourdes R. Dela Cruz, a Bachelor of Science in Secondary Education major in English graduate and a Doctor of Education, was invited to be the resource speaker for this event.

On the first day of the webinar-workshop, Dr. Dela Cruz discussed about the Subject-Verb Agreement (SVA), in which she mentioned that it was the life-blood of a sentence that offers the thought that the writers wanted to convey to its readers. Dr. Dela Cruz gave simple examples on every SVA rule which has really helped the participants to easily understand what she was trying to explain. By the end of the discussion, Dr. Dela Cruz gave a 2-part quiz so as to engage and test the learnings of the participants.

On the second day, Dr. Dela Cruz concentrated on discussing the Writing Process itself.

“We finished last time the Agreement of Subject and Verb which I believed would be very useful to all of us, especially when we construct our articles for The Standard... the avid readers of The Standard deserve only the best from you,” she said as part of her introduction for the second session.

Dr. Dela Cruz initially reviewed the basic definition of a news article, thereafter she indicated several basic technical tips in news writing.

“All sentences that should be found in your news articles should be cohesive, they

should be connected with one another ... the sentences should work as one unit,” she said. Following this statement, Dr. Dela Cruz explained that for the readers to feel satisfaction upon reading the news—the writer must think of the most probable questions that might come up after reading the article.

Furthermore, the speaker also discussed the essential rules in writing the headline. According to Dr. Dela Cruz, “...since it is the first thing the readers read, it has to be direct to the point, clear and concise.”

Right after the news discussion, Dr. Dela Cruz proceeded to discussing about writing a feature article. She gave several distinctions between news articles and feature articles, for instance; news aims to inform while feature aims

to entertain, news is direct to the point while feature can be indirect in terms of presentation of thoughts, and so on.

Dr. Dela Cruz became generous in giving tips for the writers in choosing a great topic for their feature articles. She specifically mentioned in her presentation that the writers must choose a topic which interests them the most or what would interest their readers the most.

Most importantly, every written work must be finished accordingly. Hence, Dr. Dela Cruz also discussed the techniques that the writers must consider to end their compositions appropriately. “If you, yourself, had an opportunity to experience the topic that you have presented in your article, you can give your insights about it. This will make the composition more relevant...” said Dr. Dela Cruz, as she emphasized that feature articles written by the writers could inspire and make a difference in the lives of the readers.

To formally end the webinar, The Arellano Standard Manila’s Associate Editor for English, Ms. Joselle Erika Lou Tabarangao, expressed her gratitude to Dr. Dela Cruz for accepting The Standard’s invite to be its speaker for the webinar-workshop. She also thanked all the participants who made time to attend the webinar-workshop in 2 consecutive Sundays.

Smell my feet, trick or treat, and
give me something tasty to eat!

Every year on the 31st of October, we celebrate Halloween. From creating spooky costumes with our friends to indulging in an incredible quantity of Halloween treats, Halloween is the one day of the year when everyone can be a little goofy, a little wild, and have a blast.



Photos by: Princess Nicole Sartin

Nagsimula ang programa sa pamamagitan ng pagpapanuod ng video na nagtatampok ng mga iba't ibang malikhaing gawa ng Baitang 11 at Baitang 12 ng Arellano University-Elisa Es- guerra Campus sa mga nasabing

Baitang 12

- 1.Champion- Mark Daniel Dela Cruz HUMSS - 12-7A
- 2.Unang Pwesto- Charles Darwin Cruz - HUMSS 12-7A
- 3.Pangalawang Pwesto-Adelline Dungao - ICT 12-1P

1. Champion- Rain Margareth Gayo - HUMSS12-9A
2. Unang Pwesto- Jhun Patrick Steven Costadillo - STEM 12-1P
3. Pangalawang Pwesto- Charmie Taboso - ABM 12-4A

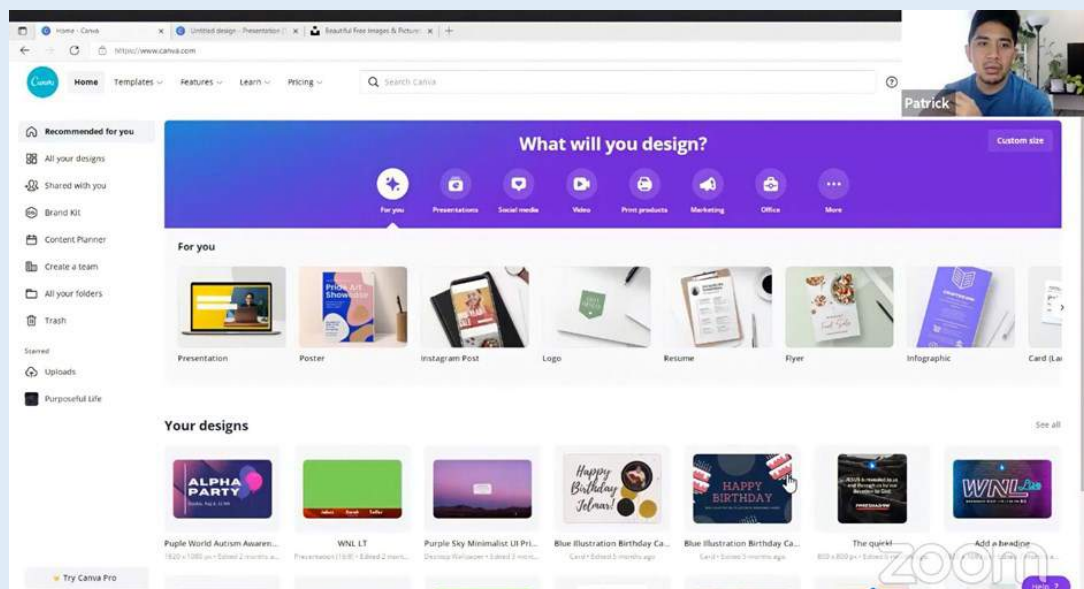
Baitang 11

1. Champion- Kyla Brecia - STEM 11-4A
2. Unang Pwesto-Ashlie Cabrera - STEM 11-4A

Nagtapos ang selebrasyon nang magbigay ng pangwakas na mensahe si Bb. Julaida C. David, punong-guro ng Departamento ng Filipino. Nagbigay pasasalamat at pagpupugay ito sa mga nagkamit ng karangalan at nagbahagi ng kani-kanilang talento. Nagbigay paalala rin siya na patuloy tangkilikin, ipamahagi, at pahalagahan ang ating Wika.

E-School Hack: Chiefs join Canva Workshop Webinar

By Juliana Kate B. Arcayos



Arellano University Juan Sumulong Campus Senior High School and College students participates with Mr. Patrick Tan, AP Media Digital Specialist and a Pastor from ICS Youth while he is sharing his knowledge about canva app.

Arellano University-Juan Sumulong Campus (AUJSC) participated in ‘Youth Online: E-School Hacks!’ : A Canva Webinar-Workshop organized by the International Charismatic Services Youth (ICS YOUTH) last September 26, 2021 from 4:00 to 6:00 pm via Zoom and Facebook Live with the aim to further the knowledge and skill of the participants in using the Canva App. The event was hosted by 2 core youth leaders from ICS Youth, Ms. Samantha Claire Dado and Mr. John Heinard Bulatao, with the AP Media Digital Specialist and a Pastor from ICS Youth, Mr. Patrick Tan, as the event’s resource speaker.

To formally start the workshop, Mr. Tan mentioned that “Canva is a very useful web page app to students as they make their presentations, posters, social media needs or any design that they need for online class.” He also added that Canva “is free to use, user-friendly, and versatile.”

In his lecture, he stated that even if you don’t have knowledge on Photoshop and Illustrator, you can still create professional-looking presentations or graphics using canva and since it is also a web page app, new designs are updated from time to time plus there are also a wide library of elements, fonts, and others that you can use.

“You can also access it from multiple devices, pwede siya sa android, ios, sa desktop, ipad at iba pang devices kaya talagang sobrang useful siya”, Mr. Tan said.

After that, he discussed the procedures on how to work, maximize and create better

presentations using Canva. You can start by logging in or creating your account and proceed by choosing the template that you like and then add images, texts, and elements that you want to use.

“Remember that when you are doing presentation you are providing key points and ideas sa mga listeners mo, you don’t have to put everything, make sure na i-hierarchy mo yung eyeline kasi when you are viewing presentations ang unang titingnan ng viewer ay kung ano ang pinakamalaki”, he added.

Therefore, when you are already satisfied with your work you can save it as a file or presentation. He also mentioned that you can collaborate and share your work with your friends through email if you want.

The event concluded with the question-and-answer portion where Mr. Christian Calayo, a Grade 11 TVL student from AU-JSC asked a question, “Ano po ang benefits ng Canva Pro?”

“When you use canva, you will encounter different elements na hindi mo magagamit kasi hindi ka canva pro, itong picture na ito meron siyang watermark or logo ng canva. May mga elements na hindi mo magagamit dahil hindi siya free pero marami ka pa ring makukuha outside of canva na photos na fit sa kailangan mo.” Mr. Tan answered.

At the end of the workshop, Mr. Tan received a certificate of recognition from ICS Youth for his wonderful presentation and for sharing his expertise in using the Canva app to help students to produce excellent outputs in school.

REGISTER TO VOTE:

By Rodelyn Millano



Photos by: Rodelyn Millana

Filipinos are much more eager to vote in this time of pandemic. Voting gives us the power and the chance to shape our future and the future of the next generations.

FROM PAGE 4...

She explained the process of writing a feature article which should include, as she said, alternative leads like anecdotal lead, nut graf, which is the essential theme of the story, and a conclusion. Prof. Khan told the listeners, “You can only learn writing by writing,” as a tip in writing a feature article.

In the afternoon session of the second day of the lecture series, Associate Professor in the UP Department of Journalism and editor in Media Asia & Bulatlat, Prof. Danilo Araña Arao discussed about

“Journalism Ethics in the Digital Space”. He went over a case study about Mr. Ferdinand Marcos Jr. entitled “No to Historical Distortions” and other examples of articles from publications to better explain how responsible journalism and responsible media should be exercised. Prof. Arao emphasized that journalists should rather be right, than first.

He ended his lecture with a quote, “Journalism ethics must be upheld, not compromised. Digital space must be maximized, not weaponized.”

For the last part of the lecture series, a Lecturer in the UP Department of Journalism and News Reporter in The Phil-

ippine Star, Mr. Janvic Mateo made a talk about News Writing. He elaborated the process which should include data gathering and fact-checking. Mr. Mateo also expounded on the qualities that a news article should possess, like reliability, validity, and being on point. Lastly, he pointed out what a news writer should think about when writing a news article. Mr. Mateo said, “One of the things that you should always ask yourself is why you should write the news, why is it important for your audience to read or hear your news.”

At the end of the Ditto Sarmiento Journalism Lecture Series, Mr. Mateo answered the question, “How are we going to treat the contextualization of facts without being subjective?” from a participant of DSJC, Joseph Christian Tapire. Mr. Mateo said as a response, “Being subjective is not necessarily wrong, but you have to make sure that you are fair in assessing the situation and your process of gathering information to contextualize your report is objective.”

AU-JAS GAS Week 2021

By Arabella Gwyneth C. Alilio

Arellano University-Jose Abad Santos Senior High School Supreme Student Council collaborated with the General Academic Strand Department coordinators and the General Academic Strand Club Officers for the celebration of this year's GAS Week 2021 with the theme "Coping with the New Normal: The Battle of the Chiefs in the Midst of Unusual Times". The Supreme Student Council prepared activities such as Tawag ng Tanghalan, Spoken Poetry, Poster Making, and a webinar entitled "Uswag, Agos, at Pag-ahon: Ang Buhay ng Gen Z sa Moderno at Mapaghamong Panahon" that were respectively launched via Zoom Teleconferencing App and the official Facebook Page of the AU JAS SHS Supreme Student Council from September 28-30, 2021.

The three-day GAS Week celebration formally started last Sept. 28, 2021, at exactly 8:00 AM via Zoom Teleconferencing App. It was hosted by Mr. Luis B. Dasalla, the Supreme Student Council Adviser, and Ms. Jennilyn Pasinay, a Senior High School teacher from the Filipino Department. Ms. Camille R. Zoleta, the Academic Coordinator of Arellano University Jose Abad Santos Campus, led the prayer. Ms. Anabelle O. Gambayan, principal of Arellano University Jose Abad Santos Campus, then delivered the opening remarks.

The final round for both the Tawag ng Tanghalan and Spoken Word Poetry was also held last September 28, 2021, 9:00 AM-12:00 NN via Zoom Teleconferencing App. From a total number of 45 contestants who joined the Tawag ng Tanghalan and Spoken Poetry preliminary rounds, the Top 10 finalists were chosen to proceed to the Final Round. Video recordings of the finalists' performances were presented and evaluated by the judges.

The second day of the GAS Week 2021 involved the final round of the Poster Making Competition which was held last Sept. 29, 2021, 9:00 AM-12:00 NN via Zoom Teleconferencing App. A total number of 37 contestants, 28 from Grade 11 and 9 from Grade 12, channeled their creativity in their works which were presented and evaluated by the judges.

To conclude the GAS Week 2021 celebration, a webinar entitled "Uswag, Agos, at Pag-ahon: Ang Buhay ng Gen Z sa Moderno at Mapaghamong Panahon" was conducted last September 30, 2021 from 9:00-11:00 AM attended by Senior High School students of Arellano University- Jose Abad Santos Campus. The guest speaker was Mr. Zoren Matthew L. Blardony, LPT from Olivarez College. Mr. Blardony began his presentation by presenting the relationships of the words Uswag (To Advance), Agos (To Flow), and Pag-ahon (To Rise). According to Mr. Blardony, they all pertain to movement, a movement that should be personal and not influenced by outside forces.

The main focus of his presentation was on the problems experienced by Generation Z,

who were born from 1997-2012, during this pandemic. Mr. Blardony presented the key findings of Gen Z which include: (1) More global, (2) Under the influence, (3) More demanding, (4) Eager to stand out, (5) After experiences, (6) Prosocial (responsibility).

Pressing on the mental health problems of Gen Z, he tackled the problems experienced by these adolescents and the different mindsets and techniques that they should obtain to overcome their problems and to have a good life. Mr. Blardony presented and elaborated certain techniques such as (1) master your locus of control, (2) practice mindfulness, (3) accept the unpleasant truth, (4) get things done, (5) learn to let go, and (6) stick to your essence.

The awarding ceremonies were also conducted last Sept. 30, 2021. Listed below are the winners of the Tawag ng Tanghalan, Spoken Word Poetry, and the Poster Making Contest.

The three-day GAS Week 2021 celebration was a success as the Senior High School students of Arellano University Jose Abad Santos Campus showcased their skills and talents and were given awards and recognition.

Tawag ng Tanghalan:

Champion – Haneul Blue Abalos of 11 – STEM 6

1st Runner – up – Norlyn Obrino of 11 – HUMSS 6

2nd Runner – up – Marylou Dahotoy of 11 – ABM 6

Spoken Poetry:

Champion – Joemar Ammiel Brutas of 11 – STEM 8

1st Runner – up – Felicity Galon of 11 – HUMSS 7

2nd Runner – up – Reicial Fionna Rayo of 11 – STEM 4

Poster Making:

Champion – Marc Cedric Angusto of 11 – STEM 5

1st Runner-up – Joana Marie Ibay of 12 – ABM 4

2nd Runner-up – Catherine Pimentel of 11 – STEM 9

Veah Cyvelle Ogong of 11 – ABM 6

Chris Anne Ituriaga of 11 – STEM 8

Jana Gabriel Lapad of 11 – STEM 12

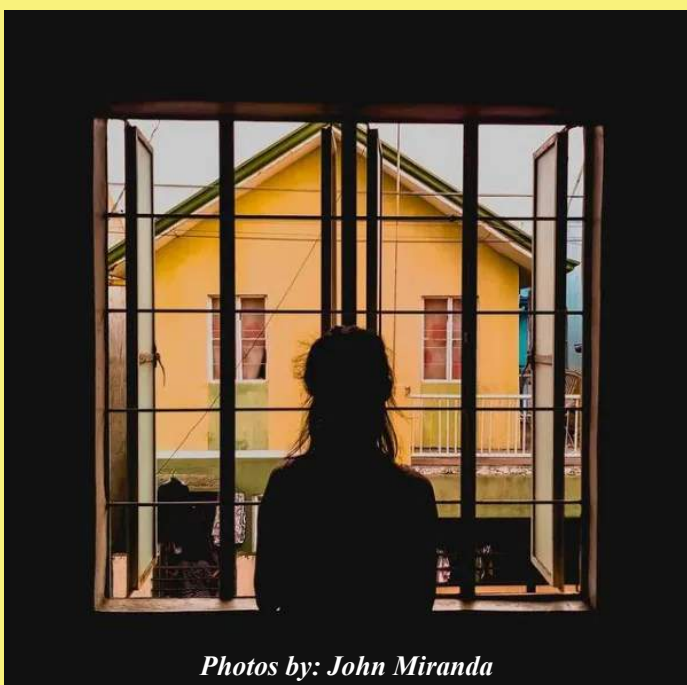
Antonio Joaquin Umali of 11 – HUMSS 3

Mark Anthony Nuarin of 11 – GAS 2

LONGING FOR A BETTER TOMORROW:

By John Miranda

The destructive nature of the pandemic since March last year has put every life into shambles. But despite being terrified and frightened by the world's current situation, one thing all humans have in common is HOPE.



Photos by: John Miranda

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You are you, and No one can stop You

By: Jeisamae C. Paja

On the 31st of December year 2019, an hour before midnight, most of us were celebrating and welcoming the year 2020. We were all happy and celebrating with our families. Most of us were ready to leave the regrets and the pain that we had encountered during the year 2019. We were greeting 2020 with a positive vibe.

Unfortunately, 2020 did not get off to a good start and did not end well. From the year 2020 forward, we confronted a variety of emotional, mental, social, spiritual, and physical challenges. Some people have been physically abused, and others have had mental breakdowns. Until this year, 2021, more and more COVID-19 cases were spreading around the globe. These difficulties have affected everyone although we don't know how it impacted them. We may believe that we are carrying the world on our backs at times. We may cry because we do not believe we did our best on our presentations, reports, tests, works, and so on. There are a lot of failures, a bundle of breakdowns, and problems on how we can overcome the dark dust of yesterday.

However, have you ever asked yourself: "Why

am I still in this world?" Or "Why I still exist despite these burdens?" The short answer is because you are YOU! You are the chosen version of yourself, brimming with potential. Yes, you will face people who might throw something at you or problems that might make your day heavier. Even so, those problems, burdens, failures, and heavy loads were given by God to you because He knows you can defeat and succeed from those trials and tribulations.

Sometimes there will be bad days, but they will not last forever. Just cry as you much as you want. Remove the burdens but be sure to stand up and build yourself again. If it is too dark, pause for a while, do things that you are good at, and enjoy it. Then, everything will start to lighten up again. Believe in yourself. Instead of taking enormous steps, take small steps. Do not rush. We all have different timelines.

Now grab your paint and brush, and start painting colours into your life. 2022 will be here in a few weeks! Start it the way you want it to be. Even if, it might not be a positive start, do not lose hope. You are the one who can write, draw and colour your life. Remember, you are you, and no one can stop you.

What do you stand for in life?

A poem by April Casalan

Watering the trees makes it grow,
We harvest is what we sow,
We want a blissful life ahead,
But our road full of things to mend,
We pursue and yet we fall,
That's life rolling like a ball,
We go around in circles,
Sometimes we find miracles,
But it always ends in a tragedy,
Giving us things to be weary,
Light may fade upon the rocky road,
In social life we experience dark mode,
Search for a candle in a night,
For it gives hope and a new life,
To conquer our suffering,
It leads to our dream we are aiming,
Once in a while we drowned,
Yet we stand on our own ground,
How strong you want it pursue,
Even it might get you blue,
How far can you go?
Even if it makes you let go,
For a man stands for nothing,
He falls in everything.

I study... and I have a baby.

By: Fiona Lumabi

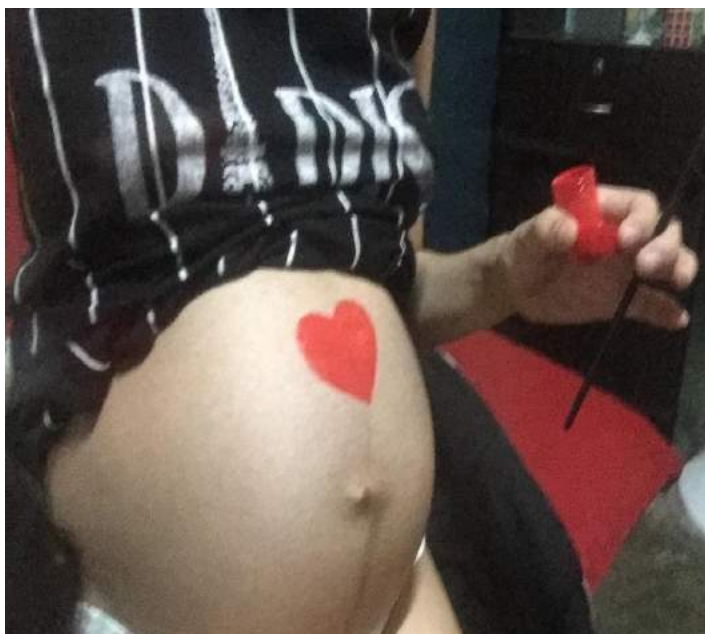


Never-ending issues and judgments, countless hardships, and problems were the things that Hanna encountered. Being a mom and a student at the same time- how does Hanna handle it?

Teenage pregnancy has always been a serious matter, at a level of national priority, and one of the most popular issues in our society. In 2019, there were 180,916 live births amongst adolescents aged 10 to 19 years old in our country, wherein calculated that almost 495 live births occurred in a day. And that was 2019, the year before the pandemic in our country started. And when the pandemic came, adjustments arrived as well. It was already not easy for the majority of learners to adjust. In addition, it was hard to study and be at home at the same time. It explains why it was hard complying with requirements while doing house chores, jobs, and other duties. Those amount of work would make anyone cry, tired, or even give up. Now, imagine being a new parent in that situation. Imagine putting yourself in Hanna's shoes, who was adjusting with everything like everyone else. She was also trying her very best as a new mom.

Hanna is an 18-year-old, was born on the 27th of May year 2003. A bright kid who didn't expect to have a baby at age 16. When she missed a few days in her calendar, she knew that she was pregnant. What should've arrived didn't arrive, and the rest is history. Two years ago, she gave birth to a wonderful baby boy. At that time, she was a Senior High School working Student at Arellano Uni-

versity-Pasig. She becomes a mother and a student. She becomes a hardworking teenager who tries to provide for herself and her child. When she asked if she regretted anything, Hanna answered, "The only thing I regret the most is not being mature enough when he first came.". She told a few details on how she was still immature despite being a mother. Hanna added, "Even now, I'm still afraid I won't be able to raise my baby properly." In the interview, all Hanna cared about was her baby, on how she studied, worked, and did chores for him- it was all about the baby. She would do errands, finish her duties, organize her schedule, and pass her requirements while her baby was asleep. Or even attend class and do things with him beside her. She said, "The pathway I chose was hard, so I have to accept all the consequences. I am studying not only for myself but for my child." Speaking of consequences, her family was one of the support systems she had. She wasn't proud of what had happened. However, her family helped her and taught her to grow up with her mistakes. After all, teenage pregnancy is not a joke. She knows that by now. Hanna is aware of the issues surrounding teenage pregnancy. All the memes, all the news, all the hate, and disappointment- she knows all of it. Hanna was aware that teenage moms like her remain to have a bad image in society. But she doesn't care, or sometimes when it's worth listening to criticisms, she does, but as a mother will do, she continues. Hanna doesn't promote teenage pregnancy nor is never proud of it. She studies well. Hanna has her achievements. She sets her responsibilities straight, and her goal of being a hands-on mom is more than what she hears from others. Hanna also believes in karma. She knows herself as a mom



and as a student.

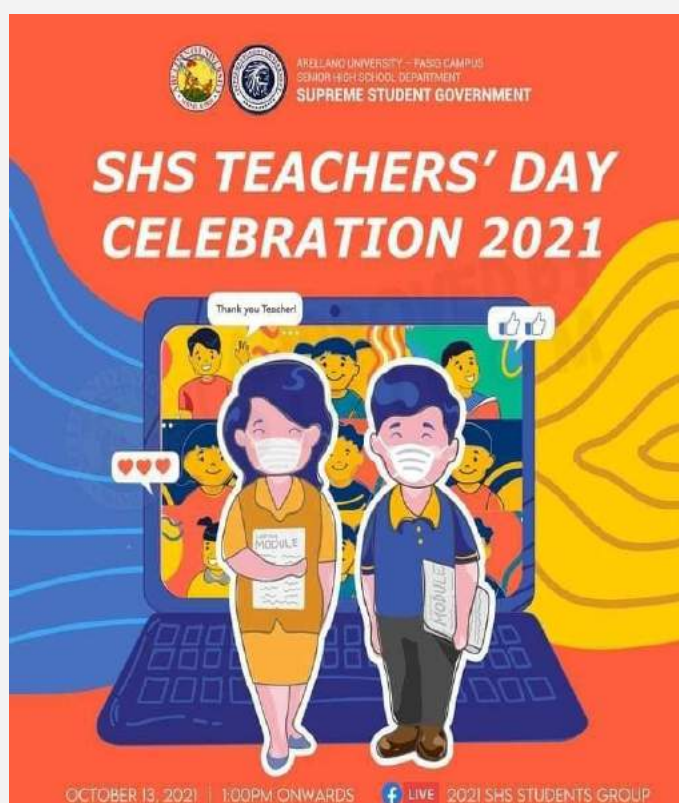
She said she wasn't proud of being pregnant at a young age. So, when asked what she was proud of, she answered, "I'm proud of myself because I study, and I'm doing well at it. I'm proud of myself because I provide for my child. I'm proud of myself because I am strong, and I'm proud of myself because I have a healthy and sweet baby boy." All those sleepless nights she had that almost broke her down became her reason to be stronger because she's still a mother the next day, plus she had errands and classes. It was hectic. She heard negative things about being a teenage mom. Because of it, her baby was bullied. There were times that they felt they were alone. She lost weight and had stretch marks. She wasn't okay. She was anxious, depressed, tired, and moody. But all of that came to an end with a goal. She realized she needed to be more mature. She wants all the best for her child- a better future for him. Teenage pregnancy has always been a problem, but it doesn't imply that teenage moms and their "blessings" do not deserve a second chance in life together. Hanna wanted to leave a message, not only for teenage moms but for everyone reading this right now- "I chose this path because I was curious. I paid for the consequences. I felt alone even with support systems. It was difficult. I have to study, be a mom, and work work work!!! Please think about the consequences of your choices and use protection. Be responsible."

HEADLINE

Teacher's Month is Heroes Month

By: Fiona Lumabi

The celebration was successful, regardless of the technical problems that have occurred during the said event. Highlights were highly anticipated especially that games and raffles were included with effort. After the opening remarks and heart-warming words meant for the event, tributes for teachers were shown. Various sections from different strands sent picture greetings that were presented during the Livestream. The video presentation of the greetings expressed their unconditional love and appreciation for teachers. Not long after the video was finished, the games, raffles, and announcements of winners began. The first game for teachers was "4 pics 1 word", followed by the first set of raffles wherein 12 teachers won mugs. After the first raffle, the winners from the 1st game were announced, including the winners from the event "TeachTalk". The second game was what's in the box, an interesting game wherein players try to find out what the described thing was inside the box. Whoever comments the correct answer first, wins the game. However, before the announcement of winners for the second game went on, the



second raffle took place, and this time, 15 teachers won mugs. The winners of impAUstor were also announced not long after. The 3rd game was Word war, followed by the 3rd and 4th set of raffles. After the next announcement of winners, the presen-

tation of certificates for the Principal's special recognition and the Topserve Best-Performing Teacher's awardees were bestowed. Showing the effort of everyone involved in the making of the event, the final raffle before the grand raffle took place, giving deserved appliances and money prizes for teachers that won.

When asked about why they came up with the celebration, the Chairman of the event and the General Secretary of AUABCSHSSSG, Maxine Sam F. Casillan said, "We worked hard just to make sure that our Teacher's Day event will be a successful and unforgettable event for our teachers." Many highlights of this event can be stated as the reason why it was successful. However, according to Ms. Casillan, "What makes the event special, is the event itself, because we are able to entertain our teachers and show them how grateful we are for all of them." The theme of the event might have been "Education Avengers: The Online Return of Heroes," but fairly, they never left. This event was to show teachers that they are well appreciated and loved.

We can be champions: The Triumph of Madel Perez

By: Jeisamae C. Paja



"I learned that we are a champion at our own time. If not now, then we will the next time, and if not the next time, then we will be a champion after that next time. You are not early nor late to achieve your ideal success."

- Madel V. Perez, The Editor in Chief of the Standard Organization in Arellano University - Pasig school year 2020-2021.

Like other successful people, Madel Perez endured a succession of setbacks before reaching the most awaited stage of her life, forcing her to rise, gather her courage, and fight once more.

Perez has been an achiever since she was young. When Perez reached high school, she decided to become a successful architect. Unfortunately, Perez faced problems that made her end up enrolling in a Civil Engineering class for college. For her, the math classes she took were not easy to comprehend. Thus, Perez spent four hours of her day just traveling back and forth from school to her house. According to her, she was also influenced by the people around her instead of studying. They went partying. Because of those factors, she failed some of her courses and stopped in college.

Perez then made up her mind to take a break for a year. She asked herself deeply on what path she should put her feet on. While Perez was still on the brink of confusion, the biggest challenge that put more weight on her suffering was seeing her batch mates achieve their goals one by one. The inner her experienced insecurities and jealousy makes her believe that she was a failure. From that time, she based the word "success" on other people's timelines. Moreover, she developed anxiety and stress that resulted in her suffering from sleeping paralysis.

After a whole year of just choosing which step she should take next while being stressed, she decided to enroll in college again. She said to herself, "I have to. I must look for a way to get back on track. I must not let the situation determine whether I am defeated or a champion."

She started to look for a university again and which program to commit her self. After considering which is practical and in line with her strengths, Perez enrolled in Arellano University Pasig under Bachelor of Secondary Education major in English. At first, everything was still new to Perez. The next chapter of her life was not easy. Perez's heart was not really into teaching. However, she was reminded of the line that Coelho had written. "Giving up is the only time where we will become a loser. We are victorious in our unique way, and all that we ever need to do is take a step towards moving on. Regardless of how harsh life can be, pursue moving forward."

