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Arellano University
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ARELLANO UNIVERSITY - MAIN CONDUCTS FIRST-EVER STUDENT ORGANIZATIONS LEADERSHIP AWARDS NIGHT

By: Maria Nadine Roman

ARELLANO UNIVERSITY - MAIN SUCCESSFULLY HELD its first ever "Pride of the Tribe: Student Organizations Leadership Awards Night" last May 6, 2022, 4:00 PM, via Zoom Teleconferencing App, through the efforts of its Office for Student Affairs (OSA) and Supreme Student Council (SSC).

The event was hosted by yours truly, Maria Nadine Roman. It formally started with an opening message of Mr. Jerome Galeno, President of the AUSSC, where he welcomed his fellow student-leaders to a night where their service to the student body would be recognized.

This was followed by a short talk from Dr. Lourdes R. Dela Cruz about how one may further develop their leadership skills through decision making. She emphasized in her talk that “Decision Making is a skill which can be developed. It is the leader’s primary responsibility in the organization. Decision making is composed of four continuous, interrelated phases namely, SEARCH, ANALYSIS, EVALUATION and COMMITMENT.”

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1ST EVER CHIEFS GAMES MLBB TOURNAMENT INTERBRANCH COMPETITION!

By: Gillian P. Alcantara

ARELLANO UNIVERSITY held a first ever #ONEARELLANOBELEGENDARY a 2 days Mobile Legends tournament interbranch competition last April 28 - 29, 2022, live broadcast at Arellano University - Jose Rizal Campus.

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GMA Masterclass Series 2022: The Importance of One Vote

By: Raggedy Grace Anne R. Trono

GMA NETWORK ORGANIZED AN EVENT that aimed to guide and enlighten people for the upcoming election. The GMA Masterclass Series of 2022, held its first Luzon Branch in Manila Leg. The event occurred on the 31st of March, 2022 and lasted for almost five hours. Representative members of NCAA Universities attended the event physically, while the event was aired live for those audiences who were watching in zoom.

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PHILIPPINES BEYOND THE COLORS

By: Christine Leigh Chan

Last May 9, 2022, the Philippine national elections was held from 6:00 am to 7:00 pm. Registered voters cast their ballots as they elected officials who will fill the executive and legislative posts at the national, provincial, and local levels.

The last three months have been intense because of the campaign period. It felt like we’d been divided into different colors because of the candidates. Unfriending and unfollowing people on different social media platforms have been prevalent because of the elections.

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RESEARCH 2022: THE MOST ANTICIPATED, THE TALK OF THE TOWN TOPIC, AND THE NERVE-WRACKING PRACTICAL RESEARCH DEFENSE

By: Jerick Louis M. Dicen

We've been in the midst of a major crisis since 2020 began. The COVID-19 pandemic has forced the nation's education system to seek an alternative learning system adaptable to everyone. Everything that was happening was new, especially to us.

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AUPC IS BACK-TO-BACK MISS AU 2022 SHS DIVISION

By: Jonilla Medado

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THE GRAND CORONATION OF MR. AND MS. ARELLANO UNIVERSITY 2022

By: Gabriel Lavista

MISTER AND MISS ARELLANO UNIVERSITY 2022 had its Grand Coronation Day on April 9, With 30 Candidates from Different Branches of Arellano University, Andres Bonifacio campus, Jose Abad Santos campus, Jose Rizal Campus, Juan Sumulong Campus, Plaridel Campus, Elisa Esguerra, Apolinario Mabini, via Facebook live that garnered more than five thousand Five hundred (5.5k) live viewers.

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Arellano Standard Manila Conducted a Feature Writing Contest

By: Jazmine Marie G. Agoncillo & Juliana Kate B. Arcayos

The Arellano Standard Manila successfully conducted a writing contest entitled "Valen-Time of Pandemic: A Feature Writing", as a celebration for Valentine's Day last February 13-18, 2022, with 14 participants, via The Arellano Standard Manila Facebook page.

The contest was composed of three categories, (1) Junior High School, (2) Senior High School, and (3) College. It was open for all officially enrolled students of Arellano University - Juan Sumulong Campus. The judges of the event were (1) Ms. Maria Nadine Roman, the current Editor-in-Chief of The Standard, (2) Ms. Argellyne Moriones, a former Feature Editor of The Standard (S.Y. 2019-2020), and Mr. Warren Revoltar, a former Editor in Chief (SY 2019-2020) and also a former Feature Editor (SY 2018-2019) of The Arellano Standard Manila.

The contestants were tasked to write a feature article about a person that has shown the most love to them during the time of pandemic. They would submit their contest pieces through a Google Form that was opened from February 13, 2022, at 9:00 AM, upto February 14, 2022, at exactly 11:59 PM. The winners of the contest were posted on the Facebook page of the said publication last February 18, 2022, at 11:33 AM.

The champion for the Junior High School category was Ms. Genina Alezxandra M. Rilles. Her piece was entitled "Someone to stay, someone who stayed" where she mentioned that love doesn't need to be structured romantically between two people; it doesn't need to be found on a date in an expensive restaurant, not in the boxes of chocolates or bouquets of the most fragrant flowers. "Love is where you place it and choose to cherish it. I'd have to disagree, love is not in the air, love is everywhere, anywhere it can possibly be," she stated in her contest piece.

For the Senior High School category, the champion was Mr. Gerald F. Miaga with his piece entitled "Ang Aking Pambihirang Ina" where he shared how her mother showed her love to them by her sacrifices most especially in this time of pandemic.

Mr. Miaga also stated that we should show greater love to those around us due to the challenges we are now facing. We had learned a lot about ourselves, and most importantly, we had seen who genuinely cared about us.

As for the 1st runner up of the Senior High School category, Ms. Csyrene Nicolette S. Pedrosa, created a piece entitled "The Art of Self-sabotage and Acceptance." She narrated that it took her a while to finally realize that the only person that would and should love her unconditionally is herself.

"Up until now, the insecurity still lingers, but it's tame than it was before. I'm still in the process of growing up. Finding a profound purpose in life amidst the hatred that I received from myself is now my utmost priority. Because at the end of the day, no matter how much I jeopardize myself, the one who's going to love me unconditionally, in the end, is me." she added.

The second runner up for the Senior High School category was Mr. Paul John A. Tiansay with his piece entitled "His Last Great Love: What Love Felt Like After a Barangay Deputy Officer's Public Service." This creation was all about his late father who has served as a barangay officer whose love and service to his family as well as to his community could truly be considered a legacy.

Unfortunately, the College category of the contest produced no winning participant due to disqualification.

The champion for each category received a prize of 500 pesos load, a certificate of recognition each and their works will be featured in The Arellano Standard Manila Facebook page. As for the First and Second Runners up, they each received a certificate of recognition, and their works would also be featured in The Arellano Standard Manila's Facebook page. All the contestants received a certificate of participation.

AUJSC- Young Educators Society, Balik-tanaw sa Sinaunang Sistema ng Pagsulat sa Pilipinas

Isinulat ni: Jann Patrick Trinidad Jusi

Bilang pagkilala sa sinaunang sistema ng pagsulat ng Pilipinas, inilunsad ng Arellano University JSC - Young Educators Society ang "Baybayin Natin: Webinar-Workshop Tungkol sa Sinaunang Sistema ng Pagsusulat sa Pilipinas" noong ika-13 ng Pebrero taong 2022 ganap na 1:00 PM, sa pamamagitan ng Zoom Teleconferencing App.

Ang nasabing webinar-worksyap ay pinamunuan ng punong-abala na si Bb. Clarisse Mae Asaldo. Nagsimula ang nasabing programa nang magbigay ng paunang pananalita si G. Michael C. Cariaga, pangalawang pangulo ng AU JSC-YES. Ayon kay G. Cariaga, ang pagaaral ng sariling wikang pambansa ay magpapa-angat sa mga Filipino dahil ito raw ay daluyan ng ating pagkatao.

Nabanggit niya rin dito ang kasabihang— "Walang ibang lugar makatatagpo ng kaginhawaan at kapahingahan kun'di sa sarili nating tahanan." Sinabi rin niyang ang pagbabalik tanaw sa Baybayin ay pagbabalik tahanan na indikasyon ng pagmamahal sa sariling bayan.

Sumunod na ipinakilala ng punong-abala si Dr. Lakandupil Caparanga Garcia, isang propesor ng Panitikan at Wikang Filipino sa De La Salle University-Dasmariñas, bilang speaker-trainor sa nasabing webinar-worksyap.

Sinimulan ni Dr. Garcia sa pag-talakay ng "Panukalang Batas 10657: Philippine Indigenous and Traditional Writing Systems Act" na naglalayon maingatan at ma-protektahan ang sinaunang tradisyon ng pagsusulat o mas kilala bilang Baybayin, na ngayon ay nasa third reading bill na. Ayon kay Dr. Garcia mahalaga na mayroon tayong sariling sistema ng pagsusulat tulad ng ibang bansa.

Pinuna ni Dr. Garcia ang pagtawag sa Baybayin bilang "Alibata". Iginiit niya na ang salitang "Alibata" ay hango lamang sa salitang "Arabik", na inilikha ni G. Paul Versoza. Alinsunod nito ang pagtalakay sa mga anyo ng baybayin. Dito ipinakita at mabusising ipinaliwanag ni Dr. Garcia ang kaibahan ng Sinaunang Baybayin sa Modernong Baybayin.

Ang huling bahagi ng talakayan ay itinuro ang pagtatama ng mga maling paggamit ng baybayin.

Tuluyan nang nagwakas ang talakayan matapos tumungo sa bahagi ng tanungan, sa pagitan ng manonood at tagapagsalita. Ang pangunahing katanungan sa bahaging ito ay umikot tungkol sa pagsasalin ng mga salitang mayroong tunog-Ingles sa pagsulat ng Baybayin.

Binigyang pagkilala ng AU-JSC Young Educators Society si Dr. Lakandupil Caparanga Garcia sa pagbabahagi nito ng kanyang natatanging kaalaman at mahusay na pagtuturo sa sinaunang sistema ng pagsusulat ng Pilipinas.

Pormal na nagtapos ang nasabing programa nang magbigay ng pang-wakas na pananalita si Gng. Carol Sylvia Cruz, gurong-tagapayo ng AU-JSC Young Educators Society. Nag-iwan ito ng madamdaming mensahe ukol sa pagpapalawak ng kaalaman sa pagsulat ng Baybayin. Binigyang pasasalamat din ni Gng. Cruz ang tagapagsalita sa impormatibong talakayan, at sa lahat ng sumuporta sa nasabing webinar-worksyap.

Chiefs, Ipinamalas ang Karunungan sa TAUgisan ng Talino 2022

By: Jazmine Marie G. Agoncillo at Jann Patrick T. Jusi

Source: Arellano University Supreme Student Government Facebook page

Matagumpay na naidaos ng Arellano University - Juan Sumulong Campus (AUJSC) Senior High School Division ang isinagawang birtwal na kompetisyon na may pamagat na "TAUgisan ng Talino 2022" noong ika-21 at 22 ng Pebrero 2022, ganap na 1:00-3:00 PM, sa pamamagitan ng Google Meet.

Ang nasabing kompetisyon ay nilahukan ng iba't ibang mag-aaral ng Arellano University SHS, Juan Sumulong Campus, sa iba't ibang strand na pinangunahan ng AUJSC - Supreme Student Government. Ito ay naglalayong maipakita at mabigyang kilala ang katalinuhan ng mga mag-aaral ng iba't ibang strands ng AU-JSC SHS.

Ang unang araw ng kompetisyon ay pinangunahan ng mga punong-abala na sina G. Ethan Andrei S. Rivera, AU-SSG *Treasurer at Bb. Zhamell Sam S. Melo, AU-SSG Business Manager habang ang ikalawang araw ay pinangunahan ng mga punong-abala na sina Bb. Llana Loren Tiro, AU-SSG Treasurer, at Bb. Sittie Naidah Ibrahim, AU-SSG 12 Accounting, Business, and Management (ABM) representative.*

Nagsimula ang programa sa pambungad na pananalita ng SHS Principal na si G. Daniel John C. Cariazo. Isinaad niya rito na ang pag-aaral ay isang hasaan upang mapalakas ang isang tao sa mga labang kanyang kinakaharap sa buhay.

"Ang kahalagahan ng pag-aaral ay makikita hindi lamang sa pagtatapos nito, kahit saan ka pumunta baon-baon mo ang sandata na hindi mawawala sa'yo, ito ay iyong mga natutunan", ani ni G. Cariazo.

Matapos ang mensahe ni G. Cariazo, sinimulan na ang tagisan ng talino. Ang mga tanong ay ipinakita sa pamamagitan ng PowerPoint Presentation. Babasahin ng mga gurong tagapayo ang bawat tanong nang isang beses lamang. Ang sagot ay dapat nakasulat gamit ang malalaking letra; ang maliit na titik ay hindi magbubunga ng mga puntos. Kinakailangang nakabukas ang camera ng mga kalahok sa buong kompetisyon.

Ang kompetisyon ay may apat na alituntunin at regulasyon, (1) *normal round - isang puntos bawat tanong, (2) hard round, tatlong puntos bawat tanong.*

(3) Pagtatapos ng hard round, isang tanong na "*Breaking Point" ang ibibigay. Kung ang kalahok ay sumagot ng tama sa tanong, siya ay makakatanggap ng karagdagang 5 puntos. Para sa karagdagang twist, kung mali ang sagot ng kalahok, makakatanggap siya ng bawas na 5 puntos. Upang matukoy kung saang asignaturang pang-akademiko kukunin ang tanong para sa "Breaking Point," ang isa sa host ay magpapaikot ng wheel of names na naglalaman ng limang mga asignaturang akademiko (English, Mathematics, Filipino, Science at Social Studies).*

Sumunod sa *"Breaking Point" ang (4) Insane round. Upang makasali sa round na ito, ang kalahok ay dapat 25 puntos pataas ang iskor. Ang unang tanong sa round na ito ay may katumbas na limang puntos at tataas ito ng 1 puntos sa bawat susunod na tanong hanggang sa ika-10 tanong. Mayroon lamang 10 segundo upang makasagot sa unang round at sa bawat round ay nagkakaroon ng dagdag limang segundo.*

Alinsunod ng kompetisyon ang pagkilala sa mga nag-aaral na nagwagi sa iba't ibang pwesto.

Narito ang mga mag-aaral na nagwagi sa nasabing patimpalak, para sa Baitang 11: (1) Kampeon - Blessie Grace C. Calica, Grade 11 STEM 1A; (2) Unang Karangalan - Princess Nicole A. Fradejas, Grade 11 STEM 7A, (3) at Ikalawang Karangalan - Gillene Nickadhel NG. Tan, Grade 11 HUMSS 8.

Para naman sa Baitang 12: (1) Kampeon - Ianne Dave Q Cruz, Grade 12 - ICT 5, (2) Unang Karangalan - Alfredo M. Tupaz II, Grade 12 HUMSS 7, (3) at Adrian Michael F. Villar, Grade 12 STEM 1.

Pormal na nagtapos ang birtwal na kompetisyon sa pamamagitan ng pangwakas na pananalita ni G. Sean Jenery I. Quinto, Presidente ng AU-SSG. Nagbigay pasasalamat at pagbati ito sa mga nagwagi sa kompetisyon.

"Ang mga estudyante ay maaari pang matuto sa bawat oras na tumatakbo habang nabubuhay tayo" dagdag pa nito.

Teatro Arellano showcased 'Balsa' in the 16th Tanghal Theatre Festival

By Stephanie Grace M. Lumongsud

Source: Arellano University Supreme Student Council—Main Facebook Page

The official theater organization of Arellano University, 'Teatro Arellano', performed on the 4th day of the 16th TANGHAL National University and Community-Based Theatre Festival with the theme, "Sining ng Pag-asa: Theatre Beyond Borders Amidst All Social and Environmental Challenges" via live stream on the ARTIST Inc. and National Commission for Culture and the Arts - Committee on Dramatic Arts (NCCA-CDA) official Facebook page with over 200 engagements, last February 21, 2022, at exactly 4 p.m.

The event was hosted by Ms. Vannie San Juan, a member of the National Committee on Dramatic Arts (NCDA), and Mr. Anthony Cruz, the Director and Choreographer of Tanghalang Bagong Sibol Theater and Dance Company and also one of the officers of the NCDA.

"BALSA," performed by Teatro Arellano which can be considered as the modern day Noah's Ark. A big disastrous flood left only six survivors on a balsa. These survivors later on learned that they possessed the last tree on Earth which, when planted, would bring back life on Earth. Learning the significance of the tree in their possession, the survivors began to fight each other so they may get and use the tree for their own personal agendas. While they were fighting, they didn't notice that the tree fell overboard and was washed on land. In that land, life on Earth once again started, proving that the environment could replenish itself on its own, without the need of the human race, most especially their greed.

The theatrical film was formed with the collaborative effort of its Moderator, Janine Angela Martinez; Director & Production Manager, Marc Noesis Marquez; Assistant Directors and Stage Managers, Eljay Bugnot and Ariene Cabading; Playwrights Ursula David, Daisy Sario, and Ariene Cabading; Editor, Chil-Zea Lota; and Animator, Gian Carlo Pasamba.

The casts who took part in the film were Rovic Crisostomo as *Noah, Allen Mendoza as Tomas, Karylle Portagalera as Maria, Nica Fortuno as Consolacion Villareal, Jason Viadanes as Mayor Toto, and Arabella Alilio as Magdalena Uto.*

At the end of the event, the hosts expressed their gratitude and appreciation to Lusong Arts and Culture Network, to Arts Research and Training Institute in Southern Tagalog Incorporated (ARTIST Inc.), to all their regional partner organizations, and to the 72 groups who participated in the 16th edition of the TANGHAL Theater Fest.

Art Week 2022: LGBT's Fashion Show and Make-Up Competition

By: Juliana Kate Arcayos

The Arellano University Supreme Student Government (AUSSG) conducted two events for the Art Celebration Week, these are the (1) Makeup Competition that was held last March 30, 2022, 1:00PM to 3:00PM and the (2) Arellano University Fashion Show (LGBT) last March 30, 2022, 1:30PM to 5:00PM, both via Zoom Teleconferencing App.

The event aims to showcase the Chiefs' talent, artistry, and craftsmanship to the whole Arellano community. Each event has two divisions, the (1) Grade 11 division and the (2) Grade 12 division. The makeup competition was hosted by Mr. Ej Nepomuceno, SSG Chairman for External Cluster, while the AU Fashion Show was hosted by Ms. KC Cariaso, SSG - Grade 11 STEM Representative and Mr. Lean Custodio, SSG - Grade 11 HUMSS Representative.

The first contest, Makeup competition with the theme "Unleash Your Inner Artist", started with the opening remarks of Mr. Cyrus Aezekiel Puertollano, Vice President of the Supreme Student Government, followed by the introduction of the board of judges, (1) Ms. Eulah Medrano, Freelance Hair and Makeup Artist and SHS Teacher from AU - Andres Bonifacio Campus (2) Mr. Prince Caintic, Hair and Make-up Artist, and (3) Mr. Bj Serenada, a finalist in Linggo ng Kabataan "Unleash Youth Activity: Virtual Make-up Transformation Challenge".

