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The Arellano's Virtual Concert 3.0: AU Hanggang Dulo!

By Reece U. Tenefrancia and
Stephanie Lumongsud

ARELLANO UNIVERSITY SUCCESSFULLY HELD the #OneArellano Virtual Concert 3.0, entitled "AU Hanggang Dulo! Tunog AU, Tugtog AU" featuring the Wish 107.5's Artist of the Year 2021, Mr. Arthur Nery, and the Myx Music Award for Favorite Group 2019, the Silent Sanctuary, via Ticket2me website last January 23, 2022 with 5 time slots; 12:00 noon – 4:00 P.M., 4:00 P.M. – 7:00 P.M., 7:00 P.M. – 10 P.M., and lastly, 10:00 P.M. – 1:00 A.M.

The concert was hosted by Arellano University's Ms. Carlette Peronilla of DigiCom and Mr. Prince Esguerra of OSA Andres Bonifacio Campus. It officially started with a short welcoming message from the AVP for Basic Education, Dr. Eduardo Dela Cruz Jr.

This was preceded with the question, #BakitAUHanggangDulo from the hosts, which was answered by selected Chiefs namely, (1) Mr. David King L. Escio, a Gr. 12 HUMMS Student from Andres Bonifacio Campus (AU-ABC), (2) Ms. Thea Renee M. David, a Senior High School (SHS) graduate from Elisa Esguerra Campus (AU-EEC), (3) Mr. Einnor D. Asuncion, a Gr. 12 STEM student from Jose Abad Santos Campus (AU-JASC), (4) Ms. Lea Francyn S. Reyes, SHS alumni from AU-EEC and lastly, (5) Mr. Wayne Jeremy Lei L. Gallego, a Gr. 12 STEM student from Jose Rizal Campus (AU-JRC).

TURN TO P.8

SPECIAL SURPRISE FOR OUR SPECIAL TEACHERS

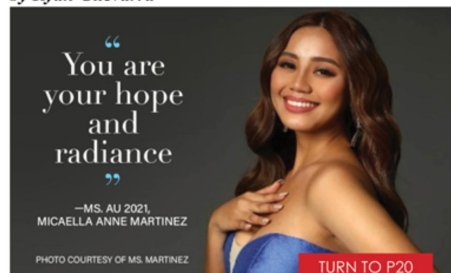
by Dimple Ann Omilig

"THE SUPREME STUDENT COUNCIL (SSC) has come up with a brilliant plan to surprise all the teachers. The 7th day of December 2021 in Arellano University – Apolinario Mabini Campus was the day the surprise event was held via Zoom and was hosted by two officers of the SSC. The theme for this special event is "Teachers at heart of education recovery".

TURN TO P.15

Embracing Beauty Inside Oneself: Miss Arellano University 2021, Micaella Anne Martinez

by Ryan Guevarra



"You are
your hope
and
radiance"

—MS. AU 2021,
MICAELLA ANNE MARTINEZ

PHOTO COURTESY OF MS. MARTINEZ

TURN TO P.20

JRC Congratulates Passers of the Criminologist Licensure Examination!

by Celine Inah J. Dela Cruz

THE PHILIPPINE REGULATORY COMMISSION administers 43 yearly board exams, including the Criminologist Licensure test (PRC). The Philippine Criminology Profession Act of 2018 or Republic Act No. 11131, or the Philippine Criminology Profession Act of 2018, is used to screen aspiring criminologists in the Philippines. With that being said, congratulations to our Newly Registered Criminologists with a First Takers' passing rate of 64.10% from December 2021 Criminologist Licensure Examination on a 46.17% against 34.16% National Percentage.

TURN TO P.21

Ma'am Cecille Dizon At KMJS

by Venice Garado



A SMALL ACT OF KINDNESS can have a huge impact on many lives.

On November 28, 2021, Ms. Cecille Dizon, Arellano University-Elisa Esguerra Campus (AU-EEC) OSA Branch Head, was featured on Kapuso Mo Jessica Soho (KMJS) for her act of kindness to the famous vlogger Ninong Ry a few years ago.

On one segment of KMJS, Mr. Ryan Morales Reyes aka Ninong Ry, a Youtube creator known for cooking different types of dishes and for his jolly personality, revealed one of his memorable experiences which involved AU-EEC's Ms. Cecille, as she was often called.

Back in 2017, Ninong Ry was teaching a group of school staff in a bread-making workshop. In the middle of the workshop, while Mr. Ryan was checking the double oven, an accident happened which left face and arms burned. He was rushed to the hospital to get first aid for his burns. At that time, Ninong Ry and his companions had no money to pay the clinic for first aid.

TURN TO P.12



ABC Celebrates MMAU 2022

by Mae Angela Y. Galeon

STORY ON P.10

HUMSS WEEK 2021@ AU PLARIDEL CAMPUS

by Ashley T. Pasia

HUMSSCLUBCONCLUDEDMONTH-LONGCELEBRATION, winners of competitions recognized

Amidst the pandemic crisis, the yearly culmination of Humanities and Social Sciences (HUMSS) Week within the HUMSS Month, was successfully integrated and made possible by the Arellano University Plaridel Campus AUPC-HUMSS Club via Zoom app, Oct. 29, 2021.



ACTIVITIES:

1. GLOBAL HAND WASHING DAY: PHOTOGRAPH
2. MR. AND MS. UNITED NATIONS 2021
3. A HUMSS MONTH ACTIVITY: WE ARE CHIEFS!

October 26 - 27 and 29, 2021
via Zoom

TURN TO P.25

Teatro Arellano, joins the 15th TANGHAL Theatre Festival

By: Juliana Kate Arcayos and Rcee Tenefrancia



Arellano University's theater group, 'Teatro Arellano', performed in the 3rd day of the 15th TANGHAL National University and Community-based Theatre Festival with a theme of "Theater in New Normal Life" via Facebook Live stream on the ARTIST Inc. and National Committee on Dramatic Arts (NCCA-CDA) official Facebook page last October 31, 2021.

To make this theater festival happen, the NCDA, together with LUSONG Luzon Network Inc. and ARTIST, Inc., have collaborated with universities and community-based theater groups and networks all over the country.

The event was hosted by Joan De Leon, a theater actress from ARTIST, Inc., and Ronie Protacio, a member of the National

Committee on Dramatic Arts.

The 3rd day of the 15th TANGHAL proceeded with the presentation of the films from different universities starting from Luzon;

- "Emosyon" (Tanghalang Bayan ng Kabataan sa Baguio)
- "2 and mukha ng Online Class" (Kaboronyogan Bicol Cultural Network)
- "Dakit/Salin/Tawid" (Teatro Ragayano)
- "Lihim sa Dilim" (Tanghalang SLU)
- "Papiatura Ko Nimu, Gwapo" (Bifan Youth Performance Council)
- "Poverty" (Stage weavers, India in collaboration with ARTIST Inc., Philippines).

Visayas;

- "Baling Mingawa" (Youth Advocates Through Theater Arts (YATIA)),
- "Pagbusay Ha Sulad" (Sirang Theater Ensemble Teatro Divino).

Mindanao;

- "Senyor Eras-

mus" (Teatro Guindegan)

National Capital Region Groups;

- "Pa-Juliet, Juliet lang" (collaboration of Alyansa ng mga Manggagawang Pangkultura sa Maynilaan at Karatig-pook;
- Guro sa Sining ng Bayan (GUSI); Teatro Arellano; Tanghalang Bagong Sibol Theater and Dance Co.; Hiraya Artists' Ensemble and; Collective Arts of Students and Thespians of the University of Makati)

Teatro Arellano performed "Litanya ng mga Pinagpala" from the 1907 *Lipang Kalabaw* - Flash Fiction, with Marc Noesis Marquez as the director, Janine Angela Martinez as the production manager, Femannuelle Carpio as the stage manager, Mia Flores and Jeffrey Bernades as the assistant stage managers, Angeleth Jacob for the subtitles, and Jirosie Mahinay, Andrea Bacera and Marc Noesis Marquez as the main characters - Maria, Felicidad, and Jose.

The performances and other outputs of the theater fest would serve as resources for the fulfillment of the CDA's strategic direction which is to draft an announcement for an envisioned Academy of Philippine Theater (Linangan ng Dulaang Pilipino). At the end of the event, the hosts expressed their utmost gratitude to the NCAA-CDA, the ARTIST, Inc., and to the 48 groups who participated in the 15th TANGHAL Theatre Festival.

Chiefs, Umigting ang Galing sa Spoken Word Poetry Contest

Isinulat ni Jann Patrick Trinidad Jusi

Matagumpay na na-daos ng Arellano University - Juan Sumulong Campus (AU-JSC) ang kanilang isinagawang patimpalak na pinamagatang 'Spoken Word Poetry Contest: #maalaalamAUkaya' na may temang "Life Before Pandemic". Ito ay ginanap noong ika-29 ng Oktubre 2021 sa pamamagitan ng isang post sa Arellano University Supreme Government - Juan Sumulong Campus Facebook page.

Ang nasabing patimpalak ay pinanmunuan ng Arellano University - Juan Sumulong Campus Supreme Student Government at nilahukan ng mga mag-aaral sa iba't ibang strands ng AU-JSC Senior High School. Layunin nitong maipakita ang natatagong talento ng mga mag-aaral sa larangan ng malayang pagtula.

Ang mga nagwagi ay tumanggap ng medalya mula sa Arellano University - Juan Sumulong Campus.

Para sa Baitang 11, nagkamit ng Unang Pwesto si Bb. Maureen Delos Reyes mula sa baitang 11 - SAD, gamit ang kanyang piyesang tulang may titulong "Lilipad, Lalayo". Tumuntong naman sa Ikalawang Pwesto si Bb. Maria Cristina Manuel mula sa baitang 11 - HE, sa tulong ng kanyang madamdaming tulang pinamagatang "Nakaraan". Itinanghal naman na Ikatlong Pwesto si

Ginoong Carl Justine T. Pederes mula sa baitang 11 - ABM, gamit ang kanyang tulang may titulong "Alaala". Si Bb. Jazmine Agoncillo naman ng Baitang 11 - STEM ang nagkamit ng Ika-apat na Pwesto gamit ang kanyang tulang pinamagatang "Maligayang Kaarawan".

Para sa Baitang 12, si Ginoong Carl Jason Viadnes ng 12 - ABM ang itinanghal na Unang Pwesto sa pamamagitan ng kanyang tulang pinamagatang "Kakayarin Natin 'to". Samantalang, si Ginoong Arthur John Valle mula sa 12 - SAD naman ang nagkamit ng Ikalawang Pwesto gamit ang kanyang tulang "Nang Idilat Ko Ang Aking mga Mata".

Lubos na nagpapasalamat ang AUSSG sa mga lumahok, "Nawa'y maging daan ito upang mas mapag-yabong pa natin ang ating mga talento. Tumindig at ipakita nang buong tapang ang ating kagalingan."



Litrato ng mga nagwagi ng pwesto sa Spoken Word Poetry: #maalaalamAUkaya © Sean Quinto

AUSSC-Main: AU IDOL LOCALS 2021

By: Gwenivere Au Yap

The Arellano University Supreme Student Council (AUSSC) - Main successfully conducted the yearly AU IDOLS with the theme, "Himig: Tinig ng Pilipino sa Makabagong Panahon" last November 20, 2021 from 1:30 PM to 4:00 PM via Facebook Live in the AUSSC-Main Facebook page which reached 747 views.

The President of the AUSSC, Mr. Jerome Galeno hosted the event and acknowledged the presence of Ms. Carmela Jaranilla, the Auditor of the AUSSC and the Chairman of the AU Idol Locals 2021 as the curtain-raiser of this event.

Ms. Jaranilla stated that the event aimed to showcase the students' singing talents and creativity of creating their own version of their chosen OPM song. She then introduced the 5 contestants from the different departments (Nursing, Business Administration, Medical Laboratory Science, Accountancy) of the Arellano University-Main Campus. The winner of the event would be AU-Main's representative in the AU Idol Interbranch.

This was followed by the introduction of the

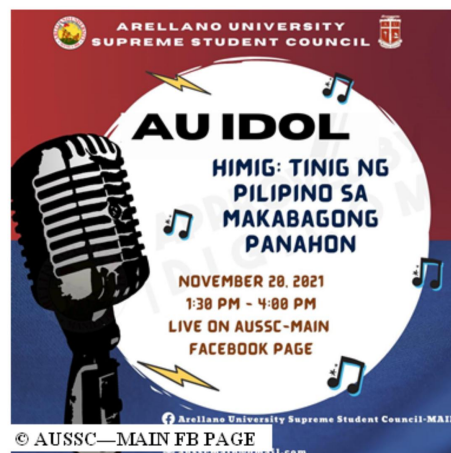
three (3) professional singers who served as the judges of the competition: (1) Ms. Mariah Katherine Yap; (2) Mr. RC Cristobal Simbaco, and; (3) Ms. Joyce Anne Patricio.

Judge Mariah Katherine Yap sang "I'll Never Love Again" by Lady Gaga and Judge Joyce Anne Patricio sang "Make It To Me" by Sam Smith, as a way to jumpstart the competition.

Proceeding to the competition, the contestants performed starting from Mr. Kurt Andrei Rosales from BS Nursing who sang the song "Hanggang Kailan" by Michael Pangilinan. This was followed by Mr. George Adriane Viado from BS Medtech who sang "Ala-ala" by MM Madrigal. Next came Mr. Mark Denver Quimbo from BS Accountancy who performed "This Is the Moment" by Anthony Warlow. After that was Marianne Nicole Encendencia from BS Accountancy who performed "Tagumpay Nating Lahat" by Lea Salonga, and lastly, Alona Nicole Caguicla from BSBA Marketing who sang the song "Minsan Lang Kitang Iibigin" by Ariel Rivera.

The program ended with the announcing of the

winners. The champion, Mr. Mark Denver Quimbo from BS Accountancy, received a cash prize worth of P1,000. While the first-placer, Ms. Alona Nicole Caguicla from BSBA Marketing MGT, received P750 cash prize, and the second-placer, Mr. Kurt Andrei Rosales from BS Nursing received a cash prize worth of P500.



Virtual Mass Oath Taking, Success!

By: Jazmine Marie G. Agoncillo



The Arellano University Supreme Student Council (AUSSC) of Juan Sumulong Campus successfully conducted this school year's Mass Oath Taking for all recognized organizations for School Year 2021-2022, with a theme of "Redefining Leadership Amidst the Pandemic" last November 19, 2021, from 9:00 AM to 10:00 AM via Zoom Teleconferencing App, with 550 attendees.

The event was hosted by Ms. Maria Nadine Roman, the Vice President-Internal of AUSSC in Juan Sumulong Campus. The AUSSC Adviser, Mr. Marvin Costales welcomed all the attendees who were the officers of all recognized organizations in Arellano University - Juan Sumulong Campus.

This was followed by inspirational messages from Dr. Maristela Roxas, Dean in College of Arts and Sciences; Mr. Jerome Vincent Galeno, AUSSC President, and; Ms. Isabelle Soleil Curato, Dean of the Office for Student Affairs.

Dean Roxas emphasized that being elected as officers of student organizations is a big honor and a serious responsibility.

"You were chosen by our Divine God and your fellow academicians to carry the torch of leadership to pursue the vision and mission of your council and that of the AU constitution." She added.

Dean Roxas also gave 4 simple yet effective tips to help provide respective leaders the foundation on empowerment and leadership that they could start with. (1) Know yourself and seek self-improvement, (2) Be technically and tactically proficient, (3) Develop a sense of responsibility, and lastly, (4) Make sound and timely decisions.

This was followed by Mr. Galeno, who shared his personal experiences in being a student-leader in Arellano University.

He emphasized that, "Student leaders have been the masterminds in coming up with memorable, timely and meaningful activities for the whole Arellano University students." Thus, he invokes his fellow student-leaders in Arellano University to "continue inspiring and carrying in [their] hearts the true meaning of the line, 'no one's left behind'." He ended his speech by

stressing that "the greatest achievements are those that benefit others."

The next speaker was Dean Curato who reiterated that for a student-leader to be successful in his/her duties, he/she must believe in himself/herself and his/her ability to make a difference and have a positive impact in our university.

For the highlight of the event, Ms. Roman once again called Mr. Jerome Galeno and Dean Isabelle Soleil Curato to lead the officers in taking the Oath of Office.

Certificates of Recognition were then awarded to the (1) Arellano University Supreme Student Council, (2) Arellano University Supreme Student Government, (3) AB Psychology Society of AU, (4) AU Criminology Students Society, (5) AU Dance Company, (6) AU Glee Club, (7) AU Multimedia Club, (8) AU Nursing Society, (9) AU Politeia, (10) AU Society of Radiologic Technology Students, (11) Arellano Union of Tourism Student of Management, (12) CAS English Society, (13) Hospitality Management Society, (14) Junior Executives Society, (15) Junior Pharmacist Association, (16) Junior Philippine Institute of Accountants, (17) Junior Psychologists Society of AU, (18) Philippine Society of Medical Technology Students (PHISMETS) - AU Chapter, (19) Samahan ng mga Dalubhasang Pampolitika, (20) Samahan ng mga Mag-aaral ng Kasaysayan (SAMAKABA), (21) Sining Sanghaya, (22) Society of Maternal and Child Cares, (22) Society of Rehabilitation Science, (23) Teatro Arellano, (24) The Standard, and (25) Young Educators Society.

The event was concluded by the Vice President for External Affairs of the AUSSC, Mr. Ricky Cabual Jr., as he expressed his gratitude to all the inspirational speakers and to all student-leaders who attended the event.

AUJPIA General Assembly 2021: Home of Diversity

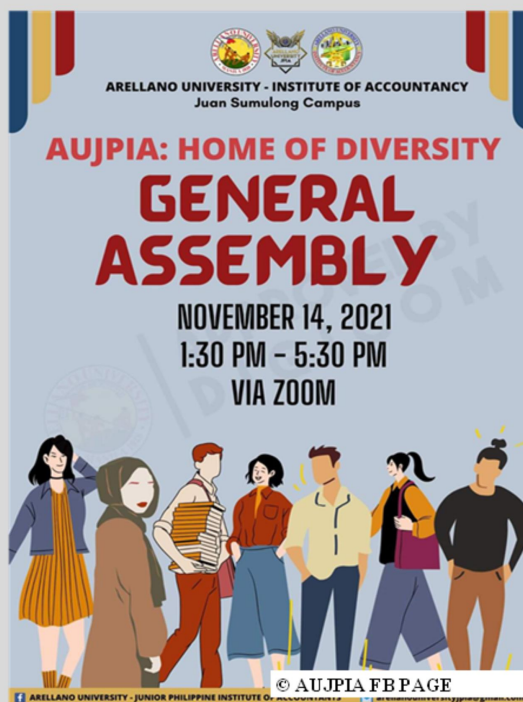
By Arabella Gwyneth C. Alilio

Arellano University Junior Philippine Institute of Accountants (AUJPIA) held its annual General Assembly with the theme, "AUJPIA: Home of Diversity" that was attended by Arellano University-JSC's Accountancy students, faculty and staff, as well as the officers of the National Federation of Junior Philippine Institute of Accountants-National Capital Region (NFJPIA-NCR) last November 14, 2021, from 1:30 PM to 5:30 PM via Zoom Teleconferencing App.

It was hosted by the President of AUJPIA, Ms. Carmela Alesandra Jaranilla, and the AUJPIA Vice President for Internal Affairs, Ms. Erin Mae Aminulla. Mr. Zeus A. Aboy, CPA, MBA, the Department Chairman of Accountancy, delivered the opening remarks.

Before proceeding to the program proper, Ms. Cherry Villarin, AUJPIA Vice President for External Affairs, conducted a short icebreaker through an online quiz via Kahoot — a game-based learning platform wherein the 1st placer, Ms. Jamyla Manzanal received the grand prize of RFBT Book and the 2nd and 3rd placers, Mr. Lester Casing and Mr. Shirjim Gar-an, received 50 pesos worth of GCash each.

The host then proceeded to introduce the guest alumni speaker, Ms. Dianna Pastrana, a Certified Public Accountant, a Certified Tax Technician, and a Senior Audit Associate in SGV & Co.



Ms. Pastrana started her talk by sharing how she was given the chance to take her dream course, BS Accountancy, in Arellano University. She continued sharing her so-called 'adventures' as a BSA student and how she learned to balance everything and enjoy her college life.

Recalling her experience in taking the Certified Public Accountants Licensure Exam last October 2019, she shared how she had reviewed for it, both through self-study and attending review centers during weekends. Ms. Pastrana gave tips to the attendees for their board exams such as (1) building your foundation as early as now, (2) avoiding memorizing the problems and solutions, (3) proper time management, (4) assessing yourself, (5) listening to your professors, (6) maximizing your time and (7) believing in yourself that you can grad-

uate and you can pass the board exams.

As Ms. Pastrana concluded her talk, a Certificate of Appreciation was presented to her for sharing her invaluable knowledge as the guest speaker of the AUJPIA General Assembly 2021.

The hosts then proceeded to the next part of the event which was the Introduction of AUJPIA officers - Carmela Alesandra Jaranilla (President); Erin Mae Aminulla (Vice President for Internal Affairs); Cherry Villarin (Vice President for External Affairs); Lady Mae Taping (Secretary); Marina Belen Coz (Treasurer); and Dennis De Belen Mambil (Auditor).

This was followed by the introduction of the AUJPIA's Coordinators. For Arts: Rose Ann Gabaldon and Ericka Tuazon; for Events: Jehf Louigi Beñas

and Rosemarie Villaluz; and for Sports: Clark Viron Bagunu and Jhon Cris Aguilar.

And lastly, the Representatives for each year level were introduced namely Ahlgie Clamar (1st year); Raif Ala (2nd year); Jessie Elaine Silva (3rd year) and; Claire Dela Paz (4th year).

To introduce the NFJPIA-NCR to all the new members of the AUJPIA, a video was presented at the meeting. The video showcased the history, vision, and mission of the NFJPIA-NCR as well as all the officers of each department so that all the AUJPIA members would be well-acquainted with them.

Afterwards, another short ice breaker was commenced through a game called "Bingo" wherein the 1st placer, Ms. Rosemarie Villaluz received the grand prize of a Casio Calculator, and the 2nd and 3rd placers, Ms. Jamyla Manzanal and Ms. Ericka Tuazon received 50 pesos worth of GCash.

The hosts then proceeded to introduce the guest speakers from the NFJPIA-NCR namely Ms. Mary Joyce Cristobal, Regional Council President 2021-2022; Mr. George Rosales, Regional Vice President for Academics 2021-2022 and; Ms. Lynette Nacionales, Regional Vice President for Communications-West 2021-2022.

Starting off the presentation, Ms. Cristobal

described the NFJPIA-NCR as a duly-recognized organization of accountancy students in Metro Manila created under the guidance of the Philippine Institute of Certified Public Accountants (PICPA).

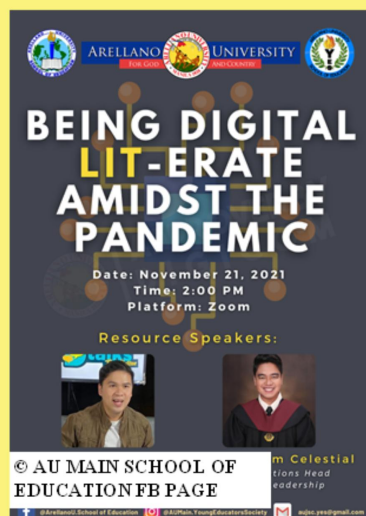
Ms. Cristobal, Mr. Rosales, and Ms. Nacionales then cited the perks of being a JPIAN such as (1) engagement and empowerment, (2) connection and collaboration, and (3) aspirations and inspirations. Moving on to the upcoming events of NFJPIA-NCR, the speakers shared and promoted all the events under the 5 categories for this year namely (1) socio-civic events, (2) academic events, (3) non-academic events, (4) council events, and (5) district events.

As the presentation ended, Certificates of Appreciation were awarded to Ms. Cristobal, Mr. Rosales, and Ms. Nacionales for contributing their time and knowledge as guest speakers of the AUJPIA General Assembly 2021.

To formally end the event, Ms. Cherry Villarin and Ms. Erin Mae Aminulla, delivered the closing remarks.

CHIEFS: Digital LIT-erate in the New Normal 2021

By: Roe U. Tenebrancia



Last November 21, 2021 at exactly 2:00 PM, The Arellano University - JSC Young Educators Society (AU-JSC) held a webinar entitled "Being Digital LIT-erate Amidst the Pandemic" via Zoom Teleconferencing App. This event was attended by students from all campuses of Arellano University as well as from other universities nationwide.

Ms. Maria Nadine Roman, the President of the AUJSC Young Educators Society and the host of the event, introduced Prof. Carol Sylvia Cruz, the adviser of AU-JSC YES, to formally welcome the participants.

"How many of us have been a victim of fake news? Indeed, we need to be critical thinkers and assess the quality of disinformation. Have we learned how to find, sort, evaluate, manage and create information? In short, are

we digitally literate educators and learners?" A rhetorical question from Prof. Cruz as she gave way to the first speaker.

Dr. John Patrick Rico, the External Affairs Manager ACDI Multipurpose cooperative, served as the first speaker of the event and was assigned to discuss "Privacy Protection in the Digital Age".

Dr. Patrick initially asked the participants, "Ano ang pinakamasakit na ginawa sa inyo ng isang tao?" as he let the students type their answers in the Zoom chat-

box. He pointed out that all of us have experienced being hurt "We cannot ensure that we are always protected". He then emphasized that "we live in the Digital Age wherein information is unlimited, fake news is rampant, and cybersecurity is always an issue."