After seven years of figuring out if she was a champion or a defeat, Madel V. Perez earned her Bachelor of Secondary Education degree in English in 2021. Perez believes her four-year degree in education to be her most significant achievement. Perez also oversaw the first-ever online-based version of Arellano University Andres Bonifacio Campus's The Standard: Official Student Publication for the 2020-2021 school year.

Perez is now employed as a senior high school teacher at Arellano University Pasig Campus, the same university from where she graduated. Perez teaches the subject of oral communication to HUMSS and ICT students. The incredible individuals she encountered, her teachers, and her dependable friends all assisted her in realizing and accepting the failures that made her victory so exquisite.

"If your life story is somehow just like mine, always remember that you are victorious," Perez says.

Perez is now grateful to the valley of convalescence through which she went when she dropped out. It paved the way for her to take a new path that allowed her to recover from her destroyed dreams. Perez has triumphed as a champion!

In the Reflection

A short story by Monette Anne Siman

Loud thuds echoed through the halls. Desdia snapped back to reality and realized she was just staring at her computer. She looked at the article of a girl found dead under a bridge in her computer before gazing down at her hands and letting out a sigh of relief. Desdia glanced over to the clock which read 3:33 AM and went downstairs, to go get some water. As soon as she opened the fridge, something crawled in the distance from the corner of her eye. She glanced behind and nothing was there. She poked her head inside the fridge again and she could feel something walking around behind her. She quickly turned around and saw a cockroach. Desdia screeched and ran straight to her room.

Panting and weirded out by what happened, she walked to a mirror and glanced at herself. Desdia then noticed something in her reflection. A black figure seemed to be standing behind her. She wiped off the mirror, thinking it was a smudge, but it was still there. She turned around yet no one was there. When Desdia looked back at the mirror, it still stood there, staring at her. Alarmed by this creepy thing, she went to a different mirror. Yet it still followed her everywhere. Desdia decided to go to the bathroom and washed her face, to wake her up and to stop herself from seeing things. The moment she looked at the mirror however, the dark figure stood quite closer. Closer than ever before.

Desdia screamed at the top of her lungs and kicked the door wide open. Her room was so dark and the lights in the bathroom dimmed as well. She sprinted across the room, her hand reaching out to the switch. She could hear some crittering on the marble floor like needles tapping on marble. She slammed on it and light spread to the darkest corners of the room. No one was there but her. Nothing was following her and no dark figures at sight. She took the time to catch her breath and blamed her mind for playing tricks on her. Desdia was about to go to bed when she noticed her window open. She sighed and went closer, even peaking her head out to look. As she closed the window, she couldn't quite move by the look of the reflection. A black creature looking thing was latched onto her. Its eyes were of white but glowed of red and blue, with its grin stretched up to its ears. She slowly looked over her shoulder, only for her screams to be slowly muffled as the monster started to mesh onto her cheek.

Desdia woke up, still on her desk, and it was already afternoon. Her hand landed on the ringing alarm clock as she got up and proceeded to put on her pretty red dress. She stopped and looked in the mirror; a smirk grew on her face. As Desdia left the room, loud thuds can be heard. A steamy handprint in the mirror appeared as the loud thuds grew louder and a faint scream can be heard. She left the house for another day, happily skipping with something sharp poking through its pocket.



MWK

Isinulat ni Angelica Mariae Enojado

Kamusta ka?

Kamusta sa masikip mong mundo?

Kamusta ang mundong wala ako?

Hiram na oras mo.

Hiram na ngiti mo.

Hiram na kasiyahan sa piling mo.

Isinayaw mo ako sa ulap.

Sumigaw sa ilalim ng dilaw na buwan.

At ang huli

Isinayaw mo ako sa gitna ng ulan.

Sa tatlong mga pangyayari may hindi ka napansin.

Habang tayo ay umiindak sa ibabaw ng ulap,

Hindi mo ba nararamdaman na

Ang puso ko'y puno ng pangamba Na baka kalaunan ako ay iyong iiwan sa ere Hindi ko kaya na mawala ka, hindi ko pa kaya.

Magkahawak ang ating kamay Habang kinakausap ang buwan.

Alam kong may pangalan kang nais isigaw

Ngunit hindi ang pangalan ng nasa tabi mo, hindi ang pangalan ko.

Noong hinabol mo ako sa gitna ng ulan Bigla mo akong isinayaw at niyakap. Hindi mo nakita, kasabay ng pagpatak ng ulan ay ang pagpatak din ng aking mga luha sa iyong braso. Dahil alam kong ito na ang huli, malaya ka na.

Gumising ka na mahal ko, Ang bahaghari ay nagpakita na, Masaya pala talaga sa dulo nito.

Buhayin mong muli ang iyong mga ngiti, Palayain mo na ang boses na pilit sinisigaw ang pangalang matagal mong inilihim sa akin.

Pero kung ako ang iyong tatanungin kung kamusta na ako?

Isa lang ang isasagot ko, hindi masaya ang mundo ko na wala ako sa piling mo.

The online service of Arellano University - Pasig Library

By: Jeisamae C. Paja

For a year and a half, schools that offer online programs have struggled to find the tools that students require.

The “NEW NORMAL” required individual schools to adopt restrictions and procedures to prevent the coronavirus from spreading. Online classes have been put in place and the number of students physically admitted to universities was limited. Now more than ever, despite the overwhelming efficiency of the internet, students are still in need of a variety of resources and references such as books during their online classes

Many online books, however, require payment to view the entire document. Fortunately, even if the actual circulation of library books was restricted to University Administrators, Staff, and Faculty Members at Arellano University-Pasig, students can still obtain scanned copies of pages or chapters of their required library resources.

The Online Document Delivery Service Form is all that is required of the students. The AU-Pasig library will then provide the student with the requested scanned copy as soon as possible. Depending on the number of pages, it may take one to two days for the AU-Pasig Library

Pagod

Ni Vana Rañeses

(Maikling Kwento)

Araw ng Lunes, maaga akong tinawag ni Mama para bumaba at kumain ng agahan. Dali-dali akong bumaba dahil naalala ko na mayroon nga pala kaming pagsusulit ngayon sa isang major subject. Agad akong umupo nang makarating sa hapag. Nakita kong maraming niluto si Mama ngayong umaga. Habang kumakain ay dumating ang dalawa ko pang kapatid na si Vince at si Veron. Mukhang tinawag rin sila ni Mama para makasabay sa amin. Umupo si Mama sa bakanteng upuan na nasa tabi ko at maya-maya'y nagsandok na rin siya ng kanyang pagkain. Mabilis naman kaming natapos sa pagkain kaya agad ko ring hinugasan ang aming pinagkainan. Hinayaan ko na maghanda na para sa trabaho si Mama at kumilos na rin ang aking mga kapatid para sa kanilang eskuwela.

Tumingin ako sa orasan. Isang oras na lamang at may klase na ako. Binilisan ko ang kilos upang hindi ako magahol sa oras. Una kong inasikaso si Veron. Nasa ikatlong taon pa lamang si Veron sa elementarya. Bagamat siya'y nasa siyam na taong gulang na ay kinakailangan niya pa rin ng tulong sa pag-sagot sa kanyang module. "Mali, ang sagot dapat diyan ay 1000 dahil kapag pinag-sama mo ang 630 at 370 ayan ang lalabas na sagot." Muli kong tinuruan si Veron kung paano ang mag-add ng mga numero. Nahihiya siyang ngumiti at kinamot ang kanyang ulo. "Pasensya na, Ate Vien. Hindi ko talaga makuha kung paano." Pagod akong ngumiti. Ilang beses ko ng tinuro sa kanya ito kung paano

pero mukhang nahihirapan nga talaga ang kapatid ko.

Tumingin ako sa orasan. Nakita kong alas nuwebe na. Mukhang nakaalis na rin si Mama. Hindi ko lang siguro namalayan ang kanyang pag-alis. Saglit akong nagpaalam sa kapatid ko para kunin ang cellphone ko sa kwarto. Bumalik ako sa sala at nakita ko naman na abala si Veron sa pagsagot ng iba pang tanong sa kanyang module. Umupo ako sa kanyang tabi at humarap sa aking cellphone. Hinanda ko na rin ang ballpen at papel na aking gagamitin sa pagsusulit. Magsisimula na ang pagsusulit ko at talagang kinakabahan ako. Hindi ako gaanong nakapagreview kagabi dahil tinulungan ko si Mama na maglinis ng bahay at magluto ng hapunan kagabi.

"Okay, class. You may start answering the exam. Time limit nitong exam niyo ay 45 minutes. Isang attempt lang ang allowed so, use it wisely." Dali-dali akong nagsimula sa pagsusulit. Mabuti na lamang at kahit papaano ay alam ko ang iba na nakasaad dito. "Ate! Pahiram naman ako saglit ng cellphone. Nag-lag ang cellphone ko tapos may exam ako ngayong araw!" Narinig kong sigaw ni Vince mula sa itaas. Saglit akong nawalan ng pokus sa ginagawa. Napabuntong hininga na lamang ako at sumigaw pabalik. "Mamaya! May ginagawa ako! Nag-eexam din ako ngayon." Bago pa man makabalik sa pagsusulit ay narinig ko ang marahang tawag sa akin ni Veron sa tabi ko. "Ate, paano nga ulit mag-round off?" Hindi ako agad sumagot at binalik ko ang tingin ko sa screen ng aking cellphone. Mayroon nalang akong natitirang labinlimang minuto upang magsagot sa aking pagsusulit. Mayroon pa akong halos dalawampung tanong na hindi pa nasasagutan.

AU Andres Bonifacio Campus celebrated Halloween month

By: Gabriel Lavista

Arellano University-Andres Bonifacio campus celebrated Halloween month led by their Senior High School Supreme Student Government officers with the theme Halloween Chronicles: The Dreaded of the Filipino Mythology last October 29, 2021. With more or less one thousand four hundred (1400) total views via Facebook live of Arellano University Andres Bonifacio Facebook Page, it turned out to be spook-tacular.

The Celebration was hosted by Maxine Sam Cassila Supreme Student Government Secretary and David King Escio Committee to the PRO. Starting with a prayer led by Gabriel de Jesus Committee to the Vice President Internal, it was followed by the singing of the National Anthem and the Arellano University's Hymn.

Subsequently, Mr. Daryl Albero SSG Adviser gave a wonderful opening speech. Mr. Albero said that “The aim of the celebration is to showcase the artistic culture of our country in terms of mythology”.

The main event was then followed by the announce of winners in the various competitions which includes Face Mask-wang and Filipino Mythology Cosplay Contest. Additionally, they had two more games where the viewers will have a chance to win cash prizes. The 1st game was the Emoji Game where the viewers comment there answer in the comment section to guess the emoji and the 2nd game is the guessing of how many candies were there in the jar.

to send a high-definition scanned copy, but for fewer pages, it may just take one to two hours. Their service relieves students of the strain of researching and locating accurate information.

Arellano University – Pasig Library’s quick online service is handy and valuable to students’ studies. This is only a testament to the fact that even in the midst of a pandemic, the AU-Pasig Library continues to provide excellent service.

PROUD CHIEF!

The celebration ended with the closing remarks of Ms. Princess Kate Castañares, SSG President, “I want to express my deepest appreciation to our viewers who joined us in this thrilling afternoon while we celebrate this month of October I’m also grateful to those students who allotted their time and effort just to participate on our spook-tacular Halloween event”

To formally end the event, Mr. Escio and Ms. Cassila, announced the winners and gave thanks to the viewers and the SSG for the successful event.

Listed below are the winners of the Filipino Mythology Cosplay Contest and Face Mask-wang

Filipino Mythology Cosplay Contest

Champion- Jenny B. Palmerie- 12 ABM-9

1st Place- Romeo David B. Torres- 11 HUMSS-4

2nd Place- Kert Jhon Vincent V. Dondoy- 11 HUMSS-4

Public Choice Award- Jenny b. Palmerie- 12 ABM-9 with a four hundred seventy-eight (478) wow reacts and twenty-seven (27) Shares

Face Mask-wang

Champion- Jemmuel tongco Javier- 12 HUMSS-2

1st Place- Michaela Dianne Pocaan- 11 AMB-15

2nd Place- Angela Quarteros- 12 STEM-4

Public Choice Award- Jemmuel Tongco Javier with a three thousand and four hundred (3400) wow reacts and three hundred sixty-four Shares (364)





The Portrait

By: Jhon Aldrin M. Perpiñan

There was one event in my life that I could never forget. It happened when I was in gradeschool.

I was waiting for my parents to pick me up that day. I remembered I was close to crying during those moments of uncertain waiting. And I did cry. Who wouldn't?

The place was already deserted and stores had already closed for the afternoon. There were only a handful of vehicles passing by. Only the sleeping guard by the school gate was there with me. My teachers were yet to leave the school premises.

Thoughts about how my parents had already forgotten all about me and that I would be left all alone in that place for all eternity, kept circling in

my head. It was a silly idea but I was a child and I succumbed easily to those depressing thoughts. I began to silently cry.

I didn't notice her at first but an old lady came passing by, a white shawl draped over her shoulders. She stopped, patted my head and said with pity in her eyes, "Wag ka na umiyak, parating na sundo mo". I was confused but I was also reassured. Maybe she's right. Maybe my parents would come and fetch me soon. She continued to walk and turned left along the bend of the road.

A couple of minutes later, Papa came and apologized for coming late. He said there was a funeral procession and he was held up by the traffic. Suddenly, true to his word a funeral procession came by. A huge portrait was being heralded in front, held by a crying woman dressed in black. My whole body was seized by an intense fear. The portrait was that of an old lady. A white shawl draped on her thin shoulders. I began to cry again.

LEADERS OF DIFFERENT SCHOOL ORGANIZATIONS, APPOINTED AS THE NEW ACADEMIC YEAR EMERGES.

-Jillian Serrano

ARELLANO UNIVERSITY ANDRES BONIFACIO - held its virtual induction of officers last September 30, 2021, with Ms. Isabelle Soleil C. Curato as the inducting officer.

Andres Bonifacio Campus did not hold themselves back in giving their new leaders a wonderful induction ceremony tailored for the fresh and fierce newly elected officers of the student affairs. The induction ceremony took place for the student body leaders to pledge their loyalty and promise to fulfill their respected duties and responsibilities. The program started with a graceful prayer led by the SHS Supreme Student Government. Followed by the warm welcoming remarks from no other than the Assistant Vice President herself, Ms. Maria Paz A. Magsalin. With a very inspiring message from Ms. Isabelle Soleil C. Curato. She is also the inducting officer of the ceremony.

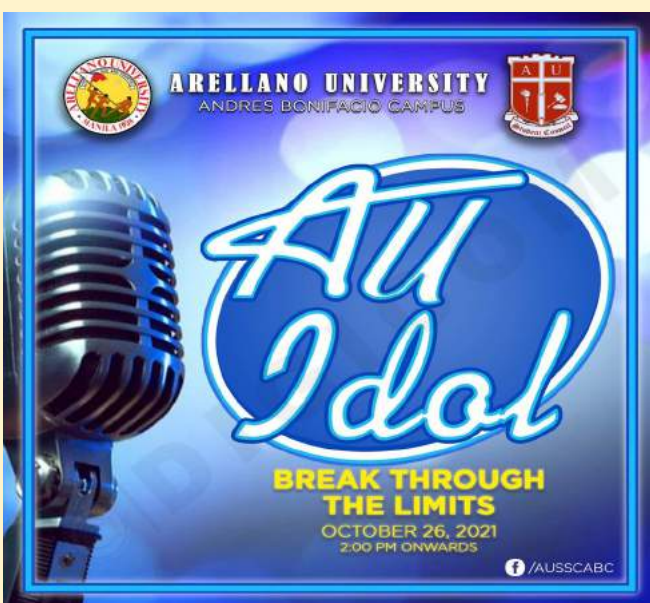
The organizations that took part in the mass oath-taking were:

SSG-SHS, AUSSC -The Standard: TOSPAU-ABC, Criminal Justice Student Organization, Young Educators Society, Psyche Infinitum Association, Samahan ng mga Dalubhasang Pampulitika, Marketista, AU Nursing Society, Junior Financial Executives, LITES, AB English Majors Associations, Student Association of Tourism Management, SGHM.

The participants of the different organizations were awarded e-certificates and are now ready to perform their task of service for the school year 2021-2022. The program ended with the closing remarks of the Dean of Office for Student Affairs, Ms. Maria Ravina V. Remolano wishing the newly elected officers a fruitful term.

Who will be the AU IDOL LOCAL 2021?

Isinulat ni Vana Rañeses



On November 5, Arellano University-Andres Bonifacio Campus held the final round of AU IDOL Local 2021 with the theme of : "Break through the Limits". Showcasing the incredible singing prowess of the participating students, the event garnered more than 4,000 viewers on its online viewing via Facebook Live.

The Masters of Ceremony is Mr. David Escio Committee and Ms. Diana Jane E. Caballero, Vice President External of Junior Financial Executives. The prayer was led by Ms. Nina Marie V. Capongcol, AU SSC Business Manager followed by the Philippine National Anthem and the Arellano University Hymn. Ms. Kriselle Martin, Head of Student Affairs of Senior High School gave the opening remarks. This was followed by the introduction of the panel of judges which includes Mr. Daryl Albero, AU SSG Adviser, Mr. Rommel Daque, a graduate of Arellano University Andres Bonifacio Cam-

pus with a bachelor's degree in Elementary Education (2011-2015), Ms. Erica Delgado, Former SSG President of Andres bonifacio Campus (2017-2018) and lastly Mr. Jahn Kent yeoj Cruz, a freelance Make-up artist.

Subsequently, the contestants from the participating divisions were given an opportunity to showcase their singing talents which to say the least an occasion to remember. This was then followed by the much-awaited announcement of winners.

To officially end the event Ms. Maria Rabina Remolano, Dean of the Office for Student Affairs gave the closing remarks.

The following are the Winners of AU IDOL LOCAL 2021

Junior High School

1st runner up of Junior High School Division - Francesz mei C. De Jesus

Champion in Junior High School Division - Jullie Ann Obedencio

Senior High School

2nd runner up in Senior High School division - Cielo Agdoro

1st runner up in Senior High School division - Lady Mhalec Ramento

Champion in Senior High School - Jhennie fe Ochavillo

College

1st runner up in College division – Jes marjo melchisedech Ampoloquio

2nd runner up in College division - Sol bones Gayoma

Champion in College division - Johanna b Aarmiento

Arellano University holds its Leadership Training Program themed: Dealing with Change in terms of Leadership

-David Mikhail Sexon

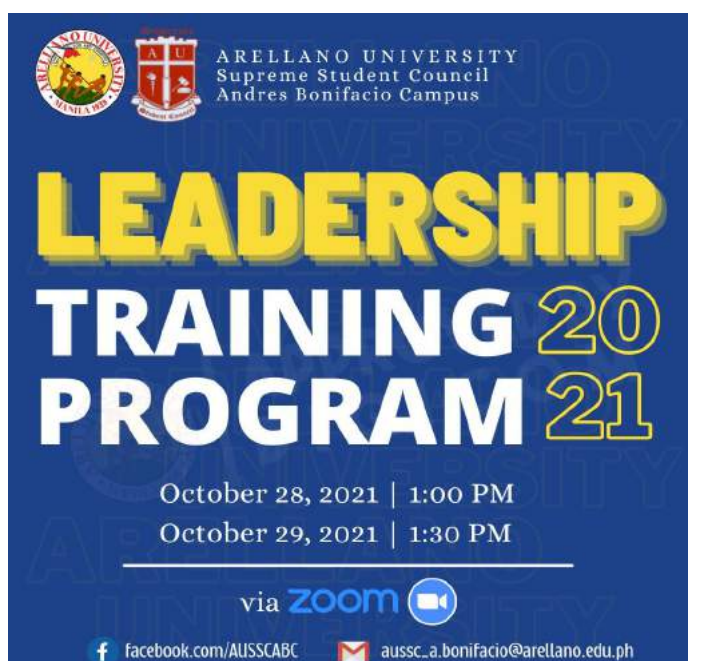
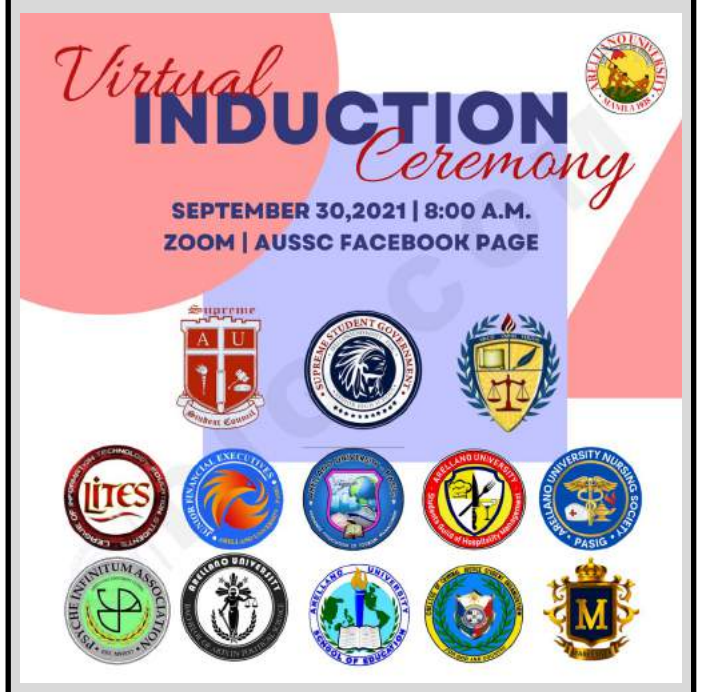
This was followed by the welcoming remarks of Mr. Patrick Aboguin. After the opening remarks, Ms. Angela Galeon introduced the speaker for the day, Coach Mathews Jubilado. The program proceeded with a question and answer portion, energizer and the giving of the certificate all led by Ms. Angela Galeon.

On the following day, the event started at the same time. Same hosts were present during the event but this time the topic was focused on the Student Activities Request Form Workshop led by Dean Maria Ravina V. Remolano and Mr. Jhec D. Villanueva. It was then followed by a question and answer segment and the appreciation award for the speakers.

Regardless of the fact that we are currently in a pandemic, the administrators and other staff of Arellano University made sure that the students of Arellano will be able to maximize their potential as leaders. Conducting these kind of programs will not only wake up the leaders inside the students but this will also hone their skills in how they will be able to serve better despite currently being in a pandemic and with the many changes happening in the world. As leaders, the students should be able to adjust quickly and be flexible with all the changes that is happening around us thus the theme, Dealing with Change in Terms of Leadership.

Arellano University held its 2-day Leadership Training Program with the theme of Dealing with Change in terms of Leadership last October 28 and 29 via zoom.

During the 1st day of the program, the online registration started around 12:45pm. After the registration, the event proceeded as Ms. Nina Marie Capongcol led the prayer.



Shortage, WHO concerned for citizen's safety

Sexon, David Mikhail C.

capable of providing for the public during the duration of the pandemic so that we will all be taken care of? Or will we still struggle for the years to follow?

Years have passed and we are now living in the present where we can find solutions to almost everything thanks to science. Most of us were extremely worried by the threat posed by COVID-19, however with the help of advance science and technology we have developed in no time mitigating measures to ensure our safety. These include the vaccines. We are all familiar of vaccines because we have been taking them from the moment we are born to prevent certain diseases from infecting our system. With the help of science and with the collaboration of different scientists, they have now developed a vaccine that will help us fight against COVID.

Aside from the fact that vaccines give our bodies the antibodies needed to fight the virus, it also gives us the courage to return to the old world where COVID-19 was not yet present. People all over the world is getting vaccinated. Over 3.2 billion people should receive the vaccine. WHO expert Lisa Hedman said "We could have a global shortage of immunization syringes that could in turn lead to serious problems such as slowing down immunization efforts as well as safety concerns".

We are still in a phase where we are getting comfortable with the situation but another conflict arises. With the help of technology, we should be able to find solutions for this. We are able to lessen issues and find solutions quickly before it even begins but what could be the actions they would take for this? How will they be able to not put everyone be safe to be vaccinated on the years to follow or will they have this fear lingering in their hearts knowing that their health is at risk?

There might be a possible shortage of COVID-19 vaccination syringes around 2022, according to the World Health Organization (WHO) on Tuesday, November 9, 2021. No one has actually thought that this pandemic is going to last years. It can be said that the government has prepared itself for years of being in lockdown but have they prepared themselves for more? Is the government




PHOTO FROM BBC NEWS

Ang Kwento Ni Ronaldo

Isinulat ni Vana Rañeses

Trigger warning: Suicide & bullying

Simulan natin ang kwento

Sa malapit kong kaibigan na si Ronaldo

Matagal ko na siyang kakilala

Magmula elementarya hanggang sekondarya

Simula't sapul pa lamang

Tila may kakaiba na sa kanya

Kung magdamit ay lalaking lalaki

Ngunit kapag siyang lumalakad, bewang ay kumekendeng kendeng

Ako tila ay nalilito

Sapagkat parang hindi naman siya baliko

Girlfriend niyang laging pinapalitan

Iba-iba ang kanyang kasama kada buwan

Nang tumuntong sa kolehiyo

Kami ay nagkahiwalay, nagkalayo

Pagkakaibigan ay ganoon pa rin

Kwentuhan palagi, madalas ay nagkikita rin

Isang Sabado ng hapon habang nasa parke

May nais daw sabihin si Ronaldo tungkol sa kanyang sarili

Inamin niyang hirap na hirap na siyang magtago

Ito na ang panahon para siya ay magpakatotoo

Umuwi ako sa bahay ng masaya

Sapagkat ang aking kaibigan ay sa wakas malaya na

Simula noon ay mas sumaya ang aking kaibigan

Tunay na ngiti ay sa labi niya matatagpuan

Kikay na rin siyang manamit

Buti na lamang at ang magulang niya ay hindi nagalit

Ilang buwan ang lumipas

Napansin ko na tila ang kaibigan ko'y nawalan ng lakas

Aking tinanong kung bakit tila hindi na siya masigla

Isang ngiti lamang ang kanyang sinagot at sinabing "wala lang, busy lang talaga sa eskuwela"

Dumalang ang pag uusap namin ni Ronaldo

Iniignora na rin niya ang mga text at tawag ko

Isang araw ay tinawagan niya ako Bagama't may pagtatampo ay sinagot ko ito "Hoy Ronaldo, anong nangyari sa'yo?"

Bakit hindi mo sinasagot ang mga tawag ko?"

"Pasensya na Teodora ngunit pagod na pagod na ako

Palagi akong magpapasalamat na tinanggap mo ako

Ngunit masalimuot nga talaga ang mundo

Dahil hanggang ngayon ay nasasaktan pa rin ako

Tandaan mo palagi na mahal kita

Isa ka sa mga taong sa akin ay nagpasaya

Paalam aking kaibigan

Tandaan mong wala kang kasalanan"

Ayon ang huling sinabi niya at ako'y lubos na nagtaka

Kung kaya't kinabukasan ay agad akong pumunta sa kanila

Aking naabutan ang kanyang inang lumuluha

At ang kanyang ama na sumisigaw

Mga kapatid ni Ronaldo ay nasa sulok

Sa pag iyak nila ay hindi na halos makahinga at makalunok

Gulo man ang isip ay nagtanong pa rin ako

"Aling Bebang, nasa'n po si Ronaldo?"

Mahigpit na yakap ang iginawad ng kanyang ina

Pagkatapos ay iginiya ako sa kanilang sala

Nanlaki ang aking mata sa sinabi ng ina ni Ronaldo

Sa sobrang gulat ay sa

labas ako nagtungo

Sunod sunod ang luha sa aking mata

Wala akong pakialam kahit hindi na ako makahinga

Hindi ko alam na pinagkakaisahan na pala si Ronaldo

Ng mga lalaki sa kanyang kolehiyo

Simula nang siya ay lumadlad

Puro pangungutya at bugbog ang kanyang natanggap

Hindi na kinaya ng aking kaibigan

Kaya naman siya ay namaalam

Isang munting lubid ang kanyang ginamit

Ayokong ng isipin pa at sobrang nakakagalit

Gusto kong magwala at sumigaw

Para sa kaibigan kong tuluyan ng bumitaw Sapat ba na dahilan ang kanyang kasarian Upang siya'y tapak tapakan ninuman?

Isang buhay na naman ang nawala

Dahil lamang sa pangungutya

Ito ang kwento ng aking kaibigang si Ronaldo

Na nais lamang sumaya, lumaya at maging totoo

The Standard

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17

Cybercrime Webinar ng AUSSC at CJSO inilunsad

Louise Alchie Vasquez

Isinagawa ng Arellano University Andres Bonifacio Campus ang webinar na may paksa na Cybercrime noong ika-19 ng Nobyembre taong 2021 sa pamamagitan ng Facebook live, sa pangunguna ng Supreme Student Council-Pasig (SSC) at sa pakikipagtulungan sa College of Criminal Justice Education.

Pinamunuan ni PLT Elmerson U. Maceda, isang guro sa College of Criminal Justice Education ang unang parte ng webinar at umikot ang paksa sa "Cybercrime Awareness" habang ang ikalawang parte naman ay pinamunuan ni Atty. Evita A. Daan, isang public Attorney II sa Office of the Department of Justice Agencies na may paksang "Cybercrime Law". Nagsilbing punong abala ang Presidente ng Criminal Justice Student Organization (CJSO) na si CDT. COL. James Zander S. Cueto ICL kasama si Bb. Christina Madarra, ang Public Information Officer (PIO) ng nasabing organisasyon. Ang mga tagapangulo naman ay sina Bb. Airielle Danielle Gutierrez, ang Vice President Internal ng SSC kasama si CDT. COL. Cueto.



CHIEFS LEADERSHIP CONFERENCE 2021

Nirvana G. Rañeses

Mahigit isang libong student leaders mula sa iba't ibang sangay ng Unibersidad ng Arellano ang kasalukuyang dumadalo ngayon sa isang leadership conference. Ang nasabing conference na may temang "Break Through The Limits" ay pinangungunahan ng Supreme Student Council at magtatagal ng limang araw. Bilang pag-sunod sa health protocols ngayong pandemya, isinakatuparan ang leadership conference sa pamamagitan ng isang pribadong Facebook group.