After that, the event proceeded with the presentation of videos with two categories: (1) "Everyday Makeup Look", and (2) "Colorful/ Vibrant Make-up Look".

The winners of the said competition were:

Grade 11 Division

Champion - Mr. Herbert Juaton (11-HUMSS 14);

First Runner Up - Ms. Csyemon Jeigh Gabrielle Bernal (11- ABM 13);

Second Runner Up - Ms. Geen Khyle Palec (11-STEM 5).

Grade 12 Division

Champion - Ms. Vanessa Rada (12-STEM 6);\

First Runner Up - Ms. Baby Joy Gomez (12-STEM 7);

Second Runner Up - Ms. Emmanuel Mendoza (12-HUMSS 3).

To end the event, Mr. Sean Jenery Quinto, the SSG President delivered his closing remarks.

The second event, AU Fashion Show (LGBTQIA+), with the theme "Street Runway: Confidence can break a fear, Modeling is the best way to fulfill" started with the opening remarks of the SSG President, Mr. Sean Quinto. After that, Ms. Cariaso, the host of the event, introduced the board of judges namely, (1) Ms. Angeline Graciela Apigo, San Bartolome Fashion Runway 2019 Second Princess and Best in Ramp & Catwalk Awardee, (2) Mr. Francis Libot, LGBTQIA+ (Barangay Central) President and Miss Barangay Central Pageants- Host (3) Ms. Eugene Palabrica, Pageant Enthusiast and Ms. SASN-QC LGBTQIA+ 2020.

After this came the presentation of videos with three categories: first, is the White Paradise "Classy, Elegant, and Simple"; second, is the Black Out "Dark in your eyes, But the Light is Focused on Me"; and lastly, Red Hot "Fiery, Smoky, The Flame is on the Way".

In addition to showcasing their outfits in their videos, the contestants were also tasked to answer the question: "What is fashion for you?"

The winners of the said competition were:

Grade 11 Division

Champion - Mr. Marc Carlo Bana (11- SAD 2PM);

First Runner Up - Mr. Dick Requilmaniv (11 SAD 2PM);

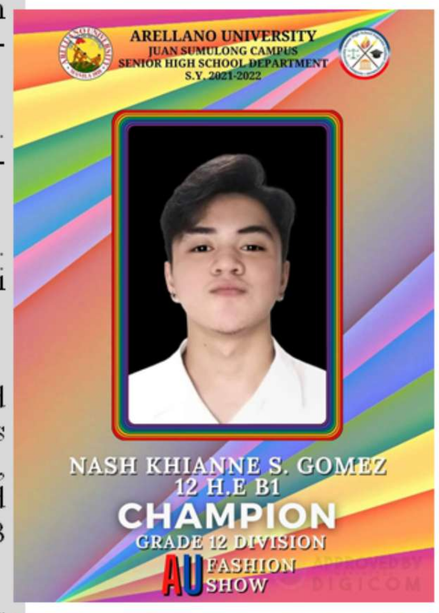
Second Runner up - Mr. Shaquil Meneses (11-STEM 10).

Grade 12 Division

Champion - Mr. Nash Khianne Gomez (12-HEB1);

First Runner Up - Mr. Jerome Llapitan (12-STEM 8);

Second Runner Up - Mr. Carl Rainier Rosini (ABM 4).



The event ended with the closing remarks of Mr. Mico Tolentino, Event Chairman and SSG Grade 12 HE-B Representative.

All winners from both events were awarded with trophies at the Arellano University - Juan Sumulong Campus' lobby last April 2, 2022, 1:00PM.

Source: Arellano University Supreme Student Government Facebook page

Arellano Standard Manila Launches Journalism Webinar

By Arabella Gwyneth C. Alilio

The Arellano Standard Manila conducted a webinar entitled "The Standard T-Talk: Your One-Way Guide to Journalism" via Zoom Teleconferencing App last March 12, 2022, from 10:00 AM to 12:00 NN for the AM Session, and 1:00 PM to 3:00 PM for the PM Session. The webinar was attended by the Chiefs from the 7 campuses of Arellano University as well as students from other schools and universities.

It was hosted by Mr. Carlo Arsula, the Sports Editor of the Standard Manila. Ms. Abegail Cayco, the Overall Adviser of the Standard, delivered the opening remarks to officially start the program. The host then proceeded to introduce the first speaker of the webinar, Mr. Jan Victor Mateo, Senior Writer & Assistant Editor-at-Large of OneNewsPH, to discuss the ways on how to be an effective news writer.

Mr. Mateo's presentation entitled 'Journalism During the Pandemic' mainly focused on the shift and changes that happened in the field as the pandemic hit our country. Mr. Mateo discussed the quote by Manny Mogato, Pulitzer Prize -winning journalist. According to him, this pandemic has brought about the threat of disinformation, thus, news writers must always be at the frontlines to verify or debunk information so the general public may not fall victim to fake news.

He also shared tips on how current journalists and those aspiring to be one could be effective and efficient in their field: (1) be open to new information, (2) learn new skills and adapt to changes in the setup, (3) maximize networks, (4) explore new topics and story ideas, (5) keep in mind the ethics, (6) avoid sensationalism; do no harm, (7) be mindful when reporting sensitive cases and (8) do not forget personal health and mental well-being.

The second speaker of the webinar was Mr. Renato "Rene" Aranda, Vice President of the Samahang Kartunista ng Pilipinas (SKP), who discussed and gave tips on editorial cartooning.

Mr. Aranda began by saying that an editorial cartoon is an actual opinion expressed in cartoon form and that cartoonists must always take their side and never be neutral. He stated how important it is to create cartoons with readers in mind. He emphasized that an editorial cartoon must not be shallow, merely serves as an illustration or too complicated that it cannot be understood. Highlighting that the funnier an editorial the better, he shared how humor is a great vehicle for conveying a message through a cartoon.

Mr. Aranda then shared tips for making an editorial cartoon, such as (1) be sensitive and avoid stereotypes, (2) avoid executing in manga or anime style, (3) avoid using talk balloons, (4) avoid stating the obvious, (5) labels are a must but a maximum of 3 (6) avoid oversized labels, (7) use graphs, charts, maps as aids and (8) use symbols that have a close affinity to the subject.

He advised studying figures of speeches as they are rich sources of symbolism for editorial cartooning, then reminded the participants that it must be content over technique in editorial cartooning and described that the perfect editorial cartoon is both well-drawn and well-conceived.

For the PM session which started at 1:00 PM, the first speaker was Mr. Archie Bergosa, Founder & Editor-in-Chief of ExplainED PH.

Mr. Bergosa's presentation was entitled "Moving Forward: Your JOURNey Never Stops" where he enumerated the things one should expect if they were to take a journalism-related course and/or career. Aside from having to cope up with heavy write-ups and deadlines, (1) You have to familiarize yourself with numbers to analyze data and perform operations, (2) Learn different lessons and media skills related to print, broadcast, online, multimedia, etc. and (3) Learn how to conduct journalistic research and report in various fields.

Mr. Bergosa then proceeded to enumerate the skills that one will practice in journalism, such as (1) being critical and ethical in expressing

Source: The Arellano Standard Manila Facebook Page

public opinion, (2) communicating effectively, and (3) the ability to adapt effectively to the rapid change of media production. He then motivated the attendees to pursue the field of journalism because involvement is power, your stories matter, and the struggle for truth continues. Mr. Bergosa stated that what youth journalists can do for their community is to empower, explain and educate facts and truthful information.

Mr. Don Dave Ventura, Supervising Producer of GMA's Saksi, was the last speaker for the event.

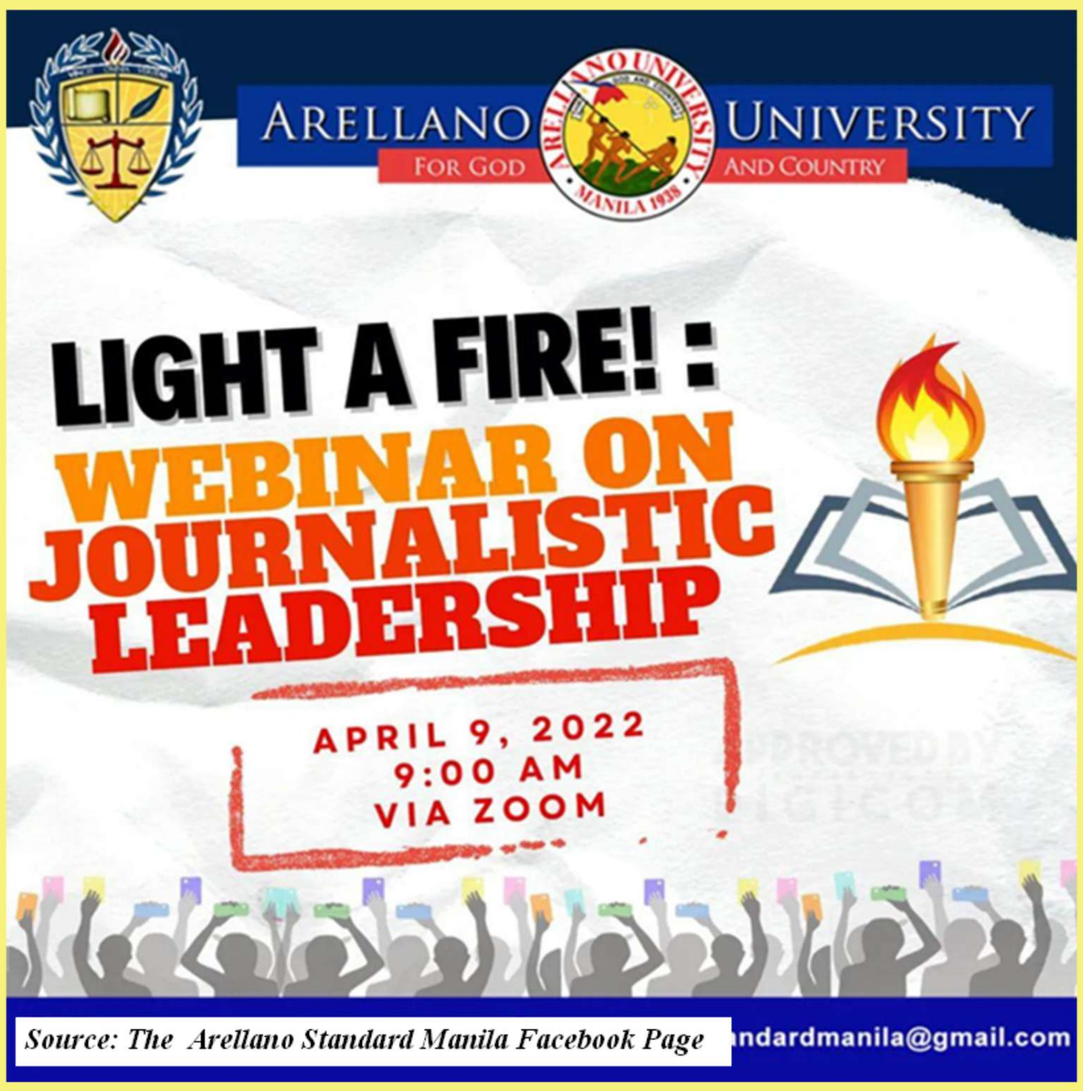
He shared pointers for the newbie journalists in the form of the acrostic of CAREER with the meaning Courage, Ability, Resoluteness, Energy, Enthusiasm, Resilience. In addition to that, he also shared the 4Ps to Success namely, (1) Passion, (2) Purpose, (3) Platform, (4) Plan, (5) Player, and (6) Perseverance; and the 4Ds in Life namely, (1) Discipline, (2) Desire, (3) Determination, and (4) Dedication.

A Q and A portion and virtual awarding of certificates to the speakers were conducted in the end of each session,

The webinar formally ended as Ms. Maria Nadine Roman, Editor-in-Chief of the Standard Manila, delivered the closing remarks.

Arellano Standard Manila Conducted a Webinar on Journalistic Leadership

By Arabella Gwyneth C. Alilio



Source: The Arellano Standard Manila Facebook Page

The Arellano Standard Manila conducted a webinar entitled "Light a Fire: Webinar on Journalistic Leadership" via Zoom Teleconferencing App last April 9, 2022, from 9:00-11:30 AM, that was attended by all campuses of Arellano University and was also opened to other schools and universities.

It was hosted by Ms. Maria Nadine Roman, the Editor-in-Chief of the Arellano Standard Manila. Ms. Abegail H. Cayco, the Overall Adviser of the Arellano Standard, delivered the opening remarks. The host then introduced the first speaker of the webinar, Ms. Hiromi M. Lacsano, Adviser of the Jose Rizal University Senior High School Council. Ms. Lacsano's presentation highlighted the question -what does it take to be a leader with a heart?

Ms. Lacsano discussed the key points that good leaders must always remember, namely (1) Be a role model, (2) Encourage a more empathetic workplace, (3) Awaken your strengths and weaknesses, (4) Learn how to listen carefully, (5) Engage in some type of reflection, (6) Acknowledge the good in every situation, (7) Develop your self-esteem, (8) Encourage yourself to think positively, (9) Relate with the people around you, (10) Work hard and make sure you enjoy life too, (11) Inspire others through your work, (12) Talk to your team, (13) Help yourself and others to grow, (14) Appreciate every effort, (15) Handle your emotions, (16) Empower the morale, (17) Accept and admit your mistakes, (18) Rest and be thankful, (19) Train yourself to be calm in every situation.

As Ms. Lacsano concluded her talk, she revealed how all the first letters of the concepts, when put together, formed the statement: BE A LEADER WITH A HEART. This makes one a good leader.

The second speaker of the webinar, Ms. Madonna P. Galvez-Ferrer, President of the Division of General Trias City School Publication Advisers Association, focused mainly on answering the question: why should journalists have a" willing-to-serve" heart?

Mrs. Galvez- Ferrer's talk highlighted that practitioners of journalism must maintain independence from those they cover, to provide a forum for public criticism and compromise and keep the news comprehensive and proportional.

"It is our moral responsibility to our fellowmen to educate and inform about the turns of our society. This way, we tend to form the public's opinion by serving them facts and verified truths. It paves the way to let the people practice the right to access information and be able to communicate through press freedom, to let them realize that one can give solutions to problems, and also, to be the voice of the marginalized." she stated.

A Q&A portion and a virtual awarding of certificates were conducted by the end of each talk. Ms. Isabella Badon, Managing Editor of the Arellano Standard Manila, formally ended the event by thanking her fellow organizers, the speakers and the participants.

Chiefs got what it takes in the AU Next Top Model 2022!

By: Rcee U. Tenefrancia

Source: Arellano University Supreme Student Council—Main Facebook Page

"Do you have what it takes to be the AU Next Top Model 2022? THE SEARCH IS ON!" Arellano University - Main campus had its annual virtual search of AU Next Top Model via the Arellano University Supreme Council-MAIN (AUSSC) Facebook page, last April 6 - 28, 2022. Chiefs in the university's College Division were all invited to join as the registration form opened from April 6 to 10, 2022.

There were five (5) contestants: (1) Mr. Jerome Ej D. Ong, a 4th year BSBA MM student, (2) Mr. Elord Ancheta, a 4th year Education student, (3) Ms. Thalia Dulcero, a 4th year BSBA MM student, (4) Mr. Wryane Ezequiel Garin, a 3rd year BS Tourism and Management student, and (5) Ms. Carie Cabangon, a 2nd year BS Hospitality Management student.

The winners were determined through a panel of judges which comprised of: (1) Mr. Brian Albert Bulos, an alumnus of AU – Mabini campus, a social media influencer, a freelance model, a digital creator, and a brand ambassador. (2) Mr. Mark Felix Dela Cruz, a 2nd year Civil Engineering student at the Technological Institute of the Philippines (TIP), an active student leader and a volunteer worker. Lastly, (3) Mr.Kyle Arvie Zausa, a public figure in Tiktok with 166,000 followers, a freelance model, and a live streamer.

The criteria used by the judges were: 30 points goes to Public Votes, 50 points for Creativity, 20 points for Originality, and 10 points for the Uniqueness of Concept.

By April 28, 2022, the AUSSC- Main announced the winners via their Facebook page:

- First place: Mr. Elord Ancheta
- Second place: Ms. Thalia Dulcero
- Third place: Ms. Carie Cabangon

AUSSG-Main Speech Choir 2022: Chiefs, Showed Off their Talents!

By: Jazmine Marie G. Agoncillo

Source: Arellano University Supreme Student Government Facebook page

The Arellano University Juan Sumulong Campus (AUJSC) Supreme Student Government (SSG) successfully held a competition entitled "Speech Choir 2022" with the theme of: "We are Our Hope; the Steps We Take, the Voices we Make" llast March 28, 2022, 3:00-4:00 PM via Zoom Teleconferencing App.

It was hosted by Ms. Kim Abigael Malilay, a member of SSG Social Media Cluster. The said competition was joined by the different strands of Grade 11 and 12 in AUJSC and has 6-8 members in each group.

The event started with an inspirational message from Mr. Cyrus Aezekiel Puertollano, SSG Vice President. This was followed by the introduction of the judges for the event, which are as follows: (1) Mr. Jeric Colarbar Dela Cruz - Teacher 2, (2) Ms. Celeste Bunao-Maitim - Singer, Composer, and Musical Arranger, (3) and Mrs. Maria Lourdes Constantino-Haramel - Speech Choir Coach and Teacher. The Criteria for Judging are: 35% – Voice Inflection, 30% – Mastery of Presentation, 20% – Creativity, and 15% – Over-All Impact with a total of a 100% score.

All contestants were given a piece entitled "Hopes of the Present," which was about how the pandemic has affected our lives in all aspects, especially physically and mentally. But even with these struggles, the piece encouraged us to not let the negativities brought by the world's current situation pull us down but rather we should stand our ground and continue moving forward hand in hand.

The winners of the competition are as follows: Champion - Group 3 of Grade 11 STEM, who got the gold medals; 1st Runner Up - Group 1 of Grade 12 ABM, who got the silver medals; and 2nd Runner Up - Group 2 of Grade 11 HUMSS, who got the bronze medals.

To officially end the program, Ms. Crystal Gale M. Celajis, Event Chairperson and SSG Peace Officer, gave her closing remarks where she expressed her utmost gratitude to all contestants as well as congratulate the winners of the competition.

Arellano University - Main Conducts First-ever Student Organizations Leadership Awards Night 2022

By: Maria Nadine Roman

Source: Arellano University Supreme Student Council—Main Facebook Page

FROM PAGE 1 ...

After the informative and inspiring talk of Dr. Dela Cruz came the presentation of each organization's accomplishments for the School Year 2021-2022.

This was followed by the highlight of the event which was the bestowing of the awards. First up was the individual awards which were bestowed to individuals in each organization who showed exemplary performance and contribution to the organization.