Dr. Rico then gave various ways to protect one's privacy in the digital age through the use of a/an (1) VPN (Virtual Private Network), (2) email encryption, (4) virus protection and anti-malware, and (5) strong password, as well as (6) being wary of Phishing, (7) checking for websites with privacy indicator, (8) Automating your software update, and (9) limiting the number of people who have access to your accounts.

"[It is important] to fact check ... para [hindi] rin tayo mabulagan sa mga nakikita at nababasa natin." Dr. Rico advised as he concluded his talk.

This gave way to the talk by the Communications Head + IMPACT Leadership, Mr. Ronald Gem Celestial, in "Eradicating the Infodemic: Fact checking and Combating Fake News Proliferation"

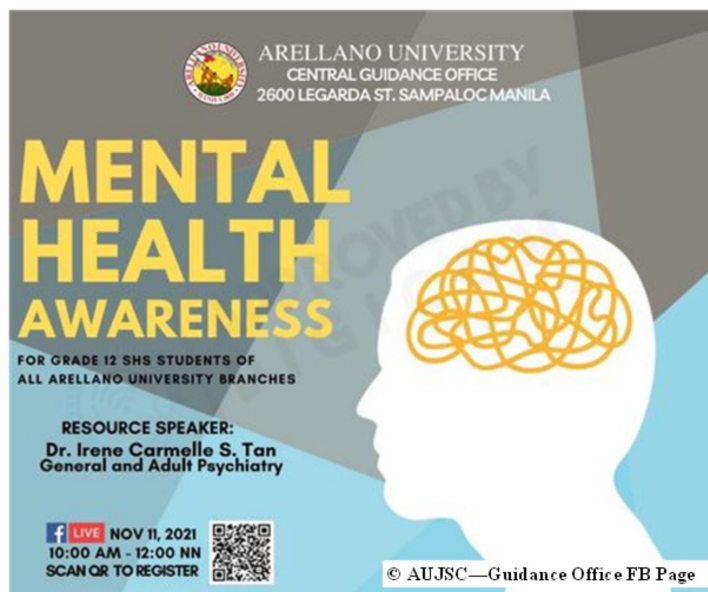
Mr. Celestial began his discussion by defining infodemic - "it is an overabundance of information both online and offline, it also deliberates attempts to disseminate wrong infos". "Misinformation costs lives, so it's time to eradicate infodemic," he added.

He then gave various ways on how to eradicate infodemic such as (1) demanding transparency and accountability most especially from government officials; (2) educating the society on how to be media savvy; (3) supporting free and independent media; (4) providing reliable and accurate information; (5) scrutinizing the information being laid down to us in all kinds of media, and; (6) correcting if there are any false information provided.

A Q and A Portion was conducted which was followed by the virtual awarding of certificates to the 2 guest speakers. The event formally ended by a message from Ms. Erika Tabarangao, the Vice President for Internal Affairs of the AU-JSC YES, who expressed her sincere gratitude to the two guest speakers and to all the participants and wishing that they have learned a lot on being digitally literate most especially in this time of pandemic.

AU-JSC Guidance Office Launches Mental Health Awareness Webinar

By Jonee R. Elope Jr.



TRIGGER WARNING: Discussed Mental Health Issues are presented in this article.

With the aim of raising awareness on mental health, the Guidance Office of Arellano University - Juan Sumulong Campus (AU-JSC) launched a webinar entitled, "Mental Health Awareness for Grade 12 Students of All Arellano University Branches" last November 11, 2021, from 10:00 a.m. to 12:00 p.m. via Facebook Live.

The webinar highlighted the talk of a general and adult psychiatrist, Dr. Irene Carmelle S. Tan. She started her talk by defining mental health as "a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to contribute to his or her own community."

Dr. Tan then presented different studies that featured mental health problems. According to her, mental health problems are very common among students.

"University students and Senior High School students ... are really at risk [to] mental health problems

such as depression, anxiety, suicidal thoughts, addiction and others," she added.

She then presented a study conducted by the Global School Based Student Health Survey (GSIS) in 2003-2004 which showed that 42% of the students under study feel sad and hopeless because of the halt in their usual daily activities. This was followed by the students who were experiencing suicidal thoughts and attempts, and then followed by the students who were showing anxiety symptoms.

"This data was taken during the pre-pandemic time," Dr. Tan highlighted. It served as her cue to proceed to the next part of her presentation.

"Students' Mental Health in the Time of Pandemic."

She shared her gathered data from an interview that she has conducted. According to her, some of the challenges that the respondents of the interview pointed out were; 1.) Financial difficulties, 2.) Migration of face-to-face learning to online/modular/hybrid classes, 3.) Lack of social and physical interaction with family, classmates and friends, 4.) Reliance on something unstable to go through classes (internet connection), 5.) Self-Management and, 6.) Culture change.

Thereafter, Dr. Tan presented another study from abroad that was entitled "Mental Health in High School Students at the time of COVID-19: A Student's Perspective" which states that social distancing and school closure during the COVID-19 pandemic can worsen existing mental health problems and increase the risk of future mental health issue.

Continuing, she said that "A lot of people say that this pandemic is the most challenging and most

stressful time that the people have experienced during their lifetime, that is why the risk of mental health problems is really high."

She then proceeded explaining the common mental health problems that have risen namely stress, depression and anxiety. According to her, "stress is a state of psychological and physiological imbalance resulting from the disparity between situational demand and the individual's ability and motivation to meet those needs."

On the other hand, "depression is a brain disorder that impairs experiences and pleasure, which means the things that someone used to enjoy no longer makes that person happy." The symptoms of depression, as stated by Dr. Tan are anxiety, mood swings, feeling hopeless, frequent self-criticism and loss of motivation.

Dr. Tan then explained anxiety which she defined as "a typical human reaction to stress." However, according to her, when anxiety affects the functionality of the person it can be considered as a disorder. Anxiety disorders are classified into two types which are the General Anxiety and Panic Disorder. General Anxiety is "the long term, persistent worrying that causes disruption in sleep, concentration, muscle tension, irritability and fatigue." Panic disorder, on the other hand, is "the bouts of extreme anxiety which causes panic attacks and other psychological and physiological effects."

After explaining the common mental health problems, she presented "Coping Skills and Self Care for Mental Health" that highlighted ways to avoid the development of mental health problems and ways to cope up from existing mental health issues.

The ways that Dr. Tan shared were the following; 1.) Recognize that the current circumstances are hard for everyone, 2.) Take care of your physical health, 3.) Find ways to focus, 4.) Maintain a daily routine, learn to prioritize setting boundaries, 5.) Do not smoke, use alcohol or other drugs, and self-harming behaviors to deal with your emotions, 6.) Seek social support, 7.) Take a break, 8.) Find ways to manage disappointments and, 9.) Focus on silver linings or find the positive side of things.

Dr. Tan concluded her talk with a quote, "Always remember that there is no health without mental health. So, always take care of your mental health."

To formally end the webinar, the Supervising Guidance Counselor of Arellano University-Juan Sumulong Campus, Ms. Donna Rose E. Matubang, AGC APm, delivered the closing remarks, expressing her gratitude to the resource speaker and emphasizing the importance of our mental health.



VACCINATION AWARENESS WEBINAR: PROTECTION NOT FEAR AND HESITATION

By Stephanie Grace M. Lumongsud

As the country takes on the challenge of having every Filipino vaccinated, the Arellano University Supreme Student Council (AUSSC) - Main conducted a vaccination awareness webinar with the slogan, "Protection Not Fear and Hesitation: FIGHT COVID-19, GET VACCINATED NOW" which was virtually led by Ms. Roan Gonzales and Ms. Myrtle Gabrielle Meneses last November 26, 2021 from 1:00 to 4:00 PM via Zoom Teleconferencing App.

The event started with Mr. Jerome Vincent Galeno, the AUSSC President, saying that vaccines together with protective measures are the country's best hope of ending this pandemic. He also stressed on the fact that one must protect themselves and their loved ones to become the solution against COVID-19.

"It is my hope that you will take advantage of this opportunity to come up with valuable ideas and conclusions that will [be] beneficial to give knowledge and understanding about COVID-19 vaccines," he remarked.

Dr. Jhason John Cabigon, current Director of Arellano University's Office of Occupational Safety and Health Standards was introduced as the speaker of the webinar. As he lauded the initiative of the AUSSC, Dr. Cabigon laid down his only objective which was to promote vaccine confidence, hoping that the Chiefs would take time to reconsider vaccination.

He cited a data report from the World Health Organization (WHO) as of November 25, 2021 stating that confirmed cases had risen up to 258,830,438 with 5,174,646 deaths globally whilst in the Philippines, data gathered showed that total cases rose up to 2,829,618 including the active cases, recoveries and deaths.

"Given that daily cases drastically decreased recently, the number of COVID-19 related deaths increased and most of them were unvaccinated. Vaccine makes an individual develop an immunity or antiviral, but the effectiveness of immunization is limited to a certain condition. If you are immune to chickenpox, you are not immune to measles. It always depends on what the vaccine is specified for, but it is so strong that it could protect you for several months, even years and for sometimes, lifetime," he added.

Dr. Cabigon also made it clear that "vaccines



are not medicines nor antidotes."

He also explained that vaccines would mimic the infection and more importantly, it would induce an individual's antibody production. It would be similar to giving you an illness or a disease, but it would be artificial.

"If the virus enters the body, the body will respond by producing antibodies. Those antibodies will neutralize the infection as it induces immunity at the same time. If another virus enters and you have existing antibodies, it will immediately be neutralized. That is the ultimate objective of creating and giving vaccines which is to produce antibodies," he said.

Dr. Cabigon, then enumerated the different forms of vaccines namely: (1) Live - attenuated, wherein a weaker form of the virus is introduced to the body such as measles and chickenpox, but we do not have this form of vaccine when it comes to COVID, (2) Inactivated, wherein the virus introduced to your body is not alive or are killed microorganisms like that of SINOVAC, and (3) Sub-unit that contains only parts or fragments of the virus wherein only spikes of the virus will be introduced to an individual's body, but the immune response or antibody production will be the same.

With regards to vaccine approval or how safe the vaccines are, Dr. Cabigon assured that each and every vaccine will go through different stages. It will be further studied before it proceeds to clinical trials. If a vaccine injected to an animal is proven to be safe, it will then be distributed to the citizens.

He then pressed on

the fact that "If you are convinced upon the intake of herbal or dietary supplements which are not FDA registered as medicine, it must not be hard for you to follow your doctor's prescriptions."

Those who should not receive COVID-19 vaccines due to allergic response are as follows: (1) Patients who have experienced an immediate allergic reaction, whether mild (e.g. rashes) or severe (allergy) to COVID-19 vaccine after first dose should not receive the second dose and (2) Patients who have a history of allergic reaction to certain vaccines such as: polyethylene glycol (PEG) found in colonoscopy preparation or laxatives, polysorbate (which can be found in graft materials, PEGylated medication) should also not receive COVID-19 vaccines. Dr. Cabigon's advice is to consult a doctor if an individual has had allergies before.

"Patients with comorbidities or senior citizens can be vaccinated," he added.

If an individual already had COVID even before receiving the vaccine, they may still be vaccinated after recovery or completion of treatment after their first or second dose and not during infection.

To conclude, Dr. Cabigon quoted "No vaccine can guarantee absolutely 100% efficacy, but it will surely lessen the severity of the virus once it enters your body." With that, Ms. Jean Araceli Remo, Assistant Secretary of the AUSSC, officially closed the event.

AUJSC SHS Dominates in AU Showdown 2021

By: Gwenivere Au Yap & Juliana Kate Arcayos

The Supreme Student Government of Arellano University - Elisa Esguerra Campus (AU-EEC) hosted the yearly Arellano University Showdown via Zoom Teleconferencing App last January 10, 2022 at 1:00 PM.

Hosts Marvin Deacosta and Nikka Patricia P. Bonaog acknowledged the curtain raiser of the program, Mrs. Maria Lourdes G. Mudlong, AVP of AU-EEC.

The judges were then introduced namely: (1) Mr. Rey Baylon, dancer and choreographer of Mastermind and Pilipinas Got Talent Season 5 Grand Finalist, (2) Mr. Mikko Jefferson Bodo, dancer and team captain of The Alliance, Hip Hop International Regional and National Champion, and; (3) Mr. Daryl Emmanuel Cleofe, dancer, head choreographer and Team Captain of 4DK Philippines.

This was followed by the performances of the 7 participants in the SHS Individual Category and the 20 participants in the SHS Group Category.

Representatives from Arellano University - Juan Sumulong Campus in both individual and group categories were able to bag the first place. Shaila

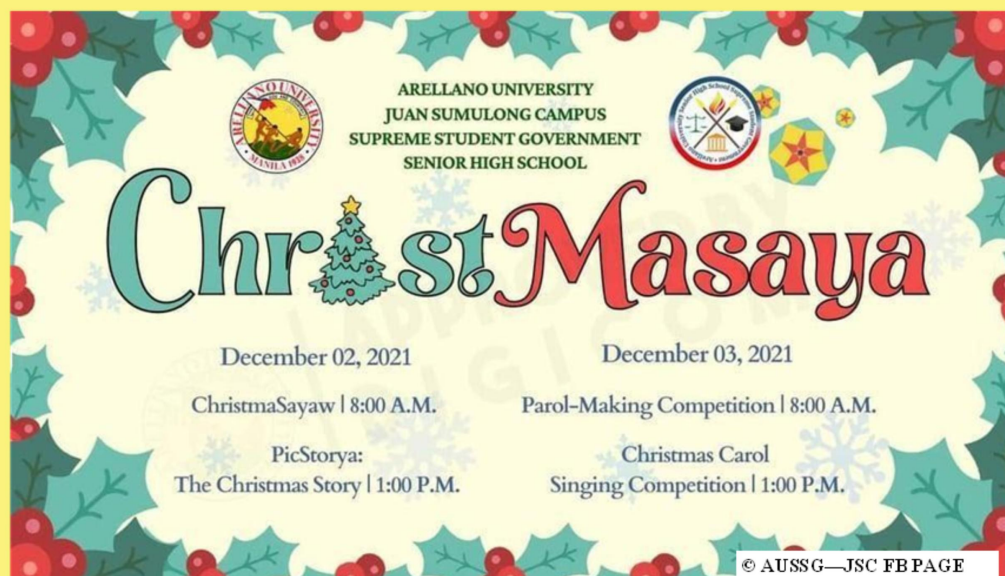
Maye Reyes from 11-STEM 13A ranked 1st in the individual category while the group comprising of John Christian C. Taganguin from 12-HUMSS 7, David M. Sikat from 12-ABM 6, Prince De Angelo Pelingon from 11-SAD 1, Hanz Christiansen Pelingon from 11-SAD 1, and David Sydney Almeda from 11-ICT 1, was also hailed as the champion in the group category. The winners received a PhP 999 of LOAD each as their prize.

Ms. Cecille C. Dizon, the Branch Head of AU-EEC's Office for Student Affairs, congratulated the participants for showcasing their passion in dancing by the end of the program.



AU's ChristMASAYA 2021

By: Gwenvivere Au Yap & Juliana Kate Arcayos



The Arellano University Supreme Student Government (AUSSG) conducted an event entitled, 'ChristMASAYA' which was composed of four contests namely, (1) "ChristmaSAYAW" and (2) "PicStorya: The Christmas Story" held last December 2, 2021 followed by the (3) Parol Making Contest and (4) Christmas Carol Singing Competition last December 3, 2021 via Google Meet.

The "ChristmaSAYAW" was hosted by Ms. Clarissa Mae Braga; "PicStorya: The Christmas Story" by Ms. Ke Caniao; the Parol-Making Competition by Mr. Cyan Manalese and Ms. Nahla Macalnas, and the Christmas Carol Singing Competition by Mr. Micohello Mamerto Tolentino and Ms. Clarissa Mae Braga.

The first contest, "ChristmaSAYAW", officially started with the opening remarks of Mr. Daniel John Cariazo, the High School Principal of Arellano University Juan Sumulong Campus (AUJSC).

Ms. Danika Ana Villarin, a member of Halili-Cruz Dance Company/ Halili-Cruz Conservatory; Ms. Vince Lastimoso, a member of Salayaw Dance Company, and; Ms. Jenileen Carlette Peronilla, a former member, Far Eastern University (FEU) Cheering Squad were introduced as the judges of the competition.

The winners are as follows:

GRADE 11 CATEGORY

- **CHAMPION:** Mr. Harry Altar - HUMSS 5B
- **1ST RUNNER UP:** Mr. Nikaella Bondoc - STEM 6A

- **2ND RUNNER UP:** Ms. Micah Nicole Tadosa - SAD -1

GRADE 12 CATEGORY

- **CHAMPION:** Mr. Dave Sikat - ABM 6
- **1ST RUNNER UP:** Mr. John Christian Taganguin - HUMSS 7
- **2ND RUNNER UP:** Ms. Kaycee Manaog - ICT 1

The second contest, "PicStorya: The Christmas Story" officially started with the opening remarks of Mr. Sean Quinto, the SSG President.

The host introduced the board of judges namely, (1) Ms. Nadine Roman, the Editor-in-Chief of The Standard and the President of the Young Educators Society; (2) Ms. Alegria Virginia, the former founder of Letra Retratista and registered NBDB author 2022, and; (3) Ms. Jenine Dy, a registered NBDB author 2021.

The Grade 11 category, with a total of three participants, and the Grade 12 category with a total of four participants, were given 30 minutes of creating a 50-word flash fiction story based on the chosen pictures for their categories.

The winners are as follows:

GRADE 11 CATEGORY

- **CHAMPION:** Ms. Permarie Lacava (GAS) - "Maligayang Pasko"
- **1ST RUNNER UP:** Ms. Mary Abigail Barredo (HUMSS) - "Magpaparol"

- **2ND RUNNER UP:** Mr. John Lexter Ramirez (ABM) - "Sikretong Palaman ni Juan Ngayong Pasko"

GRADE 12 CATEGORY

- **CHAMPION:** Ms. Ashely Marie V. Buenaflo (STEM) - "Unang Pasko"
- **1ST RUNNER UP:** Mr. John Vergel Padil (HUMSS) - "Litrato"
- **2ND RUNNER UP:** Ms. Diana Elizabeth M. Palma (ICT) - "Pagtanggap"

The third contest, Parol-Making, officially started with the opening remarks delivered by Mr. Daniel John Cariazo, the High School Principal of Arellano University - Juan Sumulong Campus (AUJSC). This was followed by the introduction of the judges namely, (1) Ms. Ailine Conzaga Campus, (2) Ms. Catherine Borjal- Megote, and (3) Ms. Ruvelyn Bonode Patricio.

The contestants were tasked to film themselves while they were making their parols as a proof that they made it themselves so as to prevent cheating. The video was then presented via Google Meet, with pictures of the final outputs by the end of the videos.

The winners are as follows:

GRADE 11 CATEGORY

- **CHAMPION:** Ms. Etheinne Vergara - STEM
- **1ST RUNNER UP:** Mr. Matthew Aiman Lopez - STEM

- **2ND RUNNER UP:** Mr. Kenth Del Rosario - ABM

GRADE 12 CATEGORY

- **CHAMPION:** Mr. Emmanuel Faigal - STEM
- **1ST RUNNER UP:** Ms. Lexie Dumas - ABM
- **2ND RUNNER UP:** Mr. James Paas - HUMSS

The last contest, the Christmas Carol Singing Competition, officially started with the opening remarks of Mr. Daniel John C. Cariazo.

The host then introduced the judges namely, (1) Ms. Ellen Aubrey Z. Respicio, (2) Mr. Michael Paul Bautista, and (3) Ms. Therese Anne F. Francisco.

This was followed by the performances of the 6 contestants from Grade 11 and the 4 contestants from the Grade 12.

The winners are as follows:

GRADE 11 CATEGORY

- **CHAMPION:** Ms. Berylle Shane S. Domeyeg (HUMSS) - "When I Think of Christmas"
- **1ST RUNNER UP:** Ms. Pauline I. Buendia (ABM) - "Sana Ngayong Pasko",
- **2ND RUNNER UP:** Mr. Azriel Clive Neri (HE-A) - "Last Christmas"

GRADE 12 CATEGORY

- **CHAMPION:** Ms. Francine Anne S. Bengan (STEM) - "Give Love on Christmas Day"
- **1ST RUNNER UP:** Mr. Clarence C. Cabildo (ICT) - "Mistletoe"
- **2ND RUNNER UP:** Mr. Louie G. Baleno (HE-A) - "Pasko na Santa ko".



PAUSkotitap
Christmas Songwriting Contest
Theme: "Pinoy Christmas in New Normal"

Congratulations!

GROUP : CREATIVE TRIO
LOPEZ, VON IVAN D.
BORCA, MICO M.
BRONDIAL, MARIA LEONELLE
FIRST PLACE

SOLO : TOMAS, ROSE JANE T.
SECOND PLACE

GROUP : YOUTH CONNECT
AQUINO, ANDREA LEILA A.
DIESTRO, JOSIAH DAVID M.
THIRD PLACE

THE OFFICIAL MULTIMEDIA CLUB
© AU MULTIMEDIA CLUB FB PAGE

AU Christmas Special: PAUSkotitap 2021

By: Gwenivere Au Yap

In celebration of Christmas, the Arellano University Multimedia Club (AUMMC) held a competition entitled 'PAUSkotitap: Christmas Songwriting Contest' with the theme of "Pinoy Christmas in New Normal" last November 22-28, 2021 and December 3, 2021.

Participants composed of Senior High School & College students as well as Faculty & Staff of Arellano University, showcased their creativity, authenticity, and talents in this song writing contest, as they compose and perform their Christmas songs as a group of two or three, or as a solo.

From November 22 to 28, 2021, the participants submitted their entries consisting of their song lyrics and the performance videos via Google Form.

On December 3, 2021, the AUMMC announced the winners of the competition. The group "Creative Trio", consisting of Von Ivan D. Lopez, Mico M. Borca, and Maria Leonelle Brondial, won first place. Rose Jane T. Tomas won second place as a solo performer. The group "Youth Connect", consisting of Andrea Leila A. Aquino and Josiah David M. Diestro, won third place.

For the 1st-placer, "Creative Trio" received a 600 GB load and a 1st place certificate. For 2nd-placer, Ms. Tomas received a 475 GB load and a 2nd place certificate, and for the 3rd-placer, "Youth Connect" received a 330 GB load and a 3rd place certificate.

The Arellano's Virtual Concert 3.0: AU Hanggang Dulo!

By: Rcee U. Tenefrancia and Stephanie Anne Lumongsud

From Page 1...

After that, parents of the fellow chiefs was asked "Bilang magulang, bakit mahalaga ang flexible education system ng AU?" that was answered by (1) Mrs. Imelda M. Bacani, an AU alumni from AU-EEC Batch '91, (2) Mrs. Carmi P. Ejercito, a parent of a chief from AU-JASC and lastly, (3) Mrs. Jinky E. Baruelo, a parent of a student in AU-ABC.

The performances of AU students finally lit up the concert's virtual stage starting up with Ms. Maria Krischelle S. Robles, a Grade 11 student from Elisa Esguerra Campus, who sang 'Top of the World' by the Carpenters. This was followed by a contemporary dance by Mr. Renier Priel, a Grade 12 student from Jose Rizal Campus. The next performer was Mr. Raymart Salimpade, a Grade 12 STEM student from Plaridel campus, who was followed by Ms. Fionnah Dominique Pepino, a Grade 11 STEM student from Apolinario Mabini Campus.

After a short break, the long wait has come to an end when the hosts finally introduced one of the main singers in the virtual concert, Mr. Arthur Nery with his band who serenaded the crowd with his songs, *Pagsamo, Higa, Binhi, Happy W U, and lastly Got Me Tangled*.

Mr. Nery then gave a short speech of gratitude for the people who have supported his music.

"Thank you, of course, for having me here. Thank you for listening to my music. Thank you for supporting OPM. Thank you, guys [AU Chiefs] for doing your best kahit pandemic, moving on and still trying to achieve your goals. Thank you for the efforts." concluded by Mr. Nery.

Thereafter, the talented Chiefs started to show off again their talents starting with (1) Mr. Manuel Blue B. Abalos, a Grade 11 STEM student from Jose Abad Santos Campus, followed by (2) Mr. John Anthony A. Migallon, a Grade 12 STEM Student from Jose Abad Santos Campus, followed by

(3) Ms. Eanne Genesis Clemente, a 2nd Year, BS in Tourism Management student from Andres Bonifacio Campus, and lastly, (4) the AU Dance Company from the AU-Main College.

The hosts then again presented the answers of AU Chiefs from the question #BakitAUHanggangDulo starting with, (1) Ms. Nicole Angela Barrido, a Gr. 6 student from Apolinario Mabini Campus

main performer of the concert, the Silent Sanctuary, gave a blast to the crowd as they sang their first song, *Bumalik Ka Na Sa'kin*, followed by a heartfelt message.

"Hello Arellano University, sana nag-eenjoy kayo sa "Tunog AU, Tugtog AU: The Virtual Concert 3.0." At maraming maraming salamat AU for having us. At gaya ng AU, kami ng Silent Sanctuary, we value education at mahala-

AU HANGGANG DULO!
TUNOG AU
TUGTOG AU
the #ONEARELLANO Virtual Concert 3.0

Featuring:
Arthur Nery
& **Silent Sanctuary**
with the special participation
of the AU Talents

JAN 23, 2022

For more information, contact:
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(AU-AMC), (2) Ms. Victoria Isabella Bobier, a Gr. 12 HUMSS student from Plaridel Campus (AU-PC) and lastly, (3) Ms. Regine Arocha, a Former AU Lady Chief and NCAA Back-to-back Finals MVP.