Ang mga kalahok ay hinati sa tatlung pitong grupo na kung saan ay may kaukulang mentor bawat grupo. Sa loob ng limang araw, ang mga student leaders ay kinakailangang manood sa mga facebook lives kung saan ay ang bawat isa sa kanila ay mabibigyan ng pagkakataon na magkaroon ng bagong kaalaman at kasanayan mula sa mga experts at may karanasang tao sa larangan ng pamumuno. Sa bawat araw din ay magkakaroon ng mentorship ang bawat grupo na magaganap sa loob ng isang pribadong Google meeting. Upang mas maipamalas pa ng mga kalahok ang kanilang talento, magkakaroon ng yell competition ang bawat grupo na kanilang itatanghal sa huling araw ng conference.

Ang leadership conference na ito ay nagbibigay ng oportunidad na magkaroon ng bagong kaalaman, makakilala ng mga bagong kaibigan at makapagbigay ng inspirasyon sa isa't isa sa pamamagitan ng pagdining ng kanilang kwento at karanasan. Ang student leadership ay lubhang makapangyarihan at produktibo. At kung mas nakikita iyon ng mga mag-aaral, mas maraming pagbabago ang kanilang magagawa sa pamamagitan ng pagtutulungan.

ELISA ESGUERRA CAMPUS

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

AU-ELISA ESGUERRA CAMPUS JHS OATH TAKING 2021

"A solemn and sacred event for inducting student leaders to the oath"

By: Ella Mae Dela Rosa

The newly elected leaders of the student-organizations of the Arellano University-Elisa Esguerra Campus Junior High School (AU-EEC JHS) took their oath of office via Zoom on October 11, 2021.

The Ceremony was hosted by Ms. Stephanie Ibasco, President of Supreme Student Council (SSC) of the JHS Department. Before the Oath Taking, few inspirational

messages were first given by Ms. Julaida David, principal of AU-EEC, and Ms. Maria Lourdes Mudlong, AVP of AU-EEC. Other student officers and school officials also gave their messages and thoughts on the event.

"Taking an oath is a promise to hold ourselves formally responsible and accountable for all of our behaviors, decisions, and actions as student leaders," says Ms. Stephanie Ibasco. *"I'm thrilled and looking forward to seeing each of us be fully engaged and accountable in our positions as student leaders. I'm excited to see what we, as student leaders, can accomplish to help students and our campus for the entire S.Y. 2021-2022."*

The student-leaders then took their oath of office, solemnly vowing to carry out their responsibilities as the leaders of

their clubs and organizations. The following are the student organizations who participated in the Oath Taking:

Supreme Student Council
-Junior High School
Instre (Math Club)
Maphoenix (MAPEH Club)
HELIX Science Club
PEACE (English Club)
PLUMA (Filipino Club)
Values Club
TLE Club
Samahang Mag-aaral sa Araling Panlipunan (SMAP) Club

All of the new student leaders are excited to take their oath office and to fulfill their role as student-leaders of the clubs. Furthermore, the newly elected student leaders are determined to face the new challenges that their roles will bring in leading and helping the rest of the student body. Will they all be successful in their endeavors? Greetings to the newly elected student leaders!

ONLINE CLASSES

By: Venice Garado

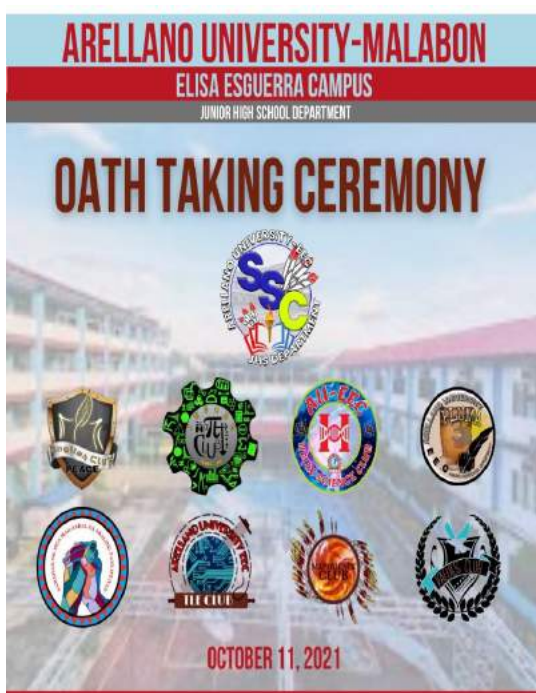
Before the pandemic, students were used to going to school by walking or commuting alone or with friends, doing group projects together, and meeting up to finish assignments. Before the pandemic, students performed on school stages as other students and teachers watched. Then COVID-19 struck. This pandemic made challenges that were not experienced before. It made people stay inside their houses and do protective measures like social distancing, wearing face masks and face shields. Moreover, this pandemic affected students in more ways than one may think.

As students, it is hard to adjust to this kind of new normal. At first, many thought that having online classes is fun because some private schools already use this modality. It is also fun to think how they don't have to give too much effort when it comes to preparing to go to school. Imagine, they only have to wake up in the morning, move from the bed to the table, and then they are good to go to their classes. Students might also think that it helps in reducing school expenses. Then they realized how wrong they are and that online classes are not as fun as they expect. As students try to adjust to this new type of learning, they find it hard to cope up with deadlines as they try to remain calm from stress and anxiety.

Students would spend days facing different types of electronics, writing or typing concept notes and assignments. They also face the struggle and the difficulty of not being able to physically do group projects with their groupmates and

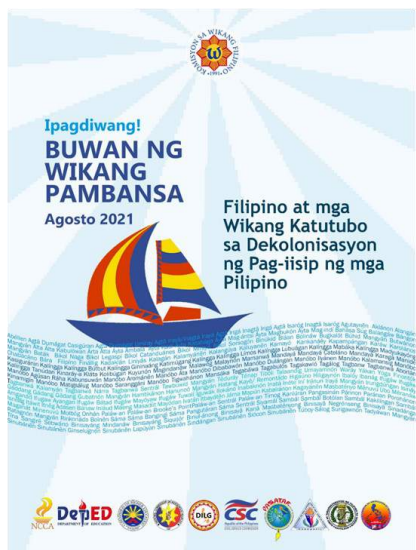
not communicating well with their teachers and classmates. The school events that they used to enjoy can only be held now virtually. Then the stress became overwhelming that they begin to doubt if they are doing things right. But the student did their best to adjust. With the help of their teachers, they are able to overcome the anxiety that prevents them accepting these changes. Through their teachers, they realize that they are not alone and that all of us are doing their best to accept this new normal. They did not give up and they continue my studies.

Now, it is the second year of attending online classes under the new normal. No one knows how much they themselves improve as a student and as a person. They are still learning, experiencing struggles, finding solutions to this situation. The students, must realize that they should not stay within these difficulties, they must walk through it. If they let themselves be engulfed in their problems, those problems won't be solved and will turn into something that might burden their entire lives. It may not be easy for each of student. Still, hard work will lead them to a better future where they can live without those difficulties. These challenges give experiences that can be used in the future to face newer challenges. Always remember that there is no problem that can't be solve through hard work and perseverance. For the students, this online class is just another one of those challenges that prepares them for the future.



BUWAN NG WIKANG PAMBANSA 2021 IPINAGDIWANG NG AU-EEC

by: John Mark Caranto



Poster Courtesy by: DepED

Ipinagdiwang ng Arellano University- Elisa Esguerra Campus (AU-EEC) sa pangunguna ng Kagawaran ng Filipino ang Buwan ng Wika na may temang "Filipino at Wikang Katutubo sa Dekolonisasyon ng Pag-iisip ng mga Pilipino" mula ng ika-23 ng Agosto hanggang ika-22 ng Setyembre 2021 sa pamamagitan ng FB live.

Ang opisyal na pag-

bubukas para sa pagdiriwang ay pinangunahan ni Bb. Czarinne Junio, ang Tagapayo ng Kagawaran ng Filipino, kasama ang mga pamunuan ng Kagawaran noong ika-23 ng Agosto. Inanunsyo sa pagbubukas na programa ang mga patimpalak na maaring salihan ng mga mag-aaral ng AU-EEC Senior High School Department.

Maraming mga mag-aaral ang nakilahok at sumuporta sa mga patimpalak at programang inihanda ng Kagawaran ng Filipino para sa Buwan ng Wika. Ang mga patimpalak ay pinanood at sinubaybayan ng mga mag-aaral sa Facebook Live.

Ang pagtatapos na programa at pagpaparangal sa mga nagwagi sa mga patimpalak ay ginanap ng ika-22 ng Setyembre 2021 sa pamamagitan ng Facebook Live.

Ang mga nagwagi sa iba't ibang patimpalak ay ang mga

sumusunod:

Paggawa ng Islogan:

Kampeon ng Baitang 12:

Cefany Aira Alarde

Kampeon ng Baitang 11:

Riela Gian Miranda

Paggawa ng Poster:

Kampeon ng Baitang 12:

Jayson Paison

Kampeon ng Baitang 11:

Kim Althea Serencio

Dihital na Sining:

Kampeon: Michaela Escobar

Pangalawang Pwesto:

Andrea Dinsay.

Tagisan ng Talino:

Kampeon ng Baitang 12:

Rain Margareth

Gayo

Kampeon ng Baitang 11:

Kyle Brecia

Likhang Tiktok

Kampeon: Am Asereht

Lacrete

Pangalawang Pwesto:

Justfer Tabares

Rampa Kontra Pandemya:

Kampeon ng Baitang 12:

Rhose Anne Rolan

Pangalawang Pwesto:

Maria Razzel Amante

Kampeon ng Baitang 11:

Margarette Melgarejo

bilang

Pagbigkas ng Tula:

Kampeon: Rhose Anne

Rolan

Pangalawang Pwesto:

Katrina Crisostomo

Paggawa ng Tula:

Kampeon ng Baitang 12:

Ara Aalisah Dela Peña

Kampeon ng Baitang 11:

Alecia Mae Cuzon

Awiting Katutubo:

Kampeon:

Jeffrey Matao

Pangalawang Pwesto:

Allan

Christian

Manahan

Pangatlong Pwesto:

Honey Girl Navarozza

Sa kabila ng pandemyang ating nararanasan, nai-pamalas ng mga mag-aaral ng AU-EEC ang pagiging palaban, aktibo, at masayahin sa pamamagitan ng iba't ibang paligsahan. Gayunpaman, Ipinakita din ng mga mag-aaral ang kanilan pagpapahalaga sa ating Pambansang Wika. Ang matagumpay na pagdiriwang ng Buwan ng Pambansang Wika ang nagpapatunay sa patuloy na pagpapayaman at pagpapaunlad ng bawat mag-aaral sa wikang Filipino, na siyang nagmamarka at sumisimbolo ng ating pagkakakilanlan bilang isang Pilipino.

AU-ELISA ESGUERRA CAMPUS MOBILE LEGEND: BANG BANG TOURNAMENT 2021

By: Rocelle Christine D. Lacuesta

Arellano University-Elisa Esguerra Campus (AU-EEC) hosted its first ever exclusive Esport tournament called AU-EEC Mobile Legend: Bang Bang Tournament 2021 on July 6-9, 2021, prior to the official start of the School Year 2021-2022. Incoming Grade 11 and Grade 12 students of AU-EEC are invited to participate in the tournament. Many students from the Senior High School Department showed their enthusiasm in joining the tournament. In order to accommodate the needed 16 teams for the tournament, the Supreme Student Council used a first come first serve basis during the registration period on June 28-30, 2021. On July 6, 2021, the tournament officially started. It was officially opened virtually via Facebook live streaming and is hosted by Mr. Stuart Scheimer Loria, President of the Supreme Student Council (SSC), and Ms. Penelope Ann Childs, member of the Committee. According to Mr. Loria, the preparations for the tournament took a whole month. Meetings were conducted almost every week to prepare all the essentials like the tournament poster, letters, waivers, registration form, etc. A dry-run is also carried out before the tournament proper to see the technical difficulties that

might be encountered, to prepare the actions needed to sort out said difficulties, and to make sure that the live broadcast on the day of the tournament is going to flow smoothly without interruption.

On July 6, 2021, the first round of the tournament commenced. The first round of the tournament is the Single Eliminations where the 16 teams played against each other. The losing team was eliminated and the winning team proceeded to the next round.

The teams and their opponents are written, respectively:

RENDON LABADOR vs KALEMBANG GANG. KALEMBANG GANG wins

ODIN DYNASTY vs BREN FISHPORT. ODIN DYNASTY wins

LETHAL EMPEROR'S vs JULS ESPORTS. LETHAL EMPEROR'S wins

Nexplay-EVOS AU vs RESISTANCE. Nexplay-EVOS wins

WORK OYSTER SAUCE vs THE EMPEROR'S. WORK OYSTER SAUCE wins



CHUPEE vs KINESIS. KINESIS wins

LUNATIX ESPORTS vs VAMP X HUNTERS. LUNATIX ESPORTS wins

TRIPLE A vs FUJIMOTO. FUJIMOTO wins

On July 7, 2021, the second round of elimination matches commenced. The competing teams are as follows:

KALEMBANG GANG vs ODIN DYNASTY. ODIN DYNASTY wins

LETHAL EMPEROR'S vs Nexplay-EVOS AU. Nexplay-EVOS AU wins

WORK OYSTER SAUCE vs FUJIMOTO. WORK OYSTER

SAUCE wins
KINESIS vs LUNATIX ESPORTS.
KINESIS wins

On July 8, 2021, the semi-finals of the tournament commenced.

The competing teams are as follows
WORK OYSTER SAUCE versus KINESIS. KINESIS wins

ODIN DYNASTY versus Nexplay-EVOS AU. ODIN DYNASTY wins

On July 9, 2021, the Grand Finals match commenced between ODIN DYNASTY and KINESIS. The final match of the tournament has seven rounds. The duels between both teams are impressive as both team showed impressive teamwork and gameplays. In the end, ODIN DYNASTY won four rounds consecutively, making them the Champion of the tournament, with the KINESIS as the first runner-up.

As a reward, the team of ODIN DYNASTY received 799 peso load+GlobeAtHome Prepaid WiFi modem each, while the team of KINESIS received 799 peso load. The MVP of the tournament also received 1000K diamonds.

The event was truly spectacular and noteworthy as all teams showed a great job in their matches as they exhibited impressive gameplay and good teamwork. As the successful tournament showed us, we can expect more fun and exciting events in the coming days of the School Year 2021-2022 here in AU-EEC. So stay tuned for more, Chiefs!

MAHIRAP KALABANIN ANG KALIKASAN

Ni: John Lawrence Legaspi

Marami sa atin ang nagbubulag-bulagan.

Mga basura'y itinatapon kung saan saan

Kahit kapaligira'y 'di naman kayang pangalagaan.

Marami sa atin ang kayang bantayan ang sariling katawan, Pero sa kapaligiran, Kamusta naman?

'Di niyo na kailangang magsisiha pa. Dahil pare-pareho lang naman tayong may kasalanan, At ang kalikasan ay siyang naging biktima.

Mga punong nagsisilbing harang sa sakuna

Pero pilit na ipinatatangal Para sa 'di maintindihang kadahilanan.

Atin ngang nasaksihan ang ganti ng kalikasan,

Kulang pa ba 'yan upang masugpo Ang pagkabulag ng sambayanan?

Kulang pa ba ang ilang bagyong nagdaan

Upang maputol ng bulok na sistema Para sa kalikasan?

'Wag nating hintayin pa na diktahan tayo ng kalikasan At sabihing, "Tama na, ayoko na. Pagod na 'ko sa pang-aalipusta".

Ika nga nila, kung ano ang ibinigay mo ay siyang babalik sa 'yo,

Pero tila ba walang katotohanan ang pariralang ito dahil kung iyong titingnan, Ibinigay naman lahat ng kalikasan pero bumalik sa kaniya'y kasakiman.

Tunay ngang hustisya'y 'di pangkalahatan,

Dahil mismong kapaligira'y dito'y pinagkaitan.

Halina't bukasin ng isipan, Tanawin ng utang na loob sa kalikasan, At makiisa sa pagtutol sa masamang gawain sa kabukiran.

Mahirap kalaban ang kalikasan, 'Di man ito pisikal na kalaban,

Pero iyong tandaan, Sa oras na maghiganti ang kalikasan, Tayo ang siyang mahihirapan.

AU-ELISA ESGUERRA CAMPUS CELEBRATES WORLD TEACHER'S DAY 2021

by: Rocelle Christine D. Lacuesta



Poster Courtesy by: AU-EEC SSC

Arellano University-Elisa Esguerra Campus (AU-EEC) conducted a post-celebration of World Teacher's Day on October 22, 2021 through Facebook livestream. The event was hosted by student emcees, Elmer Sy of HUMSS 11-6A and Angelo Mora of HUMSS 11-4P.

The livestream began with a short performance video from AU-EEC and Hiraya Ensemble Club and was followed by appreciation messages from students for their advisers and teachers. The students expressed their gratitude to all of their teachers

who, without rest, continued to nurture us students with the knowledge that they also received from their former teachers. A prayer was sung by the members of the Hiraya Ensemble club and was followed by the National Anthem and the Arellano University Hymn respectively.

The opening remarks were delivered by the school AVP, Ms. Maria Lourdes G. Mudlong, and our school Principal, Ms. Julaida C. David. Ms. Mudlong quoted, "Teachers do not teach for the income, teachers teach for the outcome." In her speech, Ms. Mudlong stated how teachers "wear different hats to adapt to different situations" in order to be able to teach their students. Meanwhile, Ms. David delivered a very warm opening speech for all the teachers as she expressed her appreciation for

their undying love for their students, as the teachers guided and fed their students' minds with useful knowledge.

After the opening remarks, an intermission number is presented by Stephanie Francisco and Crisanti Cristobal as they sing a song that expresses love and gratitude for all teachers. Angela Taruc also offered spoken poetry. After that, the winners of the "Who's that teacher?" were announced.

As one of the emcees said, the teachers of AU-Elisa Esguerra Campus are not only hard working, but the teachers are also full of charm and attractiveness. As such the following awards and prizes are given to certain teachers:

Most Attractive Teacher:

Ms. Justine Nidoy

Mr. Jarince Villanueva.

Idol Teacher:

Ms. Ailyn Borja.

Lodicakes:

Mr. Arjay Rigantes

Marecakes:

Ms. Ailyn Borja

Spin the Wheel:

Mr. CJ Robles

Ms. Lariza Gallos

Ms. Jocelyn Cruz

Mr. Berlin Liwanag

Mr. Rian Tolomia.

The celebration ended with the closing remarks delivered by Lei Lois Francisco, the OSA Coordinator.

Our teachers are not only mentors who prepare us for the challenges of the future, but they can also be our mothers and fathers who guide us to the right path. We may not be able to hug our teachers personally because of the on-going pandemic, but let's not forget to always show them our gratitude for being our second parents, for being our best friends, and for giving us their time and effort. To all the teachers of Arellano University-Elisa Esguerra Campus, to our beloved "Ma'am" and "Sir", thank you!

by: Sydelle C. Aquino

Arellano University-Elisa Es-
guerra Campus (AU-EEC) Junior High
School (JHS) Department celebrated the
76th United Nations on October 27-28,
2021.

As part of the celebration, four
contests were held via different virtual
platforms. The activities were created to
promote cultural diversities and rapport
among the JHS students. The contests
were held on October 27, 2021 and ended
on October 28, 2021 with the winners
announced in the private group page of
students in Arellano University Elisa
Esguerra Campus.

These are the winners of the
United Nations events are as follows:

- Parade of Nations Tik Tok Costume Contest:**

Ms. United Nations Winner:

Ms. Spain- Doverly Montelora, Grade 7
Bonifacio;

Ms. United Nations 1st Runner Up: Ms.
Greece- Jocel Angeline Guevarra, Grade
8 Sampaguita;

Ms. United Nations 2nd Runner:

Ms. Ireland- Princess Ashley Tagle,
Grade 7 Jose Rizal

Ms. United Nations 3rd Runner Up:
Ms. Philippines- Matthew Audrey
Abeleda

- Mind Expedition Contest via Kahoot:**

1st place: Shaina Octavia Berlos, Grade
7-Rizal

2nd place: Tyrone Jasper A. Hona,
Grade 10-Einstein

3rd place: Shandy Lheonne Gacuino
Bulabos, Grade 7-Mabini.

- Slogan Making Contest:**

1st Place: Izceldeniela Gervocio, Grade
7-Rizal

2nd Place: Jeremy Christian Cruz,
Grade 8-Sampaguita

3rd place: Ella Mae Dela Rosa, Grade 9
-Narra, and the

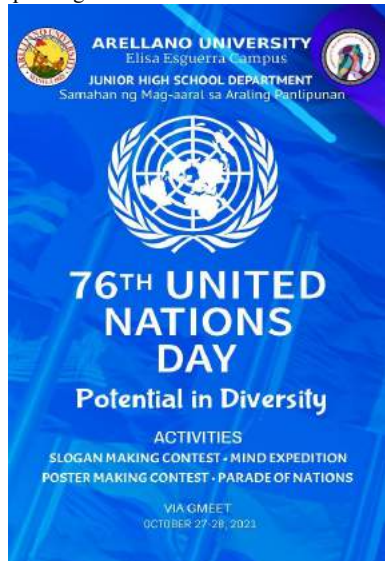
4th Place: Sean Carlo Sarmiento,
Grade 7-Luna.

- Digital Poster Making Contest.**

1st place: Jade Gupio, Grade 10-
Einstein

2nd place: Allyzel Conde, Grade 8-
Sampaguita.

In celebrating and participating
in the United Nations and other school
competitions, the students learn to adapt
to the changes brought by the pandemic
and build rapport with each other through
virtual means. They also learn to appreciate
the diversity of cultures, religions, and
languages all over the world. We may not
be able to enjoy these competitions physically,
but it is still fun to be able to participate
together.



Poster Courtesy by: AU-EEC SSC JHS



Feature

Virtual Paradise: The AU-EEC-JHS Foundation Week

by: Gerryldine Marie Bautista

The Junior High
School (JHS) Department of
Arellano University-Elisa Es-
guerra Campus (AU-EEC) cele-
brated an engaging and enter-
taining Foundation Week Cele-
bration on October 25 and 26,
2021

The celebration of the
Foundation Week was held via
different social media platforms
such as Google meet and Face-
book Live. The celebration of-
fers different activities and pro-
grams from different academic
clubs for students and teachers
to participate and enjoy.

The following activi-
ties are held by the different
clubs throughout the two-days
celebration:

Helix Science Club
with their club adviser, Ms.
Monica Saturnino:

- “Kahoot!” trivia game,
- “Guess the Scientist”,
- “Arrange the Periodic Ta-
ble”

Pluma Filipino Club
with their club adviser, Ms.
Charmin Albao:

- “Mobile Legends Tourna-
ment”

Samahan ng Mag-
aaral sa Araling Panlipunan



Poster Courtesy by: AU-EEC SSC JHS

(SMAP) with their club adviser,
Ms. Ronalyn Bustamante:

- “SMAPLIX”, a film show-
ing event via Google Meet
- Inspre Math Club, with
their adviser, Ms. Joy-Ann Jo-
se:
- “CineMath”, another film
showing event via Google
Meet.

T.L.E. Club, with their
adviser, Mr. Christian Salmon:

- “Call of Duty Individual
Tournament”;

P.E.A.C.E. English

Club, with their adviser, Ms.
Marionne Bagtas:

- “Call of Duty Group Tour-
namment”;
- Values Club, with their adviser,
Ms. Jo-Ann Hilarion:
- “Serenity Booth”

Maphoenix Club, with their
adviser, Ms. Camelah Cadigoy:

- “Rant Booth”;

Supreme Student Council, with
their SSC Adviser, Mr. Dennis
Alivio:

- “Fright Night: Halloween
Contest”
- “Among Us, Chiefs!”

The events somehow
reduce the stress, tiredness, and
even loneliness of the students
as they enjoy and spend time
with their friends and class-
mates even through virtual
means. In addition, by partici-
pating in the events, the stu-
dents build a new circle of
friends. Gaining confidence,
finding interests, overcoming
weaknesses, and developing
oneself are also a benefit of
joining in events like the Foun-
dation Week. May many more
events like this be enjoyed by
the JHS students here at Elisa
Esguerra Campus.

NEW SUPREME STUDENT COUNCIL
MEMBERS ELECTED

by: Charlene C. Padua



Poster Courtesy by: AU-EEC SSC

The Arellano University-Elisa
Esguerra Campus Supreme Student
Council held its SSC Virtual Elec-
tions on August 20-21, 2021 via
Google Forms.

The nominees for the positions to be
elected are all Grade 11 students. In
turn, all voters came from the 11th
grade. Prior to the election, the nomi-
nees are given several days to intro-
duce themselves to the student body
of the school. Finally, the voting
officially began on August 20, 2021
and ends on August 21, 2021.

The following victors of the election
were immediately announced after
the voting ended:

Assistant Secretary: Marianne
Bachicha, 583 votes
Assistant Treasurer: Chrisandy Cris-
tobal, 1,082 votes

Assistant Auditor: Stephanie Francisco, 965 votes
Public Information Officer (PIO): Rosceil Valor Egonia, 886

HUMSS Representatives: (AM Shift) Elmer Sy, 778 votes
(PM Shift) Angelo Mora, 1,339 votes
GAS Representative: Jaime Bonete, 1,040 votes
STEM Representatives: (AM Shift) Jenual Borbe Buen, 1,121

(PM Shift) Alexandra Pascual, 1,299 votes.
TechVoc Representative: Trisha Giray, 692 votes.
Arts and Design Representative: Maria Krischellei Robles, 1,520
votes.

The AU-EEC community sincerely congratulates, not just the
winners of the election, but also the other students who participated. In
this election, everyone is a victor. Despite the pandemic, the students
were given the opportunity to become a leader and to select their leaders.
The election was held with fairness and equal opportunity to all students.
This shows that democracy, equality, and leadership will stay strong no
matter the circumstances.

As John C. Maxwell, an American author, said, "Everyone is a
leader because everyone influences someone.". Each of us can influence
others. What differs us from others is the kind of mentality that we are
sharing. To be a leader, we must start with ourselves. Believe in yourself.
Aspire to be a leader. Who knows? One day, you might be the next leader
in our society.

MGA BAGONG TALAGANG OPISYAL,
NANUMPA

By: John Mark Caranto

Formal na nanumpa ang mga
itinalagang opisyal ng bawat or-
ganisasyon ng mga mag-aaral ng
Arellano University-Elisa Es-
guerra Campus (AU-EEC) nung
ika-11 ng Oktubre 2021, ika-8 ng
umaga sa Seremonya ng Panun-
umpa na ginanap sa pamamagi-
tan ng Zoom Meeting.

Ang Seremonya ng Panunumpa
ay pinangunahan Supreme Stu-
dent Council (SSC) ng kampus
sa pamamagitan ng Zoom meet-
ing na dinaluhan ng higit sa dala-
wang daang miyembro ng
pamunuan ng paaralan at ng la-
bing-apat na mga organisasyon
ng mga mag-aaral. Ang seremo-
nya ay pinangunahan ni Stuart
Scheimer Loriaga, pangulo ng
SSC, na kasama ring nanumpa sa
tungkulin. Nakibahagi rin ng pa-
nunumpa sa tungkulin sina Bb.
Julaida C. David, punong guro
ng Senior High School, at si Ms.
Maria Lourdes Mudlong, AVP
ng AU-EEC, na nagbigay ng
Kani-kanilang mensahe para sa
mga naitalagang bagong opisyal
ng mga organisasyon.

Ang mga nanumpang mga organ-
isasyon para sa Senior High
School ay ang mga sumusunod:

- Supreme Student Council
- ABM Club
- Arts and Design Club
- English Club
- Filipino Club
- GAS Club
- Hiraya Club
- HUMSS Republic
- ICT Club
- Industrial Arts Club
- STEM Club
- Tech-Voc Club
- Math Club
- The Standard

Ang Seremonya ng Panunumpa



Poster Courtesy by: AU-EEC SSC

ay pinanood ng mga mag-aaral
nung ika-15 ng Oktubre sa pama-
magitan ng Facebook Live sa
group page ng SSC.

Sa kanilang panunumpa, ipina-
kita ng bawat pinunong-mag-
aaral na hindi mapipigilan ng
pandemya ang kanilang
tungkuling mamuno at tumulong
sa kanilang kapwa mag-aaral
tungo sa pagkatuto at kaunlaran.
Ang kanilang panunumpa ay ang
magsisilbing susi bilang pan-
imula ng kanilang pagharap sa
bagong hamon bilang isang lider
ng AU-EEC.





A BRAND NEW WORLD

by Sophia Andrea Manalo

A BRAND'S NEW WORLD

The future of challenges in brand protection

The truth is, no one is born ready for what awaits behind the university walls—not the high school valedictorian, the prom king and queen, not even the cool kids from your class. They are just figments of high school fiction that easily fade upon entering college, where cheerleaders, jocks and brainiacs from all over converge, creating false diversity that most, if not all freshmen find overwhelming, intimidating and fundamentally terrifying.

Spending Money is difficult to manage, regardless of whether you have little or a lot. During long breaks—stay away from malls, coffee shops and department stores where you'll be tempted to spend your money. Instead, do something productive with both your time and money.

College is the time to find your true self, break away from cliques, and discover what you

want from life. These days, there's more pressure to deviate than to conform. Whichever path you choose to take—whether you choose to wear that preppy shirt or change your hairstyle, know that it is the right one if it makes you happy even when there's no one else around.

These are just few things you might encounter during your stay in college. Don't be afraid! It might seem terrifying at first but once you get used to it, you'll be fine. There are certain changes you'll experience but don't let it hinder you from reaching your goals. Step-up, have fun, discover new things and apply what you have learned. Those sleepless nights because of reviews and projects will not be in vain. After four or five years of your stay in college, you'll be able to wear that toga with all the things you have learned and reach your goal with flying colors. You can do it!

An Open Letter

by Lindsay Borromeo

To those who are struggling...

Life has been good but there are days when you feel like there's no good about everything. Those days make you feel like it's okay to give up and end all the hardships that you feel. You feel good about yourself but there are people who will always try to drag you down and will always try to make you feel worst and worthless.

There are days when you feel blue and alone but it's okay. Those days can make you feel like you've struggled so hard and you can't think of any reason to be happy because when you're happy, there's a possibility that anytime you will feel that sadness again. Depression has its own way to slay.

That time no one knows that you're struggling because you're wearing a fake smile. A smile that tells everyone that you're okay, they didn't even try to look at you in the eye to see the melancholy that you've been keeping for a very long time.