The individual awardees are as follows:

MOST OUTSTANDING NEW MEMBER

•Paulyn Dumpit - AB Psychology Society of Arellano University

•Deejay Christian Arangorin - Arellano University Dance Company

•Jilianealysa Pineda - Arellano University Nursing Society

•Sophine Su Yee Ling Maguliano - Arellano University Politeia

•John Lester Cal - Arellano University Supreme Student Council

•Mica Flores - Arellano Union of Tourism Student of Management

•Hillary Joy Calbay - CAS English Society

•Richel Cacho - Computer Science Society

•Ericka Tuazon - Junior Philippine Insitute of Accountants

•Eirel Malinay - Philippine Society of Medical Technology Students - AU Chapter

•Kent Ryan Mandato - Samahan ng mga Magaaral ng Kasaysayan

•Hannah Respall - Sining Sanghaya

•Eljay Bugnot - Teatro Arellano

•Earl Joshua Morales - The Arellano Standard Manila

•John Lloyd Cadang - AU -JSC Young Educators Society

MOST OUTSTANDING PROJECT HEAD

•Allyana Aniag - AB Psychology Society of Arellano University

•Nicole Louise Recaña - Arellano University Nursing Society

•Ricky Cabual Jr. - Arellano University Supreme Student Council

•Ricky Cabual Jr. - CAS English Society

•Francisco Arturo Tercero - Computer Science Society

•Erin Mae Aminulla - Junior Philippine Institute of Accountants

•Jemilene Alvarez - Philippine Society of Medical Technology Students - AU Chapter

•Robie Andrew Manansala - Arellano University Politeia

•Claire Bianca Lizaso - Samahan ng mga Magaaral ng Kasaysayan

•Marc Noesis Marquez - Sining Sanghaya

•Marc Noesis Marquez - Teatro Arellano

•Alley Nickle Dy - Arellano Union of Tourism Student of Management

•Maria Nadine Roman - The Arellano Standard Manila

•Maria Nadine Roman - AU-JSC Young Educators Society

Before proceeding to the organization awards, video messages from the presidents of the organizations presented. In these videos, the presidents shared their learnings and realizations for the whole school year that they have spent with their orgmates. They also expressed their utmost gratitude to their fellow officers for their efforts in making their organizations productive for the whole School Year 2021-2022.

This segment was immediately followed by the awarding of organization awards which were given to recognized student organizations who showed excellence from planning to execution to evaluation of activities.

The organization awardees are as follows:

•**MOST OUTSTANDING CULTURE AND ARTS ORGANIZATION** - Teatro Arellano

•**MOST OUTSTANDING CO-CURRICULAR ACTIVITIES** - AU Politeia

•**MOST OUTSTANDING COLLABORATIONS** - The Arellano Standard Manila

•**MOST ACTIVE STUDENT ORGANIZATION** - Arellano University Supreme Student Council

The members of the AUSSC were also given recognition as well as the presidents/heads of all local organizations.

To formally end the program, Mrs. Isabelle Soleil Curato—Realista, Dean of the OSA, thanked all the student-leaders for their service to the Arellano community and urged them to continue guiding people to their betterment.

Mga Chiefs, Nagpakitang Gilas sa ABM Week 2022

Isinulat ni: Jusi, Jann Patrick T.

Nagpakita ng husay at galing ang mag-aaral ng Arellano University-Juan Sumulong Campus sa isinagawang *ABM Week na pinamagatang "Empowering the Excellence and Capabilities of Accountancy, Business and Management Student in the Midst of COVID-19 Pandemic", mula ika-6 hanggang ika-8 ng Abril 2022, sa pamamagitan ng Google Meet at Zoom Teleconferencing App.*

Ang nasabing programa ay pinamunuan ni Bb. Aira Marie M. Mendoza, gurong tagapayo ng *ABM Club, kasama ang ibang opisyal na miyembro ng ABM Club .*

Tampok sa mga patimpalak at sa webinar na idinaos sa *ABM Week ang mga punong-abalang sina (1) Bb.Yasmin Tuyay, Business Manager ng ABM Club, para sa Spoken Word Poetry Contest; (2) Bb. Henzirene Xenia Ong, sekretarya ng ABM Club, para sa Poster Making Contest; (3) Bb. Aileen Lataya, bise presidente ng ABM Club, para naman sa ABM Quiz Bee; at (4) ang presidente ng ABM Club na si Bb.Carla C. Macarubbo naman ng Profession for a day: RamPangarap. Samantala, (5) ang buong ABM Club naman ang nagpakilala sa tagapagsalita ng Career Path Webinar na si Dra. Ma. Aurora T. Caday.*

Ang *Spoken Word Poetry Contest ay ginanap noong Ika-6 ng Abril 2022, pagpatak ng 10:30 ng umaga hanggang 12:30 pm ng hapon, sa Google Meet. Tampok sa patimpalak ang mga orihinal na tula ng mga mag-aaral na sila rin ang bumigkas. Ang mga nagwagi sa patimpalak na ito ay sina:*

Baitang 11

•Kampeon - Bb. Arcely Deborah D. Arce (ABM 14A)

•Unang Pwesto - Bb.Cheriza Marie I. Mandreza (ABM 10)

•Ikalawang Pwesto - Bb. Alexandria S. Cecilio (ABM 24)

Baitang 12

•Kampeon - Ginoong Jason S. Viadnes (ABM 1)

•Unang Pwesto - Bb. Desiree L. Sibuma (ABM 8)

•Ikalawang Pwesto - Bb. Heizel Ann Ilinon (ABM 3)

Naganap din ang *Poster Making Contest noong ika-6 ng Abril 2022, 2:00 pm hanggang 4:00 pm, sa pamamagitan ng Google Meet. Naipamalas ng mag-aaral na lumahok ang galing nila sa pagguhit.*

Baitang 11

•Kampeon - Bb. Jessa Nicole S. Roploc (ABM 2)

•Unang Pwesto - Denise Jessa Sangalang (ABM 2B)I

•kalawang Pwesto - Bb. Althea Sky S. Marquez (ABM 14A)

Baitang 12

•Kampeon - Ginoong Michael Andre V. Enopia (ABM 4)

•Unang Pwesto - Bb. Darylle Audrey R. Manuel (ABM 3)

•Ikalawang Pwesto - Bb. Angelica C. Cruza (ABM 8)

Naganap naman ang *ABM Quiz Bee noong ika-7 ng Abril 2022, na nahati sa tatlong rounds; Easy Round, Moderate Round at Difficult Round. Unang sumabak sa kompetisyon ang Baitang 11, sinundan naman ito ng Baitang 12. Natapos ang ABM Quiz Bee nang bigyang parangal ang mga nagwaging mag-aaral.*

Baitang 11

•Kampeon - Bb. Franchesca May A. Silverio (ABM 24)

•Unang Pwesto - Bb. Ryza Cristine Madrid (ABM 15)

•Ikalawang Pwesto - Bb. Krisha Ilm Reyes (ABM 1B)

Baitang 12

•Kampeon - Bb. Aneeza Salazar (ABM 1)

•Unang Pwesto - Bb. Jasmine Abalos (ABM 1)

•Ikalawang Pwesto - Ginoong Leon Lacebal (ABM 1)

Naganap rin sa naturang araw ang '*Profession for A Day: RamPangarap' sa pamamagitan ng Google Meet. Ibinida ng mga kalahook ang kanilang mga kasuotan kaugnay sa kanilang nais na propesyon. Ang mga nagwagi ay sina:*

Baitang 11

•Kampeon - Bb. Rizza E. Lagonzo (ABM 2B)

•Unang Pwesto - Bb. Kathlyn Joyce Cabildo (ABM 7A)

•Ikalawang Pwesto - Bb. Samantha Basan (ABM 1B)

Baitang 12

•Kampeon - Bb. Joyce Tampon (ABM 8)

•Unang Pwesto - Bb. Aileen Lataya (ABM 8)

•Ikalawang Pwesto - Bb. Joemaia Mae Marcella (ABM 8)

Naganap naman ang webinar pinamagatang *"Empowering the Excellence and Capabilities", noong ika-8 ng Abril 2022. Ang nasabing webinar ay nahati sa dalawang bahagi: 9:00 AM - 12:00 NN para sa mga mag-aaral na AM shift, at 1:00 PM - 4:00 PM naman para sa PM shift.*

Tampok sa nasabing Webinar ang impormatibong talakayan kasama si Dra. Ma. Aurora T. Caday, isang *Global HR ng Tim Hortons Philippines. Binigyan ni Dr. Caday ng iba't ibang tips ang mga mag-aaral upang magabayan sila sa mga tatahakin nilang propesyon pagkatapos ng kanilang Basic Education.*

Pormal na nagtapos ang *ABM Week sa pamamagitan ng mensahe ng pasasalamat ni Bb. Carla Macarrubo, presidente ng ABM Club Inanyayahan niya ang kapwa niya mag-aaral na patuloy mangarap upang matupad ang mga inaasam sa kinabukasan.*

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See the Good in Every Situation: The Optimism of Maria Ravina Remolano

By: Jeisamae Paja

"Train your mind to look for the positive in every situation." It is this small word that becomes Dean Maria Ravina's driving propeller; it supplies her with the optimistic attitude she requires in her life. When the thought of resigning occurs to her, she is continuously on the lookout for a different point of view. Dean Remolano believed she had encountered a stumbling block because God knows she is capable of conquering it.

"We cannot control what kinds of problems and obstacles we may face on any given day of our life. As a result, the best thing to do is to look for the positive in every circumstance and to remain hopeful." Dean Maria Ravina stated.

Dean Remolano earned her Bachelor of Arts in Psychology from Arellano University Pasig in 2016. After a few months at Arellano University-Pasig, she started working as a guidance counselor. The pandemic has affected not only the world, but also Dean Maria Ravina's life in the year 2020. Dean Remolano was named the same year as the Dean of Student Affairs. It was the most challenging job she'd ever had. She thinks it is incredibly tough to become Dean of the Office of Student Affairs. She will be taking on a role that will need a significant amount of time and effort.

Aside from that, Dean Remolano had to think about more than just her new job. Because she was appointed during the pandemic, the position had to be modified significantly. During the pandemic, the student affairs office had to change the virtual implementation of students' activities and operations. As a result, the previous office processes were not the same as the ones she will be overseeing, which added to the difficulty. As expected, she struggled to get started on her assignment at first.

Her life motto, "Train your mind to see the good in any situation," however, ingrained in her the notion that even the most difficult aspects of life are part of the learning process. As a result, she worked tirelessly to study and completely know and respect her vocation. She attempted to understand how to manage student organizations, improve student welfare, and promote student-administrator cooperation.

"This kind of opportunity is part of our learning process. We must be open to learning. As we grow older, there are things that we still don't know. Thus, acquiring new knowledge and skills makes our work easier. I overcame it by openly learning every day." as Dean Maria Ravina explains.

Furthermore, she regards this task as her greatest accomplishment. She feels that if she overcomes the difficulties, she would be rewarded with a favorable outcome and a fair chance. As a result of this challenge, she rose to become a successful and hardworking dean at a young age. Dean Remolano is grateful to those who have faith in her abilities and are currently assisting her in character development. She went on to declare that without them and God, she would be nothing.

Dean Maria Ravina Remolano,

Dean of the Office of Student Affairs

Source: Messenger

Dean Maria Ravina V. Remolano is the Dean of the Office of Student Affairs at Arellano University Pasig from 2020 until the present. She is also one of the interim Digital and Corporate Communications Point Persons at the Andres Bonifacio Campus. Even while she is actively working during office hours, she manages to complete the tasks she enjoys. She runs several enterprises, one of which is midnight live selling. It serves as a stress reliever for her.

Lastly, she offers a little advice to the youth. *"Always look for the positive in any circumstance. Because a positive mindset begins with you. You may use it to influence, assist, and motivate people to be more hopeful once you have it. I recognize that we all have various issues and obstacles, which is why we must learn to understand and regard others. In addition to that, choose to raise others, not because you have to, but because you can."*

Dean Remolano is now confident in her role as dean of Arellano University's Office of Student Affairs in Pasig. She will always be open to the process of learning, even if she has been at her new job for roughly a year and a half. She will never lose her optimism in the face of adversity and will look for the good in every scenario.

Modern-day Wonderwoman Battles

By: Jillian Serrano

TRIGGER WARNING: Different forms of Abuse are stated in this article.

Rotary International hosted a webinar entitled "Wonderwoman: Standing up to Domestic Violence" on February 28, 2022, through a Zoom meeting with Arellano University, alongside guest speaker advocate Atty. Joann Canete of Bahay Aruga.

The webinar covered the definition of domestic violence, who is protected by law from domestic violence, who can file complaints, and the different types of domestic violence. R.A. 9262, also known as the Anti-Violence Against Women and their Children Act of 2004, was discussed as an act that protects battered women, wives, and their children from an abusive partner. "Women, like ourselves, are the weaker species. Therefore, we need the law to keep us safe ", Atty. Canete stated. Although the number of cases of violence against women and children has been steadily declining over the last five years, this does not mean that efforts to promote women empowerment and combat domestic violence should be abandoned.

VAWC, or Violence Against Women, manifests itself in a variety of ways. It might take the form of physical, physiological, sexual, or financial abuse. As a result, victims suffer psychological distress. Threats of physical violence, such as raising a hand and threatening to slap or punch the woman; dread of physical harm; acting as if they intend to use a weapon; endangering the mother and kid; and rape and child abuse are just a few forms of physical abuse. Bribery, excessive control, and threatening self-harm are all forms of withholding financial support intentionally. Abuse can also take the form of stalking, which may include peeping through the woman's window, trashing her possessions, and sending text messages threatening to publicly embarrass her. Emotional abuse can take the form of unreasonable fury, gaslighting or other forms of purposeful manipulation of the victim, as well as cheating. The list could go on indefinitely.

Everyone has the right to lodge a complaint with the Barangay women's desk as they are tasked with immediate action. Women's desk personnel may arrest the individual for violent behaviour and prepare the victim for medical examinations. Despite all this, women are still disproportionately the victims of domestic abuse, particularly those who are members of marginalized groups. Several of these occurrences remain unreported and continue to this day. This is why it is critical for individuals to spread awareness about domestic abuse.

Sinking Cities

By: David Mikhail C. Sexon

An ongoing debate that has sparked outrage on social media is how fossil fuels affect the climate and how climate change is wreaking havoc on humans and wildlife. That is one of our difficulties. Another one, according to Katherine Kornei, is the rate at which coastal communities are sinking each year.

Over the years, we have been concerned about flooding, landslides, and even extreme weather during various seasons. Another cause for concern is the rate at which cities are sinking. According to the April 16 issue of Geophysical Research Letters, there is a one-two punch of subsiding land and rising seas, putting coastal areas at greater risk of flooding. Subsidence or sinking rates of up to five centimeters per year have been recorded in areas ranging from Tianjin, China, to Karachi, Pakistan, and even Manila, Philippines.

This is a very concerning issue, given that the Philippines is surrounded by bodies of water. This means that we are gradually submerging over the course of a year. This is a phenomenon that we cannot stop, but we can slow down. We must encourage others to limit groundwater extraction and care for bodies of water.

We are ignoring nature's wrath and attempting to undervalue what nature is capable of, as evidenced by our ongoing abuse of it. As students, individuals, and people who live on Earth, we should have a better grasp of how this issue affects us and how we may help slow it down. We cannot halt this, but we may slow it down, like they did in Jakarta. It had been sinking at a rate of approximately 30 centimeters per year in previous years, but has slowed down now that they have recognized this as an urgent concern.

We may believe that people like us are powerless to make a difference. Changing our ways is possible if we put our best foot forward, but it is impossible if we do not take that first step. We owe it to ourselves and future generations to pay more attention to these issues and give them the attention they deserve.

The Grand Coronation of Mr. And Ms. Arellano University 2022

By: Gabriel Lavista

Mister and Miss Arellano University 2022 had its Grand Coronation Day on April 9, With 30 Candidates from Different Branches of Arellano University, Andres Bonifacio campus, Jose Abad Santos campus, Jose Rizal Campus, Juan Sumulong Campus, Plaridel Campus, Elisa Esguerra, Apolinario Mabini, via Facebook live that garnered more than five thousand Five hundred (5.5k) live viewers.

The masters of ceremony are Mr. David King Escio, Andres Bonifacio Campus SSG Committee to the public relations officer, and Ms. Shane Cabe, Andres Bonifacio Campus Stem Internal Executive Director. It started with a Presentation from the College department and was followed by presenting the winners of the awards. Ms. Isabelle Soleil C. Curato, Dean of Office for student Affairs – Arellano University Legarda gave a Special Message

Subsequently, the top 3 per Division have been announced JHS, SHS, College after that The Q and A had been started and Ms. Abegail H. Cayco, from the Marketing, Digital, and Corporate Communications Department of Arellano University gave a wonderful special message afterward the reigning Mr. and Ms. Arellano University gave had their farewell walk.

To end Ms. Maria Ravina V. Remolano MMAU 2022 Event Chairperson gave a Closing remark and The

Awarding of the winners of the Mr. and Ms. Arellano University 2022.