Followed by the question "Bilang magulang, bakit mahalaga ang flexible education system ng AU?" that was answered by AU Chiefs' parents from different campuses namely, (1) Mrs. Flor M. Herrera, a parent of a student from AU-JRC, (2) Mrs. Lina C. Bolor, a parent in AU-Main Campus, (3) Mrs. Mary Ann P. Perez, a parent in AU-PC and lastly, (4) Mrs. Jenifer De Villa Venzon, a parent in AU-AMC and a Family Council President of the Junior High School (JHS) Department.

After this, the second

ga ang safety as we pursue our studies, kaya mga ka-Chiefs, AU tayo hanggang sa dulo, alright?" the Silent Sanctuary's lead vocalist, Raymund Saran-gay, said.

Silent Sanctuary then proceeded to singing *Rebound, Meron Nang Iba, Dahilan, Hil-ing, Pasensya Ka Na, Kundiman, Sa'yo, and lastly Ikaw Lamang*.

The concert ended with the AU showdown 2021 Jingle sung by Elisa Esguerra Campus students.

The Standard

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PAGSAMO

Isinulat ni Alysa Mae Dy Guazo

Pakiramdam ko may nag-iba,

May iba na ba?

Akala ko tayo na,

May siya na pala.

Magpapaubaya na naman ulit,

Kahit ang aking puso'y maiwang punit.

Pasensya kung hindi ako naging sapat

Para sa pag-ibig mo'y maging tapat.

Tanging hiling sakín dati ay saya

Bakit ngayon hinihiling ay paglaya

Dati pag-ibigan ay puno ng pagmamahal

Bakit ngayon ay pareho nang nasasakal?

At sa pagpaliw ng araw,

Tanging hiling sa bituin at buwan,

Mga matang hila sa luha'y nakapikit,

Sumasamo na sana magbalik sa aking piling,
ako na lang sana ulit.

'PJ Simon, Marc Pingris retire jerseys with Purefoods franchise'

By: Dhenniz Hizon

On December 25, 2021, two of the biggest faces of the Purefoods franchise were honored with their jersey retirement.

Pingris' No.15 and Simon's No.8 were retired at halftime of the Magnolia-Barangay Ginebra game in the 2021 PBA Philippine Cup at Smart Araneta Coliseum on Christmas Day, making them ineligible for future players of the franchise to wear.

Pingris, dubbed as the "Pinoy Sakuragi" who won nine titles in his career and was named a two-time PBA Finals MVP in his 16 years of playing in the league, became emotional as he reflected on his youth and the challenges he faced on his way to realizing his dream of playing in the PBA.

Simon, who announced his retirement in September 2020, also reflected on his 17-year basketball career, from an unknown player from Makilala, North Cotabato, to one of the most inspirational figures in PBA history. With the Purefoods franchise, the Scoring Apostle won all of his 8 championships, including the Grand Slam.

Pingris and Simon were meant to reconnect as players for the Nueva Ecija Rice Vanguard in the Maharlika Pilipinas Basketball League, but according to sources, the two opted not to go through with it.

Oras

Isinulat ni Nirvana G. Rañeses

Takbo bata, takbo

Sulitin mo ang paglalaro

Pag-gising mo bukas ay mag-iiba

Nakasabayang buhay ay mawawala

Nagsimula sa eskuwela

Tuloy-tuloy hanggang magka-diploma

Pagkatapos ay trabaho naman

Pahinga ay hindi na ata malalasap

Internet, tubig at kuryente

Kada buwan ay sumusulpot na parang kabute

Unti-unti na ring nawawala

Mga lakad ng barkada tuwing araw ng pahinga

Sobrang bilis pala talaga ng araw

Teka lang muna, ayoko pang tumanda

Hindi pa ako handa sa mga bagay-bagay

Ba't ba kasi hindi ko pinahalagahan ang oras?

Maraming pagbabago, mabilis maglaho

Ang oras pala ay hindi talaga nahihinto

Kaya bata, sulitin mo ang pagtakbo

Dahil hindi natin hawak ang oras sa mundo.

Leadership; Once Again with The Chiefs

By: Fiona Lumabi

There have already been a number of leadership-related events organized. So, what made this event so unique? On the first two days of December 2021, the SHS Department Supreme Student Government (AUSHSSG) of Arellano University—Andres Bonifacio Campus organized a two-day event with the topic "Leadership in the New Normal." It was held using Zoom Conferencing Apps, and 75 members (on the first day) and 65 members (on the second day) from various AUABC SHS organizations took part.

Internet connection has always been one of the key worries when special online events take place, which is why, during the introductory comments, there was a sudden technical difficulty for AUSHSSG advisor, Mr. Daryl Albergo. Everyone in charge of the event, including the hosts and technical committee, was worried about how the event would proceed now that it had barely begun and they were already having problems. However, since they needed to carry on, they persisted with the event, exhibiting no signs of concern. Following the promotional film and introductory comments, special messages of strength were shown. Following the resolution of technical issues and a few energizers, breakout sessions and open forums were held. The programme then went on to the breakout session speakers and instructions. Ms. Maria Ravina Remolano and the secretariat went through the fundamentals of Sarf. Mr. John Mark Valdez took on Digicom Basics with the help of public relations officers. Finally, Mr. Daryl Albergo discusses the power of virtual leadership in partnership with the executive team and committees. Certificates were distributed after raffles and activities, and the first day concluded with a mission completed for leaders.

The event began with the introduction of group members and facilitators, followed by the presentation of group scream. Each group has its own yell, which is totally generated and delivered by the team members and facilitators. Every group has set aside time and effort to demonstrate their support for their own teams.

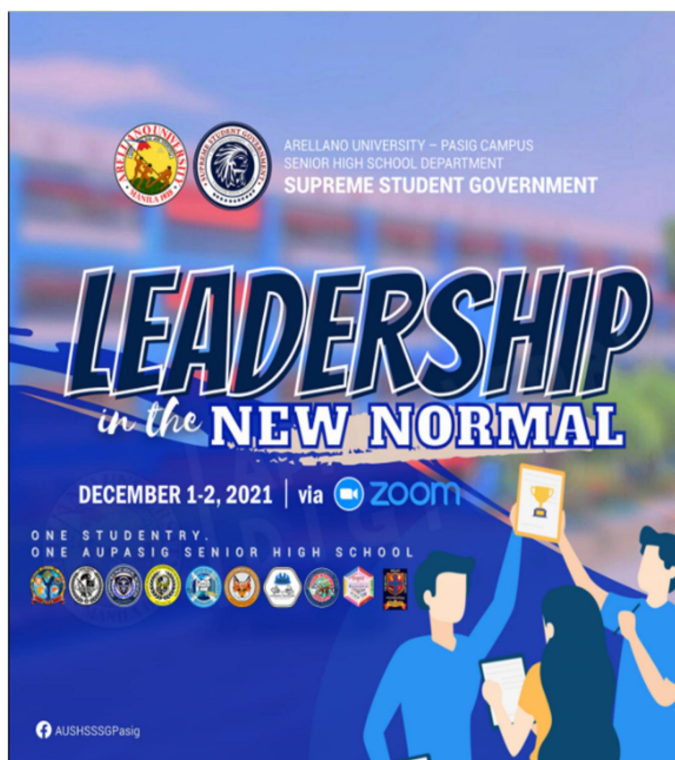
The hosts then reviewed the team-building methods that had been used during the team-building session. Once Upon a Time, What's Missing, The Castaway, and Strengths and Weaknesses were the titles of the activities. During the team building, the hosts provided the description, goal, and mechanics. Following that, each group proceeded to their designated breakout rooms for a predetermined amount of time. Then, for each team, a representative presented what they had discussed and planned as a group. It was a terrific experience for everyone, and it strengthened not just the teamwork of our student leaders, but also their vital leadership characteristics.

However, as stated in the opening section of this essay, what made this event so special?

This event was intended to assist the university's young leaders refine their skills and acknowledge their potential as young people in terms of leadership and collaboration, according to Gabrielle De Jesus, the AUSHSSG Committee to the Vice President and the chairperson of this event. According to Ms. De Jesus, "As the event's chairperson, I can declare that the technological challenges that arose were what made

the occasion memorable." Leadership development programmes, like any other event, are difficult to arrange, particularly in the middle of a pandemic, when we must do it using an internet platform. Those incidences demonstrate to us that we would encounter the unexpected during the trip; yet, despite this, we were able to wrap up the event with positive remarks "when asked why the event was so special."

Despite the occurrence of numerous technical issues, they successfully concluded the programme, and Ms. De Jesus believes that the program's goals were met: 1. increasing the engagement of young leaders; 2. creating a positive environment; and 3. fostering young leaders to develop efficient strategies that can effectively drive their community. She concluded her presentation by sharing the lesson she had learnt: "Leaders are not created. Anyone may be a leader if they have the desire, guts, and willingness."





2022 Edition of Mr and Ms. Arellano University: Preliminary Competition

By: Gabriel Lavista

Mr. and Ms. Arellano University Pasig had its preliminary competition on February 4, with twenty candidates (8 boys and 12 girls) vying for the title of Mr. and Ms. Arellano University Pasig 2022, who would represent Arellano University at the interbranch level. The competition garnered more or less five thousand one hundred (5100) viewers on its online viewing via Facebook live.

Mr. David King Escio and Ms. Jane Gary served as masters of ceremonies for the event. It began with a prayer and was followed by the national song of the Philippines and the hymn of Arellano University. Mrs. Harlene Rose V. Ma-

mit, High School Principal of AU-Pasig, delivered the introductory remarks, which were followed by a much-anticipated display of talent by each candidate.

Mr. Daryl Alberro, AU SSG SHS Adviser, presented the closing remarks to formally conclude the preliminary competition and invited all students and teachers to attend the Grand Coronation Day of the Mr. and Mrs. Arellano University Pasig on February 11, 2022, at 1pm through Facebook.

Onse

Isinulat ni Jamee Margaret A. Yu

Ikaw, na siyang dumating nang hindi inaasahan
Sa totoo lang ay hindi naman ako naghahanap ng kausap na pang seryosohan
Ngunit heto ako ngayon, kausap ka't tila nahihiwagaan
Laking pasasalamat ko sa pinakamakapangyarihan
Dahil sa pagkakataong tayo'y magkakilanlan
Maraming bagay ang sa'yo ko unang naramdaman
Sa'yo na hindi nagdalawang isip na sa akin ay magtangan
Kaya naman ika'y nais ko ring pasalamatan
Salamat dahil ipinaramdam mo sakin
Kung gaano kasaya ang mahalina
Yung tipong binibigyan ka ng kasiguraduhan kahit di mo hilingin,
Sasabihin sa'yong sapat ka kahit di mo tanungin,
At ipaparamdam sa'yo na kahit kailan hindi ka naging mahirap mahalina.
Sa'yo, hindi ko kailangan magselos sa iba

Ipinaramdam mo sa'king hindi ko kailangan makipag kompetensiya

Dahil nasa akin lang naman ang iyong mga mata

Sa'yo, naramdaman kong ako'y tunay na mahalaga

Hindi ko naramdamang napapagod ka dahil palagi mong pinapaalala na ako ang iyong pahinga

Sa'yo, nawalan ako ng takot at pangamba

Hindi inalintana ang ating distansiya,

Malayo man att hindi nagkikita ng mata sa mata

Hindi ka nagkulang sa pagpaparamdam na sa akin ay sigurado ka

Hindi ko naramdaman na kailangan kong magpumilit dahil kusa mo akong pinili

Hindi mo kailanman ipinaramdam na mali ako kapag inuuna ko ang aking sarili

Sa mga panahong ang kalungkutan ay pilit akong kinukubli

Naroon ka't karamay ko, naghihintay at nananatili

Masyado mang maaga para kay Bathala'y humingi

Ngunit marapatin niya sanang ikaw na ang una at huli

At sa mga salitang aking isinulat ay hindi na maitatanggi

Oras na yata para amining ikaw ang aking minimithi.

I Dared to Follow It: The Persevering Courage of Mia Nina Loren L. Bargas

By: Jeisamae C. Paja

It is often thought that if you choose the job of your dreams, the problems, and difficulties you will face will not be an impediment in the least. This idea is exemplified by Ms. Mia Nina Loren L. Bargas' life. Since she was in senior high school, Bargas had always put forth her best effort to achieve her objectives. She, like many other students, had difficulties, tough decisions, and barriers to overcome, and she was continuously under pressure. Nevertheless, she persists. She'll go ahead and do it without hesitation. That is why I am working at my dream job, the council. I dared to pursue it, "she continued. She is now the president of Arellano University Pasig's Student Supreme Council. Despite being the president of the student council, she found it difficult to attain and maintain that position. Bargas was both stressed and anxious. She has moments when she feels empty and unable to sleep. At night, she is plagued with academic stress, overthinking, and other matters of concern. Nevertheless, she believed, and this belief is encapsulated in a Walt Disney quote.

"All our dreams can come true if we have the courage to pursue them." -is the life quotation of Bargas. The quote forms the cornerstone of her determination to get her ideal career. She swore that no amount of worry would deter her from pursuing her passion. She kept herself engaged and active. Although there are still a lot of things she is yet to overcome, she remained optimistic that she would be able to overcome them in the future. Despite all the challenges she faced, she managed to achieve not one, but two of her aspirations. Her first

achievement was becoming the president of Arellano University-Pasig's Student Supreme Council. The AUSSC Pasig would not be as successful as it is now without Bargas. Her second achievement is being named a Dean's Lister while she is amid her most hectic days as a student leader.

Bargas is grateful to her family, who were always there for her when she was going through a difficult time. She is also grateful to her friends, who are always willing to assist her with her studies and other personal issues. She added, "I am grateful to my professors, who understand me and are kind in their attention. As well as my council advisers, Ms. Ravina Remolano and Mr. Jhec Villanueva, for believing in me and assisting me during my AUSSC adventure". Bargas' primary advice to her fellow students is to be healthy while prioritizing your studies. She said that nothing is more important to a student than studying and being healthy. "I admire student leaders who lead by example all the time. I am encouraging student leaders to take risks, fail, make mistakes, learn from them, and build their likelihood of succeeding in the future," she continued.

The boundaries that ringed her in fear and stress during her school years provided the foundation for her to rise and break free. Bargas' experience demonstrates that if you choose bravery and fight for the life you want, you can achieve your dreams. It will fortify you against the obstacles you will face. Bargas works full-time as an Ate for her family. In addition to being an active fourth-year student with a dean's lister title and the dependable AUSSC President, she is now preparing for her post-graduation plans. Bargas will soon graduate from college, having completed all of her key obligations and responsibilities.

Bargas is now satisfied with the dreams she has

realized. She pursues the career of her dreams. Her issues and difficulties were a little less severe. Her perseverance and unavoidable courage in pursuing her other goals, on the other hand, will continue to inspire and guide her throughout her life.



Mia Nina Loren L. Bargas
President of the Arellano University Pasig, Student
Supreme Council 2021-2022

**ANIMAL-HUMAN:****A Medical Breakthrough***By: David Mikhail Sexon*

We have lived our lives with tons of casualties and difficulties when it comes to the field of medicine. We have lost millions of lives because we are lacking in equipment and certain transplants cannot be made because of a lack of donors. But with the help of the technology we have today and after years of research, we may have found the answer.

Genetically engineered pigs differ from farm hogs in that the sugar coating has been reduced or eliminated. This makes it easier for the human body to accept the transplanted heart, allowing it to live longer than expected while not triggering the human immune system. Much has changed in the intervening years, and this has provided us with a significant stepping stone toward capitalizing on what our forefathers began. This may appear to be a careless act, but to others, this could be a game changer.

In relation to the said incident, there are a lot of cases that have the same scenario. Another one would be Baby Fae's transplant-

ed baboon heart. She lived for 21 days, but this attracted the attention of doctors and scientists around the world and was then sent back to the laboratory for further study. With today's technology, we have found out that pig hearts are similar to those of a man, but the only difference is that they are coated with a sugar called alpha-gal.

"The Identity I lost"*By: April Casalan*

I've been searching for years,
I cried too many tears,
I do not know what's happening.

Thinking not my fault so I
keep blaming.

I always ask why we need to
suffer,
Are these sacrifices really
matter?

I keep finding the answer,
Until one day I've become a
loner,

People I dear the most,
I completely lost,
Their absence becomes lethal,
At that dawn I feel so fragile,

I know there are people who
remain,
Yet, I cannot stand the pain

I ask myself, I doubt my existence
Does it really matter to have
my presence?
What I've done wrong again,
I felt I am a stranger again,

Little did I know,
I was pleasing people,
I wasn't really changing for
myself,
I was changing to be accept,
I open too many doors,

I've become anxious,
Another deceiving situation,
I was blinded by my emotion,

I can't stop thinking negatively,
Until that situation, I was disciplined mentally
I felt the heaven hear my cry,
A miracle whispers to dream
high,

At that moment I came back to
myself,
Thanks for the people who
help,

In a good or tragic way,
I finally remember I was
molded from a clay,

He's a great artist in all generation,
In His arms I found my salvation,

My soul drowns at the deep
blue sea,
Through His blood, He set me
free

I am here today not just for
myself,
But, because of the challenge I
accept

The purpose that makes me
exist,
A reason to fight what is needed
to fix,

A freedom from a twisted
mind,
Is better than washing one's
hands,

To become fool to the eyes of
many,
Has a power to break a chain
of a wimpy.

A Woman Under the Rain*By: Monette Anne R. Siman*

Teardrops pitter-pattering down
Sky full of sorrow and dreary
Here I stand, alone in a gown
Left by people, cruel greedy

Now here I am, presented to a man
Someone whom I barely knew
At the altar, tightly held my hand
Speaking of vows that might be true

I looked across the room
Gazing at everyone and avoiding my doom
Found warmth from another
Which now made me wander

They took me away from madness
Thinking I was out of that mess
The person I thought was true
Snatched away my dignity, gold and my heart too

I begged and cried for him to stay
Promised that whatever he wanted, and I would pay
They still left with another someone by side

Tears stopped as the rain poured around me
I looked up and its something I didn't expect to see
It was the very same man I'm cuffed to
Holding an umbrella for me that is blue

Stood with me under the dark gloomy skies
My heart at awe with the warmth of his eyes
Wrapping me around with his coat
Covering me until we weren't soaked

He sat next to me, handing out cocoa
Taking care of me as my heart goes loco
The silence broke as I say sorry
Yet he said, "I'm sorry for not being worthy."

It was then I noticed his eyes of amber
Weren't as cold and distant as I remember
My heart filled hatred was now drained
By him, who I despised yet still remained

The rain now gone and nothing but sky blue
Leaves and flower filled with shimmering dew
A warm hug welcomes me even in the rain
Dancing with me forever, always, and again.

Happy W AU:**One Arellano Virtual Concert 3.0***By: Jillian Serrano*

Talent, emotions, and endless fun were brought to the Students of Arellano University by the rising star of OPM music, Arthur Nery. The latter held his virtual concert with Arellano University empowered by ticket2me, last January 23, 2022. Arthur M. Nery, with his singing, brought sentiments of desire for reciprocity, love that ideally would work out, and love that everyone longs for. Even individuals who are in a good relationship will find themselves singing along to the song "Pagsamo" because of the relaxing melody and the force of the lyrics. Then, if that wasn't enough to make our eyes well up with tears, Arthur Nery sang his song "Higa."

It's a love song for individuals who are desperate for love from someone who isn't interested in them or their emotions. The song also includes the line "Bakit ba sinasantabi ang iyong sarili para sa iba?", which is meant to be contemplative and provides a moment where individuals may contemplate and recognize their own value. If those songs weren't enough to make the audience cry, Arthur also wanted them to be able to connect and experience the comfort of the songs he had created. It's possible that the song "Binhi" has a romantic tinge to it.

However, if the audience paid great attention to the lyrics, they would discover that they have a far deeper significance. The song is about relationships in which the fire has already been extinguished, but the lovers are still constantly trying to rekindle the smoldering sentiments. According to the song, a lover is comforting his significant other by assuring her that it's pointless to grieve over their burned-out love, but it's perfectly OK for her to cry on his shoulder one last time before they eventually part ways. Despite the pandemic, Arellano University still managed to give the students a little treat to enjoy the new semester. It is indeed true when we say, we are HAPPY W AU.

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#Ma'amCecilleDizonAtKMJS

By: Venice Garado

A small act of kindness can have a huge impact on many lives.

On November 28, 2021, Ms. Cecille Dizon, Arellano University-Elisa Esguerra Campus (AU-EEC) OSA Branch Head, was featured on Kapuso Mo Jessica Soho (KMJS) for her act of kindness to the famous vlogger Ninong Ry a few years ago.

On one segment of KMJS, Mr. Ryan Morales Reyes aka Ninong Ry, a Youtube creator known for cooking different types of dishes and for his jolly personality, revealed one of his memorable experiences which involved AU-EEC's Ms. Cecille, as she was often called.

Back in 2017, Ninong Ry was teaching a group of school staff in a bread-making workshop. In the middle of the workshop, while Mr. Ryan was checking the double oven, an accident happened which left face and arms burned. He was rushed to the hospital to get first aid for his burns. At that time, Ninong Ry and his companions had no money to pay the clinic for first aid.

Ms. Cecille, who was the Assistant Registrar of the said school, is one

of the people who brought Ninong Ry to the hospital. In order to help, Ms. Cecille pawned her watch to the pharmacy to buy the needed supplies to help treat Ninong Ry's burns. Ninong Ry later found out about the incident as he was recovering from his accident.

Four years later, through a segment of KMJS which featured Ninong Ry, he and Ma'am Cecille met again for the first time since the incident.

Before their meeting, a video message from Ma'am Cecille is shown where she expressed how grateful she is that Ninong Ry still remembers her.

"Hello Chef Ryan, I watched your vlogs. I am happy at the same time with teary eyes. You still remember the small help out that I did to you. Until now, you still know me. I am blissful and proud that I helped you. I wish you to keep safe and always keep it up." Ms. Cecille said

Ninong Ry, overcome with emotions, can't find the right words to express his gratitude toward Ma'am Cecille as he watches the video message. Unknown to him, Ms. Cecille is standing behind him. As they saw each other,



Ninong Ry was surprised and happy to see her again, and so was Ms. Cecille. In their reunion, Ma'am Cecille expressed that she was proud of Ninong Ry as he continued cooking despite what happened to him.

"May mga tao pa rin pala talaga na tutulong sa'yo, katulad ni Ma'am Cecille." Ninong Ry said as they were interviewed together.

Ma'am Cecille C. Dizon, also called *Cher Cecille* by her students and her colleagues, is an alumni of Arellano University Elisa Esguerra Campus Batch 1989 in high school and Arellano University-Malabon Batch 1997 in college. She now works at Arellano University Elisa Esguerra Campus as the Branch Head in the Office for Students' Affairs.

The AU-EEC community is proud to have Ma'am Cecille C. Dizon both as an alumni and school official of AU-EEC. In this time of hardships, we hope that people will show the same kindness Ma'am Cecille showed to Ninong Ry. She is truly an example of how AU-EEC's Core Values are lived and we the AU-EEC community proudly salute her. Hail to the Chiefs!!!

CHRISTMAS FESTIVAL: FAMILY PAROL MAKING

by: Ella Mae Dela Rosa

Izcel Deniela Gervacio, Grade 7-Rizal, and her family won the Arellano University (AU) Family Parol-Making Contest Interbranch on December 19, 2021.

With the theme of "Makulay na Pasko ng Pilipino", the lantern-making contest is open to AU's elementary and junior high school students with their families.

Many students and their families from all the branches of AU participated in the event. The Winner

was chosen through online voting via Facebook by the number of heart reactions each photo received.

Through the support of her family and the efforts of the whole Arellano University-Elisa Esguerra Campus (AU-EEC) community, the Gervacio family's entry won the People's Choice Award and Overall Champion in the Junior High School Division. For their entry, the Gervacio family used egg trays, bamboo sticks, poster paints, hays, sacks (brown), thermal paper holders, led lights, powerbank, double adhesive tape, clear wire, glue stick and other recyclable materials. The result is a very beautiful and colorful parol that is truly a work of art.

For their part, the students, faculty, admins, and staff of AU-EEC continuously voted and shared the picture of the Gervacio family's parol. the support of the whole AU-EEC community extends as even the alumni and other people vote for the said entry.

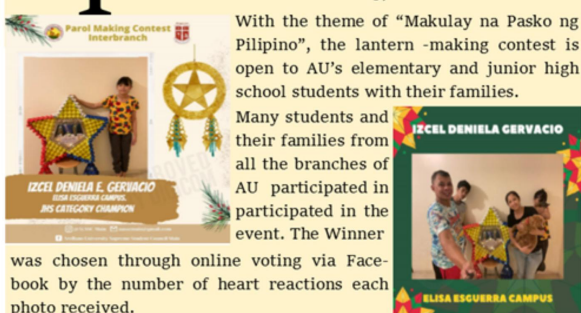
Upon winning, Izcel Deniela Gervacio expressed her joy and gratitude as she recalled all the support she and her family received.