You've been through so much. You've had those sleepless nights, you lay in bed wanting to sleep but your mind keep on thinking about everything.

The pain, the sadness that you don't know what is the main reason why you are feeling this things, and finally the people that wants you to stay in their lives but they keep on hurting you over and over again. You feel that the world is against you and you don't have anyone but yourself.

You've had those days that you think of ending your own life just to end everything that you feel. To end the sadness and go a place where there is no pain and all you have to do is to be happy. A place they call "paradise".

I'm so proud of you for facing that battle. I'm so proud of you because you're still here and making every day of your life worth living. You're strong and you're getting stronger each and everyday. I hope you continue to fight and face any challenges that will come your way. You're doing well little munchkin!

Keep goin' and always look at the brighter side of life.

The Other Side of the Pandemic

by Aaliyah Fernando



Ulayja is a 39 years old woman. Despite the difficulty of their situation, she and her children are smiling in this photo. Photo taken outside a coffee establishment at Vito Cruz Taft Ave. On October 30,2021

MANILA, Philippines

Ulayja, alongside her children begs for them to have some food on their bellies, 7 children and 9 other families' bellies. She stated that "We don't have any money so we just beg, it's

very hard to find a job now especially for someone like me, my family and I are from Dakota, we also sleep here when we are lucky that there are no police roaming around this area."

And, as I assured her, we will not reveal her complete name in order to protect her privacy while still respecting her identity.

NASA discovers first planets outside our galaxy

by Kyla Mae Casanova Bernal

Several exoplanets have been discovered in our galaxy, although at this moment, there has been a potential exoplanet detected by the National Aeronautics and Space Administration (NASA) outside our galaxy, for the first time ever.

The possible exoplanet was discovered in the spiral galaxy Messier 51 (M51), which is also called the Whirlpool Galaxy.

Lead author Rosanne Di Stefano of the Center for Astrophysics, Harvard & Smithsonian (CfA) says, "We are trying to open up a whole new arena for finding other worlds by searching for planet candidates at X-ray wavelengths, a strategy that makes it possible to discover them in other galaxies."

Nevertheless, in order to verify if they have discovered an exoplanet outside the Milky Way, the researchers would have to wait for years. Even the co-author astrophysicist Nia Imara, of the University of California at Santa Cruz says that, "Unfortunately to confirm that we're seeing a planet we would likely have to wait decades to see another transit."

Source: NASA



Living Your Life to the Fullest

by: Lyka Sofia D. Fuensalida

As individuals in this world we're born with a will, a will to do anything that we want may it be right or wrong- will be our decision. Our life is filled with choices and no matter how we look at it, those choices are the ones that'll shape us into the future. Life is something that we can only get once, that's why the phrase "you only live one" or "YOLO" is said when an individual does something so daring in his/her life. Our life is ours to control, not a thing or event in this world gets to decide how we live because in the end, we will either *"taste a sweet wine of victory or get a stale taste of defeat."*

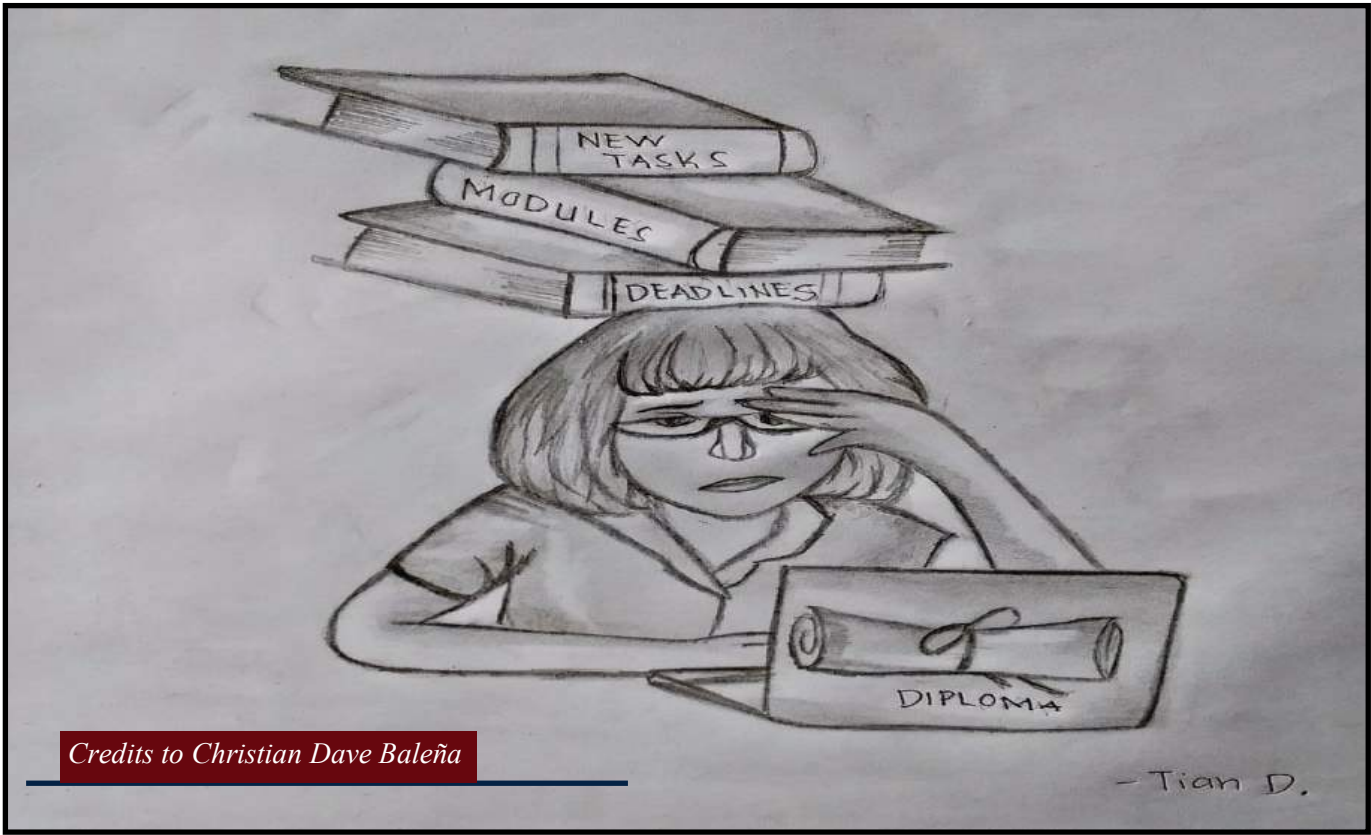
Living life to the fullest requires a person to be fully themselves or to be what they really are, it's their life to control and it's going to be them who'll experience the outcome of every decision they make. Who you really are matters the most, your identity in this world is important. It is what makes

Us very different from the others. For you to say "I'm living my life to the fullest extent" you need to purely enjoy what you are doing, and not just doing it to show others that you are "enjoying". Enjoy what you do, and enjoy the way that you're doing it, control the life you have to certain success, do it in your own way. Always keep on fighting, don't ever give up on what you do, make the failures you have as a reason for you to stand back up again. When you're tired, take a pause, and in that way you can go on because, for every tomorrow, you'll have strength to continue fighting.

Living to fullest is simple, be who we really makes the outcome of our lives. Don't be scared. Don't let the negatives consume yourself and lead you away from what you want. Overcome the challenges that may come your way and fight towards your own victories. Be who you truly are, the identity that you posses is only from you none can ever copy it. "Write your story the way you want"

Think, Read, Watch, And Learn

by: Andrian Lanopa



Credits to Christian Dave Baleña

How can you learn English language in a simple way? How can you develop your vocabulary words? Do you want to learn, or are you interested in learning English language? Some of us do not like English subject because it's boring, quite, uninteresting, yawn, and a tiring subject to others. And you are ashamed to show in front of your classmate to speak English because you don't know if you're grammatically correct or not. It's hard to learn and speak English yet many of us want to learn. But how can we develop our speaking and reading skills?.

Here are some tips on how to learn English language: First, you must read books — like dictionary, short stories, magazine, pocket books

(science, fiction, non-fiction), reading news (local and international), reading verses (poetic, biblical), and reading famous lines. Second, watch an English movie and listen how they deliver their English and if you heard unfamiliar words, do the necessary research. Some of Millenials or the Gen Zs today are fond of watching Korean Drama (KDRAMA). In watching this you can learn and encounter new words because of the subtitle that you can see. Do the research and remember the words moving forward.

Third is communication. Practice makes perfect. Conversing is a good way to enhance your English skills as well. Associating yourself in a certain environment can

help you learn, because you can get new information and knowledge. And lastly, confidence or to believe in yourself.

Learning English language is very important to us. It is a language used by most people. By learning English language, It can be a big help in achieving things in life. If you know how to speak, read, and write, you can also share knowledge and help others enhance their skills in the English language as well.

The Standard

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“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”

Dan Millman



SkaterBoi

by: Clarence James Rojas



We hear about skateboarding, or in these times, "skating," usually from our peers who want to get into that ghetto vibe. This makes me wonder if skateboarding is considered to be a sport here in the Philippines or just a lifestyle hobby that some people do.

Well, skateboarding is a sport. Skateboarding is an action sport, and pro competitions have been established because of its popularity. People use these skateboards to perform tricks and to entertain themselves. It is also considered as a recreational activity because some people aren't familiar with tricks. That's why some just ride it to relieve their stress and to have fun.

In the past decade, the whole world has really embraced this culture. Even the fashion of the skaters was a hit. Skating was embraced by pop culture not only as a recreational activity and an extreme sport, but also as a fashion statement. Barefoot skating was also revived in some countries by skaters from South Africa, Australia, Spain and numerous countries from South America as

they rode their *penny boards* barefoot.

For your additional information, skateboarding is now played in the Olympics. It is also considered to be a sport to play in the Olympics, last July in Tokyo. Where it is classified into two parts or events, the first is "park," where, according to Distractify.com, "skaters launch themselves off the sides of the walls in 45-second runs and perform tricks that are judged by a panel of five judges. Skaters get three 45-second runs per round, and the judges grade them on a 0-100 points scale. A skater's best score of three is the "qualifying score". While the other event is "street", which again, according to Distractify.com, "Skaterboarding takes place on a street-like course that includes handrails, curbs, benches, walls, and slopes. Athletes use the available obstacles to perform tricks, and a panel of five judges scores them. Each skater gets two 45-second runs and five tricks, and judges rate the tricks on a 0-10 scale. The highest and lowest scores for each run and trick are dropped, and the remaining three scores are averaged. "

Our country has sent a Filipina to be the first Filipino to wave our flag in the said sport. Margielyn Didal represented our country in the first skateboarding event of the Olympics. Although we did not see her on the podium, she got respect from people all around the world because of her unprecedented confidence and the smile that brings joy and makes others smile as well. And her sportsmanship is what everybody wants to experience as an athlete. In short, even though she didn't bring medals like Hidilyn Diaz, her unique personality rose above her finish.

Looking back approximately 80 years ago, when it started, the human race saw how the skating culture rose to the top. It's just nice to see that skateboarding is still embraced by both the older and younger generations, either for fun or for a job that puts food on their plates. I hope that more people can be helped by this industry to cope with their stress or other mental health problems, as well as to help more people to call this their job.

Les Retrovailles

by: Brianda Pherie Lee

It was three years ago
Since the last time I saw you
Your smile that brings warmth to my heart
Your eyes that made me believe that galaxy wasn't out of reach
Your laugh which is melody to my ears
I always believed that nobody is perfect
But looking at you as the sun rises and sets,
It made me believe that someone so perfect exists
The spaces between my fingers are right where yours fit perfectly
You painted my walls with vibrant colors
Brought the scent of sweet flowers back
And sent shivers down my spine

On the fifth of December
I waited where we used to talk about life
The night grew deep and not even your shadow showed up
I did the same thing for the next few years
I waited and cried
My heart was torn into pieces
Wondering why and what went wrong
The stars doesn't shine the way they used to
The moon listened to my cries and remained silent
I would trade everything to see you once again

Years have passed
Seasons changed
Emotions remained

One night, I was walking in this lonely street of Manhattan
The flickering lights blinded me with so much sadness
From a distance, I saw a silhouette
A familiar one
I stood there like a tree trunk
Unmoving
My heart stopped beating
Speechless
Closer...closer
Here we are
Standing inches away from each other
Tears welled up in my eyes
I longed to hear your voice
Listen to every beat of your heart
And now you're here
It's so unreal
It's like meeting you again for the first time
The music starts to play
And everything seemed right
The butterflies are back
The galaxy's within my reach
You smiled
And I know...
This is fate

Literacy Fact

According to www.buzzfeed.com

1. And Bradbury also wrote the 1956 screenplay for Moby Dick.
2. Don Quixote is the best-selling novel of all time, with over 500 million copies sold.
3. Charles Dickens believed in the supernatural, and he belonged to something called The Ghost Club.
4. Edgar Allan Poe originally wanted a parrot to repeat the word "nevermore."
5. The protagonist in C.S. Lewis' science fiction trilogy was modeled after his friend and fellow author J.R.R. Tolkien.
6. Anna Karenina is over 800 pages long, but it was originally published in serialized form.
7. To Kill a Mockingbird is Harper Lee's only novel, even though it won a Pulitzer Prize and spent 88 weeks on the best seller list.

Students' Corner

- Cramming is real when it comes to SHS life!

- Jared Asher Leon, Grade 11 ABM

- SHS is stressful but enjoyable as long as you're happy and you love what you were doing.

- Pixie Palomar G11-HUMSS

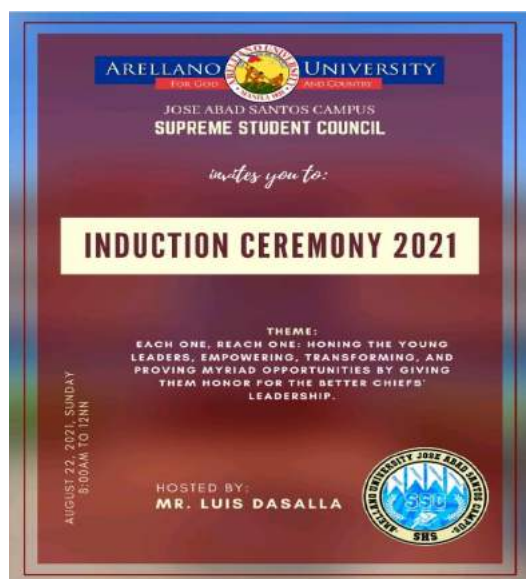
Make it Count

by: Jan Zabdiel S. Alinsunurin



"Voting is not only our right, it is our power."

This was the resonating message of the virtual seminar workshop, Rak the Vote, which was held via zoom last September 2, 2021. This well attended activity was participated by student leaders from various educational institutions. Reputable speakers like Ms. Thysz Estrada and Mr. Raul Alfonso shared their valuable insights on the importance of voting and practicing our rights to vote. They reminded the participants to be wise when voting and being vigilant in choosing the right candidate. This seminar helped and reminded its audience of the most imperative things that they should consider before voting.



Gear Shifting New Leaders

by: Barry Santos

With the inspiring theme: "Each One, Reach One: Honoring the Young Leaders, Empowering, Transforming and Proving Myriad Opportunities by Giving Honor for Better Chiefs' Leadership," the newly appointed student leaders in Senior High School

were inducted via zoom platform last August 26 2021. It was hosted by the SHS Supreme Student Council (SSC) Adviser, Mr. Luis Dasalla. The SHS Principal, Mrs. Annabelle Gambayan was also present in this event and rendered her opening remarks. Mr. Einnor Asuncion, the newly elected SHS SSC President imparted such an important lesson, saying, "Being a leader is not just about giving commands and instructions. It is how you listen to your people and how you earn their respect." Overall, this event was very inspirational and helpful in uplifting the spirit of these dynamic young leaders. This event was also attended by the newly inducted organization officers who are ready for their duties and responsibilities amidst the challenges ahead.

Philippines Lingua Franca

By: Jamie Jane F. Gutierrez



(Grade 1), McRovern Pineda (Grade 4) and Mariene Anne Samulde (Grade 4), for the Makata ng Taon (Grade 6). Kendrick Dylan Nazarre and Arabella Gianna Creus (pre-school to kindergarten), Paul Carlito Martin and Venisze Felix (Primary Pambasang Kasuotan champions (Intermediate level).

The Digital Immigrants and the Pandemic

By: Ryan Guevarra



COURTESY: ANC News (Feature)

Since the pandemic affected the Philippines, everything has changed. From production of goods, services, administrative processes, and even the educational system. In this way, everyone is obliged to adjust with the progressing 'New normal', in the pursuit of growth recovery in the country.

As a vulnerable citizen of these changes, a 65-year old woman and a Filipino subject professor in Arellano University-Jose Abad Campus shared her experiences and her coping mechanisms as she teaches her freshmen and sophomore students through electronic devices, also known as Online Learning. She firmly stated that at first, it was too difficult for her to adjust with this New Educational System that the government has implemented.

At her age, where her capacity and knowledge for technology is limited, it was a bit of a chal-

lenge. She said that this made her take a huge leap to adjust with this mode of learning, nonetheless, as she gradually learns to use this technology, it also made her feel like she is achieving something beneficial for her as a senior professor.

According to her, she is now knowledgeable with digital devices, especially during her synchronous classes or class discussions using online platforms for group meetings. Of course, with help of her younger co-teachers, students and grandchildren, she is now a little tech savvy. She can now be able to create document files and presentations for better teaching, amidst the pandemic.

Furthermore, she ended her statement saying "The only thing that made me cope up with these circumstances is that I have to be as patient as possible. Your patience attracts perseverance, which consequently made me relish each new learnings I adapt."

Endless Gratitude

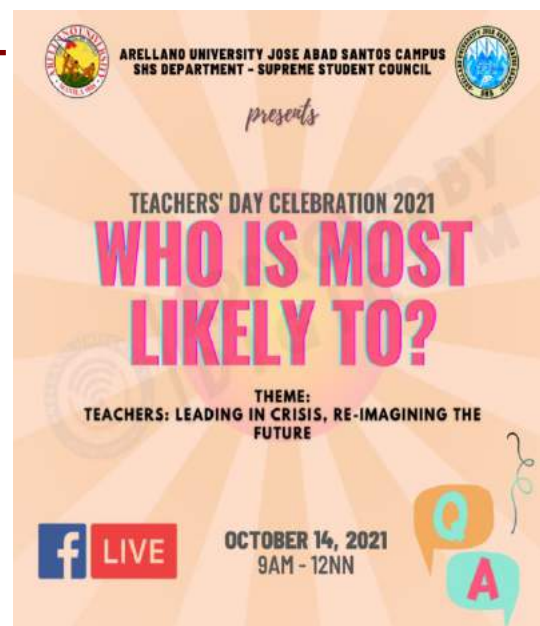
by: Barry Santos

For this year's celebration of the National Teacher's Day, the Senior High School Supreme Student Council went online and conducted a virtual activity with a theme of "Teachers: Leading in Crisis, Re-imagining the Future," last October 14, 2021 via Facebook live.

This activity started with the introduction and cheerful welcome of its hosts, the SSC Officers, Mr. Ryan Mendoza and Mr. Mhenard Dolores. It was then followed by the opening remarks of the SHS Principal, Mrs. Annabelle Gambayan. One of the highlights of this activity was entitled

"Who is Most Likely to?" wherein the SHS students were asked questions and whoever teacher comes to their mind after hearing those questions is the one whom they will vote through the Google Form provided. The students also shared their opinion and guesses on the winners of each category. Different talents were also showcased in this activity to honor and pay tribute to our hardworking teachers.

"Teaching has become my way of life, there's no other life I imagine doing but teaching," thus said by Dr. Enerio Sagusay, the OSA Branch Coordinator, in his inspirational message and was followed by the closing remarks led by the Assistant Principal, Mr. Aljon Lacatan.



The Elementary Department held an online celebration of "Araw ng Wika" on August 27, 2021. The celebration began with Doxology and a warm opening remark from Mrs. Emily H. Escobido, the Principal of the Elementary Department. The occasion is a yearly commemoration of our culture and language.

This event is packed with learning opportunities and entertainment, with many competitions featuring elementary students from Arellano University's JAS Campus. The winners of the Katutubong Sayaw Category are as follows: Zaida Gwyneth Tisbe (pre-school and kindergarten), Daniel John Lopez (Grade 1), McRovern Pineda (Grade 4) and Mariene Anne Samulde (Grade 4), for the Makata ng Taon (Grade 6). Kendrick Dylan Nazarre and Arabella Gianna Creus (pre-school to kindergarten), Paul Carlito Martin and Venisze Felix (Primary Pambasang Kasuotan champions (Intermediate level).



Literary Section

Every day awaits to shine the sun to sip a cup of coffee and the bite from newly toasted bread with an avocado in it. It's her comfortable life.

As her foot stepped outside, sun-kissed skin made her warm. A great way to start the day as she waits for the day to fall.

She passed by a boutique shop. White silk-off shoulders with a figure-hugging dress make her want to buy it.

"Still need to earn for my dream dress. It will give a pleasing view of my wardrobe. Need this to be on my bucket list."

The flowery smell of lavender, sunflower, and tulips makes her want to buy everything. It was her favorite aisle as she gets to work.

An elderly woman with the Aztec pattern of orange and green on her top and loose pants sitting on the bench quietly. The elder woman was sweating and breathing fast compare to usual. She immediately pulls her feet fast to the woman and asks if everything was okay.

A guy stood beside her. "Is everything okay here?"

She freezes, the tone of the guy's voice giving a shiver down to her spine. As she turns her

head, the butterfly in the stomach dances to every perfect corner of his jaw. His

smile makes her knees weak. Her eyes met his. As she speaks, she stutters the simple word of yes.

The world was like they own them. Everything stops. They forgot the old woman who is lying on the bench. Immediately, they rush to the near hospital. While waiting, their gaze met randomly. They made the ambiance of the hallway awkward. The silence break when he asks her name. She responds, not knowing

Lost chapters

by Christine Malaca

what to say next, yet she asks if he already has breakfast. The ice-breaker moments doing best, that stop when the doctor in the room shows up and said the old woman is doing fine. After, she bid farewell to him for work. As she turned her heels to exit, he stopped her to get his number. She smiles like a fool and gives her number hastily.

The next morning, she received a text from an unknown number. As she read, she knew it was him asking to have dinner. It continues, every day she forgot her flaws that he embraces very well. A night of anxiety stopped as he talks to her to feel the ease and comfort. The hugs and kiss every day they exchange blooms a new chapter of their life.

Until one day, her dream

dress made her wear and the flower shop on her favorite aisle made her hold those that day.

The shining casket was the center of attention in the room. For the last minute to see the perfect jaw, the lips she will never forget, the eyebrows that are fury enough to frail her, those eyes that will never open again. She knew he'll rest after the battle of cancer.

Those memories they shared were forcefully engraved in her heart. As her tears pour on the glass of the casket, she recalls the event from the beginning of their chapter until the last stem of flower she's holding is gone.

The breeze of wind tightly hugs her, a butterfly flying on her shoulder. The clouds were sad; the sun was dimmed for the day she cried to bid the last goodbye to him.

"I wish in the other world we're happy as what we imagined for our future. Wondering around inside of our home while playing with our son and daughter.

Planning to what to decor for Christmas. Driving our child to school. Making our dream wedding come true. I hope the lost chapters her in real-world grant in the parallel universe because that was our dream we never had in reality."

"YOUTH AS LEADERS OF TODAY, NOT TOMORROW"

by Ellysa Mae Niebres



October 2, 2021 – The Arellano University – Jose Abad Santos Campus held the Induction of Officers via Zoom, with the empowering theme: *"AU JAS Student Leader Serving AU Chiefs, Building Relationship, Transforming Lives and Providing Hope."* The induction ceremony was spearheaded its speaker, Mr. Geros G. Amparo and was hosted by Mr. Anjan C. Oliva and Mr. Angelo Ray dela Vega. The campus Assistant Vice-President, Mr. Gary C. Huang, delivered his inspirational message followed by the Oath Taking ceremony presided by Dr. Enerio Sagun say, OSA Branch Coordinator.

On his speech, Mr. Amparo pointed out the qualities of being a youth leader such as being thoughtful and creative. A good leader must know how to create a pleasant environment for his people. A good leader also knows how to manage himself well. And lastly, a good leader practices self-care habits and celebrate little victories. As a reward for his hard work, Mr. Amparo was presented a certificate of appreciation by YES VP Jumel Abanag and Sandra Mina. The ceremony was concluded by message from the SSC President Ms. Christine Razo.



The Impact of Youth Voters in the Upcoming National Elections

by Joydill Gaviola



The Standard

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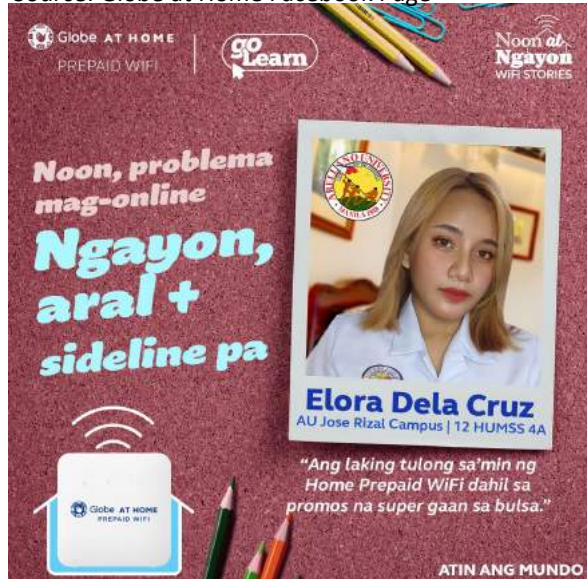
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Globe at Home WiFi Stories of AU Students

By Caih Isaiah Ulit

Source: Globe at Home Facebook Page



As the country embraces online classes, Arellano University and Globe formed a partnership wherein they provide life-changing opportunities to plenty of students. In August, Arellano University announced Globe's campaign "Noon at Ngayon WiFi stories", and they needed ten best success stories of the students per campus about their experience with Globe WiFi at Home. On October 14, 2021, Ms. Elora Dana

Dela Cruz, a student from 12-HUMSS 4A was chosen on the Jose Rizal Campus because of her inspiring story. She received lots of benefits from Globe and was also given a chance to be exposed on the social media accounts of Globe.

It's admirable that Elora can manage to study and work as an online seller, commissioner, and tutor at the same time. During the interview, she mentioned that she feels very grateful and satisfied with Arellano University and Globe because their campaign is a big help in terms of her studies. This kind of opportunity impacts her life in the greatest way as she considered online classes as a problem before, but now, she can multi-task and show her capabilities thanks to the affordable data promos and free modem from Arellano University and Globe at Home - Prepaid WiFi.

Time management is the key to simultaneously accomplishing great things and opportunities, Elora advised.

#AUGlobeWiFiStories

A Mother's Greatest

By Cloe Tiozon

*The first time our eyes met the sunlight,
The moment we took our first breath,
We were held captive by our mother's warm embrace,
A wave of peace and security that cannot be replaced.*

*Just as how nature helps humans live,
Bearing swords and weapons,
Only to find out that the edge was designed
to slowly kill her.*



PagsAuludo sa Ating Guro

By Anzel Rivera & Aleah Aquirre

October is a month to give appreciation and honor to our teachers for their hard work in contributing to every child's future. In line with the celebration of the World Teacher's Day on October 5 2021, The Arellano University - Jose Rizal Campus (AU-JRC) Senior High School Department held an online event for senior high school students and teachers with a theme of "Recover and Revitalize Education for the Covid-19 Education." . The 1st activity is "Guro ko, Idolo ko," where students will be imitating their teacher's look, style, or outfit. With over 61 participants, there are Top 5 Placers and a Judges Choice Award.

1st Place: Entry #37
- 11 STEM 8A

2nd Place: Entry #11
- 12 GAS 1P

3rd Place: Entry #40
- 11 ABM 6A

4th Place: Entry #36
- 11 STEM 3A

5th Place: Entry #23

- 11 STEM 1A
Judges Choice Award:
Entry #31 - 12 HE2-1P

The 2nd activity is "TikTok Challenge: A Day in My Life as a Teacher," like a simple daily vlog. There are 12 participants from different clusters. Each entry is captivating and bubbly to watch. Here are the Top 5 Placers:

1st Place: 11 Cluster 1

2nd Place: 11 Cluster 7

3rd Place: 11 Cluster 6

4th Place: 11 Cluster 5

5th Place: 12 Cluster 6

The 3rd event is the Appreciation Freedom wall from a Facebook post on the AU-JRC Supreme Student Council Facebook page, where you can mention your teachers and leave a message of appreciation. The top 3 most mentioned teachers won. The winners are as follows:

1st Place: Ms. Monica Bae
from 11 HUMSS 7A

2nd Place: Ms. Jennifer Isagan from 12 HUMSS 3P

3rd Place: Ms. Rea Recca Gestre from 12 HUMSS 2P

The last activity for the teacher's month is a "Video Presentation" Each section in the Senior High School Department prepares a short video presentation for their teachers. This video is live on Arellano University - Official YouTube account last October 8, 2021, with 3,235 viewers.

To all hardworking participants and winners of the teacher's month celebration, Congratulations!

cAUmpus Ko 'To! Poster Making Contest

By Gillian Alcantara



Credits to Arellano University Multimedia Club

Luis Sta. Maria's entry that won him first place in the post making contest

In celebration of 129th Founder's Day of Arellano University, The Arellano University- Multimedia Club or AUMMC held a "cAUmpus Ko 'To! Poster Making Contest" last October 16, 2021, with a theme "My AU Campus after the Pandemic ". The said contest showcases the students envisioning how their AU Campus community will be once face to face classes are back. There were a total of 16 participants who proudly represented their campuses.

A grade 11 STEM student named Luis Christopher S. Sta. Maria from AU Jose Rizal Campus won first place in the said contest and received 275GB WiFi load and certificate. According to him, he joined the said contest not only to represent and win, but also to showcase his talent. He also wanted to show in every CHIEFS that one day, our lives will come back

to usual where we interact personally, bond together physically, and learn face-to-face in our Alma Mater.