The title holders are the following:

- Mr. Arellano University Junior High School 2022: Rodge Tristan M. Cuadra - Jose abad Santos
- Ms. Arellano University Junior High School 2022: Anica Jill B. Nonato - Andres Bonifacio Campus
- Mr. Arellano University Senior High School 2022: John Anthony A. Migallon - Jose Abad Santos Camous
- Ms. Arellano University Senior High School 2022: Victoria Isabella Bobier- Plaridel Campus
- Mr. Arellano University College 2022: Arcie S. Mauricio - Jose Rizal Campus
- Ms. Arellano University College 2022: Princess Diana A. Dela Cruz - Andres Bonifacio Campus

Following are the winners of Junior High School Division

- Mr. Arellano University Junior High School 2nd Runner Up: Raven Lloyd C. Santos - Jose Rizal campus
- Ms. Arellano University Junior High School 2nd Runner Up: Jody Claire Monteloyola Elisa Esguerra Campus
- Mr. Arellano University Junior High School 1st Runner Up: Kyle Brannan L. Alcazar- Apolinario Mabini Campus
- Ms. Arellano University Junior High School 1st Runner Up: Aurella Rheinne M. Padecio - Apolinario Mabini Campus

Following are the winners of Senior High School Division

- Mr. Arellano University 2nd Runner Up: Ace E. Ibanez - Jose Rizal Campus
- Ms. Arellano University 2nd Runner Up: Thessa Mae M. Palomo - Jose Abad Santos Campus
- Mr. Arellano University Senior High School 1st Runner Up: Raymart G. Salimpade - Plaridel Campus
- Ms. Arellano University Senior High School 1st Runner Up: Fionnah Dominique T. Pepino - Apilinario Mabini Campus

Following are the winners of College Division

- Mr. Arellano University College 2nd Runner Up: Adam Sealtiel G. Bito - Jose Abad Santos Campus
- Ms. Arellano University College 2nd Runner Up: Clauie Ann F. Pedrera - Plaridel Campus
- Mr. Arellano University College 1st Runner Up: Jan Chandler b. Balaga - Juan Sumulong Campus
- Ms. Arellano University College 1st Runner Up: Maria Mikhaela Manucdoc - Juan Sumulong Campus

Eloquence Award

Junior High School Division

- Mr. Rodge Tristan M cuadra - Jose Abad Santos Campus
- Ms. Francine Del rosario - Jose Rzal campus

Senior High School

- Mr. John Anthony A. Migallon - Jose Abad Santos Campus
- Ms. Victoria Isabella Bobier - Plaridel Campus

College division

- Mr. Arcie S. Mauricio - Jose Rizal Campus
- Maria Mikhaella Manucdoc - Juan Sumulong Campus

PHOTOGENIC AWARD

Junior High School Division

- Mr. Raven Lloyd C. Santos - Jose Rizal Campus
- Ms. Anica JIll B. Nonato - Andres Bonifacio Campus

Senior High School Division

- Mr. John Anthony A. Migallon – Jose Abad Santos Campus
- Ms. Thessa Mae M. Palomo – Jose Abad Santos Campus

College Division

- Mr. Jan Chandler B. Balaga - Juan Sumulong campus
- Ms. Princess Biana A dela Cruz - Andres Bonifacio Campus

PEOPLE CHOICE AWARD

Junior High School Division

- Mr. Raven Lloyd C. Santos - Jose Rizal Campus
- Ms. Dennise T. Bautista - Jose Abad Santos

Senior High School Division

- Mr. Ace E. Ibanez -Jose Rizal Campus
- Ms. Aliyah Katherine Baylon - Jose Rizal Campus

College Division

- Mr. Arcie s. Mauricio - Jose Rizal Campus
- Ms. Mitzi faye B. Cruz - Jose Rizal Campus

BEST IN THEME WEAR

Junior High School Division

- Mr. Rodge tristan m cuadra - Jose abad Santos
- Ms. Jody Claire Montelyola - Elisa Esguerra Campus

Senior High School Division

- Mr. John Anthony A. Migallon-Jose Abad Santos
- Ms. Thessa Mar M. Palomo - Jose Abad Santos Campus

College Division

- Mr. Jan Chandler B. Balaga-Juan Sumulong campus
- Ms. Princess Diana A. Dela Cruz - Andres Bonifacio Campus

Best in Talent

Junior High School Division

- Mr. Kyle brennan L. Alcazar- Apolinario Mabini Campus
- Ms. Aurella Rheinne M. Padecio - Apolinario Mabini Campus

Senior High School Division

- Mr. John Anthony A. Migallon- Jose Abad Santos Campus
- Ms. Thessa Mae M. Palomo - Jose Abad Santos Campus

College Division

- Mr. Jan Chadler B. Balaga - Juan Sumulong Campus
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College Division

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'The Converge Fiber Xers have joined the PBA after the Alaska Aces left.'

By: Dhenniz Hizon

Now in the PBA, Converge ICT Solutions Inc.'s basketball team will be known as the "FiberXers."

On Tuesday, the team's name was revealed at the EDSA Shangri-La, in which they were officially debuted after joining the league.

Willie Marcial, the commissioner of the PBA, welcomed the company into the fold, stating his belief that they will be an important part of the league in the future.

The FiberXers aren't starting from zero, as they've acquired the entire Aces team. Converge has kept coach Jeff Cariaso and his staff, while the team's roster is still being finalized, with only three Alaska players — Jeron Teng, Ben Adamos, and Taylor Browne – having contracts.

Cariaso, dressed in the purple of the FiberXers, joined Teng, Adamos, Allyn Bulanadi, Bryan Faundo, Jaycee Marcelino, and Rey Publico .

Converge is generating a lot of buzz because of the moves it plans to make in the offseason, mainly in the PBA Draft.

The FiberXers will get a shot at the top rookie prospects after acquiring Alaska's draft picks from previous years. They control the third and fourth overall picks.

Converge will also make a second-round pick at No. 15, giving the franchise three potential impact players coming into the all-Filipino conference in June.

"QUARANTINE"

Gawa ni: Nirvana G. Rañeses

Gigising para matulog
Matutulog para gumising
Gigising ng maliwanag
Matutulog ng paliwanag

Ako'y hindi nagsasawa
Kahit maghapong nakahilata
Aking napatunayan na
Mas nakakapagod ang walang ginagawa

Laging kasama ang unan at kumot
Kapag nilalamig ako'y bumabaluktot
Unan na ang daming ganap
Sa ulo, iyakan at kayakap
Bentelador na walang sawa kakaikot
Sa sobrang puyat ay hindi ko mapindot
Siyang walang pahinga ako ang napapagod
Pisikal na katauhan ay nandito

Ngunit ang mentalidad ay nasa malayo
Bagama't walang ginagawa
Pakiramdam ko'y kulang sa pahinga
Isip na puno ng pangamba
Kailan kaya babalik ang lahat?
Ikot ng aking mundo'y tumigil
Sa bahay na lamang ba mamalagi?

Hiling ko sana ay matapos na
Pademikong nakababahala
Sa ating bayan ay pipiliting makatulong
Kahit na pakiramdam ko'y parang nakakulong
Mananatili na lamang sa tahanan
Ito'y para rin sa aking kinabukasan

E-ntrams: Mobile Legends Tournament 2022

By: Gabriel Lavista

Arellano University-Andres Bonifacio Campus (AUABC) held its Final Battle of E-ntrams: Mobile Legends Tournament 2022 in celebration of Founders week on March 18, 2022, garnering more than 2000 viewers on its online viewing via Facebook live.

The tournament was spearheaded by the AUABC Supreme Student Council. The 5-day tournament started on March 14 and ended on March 18, 2022; the teams consisted of Junior and Senior High School students as well as College students of Arellano University – Andres Bonifacio Campus.

The following are the Winners of the E-ntrams: Mobile Legends Tournament 2022

Junior High School Division

- MVP – Daniel Psalm Lebuna
- Champion – AU Tempest
- 1st placer– Legendary Aces

Senior High School Division

- MVP-Mark Kevin Alcantara
- Champion – I Miss you balik kana
- 1st placer – Humming Cat

Collage Division

- MVP – Daniel
- Champion – Napadaan Lang
- 1st placer - Team Hannah

Preso

Gawa ni: Jamee Margarett Yu

Hindi, hindi ko alam kung bat ba nagsisisi ako
Alam kong ako ang may kasalanan kung bat tayo ganito
Kaya bakit? Bakit nahihirapan pa rin akong tanggapin
Tanggapin na hindi kita pinahalagahan noong ikaw pa ay akin
Hindi ko naman alam na hahantong pa pala ako sa ganito
'Yong tipong dapat limot na kita pero bat may nararamdaman pa din ako sayo
May nararamdaman pa rin nga ba ako o panghihinayang lang ang lahat ng ito
Pero kahit ano pa man ang dahilan ay 'di na kita maaaring balikan
Dahil mayroon ka nang kasintahan kaya para saan pa?

Para saan pa't manghihinayang ako?
Pinahihirapan ko na lamang ang sarili ko
Nagkukulong ako sa nakaraan na hanggang ngayon, hanggang ngayon ay sariwa pa din sa memorya ko
Sa kung paano kita ipinagtabuyan sa iba
Kung paano ko ipinagpalit ang pagkakaibigan natin sa isang taong wala namang nagawang maganda
Sa isang taong akala ko noon ay importante pero napagtanto ko ngayon na mas importante ka pala

Mahal, patawad dahil nasaktan kita
Matagal na panahon na pero hanggang ngayon naaalala ko pa
Mahal, wag ka namang sakim dahil kailangang palayain na kita
Kailangan kong gumising sa katotohanang masaya ka na sa iba
Gumising sa katotohanang kahit kailan hindi ka na sakin babalik pa
Mahal, wag ka namang sakim dahil kailangan ko ring palayain ang sarili ko
Dahil kung hindi ay patuloy lang akong manghihinayang sa nakaraan kong ito
Habang ikaw ay nagsasaya samantalang nakaluklok ako sa kabilang dako
Alam kong ikaw, oo ikaw, ikaw na ang pinakamalaking karma na natamo ko

At ako, palayain mo na ang sarili mo
Lumabas ka na sa kulungang ginawa mo
Nakapagbayad ka na sa mga kasalanan mo
Wag mo na pahirapan ang sarili mo
Alam ko, hindi madali makaalis sa sitwasyong ganito
Puno nang pagsisisi at panghihinayang ang buhay na ito
Ngunit kahit naman anong pagsubok ay malalampasan mo
Kaya simulan mo nang bitawan ang mapapait na nakaraan na ating natamo
Sa panahong ito kailangan nating magsimula ng bago.
Kalimutan mo na ang trahedyang naidulot mo at hayaang panahon ang gumamot sa sugat na iniwan nito
Mahal, pinalaya na kita... sana hayaan mo din namang palayain ko ang sarili ko

ENGLISH LITERARY ARTICLES

Editor: Monette Anne R. Siman

Great things are coming
Radiant or not, this is where it starts
A lot of memories have been made
Deadlines and requirements
Us fighting and arguing
Amongst one another
Though in the end—
Impenetrable obstacles only drew us closer
Only till next time, dear friends
Next stop! Wherever our heart leads us!

Congratulations to us, graduates, of S.Y 2021-2022!

The Standard
ARELLANO UNIVERSITY ANDRES BONIFACIO CAMPUS PRESS

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AU-EEC — ENGLISH WEEK CELEBRATION 2022

By: Ella Mae Dela Rosa

Arellano University— Elisa Esguerra Campus, celebrated English week for all bonafide Junior High School students last February 7—11,2022.

It came with the theme of "Love, enjoy, and explore English in the new normal".

The event was comprised of four categories: Spelling Bee, Spoken Word Poetry, Storytelling & Declamation, and held a big-time event for Mr. & Ms. Arellano University- Elisa Esguerra Campus 2022 (JHS).

This event helped a lot of Junior High School students who are dealing with the new normal, it helped them raise their confidence and showcase their abilities.

The following are the winners in each category of the said event:

Spoken Word Poetry

- Sinco, Alexandra Louise
- Cantuba, Jenryzza Camille
- Dela Rosa, Ella Mae

Spelling Bee

- Gervacio, Izcel Daniela
- Dela Rosa, Ella Mae
- Dela Cruz, Charlotte Louise Anne
- Bertol, Karylle

Story Telling

- Bautista, Gerryldine Marie
- Marcelino, Jhev Rovic
- Guevarra, Jocel Angeline

Declamation

- Gervacio, Izcel Daniela

and for the most awaited part of this event, is the awarding for Mr. & Ms. AU-EEC 2022. The newly crowned Ms. & Mr. Arellano University Elisa- Esguerra Campus 2022 are Mr. Jhetric A. Miranda from Grade- 10 Einstein, and Ms. Jody Claire Monteloyola from Grade 8- Sampaguita.

GMA Masterclass Series 2022: The Importance Of One Vote

By: Trono, Raggedy Grace Anne R.

GMA Network organized an event that aimed to guide and enlighten people for the upcoming election. The GMA Masterclass Series of 2022, held its first Luzon Branch in Manila Leg. The event occurred on the 31st of March, 2022 and lasted for almost five hours. Representative members of NCAA Universities attended the event physically, while the event was aired live for those audiences who were watching in zoom.

The event was produced by Synergy; Collaborated with GMA Regional TV News, GMA Entertainment Group, GMA News And Public Affairs, and GMA New Media Inc.; In Partnership with NCAA University members; And Sponsored by MX3.

NCAA Season 97 Management Committee Chair, Manuel Raymund Castellano, emphasized the objective of the event in his opening speech; To clear the vision of individuals about the election. After his speech, Thea Astley, The Clash Season 2 Finalist, performed a heartening song, How Far I'll Go by Auli'i Cravalho. Thereafter, 1st VP and Head of Regional TV News and Synergy, Oliver Victor Amaroso, introduced the six speakers who would share their stories and experiences to the people.

The six speakers were:

- Elise Sunga (GMA Public Affairs Social Media Producer)
- Nelson Canlas (GMA Showbiz Correspondent)
- Nikko Sereno (GMA Regional TV News Correspondent)
- Caesar Cosme (GMA Award Winning TV Director)
- Kara David (GMA Public Affairs TV Host And Professor)
- Aicelle Santos (GMA Soul Diva And International Stage Performer)

The speakers fulfilled the goal of the event, through sharing their past documentaries, witty remarks, experiences in their field, their dreams, and miracles that happened in their lives. They aligned their messages to the objective of the event, for the people to be enlightened to the impact and importance of a individual's vote to the society.

Question and answer portion commenced when the speakers were done broadcasting their addresses. Martin Havier, the host of the event, read the questions of the audiences who were watching on zoom, aloud to the speakers. While the audiences that attended physically, stated their queries in front of the speakers.

The representative of NCAA Universities, and the speakers, were given a Plaque of Gratitude in honoring their participation in the event. The photo opt of the speakers and audiences, and the airing of the NCAA opening song was the cue for the event to end.

The Masterclass triumphantly achieved and delivered its goal to the audiences, as viewers in zoom commented positive messages to the successful windup of the event. Even the audiences who attended physically seized the essence of the event wholeheartedly, as they heard and felt the emotions of the speakers, on hand. Truly, the participation and engagement of the people, including youths, in elections are important, because the society will benefit to every single vote of the people.

AU-EEC— ENGLISH WEEK CELEBRATION 2022

By: Ella Mae Dela Rosa

The event was smoothly conducted thanks to the P.E.A.C.E club (English Club) officers and adviser who made this event possible to help students to be more confident in what they do and showcase their talents. Congratulations to all!

Implementing Face-To-Face Classes: Ready or Not?

By: Charlene C. Padua

The education system of Philippines has been negatively affected because of COVID-19 that is still prevalent until now. Ever since March 2020, our country has not been able to completely implement face-to-face classes again like what we used to do before the mentioned virus spread. Finally, after two years of preparing and recovering from the damage of pandemic, the Department of Education is now planning to slowly bring back the normal state of education with the new set of procedures and protocols. The question is, are we really ready to open the schools?

The public's stand is divided. Some says that face-to-face classes should be implemented right away because of the ineffectiveness of our current learning modalities, while some says that we are still not capable to put it into action considering the fact that COVID-19 is still existing despite of decreasing cases. On the other hand, the most affected people because of this circumstance, students, are mostly stating that face-to-face classes has been long interrupted and that 2 years is already an enough time to adapt to the new normal set up. It also upsets them that the other countries are already back to normal, having face-to-face classes, while we are still relying on online and modular learning. The problem is, not all of them understands that our country's situation is different from other countries'. If face-to-face classes will be done like what our education sector is planning, the government assures us that it will be done safely. The DepEd ensures that every school that will be opened for face-to-face classes has undergone the proper procedures and has complied to all the requirements given in order to implement it. They have also done pilot testings before actually executing it. Apart from that, they aim to maintain the safety measures and protocols to prevent future complications such as students and teachers getting infected inside the school. Face masks will still be required to wear. The schedule of face-to-face class sessions will also depend on the space availability of schools to avoid exposing the involved people to crowd. Nevertheless, this will not be mandatory. Online and modular learning will still be accessible to students in order to give them freedom whether to be part of face-to-face classes or not so people will not be forced to participate.

Education is considered as one of the most essential thing to be achieved by people. Acquiring a high quality education must be a goal for a country. Right now, we are in an education crisis caused by the pandemic. We are however, already ready to implement face-to-face classes as two years have already passed and it would be a waste if we will wait for another year again. Learning from papers and screen is still different from learning face-to-face. Philippines is ready enough to execute it, and the people already need it to be implemented. What are we waiting for?

Get Your Jab In Arellano University Elisa Esguerra Campus!

By: Trono, Raggedy Grace Anne R.

The vaccination in Arellano University Elisa Esguerra Campus began on July 26, 2021. Ages 5 to 18 years old and above, are welcome to get their jab in Arellano University Elisa Esguerra Campus. The campus offers vaccines for first dose, second dose, and booster shots. The vaccination site is also available for the citizens outside the bounds of Malabon City.

Sinovac, Moderna, and Pfizer are the available vaccine brands in the AU-EEC vaccination site. Please take note that the available vaccines have the same effectiveness in producing antibodies for Covid-19 despite their differences in brands, however, the citizens can freely choose their desired brand of vaccine for assurance and safety.

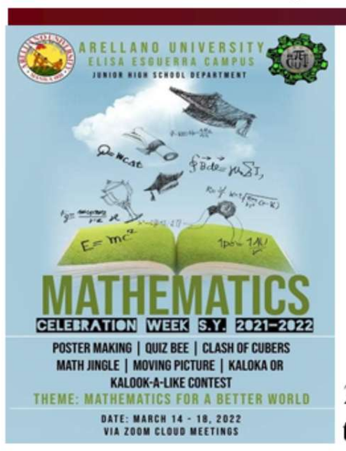
Minors who will get their first dose, should bring the following: birth certificate or baptismal certificate, school ID or barangay clearance, parent/s or guardian/s, together with authorization letter of the parent/s and ID of the guardian if the parent/s is/are not available. Adults should bring a valid ID for the first dose. For the second dose and booster shot, the vaccination card is the only needed requirement to get vaccinated.

AU-EEC is open for vaccination every Monday to Friday from 8 AM to 3 PM. To anyone who is not yet vaccinated and wants to, you can get your jabs in the respective schedule.

Prioritizing one's health is very crucial in every being, thus, getting vaccinated can aid the body to resist the concurring Covid-19.

#getyourjab!

Source: Ma'am Lancelot Nite (Officer In Charge)



Math for a Better World: The JHS Math Week Celebration

By: Gerryldine Marie D. Bautista

On March 21 to 25, 2022, the Instıre JHS Math Club organized a club celebration for all Junior High School Students. Ms. Joy-Ann Jose, the Instıre Club Adviser, announced the winners in different Math events on April 11, 2022 via the Instıre Facebook Page. The winners are:

Math Trio Quiz Bee

Grade 7

1st Place: 7-Mabini

- Myke Louie Labrador
- Shandy Lheonne Bulabos
- Janace Carlo Martinez

2nd Place: 7-Bonifacio

- Charlotte Louise Anne Dela Cruz
- Dharlene Gavilan
- Mitsumi Buni

Grade 9

1st Place: 9-Molave

- Mary Micah Lorin Labrador
- Dhaena Jamila Butron
- Sabriah Gobres

2ndPlace: 9-Narra

- Ella Mae Dela Rosa
- Karylle Bertol
- Gerryldine Marie Bautista

Math Jingle

1st Place: 7-Rizal

2nd Place: 9-Narra

Kaloka *or* Kalook-a-Like

1st Place: (8-Gumamela)

- Marinelli Cardenas

2nd Place: (9-Narra)

- Calvin Casis

Math Trio Quiz Bee

1st Place: (7-Mabini)

- Jayden Solis

2nd Place: (9-Narra)

- Rain Soriano

Math Trio Quiz Bee

1st Place: (9-Narra)

- Sydelle Aquino

2nd Place: (7-Rizal)

- Izcel Deniela Gervacio

Prizes along with the e-certificate were given by the Math Club President, Ms. Richelle Ann Francisco.

In today's world, mathematics is one of the most important elements of our education that can be used in our daily lives. May all the participants and all people cultivate the importance of mathematics. Congratulations to all winners and Hail to the Chiefs!

National ID Site In Arellano University Elisa Esguerra Campus

By: Trono, Raggedy Grace Anne R.

On April 5, 2022, Arellano University Elisa Esguerra Campus, used its premises as a national ID site. Ages 5 years old and above can acquire their national IDs in AU-EEC. The national ID site is open every Monday to Saturday, from 9 AM to 4 PM.