"Nung una po na feel ko is nervous and excited, lalo na po nung parol ko yung napili na ilalaban po sa branch, and thankful po ako dun. Then there's the fact that nung nanalo po ako is nakakaproud po. And very grateful po ako sa nagsupport po sa'kin, especially po sa mga teachers ko at adviser ko, pati po syempre sa family ko," she said listing the materials she used to create a beautiful lantern:

This contest shows that not just the support of a family to each other, but also the support of a whole community can make us all feel the love and joy that the Christmas Season brings.

As she and her family represented the AU-EEC community, Izcel Deniela Gervacio shows that amidst the pandemic we can overcome many challenges through the support and guidance of our family and our whole community.

Photo Credits: AU-SSC Main



Arellano University EEC Science Week

By: Aira Nicole Bartolome

Arellano University-Elisa Esguerra Campus (AU-EEC) Junior High School (JHS) Department celebrated its Science Week on November 29, 2021 - December 3, 2021.

With the theme of "Reinventing Science Education in the Midst of the Pandemic" and through the encouragement of the Science Club adviser, Ms. Monica Saturnino, many JHS Students participate in the activities prepared for the whole week of celebration.

The students enjoyed the activities and events throughout the whole week. The students expressed their joy and activities not just in winning but in being able to participate in the events.

"Kasiyahan pag nakatama, thrill sa timed na tanong at kasiyahan sa pag pa-participate" Mr. Theodore Bas, one of the student-participants said.

At the end of the celebration, the winners of the Science Week's contests and events were recognized.

The following are the winners of each event:

Slogan Making Contest:

- Izcel Gervacio
- Luis Casimiro
- Jenryzza Cantuba

Poster Making Contest :

- Aira Sobrevilla
- Sydelle Aquino
- Ma. Eliana Ramos

The Science Wizard Quiz Bee :

- Charlotte Dela Cruz
- Aira Nicole Bartolome
- Major Dan Cabuang

Eco-Art Exhibit:

- John Leo Galang
- Aerie Louise Otis
- Rodchella Sangcap

Sci-Vlog:

- Dhaena Butron
- Rheana Angeles
- Fhoebe Bernardo

All in all, the event not only succeeded in promoting extracurricular activities to the students but also in showcasing the students' passion and talents in science and developing the camaraderie among the students.

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INTERBRANCH 2021: AU-EEC-JHS IN AU SHOWDOWN COMPETITION

By: Gerryldine Marie Bautista

The Arellano University-Elisa Esguerra Campus (AU-EEC) Junior High School (JHS) Representatives won the AU Showdown Interbranch Competition on January 12, 2022.

The JHS students, Mr. Jake Prado from Grade 9-Molave, Ms. Garlyne Joy Lucas from Grade 10-Einstein, Ms. Sabriah Gobres from Grade 9-Molave, and Ms. Kate Althea Navarro from Grade 9-Narra were encouraged by their MAPEH teacher, Ms. Camelah Cadigoy to join the Interbranch Competition. Through the choreography and guidance of Mr. Jay-ar Banua, the JHS representatives eagerly and zealously practiced their dance routine. Their entries were shot, edited, and submitted by Mr. Dennis Alivio.

On January 12, 2022, the AU Showdown 2021 Interbranch Competition commenced and was hosted by AU-Elisa Esguerra Campus. The judges of the competition are Mr. Daryl Cleofe, Mr. Mikko Bodo, and Mr. Rey Baylon, who are also dancers and choreographers. Representatives from different Arellano University campuses competed and showed their synchronized movements in dancing. After an intense dance showdown among the contestants, the winners were announced amidst the excitement and support of the AU community.

In the JHS Division, the AU-EEC representatives won and placed in the following category:

JHS Individual Category 3rd Place:

- Mr. Jake Prado from Grade 9-Molave



Photo Credits: AU-EEC OSA

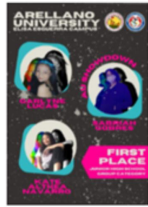


Photo Credits: AU-EEC OSA

JHS Group Category 1st Place:

- Ms. Garlyne Joy Lucas from Grade 10-Einstein
- Ms. Sabriah Gobres from Grade 9-Molave
- Ms. Kate Althea Navarro from Grade 9-Narra got the

The winners are all happy and proud of their success. Their persistence, effort, and hardship have paid off.

"I was shocked and happy at the same time. We did not expect to win since the other representatives were also good." Ms. Navarro said.

Furthermore, the teachers, classmates, friends, and families were all happy and proud when the winners were announced.

May the success of these AU-EEC students at the AU Showdown Interbranch be an inspiration to all aspiring dancers of AU-EEC. Hail to the Chiefs!

Celestial Encounter Of Inditing You

By: Raggedy Grace Anne Trono

The heavenly bodies began to chant,
As I write you a poem.

In creation of my magical universe,
The centre of macrocosm is you.
Enliven every single cell of me,
To compose you a poetry.

You are—

The bigbang, a beautiful catastrophe
That once vivifies the artistic side of me.
My catalyst, the reason behind my inventions;
You are the genesis of my masterpiece.

Imploing to paint your face with my profounds.
Desiring to hold your hand,
While I use the beating of my heart as the meter of my verse.
Uses your eyes as my metaphor of the northern star,
As it radiates throughout the year.
Just like you, my little bear,
Your celestial beauty
Is the subject of my florid poetry.

Imagery is not enough.
I covet to be close upon you.

That smile of yours is the impulse of my stimulation.
Writing about you is my perfect momentum.
My magnum opus' gist,
A perfect constellation.

GININTUANG TAHANAN

ni John Lawrence Legaspi

"Dito ka sa piling ko oh, dito ka lang, dito ka lang. Bumabagal ang Ikot ng mundo kapag ika'y nariyan oh aking tahanan."

Isa ito sa mga linyang tumatak sa atin mula sa awit ni Adie Garcia na pinamagatang "Tahanan". Pumatok at nakakuha ng kiliti sa bawat isa sa ang kanta. Sa tuwing ito ay naririnig, napapatanong ang isa kung nasaan nga ba ating tahanan? Tunay na nakakahumaling at nakapagpaparamdam ng pagmamahal ang kantang ito.

Naging agaw-pansin at usap-usapan ang inspirasyon ng kanta. Ayon kay Bb. Adie, ang sumulat at umawit ng kanta, tungkol ito sa dalawang magkasintahan na natagpuan ang tunay na tahanan sa isa't isa. Nilinaw niya na ang inspirasyon ng awit ay ang kanyang pamilyang nagsisilbing tahanan sa oras ng pangangailangan. Dagdag pa niya, naramdaman niya ang pagkakaroon ng tahanan nang kanyang mapanood ang pelikulang "My Amanda" na pinagbibidahan nina Alessandra De Rossi at Piolo Pascual. Nagawa niya ang koro nito sa pamamagitan ng kanyang imahinasyon kasama ang isang tao.

Dahil sa husay at talento ni Adie, nanomina ang kantang "Tahanan" sa 34th Awit Awards sa mga kategoryang Wish Breakthrough Artist of the Year. Nanomina din ang "Tahanan" sa 7th Wish Music Awards sa kategoryang Wishclusive Contemporary Folk Performance of the Year.

Para sa mga nakapakinig ng awit, ang "Tahanan" ay talagang nakakakilig at nakaka-engganyong pakikipag.

Ikaw, sino ang itinuturing mong tahanan?

TATAK ELISA ESGUERRA, INDAK TUNGO SA PANGARAP!

Ni: John Lawrence Legaspi

Nagwagi ang mga mag-aaral ng Arellano University-Elisa Esguerra Campus (AU-EEC) Senior High School sa nagdaang AU Showdown: Interbranch Competition na ginanap noong ika-12 ng Enero taong 2022.

Ang mga kinatawan ng AU-EEC SHS ay sina John Russel Habig, Natsumi Kumada, Aljomar Estrella, Geneva Dacles, Laica Codal at Julliana Varona. Sa kanilang pagsali sa patimpalak, maraming mga balakid ang kanilang hinarap upang kanilang mapaganda ang kanilang mga iprepresentang sayaw. Sa kabila ng kanilang pinagdaan na kakulangan sa oras, pag-ensayo at pag-aaral, nanaig pa rin ang husay ng isang tatak Elisa Esguerra sa pag-sayaw. sa pamamagitan ng pag-gabay at suporta ng kanilang koryograpong si G. Romeo Inocencio, mas nalinang at napaghusay ang mga

talento ng mga kalahok sa larangan ng pagsasayaw. Bukod kay G. Inocencio, nagpakita din ng suporta sa mga kalahok ng AU-EEC ang mga mag-aaral, mga guro, at mga taga-pamahala ng AU-EEC.

Ang mga sumusunod ay ang Kategorya at Puwesto ng mga kalahok na mag-aaral mula sa AU-EEC:



Photo Credits: AU-SSC Main

SHS Indibidwal na Kategorya Ikatlong Puwesto:

- John Russel Habig
- Natsumi Kumada
- Aljomar Estrella
- Geneva Dacles

SHS Kategoryang Pampangkat Ikalawang Puwesto:

- Laica Codal
- Julliana Varona



Photo Credits: AU-EEC OSA

"Sa akin naman, I am grateful sa aming part nito lalo na't tayo ang host campus for this year's showdown. Indeed, it was challenging Lalo na hindi pa rin pinapayagan ang face-to-face competitions. Maraming adjustments such as rehearsals, video editing at iba pa. Kahit na hindi naming nakuha ang championship, malaking bagay pa rin ang experience namin lalo na't lahat kami ay first timers." Ani G. Inocencio tungkol sa tagumpay ng mga kalahok,

Iidinagdag pa ni G. Inocencio na kanilang mas pagbubutihin pa at mas paglalaanan ng oras at panahon ang pagliling sa talento ng mga mag-aaral sa pagsayaw upang sa susunod na taon ay makamit na ang kampeonato.

Sa kabilang banda, anuman ang naging kanilang puwesto sa kompetisyon, ang buong AU-EEC ay ipinagmamalaki ang mag-aaral na lumahok at kumatawan sa paaralan.

AU-ELISA ESGUERRA FACULTY MOBILE LEGEND TOURNAMENT 2021

By: Rocelle Christine D. Lacuesta

Arellano University-Elisa Esguerra Campus (AU-EEC) holds its Faculty Mobile Legend Tournament 2021 in celebration of Malabon Teachers' Day on December 3-4, 2021.

The event was spearheaded by the AU-EEC Supreme Student Council for the teachers of AU-EEC. Registration for the tournament began on November 18-19, 2021, in which six teams, consisting of both junior and senior high school teachers, joined. The six teams are Team Milo, Team CLSTRHDS, Team 3K Lang, Team C10 QT, Team Alpha Kiyoshi, and Team Wonderpets. The tournament commenced and was broadcasted live through Facebook live stream on December 3-4, 2021.

The game matches proceeds as follows:

Elimination Round:

- Team Milo vs. Team CLSTRHDS. Team CLSTRHDS wins.
- Team 3K LANG vs. Team C10 QT. Team C10 QT wins
- Team Alpha Kiyoshi vs. Team Wonderpet. Tie. Both teams advanced to the Semi-finals.



Photo Credits: AU-EEC OSA

Semi-final Round:

- Team Alpha Kiyoshi vs Team C10 QT. Team C10 QT wins
- Team CLSTRHDS vs Team Wonderpets. Team CLSTRHDS wins.

Final Round:

- Team C10 QT vs. Team CLSTRHDS. Team CLSTRHDS wins.

As the winner of the final round, Team CLSTRHDS was declared as the champion of AU-EEC Mobile Legends Tournament 2021 and was awarded the cash prize of 3,000 pesos.

At the end of the event, the teachers expressed their joy as they showcase their talents in mobile gaming and socialize with each other. This is truly a successful celebration of Malabon Teacher's Day.

**HAPPY MALABON
TEACHER'S DAY!**

OPINION: 2022 ELECTION: BREAK THE SILENCE AND ALLOW THE TRUE LEADERS TO TAKE CHARGE

by: Jerick Louis Dican

Without excellent governance, no country can achieve development. Every person has the freedom to vote, and every nation has a constitution that safeguards those rights. Your vote was heard, and it made a difference. We have a better grasp of the importance of a single vote when we realise that all of our votes are cast for the welfare of the nation, not for the benefit of lawmakers. Democracy is an important component of good governance. People with authority are essential, as are individuals who balance the state's authority in order to prevent the administration from becoming too powerful and incompetent.

Authoritarian leaders in our country have a history of abusing their positions of influence to break Philippine laws and tolerate corruption and abuses of human rights. However, there is very little evidence of economic growth. As responsible citizens, we should vote in the upcoming elections. Voting wisely involves a thorough understanding of both the biblical and civic obligations of participation. Find skilled leaders to lead the country's development plans or to bring its population united. What we need is a more caring, unifying governance that is inclusive of all people and handles the country's economic needs. Everyone should have the same privileges and voices as everyone else, regardless of status, gender, identity, color, religion, or other factors.

SHORT STORY ABOUT RESILIENCE

By: Brianda Pherie Lee

An old woman was teaching her grandson various things. One day she told him "You know there are many types of people in the world. Some would tell you to follow your dreams, others will tell you what you should do, and the rest would tell you to be content with what you have." Her grandson thought for a bit and then asked "Then whose advice should I listen to?" His grandma then chuckled for a bit and then replied "You know my dear boy, the world is a cruel place. You do not know which advices are genuine or not. So pick a path that you would not regret. Life is a journey and a journey is defined on how much you enjoyed it"

In this day and age of knowledge and technology, no one can claim that they are not well aware of politics and so are unable to speak out against it. Silence is both a privilege and a decision. We should participate as students in campaigning for decent government in the Philippines. We've seen how corruption works in government for the previous few years. We observe how the administration has overlooked marginalised sectors in our country, and we believe that this should be addressed for the upcoming May 2022 election. Break the silence and allow the excellent leaders to lead. It is now time to contemplate our nation's future and the well-being of its citizens. You should not be frightened to be a warrior for truth and justice. Choose the competent leader that every Filipino deserves.



"Loving a person is tough. But regretting not to confess is tougher"

Keanu James Castillo

KAYOD-KALABAW

by: Adrian Lanopa

"Nagtatrabaho, 18 hours! 18 hours? Totoo ba 'yun?"

Isang pinakasikat na linya na umusbong kamakailan lamang sa Internet. Ito'y nakatanggap ng maraming perspektibo at opinyon mula sa mga taong nakakita ng pahayag. Ang iba'y nagsabing ito'y imposible. Ang iba naman ay naalarma at nagalit dahil na rin sa pangungwestyon sa mga manggagawang nagtatrabaho ng ganito katagal. Maraming emosyon ang namutawi pero totoo nga ba 'yun?

Kung titignan natin ang kasalukuyang sitwasyon ng bawat Pilipinong manggagawa, masasabi natin na ito'y totoo at hindi na bago sa ating mga pandinig. Mahirap ang oportunidad sa Pilipinas kaya kahit anong trabaho, magkano man ang maging sweldo, ito'y tatanggapin para lamang may mailagay sa hapag-kainan. Ilang oras man nagtatrabaho, basta ito'y sasapat para matustusan ang pang araw-araw na pangangailangan, walang pag aalinlangan tatanggapin. Ang pagod ay hindi na iindahin para lamang sa bawat taong umaasa sa perang maiuwi. Marahil nasabi ng ibang tao na ito'y imposible dahil sila'y nakakaluwag-luwag sa buhay. Sila'y nakakakain ng tatlong beses sa isang araw nang walang iisipin kung ano ang kakainin nila kinabukasan. Mirahil sila yung mga taong nabibili ang kanilang mga gusto. Di nila maintindihan ang mga taong nagtatrabaho ng ganito dahil hindi naman nila ito naranasan. Mahirap ang dinaranas ng bawat manggagawang Pilipino, hindi magiging tama na kuwestyunin natin ang kanilang mga pagod at sakripisyo para lamang mabuhay sa di patas na mundo.

Hindi dahil hindi natin nararanasan, nanganahulugang hindi na ito nangyayari. May mga posisyon tayo sa buhay na nakikita natin na imposible pero minsan, nagiging sarado lang ang ating isipan. Maging bukas tayo sa lahat ng posibilidad. Kahit gaano katagal ang oras ng pagtatrabaho ng isang tao, wala tayong karapatan na maliitin o husgahan ito. Tanging respeto at pagtulong sa panahon ng pangangailangan ang maaari nating maibigay dito.



SPECIAL DAY FOR OUR SPECIAL TEACHERS

By: Dimple Ann Onilig



"The Supreme Student Council (SSC) has come up with a brilliant plan to surprise all the teachers. The 7th day of December 2021 in Arellano University – Apolinario Mabini Campus was the day the surprise event was held via Zoom and was hosted by two officers of the SSC. The theme for this special event is "Teachers at heart of education recovery".

The teachers were astonished because they thought of it as an emergency meeting. The plan of the Supreme Student Council (SSC)

worked because they all managed to persuade every teacher without being suspected. The teachers that day left with a big smile on their faces. This special event was hosted because of the goal of expressing their gratitude and appreciation to the teachers.

The Supreme Student Council (SSC) wanted to give a small gift to every teacher who is very dedicated and working hard to teach every student.



"They inspire you, they entertain you, and you end up learning a ton even when you don't know it." - Nicholas Sparks. The main goal of the surprise event was to inform the teachers how much appreciated their works are and how grateful the students are that despite this pandemic, education still prevails. It may not be a big event, but the smiles on their faces were worth it.

(Credits to Ms. Alliyah Alcantara for the picture)

SUDOKU

Edited by: Noejones Satorre

Difficulty: Easy

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9	1		2		8			
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Copyright 2022 by: Washington Times

HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

FILIPINO RESILIENCY

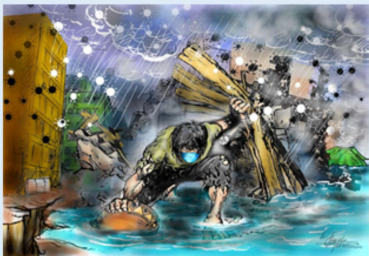
By: Brianda Pherie Lee

Many Filipinos thought that 2019 would be one of the most difficult years of their lives, but they had no idea what was in store for them.

An explosion occurred in one of the active volcanoes in Batangas, Philippines, known as the Taal Volcano, at the beginning of 2020. The eruption has affected several areas in the Philippines' northern region, and residents have been advised to wear face masks to avoid inhaling the ash, which can be harmful to one's respiratory health. For several weeks, a deadly virus known as the Corona Virus Disease spread throughout the world (COVID-19). Face masks were required in all affected areas for the second time to avoid contracting the virus, but it was inevitable. As a result of that, schools and some businesses were closed as well. Worst of all, the virus has been linked to thousands of deaths in less than a year.

Months later, in 2021, as a lack of government action resulted in lockdowns and restrictions affecting millions of people's salaries and employment, the nation's hope began to dwindle and crumble. A torch of hope was lit one day, a 26-year-old woman named Ana Patricia Non chose to help her community in an act of kindness that inspired thousands of many others. She used her earnings to establish the Community Pantry, which provides necessities to the community. Surprisingly, people all over the country were inspired to do the same, as they remembered the "bayanihan" Filipinos are known for. People's faces lit up once more as they discovered a ray of light in the midst of the pandemic's darkness.

Despite adversity, the Filipino people will always prevail.



Copyright by: Daily Tribune



LIWANAG SA DILIM

By: Pixie Palomar

"Pa-mine, red!"
"Brand new dresses, pili na!"
"Ang ganda ng kulay nito mga mare!"

Isa ka rin ba sa mga ginagawang li-bangan o hindi naman kaya ay ginagawang full-time na trabaho ang pag-online selling nga-yon? Kung oo, tiyak ako na pamilyar ka sa mga katagang nabanggit sa itaas.

Marso taong 2020 nang magsimulang pumutok ang kaso ng mga nagkakasakit dulot ng COVID-19. Nagresulta ito sa pagpapatupad ng lockdown sa ating bansa kung kaya't maraming mga negosyo ang panandaliang na-hinto, ngunit ang iba naman ay tuluyan nang nagsara. Hindi naging madali ang buhay noong kasagsagan ng paglaki ng kaso sa ating bansa sapagkat marami ang nagutom dahil sa kawa-lan ng pagkakakitaan. Nakulong sa kanya-kanyang mga bahay ang mga tao at ang ayuda galing sa gobyerno ang tanging inaasahan ng mga Pilipino. Kaya naman, ang ilan sa ating mga kababayan ay natutong dumiskarte sa buhay at kumita sa loob lamang ng bahay. Dito na nagsimula ang pag-usbong ng iba't ibang uri ng negosyo online.

Isa na rito ang online selling, kung saan naibebenta ang mga produktong nais mong ipagbili sa tulong ng iba't ibang social media platform gaya ng Facebook, Instagram, Tik-tok, at iba pa. Upang mas marami ang mapapansin sa kanilang mga paninda ay isinasaga-wa nila ang live selling at doon ay iniaalok nila ang kanilang mga paninda sa harap ng kamera. Hindi biro ang ganitong uri ng paghahanap-buhay sapagkat hindi madali na makalikom ng mga taong manonood at magtitiwala sa iyong mga produkto. Pagtitiyaga, mahabang pasensya, at tibay ng loob ang iyong kailangan nang sa ganun ay magtagumpay ka sa larangang ito. Sa katunayan, marami ang sumubok na gawin ang bagay na ito ngunit, ilan lamang ang pagpapatuloy dahil bukod sa nakakapagod ang magsalita nang magsalita ay nahulugi ang mga ito. Ang iba naman ay nabibiktima ng mga bogus miner kung saan kanwari nitong kukunin ang isang aytem subalit pagdating ng bayaran ay hindi na ito mahagilap o makontak.

Sa kabila ng mga balakid at pagsubok na nabanggit ay hindi natin maikakaila na ma-laki ang naging pakinabang ng social media sa panahon na wala tayong ibang makakapitan simula ng pag-usbong ng pandemya, hang-gang sa kasalukuyan. Nakakatuwang isipin na hindi lamang ito nagsilbing libangan, kundi nagsilbi rin itong liwanag sa buhay ng ating mga kababayang nabalot ng dilim ng pande-mya.

“
Life is going to give you
just what you put in it.
Put your whole heart in
everything you do, and
pray, then you can wait.
Maya Angelou

Fact-Checking of Information
in the Age of COVID

By: Darrell James Oracion

Credits to United Nation

The Covid-19 pan-demic has uncovered and intensified both an infor-mation and a health catas-trophe. What we learn about Covid 19, how it spreads, to whom and why, and how to best mitigate it are all dependent on infor-mation. Fact checking orig-inated in the early twenty-first century as a positive beacon to offset a rising sense that information could no longer be trusted. Fact checking now exists inside a significantly more complex and turbulent media setting, more than a decade after its inception, and its knowledge and understanding has never been more necessary.

COVID-19 rapidly spread and lethally when it could have been contained due to a lack of infor-

mation. The pandemic could have been contained from the outset if what was known had been shared. Models based on scant data and muddled public health messaging have hampered the response to the issue. It has been accompanied by a worrisome trinity of con-spiracy beliefs, which, in my opinion, obstruct pro-tection and recovery while also politicising public health and science.

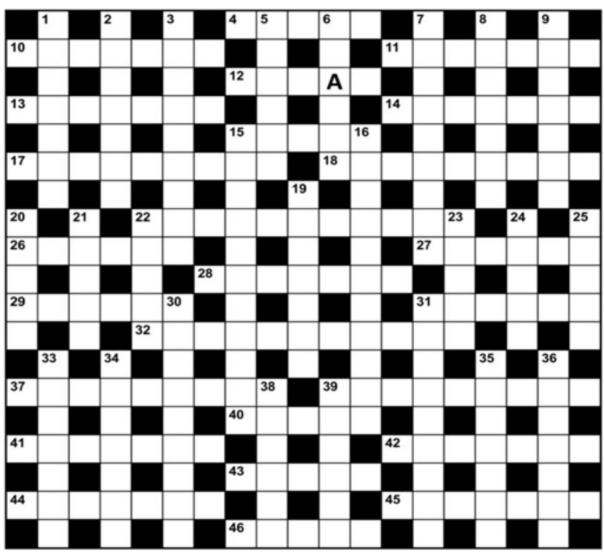
According to Xinyan Zhao in his Journal of Con-tingencies and Crisis Man-agement 2021, Bad infor-mation has the potential to destroy lives. It is harmful to people's health. It incites hatred and undermines de-mocracy. People are cur-rently dying from diseases that may have been pre-vented if they hadn't been

misled by bogus vaccine information. There is misin-formation about public health risks associated with the deployment of 5G mo-bile communications tech-nology, for example. Ter-rorist actions are occasion-ally encouraged by people who have been radicalized by false information found on the internet. Despite this, the virus has taken ad-vantage of social cracks and rushed through the gaps caused by pre-existing inequ-ity. It has shown what we already knew but chose to ignore. What we know and how we comprehend it de-termines how we deal with it personally, collectively, socially, politically, and in-ternationally.

CRISS-CROSS

Fill in the blanks with the words. To help you get started one letter is already in place.