"cAUmpus Ko 'To! Poster Making Contest" winners were announced on October 30, 2021. It has a Top 5 places and 1 People's Choice Award for the winners based on the criteria. The winners are listed as follows:

FIRST PLACE -
Luis Christopher Sta. Maria |
AU Jose Rizal Campus

SECOND PLACE -
John Christian Glory Miranda |
AU Juan Sumulong Campus

THIRD PLACE -
Ria Marion Rato |
AU Jose Rizal Campus

PEOPLE'S CHOICE AWARD -
Ericka Mae Ambay |
AU Jose Rizal Campus

AU T-Shirt Designing Contest

By Francis Manarpies

To showcase the creativity and skills of CHIEFS in graphic designing, The AU-JRC's Student Council held a T-shirt Designing Contest. The said competition has the theme of "One Arellano", and was held on the 27th day of October in the year 2021. The 80% of the final score came from the judges based on the criteria, and the other 20% came from the heart reactions accumulated by the entry of the candidate.

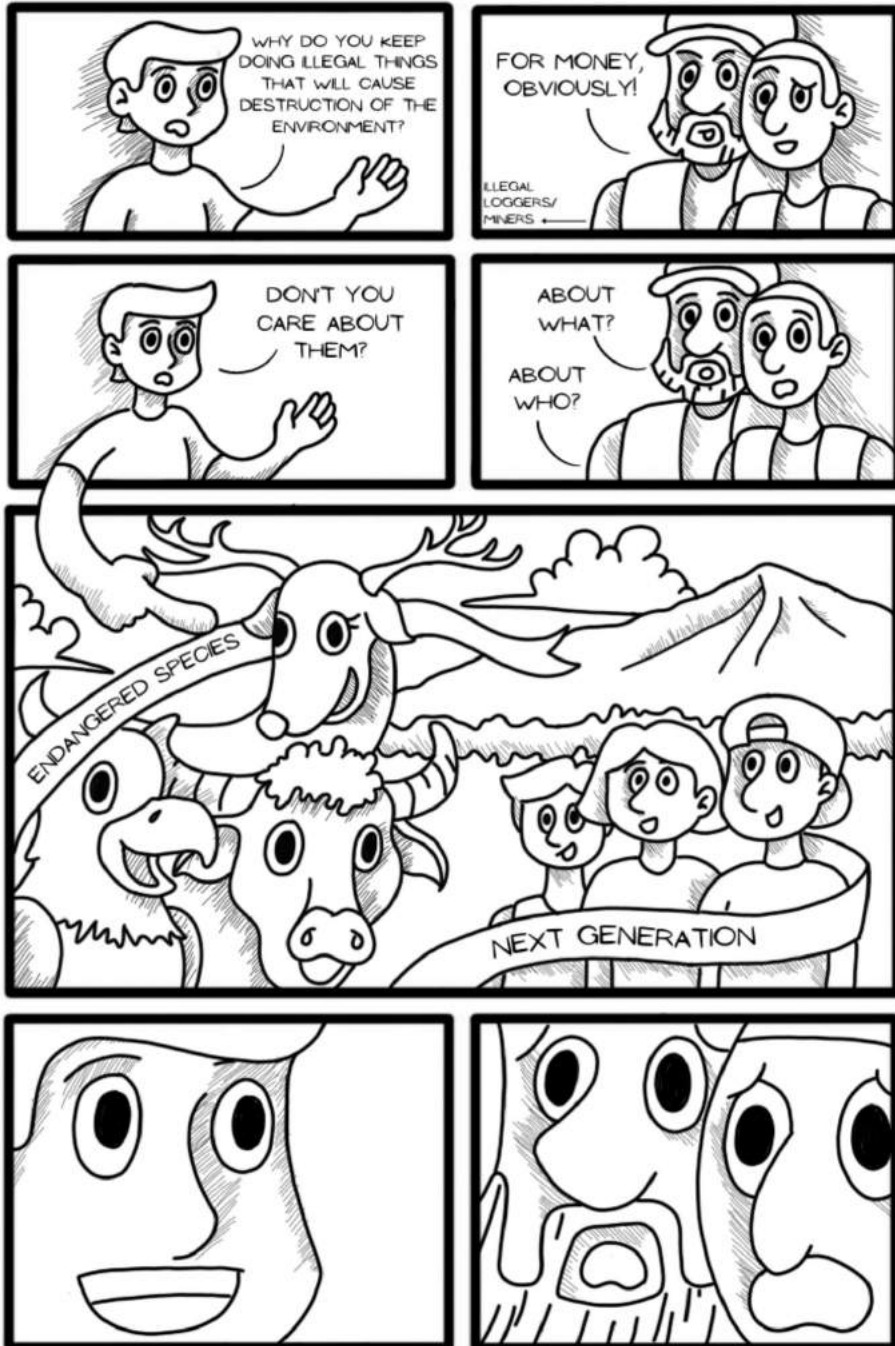
On the 27th day of October within the same year, the winners were announced. Aira Camille A. Banusing, a student from 11 STEM 3A dominated the competition and bagged the 1st place award. The following are the other placers from the said competition: 2nd Place: Elle Rae De Leon (12 HUMSS 4A), & 3rd Place: Vanessa T. Jimenez (11 STEM 6A)



Credits to AU-JRHS SHS Supreme Student Council

CONSCIENCE OVER IGNORANCE

LUIS CHRISTOPHER S. STA. MARIA - CARTOONIST



Ating Mundo

By John Abejo

Sa panahon ngayon, maraming nagbago,
Mula sa nakasanayan, hanggang sa kasaysayan,
Pabago bagong klima, ating nararanasan,
Hanggang dito na lang ba ang ating kakayahan?

Minahal tayo ng ating mundo,
Ngunit ito'y ating pinabayaan,
At tila'y atin nang tinalikuran
Ang mundong hindi natin napanagalagaan,
Ibigay natin ang pagmamahal nintong kinakailangan,
Upang mahal in tayong muli, ng mundong ating kinagisnan

Time Management Tips

(Online Class Edition)

By Aleah Aguirre

Tip # 1 - DON'T WASTE TIME

- Do not spend so much time organizing schedules and making it look pretty.
- Important Note: Make sure the submissions and deadlines are correct.

Tip # 2 - DON'T BE LAZY

- Do your concept notes as soon as possible, avoid distractions so you can finish.
- Quick Tip: 'Finish what you started'. Once you start writing a concept note, do not do anything unless you finish it.
- Word of Advice: Take a 5-10 minute rest each time you finish a concept note.

Tip # 3 - CHECK IT OUT

- Make a checklist of the concept notes and performance tasks.
- Check the boxes once you finish it and write the note (to be passed).
- Once you finish writing everything, you can SUBMIT them all at once.

Tip # 4 -

REWARD YOURSELF

- Once you are done with everything, TAKE A REST.
- You deserve it--watch a movie, pamper yourself, take a nap.

REMEMBER: Do not be hard on yourself. The little things that you do matter too.

#AUNQNTM: AUnited Nation Top Model

By Anzel Rivera

On October 29, 2021, "AUnited Nation Quarantine Next Top Model" was held and 50 candidates were posted on AU - JRC SHS Supreme Student Council Facebook Page. The contest has a theme of "The Road to a Lasting Peace: Strengthening the Power of Youth for Peace and Security" for Senior High School students of Arellano University - Jose Rizal Campus, which showcased the student's creativity in dressing up with different cultures and ethnicities. 70% of the score will be from the judges and 30% from the Facebook heart reactions. All things considered, "Top 3 winners will receive Gcash prizes while the top 4 and top 5 will receive corporate items."

"AUnited Nation Quarantine Next Top Model" winners were announced on November 2, 2021. It has a Top 5 places and 1 Judges Choice Award based on the criteria. The winners are listed as follows:

1st Place: John Carlo Parce - Philippines
A Grade 12 student from HUMSS 5P.

2nd Place: Janelle De Roxas - Philippines
A Grade 11 student from HE1-1A.

3rd Place: Alia Avril Abellana - Greece
A Grade 11 student from HUMSS 4A.



Credits to AU-JRHS SHS Supreme Student Council

4th Place: Jeraldine Tenchavez - Philippines
A Grade 12 student from HUMSS 4A.

5th Place: Chrischelle E. Garagara - Brazil
A Grade 11 student from GAS 1A.

Judges Choice Award: Irah Lumbara - Greece
A Grade 12 student from STEM 1A.

Congratulations CHIEF

for Showing your creativity with confidence will lead the road to lasting peace.

Halloween Edition 2021 AU-JRC

By Anzel Rivera



Credits to AU-JRHS SHS Supreme Student Council

To celebrate Halloween 2021, "Halloween Edition: Parade of Uncanny Creatures" was held last November 2, 2021 on AU - JRC SHS Supreme Student Council Facebook page. There were over 30 participants of different Senior High School students. Each student shows their eerie make-ups and fashionable Halloween outfits. The top 5 outstanding winners are:

1st Place: Rafael Coloso - 12 HUMSS 6P

2nd Place: Narciso Solis - 12 HUMSS 4P

3rd Place: Lerrie Seit - 12 HUMSS 7P

4th Place: Leralyn Polar - 11 ABM 4A

5th Place: Daniella Bade - 12 HUMSS 4A

Your exceptional talents in this activity are highly appreciated. To all the winners and other uncanny creatures, Congratulations!

The Standard

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AU hosts first virtual pep rally

By Sister Marylou Awa-aw

The spirit of the National Collegiate Athletic Association (NCAA) reached Arellano University (AU) as the first virtual pep rally was held on October 23, 2021, via Facebook Live.

To mark the start of the virtual pep rally, Vice President for Marketing and Athletics Director Valente V. Cayco gave the opening remarks.

“Chiefs, we shall always keep fighting, and we shall always believe in realistic ideas of positivity,” Cayco said.

AU’s varsity teams were also introduced in the virtual pep rally, consisting of women’s volleyball, men’s senior volleyball, junior volleyball, chess team, track and field team, seniors and juniors football, table tennis team, lawn tennis team, badminton team, swimming team, taekwondo, AU Chiefsquad, and Drumchiefs.

The event also held a mini question-and-answer portion with the team captains of the varsity team. Answering the question “who or what inspires you the most?” is women’s volleyball co-team captain Trina Maris Abay, seniors men’s track and field team captain Carl Lewis Rendon, and men’s swimming co-team captain Michael John Bulalacao.

Men’s chess Team Captain Jehf Luigi Beñas, women’s badminton’s Maria Katrina Sikat, AU Chiefsquad Team Captain Franklin Marx Guillena, and men’s table tennis Team Captain Jayvee Nura gave a glimpse of how they take care of their physical and mental health

Seniors swimming team’s Althea Kim Javier, Taekwondo Team Captain Ramces Bautista, and women’s table tennis’ Team Captain Karmina Alave also shared the best thing about being a part of the AU varsity team.

Reminiscing about their favorite memories during AU Pep Rally were seniors men’s basketball Team Captain Raymart Angelo Sablan, men’s lawn tennis Team Captain Jaireh David Galang, and AU Drumchiefs Team Captain Kristelle Dela Cruz. Lastly, women’s lawn tennis Team Captain Hannah Clavel, men’s football Team Captain Charles Scott Ledesma, men’s badminton Team Captain Richard Miguel Selga, and women’s taekwondo Catherine Joy Vicente.

As pep rallies are where the loudest cheers are heard, the AU Chief squad presented AU’s school chants and also showed they are never before seen performance for NCAA Season 95.

Reference: <https://www.facebook.com/ArellanoSports/videos/575298877080484/>

NIGHT IN THE CITY

By: Aira R. Fonte

It was dark and gloomy. The rain had just passed alongside the waiting shed at Pasig City, Estancia Place. Night covered everyone’s tiredness with the busyness of life in the city. Indeed, to live a life in the shadow is twisty.

The morning had come, everyone’s up. Getting ready to start a day of life at work. For the drivers, a check-in a moment for their vehicles, to run past every safety before carrying passengers. For others, vendors of delicacies are shouting alongside the street. For many yet for all, they get up for different reasons, however, with the intent to live a life or maybe to just survive. Yes, it is tiring and very much tiring. You could see that in everyone’s

faces especially the eyes that speak, rest. A rest for the day maybe. But you see, with all of those in mind, with all of those wrapped up tiredness and wanting to burst out for everything that had happened at work. There’s something on hand for everyone, something to bring for the family. Something for themselves to pay out all the work that they’ve been through. Something that would at least compensate for the day of tiredness at work. Everyone done. Everyone one did at work. Carrying something for themselves and for the ones they loved. Weariness might be seen but there’s a certain shine that blooms because there would be a rest, rest at home and with the ones that keep



them moving forward, no matter what. Walk past the dark street lights of the vehicles and the buildings light up the faces of the people. How cruelly beautiful Maybe the tiredness and weariness would somehow be at rest with the beauty of the Lights in the City.

Wound Healing the Organic Way: Singapore scientists create durian husk hydrogel patches

By Jennylou Canon

FROM PAGE 1...

Leading the innovation is NTU Food Science and Technology Program Director Prof. William Chen, who had published the organic hydrogel study to the American Chemistry Society’s ACS Sustainable Chemistry and Engineering journal.

According to Chen, the durian husks are sliced and freeze-dried in order to extract the cellulose, a thickening compound found in plants.

This is then mixed with glycerol, a compound commonly used to treat burns and wounds, and baker’s yeast, an antibacterial ingredient.

Chen also emphasized that the durian hydrogel patches are cheaper to produce as compared to the conventional ones, as the latter uses synthetic medicine-grade materials which are expensive.

The use of hydrogel patches is commonly found in post-surgery wounds to promote flatter and softer scars as they prevent scar tissue build-up.

Furthermore, these patches can be used for prolonged periods of time as it keeps the skin hydrated, making them easier to remove and more comfortable to use.

Chen cited the environmental pollution from discarded durian husks and seeds to the creation of the organic hydrogel patches.

“In Singapore, we consume about 12 million durians a year, so besides the flesh, we can’t do much about the husk and the seeds, and this causes environmental pollution,” Chen said.

The scientist also said that aside from durian husks, discarded soybeans and spent grains can also be made as hydrogel patches.

Chen’s innovation is expected to bring sustainability and lessen food waste. Indeed, a man’s trash is another man’s treasure.

Would you try to use these hydrogel patches for your wounds?

Feature

Louie Mars: Serving Memories

By Jonilla Medado

When food is life, the **Louie Mar’s Canteen** is on the go for the students to satisfy their cravings. Louie Mar’s Canteen is an eatery that serves cooked food to the customers, located at the Gen. Kalentong St. Mandaluyong City. This eatery became famous to students because of its savoring food and for its affordable price. This canteen serves as a good choice for the students who want to save money.

Besides its delicious food and affordable price, its location is convenient since it is just a few steps from Arellano University Plaridel Campus.

Louie Mar’s is not only well known for its flavorsome food but a place where students make the best memories while they are in the progress of their education

Many would say the food there becomes so tastier when eating with friends or with colleagues.

Because Louie Mars Canteen excels at serving flavorful food, many students encourage others to join them and sample its pleasing meals.

Food is the satisfying prize of a whole day of hard work for a student. So, Louie Mar’s Canteen is the place where students comfortable and feel at home.

Here, students can rest peaceably, eat hurriedly, or want to have a coffee break, perhaps to save money as a purpose. And when class is over, they run towards it to satisfy their hunger.

So how about you? What are your most unforgettable memories in Louie Mar’s Canteen that you shared with your classmates, friends, and colleagues?

Now that school is closed due to the COVID 19 Pandemic, does Louie Mar’s Canteen cope in COVID 19 Pandemic sequences? Does it still serve its best flavourful food that made them so well-known to the students of Arellano University Plaridel Campus?

AUPC Alyas Wika leads Buwan ng Wika celebration

By Argy Kym B. Legarda

To mark the celebration of Buwan ng Wika, Arellano University-Plaridel Campus’ Alyas Wika launched a virtual celebration with the theme “Filipino at mga Wikang Katutubo sa Dekolonisasyon ng Pag-iisip ng mga Pilipino.”

Held last September 3, 2021., the virtual event was formally opened by Branch/ Head of Office of Student Affairs Coordinator Jenica Rose R. Santos.

Students from various strands and sections were also given the stage to showcase their appreciation of the Filipino language as well as the Philippine culture through informative videos and speeches.

Aside from the talent portion, **Alyas Wika also hosted fun activities** such as trivia questions and raffle draws with prizes.

Winners for poster making, poster slogan making, spoken poetry, and creative drawing were awarded during the event.

Champions for poster making, slogan making, spoken poetry, and creative drawing were John Rei Dela Vega, Candace Ivy Saransa, Katrina Gonzales, and Althea Jean Vicente respectively.

Filipino Coordinator Ivy Caliwliw presented the closing remarks, and sent her gratitude to students and teachers who participated and supported the virtual celebration.



Unity in Diversity

By: Skyla Kirsten Y. Bantay

Diversity is understanding that everyone is different, that we have our own talents and we live in different time zones. “Unity in Diversity” is one of the mottoes of our beloved Alma matter, Arellano University. Whereas, in everything that us Arellanites do, we tend to unite us one even if we are a mixture of great talents and beauty. Previously, there was an event in Humanities and Social sciences called “HUMSS WEEK CULMINATING ACTIVITY” last October 29.

With early planning and the act of teamwork, by the club adviser Ms. Maria Ellaine Cabilin and by the club president Ms. Janna Gabriel, the activities: Global Hand washing day: Photogram, We are Chiefs! And Mr. And Ms. United Nations went very well. But of course, in every competition, us Arellanites tend to showcase our talents as well-enhanced students of Arellano University. This characteristic was surely shown by the winners of each competition. Namely, 11-HUMSS 3’s Cher Nicole Reyes fro the “We are Chiefs!” competition, 11-ICT 3’s Katrina Gonzales for the photogram competition. And finally the highlight of the whole program, Mr. And Ms. United Nations who was judge by

Ms. Zyrene Samson, Mr. Wilson Joseph Buschman and Ms. Yoniel Acebuche. The said event was dominated by the winners, Mr. Thailand, Zjay Dasala of 12-HUMSS 2

United Nations who was judge by Ms. Zyrene Samson, Mr. Wilson Joseph Buschman and Ms. Yoniel Acebuche. The said event was dominated by the winners, Mr. Thailand, Zjay Dasala of 12-HUMSS 2 and Ms. Philippines, Victoria Isabella Bobier of 11-

This event has been an instrument to showcase each and everyone’s unique talents. We may not be the same. In terms of talent, perspective, social status, gender or point of view. We can still be in harmony with each other by accepting that we are all unique in our own ways. According to William Sloanne Coffin Jr., “Diversity may be the hardest thing a society can live with, and perhaps the most dangerous thing for a society to be without.” Together, I believe that we can be a colorful mixture of uniqueness, if we would just make a special space for acceptance and humility in our hearts.

AUPC: College Department Commencement Ceremony Batch 2020-2021

Written by: Mara Francia Tanghal

Thursday – October 21, 2021

MANDALUYONG, Philippines – The Arellano University Plaridel Campus proved that education is continuous and sustained, whether in person or online. Thus, the university had come together in a virtual event, celebrating a special generation in their 83rd College Commencement Exercises for the school year 2020-2021, held last September 30. The challenges of the pandemic may seem unnerving yet, the Chiefs are capable, resilient, and were able to compose themselves as disciplined individuals, minding their health as well as their academic responsibilities in achieving their full potentials and great desires.

The commencement address was delivered by the master of ceremonies, Mr. Ramon Gerald Santillana. Mr. Santillana reminded us that despite the pandemic, we were able to cope up and move forward; we still have greater reasons to celebrate life and we deserve the chance to celebrate our accomplishments. “*Covid-19 cannot silence your creativity or lessen your achievements.*”, excerpts from his speech.

For the processional, the chairman, the members of the Board of Trustees, the officers of Arellano University, and the administrators in different campuses have been introduced. Shortly after, the NCAA ‘95 students performed the invocation and followed by the singing of the Philippine National Anthem.

The event began to proceed to the presentation of the graduates and giving of special awards. Dr. Lilee A. Galeon presented the candidates for graduation from the College of Criminal Justice. It was followed by Dean Cindy Sabado who presented the candidates for graduation in the School of Tourism Management department as well as the candidates from the School of Hotel and Restaurant Management department. Dr. Aurora A. Franco then presented the candidates for graduation in the College of Arts and Sciences and those from the School of Education department. Finally, Dean Raychelou T. Valencia had presented the candidates for graduation from the College of Information Technology.

For the students who have met the graduation requirements, the degrees have been conferred by the Chairman and CEO of the Arellano University, Mr. Francisco P.V. Cayco, with his words: “*By the authority vested in me by the Board of Trustees of Arellano University and the Commission on Higher Education, I hereby declared you graduates with all the honors, rights, and privileges thereunto appertaining. Congratulations!*”

The presentation of the graduates and awardees was followed by the valedictory address of our Magna Cum laude, Ms. Christelle Lu P. Tardo, the Pledge of Loyalty that was led by Ms. Shiela D. Violago, our Cum laude, and the Alumni Pledge delivered by the director of the Alumni Service and Placement Office, Mrs. Sonia M. Dignadice.

The ceremony had ended by giving honor to the school through the singing of the Arellano hymn, and giving thanks to the parents of the graduates, to the chairman and CEO Mr. Francisco P.V. Cayco, to the members of the Board of Trustees, and the officials of the university.

THE CHIEF’S GAMBIT

By Notario Joni

James Michael B. Erese is a 19- years-old student-athlete. He is a very gifted athlete because at a very young age he learns how to play chess. When he was 6 years old, James already showed his interest in playing chess. He chose chess because playing chess is his passion And according to him he chose chess because he wanted to fulfill his father's dream to become a titled chess player. James started playing chess in his 1st grade and continue to play chess from elementary to college. And when he participates in a competition his parents are always there to support him.

Did you know it took him 5 years of playing in the NCAA before he became a gold medalist? September 14, 2019, when he won a gold

medal in NCAA juniors chess. Imagine he didn’t give up on his and his father’s dream to be a titled chess player.

As a student-athlete James also went through many sacrifices, he experienced being separated from his family just to continue his studies and to play chess. Rather than hanging out with friends, he chose to focus on playing chess so he can fulfill his dream. Indeed, being a student-athlete is not easy especially since you will have more responsibilities than a regular student and It will require you to learn time management and how you will prioritize your responsibilities as an athlete and as a student at the same time. April 05, 2021, His father had Covid-19 that incident had a big impact on James because he had so much

to take care of in life that his performance was affected and for the first time he could not play in the NCAA on May 10, 2021. During this pandemic, James is helping in their family business and focusing on his studies. when he has some free time he is also learning about investing and trading. Since chess is playable online James has been training non-stop, he is still preparing for the upcoming NCAA 97th season. I asked James “Do you think attitude is a factor in winning. Why?” he said, “Yes because the attitude of an athlete reflects how disciplined and prepared the player is.” And

he added, “Your attitude will serve you as your foundation in reaching success for your career, and It will define you as a player If you are deserving for the success that you are aiming for.” I agree with James' answer because as a player it’s not just about your ability to play that count other people also look at what attitude you have especially when you experience victory. Here’s a piece of advice from James “

just enjoy playing it will always be the best part of playing, learn to love what you’re doing before you improve yourself. Because with that, you will also enjoy learning and growing as a player.” You can do everything as long as you want to do as long as you want and you’re happy. “ We also learn from failure and not just from success.” - James Michael B. Erese

The Standard

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THE POWER OF VOTING

By Isabella Louise B. Badon

Another six years of administration is almost over as President Rodrigo Duterte will finally step down as the 16th president of the Philippines in 2022. Truth be told, our country nowadays has been fermented by anomalies, violence, and proliferating cases of poverty which makes it more imperative for the Filipino people to be critical towards casting their votes in the upcoming 2022 national election. The surge of COVID-19 pandemic has exposed our deep-seated issues through the help of Filipino youths who have been amplifying their voices in social media as they castigate various government agencies' failure in services. The growing active participation of the youths will definitely enlighten our society from having a new set of leaders who will serve our country in the 2022 national elections.

It is liberating enough among the youths to have their votes labeled as important, counted and mandated. As stated in the record released by the Commission on Elections (Comelec), around 62 million Filipinos are registered to vote in the May 9 general polls next year highlighting that PH voters are mostly from the youth population. Not only does exercising their rights, but another crucial thing for the young generation is to critically educate themselves with the underlying capabilities and credentials of each candidate on the 2022 polls. With the dominance of youth voters, there is no doubt that their votes could bring us to the change we have been aiming for. Considering how youth advocates joined forces with other

advocacy groups to eliminate bills, implement orders such as academic break, call for action and change just suffice that youths, indeed, are significant in the process of changing the nation. The way how youth voters have made their voices known through political activism organizations, democracy talks and anti-violence topics signifies that young voters, indeed, have a big impact on the country not just for these aspects, but also in terms of searching for willing and deserving leaders who will soon serve as the major representatives of the nation.

In a research conducted last 2016 by A. Schwartz, C. Schwartz, S. Roman, and C. Nistor entitled as Youth, Youth Work and their Impact in the Community, the contribution of the youth in developing and improving our community has been highlighted. It also manifests the individual advantage of every youth's lives as a fundamental part of preserving our society's assets and development. Therefore, if the young Filipinos do have the capability to provide fundamental actions for nation-building, our countrymen need not to take their ability as a joke but rather a privilege and a noble one. At the same time, while voting is a fundamental act of exercising our freedom as a Filipino, so are youth as a fundamental, influential and impactful part of its execution.

Not even L'official Philippines declined the large impact of the young voters turnout and their intellect in the online world as an influential way to spread knowledge for the upcoming



election. According to them, the higher the number of youth voters, the more navigation of information will happen. With the grasp of technology and media, people could easily learn, especially in the case of the younger generation. Indeed, for instance, any sort of information spread by youth organizations at any platforms - be it something political or not - helps everyone be in a higher possibility of credible and responsible voting. This is a power and privilege the youths can do in order to turn the flame of other people's heart and passion to embrace the privilege the democracy has given them.

However, we should not take advantage of youth's activeness in civic participation - neglecting the opportunity to educate and encourage them to face civil and social system-related defaults in the aspect of government and leadership issues. Adults too, should be part of the change. It is indeed overwhelming to observe several

organizations such as Gabriela Youth, Alliance of Teachers Association and other organizations that encourage not only the youth but also with others to take part. Broadening the knowledge of the youth with regards to voting will serve as a mandated task for everyone to secure and strengthen the democracy.

Furthermore, the abilities of the youth aren't just limited in a sense that they don't just work online but physically as well. Sanguniang Kabataan (SK), Youth Advocates for the Philippines (YAP) and other organizations are the living proof of it as they serve as volunteers for relief operations - also in the acts for the fight against the pandemic. The youth of today have the potential, the skill, and the power to make a difference - their presence is a meaningful endeavor for us to foresee the vision of a healthy democracy.

Cliche as it may sound but the youth of today will be the in-

heritors of the land of tomorrow. It is impressive that they choose to unify their voices together in order for them to grow up as educated persons and be heard about their opinions in the society. While crimes and injustices are everywhere, so are the youths who are more determined to make a change through the power of voting.

Elisa Esguerra Campus

THE POWER OF YOUNG MINDS

By Charlene C. Padua

The Philippines is a democratic country. Thus, the power to select the country's leaders lies in the hands of the Filipinos. According to the Comelec, 52% of the estimated 63 million registered voters in the Philippines belong to the youth group. Over 5 million newly registered voters for the Presidential Election 2022 belong to the age group of 18 to 21. If we compare the number of registered youth voters now and before, we can see a vast difference. The number of young voters now is greater than the past. One may ask oneself on what could be the impact of youth voters on the upcoming national elections. Will they have an effect on the country's future? Does the youth's vote really matter? Will their vote make a change?

This generation's youth is different from the previous generations' stereotypical youth. While the previous gen-

eration's youths were silent about politics, the present day youths are more vocal about their opinions. Now that the national election is near, the youths' voice is getting louder and more eager to be heard. They are starting to be more active in taking the lead in political matters. Everywhere one looks, one may find young advocates for change and good governance.

The youths' influence is not to be underestimated. Being born in the generation where technology is more advanced and available, the youths now have more access to information, especially on the government. With that, these young people became more vocal on their political stand as they shared their thoughts through various platforms. Through social media platforms alone, they can freely speak their minds to many people. Just one click and it can

change a person's perspective. Their words will surely be a factor in the outcome of the coming national elections.

Nevertheless, there is no assurance that the youths can give a brighter future ahead for our country. The impact of the youths on the national elections is double-sided. It can be a hit or a miss. Either their courage and determination can help us achieve a better government, or their opinionatedness and aggressiveness can lead the country to its worse.

Hope. This is what the youths symbolize. The country's future lies in their hands. Many generations have already passed, and the present generation may have the wiser and braver youths despite being more aggressive. The youths are truly astonishing. Who would have thought that at a young age, they have the deepest thoughts and the loudest voice? A voice that has the courage to speak for the truth.

All of us experienced being young once in our lifetime, the only difference is how we live it. Every generation has its own youths, but whatever generation one belongs to, one must be the youth that regrets nothing. One must choose to be brave and be the light that everyone is seeking. Let the youths lead!

Jose Rizal Campus

The Impact of Youth Voters in the Upcoming National Elections

By Celine Inah J. Dela Cruz

When the time of choosing who is going to be the leader that serves the country and its people comes, the phrase 'majority wins' plays a big part. Now that the election in 2022 is coming up, everybody can make an impact. Now, to mention those that cover greater than half of all currently registered voters, who are they? If you are wondering if you belong to those who are considered 'can make a change' in this coming election, which are the youth in the age of 18 to 40, yes, you certainly do.

According to Commission on Elections director James Jimenez, the young Filipino voters now account for 52 percent of all registered voters, out of the total 60.46 million, the youth vote is made up of 31.41 million voters and he believes that could make a difference in

the next year's election.

Imagine if we, the youth, have this power to contribute in choosing who is going to be the leaders accountable for the country and people's well-being, we can be confident enough in raising our voice and influence more people to whom we think is going to be the right person to lead the way, finally be the instrument of change, and introduce everyone into a better country through exemplary leadership. Remember what makes up a thousand peso? Every single penny. Just lose one, and you cannot complete it already. You matter—your registration and especially your vote. Change the world, and be part of that change we all want to see by registering and voting for the right leader.



Plaridel Campus

Youth in Polls: Will they truly make an impact?

By Jennylou Canon

As the end of the extended voters' registration happened last October 30, the Commission on Elections (Comelec) reported last September that 31.41 million of the 60.46 million registered voters were people aged 18-40 years old, classified as the youth vote.

Making up more than 50% of the total voters, it seems that the youth voters are the majority of the voting population, but which factors will affect the youth voters' decision, and how can those factors be significant in their decision-making?