Minors are required to bring their birth certificate and school ID (or any ID). For 18 years old and above, they only need to bring one ID. Citizens outside Malabon City are welcome to get their national ID in AU-EEC.

National ID is one of the most essential documents of Filipino citizens. National ID can be used as legal requirements in applying for jobs or transactions in various establishments. Thus, it is important for citizens to have a national ID for legal purposes.

Source: Ma'am Lancelot Nite (Officer In Charge)

MAYMAY ROLLOQUE MENDOZA, HIYAS NG MALABON, SAN AGUSTIN REPRESENTATIVE

By: Rocelle Christine D. Lacuesta

On February 15, 2022, Maymay Rolloque Mendoza, the representative of San Agustin for the pageant Hiyas ng Malabon, was officially introduced. Ms. Maymay graduated in Arellano University Elisa Esguerra Campus in the year 2019, and was one of the first batches of graduates when the school was reopened. Currently, she is an on-call make-up artist in Brgy. San Agustin, Malabon City.

On February 26, 2022, the Talent night of the pageant, Ms. Maymay showcased an interpretative dance, showing the experience of an OFW that was mistreated and wrongly accused overseas. Ms. Maymay did a great job on interpreting the challenges faced by some of our Overseas Filipino Worker while working in a different country, and it really tugs the heart of the audience who watched the performance.

On March 12, 2022, Ms. Maymay once again amazed us with such creativity with her 'karosa' inspired Unique Eco wear. According to her, she took inspiration from the many 'karosa' that paraded every 'Pinagbenga' festival, while the white part of the costume signifies her clean and pure heart. Even though the materials used are only pieces of wood, different colored plastics, spoons, foil, and paper, Ms. Maymay looks as beautiful as ever exhibiting her unique eco wear. She even said that the body of the costume is also inspired from the trucks used by the spring cooking oil, one of the largest contributors to the economy of Malabon City.

Finally, on March 18, 2022, Ms. Wency Villanueva, the reigning Hiyas ng Malabon, passed her crown to the Hiyas ng Malabon 2022. Despite not winning the crown, Ms. Maymay was able to show in her journey in the pageant that a Queen like her doesn't need a crown to be Queen, truly exhibiting the core values of a Chiefs. And as she said on her Facebook post, "Isn't a story but just a chapter." Let us all continue rooting for her as she continues her journey to the crown.

Here with you

By: Trono, Raggedy Grace Anne R.

A tap on your shoulder,
Would not make you stop shed a thousand tears
A word of affirmation,
Would not make you stop worrying for the things they say
A very tight hug isn't enough
To remind you that it is alright and safe

But I will sit here, here beside you,
Listen to all your complains
And will let you cry your eyes out
To freely release your pain

I may not be any of help
To tranquilize your anguish state,
Still, I ought to stay with you in all phases of uncertainty
So you won't feel lonely, bearing all your pain alone
Cause I am here now, here with you.

RESEARCH 2022: The Most Anticipated and Nerve-Wracking Practical Research Defense

By: Jercik Louise Dicen

We've been in the midst of a major crisis since 2020 began. The COVID-19 pandemic has forced the nation's education system to seek an alternative learning system adaptable to everyone. As a result, teachers and students started online teaching and learning on a massive scale. Everything that was happening was new, especially to us. However, this is not a hindrance to showcasing each student's knowledge in order to create an innovative study that will result in societal changes. Every Arellano University - Apolinario Mabini Campus student works hard, perseveres, and is determined to complete a successful research project. Even in the darkest of situations, these youngsters find the light. They believe that believing that something is possible is the only way to achieve it.

Research is used to build or develop new ideas in order to better understand the process underlying a specific event or to check whether existing theories are valid. Understanding, increasing knowledge, and obtaining information for societal purposes are all significant goals of the research. Students want to avoid research because it can be mentally tiring at times. It is, nonetheless, an essential component of academic learning and development. Any intellectual growth is impossible without research. The most influential factor for students to conduct research is to expand their knowledge. The entire research process brings up new avenues for learning and literacy development. It draws attention to concerns that have yet to be resolved. It allows people to express their concerns and respond to issues that society ignores.

We must prepare for our oral defense when we have finished writing, proofreading, and submitting our study. Our defense is an opportunity to strengthen our thesis, provide greater depth in specific areas, and demonstrate our comprehension of the work we did. It's difficult to defend our work. Facing the panel questions is nothing to be afraid of if we are properly prepared. The panels are searching for evidence of our ability to think rationally, therefore our primary option should always be to explain as much about our research as possible during our oral presentation. Take into account that examiners aren't questioning or criticizing us individually. Examiners will not always agree with our strategy, data, or conclusions, but we must defend our research decisions in a professional and courteous manner, and we should be open to constructive criticism.

The road to success is full of twists and turns, but with a strong will and dedication, we can overcome any obstacle that stands in our way. We cannot deny that practical research is a phase in which every student suffers, is mentally drained, and expends a significant amount of time and effort. However, this is undeniably worth celebrating when we surpass and conquer our last battle which is the research defense. The Arellano University - Apolinario Mabini Campus students are now prepared to conquer and shine. They are prepared to demonstrate the significance of each study and why it ought to be rewarded. Always remember that if you have the resources to fuel your desire to learn new things, it may last a lifetime. Don't let your fear and dread get the best of you. Instead, keep working hard to achieve our goals. To all the researchers, Padayon!

Ako ba talaga'y pag-asa?

By: Clarence James Rojas

Ika'y bata pa, anong magagawa mo?
Masyado kang maingay, ikaw ba'y rehistrado?
Bakit iyan ang iyong kandidato, bayad ka siguro?
Mga nakasasalamuha nating kataga,
tuwing tayo'y gumigising sa umaga

Hindi dahil hindi ka apektado,
ika'y magsasawalang kibo
Hindi porket maayos ang katayuan mo
pantay rin ang balikat ng nasa paligid mo
Hindi dahil hindi ka rehistrado,
hindi mo na gagawin ang mga gampanin mo

Ikaw, ako, tayo, kabataang makababasa nito
Halina't magtulungan para sa magandang kinabukasan
Mga piring sa mata'y tanggalin,
busal sa bibig idura natin
Makilahok, magsalita, at makialam, dito natin simulan
Nang ating mapatunayan na kabataan ang pag-asa ng bayan.

Binge Watching Plot Twist: An Addiction, A Source of Entertainment and Relaxation, or A Massive Distraction

By: Adrian Lanopa

Try to watch a lot of series and movies with a lot of activities and papers that you need to do; as a result of your overabundance of interest in these shows, you will postpone and miss the deadline. Is it appropriate that you opted to ignore your tasks for brief gratification since you felt amazing chilling and thought nothing but relax? It can be right but it can also be wrong.

When you first wake up in the morning and consider your schedule, it's stressful, but you have a strong desire to continue watching the series or movie you're now viewing. If you choose to pursue that impulse, your interest has become a major source of distraction or addiction. It keeps you from having to deal with your responsibilities. You decided to watch because you ignore and neglect all of the tasks that rest on your shoulders, particularly when they are required on the same day. You choose to procrastinate, regardless of how you look at the circumstance. You simply put off all of your responsibilities, and you will suffer as a result. Procrastination can have a huge influence on your career, your grades, and your life, whether you're putting off finishing a work project, avoiding homework assignments, or ignoring domestic tasks. I hope you're aware of the image you'll be able to create if this pattern continues.

There's also the possibility that your passion for these films and series is the driving force behind your desire to complete your assignment magnificently. This film serves as a motivator to keep going and finish everything since you want to watch it for a long time.

It doesn't matter where you look to observe your situation; what matters is how it affects you. If it has a favourable effect on you, such as allowing you to work more efficiently and relax more, then go for it. Just keep in mind that unfinished activities will only make things worse. It is preferable to begin with nothing except watch the series you desire. If it has a negative impact on you to the point that you are unable to function due to your fixation with it, you must assess yourself immediately. Without a doubt, if things continue in this manner, you will not be able to achieve the promotions and positions that you desire in the next few years.

"Chiefs' Senior Men's Basketball, Victorious in their Season 97 Inaugural game against the San Sebastian College-Recoletos Stags"

By: **Prince Jheffyruzhen Angeles**

It is again the beginning of a new season for the National Collegiate Athletic Association or popularly known as NCAA. The awaited season that fans and schools waited 2 years for has finally taken place. It was started by a season opener on March 26, 2022 yet the Chiefs' first game for the season was for the second day of the tournament, March 27, 2022 at the De La Salle-Greenhills gymnasium. The first matchup for the Chiefs this season is against the San Sebastian College-Recoletos Golden Stags.

The Chiefs started the season on a good note by claiming victory on their first game of the season. Final Score is 65 Chiefs, 63 Stags. Chiefs fought hard for this victory by trailing by double digits in the third quarter to snatching the victory despite Chiefs star Justin Arana's devastating exit because of a right knee pain on the last two minutes of a crucial nail biter game. Justin Arana, Jordan Sta. Ana, and Raymart Sablan pushed all engines for the Chiefs to cut the lead and gave hope to the Chiefs comeback aspirations. It was thought that the Chiefs faced sudden defeat after his exit, yet it sparked Sablan and Sta. Ana to ignite the fire into their offense and defense game on. The Chiefs had drawn more fouls on Stags star Calma, as well as putting pressure on their defense despite Arana's absence in the final minutes. The Chiefs' energetic approach in defense that has gave them the victory, according to Chiefs' Head Coach Cholo Martin. Because if it wasn't for their blooming defense, the Stags could have snatched the victory from them.

The Chiefs' who excelled in this game are Arana with 16 huge points, a whopping 15 rebounds, and 4 rejections on to the San Sebastian offense. Sta. Ana who scored 14 points and crucial baskets on the Chiefs' trailing run during the last quarters as well as a rebound that helped the Chiefs' cap their victory. Valencia who gave an impact to the Chiefs' offense with 9 points. Sablan with 8 points, including a crucial three pointer to give the Chief's their first lead. It is said by Head Coach Martin that the team is just testing the waters because this is the first game the senior men's basketball team has played in over two years. He was so proud of his squad for the excellent show his team has shown after Arana's exit and for his team getting the win.

We wish the Chiefs' more success and for them to reach their goals and aspirations in to the 97th season of the NCAA.

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When?

By: Bianda Pherie Lee

Is there a specific time to stop?

"No, there isn't, but you'll feel it."

When you are the only one fighting for a relationship to work out, you stop and start to love yourself more.

When your so-called friends are always not listening to you, you stop sharing, and you start finding people who care.

When you feel less about yourself because of what other people say, you stop listening to them and start to listen to what your heart speaks.

When you consistently prioritize others and disregard your own, stop and start to think if they are willing to do the same.

When something or someone is draining you, stop and have the courage to walk away from it.

When you are being devalued, you stop and start to value yourself.

Strand Extravaganzas: Senior Chiefs Take Part in HUMSS, ABM, & GAS Week Festivities

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TikTok

Bunga ng Mapagbagong Mundo

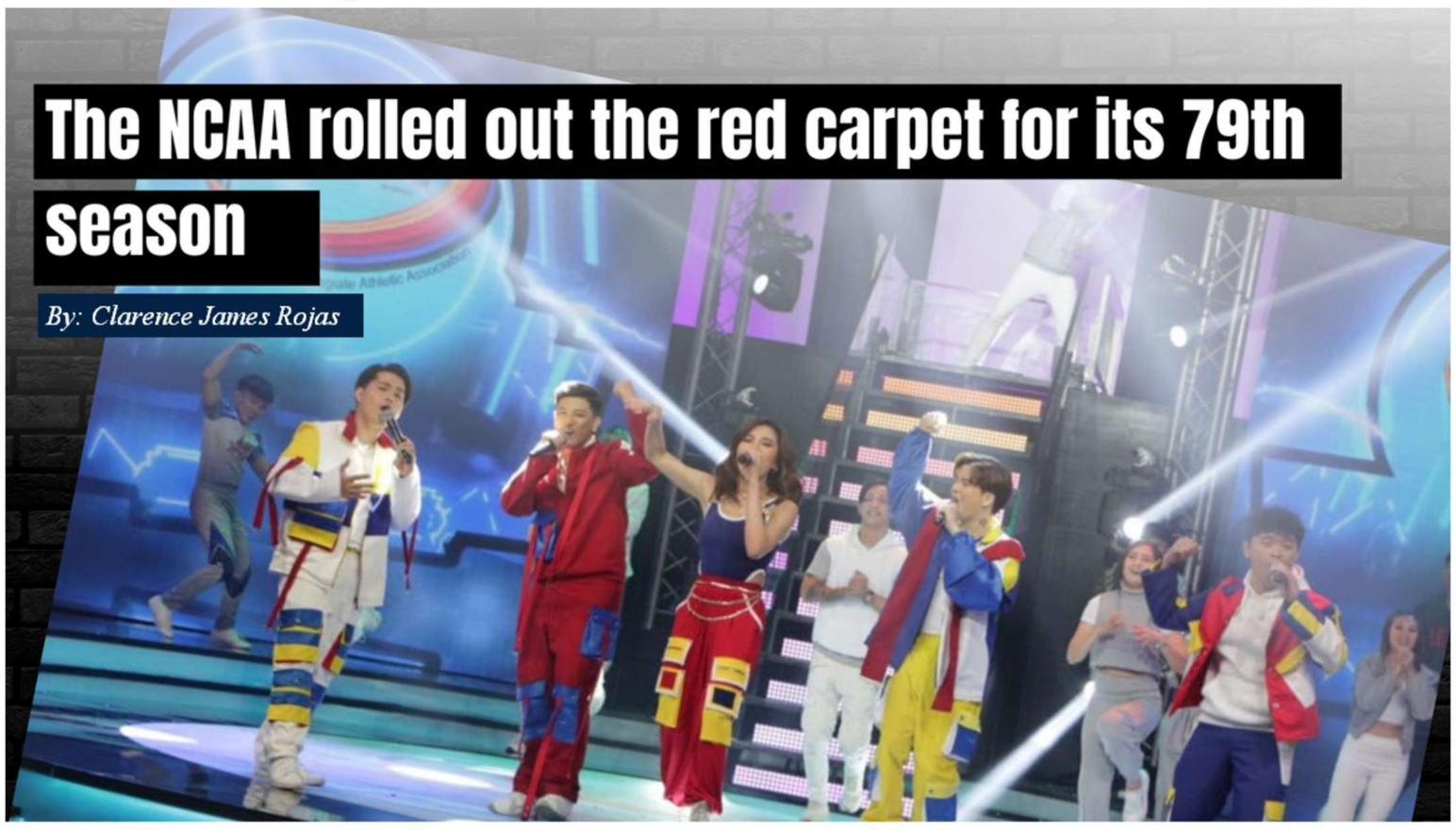
By: Pixie Palomar

Tiktok. Isang salita ngunit isa rin sa mga pinaka popular na libangan ng mga tao ngayon sa buong mundo. Sa sobrang lawak nito, kahit sino ay maaaring mamahagi ng mga bagay na nais nilang ipalaganap gamit ito anumang oras. Subalit, ano nga ba ang pinaka layunin nito?

Ang Tiktok ay unang nailabas sa publiko noong Setyembre taong 2016. Ang pinaka layunin nito ay magbigay-aliw para sa mga tao sa pamamagitan ng malayang pag-post, share at paggawa ng mga nakaaaliw na bidyo. Pumutok sa industriya ang aplikasyon na ito noong kasagsagan ng pandemya kung saan nagkaroon ng lockdown sa buong Metro Manila at walang ibang maaaring lumabas sa kani-kanilang mga tahanan kaya naman, isa ito sa mga naging gamot sa kalumbayan na dala ng pandemya sa mga tao. Nagsulputan ang iba't ibang mga sayaw, pagkain, at maging mga pagkakakitaan na talaga namang nakapawi sa lungkot ng mga tao.Sa panahon na ito natuto sumayaw ang mga dating mahiyain, gumawa ng sikat na dalgona coffee, gumawa ng mga pagkaing pangmeryenda at iba pa, maging ang iba't ibang trend na talaga namang pumatok sa madla. Sa mga panahon na ito ay masasabi na tunay na malaki ang naging ambag ng Tiktok sa pagbibigay ng aliw sa mga tao sa kasagsagan ng pandemya.

Subalit, nang magsimulang dumami nang husto ang mga social media influencer kung tawagin ay tila unti-unting nabubura ang magandang imahe ng aplikasyon na ito. Ang dating purong pagbibigay-aliw ang layunin ay nahaluan na ng ibang maseselan at hindi angkop na mga bidyo para sa mga batang gumagamit nito. Umusbong din ang kabilaang pagpapalaganap ng mga impormasyon ukol sa mga isyung kinakaharap ng ating bansa at lalong-lalo na sa halalang magaganap. Kabilaan ang mga teoryang mapapanood dito na sadyang malisyoso at nakapansisira sa imahe ng ibang mga kandidato. Ang noong pinaka pangunahing pinagkukunan ng saya ng mga tao ay tila ba tumamlay at nag-iba ng direksyon. Ang dating purong kasiyahan, ngayon ay pinag-uugatan pa ng mas malalaking isyu na higit na nakaaapekto sa bawat tao. Ngunit sa kabilang banda, masasabi pa rin natin na naroon pa rin kahit na papaano ang saya na idinulot nito gaya ng una itong nauso at pumutok sa madla dahil sa iba't ibang mga personalidad na nakilala sa larangang ito.

Sa napaka lawak at patuloy na nagbabagong mundo na ating ginagalawan, kadalasan ay hindi na natin malaman kung para saan na nga ba ang isang bagay na ating natutuklasan sa sobrang bilis na pagbabagong ating nararanasan. Sa makatuwid, masasabi ko na ang Tiktok ay ang bunga ng mapagbagong mundong ating ginagalawan na may iba't ibang mukha. Ito ay isang makapangyarihang likha ng mga tao na kayang magmanipula, magbigay-aliw, at magbigay ng kaalaman.



The NCAA rolled out the red carpet for its 79th season

By: Clarence James Rojas

With the theme "Stronger together" the National Collegiate Athletic Association (NCAA) officially returned after a two-year break due to the pandemic. Hosted by the De La Salle-College of St. Benilde, the Men's Basketball and Women's Volleyball events, as well as online chess and taekwondo matches, are all returning this season. The season premiered last March 26, 2022, following Eat Bulaga, and was hosted by Ms. Universe Philippines 2020 and new Kapuso Rabiya Mateo, Manolo Pedrosa, and NCAA hosts Martin Javier and Sophia Senoron.

The opening intensifies as some of the biggest Kapuso stars led by Asia's Limitless Star Julie Anne San Jose, Garrett Bolden, Thea Astley, Jessica Villarubin, Mariane Osabel, Jeremiah Tiangco, Nef Medina, Vilmark Viray, and Anthony Rosaldo showed up their performances. Furthermore, El Gamma Penumbra, the first-season winner of Asia's Got Talent and a male shadow playgroup, showcases more world-class Filipino talent.