- 5 letter words
ATLAS
CORAL
DAISY
DEFOE
DIARY
ENJOY
FAIRY
FIX UP
HIKER
JEWEL
LEMON
SCOPE
- 6 letter words
ACACIA
COOKIE
ENGINE
KETTLE
PEANUT
POTATO
SOURCE
SURVEY
- 7 letter words
BRONCHO
COLOMBO
CONAKRY
DEBUSSY
DIGITAL
EPAULET
FRISBEE
INTEGER
PIONEER
INVOICE
JANUARY



- 9 letter words
CHIHUAHUA
FIREPLACE
PTARMIGAN
STORYBOOK
- 11 letter words
FLAMBOYANCE
HUMMINGBIRD
PROBABILITY
RECALCULATE

Pandemya sa taong 2022: Karapatang Pantao sa bagong normal

By: Adrian Lanopa

Ang pagasa sa mas maayos na sistema ng pamamahala ang pinakahawakan ng bawat Pilipino ngayong taon. Ang taong ito ay isang pinakaimportanteng taon kung saan ang mga Pilipino ay kailangang maging matalino sa pagpili ng maging susunod na mga lider ng ating bansa lalo na ating Presidente. Ang ating karapatan sa edukasyon, kalusugan, proteksyon, at seguridad ay ilan lamang sa mga importanteng karapatang pantao na dapat taglayin ng bawat Pilipino. Mahigit dalawang taon na tayong nasa gitna ng pandemya at napapansin natin na walang pagbabago sa sistema. Ang kalusugan ay nananatiling mahirap pa rin sa lahat ng Pilipino. Ang edukasyon ay hindi abot-kaya dahil sa bagong pamamaraan na inilunsad. Matatawag natin na walang naging ganun na pagbabago na naabot kaya ngayong taon, muli tayong nangangarap at boboto ng sa isang lider na kayang ipagla-

ban ang ating karapatang pantao.

Noong Agosto, 2020 ang Philhealth ay pinaniniwalang may winaldas at nakakaw mula sa pera ng departamento. Ito ay nagkakahalaga ng P15 Billion ayon sa dating anti-fraud legal officer Thorsson Montes Keith na nag-resign sa Philhealth dahil sa korapsyon na nagaganap. Ito'y napakalaking pera at napakagandang isipin kung ito'y ginagamit ng maayos. Siguradong mas maraming Pilipino ang natulungan sa kanilang pangangailangan medikal pang araw-araw. Nagpapatunay lamang ito na malaki ang problema natin pagdating sa pagpapatakbo ng sistema sa kalusugan.

Ayon sa Departamento ng Edukasyon, 1.1 milyong estudyante ang hindi magpapatuloy mag-aral para sa pangyuring taon 2021 - 22. Ito'y isang napakalaking numero kung susumahin. Nangangahulugan lamang ito na ang bagong sistema ng

edukasyon ay tunay na hindi para sa lahat. May mga mag-aaral pa rin ang patuloy na naiwan sa pagkatuto.

Kung pagbabasihan ang ating kalusugan at edukasyon—dalawa sa pinaka pangunahing karapatan ng bawat tao—malaki ang kailangan ayusin at gampanan ng susunod na magiging lider. Masyado ng napektuhan ang karapatan ng bawat Pilipino kaya minsan nananatili pa rin tayo sa posisyon na tinatanggap na lang natin kaysa magsalita sa kung anong dapat meron tayo. Ang sistema sa edukasyon at kalusugan ay patuloy na nagpapahirap sa bawat Pilipino.

Ang tanging inaasahan ng mga Pilipino ay pagbabago, tunay na pagbabago. Walang makapagsasabi kung anong pwedeng mangyari pero pare-pareho lang naman tayo ng gusto, pag-unlad at kaginhawaan ng buhay ng bawat Pilipino.

HARD THINGS TO GOOD THINGS

By: Lyka Sofia Fuensalida

Problems are unavoidable, no matter where we go it can happen unexpectedly at any time. In some cases we can prepare for it at least, but we cannot expect to go through it smoothly as problems may vary from what we planned. The best that us humans can do is to be strong and make the most out of it by gaining experience.

When a problem arises most of us immediately are consumed by so much pressure, may it be from external sources (other people) or internal (mental). We have to remember that problems take time to be solved, no matter how light or heavy the problem may be, if we do things in an orderly manner we might make a small problem bigger or prolong it's duration. Problems don't have to be complicated, if it's only a simple problem, solving it in a simple way doing more would only add to the conflict thus making it worse. Whilst in a problem, make sure to take advantage of it if you have a solution in mind, don't be afraid to act it out, and if it fails be always be motivated to try another one. Always keep in mind, Problems are temporary and they won't be given unto someone if that someone isn't able to overcome the said problem. When things get extremely hard, loosen up or cry but don't ever stop overcoming these problems for it can release you from the weights you've been carrying.

Overall whenever you fight, you should also rest but don't make that rest last forever. Problems are temporary, it may seem like forever but it's because it shows you're fighting really hard. Problems always come with a solution, finding that solution and working for it is the only thing we need to do.

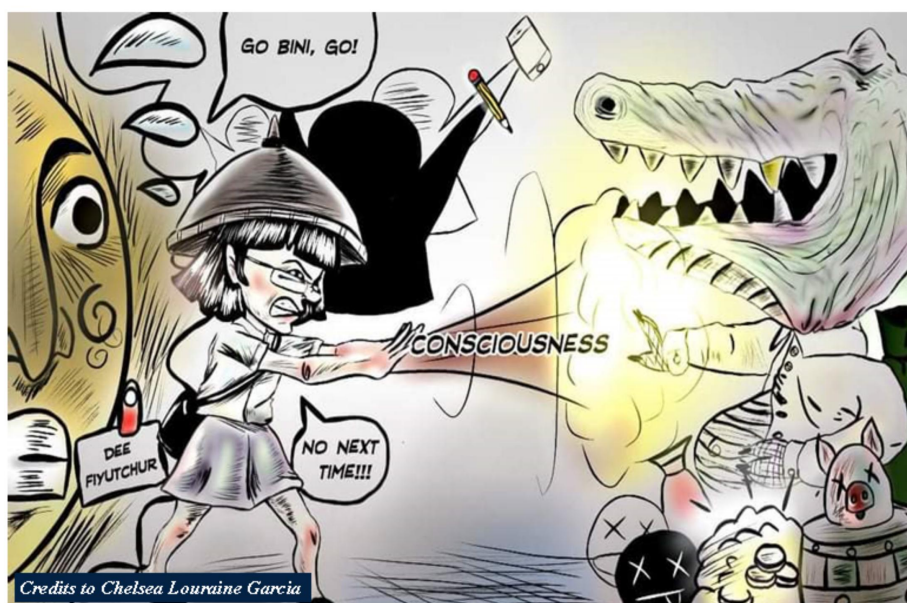
REYALIDAD

By: Clarence James Rojas

Si ganto ay maagang nabuntis. Si ganyan ay maagang nagbisyo. Sina kuwan ay nagtatrabaho na agad sa murang edad pa lamang. Ilan lamang ang mga iyan sa mga naging basehan sa kasalukuyan upang masabi na ikaw ay mulat sa reyalidad. Subalit, mulat nga ba talaga?

Marani akong kilala na proud mommy daw sila. Mayroon din namang bata pa lamang ay mala-tambuto na kung bumuga ng usok ng sigarilyo. At higit sa lahat ay mga nagbabanat ng na buto kahit bata pa para lamang may mailagay sa kanilang mga tiyan. Sa unang tingin ay masasabi ko nga na sila ay mulat na sa reyalidad sapagkat dinaranas na nila ang mga bagay na hindi pa dapat dahil sila ay nasa murang edad pa lamang. Minsan ay tinanong ko na rin sa aking sarili kung tama lang ba ito. Tama lang ba ang kanilang dinaranas? Malamang ay hindi. Sila ay dapat nasa silid-aralan at nag-aaral nang mabuti para sa kanilang mga hinaharap. Sila ay mga nakaa-awang bata na naging biktima ng kahirapan, impluwensya ng kaibigan, at kawalan ng kalinga ng mga magulang.

Hindi kailanman masasabing mulat ka sa katotohanan at sa totoong mundo kung hindi mo pa lubusang naiintindihan ang mga sinasabi ko. Magkaiba ang mulat sa reyalidad, sa biktima ng reyalidad. Ang aking mga nabanggit na kakilala, kaibigan, at maging sarili ko ay hindi mulat, bagkus ay biktima lamang ng reyalidad na sinasabi ninyo.



Credits to Chelsea Lorraine Garcia



Fear of COVID-19 vaccine linked to childhood trauma

By: Kyla Mae Casanova Bernal

TRIGGER WARNING: Discussion of Trauma presented in this article.

According to the British Medical Journal, childhood trauma may be the reason why people are skeptical of the COVID-19 vaccine. Adversity in childhood can adversely affect one's mental health. Early neglect, abuse, and violence can make children suspicious and hesitant to approach someone.

The researchers wanted to know if the traumatic experience at a young age was associated with medical distrust. In the middle of December 2020 and March 2021, 2285 eligible Welsh adults who answered all questions were included in the final analysis. In the survey, the respondents were asked about 9 types of trauma that they've experienced before reaching 18 years of age. 52% of the respondents said they have never experienced childhood trauma while in the survey, 1 in 5 respondents said that they had experienced at least 1 type of trauma; 1 in 6 (17%) said they had experienced 2-3 and 1 in 10 (10%) said they had experienced 4 or more, based on the British Medical Journal. Additionally, the risk of the fear of vaccination was also 3 times more likely to be uncooperative with younger children.

As more childhood traumas are experienced, more people become less trustful of COVID-19 information. There is an urgent need to understand how to increase people's confidence in the health system and ensure compliance with health guidelines. The report also suggests that this applies to other health emergencies that may occur in the future, in addition to the current pandemic.

<https://www.bmj.com/company/newsroom/covid-19-vaccine-hesitancy-linked-to-childhood-trauma/>

Skate Scene in the Philippines amidst Pandemic

By: Clarence James Rojas

Skateboarders in the Philippines continue to jump and ride their boards despite the pandemic. Going outside was prohibited by the Inter-Agency Task Force for the Management of Emerging Infectious Diseases because of what Covid-19 may bring to us. Consequently, it also restricts people from doing physical contact sports, such as skateboarding.

It is not new to us to see a person riding with a skateboard in every place where we go. They do tricks and stunts that entertain us. However, this was changed because of the Strict Community Quarantines implemented by the IATF. On the other hand, some of the sports were allowed after the quarantine was lifted from Enhanced Community Quarantine to General Community Quarantine. According to Section Four (4) of IATF Resolution No.56, Outdoor non-contact sports are allowed, including skateboarding. This was the signal for every skateboarder to grab their boards and continue to skate around the streets as they normally do.

Even though the pandemic may affect our way of life, it will not affect our passion. The passion of every skater in the Philippines remains unwavering despite difficult circumstances. As challenges arise, their love for their sports intensifies.

Freedom: Interference In Political Opinion-2022

By: Dyan Reyes Padullon

Toni Gonzaga, an actress-turned-vlogger, was cancelled owing to the actress' preference for a presidential contender. A lot of people are criticising her for having a political opinion that differs from the majority of people's preferences. According to a recent Manila Times report.

"You have a right to express your political opinion, in the ways you know how, simply because you are a member of the state. Don't let anyone tell you otherwise", Toni remarked.

Cancel culture, also known as mass shaming on social media platforms like Twitter, Instagram, and Facebook, is a modern form of boycotting an individual, who is frequently a celebrity or public figure who is believed to have committed questionable conduct.

Mass shaming is perceived as an unjust act of judgement for just stating their support for their candidate in the 2022 election, which goes against the majority's chosen political viewpoints. They seemingly appeared to be committing a heinous crime.

The aforementioned issue is quite concerning because the freedom to communicate thoughts, opinions, and preferences is being restricted. Contradicts the public's promotion of personal freedom.

The Standard

ARELLANO UNIVERSITY APOLINARIO MABINI CAMPUS PRESS

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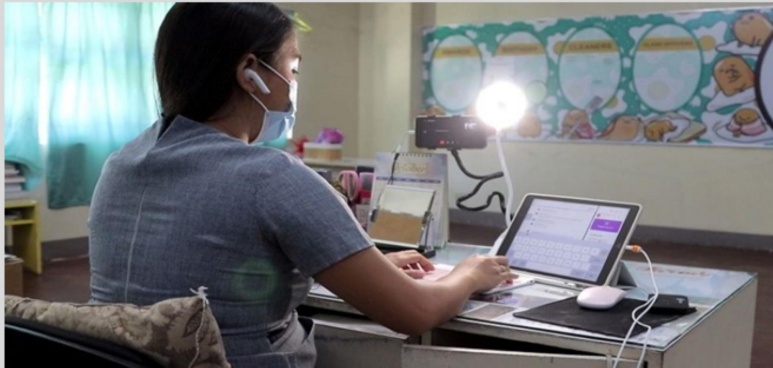
DARRELL JAMES ORACION
FEATURE WRITER

"SHOW, DON'T TELL: A BETTER WAY TO IMPROVE WRITING SKILLS IN THE NEW NORMAL"

Date: November 26, 2021 Time: 3:00 PM

Venue: ZOOM

By: Ellysa Mae Niebres



Source: Sunstar

How do you define success when you check all the boxes on paper but have nothing to show for it?

"Show, don't tell." You've probably heard this writing advice a thousand times before. Show, don't tell. But what does it really mean? Is it really that crucial? Without a doubt, it is.

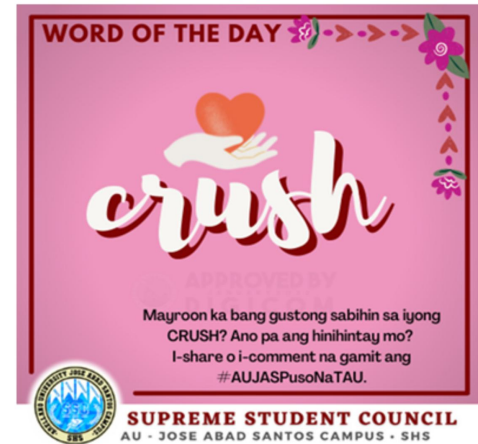
Ms. Frances Bocacat uses the power of writing to induce a meditative state in her students, allowing them to better comprehend the lessons learned by demonstrating the "Show, Don't Tell" method. Ms. Bocacat emphasized that if you want to improve your writing skills in the new normal, it is vital that you master the art of showing. She claimed that it is not just a sug-

gestion for creative writers; it's at the heart of what defines creative writing itself. This is what makes it a golden rule of creative writing. The rule is exactly as it sounds. No matter what you are writing, your words should always show what you mean, or show readers the action, the character, or the idea, rather than simply telling them about it.

When done correctly, the method empowers students. Readers can gain experiences through creative writing as it elicits mental imagery, bodily feelings, sensory impressions, and memories. To put it another way, as readers are always meeting writers halfway, "show, don't tell" writing provides the reader with a hands-on, interpretive experience that goes far beyond "understand" or "agree."

Love's Month: Defining Love in Chief's Language

by: Barry Santos



As the world celebrates Valentine's Day, the Senior High School Supreme Student Council went online and conducted a 10-day energizing run of a virtual posting activity via the Facebook platform from February 5 to February 14, 2022.

The Arellano Chiefs from Jose Abad Campus took part in the virtual event for the annual celebration of the love's month on its official Facebook page of AU JAS SSC. This virtual activity aims at spreading love and finding happiness despite being bombarded by school-related tasks. The event also acts as a freedom wall and an open letter for students and teachers to engage and share their thoughts on topics such as friendship, love, family, teachers, and a message to ourselves.

For the Chiefs, love is truly in the air as they seize the moment and use the event to express their unspoken feelings to someone. This also serves as a way for them to confess, express endearment, gratitude, and commend people who are constantly making them feel loved and appreciated.

World Tourism Day Celebration 2021

By: Zab Alinsunurin



Photo by beachtraveldestination.com

The School of Hospitality and Tourism Management (SHTM) joins the World in celebrating the Tourism Day with the year's theme, Tourism for Inclusive Growth. The two-day on-line celebration last October 22 and 23, 2021 was held via Zoom and was highlighted with various skills competition like virtual tour guiding, tour package proposal, and flight attendant demonstration among others.

This activity aims to promote tourism, discover how tourism agencies are working to cope with the pandemic, educate the public, understand how the evolving technology help the growth of the tourism sector, and raise awareness about the importance of tourism in various aspects.

Aside from the virtual skills competition, a webinar was also held with Dr. Maricel Gatchalian-Badilla as the distinguished Resource Person. She mentioned that the COVID-19 pandemic has a huge social and economic impact with an additional 32 million people who are forced into extreme poverty. The economies of both developed and underdeveloped countries have been affected in so many ways. But the most impact was felt by vulnerable and marginalized communities. Thus, the world is looking forward to the opening of the economy and the resumption of tourism that will aid in the recovery and expansion of our economic recovery.

For this reason, the United Nations World Tourism Organization has declared World Tourism Day 2021 as a day dedicated to tourism for inclusive growth. This is an opportunity to look beyond tourism numbers and recognize that there is a person behind every number, Dr. Badilla added.

The webinar ended with a closing remarks delivered by Dr. Florenitte C. de Guzman, SHTM faculty member. She mentioned that tourism has a unique ability to make sure that nobody is left behind, as recognized in the Year of Tourism for Inclusive Development and World Tourism Day 2021.

Embracing Beauty Inside Oneself: Miss Arellano University 2021, Micaella Anne Martinez

By: Ryan Guevarra

February 22, 2022, Tuesday



Photo courtesy of Ms. Martinez

"You are your hope and radiance"

Ms. AU 2021, Ms. Micaella Anne Martinez

As a beauty queen herself, Ms. Micaella Anne Martinez believes that she must always start within herself. According to her, if you are not being kind to yourself, it is likely that you would not have a clear context of what you are trying to tell other people. "For me to spread hope and kindness towards other people, I should be kind to myself because, in the long run, the only one that could always be there for us is only ourselves", she added.

Micaella Anne recently graduated with a Bachelor's Degree in Business Administration at Arellano University-JAS Campus. She enjoys playing badminton and is interested in digital marketing, fitness, fashion, and fashion design. She is also an advocate of community development programs in her community wherein she worked with the Philippine Air Force Civil-Military Operations Group which organized a 3-day community pantry within 10 barangays.

Before her pageant years, Ms. Martinez was an ordinary girl who just wanted to finish her degree and manage her restaurant and business at the same time. She also became a member of an organization known as the "Performers Guild". This organization is made up of a group of dancers who serves as an outlet for teenagers

who have difficulties in expressing themselves. It also gave her an excellent foundation for what she desired to pursue way back when she was still studying. Little did she know that her classmates and her family would introduce her to pageantry which she eventually entered and won as Ms. CBA. She later won Miss AU JAS Campus which made her represent the AU-JAS Campus in the Mr. & Ms. Arellano University Inter-Branch Campus 2021. According to her, she has always felt nervous for most of her pageants. She had good training management that helped her maintain her poise and taught her to turn her nervousness into energy. She even doubted herself in her game as a beauty queen because she was not as tall and gorgeous as the other contenders, but because of the love, friendship, and appreciation she has gained along her journey, she persevered and won the crown.

Currently, she is working and building something new on her own outside the pageantry world. She had made it obvious that she just pursued pageantry because she did not want to disappoint people who had introduced her to the world of pageantry. Regardless, her time in the pageant was one of the best moments in her life. She also learned to keep things private as much as possible, referring to her younger self which was an open book to everyone and ended up hurting herself and is now trying to recover everything.

HOLIDAY GREETINGS

By: Christine Malaca

Holidays are a wonderful time to spend with our loved ones. Coming to our grandmother's house is a great way to get away from work and stressful days and nights. Exhaustion draws attention to her wrinkles and tired eyes as she flips through her planner on the 24th day before Christmas. Her plain-looking turned into a smile as she saw nothing occupied the box in her organizer note. She quickly went to get her small bag, which already had the keys inside. She quickly called her mother while holding the phone and rushing to start the car's engine. When no one answered the phone, she texted her that she was going to see her grandmother. She wanted to spend the holidays with her grandmother together with her parents but she got no response from them. Only the car lights create a clear scene on the road. She maintains her composure and grips the clutch tightly. She's already close to her grandmother's house and their next-door neighbor was busy decorating their home. The strange thing happens when all of her neighbors slowly turn their heads and look at her car as she drives toward the house. She began to feel uneasy as they smiled strangely, "tinted naman ito." When she arrives at her grandmother's house, she immediately parks. She didn't turn her head and began dragging her feet inside as quickly as she could.

She knocked loudly but no one answered. She recalls her grandmother always leaving a spare key under the doormat. "Bingo," she exclaimed. She flung open the door and followed the delicious smell of food into the kitchen. She noticed her grandmother's back while stirring what she was cooking in the pot with a wooden spoon. She checks it before putting her bag and phone in the living room. She went into the kitchen to tell her grandmother about her plans for the day. There was no one there except for the dinner table that

had been set up. The loud bang on the second floor of the house woke her up. She dashed upstairs and the noise stopped. She began calling her grandmother and someone responded, "kakain na bumaba ka na". She was confused yet she hurried downstairs. Surprisingly, her family laughed and talked at the dinner table. The load banged again, this time louder. She politely asked permission to check upstairs but no one was paying attention to her. She went upstairs and discovered that it was completely silent. She started calling her grandmother again and someone said, "dito iha," from the living room. Her grandmother was smiling at her. "Halika, susuklayan natin yang buhok mo tulad noon". The loud bang rang out for the third time. The din is becoming unsettling. The noise became louder as soon as she went upstairs. She went through every room, but no one was there. Her grandmother's room was her last stop. As her feet stepped inside, the noise came to a halt. The doorbell went off. She went downstairs to see if her grandmother was carrying a grocery bag. "Lola, sinusuklayan mo lang kanina ang buhok ko at yung ingay sa taas ang lakas!" she exclaimed, adding to her confusion and nervousness. Her grandmother simply returned her smile. Her phone

began to ring. Her mother, to her surprise, called her. "Kanina pa ako tumatawag gabing gabi na. Dito ka na magpasko matagal na siyang umalis sa bahay niya. Ang lola mo ay dito na maninirahan. Dalawang linggo na siya," her mother explained. "Pero," she added nervously. When she returned her gaze to the door, it was already closed. The sound from upstairs was becoming louder, as if someone was walking with heavy footsteps, and she could smell the delicious aroma from the kitchen once more. She grabbed her bag and phone and dashed out the door, not looking back. The door was not opening, and the previous noise was approaching her. When the doorbell rang, she was trying to figure out how to get out. The door lock clicked, and she stiffened. When the door opened, she discovered it was her grandmother. It resembles her grandmother. Her thoughts wandered to a blank slate. "Iha susuklayan ko na ang iyong buhok," she says. She ran to the living room when she noticed it was her grandmother. The heavy, loud noise came to a halt and she turned her head to see her grandmother peering from upstairs. She rushed out, but her grandmother remained, standing and smiling.

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JRC Congratulates Passers of the Criminologist Licensure Examination!

By Celine Inah J. Dela Cruz



Source: Arellano university—Jose Rizal High School of Page

(From Page 1...)

Here is the list of our Newly Registered Criminologists as follows;

- Angeles, Eljethro E. Rcrim
- Bautista, Redgeenald S. Rcrim
- Lagutin, Jefe G. Rcrim
- Maranga, Kier Q. Rcrim
- Mariano, Jonas C. Rcrim
- Santos, Rikki Bryce B. Rcrim
- Sison, Don Carlo T. Rcrim

The Standard—JRC reached out to Mariano, Jonas C., one of the licensure exam passers for a virtual interview. According to Rerim Moniano, he was not a hundred percent confident that he would pass the exam but in the end, he just let God handle it and believed in Him. He also said that his family had a big part in this journey, especially his aunt who helped him pay his fees in the university. He expressed his gratitude to Dean Shielia L. Gabriel of the Department of Hospitality and Tourism Management in Arellano University - JRC, who helped him get the scholarship program of Mayor Lenden Oreta, the Mayor of Malabon City, as well as Dean Ryan V. Rico of the College of Criminal Justice. Rerim Mariano also announced that he was able to use the lessons he learned from them at the licensure exam. He did not forget to mention his ever-supporting friends and his significant other that gave him an abundance of understanding and encouragement during his journey.

One of the most helpful ways that Rerim Mariano did to prepare for the exam was the 12-day intensive final coaching in the review center that he went to. It was only 3 days before the licensure exam arrived and he did the "5 in the morning challenge" where he refreshed himself of the lessons at, as the name of the chal-

lenge suggests, 5 in the morning. When the day of the exam came, he told himself that he will not open any books and just focus his mindset to mentally prepare for the exam. "It was nerve-wracking," Rerim Mariano admitted, but he tried his best to remain calm throughout the day.

When faced with the challenge of taking the exam, Rerim Mariano said that the feeling of being afraid is normal. In the end, he was able to convince himself that he can make it (*passing the exam*), because other people were able to as well.

To the aspiring exam takers, believe that you will be able to achieve your dreams and all of the hardships you are experiencing are worth it.

Congratulations again to our Arellano University - JRC Criminology Licensure Exam passers!

Bakuna Bus in Malabon

By Caih Isaiah Jan R. Ulla

The deployment of the Bakuna Buses of the Philippine Red Cross (PRC) aims to speed up the vaccination program, especially with the sudden appearance of COVID-19 variants like the current Omicron Surge. "We need to act fast in vaccinating the unvaccinated individuals to protect them from COVID-19. I encourage everyone to get vaccinated. Ipinapadala natin ang ating mga Bakuna Bus upang mabigyan ng access ang mga tao sa bakuna," Chairman Gordon said.

On February 7, 2022, the bakuna bus started to operate in the city of Malabon. A total of 245 Malabon residents are vaccinated on the

said day with the help of the Philippine Red Cross-Malabon City Chapter, and the local government is expecting to vaccinate more people through the bakuna bus in the coming days. Even Mrs. Jennie Sandoval, a public servant, inspired others as she was also among those who received the booster shot on the first launch of the bakuna bus in Malabon city.