With the ongoing COVID-19 pandemic, more youths have been actively engaging in discussions on political and social issues in the country, making way for the political awareness which is essential in making an impact in the upcoming polls.

National Union of the Students of the Philippines (NUSP) National President Jandiel Roperos highlighted the essence of having political aware-

ness in order to vote for the right leader, as well as the role social media plays in spreading information and encouraging youth to be politically aware.

"Because information is easily available online, today's youth are socially and politically aware," Roperos said, later adding that the advocacies the youths are pushing trended, thus, people are noticing more today.

Open forums and discussions held in social media became the gateway to an interactive and encouraging activity to hone or enhance the political awareness of each social media user.

But of course, social media isn't enough in order to create a concrete awareness in politics. This platform must be combined with the factors family, education, and religion in order to be politically aware. Most importantly, family plays a huge role in political perception which depends on the style of communication a family has.

University of Delaware

Communication and Political Science Professor Lindsay H. Hoffman cited a research wherein a family that encourages discussions results in children that are politically interested.

With all these factors cited and combined, youth voters may be able to create a roster of candidates deserving of their votes. Their political ideas and opinions may also be affected either positively or negatively, which will be reflected by their fate-changing votes in the upcoming elections.

In order to secure and develop the political interest of the youth voters, comprehensive voters' education must be employed to school curriculums and must be taught with real-life application. Although there are specialized subjects in the senior high school curriculum such as the Understanding Culture, Society, and Politics (UCSP) that covers civic participation, only one lesson covers election according to an article from Inquirer.

The Upcoming Elections in favor of the youth.

By Sophia Andrea Manalo

Every 6 years, people in the Philippines ages 18-36 years old are eligible to vote in the upcoming presidential elections.

James Jimenez, spokesperson for Comelec said, "Remember when you vote you help design the kind of governance you receive." Given that social media is common for these young people, there is an opportunity to share information through their preferred social media networks. This is also why young people need critical knowledge in order to be more cautious of politicians and the information they get online and offline. They can take their awareness into action by voting. Your vote matters. Open your senses about what are the issues you want to fix.

Despite the fact that young Filipinos have something more to gain or lose from elections, and despite their historically pivotal role in our ongoing

struggle for genuine freedom and democracy, voter turnout among young Filipinos has historically remained low. Hunger and poverty, lack of education and other issues have all faced young people. Discrimination and repression are all aspects that relate to a lack of political involvement.

It also contributes to the process of transforming the country in a way that is fundamental to our democracy and protected by our Constitution. As the COVID-19 crisis has demonstrated, our leaders' decisions can mean the difference between life and death, and can have far-reaching consequences for our future.

The late Miriam Defensor Santiago also concludes that youth votes are important because youth have the right, the skills, and the numbers to "make a difference" in government and society, acknowledge the importance of their voices

Andres Bonifacio Campus

The Impact of Youth Voters in the upcoming National Elections

By Mae Angela Y. Galeon

The upcoming national elections in 2022 will make a big difference in how our country will be governed. Youth voters accounting for 52 percent of all registered voters could make that difference in next year's national elections. They play the most important role in these upcoming national elections as the voices and choices of these young Filipino people can be strong enough to induct a candidate to a certain position.

Indeed, the youth have the ability to greatly influence the results of the impending election. It is somewhat an underplayed campaign season for the candidates for they are not doing much effort for their candidacy as the youth speaks for them. This is how powerful the voices of the youth can be. They are making their statements extremely loud and clear on every social media platform about their desired candidate, especially for the presidential

position. However, your choice must not only be based on gut feeling alone. Checking out a candidate and conducting your own research about that person can make a difference. Reading articles from way back then up until the articles that are ready and available today will help you understand the things that these candidates did, do, and will be doing for our country.

Make sure to not just know the platforms of these candidates but also understand and have enough knowledge about them. In the upcoming national elections, critical thinking is a must, and being careful and selective will never be a problem. Education, religion, family, and social class are all key variables in shaping the attitudes of young people toward politics.

Aside from a comprehensive voters' education implementation, educators must also recognize the youth voters' political interests through encouraging them to form their own opinions guided by critical thinking. An example of this recognition is Ateneo de Manila University and De La Salle University's collaboration in 1Sambayan's launch in their universities where university heads emphasized the importance of the youth's role in nation-building.

Finally, youth voters must do their unbiased research on each candidate of a certain political post, especially those whose names have been making rounds in various platforms. Youth voters not only get to know their track record but will also be able to identify if their chosen candidate will truly lead the country to development.

Jose Abad Santos Campus

The Impact of Youth Voters in the upcoming National Elections

By Ricky Gabilo

Elections play a crucial role in bringing forth significant changes in every nation. Furthermore, voting is the only form of civic engagement in which every citizen has an equal voice (one person, one vote). The ability to vote is a powerful equalizer in terms of political power. But, this is only true for those who use it. The right to vote in elections, according to democratic thought, should not only be secured, but actively exercised.

During elections, all members of the society must be represented in various political systems in order to be heard. When young people are disenfranchised and disengaged from political processes, a large proportion of the population has little or no say in decisions that affect their lives in the long run.

The reality of today's elections, on the other hand, shows that voter turnout is declining. Why is young people's political participation important? Young people's political participation has many forms but voting is merely one part of a much larger set of political activities that our youth can actively participate in. Voting is the most fundamental democratic act that all citizens should engage in on a regular basis. But why should we be concerned about youth participation?

Young people should

vote to establish a voting habit early on and assure a high turnout in the future. If young people do not develop excellent citizenship and democratic duty throughout their early years, democracy's future may be jeopardized. Young people, like economically disadvantaged members of the society, may be considered to have insufficient resources to influence policy making, and they may be further hampered by the notion that they are not mature enough to speak for themselves, or even to know what is good for them. The ballot box is a wonderful equalizer in order for the members of the under privileged to be heard, everyone's vote counts equally.

Only by opening the eyes of the youth to the communal sense of human existence will it be possible to awaken and strengthen their civil commitment. The youth must be involved in formal political processes and have a say in shaping today's and tomorrow's politics in order to make a long-term difference.

| | | | |
|------------------------------------|------------------------------|---|--|
| Walang sinuman ang nabubuhay | Espiritu ng bayanihan | Huwag tularan ang iba | Hindi tayo nilikha |
| Para lamang sa sarili niya | Patok noon sa ating bayan | Na mahilig mang alipusta | Upang mabuhay mag-isa |
| Walang taong lalang ang Diyos | Mga kabarangay nagtutulungan | Kunwari'y kakamay sa madla | Kailangan nating ang ating kapwa |
| Upang magdamot at mapag-isa | Nagkakaisa't nagtatawanan | Ngunit maghuhugas 'pag tapos na | Upang tayo ay sumaya |
| Lahat tayo'y nagmamahalan | Mahirap man ang kalagayan | Pagtulong sana'y 'di pilit | Bagyo ma'y mahina o malakas |
| Iba-iba nga lang ang paraan | Marangya man o mayaman | At walang inaasahang kapalit | Tuwing pasko man o t'wing undas |
| May nagmamahal sa kasintahan | Hindi hadlang ang kahirapan | Pagka makasarili, sa isipa'y iwaglit | Sa bawat araw na lalampas |
| At meron sa sanggol sa sinapupunan | Upang tumulong sa kababayan | Sa pagtulong, balikat nati'y huwag ikibit | Iparamdam sa kapwa ang pag-ibig na wagas |
| May nagmamahal sa kaibigan | Kapwa ko, mahal ko | Bawat lalang ng Panginoon | Mateo: bente dos, trenta'y nwebe |
| May nag aaruga sa may kapansanan | Isapuso nawa ng mga tao | Tulong tulong sa pagbangon | Ibigin ang kapwa tulad nang sa sarili |
| Pinanggalingang lahi'y iba man | Mamahalin ko ang kapwa ko | Nangangailanga'y bigyang atensyon | Ito'y ikalawang utos ng Panginoon |
| Lahat pa rin tayo'y nag-iibigan | Gawin sana kahit sa mga dayo | Upang sama-sama tayo sa pag-ahon | Halina kapatid, at tayo'y tumugon |

PEARL O' THE ORIENT SEAS

: Lost prosperity and riches.

By Marie Abigail C. Barredo

Prosperity and richness

Enjoy its ceaseless-ness

Attracted greed and avarice

Repel threats of injustices

Land of noble heroes

O' Filipino's realty

Overflowing prodigies rose

Rampaged their ineq-

uity

Indefinite quantity of riches

Enjoyed by the richest

Not even glimpsed by masses

Thirsted by the impoverished

Stolen integrity

Exploited people

Adorned with tyranny

Sea's once pearl, once regal

BANTAS

By. Earl Morales

Ikaw ay isang tuldok, ako ay isang kuwit

nais mo nang tapusin ang pangungusap

ako itong hirap na hirap

tandang pananong sa aking isipan

sagot mo'y tandang pa-damdang

hindi na pala ako

ang paksa sa 'yong mga panaguri

hindi na ako,

ang sagot sa 'yong mga bugtong

hindi pala ako,

ang tugma sa 'yong mga tula

masakit

puno ng bakit

sa tuwing ika'y lumalayo sa aking paglapit

sa tuwing ika'y bumibitaw sa aking pagkapit

layon mo'y iwaglit,

pagsasamang 'di lantad ang pait

subalit

hindi ako magsasawang humiling sa langit

sasambitin nang nakapikit

ang pag-asang tayo pa ring dalawa

dahil alam kong bukas-makalawa

tayo'y magtatagpo—

sa kabila ng mga nagtapos

nang parirala.

;

GURO

By Joshua M. Mirandilla

Katulad din sa ating mga tahanan

Mayroon ding magulang sa paaralan

Tagapag-turo ng leksyo't kaalaman

Gabay sa tuwing tayo'y nahihirapan

Kayo ang magulang namin sa silid na ito

Siyang aming kandila sa madilim na mundo

Pasaway man, pilyo't matitigas ang ulo

Kayo'y mapagpasensya pa rin hanggang dulo

Siyang gabay sa tinatahak na landas,

Kaagapay sa bawat daang binabagtas

Hirap at pagod, sa mukha niyo ma'y bakas

Sipag niyo't tiyaga, sa kalooba'y likas

Sa bawat araw at linggong dumaraan

Bawat pagpasok, may dagdag kaalaman

Salamat ama't ina sa silid aralan

Dahil sa inyo, pagkatuto'y gumagaan

Walang hanggang pasasalamat ang alay

Para sa taong bumago sa'king buhay

Lahat man kami sa inyo ay mawalay

Turo niyo'y dala naming,

hanggang magtagumpay

IT'S ALWAYS IN THE EYES

By. Genina Alexzandra M. Rilles

Anger, sadness, regret,

happiness, admiration

All the emotions enveloped therein

How do you know it's there?

Do you hear, touch, or feel it?

Perhaps through one's actions?

POISON'S TRAITOR

By. Sophia Marie B. Sardan

"Your majesty, what can I do for you?" Odin, my loyal servant asked me.

I smiled wickedly, "I want you to kill my wife."

"You wanted me to kill Queen Jera?" He responded in shock.

"Yes, my beloved servant. You heard it right. Kill her with your own bloody hands."

I barked a laugh, "I want her gold and goods. She got what I need so I get what is mine."

He sighed, "Okay, your majesty, what do you want to do?"

"If the dinner comes, put this poison in her favorite wine."

Why the hell do I tremble?

"Sorry, I now own you."

Throwing vases,

tears dropping like a leaky faucet unable to stop.

Heads shaking "no", facepalms, hands clapping,

speaking words of love.

Easy to say that actions

as stated tell emotions of different kinds.

But at times people clench their fists

until it numbs and calms,

hold tears and drain them back down,

mask frowns with fake bright smiles,

At times they'd hide it all away.

But their eyes,

their eyes, they never lie.

They never hide.

Even with the brightest smile,

but with sadness deep inside

The light can never reach the eyes.

Feelings hidden like sunken ships,

Inside treasure chests, locked with metal chains, secured.

But once you look a little bit

above where fake smiles rest, you'd see,

you'd see the truth. Restless, kept hidden, tired.

Just look into it, as it's always in the eyes.



KA (LIKAS) AN

Ni: Joshua Mirandilla

nakakalbo

Puno, batis at alabok sa alapaap
Ibon, isda at sariwang hanging nalalanghap
Tao, hayop, sa mundo'y anong ganap?
Inang kalikasan, bakit ito ang 'yong natatanggap?
Kabi-kabilang basura
Kaliwa't kanan nating nakikita
Putol na puno, kanal na barado
Ang ating kagubatan, sumisigaw na ng "saklolo".
Hanging nalalanghap, gaano kasigurado
Na ligtas pa ito para sa kalusugan ng mga tao?
Mga mamamayan, panay daing, reklamo nang reklamo
Pero tayo rin naman ang gumagawa ng mga ito!
Tayo mismo ang salarin
Tayo rin ang biktima
Tayo mismo ang gumagawa
Tayo rin ang nagdurusa!
Disiplina, disiplina, wala na sa ating bokabularyo
Garapal na ang pag-susunog at pagpuputol ng mga troso
Ang mga puno't kagubatan, unti unti nang

Tapos tayo ang kawawa, t'wing may darating na delubyo
Solusyon sa polusyon, hinahanap sa siyensya
Global warming, climate change, pangunahing problema
El Niño't La Niña, hindi na bago sa sistema
Ganun na talaga ang mundo, kapag wala ng disiplina
Mundo sana'y pakagingatan
Huwag sana nating pabayaan
Bawat trosong pinuputol
Atin sanang palitan
Mga basura nati'y itapon sa tamang basurahan
Ang mga ilog, batis at dagat ay hindi tapunan
Maging huwaran nawa't maging responsableng mamamayan
Upang sumibol ang pag-asa sa ating kapaligiran
Bigyang proteksyon nawa ang ating tahanan
Handog ito ng Diyos, narapat nating alagaan
Lagi nating isaisip na disiplina ang kailangan
Huwag sana nating abusuhin si Inang Kalikasan.

SALAMAT MULA SA ETEEAP!

By. Roellyn Rosado

Nagsimula lamang ito sa mga munting dalangin,
Mga pangarap at mga hangarin,
Mga inakala naming mahirap abutin
Ngunit ngayo'y hawak kamay na namin.
Merong ilang bumuo na ng sariling pamilya
Meron na ring mga nangibang bansa
Pagtulong sa magulang ang inisip ng iba
Inuna ang mga kapatid bago ang sarili nila
Kung para sa inyo ay isa lamang itong programa
Sa buhay namin ay isa itong pagdungaw ng pag-asa
Ang proyektong gumising sa natutulog naming ambisyon
Pangarap na akala nami'y inililing na ng panahon
Kaya naman, sa mga guro at sa unibersidad ng Arellano,
Kayo ang nagpuno ng espasyo sa aming mga puso
Hayaan ninyong aming sambitin ang aming pasasalamat
Taos puso, mula sa mga mag aaral ng ETEEAP.

THE LATENT : AN INTERPRETATION

By. Lovely Bacay

I run fastest, like a beam of light that travels.

I drove along the expressways
—my body's falling from beneath.
I hold the grip tightly; steady and still
—my grudges strengthen in solitary.
The fear of falling, my hands are losing
—I'm on the edges of the bed.
The next scenario is in thrilled;
Swooshing on expressways—melancholy inside,
what an opposite taste!
Indeed.
I was wrong; it's actually similar in their extremes.
Bold and brave, how I wish it was real.
The moment I opened my eyes,
the cowardice instill
For that moment I was superb;

I jumped and crossed, to the lane of book pages;
Once I did a wrong move,
the depth will completely made me vanished
—what a dream! Insanity as its finest.
—This might reflect the toxicity of my days;
The waste of seconds that turns to hours and years.
Standing beside no one and leaning on to myself
Sighs of pain, groans in deeper,
missing my good old self.
A familiar face was flashing across the phantasm
He holds the strength and courage of mine.
As soon as I open my eyes, he disappears so fast.
A teardrop falling is the one that is left behind.

YOUNG LOVE

By. Genina Alexzandra M. Rilles

Convenience store coffees, fast food dates.

Text messages half-past dawn,
They all think of us as fools,
Young fools.

Who'd drown in flowery words,
Whose hearts would burst
at the thought of mutual feelings,
Who'd tear up over broken hearts,
Crying over unrequited love.

They'd describe it as a mere infatuation,
Brought by a shallow impulse,
An irrelevant desire
to possess and try everything,
Like romantic relationships— love.

But these young fools care so genuinely,
Loving as though
all existing worlds are falling slowly,
Live as though spring is but a fleeting memory.
All naive and careless— young love.

THE GALAXY I'M DRIFTING ON

By. Stephanie Grace M. Lumongsud

The days that have passed were cruel, the days ahead are unknown
I can only think of better days when love was first felt and shown
Remember the time we failed to treasure with all the scars and bruises
As we moved further, we made rash decisions from lame excuses
Excuses that have always been you being in a different world

We proceed with caution but we faltered and delayed time as it almost whirled
We are standing in one galaxy, yet with you I rely freely without captivity
I might have hurt your ego for a while, but we're embraced by reality
It doesn't matter how others com-

pare your crippled world from mine,
But how we walk hand-in-hand as if all the stars in the universe would align
And with how we see it now in one straight line as it draws number 9
Perfect imperfections beyond affliction made our love permitted and fine

AN INVISIBLE STEP

By. Stephanie Grace B. Lumongsud

You usually keep hold of your words in past tense
You even grab the spotlight in present tense
Yet you never move towards something in future tense
For it is something your eyes are covered of
That not even your ego would dare resolve
Tomorrow, you might be caressed by a sweet delight
Yet a coffin might also give you some fear of fright
Making you hark back to the mystery of dusk before Friday Night.
Time limits life with seconds going faster than minutes.
And in a blink of an eye, another countdown repeats
As your day-to-day agenda continues
missing all the beats
Life limits time with memories being fragments
And fragments turning into bygone moments
What, where, when and how,
you'll never know
Upon heaven's approach, you gave a sore bow, long and low
At dawn, you descended into the bliss and its infinite sorrow

YOU (I)

By. Nuela Sophia L. Niere

ed?

Man –
Loving, but oh so tricky.
Willed, yet scared.
Mortal and greedy.
With the likeness akin to God,
you were birthed with love.
It may have either made or broke you,
but, in turn, you had the chance to show it too.
And in forms only you know how.

Then this is how you learned the art of deceit,
how to cook up a ruse.
Making everyone believe, as well as making yourself believe –
That this embodiment was not a trick.

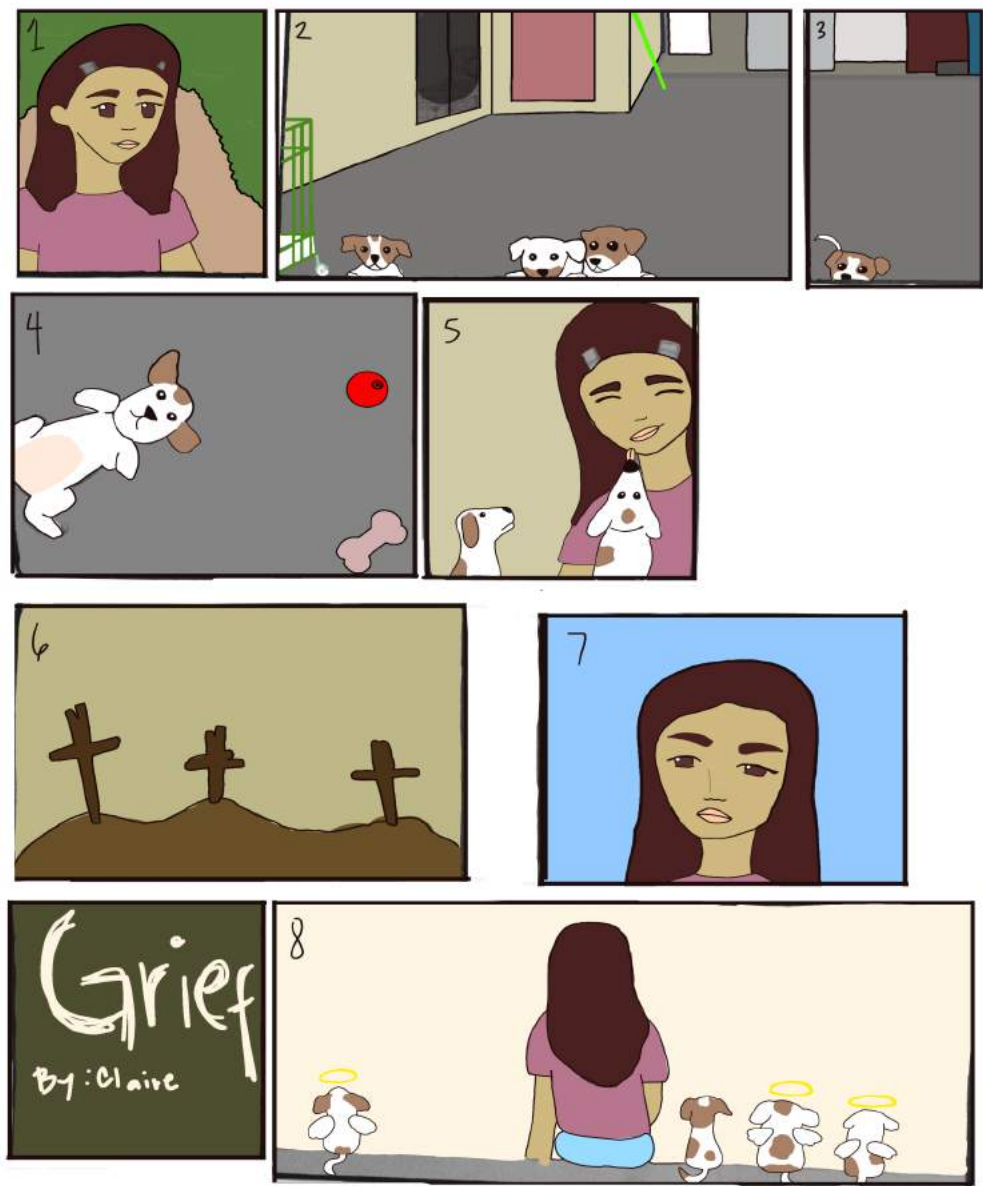
You tell the mirror you can,
You shout at the reflection, "you would!"
Full of courage, full of hope;
knowing in the end you won't.
When have you ever start-

You lived and lived, every waking moment seemed like an ache.
Wanting eternal beauty, needing eternal beauty.
Until when will you seek validity?
Power is what you ought to take,
and weakness is your enemy.
But someone is ought ask, Why is weakness an enemy?

Selfish, they'd say.
Self-love, you'd argue.
Hungry for attention, thirsty for care;
oh dear! Have I spilled the beans?

CARTOON

GRIEF



By: Claire

Ngayong buwan ng Nobyembre, hindi lamang mga tao ang ating pinagluluksaan, kasama na rin ang mga alaga nating yumao.

Hindi lamang sila maituturing na bantay dahil sila rin ay ating kaibigan at pamilya kung ituring, kaya inihahandog ko ang istoryang ito na hango sa totoong buhay.

LIHIS NA TARUNDON

By. Justin Paul Pentason



PANDEMIC GRADUATION

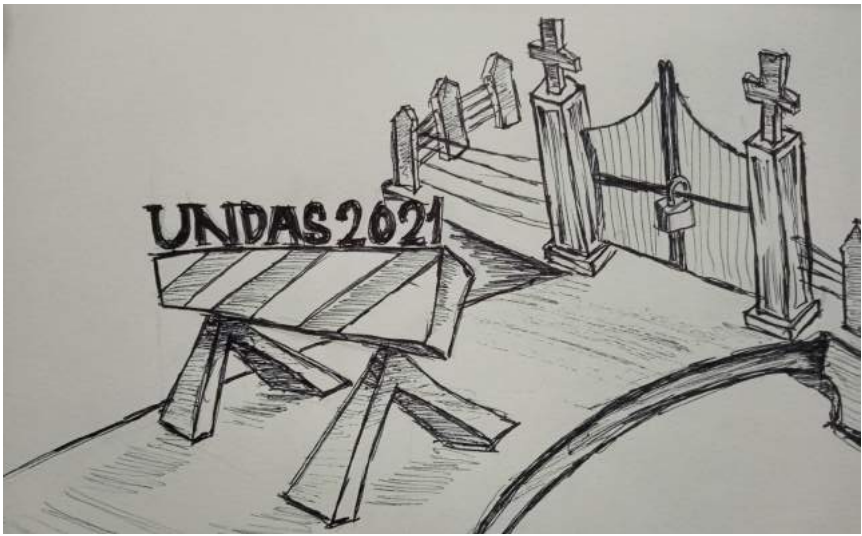
By. Erik Guzman Pingol



The pandemic may have taken away the glamor in graduation ceremonies, but it can never take away the things we have learned.

UNDAS 2021

By. Jean Christopher Echiverri



PANUNUMBALIK NG DIWA NG PASKO

By. John Miranda





“The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.” This quote from Vince Lombardi was meant to encourage people to do their best in whatever task they are meant to perform regardless of the possibility of failing. This is because we can take pride and fulfillment in having done everything humanly possible and letting God’s will decide the rest. With regards to the student-athletes of Arellano University, no one exemplifies this quote more than Carl Lewis Rendon. Carl is a track and field athlete of our very own University and is a well-known one at that. He has been featured on television for his skills and prowess as a player. His dedication also serves as an inspiration for young Filipinos and aspiring athletes to do their best in their passion as a player.

Like any star athlete Carl trains long and hard to achieve desired results in the field. In Carl’s case, he trains his athletic prowess through three different stages which are the microcycle, mesocycle, and macrocycle. These stages vary in terms of intensity as indicated by their names and he has to undergo these cycles for a minimum of 10 months and a maximum of 1 year. These months cover a specific training regimen that Carl has to adhere to which includes foundation training for the first few months then speed and endurance for the next few ones. In a sport like track and field, there is a heavy focus on Carl’s lower extremities so his training also involves activities such as plyometrics and exercises with leg weights as well as bounding. This period also involves rest and other alternative training methods like aqua training among others.

Hard work is never without its merits, especially in Carl’s case. The grueling training that he has to experience to prepare for every competition has always rewarded him with a great performance and outcome. A prime example of this is the records that he sets for himself. Very recently he achieved a personal best of 11.3 seconds in a 100-meter run. In a 400-meter run, he has a personal best of 51 seconds. These accomplishments show that no matter the situation anything is possible and it also demonstrates Carl’s commitment to his chosen sport.

RUNNING TOWARDS SUCCESS AND DREAMS: CARL LEWIS RENDON

Written by: Norman Roman



© CARL LEWIS RENDON'S FB ACCOUNT

This pandemic has taken a lot from everyone and student-athletes like Carl are no exception they are far more affected than your typical student. This is since athletic competitions require physical interaction and an actual physical presence in the event, both of which are forbidden during this time of crisis. This makes competing in events practically impossible and training as well as maintenance extremely challenging. On top of this, as if to add insult to injury he is situated in a provincial area so even initiatives like online training programs present difficulty due to unstable network connections. However, this did not deter Carl’s passion and commitment as he was able to work around this problem. He, with the help of his coach, utilized unorthodox training methods to both maintain and improve despite these trying times. An example of this is through self-training. His couch would send him training schedules and he has

to fulfill them in a specific way in a certain period thus emulating actual training back when there was no pandemic. The only other thing he needs is access to sufficient space to train (which he has plenty of) and he’s good to go. This determines that not only is Carl committed and determined, he is also versatile and proficient in adaptation.

As a student, we all know the pressure and difficulty of managing our academic activities with our daily lives and other chores. As a student-athlete, Carl feels this pressure and hardship evidently due to the addition of managing his athletic career. He is often challenged by the predicament of time management and balancing these two even when there was no pandemic and especially now that there is. To combat this problem, Carl had to make some major adjustments to his schedule. An example of this among other

things is moving his training time to as early as dawn to make it manageable since he can’t move the time of his classes. Carl aimed to achieve the balance between two of the most important aspects of his life to preserve the stability of both. In this way, both can be beneficial to him without being a hindrance to each other.

As a well-known student-athlete, Carl serves as an inspiration for many students who are a fan of sports or aspiring athletes who dream of success in their chosen sport. His dedication and commitment as an athlete speak volumes about the challenges and difficulties of playing that role and he wants to be able to inspire others to embody the same principles. His advice to aspiring student-athletes is to follow something he likes to call the 3 Ds. It stands for Discipline, Determination, and Dedication. Discipline in terms of oneself and everything we do because that is what it takes to do something right and to be successful, one needs to be well-mannered and well-ordered. Determination in terms of the passion for the sport that you are playing. This will serve as the drive that will propel you in any competition and enable you to achieve new records and heights. Dedication in terms of the purpose and inspiration for which you do something or play the sport. It will serve as the thing that keeps you going despite the hardship and will pick you up whenever you fall. He also stated that a student must have a policy of student first, athlete second as well as the remembrance of the responsibility that one carries alongside the passion and dreams.

Carl Lewis Rendon is an exceptional student-athlete overflowing with potential and talent. He is one who continually tries to better himself in any circumstance no matter how challenging and serves as a beacon to others who wish to take the same road he did. He perseveres through hardship by way of determination and commitment to his passion and excels through hard work and persistence. He is also a man of balance as he weighs the things in his life properly to establish stability and order. All in all, he is a commendable student, an amazing athlete, and an inspiration for many.

THE JOURNEY IN EVERY FAIRYTALE

By: Nathaniel Leyva Roman

The most important part of a story is not the ending but the journey that was taken. People of the contemporary era have been used to reading a lot of stories that are meant to inspire, entertain, and teach. All these fairytales seemingly have one thing in common, which is that good always wins and it wins for the sake of being good. How can we tell a story that has meaning as well as nuance in its nature? What sort of lessons will the reader learn if we flip the script and tell a story where the journey matters the most?

Soman Chainani wrote a book series titled “The School for Good and Evil” and was published in the year 2013. According to Soman, it was inspired by his love for the fairytales of old and the Disney movies that came soon after. He goes on to say that he wanted to take what people think are the rules in these stories and quote-unquote, “blow them up”. The book is designed to show a different take on the traditional fairytale, to break the boundaries of storytelling by taking something old, and reinvigorating it in a new light so to speak. Furthermore, it shines a light on how fairytales work if they existed in real life alongside real-life stakes and challenges making it a fun thrill ride of both the familiar and the interesting.