Chairman of the NCAA Season 97 Management Committee Manuel Raymund Castellano, Jr. of De La Salle-College of St. Benilde, is excited to host the collegiate sports event this season. Joining Castellano in the opening ceremonies are the members of the NCAA Management Committee: Pedro Cayco (Arellano University); Fr. Victor Calvo, Jr., OP (Colegio de San Juan de Letran); Estefanio Boquiron, Jr. (Emilio Aguinaldo College); Efren Jose Supan (José Rizal University); Hercules Callanta (Lyceum of the Philippines University); Melchor Divina (Mapúa University); Atty. Jonas Cabochan (San Beda University); Fr. Glynn Ortega, OAR (San Sebastian College-Recoletos); and Francisco Gusi, Jr. (University of Perpetual Help System DALTA).

The Season 97 Opening Ceremonies also honor some of the country's sports legends who are proud products of the NCAA. These include CJ Perez (LPU); Marvin Hayes (JRU); Caloy Loyzaga (posthumous, SBU); Francis Munsayac (EAC); Maria Aresa Lipat (CSB); Michael Saguiguit (UPHSD); Freddie Webb (CSJL); Coach Roger Gorayeb (SSCR); Jiovani Jalalon (AU); and Chito Victolero (MU).

Nothing can stop us from becoming a better country that supports sports, as the opening of the NCAA proves. Let us all witness the games and events of this 79th NCAA season. Shine to inspire, together we aspire.

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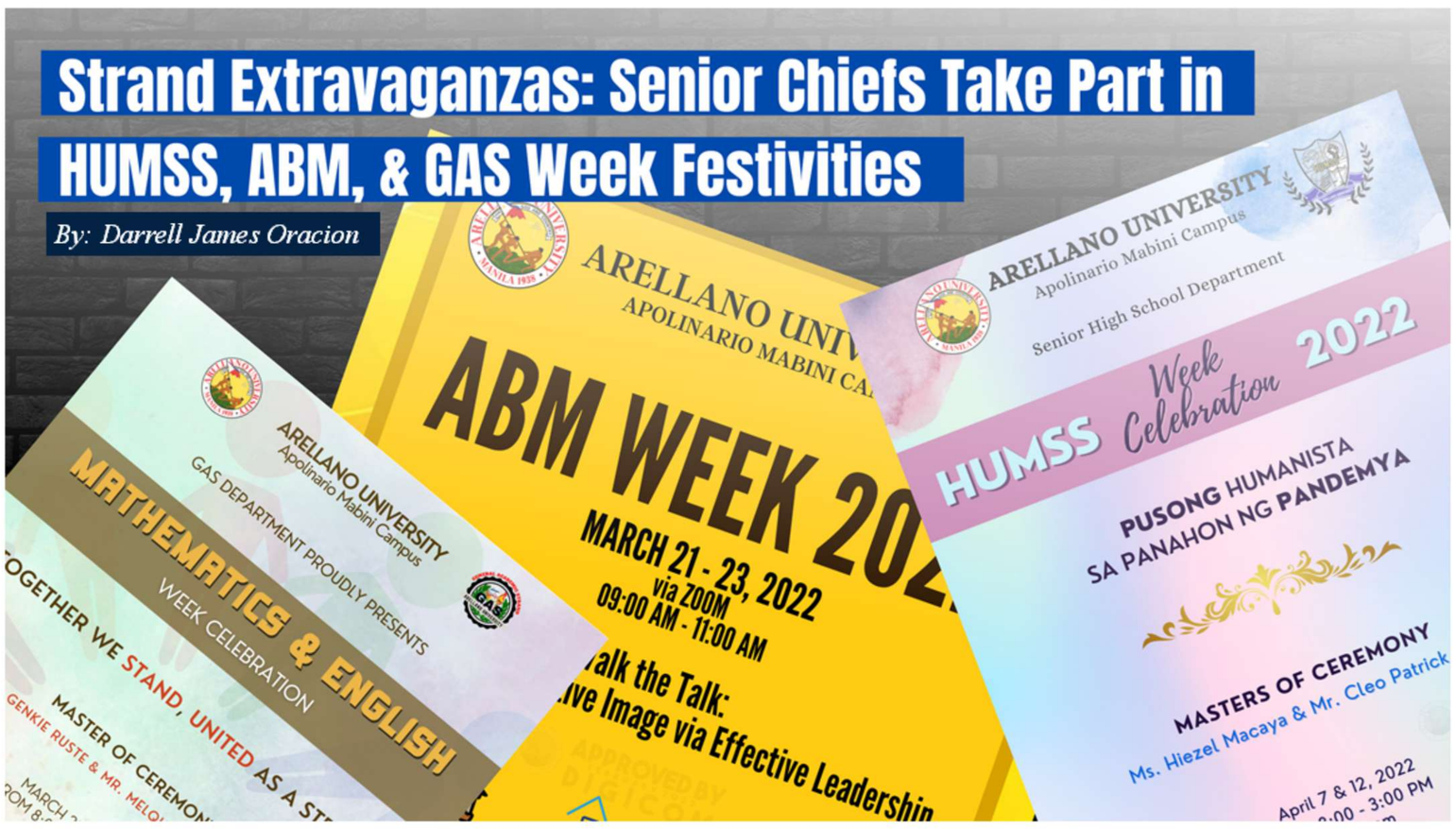
Credit by: Chelsea Garcia

Strand Extravaganzas: Senior Chiefs Take Part in HUMSS, ABM, & GAS Week Festivities

By: Darrell James Oracion



HUMSS WEEK CELEBRATION 2022

For a week, the Humanities and Social Sciences students escaped from their academic world. The HUMSS Week, led by the HUMSS Organization, provided students with a lot of fun and excitement as they participated in and saw their representatives showcase their abilities and talents. The HUMSS Week celebration was lots of fun especially for those who joined the competitions. The said event happened on the third week of April, April 13, 2022 at exactly nine o'clock in the morning. With the theme, 'Pusong Humanista sa Panahon ng Pandemya' students show off their understanding and perspective on the given theme. With the help of HUMSS Organization with their coordinator Mr. George B. Acopio, The event was successfully conducted. Students of different strands joined via Google Meet application and have fun while watching their classmates win their respective competitions.

Various contests were conducted by the HUMSS Organization, First on the list is *'HUMSO Editorial Cartooning', the said contest is open to all senior high school students of Arellano University Apolinario Mabini Campus. Ms. Marimar Galan, HUMSS Teacher, is the teacher in-charge for this event. The participant in this contest must illustrate, interpret, and emphasize the theme, 'Pusong Humanista sa Panahon ng Pandemya'. The students of grade 11 and grade 12 contestants greatly show off their interpretation on the said theme.*

The competition titled, *'HUMSO Photo-Essay' aims to tell a story or evoke emotion from the viewers through a series of photographs. The teacher in-charge for this event is Ms. Mary Ann Cagasan, HUMSS Teacher. The competition 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. The participant capture stories through photograph that raise awareness about the said theme.*

'HUMSO Poster Making' aims to inform everyone through the form of art. The CHIEFS will use their artistic talents to create a poster related to the theme 'Pusong Humanista sa Panahon ng Pandemya'. The teacher in-charge for this event is Mr. Arnel Tambalque, HUMSS & P.E. Teacher. The objective of the competition was to ignite the fire of imagination and creativity in the students.

ABM WEEK CELEBRATION 2022

ABM students require respite due to the amount of work they undertake inside the school. That's why, SEA Organization conducted and celebrated their week named, 'ABM Week Celebration'. Where students of different strands gather and celebrate the week alloted for ABM students. The said event happened on April 7, 2022 at eight o'clock in the morning with the theme, 'Walk the Talk: Establishing a Positive Image Via Effective Leadership'. Students from several strands came together via Google Meet and had a good time watching their classmates win their separate competitions.

ABM Week is not complete without competitions. First on the list is 'Cartel De Negocios - Traditional Poster Making' the said competition aims to enrich the creativity and artistry of the participants through art. With the theme, 'The Point of View of Youth about the Election'. The said event was meant to inform others of our recent issues today and to educate them so that they become more aware of today's challenges. The teacher in charge for the event are Mr. Harvey Simodio and Ms. Imperial along with the SEA officers facilitator.

Following the celebration of this year's ABM Week, the SEA Organization presents an 'Cartel De Negocios - Brand Logo Making'. The said competition aims to showcase the creativity of students in expressing their thoughts, insights, and ideas through art. Also, enhance their marketing skills in promoting their product/shop. The contest is open to all strands of Senior High School Students of Apolinario Mabini Campus.

Another event held in celebration of ABM Week was a 'ABMocacy Speech', which aimed to advocate the audience to be an effective leader and persuade the audience to become a better leader. With the theme, 'Walk the Talk: Establishing a Positive Image Via Effective Leadership'. The participants must have their own composition tackling about the said theme.

To showcase the creativity of the abm students, SEA Organization conducted an 'ABMertisement Video' competition. The competition aims to give the abm students an opportunity to utilize their skills related to their strand. The said contest is exclusive to ABM students only. It is by section competition that's why all ABM chiefs had a hard time competing with other sections. The teacher in charge for this event are Mr. Harvey Simodio and Ms. Imperial along with the SEA officers facilitators.

Lastly, to showcase the creativity of all strands in Arellano university - Apolinario Mabini Campus, SEA Organization conducted a 'ABMask Crafting'. Event aims to showcase the creativity of chiefs and also to promote community awareness, preparedness, and in response to covid-19 pandemic.

Mathematics/English Week Celebration 2022 (GAS Organization)

Despite the fact that we are in the midst of the outbreak, the AUAMC-GAS Organization integrated seamlessly and made possible the annual culmination of *Mathematics/English Week Celebration within GAS Month on March 31, 2022, with the presence of the GAS Coordinator, Mr. George B. Acopio.* The said event had the theme "Together We Stand, United as a Strand."

The event and/or celebration was held via Zoom Cloud meeting application and started at nine o'clock in the morning. The Masters of Ceremony were Ms. Heinna B. Rafols, AUAMC Mathematics Teacher, and Mr. Melqueshedek Llena, AUAMC English Teacher.

To start the event, the GAS Organization conducted a Webinar exclusive for GAS Grade 11 and 12 of Arellano University Apolinario Mabini Campus only. In charge of this webinar is Mr. George B. Acopio, GAS Coordinator and GAS Adviser. The said webinar series was titled as 'Taking Care of your Mental Health during Pandemic '. The webinar started at one o'clock in the afternoon.

The Gods & Goddesses in Literature 2022 was the main competition of the event. All strands and sections of Grade 11 and 12 were invited to join. The teacher in-charge for this event is Mr. George B. Acopio, GAS Coordinator, Mr. Cresenciano Y. Villaver, MATH Coordinator, and Ms. Genkie F. Ruste, ENGLISH Coordinator. The event is divided into two sessions, the Morning Session which is the Preliminary Competition and the Afternoon Session which is the Coronation. The said contest also has special awards given, they are: Best in Theme Wear, Best in Evening Gown, Best in Formal Wear, Best in Talent, Best in Advocacy, and also Sash, Trophy, Certificate and Crown for the Gods of Gods 2022 and Goddesses of Goddesses 2022.

Students of various strands joined different contests conducted by the GAS Organization. Being a student we have the power of writing skills, and with that, the GAS Organization conducted a competition titled 'Essay Writing Contest'. The said contest is an individual competition open to all senior high school students of Arellano University Apolinario Mabini campus. The teacher in-charge for this event is Ms. Princess Raquel, ENGLISH Teacher. The theme of the event is 'Together we Stand, United as a Strand'. The students really showed off their writing skills in this contest that's why the judges had a hard time choosing the winners.

In celebration of Mathematics Week, The GAS Organization organized a contest titled, 'Math Look-A-Like'. This contest aims to help students recognize and remember the well-known mathematicians of all time. The participant will choose their favorite mathematician he or she will impersonate. The mathematician's looks, dress, and gestures shall be carried out. The teacher in-charge for this event is Ms. Heinna B. Rafols, MATH Teacher.

Students show off their artistic and creative skills on the contest titled, 'Math Slogan Making'. Different students of various strands joined this competition to show their hidden skills in slogan making whether Digital or Traditional art. The teacher in-charge for this event is Ms. Nina Naol, MATH Teacher. The slogan must illustrate, interpret, and emphasize the theme: 'Together we Stand, United as a Strand'.

Everyone has the right of freedom of expression. In line with the Mathematics/English Week, the GAS Organization conducted a competition titled, 'Spoken Word Poetry', with the theme 'Together we Stand, United as a Strand'. The students express their feelings and emotions through the use of Poetry. The teacher in-charge for this event is Ms. Mary May C. Continas, ENGLISH Teacher.

MR. & MS. ARELLANO UNIVERSITY 2022 (INTERBRANCG COMPETITION)

By: Dyan Mikaela Padullon

Mr. and Ms. Arellano University 2022 has come to an end, leaving a legacy of elegance and brilliance.On April 8, 2022, at 1:00 pm in the afternoon, marked the finale of the month-long MMAU journey of this year's 38 candidates.

Due to the pandemic's restrictions, the event was exclusively broadcasted on Facebook Live. Health precautions were taken to protect the candidates', pageant organizers', and hosts' safety.

In the run-up to the main coronation, the candidates took part in virtual activities and pre-recorded events such as a theme and formal wear fashion show, a presentation of skills, and King and Queentuhan to get to know one another. After over a month of preparation, the contenders had arrived at the end of their journey to the crown.

The Mr. and Ms. Arellano University 2022 Grand Coronation Day crowned 6 kings and queens from the JHS Division, SHS Division, and College Division.

The former Mr. and Ms. Arellano University 2021; *Jhianne Carla P. Chico (Jose Rizal Campus-JHS Division), John Anfernee T. Soliguen (Jose Abad Santos Campus-SHS Division), Francine Bernadette B. Destura (Plaridel Campus-SHS Division), Pocholo Gabriel A. Navarez (Juan Sumulong Campus-College Division), Micaella Anne M. Martinez (Jose Abad Santos Campus-College Division) made their final walk as they passed down the crown to the new title holders.*

The MMAU 2022 titleholders who defeated the 38 candidates in interbranch competition were *Rodge Tristan Cuadra from Jose Abad Santos Campus and Anica Jill B. Nonato from Andres Bonifacio Campus, the new title holders from the JHS Division. The runners-up are Raven Lloyd Santos (Jose Rizal Campus) and Jody Claire Monteloyola (Elisa Esguerra Campus). The first runners-up were Kyle Brennan L. Alcazar and Aurella Rheinne from our very own Apolinario Mabini Campus. In the SHS Division, the crown was passed to John Anthony Migallon from Jose Abad Santos Campus and Victoria Isabella Bobier from Plaridel Campus. The second and third runners-up were Ace E. Ibaez (Jose Rizal Campus) and Thessa Mae M. Palomo (Jose Abad Santos Campus). The first runners up were Raymart G. Salimpade (Plaridel Campus) and Fionnah Dominique T. Pepino from our very own Apolinario Mabini Campus. From the College Division, the announced winners of the MMAU titles were Arcie S. Mauricio from Jose Rizal Campus and Princess Diana A. Dela Cruz from Andres Bonifacio Campus. The second and third runners-up were Adam Sealtiel G. Bito (Jose Abad Santos Campus) and Clauie Ann F. Pedrera (Plaridel Campus). The first runner-ups were: Jan Chandler B. Balaga (Juan Sumulong Campus) and Maria Mikhaella Manucdoc (Juan Sumulong Campus).*

The top 3 best-in-talent in the junior high school division were *Kyle Brennan Alcazar and Aurella Rheinne Padecio from our very own Apolinario Mabini Campus, Rodge Tristan Cuadra from Jose Abad Santos Campus, Raven Lloyd Santos and Francine Del Rosario from Jose Rizal Campus, and Anica Jill Nonato from Andres Bonifacio Campus. In the Senior High School Division, the top 3 best in talent were John Anthony Migallon and Thessa Mae Palomo from Jose Abad Santos Campus, Ace Ibaez and Aaliyah Katherine Baylon from Jose Rizal Campus, Raymart Salimpade from Plaridel Campus, and Fionnah Dominique Pepino from our very own Apolinario Mabini Campus. The announced winners of Best in Talent from the College Division are Jan Chandler Balaga and Maria Mikhaella Manucdoc from Juan Sumulong Campus, Earl Justine Sailog and Clauie Ann Pedrera from Plaridel Campus, Mitzi Faye Cruz from Jose Rizal Campus, and Adam Sealtiel Bito from Jose Abad Santos Campus.*

All of the winners were judged by the just and reasonable verdict of the respected, eloquent, and exquisite panel of judges: *Mr. Gab Aguilar, Mr. Jeferson Ramirez, Ms. Andrea Sulangi, Mr. Jericho Valenzuela, and Mr. Jowie Namayan.*

There are several movies about parallel universes like the netflix series, "The OA" and the movie, "Mirage." If you aren't familiar, a parallel universe is an alternate universe. The theory states that there is a universe for every decision we did not make and every action leads to another alternate reality.

According to the Daily Star, researchers and scientists have discovered particles from a parallel realm that originated from the Big Bang in a cosmic ray detection experiment in Antarctica. NASA experts carried its Antarctic Impulsive Transient Antenna, or ANITA, high above Antarctica using a giant balloon, where the ice-cold air provided an ideal environment with minimum radio interference to allow the researchers to make in-depth observations. High-energy particles can only be detected coming down, but the team's ANITA detected heavier particles. It has been proposed that the particles are right-handed neutrinos traveling back in time by Neil Turok of the Perimeter Institute for Theoretical Physics in Waterloo, Canada. Unlike other elementary particles, neutrinos have a neutral charge and a mass smaller than any other known subatomic particle. In other words, this suggests that these particles are traveling backward in time, hinting at the existence of an alternate reality.

Many people are still skeptical about this phenomenon. Will we ever find the answers that we are looking for? Will our favorite multiverse movies come to life? We may or may never know.

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LAST SONG SYNDROME

By: Lyka Sofia Fuensilida

" Hitchcock by Yorushika "

The song that is personally chosen by me does not only reflect on what I want nor what's happening to me but happens to most individuals. Indecisiveness occurs when a person doubts their plans, it is truly fascinating how many people can relate to this song. The song simply translates a student asking their teacher what they should do with their life, living through the fact that before you earn something you need to risk something that is very valuable to you. As a student it's hard to grow up knowing the fact that you won't be achieving your dreams easily, waking up to the reality will burn you out with its every fire. Like how the water evaporates to the sky, how the clouds form and takes in every evaporated water until it can no longer contain it– rain hitting the ground like the way tears made their way through your cheeks. Living a life full of questions is hard but not everyone is given the chance of living a happy and contented life.

Certified Marupok sa isang tao!