The Bakuna Bus accepts Janssen vaccine for the first dose and Moderna, Astra-Zeneca, and Sinovac vaccines for booster shots.

Mrs. Jennie Sandoval and many Malabon residents are grateful to the Philippine Red Cross (PRC) Headquar-

ters for assisting the Bakuna Bus in arriving smoothly in Malabon and, most importantly, for the successful vaccination of many citizens in this city.

Meanwhile, the PRC organization declares that they will continue to fight against COVID-19 through the continuous deployment of the Bakuna Bus and Bakuna Centers and the continuous operation of the molecular laboratories and isolation facilities.

Source of Article:
<https://redcross.org.ph/2022/02/08/prc-bakuna-bus-drives-to-malabon-for-the-first-time/>



Mr. and Ms. Arellano University 2022

By Anzel Jhoy Rivera

The Arellano University Jose Rizal Campus Student Council prepared a fabulous, and full of love activities for February. Aside from those activities for the love month, the pre-pageant activities and the coronation night of the "Mr. and Ms. Arellano University 2022" also took their time within February.

The Pre-pageant competition for Mr. And Ms. Arellano University 2022 was on February 21, 2022, via Youtube live. The pre-pageant has 32 candidates from 16 clusters. Each

candidate put in a lot of effort and showcased their talents for their chosen cultural Philippine festivals.

Criteria for Judging:

30% Creativity and Originality
20% Entertainment value
20% Screen appearance and personality
30% Overall performance

Total of 100%

Every candidate that participated in this event is a winner for their exceptional talent and efforts. To everyone who participated and supported this event, Congratulations!

Source: AU-JRC SHS Supreme Student Council Facebook page

HUMSS WEEK: Speak for the Society

By Gillian P. Alcantara

Source: AU JRHS HUMSS Society Facebook Page



In celebration of HUMSS Week, The Arellano University - Jose Rizal Campus - HUMSS Society, organize a current contest, entitled Speak for the Society, a video making contest started Feb 15. The said contest addresses societal issues by promoting progress and speaking out for what we believed in. The activity will help fellow CHIEFS to showcase their skills, talents, and will serve as a way for students to advocate for many societal issues that we may face today.

With a criteria for judging:

Relevance to the theme 40%
Originality & Unity 25%
Uniqueness 25%
Editing 10%
Total 100%

For the final score come from, 70% from the judges and 30% from the number of accumulated heart reacts of the entry.

It Faded Away

By John Brykari P. Abejo

Our dreams that we both
strived to achieve,

After everything we've been
through, it's finally within our
reach,

From time to time I've always
thought,

You and me, we're flawlessly
tough,

That's why I'm here to tell you
what I feel,

After all these years, you're the
one I cherish,

No matter how long, I'll wait
and love you 'til we're both
sluggish.

But it looks like fate wants me
to go,

To a place that everybody
knows,

Even if it's all too early, know
that I loved you dearly.

Maybe we were for each other,

But time was in the wrong or-
der,

And it looks like you've already
moved on,

From the pain I caused you
upon,

I can tell as it faded away, it is
better that way.

Pag-ibig mula/sa nakaraan

By Cloe Nicolai Tiozon

Ang madudugong digmaan
Mga sigaw at lathalang
para sa kalayaan
At nagkakaisang kapatiran
Ito ang pag-ibig mula sa
nakaraan

Lahat ay hahamakin, para
sa inang bayan
Dangal at prinsipyo'y hindi
ipagpapalit sa kinabu-
kasan
Hangad lamang ay kaun-
laran at kapayapaan

Walang opresyon, mabuti
man o hindi ang 'yong ka-
palaran

Kaya sa'yo kabataan, hindi
na dayuhan ang kalaban
Sa kasalukuyan ay parehas
na ang ating pinagmulan
Pilipino laban sa pilipino,
kabutihan laban sa kasa-
maan
Sa'yo kabataan, ang pag-
asa'y ilalaan

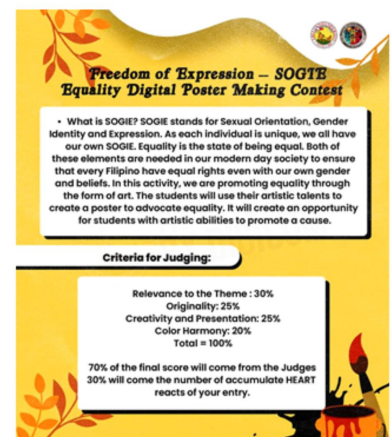
Tumandig ka at mag-alay
ng pag-ibig
Palaging tandaan at
isaisip
Sa kapakanan ng Pilipinas
ika'y papamig
Dahil bilang Filipino, ito
ang pinakadakilang uri ng
pag-ibig

HUMSS WEEK: Freedom of Expression

By Gillian P. Alcantara

Everyone has the right to freedom of expres-
sion. In line with HUMSS week, The Arellano
University Jose Rizal Campus, HUMSS Society
has an ongoing contest entitled Freedom of ex-
pression - Sogie Equality digital poster making
contest. The said competition aims to promote
equality through the form of art. The CHIEFS
will use their artistic talents to create a poster to
advocate equality.

Relevance to the theme 40%
Originality 25%
Creativity and Presentation 25%
Color Harmony 10%
Total 100%



For the final score come from, 70% from the judges and 30% from the number of accumulated heart reacts of the entry.

Source: AU JRHS HUMSS Society Facebook Page

HUMSS WEEK: Hanabi: Remembering Our Cultural Identity

By Gillian P. Alcantara



Source: AU JRHS HUMSS Society Facebook Page

hosting the fashion contest where the students will showcase their skills and talents in this activity. Each participant will present their outfits, as well as their creativity in modelling, editing, and styling.

Here is the Criteria for Judging

Accuracy 30%
Relevance to the Theme 30%
Creativeness 25%
Overall Appearance 15%
Total 100%

70% of the final score will come from the judges and 30% will come from the number of accumulated heart reactions of their entry.



Valentine's Day 2022

By Francis Eric S Manarpies & Anzel Jhoy Rivera



Source: AU JRHS HUMSS Society Facebook Page



In line with the other events for February, the Arellano University Jose Rizal Campus Supreme Student Council did not forget the true essence of February. The student council gave the CHIEFS the events they needed to celebrate the spirit of the month of love!

For Valentine's day celebration, AU - JRC SHS Supreme students made an event to feel the month of love. In the first event, you can give a message or confession to someone without putting your real name. This event is called "Feb-

anonymous Online Confessions". The Feb-anonymous Online Confessions are posted on the Facebook page of the Supreme Student Council at exactly noon on Valentine's day. Another event to feel the love for February is "The Month of Love and Healing: Spoken Poetry Contest". There will be the top three(3) winners that will be announced on February 28, 2022, at 10:00 a.m. via the Facebook page of Arellano University Jose Rizal Campus Student Council. The three (3) winners will receive Arellano University's merchandise as a reward.

Pediatric Vaccination status in Malabon

By Caih Isaiah Jan R. Ulit

The Department of Health (DOH) and the National government have expanded the coverage of the allowed age group in COVID-19 vaccination. The pediatric population aged 5 to 11 is now officially allowed to be vaccinated, with the first day of vaccination for this age group scheduled for February 4, 2022. However, due to logistical issues, it has been pushed back to February 7, 2022.

The Oreta Sports Complex and Robinsons Town mall have been designated as vaccination sites for children by the local government of Malabon City. In fact, Mayor Antolin "Lenlen" Oreta III, Councilor Enzo Oreta, and other city officials attended to witness the activities at the Oreta Sports Complex.

The Pfizer-BioNTech COVID-19 vaccine is used for pediatric vaccination because it was the only vaccine that received emergency use approval from the Food and

Drug Administration (FDA) in the Philippines for children aged 5 to 11 years old.

On February 7, 2022, a total of 206 children aged 5 to 11 years old received the first dose of the COVID-19 vaccine as part of the age group's first vaccination rollout in Malabon city.

Mayor Lenlen Oreta expressed his heartfelt gratitude to all the parents who brought their children to receive their first vaccine dose. He also has a message for other parents, saying they hope to encourage other parents to bring their children for vaccination because vaccination is important to survive COVID.

He went on to say that we should all work together to avoid COVID-19 and save lives.

#Resbakuna Kids

Source:

<https://headtopics.com/ph/malabon-city-vaccinates-206-minors-aged-5-11-against-covid-19-2394031>

<https://www.rappler.com/newsbreak/iq/how-covid-19-vaccinations-aged-5-11-will-be-done-philippines>

Memorization Tips

By Aguirre, Aleah Kim M.

TIP 1: FEED YOUR BODY AS YOU FEED YOUR MIND

Stay hydrated and do not skip meals. Being physically healthy is essential to keep your mind healthy.

TIP 2: VALUE UNDERSTANDING

Do not underestimate the power of understanding. In order to memorize something easier, you should make sure you understand the topic well.

TIP 3: READ! WRITE! SPEAK!

To memorize something, read it 10 times, then write it 5 times, and say it out loud 10 times. This will help you

remember what you memorize even if the teacher asks you to say it out loud or write it down.

TIP 4: MAKE IT SILLY!

Let us all admit, we remember memes we saw a week ago more than we remember what we studied yesterday. So, why not make memorizing fun and silly! While you memorize, try to think of the first thing that would come to your mind when you hear or see this word. This will help you remember it better because you developed a way of memorizing it in your own way.

TIP 5: LET YOURSELF REST.

SLEEP! Isn't that the best thing to do after studying?

Let your mind have its peace, don't overstress yourself in memorizing. Give yourself enough time to start, this way you can go back and repeat the tips until you feel like you already memorized it.

ADDITIONAL TIPS

- To fully understand a specific topic, a great way to do it is act as if you're in class and you're teaching your students.
- Another way is to tell it to someone else. You can discuss it with a classmate or a friend or your pets! Yes, they might not understand what you're saying but they look so cute when they're clueless.

To The Road of Ending Hunger!

By Caih Isaiah Jan R. Ulit

Rise Against Hunger is an international hunger relief organization that provides food and life-changing aid to the world's most vulnerable people while mobilizing the resources needed to end hunger by 2030.

The organization nourishes lives day by day, and this organization also exists in our country, the Rise Against Hunger Philippines. It was established in the country in 2014 as Stop Hunger Now, and it responds to natural disasters like typhoons and man-made emergencies like health crises such as COVID-19.

Source:

<https://www.facebook.com/RiseAgainstHungerPhil/posts/2199780203507729>

<https://riseagainsthungerphilippines.org/>

On February 8, 2022, the organization's mobile kitchen served more than 500 freshly cooked Monggo Guisado with Dilis rice meals to the Brgy. Santulan, Malabon City. These meals were from the donations of Pepsi Philippines.

The said meals are rich in protein and B vitamins which will keep the families that the organization supports healthy, especially those who are nutritionally vulnerable. Jars of peanut butter and cheese were also distributed to plenty of people during the event, thanks to San Miguel Corporation's food bank donations.

The Global Food Banking Network and AXA Philippines are some of the donors that made the continuous operations possible. The organization's heartfelt gratitude goes to these generous donors.

Every day, the organization urges people to be part of their movement even in little ways because their work towards achieving Zero Hunger cannot be done alone without the help of their partners, volunteers, and donations.

"Hunger doesn't have to exist — let's end it together." - Rise Against Hunger Philippines

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AUPC: The #OneArellanoVirtualConcert

By Mara Francia Tanghal



PHOTO TAKEN: ARELLANO UNIVERSITY MULTIMEDIA CLUB

MANDALUYONG, Philippines – The Arellano University has piqued the interest of its students by announcing that another exclusive event, powered by Ticket2Me, will be held. It caught the students' interest even more because it was provided for free, to all Arellano University coeds.

The date of the upcoming event had been announced two weeks prior by the Arellano University Pages. The students' excitement grew, even more, when it was confirmed that Arthur Nery and the Silent Sanctuary were performing at the concert.

The rest of the week was filled with fun online polls and games

on the Arellano University Pages.

The guests' famous songs were highlighted in the polls, encouraging students to participate and vote for their favorite songs by reacting. Following then, is the "Emoji Guess the Song Title" online concert game. The mechanics are simple: the contest is open to all officially en-

rolled students from any Arellano University campus. After the students have guessed what the emoji signifies, they must comment in capital letters. Lastly, they will include their year level, their campus, as well as the hashtags #OneArellano, #AUHanggangDulo, and #TunogTugtugAU.

Five students won the contest and got Gcash prizes.

Three days before the event, the Arellano University Pages had announced the instructions on how to watch the concert via Ticket2Me. They have also announced the special engagement of chosen AU students, faculty and alumni, as well as the participation of AU's Talents; aiming to boost fun and excitement of the concert because of their heart out performances aiming to boost fun and excitement of the concert because of their heart out performances.

Then the wait was finally over. The concert began according to the scheduled time slots. It was hosted by two excellent speak-

ers, Ms. Carlette Peronilla and Mr. Prince Esguerra. Few announcements and messages intended to spark the students' excitement even further. Following that, the AU Talents and selected students performed and did an outstanding job to start the concert. The special guests took the stage then. Arthur Nery performed some of his well-known songs that made the students emotional, and nostalgic all at once. Then there was the Silent Sanctuary band, performing some of their famous songs and did an excellent job of overwhelming the students.

During the concert, the students encountered some technical difficulties but the staff did everything possible to address it, including opening a new time slot.

In spite of the issue, the event was unquestionably extravagant and had ended successfully.

Trendsetter Recognition

By: Jonilla Vinson Medado



PHOTO TAKEN: FB PAGE OF PSYCHOLOGY SOCIETY—AUPC

"If everyone is moving forward together, then success takes care of itself." --Henry Ford.

Psychology students of Arellano University Maridel Campus showed off their excellence to netizens, to acknowledge the student's hard work for passing the first semester year 2021!

The president of the psychology department in the Plaridel—Campus submitted a request and with the approval in posted through the Facebook page the recognition for passing as well as those included on the dean's list of first semester year 2021. With this pandemic that we are facing today, we are more likely stay to be connected with our friends or even family from other places, Psychology students of Arellano University Maridel Campus showed off their excellence to netizens, to acknowledge the student's hard work for passing the first semester year 2021!

The president of the psychology department in the Plaridel—Campus submitted a request and with the approval in posted through the Facebook page the recognition for passing as well as those included on the dean's list of first semester year 2021. With this pandemic that we are facing today, we are more likely stay to be connected with our friends or even family from other places,

Experts organization create cheap decontaminator for N95 masks

By Jennylou Canon

At the height of the pandemic, N95 masks is a must to thoroughly protect our body from contracting COVID-19. However, the demands for this type of mask is huge, and low-income countries aren't able to keep up with the demand from their citizens.

But a ray of light have entered the darkness as experts have developed a decontaminator cabinet for N95 masks which can then be reused for future usage.

In a collaborative global project, the cabinet was invented by a group of physicists, engineers, and physicians from around the globe, and is said to be con-

structed with only a budget ranging from \$500 to \$1000, relatively cheaper compared to commercial units priced at \$80,000.

University of California, San Francisco Surgery Trainee Dr. Nicole Starr spearheaded the project, and explained how the decontaminator cabinet works.

"You simply load the masks on a rack, put them in a cabinet, shut the doors, and turn the device on to apply the right dose of UV-C to inactivate the COVID-19 virus," Starr explained.

She added that the decontamination takes about 10 minutes to complete, and can decontami-

nate a daily maximum of 5,000 masks.

The global project was participated by engineering teams in nine countries as well as hospitals in 12 countries, by which the decontaminator cabinet was sent assembled.

With this, Starr said that 930,000 N95 masks were decontaminated from July 2020 to January 2022.

Source: <https://www.gmanetwork.com/news/scitech/science/822379/global-project-helps-low-income-countries-reuse-n95-masks/story/>

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RAILEE NYLGE
ELCEE ALARCON

The Return of The Chief

By: Joni L. Notario



Photo courtesy: James B. Erase

The Chief's Gambit. If you read or heard about my last piece, you know who I'm talking about: James B. Erase, the gold

medalist in NCAA junior chess two years ago. According to James, he and his colleagues are preparing for the forthcoming tournament

in March, and there are times when he needs to set aside his trainings for online classes and training. His online class is every morn-

ing, and their training is every night

James continues to improve his skills by playing online chess and solving puzzles. James' team practices on Thursdays and Sundays. His coach is inviting PUP chess plates and other teams to their training as AU CHIEFS chess players' opponents.

They will compete as a team this year. Because of the pandemic, only one participant per school was permitted last year, and the other players lost the opportunity to participate and showcase their outstanding talents.

"What can we expect on your performance James?" I asked

"Kung palarin ako na makapaglaro ako for the 7th time in NCAA sisiguraduhin kong hindi ko sasayangin yung opportunity sa iyon to make Chiefs proud" -James

Unfortunately, their competition this March has been cancelled due to this new variant called "Omicron" and the continuously spread of Covid 19. According to James, his Coach attended a meeting on February 19, 2022, but they haven't heard anything about it as of yet.

ARELLANO PLARIDEL CAMPUS CELEBRATES HUMSS WEEK 2021

By Ashley T. Pasia

Despite the pandemic, the AUPC-HUMSS Club successfully integrated and made possible the yearly culmination of Humanities and Social Sciences (HUMSS) Week within the HUMSS Month on October 29, 2021, with the theme "We Are Chiefs: Strengthening the Community's Overall Sense of Social Belonging". And it was held via zoom cloud meeting application and was started at one o'clock in the afternoon. It was hosted by Ms. Maria Elaine Cabilin, AUPC-HUMSS club head, and the former HUMSS Club Adviser, Mr. Jonel Sedol. Forty students joined on the different competitions. Mr. and Ms. United Nation was the main competi-

tion of the program with the theme: "Building Resilience through Hope"; and another competition with theme "Global Hand-washing Day- Photogram: Our Future is at Hands-Let's Move Forward Together," where different talents of students were shown and valued with appreciation in each one's giftedness.

An amazing photo with diverse concepts of Katrina Gonzales of Grade 11 ICT 3 was displayed at the conference Global Hand washing Day: Photogram Competition, sealing a score of 97.33%. While teacher Nicol Reyes, of 11 HUMSS 3, won the "We Are Chiefs" competition with


the score of 97%. Mr. Thailand, Zjay Dasalla of 12-HUMSS 2, and Ms. Philip-pines, Victoria Isabela Bobier of 11-HUMSS 7, had joyfully taken home the title of Mr. and Ms. United Nations, for this year. At the end of the pro-

gram, Mr. Marvin Calanoc, HUMSS Coordinator, gave his a thanksgiving message as the closure of that said and all participants enjoyed and expressed their gratitude to all the support of the faculty and staffs of the University and

with that concluded the culminating activity of the HUMSS Club with its success.



**ARELLANO UNIVERSITY
PLARIDEL CAMPUS**
 HUMANITIES AND SOCIAL SCIENCES CLUB



**HUMANITIES AND SOCIAL SCIENCES
WEEK 2021**

ACTIVITIES:

1. GLOBAL HAND WASHING DAY: PHOTOGRAM
2. MR. AND MS. UNITED NATIONS 2021
3. A HUMSS MONTH ACTIVITY: WE ARE CHIEFS!

October 26 - 27 and 29, 2021

Photo courtesy: AUPC HUMSS CLUB



Cartoon by: Luis Christopher S. Sta. Maria

When will we cancel the cancel culture?

In a society that we live in, there are these unwritten and unspoken rules which are called norms. Norms are different from the law. The law are the written rules and regulations that people must obey. Norms for example are saying "po" and "opo" to the elder to express our respect for them. In the same society, cancel culture is a thing. As we all know cancel culture or also known as callout culture, is when people and their work lose support because of an idea or action that the people calling them out find unacceptable.

Individuals are often initially called out on social media to increase public awareness of their alleged transgression, after which

a cancellation campaign is launched. The cancellation can take numerous forms, including putting pressure on organizations to cancel the individual's public appearances or speaking engagements, as well as coordinating boycotts of businesses deemed offensive. According to Dr. Jill McCorkel, "Cancel culture is an extension of or a contemporary evolution of a much bolder set of social processes that we can see in the form of banishment, they are designed to reinforce the set of norms." These people are calling out famous personalities as these personalities (artists, influencers, politicians) didn't meet a certain standard or they did something that the public sees as deviant.

From the recent events that's happened about Toni Gonzaga, when she hosted the proclamation rally of the presidential Mr. Bongbong Marcos Jr., and expressed her utmost support to the candidate, the Filipino people did and still saying things to her. They called her names, and some are educating her about the decisions she is making in her life and as most of us witnessed, she was cancelled. Days after the said rally, she gave a statement that she resigned as the main host of one of the long-time running show in ABS-CBN, Pincoy Big Brother and even unfollowed her artist friends on Instagram. In a sit-down interview of Toni Gonzaga with Wil Dasovich, they talked about cancel cul-

ture and she said, "No matter how many people or how many times you were cancelled by other people, what's important is you never cancel yourself. Everybody can be against you, but you never have to be against yourself. Because that's the biggest betrayal."

Making mistakes tell us that everyone has the capacity to evolve. At this time, we must redirect our focus to uplifting our minority brothers and sisters, particularly those who are in need. It is critical that we understand in this process that there are some things that should be left alone for the time being for those directly engaged. Until then, we must devote twice as much time to listening as

we do to speaking. Sometimes we forget that everyone have their own lives to decide with and own perspective, beliefs, and philosophy in life. When the decisions of others didn't match the decisions of most of the people, that doesn't mean that they need to be cancelled. Rather than cancelling, we should try to convey a courteous message to the individual who has insulted us. Make an effort to strike up a discussion. Put an end to it. Make a handshake. These, I'd like to believe, are the ways of a cultured man.

By: Mae Angela Galleon

Cancel culture on social media: The impact and power of influence

Cancel culture is harsh and has become a negative trend in society as a result of social media's influence. I would even go so far as to say it's a toxic concept that causes more harm than good.

Liberty University stated that cancel culture refers to the practice of "canceling" public figures, brands, or individuals who have done or said something offensive or deemed wrong by society. It is thriving in this season of life and has appeared in some form on almost every social media platform.

As it is seen most prominently on social media platforms, someone who participates in cancel culture can do so with the click of a keyboard or by the tap of their phone. This raises the question of whether it is wrong to point out the flaws of others while hiding behind the mask of social media. As we know, when an issue enters the virtual realm, it is no longer subject to private resolution,

By: Ricky Paul Gabillo

#Cancelled: Why Cancel Culture brings more evil than good

Social media has played a key part in creating a platform where people can exchange their thoughts and opinions freely. However, what comes with this positive effect is the massive influence that social media personalities have in "canceling" someone online – possibly ending whatever career they have established online.

Cancel culture has been talked about and debated on for so long, becoming a hot topic for both users and non-users of social media. This movement have been used to express extreme disapproval or disappointment towards a certain action of an established personality.

Furthermore, cancel culture have always been seen as a toxic act of pointing out an issue on a certain personality, with people participating in this movement going to deep extents to bring out more reasons for the victim to be cancelled.

This social media movement have found its way

to "stardom" way back 2014 – when reality show Love and Hip-Hop: New York's Circo Rosado roasted his on-screen love interest Diamond Strawberry "you're cancelled." From that, people have been using the phrase to express dismay, according to an article released by teen magazine Vox.

It also debuted on the pageant stage multiple times, with the latest one during the Miss Universe 2021 stage where Miss South Africa Lalela Mswane mentioning cancel culture in her Top 5 Q and A performance.

Linguist Anne Charity Hudley said that cancel culture also gives a sort of "free upgrade" in your social status, as being part of a collective agreement means you are on the same level as those who have agreed with you.

But what makes cancel culture so powerful and destructive? Influences – the more influential the movement is, the more people supports it. The role of influences in can-

cel culture is evidently seen in online protests such as the #BlackLivesMatter and #MeToo, and even in political matters.

Mises Institute President Jeff Deist described cancel culture as "a means to achieve a politically correct society. If you do not bend your knee to the mob, then the mob will unperson you."

An example of what Deist means by cancel culture in relations to political correctness is when actress Toni Gonzaga faced backlash from hosting a proclamation rally by a controversial presidential candidate, and another one being Angel Locsin's show of support publicly to a specific candidate.

But what have cancel culture done to those personalities that was affected by this?

Not much, according to a Vox article. Several personalities such as Harry Potter Author J.K. Rowling, who faced public backlash due to a transphobic tweet, and Kevin Hart, who have been continuously

cancelled for so long for his racist jokes, have suffered minimal damages on their career.

Rowling, following her transphobic tweet cancel era, have went on to write another book that would later be selling out in stores. Meanwhile, Hart, after his numerous racist jokes allegations, have continued on his comedic career, acting side-by-side with Dwayne "The Rock" Johnson multiple times.

The bottomline is, cancel culture is – and will continue to be – a prevalent act of saying "hey, you're wrong, I don't agree with you so you're cancelled." This social media movement will bring both positive and negative outcomes if not reformed into a kinder, much moral way of calling out someone.

A possible reform for this toxic culture is the redemption culture, as mentioned in Lalela Mswane's answer in the Top 5 Q and A round.

Quoting Mswane's

answer "I also believe in redemption culture, and hoping that the person has matured and has learned better and done better," redemption culture gives way to those who have been cancelled to educate and change themselves, and to learn from their past mistakes. Redemption culture is the answer to the long-standing problem of cancel culture's discussion-ending ways of potentially solving a problem.

However, if those who are holding the influence and power to change the way cancel culture is being executed, then social media will just be a place where one wrong move can put you into the haunting bars of ended careers and tainted social image.