The plot focuses on two best friends, Sophie and Agatha, as they discover a new world and a school designed to train heroes and villains to begin their fair-

ytale. The rules were all but simple, a princess is beautiful, and a witch is ugly, the princess finds a prince and the witch will find no one, but as the two new students at the School for Good and Evil takes their respective journeys to become heroes and villains of their own story, they realize that life isn’t that clear cut. Rules can be bent, moral lines are thin, and fairytales aren’t as simple as defeating an evil villain.

“I can’t live an ordinary life.”

The line above is exactly what Sophie said at the end of the very first chapter. This serves as an archetype for the lives we all live because just like Sophie, most people in the world wish to live a grand life where they’ll be recognized as someone extraordinary. This book deserves a read because the story is fun and relatable and it focuses on the journey taken by the characters and the lessons they learned.

When reading a story, what you always want to know is how much of yourself you found in the story. The School for Good and Evil delivers all this and so much more. The story is compelling to the point where it will leave you turning pages just to find out what happens next. The characters are very interesting and there is nuance and ambiguity in their personalities that will make readers question who is good and who is evil.

Fur Babies, Far From Home

By: Gwenivere Au Yap

Since we are in the ber months with only a few months left before Christmas, there are a lot of fur babies out there who need our warm welcome and generous hospitality.

In the year 2018, Ms. Malou Perez, founded a non-profit organization called PAWSSion Project with the aim of providing for the animals that need rehoming as well as the abused and neglected. The said organization is pushing the advocacy of Adopt, Don’t Shop. Since then, this non-profit or-

ganization has filled wonderful hearts and caring companionship as there have been may volunteers to be the voice of the animals that are in need.

Building this organization must have been a tough one because of how some people used to view fur animals such as aspins and puspins. Even so, Ms. Malou Perez and her colleagues successfully managed this non-profit organization which can be seen in how their mission and advocacy have been continuously flourishing. The number of volunteers who are willing to be the fur animals’ voice as well as their caretakers has been continuously increas-

ing. Dog and cat foods, accessories and shelters have been donated frequently by these volunteers.

The PAWSSion Project’s bottom line would always be, Live. Love. Rescue. You can cite their Facebook page PAWSSion Project and website in <https://pawssionproject.org.ph>. Start appreciating and loving their wonderful rescued dogs and cats and see how you can make a change for these fur babies so they may live in a happy and warm me.

of his tics. But that did not stop Brad from achieving his dreams. Luckily, one school accepted his application. He was able to inspire students that no matter how devastating a situation is, things will come at their right phase. Students began to see him as an inspiration to move forward and keep the head on what is about to come.

“Coping with my tracks has taught me the most valuable lesson that anyone could ever learn and that is to never let anything stop you from chasing your dreams – from working or playing, or falling in love. Yes, coping with my Tourette’s has taught me the most valuable lesson.”

Above is a wonderful line from Brad Cohen – that despite having uncontrollable movements, he has the right to keep his life going and his dreams being achieved. There may not be a cure for these situations but safe spaces will forever be cherished.

Reference: Mayo, 2018

SUCCESS OVER TOURETTE’S

Real-Story Review: Front of the Class How Tourette Syndrome Made me the Teacher I Never Had

Written by: Joselle Erika Lou N. Tabarangao

A dream is what a person will hold upon reaching success. It molds and inspires a person to keep on following the trail despite the struggles that a person will encounter towards the endpoint.

Brad Cohen is an American motivational speaker, teacher, school administrator, and author. He published his book, *Front of the Class: How Tourette syndrome made me the Teacher I Never Had*, in 2005. It is a story narrating the author’s experiences in life, specifically his devastating condition having Tourette’s syndrome.

Tourette’s syndrome is a

condition involving the nervous system and causes people to have “tics”. Tics are uncontrollable twitches, body movements, or noises that people undergo repetitively. Individuals who have tics are unable to prevent their bodies from performing these actions. It is a lifetime condition and can mostly manifest in a 12-month old child.

Brad Cohen was a young man who dreamt of becoming an educator. All his dreams were put into nothing since the day that he was diagnosed with Tourette’s syndrome. Brad experienced being expelled from the class where he attended, owing to the tics he displayed. He unconsciously faced all the rejection he had in school – all the bullying moments and all the inconsideration of his teachers. Despite everything, he assured himself to function as a normal one and remained calm. Later on, he was able to graduate and look for a job. He experienced a declined job application because



Santos Secures 9th Place in 2021 Division Schools

Press Conference

Written by: Nathaniel Roman and John Lorenzo Patayon

There are tons of people who want to achieve things, but only a few have that quality that makes them stand out. Ms. Saara Santos, the 17-year-old distinguished Literary Editor of the Arellano Standard Manila is definitely one of them after having won 9th place for Feature Writing in the recent Press Conference.

The 2021 Online Division Schools Press Conference with a theme of “*Pahayagang Pangkampus: Kaagapay sa Paghilom at Pagbangon ng Sambayanan*” was held on 7th day of August, 2021, in which students representing various districts in Manila competed in several categories to produce the most serene and impactful articles.

A video interview was conducted with Ms. Saara Santos, who shared her varied experiences during the tournament, including the challenges she faced and the wonderful victories she achieved.

“I was hesitant at first because I wasn’t confident in my skills.”

During the competition, she was nervous as anyone new to contests would be there, but it also didn’t help that she was late in the competition putting an advantage towards her rivals in the contest. “I’ve contemplated not submitting my work and disqualifying myself from the competition” she said.

But she decided to continue with the contest and with her persistence to still pass the article despite all odds, her endeavors paid off spectacularly, and was awarded 9th place for feature writing on September 10th, 2021. “I didn’t expect it actually because I wasn’t satisfied with what I’ve written,” Saara said, adding further remarks of doubt to which the DSCP disagrees after putting her in the top 10.

Even when full of doubt, the ‘surreal’ happiness she

experienced when she heard of the great news of her achievement is undeniable, it not only uplifted her but also the institution in which she represents.

Being a journalist is no easy feat; not everyone has the emotional fortitude to write their piece and handle the criticism about their work there will always be doubt but let it not consume you and keep striving to be great for “in writing, you can express everything, in it, you can convey everything” – Saara Santos.

Lastly, in light of her latest accomplishment, she advised those who also desire to trek on her path to: “just believe in yourself, don’t hesitate, and don’t doubt yourself over something you know you can do.” these inspiring words of Ms. Saara Santos were a piece of advice all can hold dear.

OBLIVION: EARTH IS A MEMORY WORTH FIGHTING FOR

By: Norman Leyva Roman

The year is 2077 and Earth has been left nearly uninhabitable after a brutal war against an invading alien species known as “Scavengers.” While the remnants of humanity have been gathered aboard the Tet, an enormous pyramidal space station that will eventually carry the survivors to a new home on one of Saturn’s moons, technician Jack Harper (Tom Cruise) and his partner Victoria (Andrea Riseborough) remain on Earth to monitor and perform maintenance on giant hydro-rigs and the protective, heavily armed robot drones that guard them. When a spaceship crash-lands nearby and Jack investigates, he rescues from the wreckage Julia (Olga Kurylenko), a mysterious woman whose appearance sets into motion the discovery of a massive conspiracy that will place the very fate of mankind in Jack’s hands.

“Oblivion” is a heady, heavy, and cerebral science-fiction film that foregoes the tiny green guy in favor of a far more ominous and sophisticated extraterrestrial invasion. It’s a highly ambitious and mainly effective twist in terms of post-apocalyptic, futuristic thrillers, dabbling with existential and deterministic ideas while wisely avoiding gloomy episodes of violence or sacrifice. The extensively synthetic soundtrack, which adds to the dreamy characteristics of Jack’s memories, nicely complements the film’s focus on modifying or tampering with memories. “Oblivion,” a gripping mystery, has spectators wait over two hours before revealing any truths, but to the film’s credit, the suspense is enjoyable. The numerous answers it finally grapples with are mind-boggling and aesthetically visionary, and while the climactic ending is pleasantly definitive – even if specific details can be explained using the term “gaping plot holes” — the cli-

matic conclusion is pleasantly resolute.

“Oblivion” is an excellent fit for IMAX screens, with stunning visuals that add significantly to the project’s vastness. Massive outside vistas and sets present the audience to an enigmatic universe filled with hostile terrain, massive wrecks, and veiled paradises. The interior designs are as impressive; however, they are used much more sparingly.

“Oblivion” is a decently made sci-fi action film, which cannot be said of the vast bulk of the genre. Though many of the key futuristic themes can be traced back to previous films, and a few loose ends aren’t neatly tied, the structure and story twists keep the suspense high, while the action keeps pace with the emerging mystery.

MASTER OF DREAMS

By: Csyrene Nicolette S. Pedrosa

Ever had a dream and were surprised that your consciousness was alive or simply aware? Or dreamt of something so vivid and controlled it like you were in a simulation? If yes, then you are a lucid dreamer.

First, let’s break down what a lucid dreamer and lucid dreaming are about. Based on Medical News Today, lucid dreaming is when a dreamer is aware of their surroundings and discerns the situation in a natural world from a faux one. If you’re one of those who can’t do it, don’t falter. We can learn how to lucid dream, but it’s seldom for us to possess this ability, naturally.

An example of lucid dreaming could be seen in the movie *Divergent*. Tris, the protagonist, played by Shailene Woodley, was injected with a serum that allows the person injected to encounter their fear/phobias through a dream. Only when she saw her reflection in a puddle did she realize

that none of it was real and overcome her nightmare with ease. She was considered as “divergent” because of what she showcased in her awareness, which only rare people possess that ability. That part accurately executed what lucid dreaming is. Once you’re aware that everything wasn’t real, you could do anything since it’s harmless. And for me, it’s quite an exciting aspect when individuals could control the outcome of a supposed unconscious dream and handle it like it’s their world.

Lucid dreaming likely resembles a game where you—as the player—would be able to create your reality. By gaining awareness of your dreamy state, you could recreate certain situations that you want and change them up if you feel like it. It was reported by a researcher named Dr. Denholm Aspy from the University of Adelaide in Australia, who specializes in lucid dreaming, that it can be helpful for those who experience nightmares and phobias during their sleep to overcome their fears by controlling them. The method was identified as “lucid dreaming

therapy.” Although it might demand a little practice and exertion of focus and effort, it’s highly possible that when you master lucid dreaming, you might be able to avoid or completely stop the nightmares from reoccurring.

Now, are there any risks when performing this act? Unfortunately, there is. People do this for different reasons. Whether it’s for fulfillment or healing, experiencing it daily is not suitable for your mental health. Those who do this regularly might encounter a problem with their sleeping habit/pattern since it’s associated with a lot of usage of brain activity, thus, might disrupt our sleep-wake cycle in the long run. An individual also can confuse reality from a dream when exposed to a lot of lucid dreaming. So reasonable practice would be the best option to follow because too much is always harmful to anybody.

References: Nunez, 2019; Cohut, 2020; Cherry 2021

Key to Rcee's Story

By: Rianne Krishlyn A. Miaco and Gerald Miaga



© RCEE TENEFRANCIA'S FB ACCOUNT

As humans, we are naturally curious about our surroundings. Curiosity strikes us during times when people know about things we don’t. It strikes us when others are doing activities we aren’t doing. This case also applies to Rcee Tenefrancia’s story about her writing.

As young as 14, Rcee Umali Tenefrancia got introduced to writing and exploration as the main reason. She wanted to try out something new, aside from her daily school activities. She saw that the people around her were writing. This event sparked a new desire within her.

Rcee regards writing as something exciting. “When I write, there is always an adventure,” she said.

To write articles, research is required, which can be accomplished by searching the Internet or meeting with various people. These instances have helped Rcee gain more knowledge about a lot of things as well as expand her interpersonal skills.

Rcee describes her writing as factual as she always wants to disseminate credible news. The information must always be complete and detailed. According to her, in writing, “Always fact checks the article to avoid writing misinformation.” As a writer, she does not want to miss any details. She wants to make sure that she can get all the information she can. This style has helped Rcee reach her greatest achievement which is being part of Arellano University’s The Standard Manila.

In publications, there are different processes and all of these must be followed strictly. This is what Rcee discovered as she progresses in her writing journey. Along the way, she has encountered difficulties such as managing her time. “You need to exert a lot of time and effort in writing and this can sometimes be your enemy”. She believes that time can cause conflict because you need a lot of it but we don’t always have it. Aside from that, she also encountered moments where she has felt extremely worn out which would result in writer’s block. But with these struggles, Rcee has been able to grow into a fine News writer.

In life, we all go through different things. We all have our likes and hobbies. For Rcee, writing is an adventure and she regards it as a big part of her life. Her story may not be all good things, as there are obstacles she has to overcome. Even so, she has been able to conquer these challenges and trials. She has achieved commendable and meaningful accomplishments in her journey. After everything, Rcee Umali Tenefrancia will continue to thrive as a writer.

Hindsight

By: Saara Santos

What is Love? Is it waking up late in the morning, having the warmth of the sun as your breakfast, disregarding the fact that it might leave a burn, yet still welcome it with a bright smile, looking happy—contented? Or maybe it's the soothing sound of the rain, the serene whistle of the wind, the melody of loud horns that is caused by the traffic—as if it was music you'd still want to hear over again. Is this what they call love?

Does love make you feel like walking in the vast universe, where gravity isn't evident, meeting the different comets, tracing the different patterns of stars, and finally finding what is truly meant for you? Or maybe, love defines the pleasing scenery of the valley? The calm and tranquility of where solitude lies and it just feels enough. Is this what love is?

Or maybe, love is feeling the solemnity while getting lost with someone in the middle of the ocean, sinking deep within the chasm of thorns yet, still ignore the fact of getting hurt, or is it looking nowhere—smiling, or maybe love can be a crime, love could be forbidden by the law.

Yet, love is not always love—love is not what you constantly been dreaming about, that love is not the one you're always longing to feel?

“A 15-year-old girl was forced to perform sexual acts in front of his uncles have been beaten to death when she refused.”

He doesn't love you. You're not mature enough for your age. You're a child. Love is not like that.

That’s Pedophilia.

Pedophilia is more common in men than women, predators may use force or coercion to have the child engage in sexual activities yet, and research has found that pedophiles have developed a substance use disorder or dependence and depression. Pedophilia is a form of liking a child sexually, yet, Pedophilia is different from child molesters, child molesters are defined by their acts while pedophilia is acted upon by their sexual desires. Pedophilia is a psychiatric disorder in which an adult form a sexual liking towards a child, generally from age 13 or younger.

Pedophilia is convicted by the law and is seen as a horrendous act from which the victims may have experienced traumatizing events.

“I love you; you're too mature for your age.”

In love, age does matter.

Reference: Brown, 2021

Find out what you haven't found out: 20 Trivia about Science and Technology

By: Clarissa Mae F. Braga



Science has become the bridge for us to adapt elucidation of implausible experimentations. It gives us the knowledge to develop technologies. Its scientific methodology acts as the source of our knowledge when it comes to creating ideas and inventing new pieces of machinery. Science is immense and you probably haven't discovered many facts about it.

Ever wonder why humans can't burp in space? Ever wonder whether clouds weigh? Do you know that our stomach can dissolve blades?

Let us now diversify our knowledge. Here are 20 facts to assimilate and broaden our sophistication.

1.) The Eiffel Tower can increase its height and be 15 cm taller during the summer.

Yes, you read it right. During summer, the Eiffel Tower does not only heats up, but hence it also rises. Its iron particles expand which cause it to take up more space. This is due to thermal expansion, where heat elicited by the sun is absorbed by the metal.

2.) Light can travel from the Sun to the Earth faster than you solving your math homework.

Light from the Sun only takes 8 minutes and 19 seconds to arrive here on earth. As quick as the flash indeed. Light is the fastest entity in our universe.

The speed of light is measured up to 299,792,458 m/s. Light waves are independent. It does not require a medium to travel. Its speed is fastest through a vacuum and air, and slowest through other mediums such as water and glass.

3.) Small but terrible. A flea can accelerate faster than the space shuttle.

A flea can jump reaching a height of about 3 inches per millisecond. It can accelerate 20 times faster than a space shuttle. Fleas are stretchy rubber-like which allows them to store and release energy like a spring. Its tiny size also makes it easier for them to carry their body. Their acceleration is ap-

proximately 100 times the force of gravity.

4.) Some asteroids became the moons of planets.

Many asteroids have been captured by a planet's gravity. While asteroids float all over space, the planet's gravity pulls it close to its atmosphere, attracting and trapping it to be its moon. Asteroids rotate around the sun as well, they sometimes tumble erratically. Mars' moons, Phobos and Deimos, are some of the moons that used to be an asteroid. Most examples of these were the outer moons of Jupiter, Saturn, Uranus, and Neptune.

5.) See better even without your lens correctors. You can see without your glasses.

Take off your glasses, then make a tiny pinhole using your fingers, and after that, look through it. No matter how blurry your eyesight is, this simple trick works.

When we use our eyes to see things, light needs to travel from a source, an object will reflect its light to bounce back to our eyes. The light will now then project the object to your Retina making it form into an image. The lens in our eye can only focus light coming from one dimension only. Due to the light that naturally spreads across your Retina every time an object is near or far from your lens, the repercussion of our vision to an object becomes blurry. Because of that, the muscles in our eyes that can contract the lens come into play.

6.) It's merely possible to survive a grenade blast on land rather than on water.

Many might have already known that a grenade is harmless as long as you got the pin in place. And when the pin is removed, as quick as the light, the spring-loaded handle will instantly fly off and then show off its treacherous stunt. Explosion.

Ever wonder why or for what are the bumps covering the grenade? The number of the bumps it is covered with indicates the number of bullets it releases

in all directions. Commonly, an ordinary grenade consists of 40 bumps which makes it also consist of 40 bullets. When encountering a grenade blast, on land or water, you might want to run or swim away as fast as you can.

And now, the pressure from the water against the grenade projectiles would be so great, the projectiles would disintegrate before they make it anywhere near the safe place.

7.) Why lose weight? When you can lessen weight. You'd weigh way less on the moon. The moon's gravity pulls an object less strong than that of Earth. Compared to the earth, the moon is just 1 percent mass of the Earth which makes its gravity much lower. Your weight on the various planets varies depending on the planet's mass.

8.) Human stomach is capable of dissolving razor blades. Our stomach is a potent enemy of blades together with the acid it consists of. With its high composition of acids, When metal collaborates with acids, its particles trade places with hydrogen. After that, the hydrogen amalgamates as a gas which leads to the repercussion of the metal breaking down into pieces.

9.) Don't judge a book by its cover. A cloud can weigh over a million pounds.

You might have already heard about some of the types of clouds, or not. Ever heard the word stratus, cumulus, and cirrus? These are the basic types of clouds we commonly used to indicate unprecedented formations of clouds.

Let us be deductive and diversify about the cumulus clouds. These clouds can weigh up to 1 billion and 400 million pounds. Hence it is about 800 million pounds less than dry air of equal volume.

10.) Soil has life. Soil is alive and well. A teaspoon full of soil can be composed of microorganisms that are more than

the population on our planet. Microorganisms have several kinds: Bacteria, Algae, Fungi, Microscopic insects, Earthworms, Beetles, Ants, Mites, and many more. These organisms embody the greatest concentration of Biomass all over the planet.

11.) There are more trees on Earth than the number of stars in our galaxy.

NASA has reported that the number of stars can reach from about 100 up to 400 billion buoyant in our milky way. While Snopes, a checking website, just reported way back in 2015 that the number of trees around the world is about 3.04 trillion.

12.) Oxygen has a color, and no, we are not color blind.

We all know that oxygen is a gas, and this gas is known to be odorless and colorless. Although, when in liquid or solid form, it is seen to be a pale blue color and is strongly ferromagnetic. Absorption performed by the oxygen is required to look for a light from the red region of the spectrum. And when the red light is absorbed, the blue light is transmitted and reflected.

13.) Only two letters don't appear in the periodic table.

You might haven't noticed that there are still 2 letters that aren't included in the periodic table. These letters are J and Q.

14.) Hot water freezes faster than cold water.

It is all because of the Mpemba effect. This explains that when the water is hot, no convection will occur and the bottom part is where the freezing action will start. Science experts now believe that the velocities of water particles have a specific disposition while they're hot that allows them to freeze more readily.

15.) It's impossible to burp in space.

At the point when you burp on Earth, gravity holds down the solids and fluid from the food you recently ate, so just the gas escapes from your mouth. Without even a trace of gravity, the gas can't separate

rate from the fluids and solids, so burping transforms into vomiting.

16.) Men are more likely to be colorblind.

Men are significantly more prone to be visually challenged than ladies because the qualities answerable for the most well-known, acquired partial blindness is on the X chromosome. Males just have one X chromosome, while females have two X chromosomes.

17.) It is called the Firefox but its logo isn't a Fox.

There is a typical skepticism that because the program is named Firefox, the logo should be a fox. Shockingly, the adorable fuzzy animal in the logo is a red panda!

18.) A Video Camera Recorder that is as huge as a piano.

At the point when the main VCR (Video Camera Recorder) was made in 1956, it was the size of a piano. Way greater than I would have speculated!

19.) The first Computer mouse used was made of wood.

It was rectangular and included a little button on the upper right. The inventor considered it a mouse because the rope returning out of the helped him to remember the little rodents.

20.) The QWERTY style has a purpose to make you type unhurried.

QWERTY was intended to dial you back. The first begins to bode well when you check out manual typewriters. On the off chance that somebody composed too quickly, the keys would stick. QWERTY put normal letters in order a good way off from one another and eased back typists down.

References:

How It Works Team, 2019; Susheela, 2021; Macdonald, 2018; Pappas, 2016; Yuko, 2021

MOLNUPIRAVIR SEES EFFECTIVE TREATMENT AGAINST COVID-19, MERCK SAYS

Written by: Kenneth Ivan B. Pagdanganan



Due to the rising number of Coronavirus Disease 2019 variants existing, vaccines such as Pfizer, AstraZeneca, Sinovac, J&J, etc. are also rapidly being created.

At the end of September this year, Merck and Co. officially announced that they were developing an antiviral drug to treat the said virus to stop the transmission of its variants; the Molnupiravir.

On September 30, the company told the media about their drug candidate against COVID-19. Mol-

nupiravir, unlike COVID-19 vaccines, would focus on the viral polymerase or the enzyme that copies the virus to spread.

Experiments and trials for the drug showed within five days of taking the drug; 100% of the patients have been recovered and 76% of placebo patients who participated had not been detected of the virus.

As they collaborated with Ridgeback Therapeutics for the Phase III treatment from the early of October up to the early of November, showing better results to be a possible drug for COVID-19 along with Remdesivir.

Because of this, the United States of America already requested 1.7 million capsules while the United Kingdom ordered almost 500,000 courses of the drug. Statistics showed once it is approved by the Food and Drug Administration (FDA),

it would be more affordable especially for the third world countries.

Despite its advantages, Gandhi warned the people to finish its courses in five days taking four pills in a day to expect the best outcome for their body. "Ultimately, it depends not on the virus or the drugs-it depends on human beings," he stated.

As of November 2, 2021, along with Molnupiravir, more drug candidates against COVID-19 have been undergoing testing; the Area Pharmaceuticals and Roche are developing a similar drug; Pfizer's target on SARS-CoV-2 protease inhibitor which stops the fusion of the virus itself with human cells.

According to Merck, they estimated to have completed 10 million courses by the end of the year.

THE WAR VS. ANTI-VAX

By: Mark Daniel Dubria

The anti-vaccination movement has had a long history, and it certainly spiked nostalgia amongst science geeks. According to the World Health Organization, vaccine hesitancy is a top threat to global health even before the pandemic.

As the number of people getting vaccinated against COVID-19 increases, the number of people having vaccine hesitancy increases too because of the continuing appearances of hoaxes and misinformation in social media.

Experts all over the world are trying to find ways to effectively spread the right information and scientific facts to the public with the help of the government in continuous knocking down of anti-vax efforts.

Different parts of the world have varying rates of vaccine hesitancy, and some have found that the percentage of a nation's people vaccinated starts to plateau after reaching 50% to 70%.

A Pulse Asia survey conducted last June 2021 in the Philippines has shown that 43%

of respondents has claimed that they wanted to be vaccinated, 36% has said they didn't, and the rest is still undecided. This has been an improvement from a poll shown last February, which says that only 16% are willing to be vaccinated while 61% were not.

Vaccine hesitancy is not the only obstacle to accelerating inoculation drive. There is still more to be done in making vaccines available to the public and for those who are wanting to get one.

Vaccines are believed to be effective in preventing severe symptoms that require extra care in hospitals. "No matter how much the number of beds increases and capacity expands, the main plug must be closed," said Cov-Navi's Kensuke Yoshimura of Japan. Combined with strict implementation of social distancing and border control, "vaccination would be the most effective" measure for fighting COVID-19, he added.

MEDICAL ASSETS DECLINE AS COVID-19 CASES RISES

By: Pamela Delos Reyes



the shortage of health labor force, the massive migration of medical professionals put the government on alert.

The continuous number of medical frontliners withdrew in their position, further stirred up the difficulty of battling with both the health crisis in the COVID-19 surge and the regular medical care. This prompted the government to look at the relative clause of workforce scarcity.

The Chairman of the House Committee on Social Services, Rep. Alfred Vargas, recently filed a resolution that centralizes the concern over nurses and medical staff going abroad due to the "challenging

working conditions" in the country. He stated the immediate need to prevent mass migration by providing a certain increase for their work pay and benefits. DOH has yet to respond.

MEANS FOR COVID-19 ON SCARCITY, OVERPRICING OF PPE'S ANOMALY RESURFACE

Healthcare workers were infuriated not just with the salary and benefit deficit but also with the evident negligence of the government with their welfare.

The Upper House along with the Department of Justice (DOJ) and the Commission on Audit (COA) investigated the suspected "tampering" of face shields supplied by a pharmaceutical company, Pharmally.

Different health workers together with their sectors expressed their great agony and stated, "We feel betrayed", up-

on knowing that expired face shields were distributed for them to use.

The discussion has yet to continue as this involved some political interests and some lawmakers hint at suspected graft involvement. When these concurring events shot up together with the medical necessities incapacity, frontliners and Filipinos could never be more tired and dismayed.

References: Dela Peña (INQUIRER), 2021; Gonzales (INQUIRER), 2021; Casayuran (MANILA BULLETIN), 2021; Porcalla (PHILSTAR), 2021; Gonzales (INQUIRER), 2021; Mercado (INQUIRER), 2021; Beltran (PHILSTAR), 2021; Davila, (ANC), 2021; CNN, 2021

Conspiracy of Vaccine

By: Jazmine Marie G. Agoncillo



"Be aware of vaccines being diverted and reintroduced into the supply chain, with no guarantee that the cold chain has been maintained," said World Health Organization Director-General, Tedros Adhanom Ghebreyesus, amidst the purchasing of stolen and fake vaccines, fake vaccination cards, and fake negative swab test results from the dark web which are

then being circulated all over the world.

BBC has \$500 and \$750 on the dark reported that there are doses of AstraZeneca, Sputnik, Sinopharm, and Johnson & Johnson vaccines that are offered for prices between web (a web page that is not easy to access by regular browsers). They also offer fake vaccination cards and a fake negative swab test for \$150.

On the other hand, numerous false statements about the vaccines are spreading since technology is far and wide, such as (1) vaccines are poisonous; (2) vaccines cause autoimmune diseases; (3) vac-

cines reduce the number of symptoms that people have from that virus; (4) no such thing as a safe trial with vaccines, and (5) vaccines are not safe, and companies are not liable.

Vaccines are tested to secure an efficient method of protecting yourself against potentially fatal diseases before coming into exposure with them. According to WHO, "Vaccines train your immune system to create antibodies, just as it does when it's exposed to a disease. However, because vaccines contain only killed or weakened forms of germs like viruses or bacteria, they do not cause the disease or put you at

risk of its complications."

In conclusion, do not immediately believe all the unauthorized articles on any social media platforms to avoid sharing misleading information about vaccines with other people.

Reference: Darcy Jinenez (PHARMACEUTICAL TECHNOLOGY), 2021, and PLOS ONE, 2021; CNN Philippines, 2021; Kat Jerich WORLD HEALTH ORGANIZATION (WHO), 2021; WHO, DEC. 2020

**MOST SIGNIFICANT WIN IN PH SPORTS:**

Caloy Yulo clinches 2 podium finishes; becomes the **FIRST** Multi-medaled Filipino Gymnast in Gymnastics World Championship

by: Carlo T. Arsula

Caloy Yulo rised to the occasion and claimed Gold in a vault in the 50th FIG Artistic Gymnastics World Championships, on Saturday, October 24 in Kitakyushu, Japan

In vault, the 2019 world champion stunned his opponents with his looking solid Kasamatsu routine that earned him 14.800 points that led the scoreboard.

Caloy Yulo took a deep breath and proceeded to his sensational second routine; the Dragulescu routine that according to his coach, it took them several months to polish. He landed high on perfect and obtained his biggest merit, 15.033, wowing the hometown crowd of Munehiro Kugimiya, his 3 years Japanese coach.

Getting above average score was something that Carlos Yulo and the team had not to be complacent for. Ukraine's Nazar Chepurnyi who's an underdog coming to the prestigious competition, made a surprise upon topping the qualifying round on Wednesday.

On his first attempt, Nazar earned an above-average grade of 14.866. However, he failed to keep his momentum alive after not giving justice on his landing using the Kasamatsu routine that gave him a 13.433 score which caused him to tumble and settle for seventh place.

Hiddenobu Yonekura of Japan managed to maintain his composure in front of the Japanese spectators but not enough to surpass the PH pride. The Japanese gymnast averaged 14.866 points and settled for the silver medal.

The USSR-born Israeli artistic gymnast, Andrei Medvedev who put on a fabulous display, obtained an average of 14.469 during the finals, placing him in third place.

Warm congratulations flooded on social media after Carlos Yulo stepped on the platform placer for the second time.

But at the same event, on October 23, 2021, stars didn't align for Yulo after failing to defend his title on the men's floor exercise.

cise. He garnered a 14.566 grade and got a deduction from falling out of bounds while executing his routine.

"I [will] just accept the result. It's not in my control. I'm glad that I am safe after that (downfall).." Yulo said in his pre-competition interview.

Yulo became the first Filipino and youngest south-east Asian gymnast to receive a medal in three consecutive Worlds; and the first to capture two medals in the same edition. He previously bagged the title on parallel bars a few hours after the vault's final.