By: Lindsay R. Borromeo

Aamin ako isa akong marupok na tao

mataas ang aking hinahangad pero nung Ako'y lumingon sayo bumagsak ang napakatarik kong pamantayan sa konsepto ng pagmamahalan

Magaling pumili kapag sa pilian pero pag ikaw na ang paguusapan auto yes ang aking tugon sa mga kaibigan

Maaring nagtataka ang iba bat ang bilis kong makuha kapag ikaw na ang kukuha

Hindi ko maikakaila na ikaw lang ang nakagawa sakin ng mga bagay na ganito Dating hindi ko inaasahan na magagawa ko ngayon nag eenjoy na ako

Mahirap man ipaliwanag sa iba kung baket patuloy kitang babalikan kahit ika'y lumisan na

Dahil ikaw ang paksa sa libro na aking ginagawa

To be continue nga ang aking susunod na pahina sa kadahilanan na gusto ko tayong makagawa ng memorya na hindi lang telepono na aking hawak ang magkakabisa ng mga araw na ikaw ang kasama

Kaya oo inaamin ko ako'y marupok na tao,

Dahil ikaw lang ang nakapana ng puso ko may petsa pa nga na nakaukit sa aking puso

Unang kita ng mga mata ko sa mata mo parang buwan na nakaaninag sa kalawakan

Ang sayang pagmasdan kaya sino ba namang tatanggi na makabalik kung ang tahanan ko na ang paguusapan.

"Teacher, I don't care.

Just going on living causes me pain.

Neither Nietzche nor Freud wrote about how to fill this hole.

I just want to close my eyes in the scent of summer,

And sketch out the height of the clouds with my fingers.

Is it selfish to just want to relive memories?"

These parts of the song were the most unforgettable to me, some people dwell well with life while others deal with the pain that life brings upon them. Nostalgia hits you as you reminisce about the good times where you never really thought about anything, back to the days where you're still oblivious about what life really is. These lyrics show the anguish and pain the person has been living through and how selfless they can be by thinking that it would be selfish of them to want to relive their memories, the ironic feeling of wanting to feel something but at the same time you can't. The emptiness that you feel when you read these lyrics means that you yearn for something that you wish to feel again after so many years. I think the reason why I couldn't stop singing nor get this song out of my head is because of its relation to the life of many people.

Link of the lyrics translation: https://www.animelyrics.com/jpop/yorushika/hitchcock.htm

The pandemic has done a lot of things that have changed our lives. The things we love to do now are rarely done. The pandemic is quite a roller-coaster ride. Do you remember the time when we got to school early to sing our national anthem " Lupang Hinirang"? We barely got to do that anymore. Now, Our wonderful SSC has decided to manage a virtual flag ceremony for the hopes of reviving the traditions of every school. The Virtual Flag Ceremony was held on the 11th of April and it was to continue every Monday at 6:30 am till the end of the school year

Students from Grade 11 and 12 have gathered to attend the first virtual flag ceremony online. The event was hosted by our lovely Jolina De Galicia. The Virtual flag ceremony was started by an opening prayer soon followed by our national anthem " Lupang hinirang ". After, Our National anthem it was followed by AU HYMN, And the last one was the mabini hymn. After that Mr. Arnel padilla held an exercise dance using Arellano University song as the background music of the exercise. At the end of the event Mr. Dean Joseph T. Bereña, Our principal said his closing remarks and ending the event. The reason for the event "Virtual Flag ceremony" was to helps students in creating a feeling of national identity and the country. It also helps to show their love and support for one's country. According to the SSC Organization " Conducting this flag ceremony is a great history for us and the students. We will continue to conduct many projects and lead our school with all our might and heart"

"A love for tradition has never weakened a nation, indeed it has strengthened nations in their hour of peril."

Winston Churchill (1952). "War Speeches: From September 11, 1943 to August 16, 1945"

The Department of Education (DepEd) and the Department of Health (DOH) are implementing limited face-to-face classes in low-risk areas of the country in line with a pilot program that aims to ensure the safety of participants, teaching and non-teaching staff.

"Our utmost priority is the health and safety of our learners and teachers while ensuring that learning happens and learning gaps are addressed. We have been proactive in planning for safe return to schools. The operational guideline for the trial run of face-to-face classes is a product of our collaboration with DOH, in consultation with various stakeholders, including child health experts. This will only be applicable for the schools that passed the strict vetting process by DepEd and DOH, and have the support of their respective local government units," Secretary Leonor Magtolis Briones said.

Secretary Briones also added that the experimental program will incorporate both face-to-face and online classes.

School administrators ensure that they implement social distancing, proper sanitation, proper ventilation of classrooms, and the students' hygiene when they reopen for limited face-to-face classes.

Health Secretary Francisco T. Duque III stated that They want to ensure that they provide safe learning spaces for children during this pandemic. The test run will be a shared responsibility among DOH, DepEd and local government units to ensure that mechanisms are in place from prevention of COVID-19 infection to reintegration of recovered patients. It is also a shared responsibility among school management, teachers, and families for ensuring that all minimum public health standards are observed and possible COVID-19 cases are detected early through regular symptoms screening and reporting,

"With the help of DOH and other local partners, we will soon orient those who will be involved in the experimental run and coordinate with them regarding the prioritization of their vaccination in case our participating teachers and other non-teaching personnel haven't completed their vaccines yet," Sec. Briones added

In addition, both departments have agreed that teachers participating in the trial program should receive COVID-19 vaccinations.

Source: https://www.deped.gov.ph/2021/09/27/deped-doh-assure-safe-pilot-run-of-face-to-face-classes/

As of February 2, 2022 After the President approved the recommendation for the progressive expansion of face-to-face classes, Leonor Magtolis Briones, the Secretary of Education, has authorized all regional directors to begin the progressive expansion of face-to-face classes for both public and private schools.

However the limited face to face classes have advantages and dis-advantages for the students. it will be more accessible for the students to learn physically and mentally and can have social interactions with other students, they can also gain a deeper understanding of the subject matter by listening to teachers and other students' physically. and those students who live far away from school it will be harder for them and It will be difficult for those students who don't have money to purchase new school supplies and money to feed theirselves.

Briones said schools are still utilizing blended learning even as DepEd continues to push for face-to-face classes.

"The dominant approach is a blended approach where you have both online teaching as well as face-to-face," Sec. briones stated.

Sec. Among other things, she explained, "much of how the world operates, including the Philippines, will be online, and will make use of technology at a very high level."

In this sense, Filipino learners need to be prepared both for face-to-face learning as well as for online learning, technology, and advances in science and technology.

Play a game: SUDOKU

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Game courtesy to Towards Data Science

HOW TO SOLVE:

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

Sample answers

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

PHOTO JOURNAL

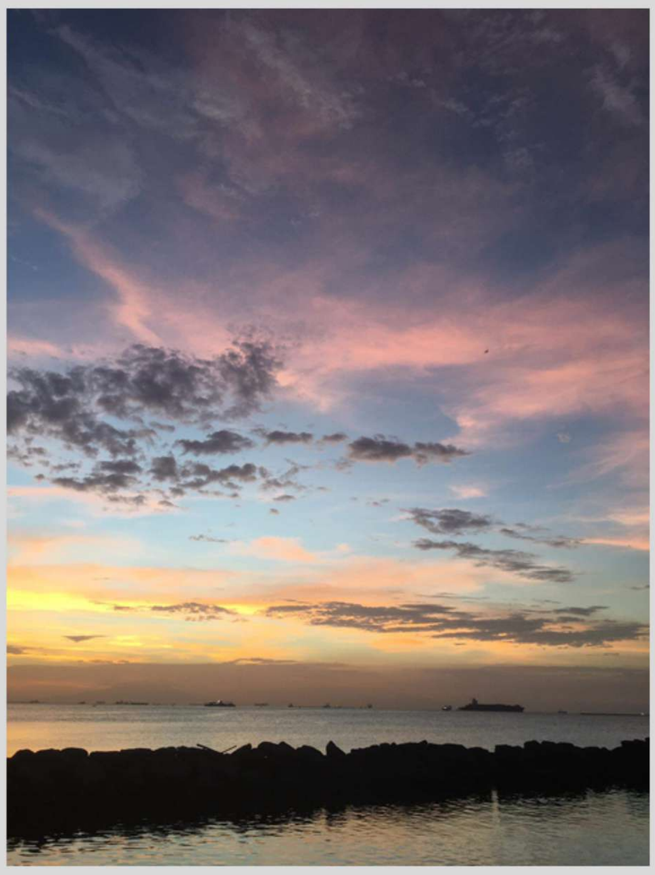

Photo captured by: Aaliyah Fernando

There is something inexpressibly beautiful about the world

When the sun begins to rise and fill the dim sky, with soft rays of light

And only the birds are awake in the morning to sing "good morning" while everyone else is curled up in their beds

unaware of the magnificence they're missing and everything feels so simple it's as if six a.m. is an epiphany

that sparks at your eyes and spreads until you are encompassed entirely by a feeling of clarity.

The feeling of oblivion coming inside of my body whenever I look at the

Blue sky that is turning dark with small shining stars, no thoughts baring with the sight

A distant sun setting low as the tide constantly flows

Lapping upon a piece of land whether it be rock or sand, each wave that breaks

Intensifies like little quakes those rolling giant oceans, the moons guided motions

Humanities uncontrollable foe, that each year does rise and grow.

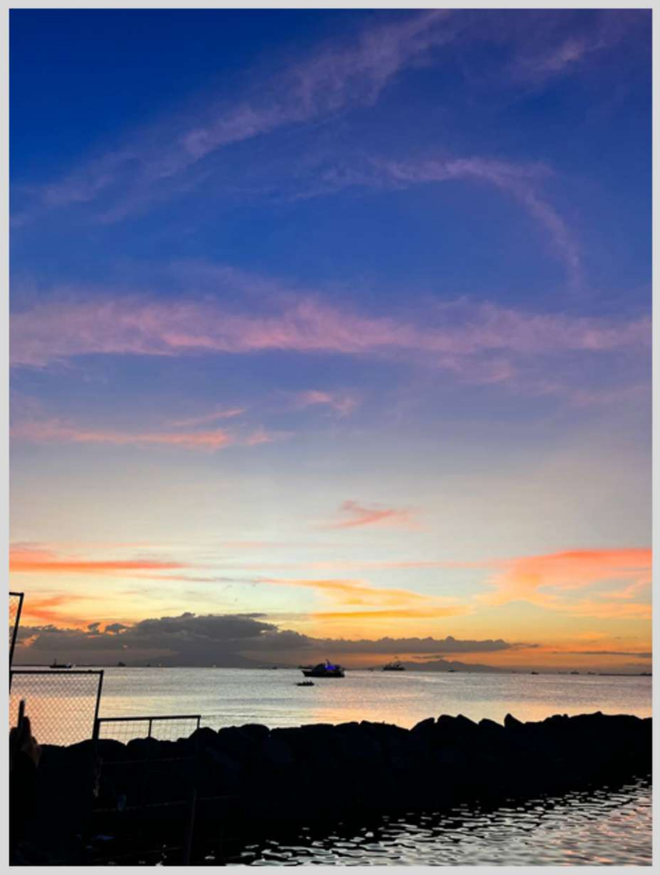

Photo captured by: Aaliyah Fernando

Rizal Day Celebration

By: Jamie Jane Gutierrez

December 30,2021 - Rizal Day was organized and hosted by Arellano University- Jose Abad Santos Campus. The different branches of Arellano University joined the celebration virtually via Facebook Live. With the theme: "JOSE RIZAL: Pag-asa sa Pagbangon sa Hamon ng Panahon", the ceremony commemorates the death and martyrdom of our national hero, Dr. Jose Rizal. Mr. Gary C. Huang, Assistant Vice-President of Arellano University- Jose Abad Santos campus spearheaded this activity. This year's celebration was highlighted with the presence of our guest speaker, Dr. Wison Chua, who is one of the descendent of our national hero. Teachers, non-teaching staff, and students from Arellano University- Jose Abad Santos campus also performed and showed their talents in honor of Rizal's contributions to arts and literature of our country.

AU-Abad Variety Show: A Night of Talents and Surprises

By: Barry Santos

For the last activity of the school year, the Senior High School Supreme Student Council went all out as they conducted their very first virtual variety show with a theme of *"TAUlento Abad, atin 'to,"* last April 20, 2022 via Facebook live. The event was hosted by the SHS Supreme Student Council Officers, Mr. Ryan Mendoza and Mr. Mhenard Dolores with Mr. Dasalla and Mr. Ignacio. Moreover, this activity aimed to showcase the gifts and talents of chosen students from the Junior and Senior High School Department in spoken poetry, singing, dancing, and acting.

The activity started with an overflowing energy by Mr. Dasalla and Mr. Ignacio who hyped up the crowd in their introduction which was then followed by the uncontainable hosting prowess of the SSC Officers who delivered the event. Furthermore, the SHS Principal rendered her opening remarks followed by the performances of the talented students from JHS and SHS Department. This event ended with the closing remarks from the Assistant Principal Mr. Aljohn Lacatan. Moreover, this variety show also embodied the triumph of the outgoing term of the Supreme Student Council SHS as it wraps up the success of the activities conducted throughout the school year which was all spearheaded by our hardworking SHS SSC President Mr. Einnor Asuncion.

A Vampire Love Song

By: Ellysa Niebres

His heart is black as coal, But it bleeds akin to a thousand seas. And his eyes are cold as stone, Cold as the nights he dwelt alone. And to the darkest nights he'd sell his soul, To lay one hand on his lover's hips. He longs to taste her blood...

...Red lips! And touch her skin with his fingertips. Now in his mind thru the chilling banshee's wail, He hears choirs of angels sing her name. But loneliness had left him scared, To tell his love he really cared. He can't reach her for those cursed chains, A paradox his existence remains.

"VALOR"

By: Christine Malaca

Open your eyes along with your mind. These words are meant for your life. Sink the reality you see; ingest the actual event as you fly through this spectrum of a complicated world. See how the symbolic line embodies the spherical life solemnly fighting to be alive. The strange murmuring noise is clashing on the ground. It loses the healing sound. The light that creates shines on every course is fading slowly. Years of compassion to know the unknown build life madness. Bright ones are stuck, while a pennywise man grin possesses the burning passion for the ghastly act.

The beautiful smile and laughter of a child were wrecked by war. The line from the chain of kafkaesque continues to be unbreakable—aging marks cutting ties with time. The foundation of love is nowhere to be found—creatures fight to live and breathe. Life sources are burnt and destroyed. A man is standing against the wall while carrying loads of anger and misery. Indeed, a mournful time and suffrage day can make them realize how to unveil bravery—finding the horizon where the beginning comforts life. The crisis burdens victims, and voices are being unheard once again.

The clouds are covered by smoke, and the sun never glimpses again. Seasonal flowers are dying gradually, and no presence of newly grown trees. Food scarce increasing and life is declining. Holes are seen in every corner where humanity is afraid to step. The chaos and anarchic time are near the phase. You are the lost key to the masterpiece in town. You dwell in every classic play and modern sound. For every wound slash unto your skin, let kindness aid those scars. The freedom interior of this world is in your hands. Find the device not to reset but to optimize the progress of peace and calmness of our land. Rouse for the future generation to feel the life. Be the valor of everyone tomorrow.

Source: rabbingzone.com

Hairy Eight-legged Friend

By: Jan Zabdiel Alinsunurin

Heteropoda venatoria is a species of arachnid in the family of huntsman spider. Commonly known in the Philippines as "banana spiders" not because of their hunting technique or physical description but merely because of the fact that they are usually hitched on bananas whenever they are shipped to different places. They most likely take shelter in dark places such as under the stairs, sink, or anything that will provide them shade and protection.

These spiders are nocturnal and hunt food at night. Cockroaches, ants, and other small insects are the huntsman's favorite foods. Unlike most spiders, these huntsman spiders do not spin web but they rather use their long legs and insane agility to hunt down their prey.

Huntsman spiders, while they look terrifying, are minimally harmful to humans. Worst case scenario is that their bite will cause little swelling and some pain that will naturally disappear within 2 days, as their venom doesn't have a lethal effect on human's bodies. But even then, huntsman spiders don't attack human unless they are provoked or threatened.

Nursery Bye

By: Jan Zabdiel Alinsunurin

Rain, rain go away
Come again another day
Other children want to play
While we just want to eat today

London bridge is falling down
As is everything in town
You better start holding on
Because it will destroy everything you own

Twinkle, twinkle little star
Do you wonder what you are?
You burn everything from plants that are fresh
To whatever that has a flesh

We are going on a trip
On our favorite rocket ship
As we're going through the sky
We waved Earth good bye.

The Countdown

By: Jan Zabdiel Alinsunurin

Five,
We spent all these times so we can strive.
Four,
Everything we made, what was it all for?
Three,
In time, there will only be one tree.
Two,
Life forms known and unknown will be gone too.
One,
Time is over for having fun.
Zero,
It's too late to be saved by a hero.

FROM PAGE 1….

Many friendships and family ties had been cut off because of their contrasting choices on who will they vote for. Artists and influencers who also showed support to their chosen candidates had been canceled out.

Now that the elections are over, can the lost relationships be restored? Can we now reconnect to our favorite artists and influencers? Can we gain lost friends and followers? Wars between pink and red are still dominant on social media. But instead of boasting and bashing, let's spread love and positivity. Change starts in ourselves, and if we want unity, it should start from us.

Filipinos are more than just the colors pink, red, blue, or green. It shouldn't divide us; instead, it should draw us closer together so we can make a strong nation.

PHILIPPINES BEYOND THE COLORS

By: Christine Leigh Chan

Photo Courtesy: Ricky S. Cabual Jr.

Marked Digitally Safe

By: Zab Alinsunurin

Source: stories.freepik.com

In this day and age, almost everything is done digitally. Are you paying for McDonald's delivery? Use Gcash. Need to handle business but you're isolated? Hold a conference or a meeting using Zoom. Even most classes are now done digitally especially during pandemic.

Arellano University provided a webinar titled "Cyber Safety" for its young elementary students. An I.T expert explained the threats and dangers of being online and provided an elaborate lecture on how to avoid them as well as what to do in case it happens to the students.

Digital etiquettes such as "don't share personal information online" and "avoiding suspicious sites" are broken down for the young minds of elementary students. Upon going through every etiquette, the speaker explained it with great detail for the grades 4 through 6 students to truly understand. Thus, concluded the "cyber Safety" webinar with a now more knowledgeable and careful generation of kids.

School Year Unlike Any Other: A Return to Face to Face Classes

By Christine Leigh Chan

Last February 2022, the Department of Education (DepEd) announced that other grade levels can now participate in the "progressive expansion" of face-to-face classes both inpublic and private schools in areas under Alert Levels 1 and 2. Initially, the students who participated in the pilot run of in-person learning were kindergarten, grades 1 to 3, and senior high school.

"With the expansion phase, we would like to give that opportunity and chance to the other grade levels so that mag-umpisa na yung setting of the consciousness among our learners and teachers na talagang time will come na talagang school-bahay ang learning at teaching process natin," DepEd Assistant Secretary Malcolm Garma stated in a press conference last February 4. Furthermore, Asec. Garma said that the capacity of the participating eligible schools should strictly comply with health and safety protocols to be allowed to have additional grade levels to participate in their in-person learning.