By: Jennylou Cannon

Cancel Culture: The Culture of Social Media

Errors—whether typographical, situational, or lapses cause harm to anyone. As the majority enjoys the ventures of Social Media, either for interacting or a mere *clout-chasing* (the act of feeding off the popularity of others on social media for personal gains—definition derived from the urban dictionary), it is slowly becoming a dangerous place for all. Regardless how hard we tiptoed around, the chance of slipping and being pressed to the ground by the masses was beyond a nerve-racking circumstance. Cancel culture defies the aim of a simple calling out, by insisting on the concept of an 'odd one out'.

Everyone makes mistakes; it just depends on how they handle it and hold themselves accountable. However, this certain moment requires dealing with a huge amount of backlash, shaming, and overall hate speech in ways which no one deserves. It's indeed like how Katrina Jayne Dimaranan (who won Bb. Pilipinas Tourism 2012 and a titleholder of Miss Supranational USA 2018) described in an interview. She referred to cancel culture as a modern day form of bullying, and she left no crumbs with that fact.

Throughout the years of tyranny and oppression, it's likely far off thrilling to see the number of people being awakened with controversial and contemporary issues. They started changing mindsets, opening their eyes, and voicing out their opinions and criticisms. Most were awoken, raising awareness, and maintaining to be politically correct. Though that was the goal after all, this culture and behavior became toxic,

manipulative, abusive, and overly insensitive.

The number of reasons to cancel or be canceled in Social Media was way more than one. May it be through saying racial slurs, cultural appropriations, gender stereotyping, sexism, offensive remarks or banter, or just a difference in preference could sure throw a person in the mud. The intention was truly acknowledged as it alleviates misinformation, ignorance, and negligence while promoting educating, good discourse, and moral betterment—not when it's disguised with mockery, sarcasm, and spite like it is right now.

Among all the famous apps, everyone could agree that 'Twitter' which is founded by Jack Dorsey, Evan Williams, Biz Stone and Noah Glass stands out upon embracing the cancel culture.

According to statistics, Twitter currently has 217M daily active users; most of them participating in debates or discussion threads. This app surely rings a bell to Filipinos, following the recent controversy which actress Maine Mendoza got canceled off.

Even before her rising popularity in Philippine Television, Maine was active on her social media accounts, especially Twitter. As gullible as she is as a young girl around that year of 2010, she often posted remarks that seemingly appeal as racist and homophobic as one looks at it now. In the year of 2021, many Twitter users have collectively seen these old tweets as trolls and some netizens digged it up. This was followed by an apology tweet published by Mendoza herself stating how sorry she was for the 'careless' tweets she made before.

Talking about Twitter and cancel culture, the infamous

hashtag "#CancelKorea" certainly crashed the whole internet. This discussion resurfaced around 2020 starting from Koreans canceling Bella Poarch, a famous icon from TikTok who had a tattoo that somehow symbolizes a rising sun, which depicts Japan's militarism in World War 2. Many Koreans were adversely affected as it reminds them of the ill-history. Then on, Bella apologized and got her tattoo covered. But sadly, that didn't stop the fire of the issue to further ignite.

Various Koreans targeted Filipinos' characteristics and physicals and attacks using it as an insult. This of course, was followed by a clapback from Filipinos as they expressed their outrage through social media platforms and made the hashtag of canceling the country of Korea trending. Through an article published by ABS-CBN News, several memes, opinions and forms of mockery were seen made by two races.

If we look beyond the spectacles, the following occurrence cited here shares a common denominator. Comparable to a culture, people who promote and participate in cancel culture act like a predator that preys to anyone's mistakes online. They feast on someone's wrongdoings and use these for exploitation. One man after the other, this cycle continues to go on.

"You make mistakes, mistakes don't make you," said Maxwell Maltz. As much as we want to open people's eyes for the betterment of society, all should still be mindful of what they say and do. All shall support healthy arguments instead of boycotting and branding something or someone as something else. People should refrain from using cancel culture as an excuse for hatred. Cancellation should never be embraced like a culture or a norm but a threat of toxicity and danger from keeping Social Media a safe space for all.

By: Pamela D. Delos Reyes

PREJUDICIAL AFTERMATHS OF SOCIAL MEDIA'S CANCEL CULTURE

Before, when a person disagrees with other views and beliefs, or if someone behaves in a way that others deem inappropriate or socially unacceptable, the worst that can happen is a fifteen minute infamy. After some time, it is forgotten by almost everyone. However, in our current time, if someone did those things, he/she can be ruined by society. All thanks to our "Cancel Culture".

According to Merriam-Webster dictionary, cancel culture is a modern way of calling out a person or a group of people in which they are being pulled out from their social and professional circles. This includes withdrawal of support from their social and professional circles and, sometimes, public shaming the person for their socially "unaccepted" and "deviating" behaviors and ideas.

These days, people prefer to socialize using social media platforms rather than face to face. Everything is becoming more virtual as it is deemed safer as COVID-19 is still prevalent. Consequently, people spend a lot of time exploring the internet. With the innovations in technology, news and other issues are not just read in newspapers. In fact, the internet has become the most popular source of information over the past years, thus, opinions are everywhere. Naturally, there are opposing beliefs and ideas when people express themselves. Conflict arises when people tend to "cancel" a person, especially a public figure, when the person's beliefs do not match theirs. Using only their smartphones, people can now end a career. This "cancel culture" has been normalized and has led to obnoxious outcomes.

First of all, we should ask ourselves what is the reason behind cancel culture. Why do people cancel a person?

Information in social media spreads easily, especially if one is a well-known figure. When one makes a comment about an issue and others see it as offensive, a clash occurs. Just one controversial com-

ment and one can lose his career, friends, and even acquaintances. Most of the time, people get canceled because of their own behavior. Some people are so insensitive that they don't think first before speaking, only to realize their faults when the public is already enraged.

Sadly, our society becomes toxic because of this culture. When people are offended, they think of getting even. "How can I get back to him?" "What should I do to make him suffer for what he did?" That is the time when cancel culture takes place in our hearts. Through cancel culture, people are able to teach the offender a "lesson", regardless of its outcome. However, to cut off or cancel a person for one mistake is not right. How many people can lose their jobs, careers, opportunities, and many more just because of one wrong statement or decision? It can ruin one's entire reputation and it may lead to financial problems as they lose their source of income. Its effect is not only physical; it can greatly impact one's mental health.

Because of the rapid spread of information on social media just one click and the haters can double its count. Canceling someone suddenly becomes a trend. Bandwagons encourage the public in canceling a person. The offender suffered through it. Does that solve anything? Was the mistake corrected? Canceling someone does not make the situation better. It makes the situation worse. One cannot correct a mistake through another mistake.

While one must learn their lesson, it should be done the right way. You cannot see one's true colors if you burn them. Instead of canceling people for their misbehavior, why don't we start correcting and giving the offenders a chance to improve? Teaching them is a better response than canceling them. It is time to cancel the cancel culture and give people the right to correct their mistakes.

By: Charlene C. Padua

Being Overrun by Cancel Culture

Social Media has been a part of our lives since the beginning and each one of us has different ways of using it. The Social Platform is a free world. Meaning, every single one of us that is a part of this platform has the freedom to do or say anything that we desire.

Canceling one's culture is never alright as it hinders citizens from freely voicing out

what they fancy for. In 2020, over 3.6 billion people were using social media worldwide, and imagine how many different cultures we can encounter with just one tap. A simple like and share can say so much about one's personality and beliefs, and simple respect wouldn't do any harm.

We usually underestimate the power of influence and the im-

pact it could give to change our lives. Even though social media has a lot of benefits, it could also cause harm to us. Some examples of it are cyberbullying, health problems, and scams. Think about how many people have gone to the negative side of social media. We became brutal to other people. We bully, fool, discriminate, and cancel people just because their beliefs are not the same as ours.

You may mock or you may not mock!

This pandemic brought us to be more open on social media like Facebook, Twitter, Instagram and Tiktok. Vox's 2021 explained that "The rise of 'cancel culture' and the idea of canceling someone coincides with a familiar pattern: A celebrity or other public figure does or says something offensive. A public backlash, often fueled by politically progressive social media, ensues." And now, this is very common in Filipinos whether you are an influencer or a normal person. If they see that you did something wrong, they immediately cancel you.

In particular, Toni Gonzaga, one of the most influential people in the showbiz industry, got cancelled because of her political views. Many people look up to her and they are disappointed when BongBong is the President she will vote for in the coming 2022 Election. Many people expressed their frustration with Toni, even celebrities and friends in the showbiz industry. However, Toni spoke about people who kept cancelling her because of her political beliefs. In a podcast with Wil Dasovich Toni shared that she has been cancelled 20 years of her life, "No matter how many people or how many times you were cancelled by other people, what's important is you never cancel yourself. Everybody can be against you, but you never have to be against yourself. Because that's the biggest betrayal," she expressed.

Though there are many effects of cancel culture since everyone can experience it, especially those teens that use Tiktok for fun and while some just want to express themselves, people are fast in cancelling and calling them out for what seemed to be an "unacceptable" opinion. Teens who experience this may struggle to accept and express themselves which can eventually hinder growth.

Being called out by the people for offensive comments or acts may be a valuable learning and developing experience not just for teenagers but for all of the people in and out social media. It is important to do it in the most encouraging way. It's also important for young people to learn to speak up whenever they see racist, sexist, or other inappropriate behaviour.

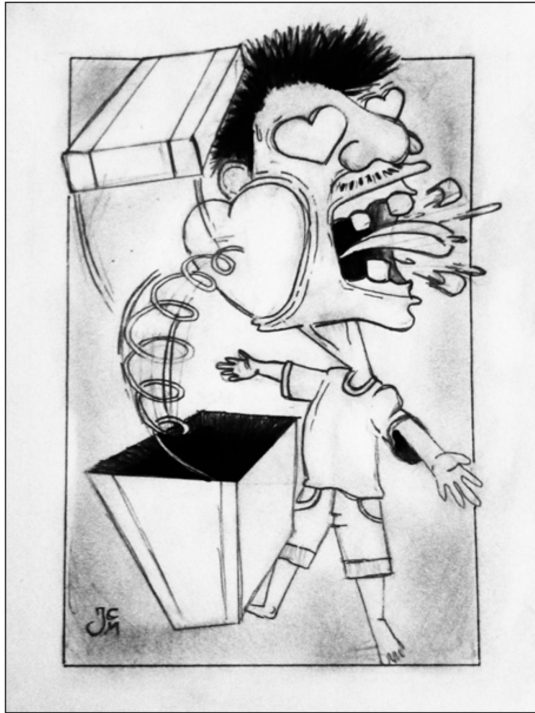
By: Sophia Andrea Manalo

ers and butterflies, it blooms and gleams and makes one shine bright.

By: Aleah Kim M. Aguirre

Love hits in mysterious ways (Valentine's day)

By Miranda, John Christian



"Finding true love is something that everyone dreams about but rarely are people aware of the commitment that comes with finding it."

- Nathaniel L. Roman

A-LILA

By Earl Morales

Hindi ako isang alila.
Isa akong bandila, nagsasagisag.
Nagsasalitang dila, nagpapahayag.
Masaiding kandila, nagliliwanag.
Isang akong instrumento, salungat sa opresyon.
Pakikipag-ayos ay sang-ayon, saligutgot ay tinatapon.
Hindi nagpapalupig at lumalaban sa pasista.
Gamit ang bolo ni Gabriela at pluma ni Gregoria.
Katwiran ko'y, 'di dapat inaalipusta.
Dinudunong dinidinig, pinakikinggan nang buong diwa.
Subalit pilit akong sinisira, nilulugso ni Adan
Punlo'y itinututok, pinu sil aking kaluwalhatian.
Titindig na parang si Teresa,
Babangon kagaya ni Josefa.
Dahil ako'y babae,
Hindi babae lamang.
Isa akong Lila.
Isang mata, mata na kumakanta.
Isang yakap, yakap na pumipinta.
Isang Ina, ina na sumisinta.
Hindi ako, isang alila—
Isa akong bandila.



Pathétique

By John Lorenzo P. Patayon

My heart desires not these tones of delight
Instead, to be immersed to sorrow's end
And let my heart experience not fright
to cease my longing, still, might you intend?
Be stern my soul, resolute to acclaim
May what I have wish shall fate grant true
For souls of hers and mine to tryst may aim
Assure and hope spawned love be nothing fake.
My body toils to just pursue your love
like rondo's these attempts repeat – repeat
To take your heart, reside in this abode
Anticipating a yes or no
For when my efforts come to be in vain
Haste not my heart to yearn for bliss to reign

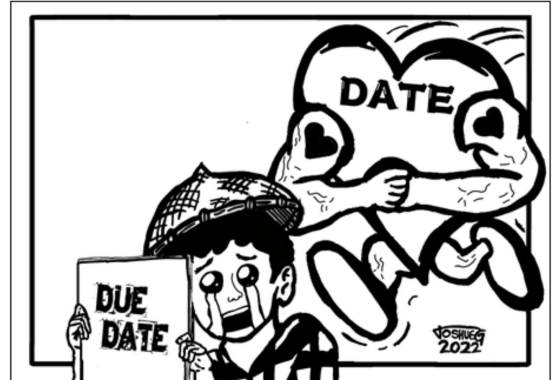
Estudiante

by Niño Jean Christopher Echiverri



VALENTINES DATE IS DUE DATE

By Joshue Gloria



Vote buying

By Pentason Justin Paul Daquial

"True goodness is not the absence of evil, it is our ability to do good despite the presence of evil."

- Nathaniel L. Roman

A man, A woman

By Genina Alexzandra M. Rilles

Oh, to be a man is a privilege,
an honor, a big advantage.

When you're a man the world is yours to seize,
and the people is believed to be yours to lead.

A man makes mistakes and is told it's only natural so why make
it big?

A man is strong, a man is much capable, a man is for the uni-
verse.

But to be a woman is an affliction,

Or at least that's what the patriarchy makes one think.

When you're a woman, you cannot demand anything from the
world,

Doing so makes you nosy, nagging, exigent.

A woman makes mistakes and is immediately dragged down for
it,

As if to make mistakes is not human, for women that is.

They say a woman is for the kitchen, with the sole purpose of
bearing children.

A woman is weak, a woman is incapable of leading, that's what
they want you to believe.

A man, and a woman.

See the difference?

Fallen Metaphors

By Saara Santos

I, myself, am not even glad I am breathing the fresh air that nature gives, privileged enough to witness how food was made and is given to me after, for I am just wasting it. I consider myself as a burden to trees, for they are doing their best to provide me the air that I needed yet here I am, yearning for death to pass by my house to fetch me. I also apologize to my body for it kept me alive though I have already given up.

And here you are, holding onto me as if I was the oxygen that was keeping you alive.

— grateful that I have existed in your little movie show, you've made me the star, making me realize that I played a big role in your life even though I am only capable of being with the production—hidden away from the vision of the crowd.

You showed me how I was the person you're praying for, how you cry every time you mention my name in every prayer, I guess God's laughing looking at how stupid you are begging that I should've stayed.

I am not fond of writing happy endings but I would willingly write about how our story started and how inconsolable our ending was.

And if the pen decides that our phase has reached the end, at least I had the chance to have you in my life.

The finite days with you

With metaphors as our memories.

“There is no shame from falling because your cross is heavy, the real shame comes if you don't get back up after such a fall.”

- Nathaniel L. Roman

“While it's true that dreams disappear once the dreamer wakes, the most important dreams are the ones that stay with us.”

- Nathaniel L. Roman

Bankruptcy

By: Lovely Bacay

How much would it cost to make a dream?
Once it enters your head and turned to reality,
Do thousands are enough for a white gown?
Or half a million would it be?
Visions are confusions, a solid haze of certainty.
Thoughts are easy to grasp, lucid and deceiving;
Process are cancelled, fruits already bearing.
Bitterness hiding from the sweet facade;
It lies in the sleepless night, in the scribbling pen of hundreds of draft.

If gambling requires bucks, then pennies wouldn't be enough—
Money unlocked skills, pay for the knowledge you want to have.
Limited for those who can avail—
to dream may be free, but is not made to be fair.
If all that is to give is compassion and strong will,
what more would it take to earn the knowledge and skill?
If lending is an option to be rightful of dreaming,
then its life is a debt from the very beginning.

COLEGIALA

By Claire



“You cannot call something evil if it does not oppress the good, however you also cannot call something good if it does not overcome evil.”

- Nathaniel L. Roman



'Welcome To MoVILE LeGAMES': The Gaming Disorder; Where Entertainment turns to Disappointment

By: Mark Daniel A. Dubria & Jonee R. Elope Jr



Waking up till the brink of dawn, losing the just cycle of eating and relentlessly heaving for virtual fame—

These have been the usual mantra for about 80% of the population in the Philippines—as they become soaked up with the new trend—E-Games. Regardless of age, people seem to be shackled by this conniving play.

In the course of this pandemic, the duration for screen time exposure has escalated rapidly, especially with the presence of mobile games.

However, as these gleeful platforms instill a stellar boost to enjoy in these hollow times—it comes with an array of congested health risks that may soon intrude upon our rank season. Are we ready to face the game of reality, the play that brings sadness rather than happiness? Behold, MoVILE LeGAMES!

Unstoppable! Video games have been in existence since the early 1970s and have become increasingly infamous, traversing different mobile (smartphones, tablets) and stationary (computer or console) platforms. Advances, particularly in mobile devices, have given birth to social networks and group gaming like Mobile Legends—which is currently the most played, Call of Duty, Valorant, etc.

In 2018, the World Health Organization (WHO) included gaming disorder in

their International Classification of Diseases (ICD-11). It has been described as a behavior characterized by impaired control over gaming activity, to the extent that it takes precedence over other interests and daily activities.

All Troops Deployed! Aligned to the World Health Organization (WHO) definition of long-time gaming, a person with the disorder is said to have problems controlling their gaming habits. Alongside, they may encounter a series of complications, whether physical, social, mental, psychological, and even emotional. *"Further research shows that long-time gaming can also come with anxiety, depression, obesity, sleeping disorders, and stress. People who remain physically inactive for long periods because of gaming may also be at higher risk of obesity, sleep disorders, and other health-related issues."* (WHO)

A 2017 study from the Université de Montréal suggests that playing action video games like Call of Duty, may harm the brain. The study's participants navigate through the game terrain using in-system navigation tools or on-screen GPS, relying on navigational "habit" instead of active learning.

A 2012 paper published in Psychology of Popular Media Culture found that long-time games can help but also hurt children in terms of their attention span—improving their ability to concen-

trate in short bursts but damaging long-term concentration.

Long-time video game playing is also associated with eye problems. Extensive and fixed staring at a video game screen causes eye strain that may result in headaches, dizziness, and in some cases, nausea and vomiting.

Persistent gamers may also suffer from musculoskeletal problems. A survey in children indicated increased physical complaints associated with video game playing which includes complaints about pain in the hands, wrists, back, and neck.

Moreover, the game-related health problems have reached a farther dimension—traversing to conditions that some may consider lethal such as the video game-provoked seizures in patients with pre-existing epilepsy (Shoja et al., 2007).

Launch Attack! Effective strategies should be done to counter the occurrence of bodily disruptions. As the effects of long-time gaming may not yet reach its defeat, we should act upon our knowledge to halt

this obscuring psychological disorder. These include interpersonal counseling to help gamers explore their identity, build self-esteem, and enhance their emotional intelligence

outside the fictional gaming world.

Another is learning communication and assertiveness skills needed in social interactions; family involvement, including counseling and discussion of family and other relationships; and developing new lifestyles.

Treatment geared towards helping the gamer control their urge for video games, recognizing and dealing with disturbing thoughts, and learning how to cope without video games should also be imposed.

To prevent the persistent playing of video games, people need to explore new activities, set new goals and metrics of achievements beyond video game scores and ranks.

As we are about to destroy the turrets, we should dig deep in our souls that in this game of reality, fictional strategies will never be efficient—for us to reach victory. And for us to grasp that triumph we seek since the moment we started playing, we should bear in our minds that the rank we have in the digital world will never be victorious in our well-being in the real world.

Instead of us killing the enemy, it could be the other way around. Therefore, why not take a

break from that game streak if you don't want to witness entertainment turning to

disappointment—the Play of MoVILE LeGAMES.

Top Gun: a treat for the adrenaline junkie

By: Norman L. Roman



Picture source: www.amctheatres.com

The Navy's Fighter Weapons School (also known as Top Gun) was founded in 1969 and was comprised of the most elite pilots - experts in air combat maneuvers (also known as dogfighting), and they were prepared for any unexpected encounter.

The opening title sequence looks a much like the commencement of a television series, with rock music and a montage of aircraft taking off and landing on a sea-bound vessel, very much linking the graphics to the '80s era.

The plot picks up in the current day in the Indian Ocean, when pilots Maverick (Tom Cruise) and Goose (Anthony Edwards), as well as Cougar (John Stockwell) and Merlin (Tim Robbins), are dispatched to warn off two MIGs that have strayed into contested airspace.

Cougar splits up in the air, almost unable to land in one piece, despite the fact that the crisis has been deescalated.

As a result, Maverick and Goose become the #1 team on the ship, which means they're sent to Miramar, California to train among the top 1% of naval aviators in the Top Gun program, flying F-14s.

Once there, the duo focuses on being the best in the class - run by no-nonsense veteran teachers Viper (Tom Skerritt) and Jester (Michael Ironside) - but also on shenanigans, including romantically pursuing Charlie (Kelly McGillis), who happens to be a Pentagon instructor. Of course, there are also rivalries and brinkmanship at every turn, chiefly from fellow hotshot Iceman (Val Kilmer).

Superiors constantly chastise the intrepid rookies; the spirited students strive for the top by competing with one another at every turn; the young students, driven by a desire to prove themselves, break rules and act rashly in order to project a sense of danger, and training montages filled with combat lingo, amusing call signs, and technical recitations add to the film's cool but intense atmosphere.

Another factor is the aerial video, which is incredibly convincing and creates the reality of the situation the characters are in with close-up images of the cockpit and wide vistas of the event itself.

It also succeeds well in terms of conversation, with its use of famous call-signs, funny language, and pleasant interactions.

For a '80s film, the editing is also excellent.

When the film isn't immersing the audience in breath-taking aerial sequences, it takes time building its characters especially Maverick (Tom Cruise).

The exploration of his past, nature as a person, as well as his relationships add depth to his character and help the audience relate to him.

The inclusion of his love story with Charlie (Kelly McGillis) further humanize him and reveal a side to the character separate from the hotshot ace pilot that we've seen.

Top Gun also depicts morals and values in life like love, family and friendship, as well as camaraderie among brothers-in-arms. The music is also something to behold as Kenny Loggins' "Danger Zone" complement action sequences and Berlin's "Take my Breath Away" set the tone for romantic scenes.

All in all, Top Gun is an exhilarating, adrenaline filled, and action-packed film that succeeds in portraying action and adventure as well as values and lessons like family, friendship and sacrifice.

It was a major box office success and is a fan favorite of so many for good reason.

It is a testament to '80s film making which was a golden age of movie production.

It combines drama, action, and good story-telling in one package guaranteeing the audience a good time.



FILIPINOS: More financially conscious during the pandemic

By: John Lorenzo Patayon

Since the pandemic, Filipinos have faced numerous challenges, whether in their jobs, households, or health – it is not surprising that Filipinos have learned to adapt during these trying times and become more cautious.

The pandemic has been a trial by fire for most Filipinos, making them rethink what is essential and what is not.

According to a Manulife study, 77% of Filipinos prioritize spending on needs over wants as the pandemic unfolds – but it is not just in their spending habits that Filipinos have become more conscious.

In the first quarter of 2021, 53% of Filipino adults now own a bank account – including basic deposit and e-money accounts – and that is expected to reach 70%, BSP Governor Benjamin Diokno claimed during a virtual forum held by HSBC.

The increasing number of bank accounts created reflects the cautiousness of Filipinos during the pandemic.

It can be said that the increasing numbers may be due in part to numerous citizens' coming of age, but it can also be attributed to Filipinos' desiring to have their savings secured from the uncertainties this pandemic brings.

With the economy in shambles and unemployment at a low, it is natural that people have come to adapt by changing priorities and becoming more conscious of their health and finances.

The pandemic changed the Filipinos' behavior from being an outgoing person to one that is cautious – preferring to be indoors rather than travel and using online platforms as a means of transaction rather than being physically present – and ultimately to one that is practical.

The Filipino spirit has always been resilient towards troubling times, and their changes in attitude towards their savings and spending habits reflect this innate trait that makes the Filipino spirit stand out.

The Makings of the Road to Greatness

By: Maria Nadine Roman and Joselle Erika Lou Tabarangao

John Chandler Bonifacio Balaga has been known by many titles. A Track-and-Field student-athlete of Arellano University, a responsible son to his single-parent mother, a caring brother to his younger sister, a loving grandchild to his grandmother, a hardworking employee in his part time job, and now, he is also Mr. Arellano University 2021.

At the present, Chandler is in his first year as a Bachelor of Secondary Education major in Physical Education student in Arellano University – Juan Sumulong Campus (Main). In an interview, he admitted that this is not the first college course that he has taken. He was once an Engineering student, but he felt out-of-place in this course which negatively affected his academic performance as well as his mental health. Thus, he decided to transfer into a course where his passion lies. Intending to share his knowledge and experiences as an athlete to inspire the youth, he decided to enroll in his current course and specialization.