According to the Gymnastics Association of the Philippines (GAP) president Cynthia Carrion, "He [Yulo] got motivated because he was very disappointed in how he did in the Olympics when it was not supposed to be that way. He was supposed to be getting the gold. He got motivated and trained harder and made sure that he's more relaxed when he's competing instead of being tense."

Yulo is an "explosiveness and strength" athlete. But the fact that he was able to get silver in a discipline that focuses on finesse and rhythm is a good sign. The 19-year-old prodigy is just getting better and better with each competition.

Just so everyone knows how significant this victory of Caloy is, no other athlete in the history of the Philippine Gymnastics, male or female, has ever accomplished what #GoldenboyCaloy has done in just 2 years.

At the present, Philippine individual sports contenders are making a huge splash for the country. With Diaz, Yulo, and Obiena giving worthy Olympic performances in Weightlifting, Gymnastics, and Pole Vault which are "non-existing" disciplines in the Philippines, it is a high time for the country to balance and convey equity; to focus on developing and furthering individual sports.

We have long been succeeding in these. We earnestly hope that more support will come out of this recent victories as we have a lot of potential gymnasts and aspiring athletes in the country.

Magsayo Takes Down Ceja; Remains Unbeaten

by: Thomas James M. Mangada

Setting the record straight and unblemished, Filipino fighter Mark "Magnifico" Magsayo blasted off a superb finish over Mexican boxer Julio Ceja to capture WBC Featherweight World Champion's title shot on August 21, 2021 at T-Mobile Arena Las Vegas.

Landing the best shot of his career, Magsayo hit a double straight punch into the jaw of Ceja, Knocking him out and bagging the WBO International Featherweight title.

Magsayo pulled off a signature backflip celebration after the referee stopped the fight in the way of knockout to Ceja.

"Nakita ko na binabantayan na lang niya 'yung hook ko, 'yung straight hindi na. Kaya dun tumama ang straight." Said Magsayo.

Bohol's fighting pride established a strong 23-0-0 (16 KO's) record as one of the top Filipino promising and young boxers as he led the Filipino world title prospects.

The Boholano fighter Magsayo took a long road on his dream to fight on a Pacquiao undercard. Since he was a kid, he has sold pandesal and ice cream as a street vendor.

"I prayed that one day I would fight on the undercard of Senator Manny Pacquiao, and finally, my dream has come true," Magsayo stated.



The fighting undercard of Pacquiao VS Ugas, Magsayo unleashed an energetic start to pull off a counter left hook and dropped Ceja on the ground in the first round.

Coming back with domination, Ceja connected his body shot combinations to slow down Magsayo and force his way back into the fight.

The former World Champion from Mexico found his rhythm and released a tremendous left uppercut to pull the Filipino boxer down the canvas late in the fifth round.

The 26-year-old Filipino fighter worked on trading body punches to claw his way back in the sixth and seventh rounds.

Stepping aggressively at the perfect time, Magsayo fired up his stamina to finish the ninth round as he landed a stinging left hook after the

momentum loss of Ceja.

Magsayo put up an impressive run in the tenth round as he knocked Ceja unconscious with an explosive double right straight punch, making him a contender for "Knockout of the Year."

Magsayo became the top contender for the World Boxing Organization (WBO) title match after this brutal win over Ceja.

"I'm so glad for the outcome. I expected his style to make it happen, and I expected a knockout tonight. It's my dream today, and now it's coming true. Hopefully, my next fight is a world title shot," Magsayo stated.

After suffering the brutal right-hand punch that resulted in a cheekbone fracture but no brain injury, Ceja was already released from the hospital.

Legendary Finish: Pacquiao Announces Retirement

By: Thomas James Mangada

Eight-Division World Boxing Champion Manny "Pacman" Pacquiao bids farewell to the world of boxing after 26 years of greatness as a prolific boxer.

Pacquiao delivered his 14-minute heartwarming video of making an end to his fabulous career in professional boxing.

"Today, I am announcing my retirement. I never thought that this day would come. As I hang up my boxing gloves, I would like to thank the whole world and especially the Filipino people for supporting Manny Pacquiao." said Pacquiao.

Pacquiao furiously fought his best shot to capture a title against Yordenis Ugas of Cuba but lasted in a unanimous decision defeat last August 21 at T-Mobile Arena in Las Vegas, Nevada.

The fighting pride of General Santos City is a world-renowned icon in boxing history as he marked a whopping record of 62 victories, eight losses and two draws with 39 KOs across his fantastic run.

Pacquiao made his mark on defeating fellow legends like Oscar De La Hoya, Erik Morales and his memorable duel with Mexican fighter Juan Manuel Marquez.



The Legendary trainer Freddie Roach showed his overwhelming love to Pacman over the years of teaming up and guiding him to conquer big names in world boxing.

"I said to him, 'You are the greatest,' Roach tweeted with a photo of him with a tight hug of celebration after the fight against Ugas.

The 42-year-old boxer gave his last remarks to all of his fans worldwide to thank them for never-ending support to his career.

"To the greatest fans and the greatest sport in the world, thank you! Thank you for all the wonderful memories," Pacquiao said in a tweet.

References: Twitter: @Manny Pacquiao and @FreddieRoach

Lagay ng isports sa bansa sa gitna ng pandemya, inihayag ng GAB

By: Nashlei Angeli Liki

Nagdaos ang Philippine Sports-writers Association ng Online Sports Forum kasama ang Chairman ng Games and Amusement Board Abraham "Baham" Mitra sa Facebook Live ng PSA Facebook page noong Setyembre 28, 2021.

Inanunsyo ng GAB na pumayag na ang DOH sa hiling na gawing libre ang medical at neurological service para sa mga atleta.

Kumpanyansa naman ang mga opisyal, maging ang ibang mga atleta, na magiging ligtas

ang mga gaganaping sports event sa susunod na taon kasunod nito ang mabilis na pag-rollout ng mga bakuna.

"GAB is now ready to provide free hematoma screening tests for our personal athletes," ani Chairman Mitra.

Sa kabilang banda, masayang inihayag ni Chairman Mitra na ang "going strong at highest growing sports" na e-sports ay rehistrado na sa GAB.

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Multi-Awarded Chief Justin Arana not Closing Doors on Japan B. League’s Offer

by: Carlo T. Arsula

A growing exodus of top Filipino basketball talent and skill in the Japan Basketball League is sparking a fan base unlike any in recent years.

Arana, who now stands at 6-foot-7, has received interest from a recruiting agent in Division II of Japan's premier basketball league. This may as well be a prediction of what could be the future Mythical Five in the PBA and future young gunners of the Philippine national team:

Kiefer Ravena of the Shiga Lakestars, Rayray Parks of Nagoya, Juan Gomez de Liano of Tokyo Z, Javi Gomez de Liano of Ibakari, Kenmark Carino of Aomori, and Thirdy Ravena, who is entering his second season with San-En NeoPhoenix.

What has started with one player testing the waters has ballooned to eight (8) so far, with the keywords notable as "so far" as more people are rumored to be and are evaluating their chances on foreign shores; Justin Arana, one of the Philip-

piners' brightest young prospects is still undecided on forgoing his second and last playing year with the Arellano University Men's Basketball Team.

"Yes totoo po yan. Hindi ko pa naco-confirm sa kanila kung tatanggapin ko ang offer." Arana admitted.

"Kaso ang problema is Arellano, di kasi sapat yung 1 year ko, oo nga may nakuha akong award pero di naman kami nakapasok sa final 4." he added.

The 22-year-old banger was hailed as the NCAA Season 95 Rookie of the Year after transferring and playing for the UST basketball team for three years. He averaged 13.4 points on 51-percent shooting, with 7.8 rebounds, 2.8 blocks, and 1.4 assists as he also won the Defensive Player of the Year plum after the team came in with little success as the Chiefs fell to the bottom of the standings with their record of 4 -14 wins and losses.

"So parang useless din, utang pa rin ako sa kanila kasi sila yung nag-buhay ng career ko, binigyan nila ako ng second chance, so nahihirapan talaga ako mag decide."

But the hotshot center, who led the Arellano Chiefs Basketball Team in the NCAA Season 95, declared that the instability in the local sports scene caused by the worsening COVID-19 crisis ultimately would lead him to look for playing opportunities overseas.

"Magda-dalawang taon na rin (postponed) at hindi tayo pabata, patanda na tayo, tsaka pandemic din ngayon. Parang need ko na talaga mag desisyon. If ever man na wala pa rin, bibitawan ko na, sayang yung mga opportunities na dumarating."

For Arana, the financial benefit of accepting an offer in the Japan Basketball League would greatly help his family, especially since the Philippines is still in a pandemic with strict government regulations. The annual salary of Japan B League imports divided by 12 months is reported to be equal to or higher than the maximum monthly salary of a PBA player.

From that perspective, we can say that an overseas offer can secure his monetary needs and the family's future.

So, what could make him possibly stay for Arellano?

"May utang na loob ako sa kanila kasi sila yung nag-buhay ng career ko, binigyan nila ako ng second chance."

Commitment. Loyalty.

What if Justin Arana accepts the offer? Is it fine with the management and coaching staff? "Supportive sila sa akin kasi alam nila yung situation ngayon na pandemic. Mahirap din ngayon. Okay lang sa kanila kasi magandang opportunity ito kaya hindi daw nila ako mapipigilan."

Off the court

Justin Arana is currently a 4th year Hotel and Restaurant Management student.

The student-athlete expresses how grateful he is to his professors for being understandable and supportive of him and his fellow student-athletes.

"Swerte ako kasi naintindihan nila ako, especially sitwasyon ng athletes. Sobrang hirap pagsabay sabayin, training sa umaga

after nun pasok tapos workouts".

Besides the supportive Arellano community, Justin Arana is also thankful for his family which has stood behind him since day one of his school and basketball career.

"Di naman tayo nawawalan ng problema kahit sa acads, training. Family ko talaga ang nagsu support sakin if ever man na kailangan ko ng tulong."

Justin Arana is also a champion of his own story after battling with mitral valve prolapse. According to Hopkins Medicine, it is a condition of the bulging of one or both of the mitral valve flaps (leaflets) into the left atrium during the contraction of the heart.

During his UAAP stint, he was sit-out for five games after he collapsed on the ground during a scrimmage and began to palpitate.

Justin Arana's comeback on the basketball court has become a beacon of hope to those who have been disheartened if they would be able to go back to doing what they love because of the issues and problems they are facing at the present time.

Philippine Men and Women’s Team Gain their Experience in 2021 Asian Volleyball Confederation

by: Kim Abigael Malilay

The Asian Volleyball Confederation — AVC organized the annual International Volleyball Club Tournament in collaboration with the Thailand Volleyball Association (TVA). The competition was held in Nakhon Ratchasima, Thailand, from October 1st to 7th, 2021.

After almost two (2) years of absence in the international scene, the Philippine Women’s Volleyball team sent their delegates who were separated into two (2) teams, the Rebisco Team

and the Choco Mucho team.

It wasn’t easy for the two (2) teams as they had to adjust because of the fully revamped system, as new players as well as coaches were introduced.

Both teams had their winless record and fell to the last spot in their designated pool which pushed them to face the toughest teams in the semi-final round of the competition. Team Choco Mucho and Team Rebisco ended their chance for a

podium finish after suffering a straight set loss to Kazakhstan's Altay VC and Thailand's Diamond Food VC.

In the Classification round, Choco Mucho had to play against their sister team, Rebisco, which is already a familiar situation for them as they already had several tune-up games before flying to Thailand.

"It was fun going up against Choco Mucho, especially when there were stare downs, but at the end of the day, we're all part of the Philippine team, so this is a good experience," Kianna Dy said.

Kalei Mau, the Hawaiian-naturalized player, who was a showstopper and one of the key players of the

Choco Mucho team, had a contiguous score throughout the competition, tallied a team high record — 12 points per game.

"I think the future of the Philippine volleyball program is going to be very bright as long as we continue to bring up each other and build on the program," she stated.

On the other hand, after winning the historic Silver Medal in volleyball at the 2019 Sea Games, the Philippine Men's Volleyball Team took it to the next level and competed in the 2021 Asian Club Championship.

The long-time captain of the Men's Volleyball Team, John Vic De Guzman

claimed that it was immensely difficult to play an international game, especially in this time of pandemic. There was only a short amount of time to train and the team must adhere to numerous safety protocols. But John Vic, expressed gratitude, in behalf of his team, for the opportunity to play with Olympians, particularly those from Iran.

At the final result of the tournament, the Philippines Men's Volleyball Team (Rebisco) landed in 9th place as their final standing. While the Philippine Women's Volleyball – Rebisco Team landed in last place with a winless record, and the Choco Mucho Team landed in 6th place with a single win and 4 losses in their games.

Philippines' longest US Open Pool Championships Drought has Broken!

by: Kenneth Ivan Pagdanganan

Coming from a 27-year drought, Filipino Pool Player Carlo Biado marked a come-from-behind triumph against Singaporean Aloysius Yapp at the 2021 US Open Pool Championships on September 18 at Atlantic City.

Although, his journey climbing to the top was not easy. After winning three consecutive rounds in domination, he failed to earn the conquest facing David Bermudez of Spain in the 4th qualification round on a race to 11 with 5-11.

This put him up to fire more shots to stay alive as he succeeded between Danish

player Daniel Schneider with an 11-3, and Jeffrey De Luna of the Philippines, 11-6. Lastly, for the Losers qualification round, he arose, opposing Jayson Shaw of Scotland, 11-8. But, the Filipino standout escaped the threat of being eliminated against Johann Chua, 11-10.

In the Semifinals, Yapp swept another Filipino hopeful, Dennis Orcollo with the domination of 11-6. Meanwhile, Biado went from a neck-to-neck race between Naoyuki Oki of Japan to grab a ticket into the Grand Finals with 11-9.

Biado hooked the opportunity to finish the last 10

racks then secure the momentum to become the second Filipino to be the titleholder of the said tournament after Efren “Bata” Reyes in 1994.

Leading 8-3, Yapp seemed to steal the match, but Biado started his streak on pockets after committing a bad shot.

The moment he successfully took his clean-the-table shot, the 37-year old stepped onto the billiards table and celebrated.

“I’m very happy because this event is one of my dreams... I dedicated this to my family, also to my baby. Thanks to all of you. Even in the time of [the] Pandemic, you're still here watching around the world.” Biado stated.

He brought with him \$50,000 (2.5 Million Philippine Peso) and a Trophy. Yapp, on the other hand, received \$25,000, one of the top 2 out of 256 competitors in the prestigious US Open Pool Championship.

“I am lost for words; I feel grateful to be in the final and all the fans have been awesome so thank you. I know I can do it. I am coming back stronger next year.” The 27-year old said before leaving the venue.

Before playing Billiards at the age of 14 influenced by his father, he once worked as a caddie at Villamor Air Base Golf Course. Through this, the sport opened a successful door for him as he won many tournaments before his peak. Amid the

Pandemic, they took a risk to travel from La Union to New Jersey with his wife to join the 2021 US Open Pool.

The pool legend confessed that he has been staying in the USA for four months already and hoping that many competitions would be held in the country so he may make it his training ground for future competitions. He added that the strict protocols of the Philippines were one of the factors that made him flee to America.

Biado's recent achievements before joining the said tournament were Gold at the 2015 Singapore Asian Games Doubles, 2017 Kuala Lumpur Asian Games as singles, 2017 World 9-Ball Championships, and the 2017 Southeast Asian (SEA) Games.



The Code Will Not Be Broken; Blacklist International, MPL Philippines' Season 8 Champion!

by: Carlo T. Arsula

Stanley Laguio Kicks off

by: Adriane Jefferson Alilio

Stanley Roy Laguio bagged the gold medal in the Bantam-weight division of the speed kicking event in the NCAA Season 96 last June 24, 2021. His victory was also Arellano's first medal gained during the season which placed the Chiefs on the tally board. Laguio scored an average score of 6.583 points to beat Axi Zerrudo of San Sebastian (6.442) and San Beda's Michael Macario (6.383) as they, later on, took the silver and bronze medals, respectively.

Laguio was overjoyed as he won the Gold for he did not expect that he would win it. He was very thankful that all his hard work and support from his coaches paid off in the end.

After his victory from the NCAA, Laguio represented the Chiefs again in The CPJ Online National Speed kicking and Poomsae Championships last August 29, 2021. In the said competition, he faced hundreds of Taekwondo athletes around the country. Laguio proved his skill and caliber by taking home the bronze as he tied with Joseph Chua who was a member of the National Team.

The black belter from Butuan has come a long way starting from playing basketball and Sepak Takraw during his youth, he then discovered Taekwondo in the 9th grade and fell in love with the sport. After lots of trainings to improve his skills, he gained the opportunity to compete nationally as he represented Region XIII in the 2017 Palarong Pambansa - Taekwondo Sparring event. Although he did not win, he gained lots of experience and techniques. He continued to train to improve his skills which later on lead to his tryout and acceptance to Arellano University.

Even with the limitations brought about by the COVID-19 pandemic in the trainings of athletes, Stanley continued to train on his own two times a day to keep his body in shape while continuing his studies as a 4th year BS Criminology student.

As the NCAA Season 97 opening comes closer, Stanley's goal is set straight on defending his title in The Speed kicking Bantamweight division and to also win in the Taekwondo Sparring Division as his one last kick for the Arellano University.

On Sunday, October 24, 2021, Blacklist International successfully defended its reign by defeating Onic Philippines 4-1 in the MPL Philippines Season 8 Grand Finals at the World Trade Center in Pasay City.

After a looking strong run on the upper bracket, where ONIC PH dismantled and upset both tournament favorites - Blacklist International and Smart Omega accordingly, the ONIC PH advanced to the Mobile Legends: Bang Bang Professional League Philippines (MLBB PH) Season 8 grand finals ahead of the competition and awaits for the winner of Match No. 7 as Blacklist face their rival Smart Omega.

Blacklist International crawled their way from the lower bracket. It's unfamiliar territory for them, but nonetheless, they made a statement after they dropped their eternal rival and they avenged themselves by setting up a title clash with Onic Philippines later that evening.

Overview

For Blacklist and ONIC PH, this was now a chance for them to show the world how hard they worked since Day 1. In their first match, Blacklist won over ONIC PH, 2-1 game. On week 6 of MPL, ONIC PH was the first team to decode the Blacklist PH with a sweep game.

ONIC's Baloyskie who was formerly known as Greed, was playing to fulfill a promise and bring back the crown to ONIC PH while Blacklist's OhMyVenus who is a crucial piece to the puzzle of the team, was playing for the code to make it stronger as they already established a connection with each other.

Can Veewise and the team, and their renowned UBE Strategy be effective against ONIC PH? Or ONIC PH would have an answer for Blacklist's Rafaela and Yve to skip the victory?

Game 1

Blacklist paid respect following their banned hero Ling after ONIC's Kairi dominated their last game using Ling. Facing Team Blacklists' siege composition with Aldous and Mathilda filling the artillery firepower, ONIC's all-in draft to get close to the backline was wholly nullified by Aldous' maneuver utility as well as Barats' ability to soak up any frontal initiations. Natan had a hard time dealing damage as Oheb had more time to earn gold and build items in the early part. Team Blacklist bought enough tempo and space for Dlaskie's Karina to fully shut down, and the formation now possessed the maximum charge required to shatter ONIC's crystal. In the latter part of the game, we got to see the desperation and winter truncheon game. Wise got a good amount of hits and Hadji had great positioning to get enough hits in those team fights using Yve throughout the game. It's a Sweet taste victory on the side of Blacklist International. Hadji was the game MVP who tallied 100% kills participation.

Game 2

ONIC's Markyyyyy stuck with his controlled hero as he still has Natan for the momentum breaker game, whereas Baloyskie chose Lunox, a late-game scaling hero. Kairi got his hands on Paquito, a familiar hero for him, while Dlarskie got his hands on Xborg. For Blacklist, it appeared that they were attempting a different game strategy, as Balmond was chosen for Wise and OhMyVenus chose Mathilda as her comfort hero. With his Yu Zhong, Edward attempted to go head-to-head with Markyyyyy. Both squads exchanged blows by

blows in a seesaw battle. ONIC started the game by ganking every position where they thought the Blacklist would run to. The Blacklist retaliated, and Hadji led the agents, dealing massive amounts of magical damage, particularly during his Real World Manipulation skill. It was a back-and-forth clash until ONIC eventually got their defensive equipment, and Blacklist found it tough to overcome. The whole A plan worked out for ONIC. The Athena shield was the key for Natan for his survivability with the 3 main magic damage heroes which gave him so much shield and magic penetration. Meanwhile, Dlarskie's Xborg played a crucial part during team fights. The combination of Grock and Natan was too much for Oheb to manage, even with the help of Wise and his Balmond. Blacklist International route a dive heavy composition for team fights and due to Beemo and Dlarskie's control, it was a difficult game for them. Going into game three, the series was tied one apiece.

Game 3

Onic PH executed their playoff mode. Markyyyyy was substituted by Hatred, who delivered on their game 2-win. ONIC let Mathilda through for a third game running but responded with the support combo of Gloo and Yve that ONIC stole away from Blacklist. With the presence of their Jungler Paquito and a Gold Lane Natan, the lineup looked serviceable in matching up against Team Blacklist's composition. However, a last-pick Jawhead for Onic turned out to be a complete disaster when Team Blacklist responded with a surprise Bane pick for Wise. The moment that Bane was locked in during the last 2 slots, it was the end for ONIC. It was a bad start for ONIC's core Lancelot after OhMyVenus Mathilda invaded them with his magic damage. Blacklist international has a respectable lead and it's way too much damage from Blacklist. OhMyvenus dominated the game and it was a very aggressive Mathilda that we got to see, ensuring the pick of the magic power emblem. Using the special skill of Bane, they had a big advantage in countering the heroes of ONIC PH and didn't miss a chance to block their opponent's skills. It was not one team blowing up, it was both teams exploding to each other, however, it was a fast win for Blacklist and the deadeye sharpshooter secured a first MVP for Wise and Blacklist International got the momentum with a 1-game lead series.

Game 4

Fans expected both teams to ban Natan and Mathilda, which were obvious strongest picks of either team, but surprisingly, only the pesky Aldous was banned; besides, Team Blacklist was able to snap up Bane and Paquito alongside Lunox in the first phase. Mathilda was still having its flight and Blacklist had everything they wanted after Chou was open for Hadji. On the red side, ONIC remained stubborn with their signature split-push strat and drafted Uranus, Natan, and Benedetta as their core. This time, they don't care about crowd control, it's all about who can initiate a better remark. The game was practically over around the 13-minute mark when the swordfish couldn't detain and lockdown the opposing Bane, which created plenty of space for Oheb's Harith to clear lanes of the Land of Dawn. They didn't have a UBE strategy and everything went smoothly for Blacklist. Blacklist didn't lose a member. It was a clean game after losing only one tower. They choked ONIC's Kairi on Benedetta and they had speed and burst for Harith and Paquito. After having a playoff run, decoding a code is just so disappointing on the part of ONIC, on the other side, it's a perfect game for Blacklist International, and the Regular Season MVP, Hadji, got another game MVP under his belt in grand finals with a 1/0/9 KDA.

Game 5

The fifth game turned out to be the series' final game. ONIC chose to change up its core by replacing it with Lancelot. It's Blacklist turn for Natan, and Mathilda is still OPEN for drafting. Blacklist focused on the objectives, the contest for the turtle, and has a few kills. Blacklist was getting a free farm while on the side of ONIC, they were having the struggle to pluck one of the members of Blacklist. This time around, Markyyyyy was in to help fix the situation for ONIC. However, it was too late for the team, as the code was reinvented and Team Blacklist was able to capitalize on the momentum and emerge victorious as the MPL Philippines Season 8 champions!

After his six seasons, Hadji finally got to raise a trophy, not just one, but two, as he was hailed the Regular Season MVP as well as the Finals MVP and was named as the "KDA Machine". Hadji's wide pool hero was a huge factor in the unpredictability of the team. His Blacklist family was ecstatic to finally see the 18-year-old tank/support finally capture the elusive crown after his combined killer instincts and epic playmaking ability enabled his teammates to secure the title.

It's also a win-win for the LGBTQ+ community as openly gay man shot-caller and team captain, OhMyVenus, clinched his back-to-back title with his long-time duo Wise. Two Championships for the VeeWise duo since they joined the Blacklist International after trading off with Kairi ONIC PH to Blacklist International.

Moreover, Oheb, who sat out their upper bracket loss to Omega due to a suspension, made his presence felt for Blacklist in the crucial match-up. He averaged 4 kills and 6 assists against 4 deaths.

It's not the end, but simply the beginning: 6 best-of-the-best teams all around the world are expected to clash for a chance to be crowned as world champions. Team Blacklist International will qualify for the MLBB M3 World Championship, which will be held in December. They will strive to defend the Philippine title and after all, it's not Blacklist's name that they are bringing behind their back; it's the whole country's pride and honor.



IMAGE BY ARELLANO UNIVERSITY—SPORTS OFFICIAL

AUWVT: Coach Obet Javier keeps Lady Chiefs fit and monitored despite having hard time; team is now 'ready to go' for new season

by: Carlo Arsula

Arellano women's volleyball coach Robert "Obet" Javier admitted having a hard time regaining the physical condition of each player.

"Walang face to face eh, so puro physical conditioning lang ang nangyari. Walang skills [training] na nagaganap" He said.

Coach Obet, who led Arellano to three consecutive NCAA women's volleyball titles, has previously said that he expected the Lady Chiefs to "go backwards" after losing precious time to prepare due to the pandemic. Unlike in previous seasons, Arellano was unable to hold training camps both school-based and locally to prepare for their NCAA campaign.

It was very unfortunate for the whole team because the NCAA deemed the coronavirus (COVID-19) outbreak a major concern just hours after their last match against EAC, on February 22, 2020. Then following over a month of suspension and thorough deliberation, the board officials termi-

nated Season 95 completely.

NCAA Season 97

After an almost two-year lull and months of ensuing virtual events due to the current COVID-19 pandemic and the country's strict health protocols, NCAA hopes to finally stage face-to-face games for the upcoming Season 97 with the slogan of "Stronger Together. Buo ang Puso" as every athlete braces and takes on the "new normal" in the aftermath of the Coronavirus pandemic.

Among the choices for the venue of the bubble set-up is Subic Bay, Zambales where several hotels have already signified intention to accommodate at least 800 athletes.

Coaches and athletes have confidently said that if the management would decide to push the type of bubble set-up, they would participate and represent their respective schools.

For Arellano Women's vol-

leyball team captain Carla Donato, they are very open to this kind of set-up and they are now very eager to regain their conditioning and strength. She has also admitted that the team has been wanting to have the physical trainings and actual games for a long time now.

Meanwhile, CHED will hold a vaccination drive for NCAA athletes next week.

National Task Force for COVID-19 chief implementer, Secretary Carlito Galvez, stressed that the vaccination program will pave the way for student-athletes to make a safe return to training and tournament.

Graduating players

After having a stellar performance over the years, the two (2) main-gunners, Regine Arocha has officially graduated, whilst, Necole Ebuena is still undecided on foregoing her remaining one playing year who signed with PVL team Choco Mucho.

"Wag natin kalimutan na bago maging player, estudyante muna yan. Hindi mo pwedeng pigilan yung pag graduate ng bata" Javier claimed.

But the doors will remain open for the Season 94 MVP and Best Opposite Spiker to help the team's quest for the 4-peat championship. There's nothing final yet on her eligibility since athletes can surely return to their collegiate teams regardless of joining in any commercial or professional leagues as long as they have the permission of the management committee and athletic directors contrary to UAAP's rule.

"Wag nilang kakalimutan yung mga natutunan nila sa Arellano at kung saan sila nanggaling"

"Di porket NCAA player ka ganun lang ang ibibigay mo, kailangan sumabay ka dun sa mga kasamahan mo" He added.

Following the footsteps of former Arellano standouts; Mary Ann Esguerra (Black Mamba Army), Jovelyn Pra-

do (Sta. Lucia Lady Realtors), Andrea Marzan (Sta. Lucia Lady Realtors), Sherley Salamagos (Balipure Water Defenders).

In addition, Faye Ann Flores, last season's team captain, and starting libero has also bid goodbye to her teammates and colleagues after finishing her stint with 3 championships in her back.

Goal and pressure

"May pressure, oo, pero ang masasabi ko lang ay ibibigay namin ang makakaya namin para sa school. Hindi muna ako magsasabi na kailangan namin mag champion" Coach Obet remarked.

With his remaining key players who are expecting to deliver; Princess Bello, Carla Donato, and lots of new lined-up players hope to have a better gelling and performance to defend the championship title and return the favor to the Arellano community and management.

Lagay ng isports...

FROM PAGE 39....

Kamakailan lamang ay naging matindi ang bakbakan sa larangan ng e-sports nang mai-uwi ng back to back champion na Blacklist International ang korona laban sa ONIC PH, 4-1, sa grand finals ng Mobile Legends: Bang Bang Professional League Philippines Season 8 (MPL PH Season 8).

Aprobado na rin ng GAB ang kauna-unahang professional chess league sa bansa na pinangunahan nina Joey Antonio at Eugene Torre.

Kabilang rin sa mga naging professional league ang National Basketball League (NBL), Women's National Basketball League (WNBL), Premier Volleyball League at Chooks-to-go Pilipinas 3x3.

Handa na ring sumabak sa professional league ang kauna-unahang grupo ng table

tennis sa susunod na taon.

"Were waiting for this group from table tennis, they have already expressed their intent," pahayag ni Chairman Mitra.

Mas magiging bukas na ang GAB sa iba pang mga professional boxers at mga sponsors nang makaraang ipaalam sa publiko ang pagbibitiw ng professional boxer at politiko na si Senator Manny Pacquiao sa larangan ng boxing.

Inaasahan naman ng GAB na papayagan na ng Inter-Agency Task Force (IATF) ang sports gatherings sa Pilipinas matapos makarating sa kanila na marami nang liga ang bakunado at handa nang sumabak muli sa laban.

"Kung nakakapagkampanya, nakakaikot at nagkakaroon ng social gatherings yung iba sa atin, bakit [bawal] yung mga sports people?," wika ni Chairman Mitra.

Nag-abiso na rin si Chair-

man Mitra na ito na ang kanyang huling termino bilang chairman ng GAB pagkatapos ng 15 na taong pag-seserbisyo sa mamamayan bilang miyembro ng House of Representative ng tatlong magkasunod na termino.

"We'd like to do other things outside being an elected public official. We'd like to go into a private life pero patuloy lang sa pagseserbisyo sa mamamayan kahit walang posisyon," ayon kay Chairman Mitra.