Besides being an Education student, Chandler is also a part of Arellano University's Track-and-Field team. Since then, Chandler has been a sports lover. He was once a badminton player when he was in Elementary right before he tried Track-and-Field in Grade 5 which lasts until Grade 11. During Grade 12, he transferred to playing volleyball as he was enticed by the popularity of the sport, but he then returned to Track-and-Field soon after he realized that it is where he excels.

In this time of the pandemic, just like any other athlete, Chandler has experienced challenging times practicing his sport due to the lockdowns. Ovals and fields in his hometown, Tarlac, were mostly closed. And when he does get the chance to practice, he must wear a face mask all the time which gave him a tough time breathing properly while doing his routines.

But with his dream to make the Arellano community proud in the upcoming NCAA seasons and his plan to join the Philippine Team in the future, Chandler continued to persevere even with the various obstacles that this pandemic has obstructed his road as an athlete.

His loved ones, most especially her grandmother, have also been Chandler's inspiration to do his best in everything he does. Chandler shared that his grandmother has been the one who raised him to the man he is now. That is why he is devastated when she died recently because of COVID-19.



But his grandmother did not stop inspiring Chandler for she was one of Chandler's motivations to win the crown in the Mr. and Ms. Arellano University (MMAU) pageant last December 2021.

Chandler also had his girlfriend cheer and guide him as he accepted the challenge in vying for the MMAU crown as the School of Education's representative.

That is why, even with the short amount of time given to him to prepare and accomplish the pageant challenges compounded with the limitations brought about by the pandemic (e.g., lockdowns), Chandler achieved victory and was hailed as the Mr. Arellano University 2021!

During the interview, Bonifacio stated that being acknowledged as Mr. Arellano University 2021 has given him a chance to prove that pageant titles should not just be about the physical beauty of a person, it should also be about the individual's desire to be a role model and to inspire others through sharing his knowledge and experiences.

Thus, the most important advice that our Mr. Arellano University 2021 wants to share to his fellow Chiefs right now is, *"Okay lang na mag-cut off tayong mga bagay... na nagiging toxic na sa araw-araw nating pamumuhay. Kung 'di naman siya [o sila] nakakatulong sa ikakak-develop mo as an individual, i-cut off mo na 'yan hangga't may oras pa."*

The endeavor that must be prioritized is not the personal glory achieved by overseeing multiple responsibilities but one's own well-being. One must prioritize necessities and abstain from overloading oneself with responsibilities that are beyond one's ability. As an aspiring professional we must know our limits and capitalize on our strengths for our own betterment without regard to personal gain.

How to not live a life: A review on No Longer Human

By: John Lorenz Patayon

Japanese literature is something unique within the realms of literature itself. It has a common theme focusing on the innate qualities that lie within the human condition. Russian literature may be as dark as Japanese literature, but Japanese literature lacks the religious and philosophical depth that Dostoevsky and Tolstoy enjoy. Instead, Japanese literature focuses on the human condition within a uniquely Japanese ethos, which the likes of Soseki and Dazai have utilized.

No Longer Human is a book by Ozamu Dazai that was published in the 1940s but is still a bestseller within Japan and still a recognizable piece of work in general. The

English translation was published 10 years later in the 1950's by Donald Keene, in which he discusses how the original title of "Ningen Shikkaku in romaji" – literally translates to "disqualified" from being human rather than the title he chose, which is "No longer".

The book itself is structured into 5 parts – 6 if you separate the last notebook into 2 parts like in the Donald Keene version – which is the prologue, followed by the 3 notebooks, and then a final epilogue. The book itself is not a first-person view of the protagonist in a way, but rather it is through the lenses of an unknown narrator

who reads the notebooks left by the protagonist for us.

The reader of the notebooks and the protagonist within the notebooks are in the same timeline. The book focuses on the 3 stages of the life of Oba Yozo: his childhood, late-teens, and the miserable state he ended up in. From the start, one can see the peculiarities within not only Yozo's attitude, but also his views.

He sees himself as a clown whose goal is to entertain, and this image he made for himself persisted. Within all of the notebooks, these peculiarities within him began to worsen, aided by his numerous

vices, to what he knew from the start was bad.

Yozo's life and everything about him not only seems wrong but is outright atrocious. There is evidence of depression within him, and with that, there should be grounds for sympathy, but instead, due to his worsening actions towards the people around him, the reader will restrain from giving him any. Yozo is not something that a reader would see himself/herself as like in other more lighthearted or heroic novels, but rather a character that should be shunned and abhorred. All the qualities within Yozo and his outlook are nothing to boast about. What Yozo is is what a

human being should be the opposite of. It is fortunate that Yozo distances himself and sees himself as something other than a human being, because his actions disqualify him for such a prestigious title.

No Longer Human shows us that no matter what trauma, bad experiences, or repressed emotions we have within us, it isn't justifiable in any way to lash out and harm other people. No Longer Human shows us one of the greatest anti-heroes there is and how such a person should never be imitated in any way, shape, or form.

Disaster Response and Filipino Resiliency on the Victims of Typhoon Odette in Limawasa, Southern Leyte

By: Richer Glade Benedicto

Typhoon Odette, which hit the Visayas and Mindanao Islands on December 16, 2021, produced torrential rains, powerful winds, landslides, and storm surges, and wreaked havoc in the Visayas and Mindanao Islands, with maximum sustained winds of 195km/h. One of the regions hit was Limawasa, in Southern Leyte. The livelihood of the residents was also destroyed, and their homes vanished after the typhoon-ravaged region.

In an interview with the Philippine News Agency, a 49-year-old man who lived in Magallanes City became emotional because his house had dispersed and there was nothing left of his family.

Antonio Oposa was helpless to do anything as he saw their home being washed away by chest-high waves. After the typhoon, he cried, but he is still grateful that they all survived.

The pilgrimage that was under construction became a community's evacuation center, where Oposa's family and hundreds of residents sought refuge, but the loss of housing may result in increased overcrowding in shared and communal shelters, which can be harmful to health, especially given the increased risk of COVID-19 transmission.

The 4,000 coconut trees were being completely devastated and their source of income that solely supports them was being destroyed.

Oposa, the father of 10 children, reiterated to the interviewer that he needed to go back to his property to see what else he could find. He became distraught when he saw the tremendous destruction, but life must continue. He plans to prioritize his livelihood by planting crops and vegetables to sustain his family and recovering from the massive destruction of the typhoon that damaged his house and livelihood.

Three days after the typhoon, the US Agency for International Development (USAID) donated a tent as a temporary shelter for the victims.

A 90-year-old in Triana village built a community store with the help of his children to have a source of income. The typhoon was destroying their house near the shore. Suzanne Pangangpang was still happy because they were alive and survived even though they were homeless.

His store is open to all people who are hired by the Department of Labor and Employment (DOLE).

Over 20 families with roofless dwellings stayed in classrooms designated as evacuation centers in the town's highland community of San Agustin. Janeth Tapin's family, who is 43 years old, is one of them.

Janette Tapin said they spent Christmas in the evacuation area, but their primary wish was to celebrate the holidays inside their house.

Every family is waiting in the covered court in the hope that they will receive a tent and relief goods from USAID, funded by private corporations through government taxes, and one of them is Janette. Janette's husband spends his time finding scraps and wood debris to build a temporary shelter.

Mayor Melchor Petracorta, the province's mayor, stated that they have been persuading people to find hope amid the disaster and to focus on rebuilding rather than worrying.

All they want is a faster recovery, according to Petracorta. He exhorted the people to stand up for one another. Because they can't merely rely on humanitarian items, they need aid from the government and non-governmental organizations to re-establish their livelihood.

He also enlisted the support of the National Electrification Administration since, given the significant damage to distribution lines on the mainland, they are not a priority for repair.

The entire island of Limawasa community has also experienced brownouts and some sort of electricity, and the water distribution system has also shut down. Because of the power outage, families have had to trek for miles to

the other community to get clean water because the water pump has stopped working.

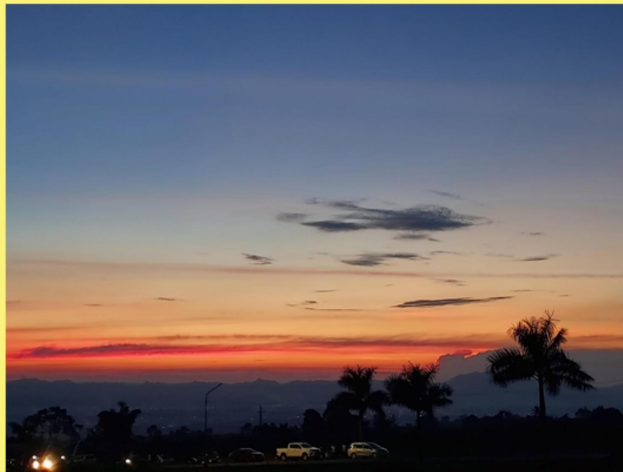
The National Power Corporation's diesel-powered generator was unharmed. However, the majority of the electric poles were either toppled or destroyed.

The typhoon brings every Filipino's unification and glorifies and romanticizes their resiliency when it comes to calamities and disasters. They are still happy and remain strong even though they are homeless. Even though their source of income that solely supports them was being destroyed,

Is it enough to be resilient to every disaster that we have experienced? Even though that disaster brought a thousand deaths, we all know that the narrative of being resilient is overrated. Being resilient is not a problem here, but being resilient forgets the issues behind that. We need to have a better disaster response plan. We need to demand accountability from public officials. When dealing with contemporary crises like this, this word is only a pretext to cover up the government's lack of crisis management and readiness. We need to stop glorifying and romanticizing Filipino resilience and instead demand accountability.

Beyond Tragedy, Beauty Exists

By: Rodelyn Millana



Photos taken by Rodelyn Millana

Undoubtedly, this is one of the most underrated places in the Visayas. Ormoc's beauty stands out for its small town charm that makes every visitor feel at home. The city is bright and lively with its solid rock formations that have survived several natural disasters. After all, it is a city of beauty beyond tragedy.

2021 Golden year ng PH sports

Isinulat ni: Carlo Arsula



Matapos ang mga sports event nitong 2021, itinuturing ng Philippine Olympic Committee (POC) na "golden year" ng bansa ang nagdaang taon sa larangan ng sports.

Sa makasaysayang Tokyo International Forum sa Japan, winakasan ng isang Pinay national weightlifter mula Zamboanga City ang 97-taong paghihintay ng Pinas at nasulot ang gintong medalya sa naganap na Tokyo Olympics 2020. Katapat ang world record-holder na si Liao Qiuyun, binuhat ni Hidilyn Diaz ang 224-kg combined weight na isang bagong olympic record.

Dala-dala ang kumpanya sa kapapanalo lang na si Hidilyn Diaz, sumuntok naman sina Petecio at Paalam ng tig-isang silver medal

sa women's featherweight at men's flyweight classes, at bronze naman kay Marcial sa men's middle-weight category.

Nagtapos sa apat na medalya ang kampanya ng Pinas na pinakamarami mula noong sumali ang bansa sa Olympics.

Bago pa man ang Tokyo Olympics 2020, nagapi ng isang Fil - Japanese na si Yuka Saso ang kauna-unahang LPGA Tour's five major championship, US Women's Open trophy noong Hunyo sa San

Francisco, California. Ngunit ang golfing hero ng Pilipinas ay pinili na maging Japanese citizen at hindi na maaaring maging kinatawan ng Pilipinas sa kahit anumang kompetisyon.

Sa kabila ng hinaharap na isyu, patuloy na umaarangkada ang Filipino vaulter na si EJ Obiena sa World Athletics rankings matapos tumalon ang ranking nito mula 13th noong 2020 at 3rd bilang pinakamataas nitong taon.

Noong Oktubre, nama-yagpag naman ang 21-year old gymnast na si Carlos Yulo sa 50th FIG Artistic Gymnastics World Championships matapos masungkit ang gold medal sa men's vault at silver medal para sa parallel bars. Inamin ni Yulo ang pagkadamay sa katatapos lang noon na Tokyo Olympics nang bigo na maiwi ang medalya sa kahit anong apparatus.

Hindi naman nagpahuli si Carlo Biado matapos talunin ang Singaporean pool player na si Aloysius Yapp sa iskora na 13-8 sa Harrah Resort sa New Jersey, USA para makuha ang 2021 US Open Pool Championship, dahilan naman upang punan ang tatlong dekada na pagka-uhaw ng Pilipinas sa kampeonato pagkatapos ni Efren "Bata" Reyes noong 1994.

Sa pangalawang sabak sa ring nitong taon, ang Filipino boxer na si Mark Magsayo ay nanatiling unbeaten matapos manalo kay Julio Ceja ng Mexico sa pamamagitan ng strategic na sunok nito noong round 10 at nagtala ng 16 knockout punches sa kabuuan. Itinanghal ang labang Magsayo-Ceja na "Premier Boxing Champions' Knockout of the Year for 2021". Nakatakdang tumungo si Magsayo sa Allentown, USA sa darating na Enero upang silatin ang WBC featherweight laban kay Gary Russell Jr.

Bago matapos ang taon, nagkampeon ang e-sports team na Blacklist International sa M3 World Championship. Hindi naging madali para sa Blacklist ang pagsilat sa kampeonato matapos silang mapunta sa lower bracket ng kompetisyon. Winalis ng 2-time MPL champion ang 15 na koponan sa upper bracket hanggang grand finals upang harapin ang ONIC PH na una ng nagharap noong Season 7 ng MPL. Sa pangunguna ng VeeWeise duo, nakamit ng Pinas ang pangalawang titulo sa MLBB World Championship.

Sa kabila ng kinakaharap na pandemya, kinomenda ni POC president Abraham Tolentino ang puspusang training ng mga atleta at naniniwalang madadagdagan pa ang mga medalya at karangalan ng bansa sa susunod na taon.

Samantalang ang ilang mga Filipino imports ay ipinagpaliban ang pagdiriwang ng pasko at bagong taon sa bansa. Malungkot man ang magkapatid na former Blue Eagle standouts na sina Kiefer at Thirty Ravena sa naging selebrasyon ng pasko sa Japan, 'di nila inasahan ang mainit na pagtanggap ng mga Japanese fans sa kanilang holiday game noong Disyembre 25. Sumatutal, mayroong anim na Pinoy imports ang Japan's Basketball League.

Sa parehong bansa, ang 6'5 middle blocker na si Jaja Santiago, men's national team member Bryan Bagunas at Marck Espejo ay patuloy na naglalaro sa Japan's Volleyball League matapos marenew ang kontrata sa kani-kanilang koponan. Ang 3 Pinoy volleyball players ay tadtong sunod na taon nang naglalaro sa liga na naging dahilan para hindi masilayan sa ilang international tournaments gaya ng AVC.

Donaire retains WBC Bantamweight Title

By: Thomas James Mangada

Future Hall of Famer Nonito "The Filipino Flash" Donaire landed a cold-blooded body strike to knock down Raymart "The Assassin" Gaballo to defend his World Boxing Council (WBC) Bantamweight World Title on December 11, 2021, at Dignity Health Sports Park in Carson, California.

The Filipino Flash landed a deadly left liver punch that sent The Assassin down on his knees in the fourth round to secure his WBC Bantamweight belt in an all-Filipino bout.

Setting the record straight, Donaire secured his 42 wins, 6 losses, and 28 KOs as one the oldest active boxer.

"I've been in this game for such a long time and I've had so many fights, I didn't think I was going to have to feel him out, but he came out differently than I thought he would. He tried to nullify my left hook, but I just had to have no mercy," said Donaire.

In an all-Filipino champion-

ship clash, Donaire blasted off a blazing start with his familiar left hook to the face and a ferocious straight power punch to end round one.

The undefeated Gaballo took over the third round after connecting his body combinations with a strong right hit to the jaw of Donaire.

The 39-year-old fighter found the spot to land his strong left hook in under a minute of the fourth round to pull off another stance of striking the body of Gaballo.

Donaire believed that Gaballo is a prolific fighter in the ring and told him after the match that he is a great fighter with a strong heart for the match.

"I thought he was going to get up because I know he has a lot of heart, but that was a tremendous punch that landed. I just told him after the fight not to be down because he's a great fighter. I had trouble figuring him out and I'm here to help him with anything he needs for the rest of his career," said Donaire.

Malditas defeat Chinese Taipei; Hook a ticket to FIFA

By: Thomas James Mangada

Philippine women's football team snatched a victory over Chinese Taipei in a crucial 4-3 to advance in the semi final stage of the 2022 AFC Women's Asian Cup.

Malditas seized every chance of a penalty shootout to seal the deal flawlessly, allowing the Philippines to dream of qualifying for the world-renowned tournament.

"It's an unbelievable achievement for the team. The group is really proud of each other, but we are more proud that we can inspire the next generation of players," said head coach Stajic.

Quinley Quezada scored the first goal for the Philippines in the 49th minute after a scramble in the penalty area that resulted in an edge

of hitting the goal.

Through several failed attempts to secure a point, Li-Ping drilled a long bomb to tie the game that extends the match on twice 15 minutes clash.

Olivia McDaniels delivered back to back clutch plays for the Philippines as she landed the third point off penalty shootout and a mighty save to hold the possible victory of Chinese Taipei.

Both teams notched their first two attempts to a tie game in a penalty shootout, 2-2.

Sara Bolden saved the match after hitting a game winning kick to push the lead to 4-3 and led the Philippines to triumph.

Philippine women's football team set for a semi-final clash against the rank 18 South Korea at the Shree Shiv Chhatrapati Sports Complex, Pune in India.



A light long road to a big dream has finally arrived as the Philippine Malditas earn a spot in the FIFA World Cup for the first time in history. Photo by: The Philippine Football Federation's Facebook page



CHIEFS REPRESENT: Kent Salado, Justin Arana Stands-out in PBA & MPBL

By: Adriane Jefferson Aliño



Former Chiefs Kent Salado and Justin Arana continue to prove their skill in the world of Philippine Basketball as both contribute important roles to their team. Photo by: Arellano University Sports FB Page

Kent Salado A.K.A. "The Conductor" is starting to gain meaningful minutes in the Barangay Ginebra rotation in his second season in the PBA. Drafted 22nd Overall back in the 2019 PBA Draft, Kent Salado is now a valuable piece on the team's

Coach Tim Cone also said

Chiefs Go to Work; Athletes Prepare as Season 97 Draws Near

By: Adriane Jefferson C. Aliño

With Season 97 just around the corner, the NCAA Management Committee along with the Commission on Higher Education (CHED) and the Inter-Agency Task Force (IATF) for the Management of Emerging Infectious Diseases are finding ways for the varsity teams to be allowed to practice. Options being considered are training camps or bubbles for those who are fully vaccinated and have tested negative in COVID-19.

As the season comes near, our very own players in Arellano University have also shown their dedication to their sport by training even by themselves.

For Arellano's 6'3 shooting guard Jade Talampas, it's just business as usual. "We have virtual training every TTTH (Tuesday, Thursday and Saturday) and the Arellano Chiefs' coaches and staff make sure that we're ready and prepared whenever the [face-to-face] training will be called back. Also, through my determination and self-discipline I never failed not to workout, [do] ball drills, and jog for my body's condition and development. At the end of the day, it's only us who can help ourselves," said the Arellano University star player. But even with this rigorous preparation, Talampas makes sure that he alots enough time for his studies. "I always keep in mind that I am a student first before I become an athlete".

Talampas looks forward to

the coming of Season 97. "I've prepared and kept myself ready for the season ahead of me ... I'll make sure I'll help and will give my 100% all to my team, the Arellano Chiefs basketball team, to achieve our goal and make an impact on this season, one step at a time".

Heading over to volleyball, Trina Marice Albay of the Lady Chiefs seems to be keeping in shape as well by doing workouts and ball drills with her team via Zoom every Monday, Wednesday, and Friday, as well as the occasional cycling and jogging, proving that she's dedicated and prepared for their return this coming season. Just like other student-athletes, Albay also makes sure to manage her time properly between her training and her studies as a BS Hospitality Management student. "I study harder, but at the same time, I am maintaining [a] healthy [body as much as] I can by doing workouts. I maintain the balance by making schedules. I organize my time and my activities as much as possible." The Co-Captain of the Women's Volleyball Team plans to give this season everything she's got to defend the crown of Arellano University in what may be her final year, "Bibigay ko na ang lahat, walang sasayangin para hindi ako magsisi sa huli," she said.

With contact sports still on hold, non-contact sports like chess continued to proceed in playing as well. According to Coach Rudy Ibañez of the chess team, chess has been in boom during the pandemic

that Salado is earning his place on the team with the effort he brings to practices and games especially now where he can be of most use when the Gin Kings are short-handed with Stanley Pringle being injured.

"I guess the word is irreplaceable for him. You can't ignore him. He makes something happen every time he is on the court whether it is in practice or practice games or a real game, he is always instigating something," he said.

Heading over to the MPBL, the 6'7 Chief Justin Arana powers through the league as he leads the Sta. Lucia Realtors to the Semis in a 70-66 win over the San Juan Knights with a double-double performance, tallying 11 points and 11 rebounds.

Arana started to dominate the paint both on offense and defense early on at the game, starting at Center for the Realtors and averaging 9.5 points, 7.5 rebounds, and 1.9 blocks during the regular season; the defense was tight on him the entire time, but due to an unfortunate ankle sprain, he was taken out of the game with 4:24 left in the first quarter. He later on

returned in the 2nd quarter as the injury was not as severe as he thought.

The Realtors went to take on the game after facing the Knights head-on in a thrilling game that saw eight lead changes and 10 ties and the biggest lead of either side was only five points. Arana finished as the runner-up to the Defensive Player of the Tournament race.

Looking at how things are going, these two athletes are certainly on the right track with what they are showing; we can only wait and see how far their game can improve and take them even farther.

TO A BRIGHTER PARA-FUTURE

By: Kenneth Ivan Pagdanganan

Filipinos once again performed and shined on the international stage as para-athletes represented our flag in the Tokyo Paralympics and ASIAN Youth Paralympic Games which were held in Tokyo, Japan last August 5 to September 5, 2021, and in Manama, Bahrain last December 4 to 6, 2021 respectively. In the end, the Filipinos collected medals and high ranks as both competitions ended.

Even though the stories of Filipinos in Tokyo finished early, the Filipino para-youth walked their campaign all the way to Bahrain, bringing a total of nine medals to the country.

A RIDE TO TOKYO

Of six Filipinos named to represent the country in the Tokyo Paralympics, only five of them were able to play. Allain Ganapin, who was set to compete in Para Taekwondo wasn't allowed to play after testing positive in COVID-19. Michael Barredo, the President of the Paralympic Committee of the Philippines, expresses support to Ganapin via letter.

"The present pandemic has created so many obstacles for our para-athletes. The virus has been unforgiving and denied them the chance to bring glory and honor to

the Philippines. However, this will not affect their strong resolve and will continue to push forward in the pursuit of their dreams. Tuloy ang laban, mabuhay ang atletang Filipino!" he stated.

Meanwhile, the flagbearer of the Philippines, Jerrold Mangliwan, successfully finished his journey in Tokyo with an 8th place finish in Men's 100m T52 finals on September 3 with a 20.08 seconds. On the same day, Para swimmer Gary Bejino concluded his campaign on Heat 2 after placing 20th with 1:28.87 on Men's 100m backstroke. Bejino also failed to enter the podium on Men's 400m freestyle, placing 13th overall.

REIGNED IN BAHRAIN

The Philippine Embassy cannot be more proud as the Philippines triumphed in the 4th Asian Youth Paralympic Games (AYPG) on December 4 - 6, 2021 held at the Kingdom of Bahrain.

There were 20 athletes who represented the country's flag in various sports. Fortunately, no one tested positive in COVID-19, allowing all para-athletes to play. In the end, the Philippines listed nine total medals with one gold, six silver, and two bronze medals.

Ariel Alegarbes dominated men's swimming 100m butterfly with a gold, and 100m breaststroke with a silver. Daniel Enderes and Ronn Mitra placed second in Men's 1500m and 400m T20 respectively. Last Filipino para athlete to clinch silver is Linard Sultan on Table Tennis, Men's mixed team together with Singapore and Kuwait. Angel Mae Otom and Mary Eloise Sable both entered the podium on rank 3 after winning in Women's 100m butterfly and Women's mixed team table tennis with Malaysia respectively.

Harvesting about a plenty of medals, the athletes were guided by the Philippine Sports Commission (PSC) throughout the journey. #WinTheDay was the team's hashtag after the 3-day long campaign.

"Overall, the level of competition at the Asian level is challenging, but the delegation was able to prove that we can match and even better their performances even though under the pandemic," stated by the team Philippines' chief de mission lawyer, Judd Anastacio.

Cliche it may sound, the light for the Philippines is getting brighter and bolder in the Paralympics field.

When it comes to time management, Rey seems to not have a tight schedule as a BS Criminology student thus he can focus on his training. On the other hand, Dionio struggles a bit but manages to balance his time as a student-athlete. "I am taking BS Pharmacy. To be honest, it is really hard to balance both academics and being an athlete because sometimes the schedule can be very hectic. I train in the morning and study in the afternoon until the evening, but I have subjects scheduled at the same time as our training. That is why I listen to my class and train simultaneously". But even with this difference in their set-ups as student-athletes, their goals are the same; they both plan to work hand in hand with their team so as to make the Arellano Taekwondo Team to be the overall champion for the upcoming NCAA Season 97.

Seeing how these players prepare themselves for the coming battle once Season 97 finally opens, gives us something to look forward to, especially since we know that they are giving it their all to represent the Chiefs and bring glory to us all.



Photo Source: Arellano University Sports - Official Facebook page