He added that "it's really up to the schools, our divisions, and regions to make that right programming, the right combination of what grade levels can be included in the expanded limited face to face." Asec. Garma affirmed to the public that only vaccinated teachers are participating in the expanded face-to-face classes, while vaccinated students are mostly selected. However, according to the officer in charge, Undersecretary for Human Resource and Development Wilfredo Cabral, unvaccinated teachers and personnel may be obliged to report on-site if they can present a negative RT/PCR or antigen test. Based on DepEd's recently gained data, 304 schools under Alert Level 1 and 2 areas are capable to start the face-to-face classes. Meanwhile, 59 pilot public and private schools in regions 4A, 8, 10, and NCR are still enforcing limited in-person class

Unleashing Inner Creativity Through Writing

Date: January 12-14, 2022 Venue: ZOOM/GMEET

By: Ellysa Mae Niebres

Source: englishweekceleb.html

As the need for a global language starts to grow, so does the need for global communication. This is made possible through the use of the English language. It is very important in everyday life as it helps us develop important skills.

As what Ms. Rachael Francisco said, *"Every year, we celebrate English Week, with the main goal of boosting JHS students' exploratory thinking skills through proper English usage."*

It's a great opportunity to try one's communication skills. The English Week is also a great training ground for students to practice their English and realize how important it is in today's society. The week will be arranged around a variety of exciting activities.

This year, the officers of the English Club, in collaboration with the English Department of Arellano University- Jose Abad Santos Campus, organized the week from January 12th to 14th, 2022. The entire event, including the awarding ceremony, lasted five hours. Since it is a pandemic, the English Week Celebration was held through the ZOOM and Google Meet platforms.

"This event was actively participated by JHS students who likewise demonstrated their speaking and writing abilities."

A variety of activities were carried out in order to boost the students' confidence and competence. It was a three-day event showcasing talent, with activities such as a Poetry Writing Contest for Grades 7-8 and an Essay Writing Contest for Grades 9-10.

The Standard
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1ST EVER CHIEFS GAMES MLBB TOURNAMENT INTERBRANCH COMPETITION!

By Gillian P. Alcantara

ARELLANO UNIVERSITY held a first ever #ONEARELLANOBELEGENDARY a 2 days Mobile Legends tournament interbranch competition last April 28 - 29, 2022, live broadcast at Arellano University - Jose Rizal Campus.

The competition was hosted by Arellano University Jose Rizal Campus. With 7 teams from the Senior High School Division and 5 teams from the College Division coming from the different campuses competing with one other. Before the competition started, a warm opening remark was given by AU-JRC OSA Coordinator, Ms. Karla Joan Magdaet. The said competition aims to foster unity and camaraderie among students and showcase their skills and talents in online games such as Mobile Legends commonly known as "ML" in a friendly competition.

The playoffs started led by Team Plarideliganz of Plaridel Campus and Team Dream of Juan Sumulong Campus Senior High School Division and College Division match 1 led by Team Revitalize of Juan Sumulong Campus and Team Napadaan Lang of Andres Bonifacio Campus. The tournament was fun and exciting as the audience interacted with their feelings and cheered for their campus in the facebook live comment section. And the long wait is over, as they announce the first ever C-Games MLBB Tournament Interbranch Competition Champion.

Source: Arellano University—Jose Rizal Campus Page

#LabasAUngGaling
MLBB CHIEFS Game 2022 Champions

By Gillian P. Alcantara

Source: Arellano University—Jose Rizal Campus Page

AU—JRC PAVED THE WAY! Both the Senior High School and College Division took the champion spot at the recent C-Games MLBB Interbranch 2022.

The SHS Division Team Wicked Minds of Jose Rizal Campus won against Team Normies of Jose Abad Campus as they showed right from the start with a final score of 17:6. And Team Xori Lag secured their spot over Team Napadaan Lang as they pushed and scored 18:20 in the final round. This only shows that having unity is important in online games such as ml also, the sportsmanship of all the players showed throughout the game.

- Senior High School Division Winners:
- Champion: Wicked Minds - JRC
- 1st Runner Up: Normies - JAS

- College Division Winners:
- Champion: Xori Lag - JRC
- 1st Runner

AU-JRC Brought Home 2 Amazing Awards
(7th Inter-Branch ITE Student Research Colloquium 2022)

By Caih Isaiah Jan R. Ulit

During the recent 7th Inter-Branch ITE Student Research Colloquium 2022, a few Senior High School representatives from Arellano University - Jose Rizal Campus brought great honor to their branch by showcasing a well-made research paper that earned two awards. Namely, Best Research Paper in the Senior High School Category with the title, "Development of Enrollment Reservation System for Senior High School of Arellano University—Jose Rizal Capus" led by Mr. Dan Alfred Garcia together with the system programmer, Mr. James Matthew Dela Torre, and Best Presenter, Ms. Ria Marion Rato.

Moreover, Mr. Garcia stated that they chose that research title because they want to create a system that will make the enrollment process easier and safer, especially since the COVID-19 virus is still a threat. Mr. Garcia shares that he and his team experienced firsthand the struggles of enrolling during the pandemic, which is why they are eager to establish an enrollment system that will benefit both enrollees and the school by eliminating face-to-face interactions, and data compilation will be more practical. Mr. Dela Torre also highlighted that the primary goal of this system is to reduce the need for students to come to school for slot reservations in the Senior High School department, which reduces the risk of being infected by COVID-19. Hence, through this system, the enrollees will be able to save time and money because they only need to do it online, eradicating the need to wait in long lines at the registration office. Consequently, in terms of speeding up the enrollment process, the said system from the research paper will really aid in gathering, compiling, sorting, and browsing data from enrollees that is more convenient for the school administration.

However, there were still challenges thrown at the team while constructing the whole research, one of the biggest issues was the technical difficulties in the actual creation of the system. Given that they were still beginners to programming and did not know everything there was to know about that field, the things they could do as limited at the time, but the main programmer, Mr. Dela Torre, managed to meet and even exceed the team's expectations despite the personal difficulties of going to a computer shop just to finish it because he does not have a desktop he can use. Mr. Dela Torre, the programmer of the paper, said that he is responsible for the coding of the system and making sure that the program is functioning well without any errors. Likewise, his role also plays a crucial role as without his contribution, turning the flowchart into software would be difficult for his groupmates. In fact, he is a freelancer with his own website, mechamatthew.online, wherein his portfolio and details will be found here to prove credibility while helping other student researchers with programming or technology issues.

In conclusion, the entire study would not have been successful without their eagerness and determination. Mr. Garcia believes their number one edge was their burning passion for creating the system that will help enrollees, followed by their amazing delivery of thoughts in the presentation, and finally, the guidance and support they received from their teachers.

ABSTRACT:

"This study developed an Enrollment Reservation System to help the enrollment process of Arellano University-Jose Rizal Campus easier for both school and the students. The study's respondents included thirty (30) in total, twenty-five (25) Information, Communication and Technology (ICT) students, and five (5) ICT Senior High School teachers during the academic year 2021-2022. The researchers used a developmental research design, as opposed to simple instructional development, which has been defined as the systematic study of designing, developing, and evaluating a system. Based on the findings of the study, the Enrollment Reservation System is more useful, safe, and efficient, and it is easily easy to repair due to its high maintainability. As a

Orientation and Training on 3G Online Smart Library

By Anzel Jhoy Rivera

On April 19, 2022, AU_JRC Library held an Orientation and Training on 3G Online Smart Library via Zoom in partnership with F & J De Jesus, Inc. This training and orientation were simultaneously broadcast via Facebook Live for the students and teachers who were not able to join the zoom meeting due to its maximum capacity.

F & J De Jesus, Inc. is an award-winning business enterprise focusing on delivering K-12 Digital Learning Content, Print programs, and Digital Libraries. Based on Mr. Francis L. Tanghal, the 3G Online Smart Library is an online platform with the very best content that can be customized to enhance outcome-based education.

The 3G Online Smart Library includes interactive courses and eBooks and Resources with a built-in LMS. A great feature of 3G Online Smart Library is the advanced search tion for easy searching and finding what you want without wasting time. Another feature is the unlimited number of users. The built-in Learning Management System has three dashboards, the University Dashboard, Teacher Dashboard, and the Student Dashboard.

The 3G Online Smart Library is easy to use since you just need to log in using the given email and password. When the account is signed in, you can see the interactive courses to select the course you need. After choosing the course you want to use, you can see tabs for E-Lecture, Video Lectures, and Practice Quiz. These are autogenerated tabs, where it automatically change the text or chosen interactive course—

Continuation to next page...

—to E-lectures, Video Lectures, and Practice Quiz.

The good news for every Chief is that the 3G Online Smart Library is FREE to use, you just need to get your student or teacher account to the assigned personnel.

Online inquiry and Reference Services are open from Monday to Saturday, 8:00 am to 5:00 pm.

For the College Department, you can look for:

- Ms. Christina J. Bolintiam - Head Librarian
- Ms. Majalyn P. Tanjuan - Library Staff

For High School Department, you can look for:

- Ms. Lourdes O. Santos - HS Librarian
- Ms. Roxan I. Gutierrez - JHS Library Staff
- Ms. Rea M. Siason - SHS Library Staff

For the Elementary Department, you can look for:

Ms. Jennielyn G. Gregorio - Elementary Librarian

You can connect with them through:

Email: library.aujrc@arellano.edu.ph

Facebook:

- AU Jose Rizal Campus Library
- AU Jose Rizal Campus High School Library

For inquiries with F & J De Jesus, Inc., they can be contacted through their:

- Website: fjdejesus.ph
- FB Page: @FandJdeJesus

Email:

- fnjsales@fjdejesusinc.com
- sales@fjdejesus.ph

Telephone number: 8995997

Cellphone Number: 0917 6540929

Tips in Creating a Research - Based Article

By Aguirre, Aleah Kim M.

Chapter 1: ABSTRACT

Tip #1: Movie Trailer

• Abstract is like a movie trailer, the more interesting it is, the more people would like to watch it.

• Word of Advice: Write the abstract after writing the entire paper, then pick out important statements from the introduction, methodology, results, and discussion.

Tip #2: Organize it

• Do not include new information that are not discussed in your research. Including undefined abbreviations or group names, out of date research, and other unnecessary details.

• The length is important too, the readers would like to learn from your current work, not the previous work of other researchers.

• To ensure the flow of your abstract, organize it according to its purpose, basic study design, methodology and techniques used; major findings, summary of your interpretations, conclusions and implications.

Tip #3: Coherence is the key

• Be certain that all information in your paper and abstract shares a connection. Remember: "An abstract is like a trailer."

Tip #4: Do not be afraid of criticism

• Ask your colleagues to double check your work and make sure that the information included in your abstract agrees with the information in the main body. Let them share what they think about your work, ask them if your study is clear and based solely on the abstract. This will help you do revisions, either to clarify your meaning or highlight major findings.

Bibliography: Clarinda Cerejo "A 10-step guide to make your research paper abstract more effective" [Online]. Available from: editage.com/insights/a-10-step-guide-to make-your-research-paper-abstract more-effective?refer-scroll-to-1 article&refer-type=article [Accessed: September 29, 2021].

Sarah Conte, PhD "Make a Great First Impression: 6 Tips for Writing a Strong Abstract." [Online]. Available from: aje.com/en/arc/make-great-first impression-6-tips-writing-strong abstract/ [Accessed: September 29, 2021].

Chapter 2: INTRODUCTION

Tip #1: Grab their attention

• Everything relies on the first or second sentences. The beginning of your introduction should catch the readers attention so that they will be curious what comes next.

• Your compelling hook could begin with a powerful statement, declaration, fact, statistic or intriguing question.

Tip #2: Background is important

• In here we can provide a historical context or describe an issue. It is important that we include information that readers need to know to understand your topic and why it matters.

• Show do not just tell, prove your point. Also include related literature to support and strengthen the background or nature of your research. At least one local and international literature.

Tip # 3: Be distinct

• You can start with general information and start specifying as you go. A strong statement is clear, specific and one you can prove.

• Examine your topic well and ask yourself, "What do i think about this topic?". Brainstorm ideas and compile them, after that start writing your sentence and evaluate them after.

Tip #4: Mind the length

• Avoid an overly long introduction. A good target is 500-1000 words, also check if you are given a guideline, if so, be sure to follow everything that is written.

• Do not bury your readers in detail. Remember you have an entire paper to discuss everything. Readers should be able to get the main idea of your paper by looking at the introduction.

Tip # 5: Be Specific

• Always be specific in characters and avoid using pronouns as much as possible. State the exact person or group that you are pertaining in the statement. Avoid using they, them, he, she, we and other pronouns as an indicator for the subject.

Bibliography : Suzanne Davis "How to Write a Strong Introduction to a Research Paper" [Online]. Available from: academic-writing success.com/how-to write-a-strong-introduction-to-a research-paper/ [Accessed: September 30, 2021].

John Zepernick, MS "10 Tips for writing an effective introduction to original research papers" [Online]. Available from: thinkscience.co.jp/en/articles effective introdusctions-to-original-research [Accessed: September 30, 2021].

Chapter 3 METHODOLOGY

Tip #1: Methodology = Legitimacy

• Sharing your methodology gives legitimacy to your research. Unreliable methodology produces questionable results. You need to make sure that you followed accepted practices so that all conclusions in your paper are valid.

Tip #2: Restate research problem

• By restating research problems you are allowing your readers to follow your methodology step by step, from beginning to end. It will also provide you an opportunity to address any assumptions in your research.

Tip # 3: Explanation

• Explain the approach you chose in conducting your methodology. Make sure to explain any uncommon methods you used in your research.

• If any of your methods are outside the realm of usual practices you should clarify everything step by step. Also describe and explain the methods you used to analyze the data you collected.

Tip #4: Justify!

• Present a strong evidence supporting your research and discuss any obstacles and the solutions.

Tip # 5: Credits

• Cite all the sources that you used to determine your choice of methodology. This reinforces the validity of your research.

Bibliography : Indeed Editorial Team "How to Write a Methodology (With Tips and FAQs)" [Online]. Available from: indeed.com/career-advice/career development/how-to-write-a methodology [Accessed: September 30, 2021].

Chapter 4: RESULTS

Tip #1: What did you find in your research?

• The result section should include the findings of your study. It could be data presented in tables, charts, or graphs. It should also include a contextual analysis of the data explaining the meaning in sentence form, report on data collection, recruitment, participants, other data that corresponds to the research question(s) and secondary outcomes.

Tip # 2: Be organized

• Organize this section based on the sequence of tables, figures and summarizing the results of your analysis. In this way, it will be easier for readers to look at and understand your findings.

• You should also put your findings in logical order based on the sequence of the questions so it will not lead to confusion. You don't need to describe every step because that section would be in the discussion.

Tip # 3: Active voice

• Using a passive voice weakens the power of the language that is why it is recommended to use the active voice as much as possible.

• Another tip to make your language visualizable and reduce sentence length is the use of verbal phrases instead of long nouns.

Tip #4: Get a second opinion

• Let your colleagues check your work, and make sure there are no errors and misinterpretations. Evaluate which part of your results did your colleague understand and not. Then do your revisions and make it more understandable..

Tip # 5: Remember!

• Avoid repetitive data, redundant information, repeating background information or methods, results and methods that do not match, excessive figures and leaving out negative results. You'll earn the trust of your readers if you include honest outcomes, either good or bad.

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Chapter 5: DISCUSSION

Tip #1: Main purpose

• The discussion section serves one main purpose, it is to explain what your study results mean. A successful discussion should include the results of your research, discussion of related research, and a comparison between your results and initial hypothesis.

Tip #2: Ask yourself

• Was my hypothesis correct?

• If my hypothesis is partially correct or entirely different, what can be learned from the results?

• How do the conclusions reshape or add onto the existing knowledge in the field? What does previous research say about the topic?

• Why are the results important or relevant to your audience? Do they add further evidence to a scientific consensus or disprove prior studies?

• How can future research build on these observations? What are the key experiments that must be done?

• What is the "take-home" message you want your reader to leave with?

Tip # 3: Expand

• Structure your discussion from 'specific' to 'general' expand and transition from the narrow parts of your study to the general framework of your discipline. Make a consistent effort to stick with the same general tone of the introduction. Meaning, use the same key terms and point of view as used in your introduction.

Tip #4: Q&A

• Restate all the questions in your introduction and state their answers, make sure the answers that you put shares a connection with the actual results. Do not try to sugarcoat your discussion. Write according to the honest results.

Tip # 5: Keep in mind

• Defend your answers by explaining the validity and showing the shortcomings of other researchers answer. This will make your point of view more convincing. Also make a good point of discussing and evaluating any conflicting explanations of your results.

• You can also include a discussion of any unexpected findings, Identify potential limitations and weaknesses inherent in your study, then explain the importance of these limitations. Remember that every study has limitations.

Agilang Hindi Makalaya

AUPC is Back-to-Back Miss AU 2022 SHS Division

The 2022 Mister and Miss Arellano University pageant took place on Saturday, April 09, through Facebook Live, and the Plaridel Campus got back to back in winning Miss Arellano University 2022 Senior High School Division.

Mister and Miss Arellano University 2022 were hosted by Miss Gary Jane and Mister Escio David of the Andres Bonifacio Campus. Mister Aguilar, Mister Ramirez, Miss Sulangi, Mister Valenzuela, and Mister Namayan were the respective panel of judges. Miss Victoria Isabella Bobier succeeded Miss Francine Bernadette B. Destura in 2021 as Miss Arellano University senior high school division.

Miss Bobier wore a sparkling white dress and got in the top three finalists, together with Jose Abad Santos Campus and Apolinario Mabini Campus. In the final round, Senior high school top three candidates were asked how they can show being limitless given the situation right now wherein pandemic restrictions still apply in the educational system. Miss Bobier's winning answer was ***"Being limitless shows that we were able to adjust to any circumstance despite the hardships…use all possible resources in order for us to accomplish our academic goals and excellence…not even this pandemic can stop us, nothing is too hard if we have the drive and courage…"*** *impressively and perspicuously which leads her in winning the Eloquence Award with the stunning look of Miss Arellano University 2022 Senior High School Division.*

In her recent Facebook post, she said ***"I'm so happy to represent not only my campus, Plaridel, but AU as a whole…I appreciate all the time taken in order to support me and I will continue to do my best to make our school proud… beyond grateful to say I am your Ms. Arellano University 2022 SHS Division."*** *The Plaridel Campus is greeting all the limitless elegance and brilliance candidates with the warmest congratulations!*

Restless: Silent Scream

*By: **Aira Fonte***

As we walk past all the responsibilities the world offers, someone longs for a place where there is no hiding. The search for an angel's voice and protection continues. The silence and crying all at once at night, where souls keep their never-ending pain. Unaskable sadness persists. With the tiredness of the physical being

To live to survive is cruel. In a world where doing the right thing is ridiculed and doing the wrong thing is praised. So, people will ask, how do I live in a world where kindness is slowly being forgotten? And there is excruciating unfairness? They seek meaning and question their very existence. It truly is not easy to be a bigger person than others when almost everyone is against you, even the world.

We all want a place. A place where we can rest that isn't splattered with blood and stains. A place where we could dance in solitude. We all believe that somewhere out there is a place where we could go. Where we will find ourselves. Until then, we say, we fight with all our might every day. Maybe we will have a person or a place where we can call our own.

May we find the courage to be better versions of ourselves in the midst of all of this. To fight still with everything within us despite all the what-ifs of the world? May we find grace in all our restless beings while engaging in the unfairness of the world? Maybe we will have a better understanding of what it truly is to live just to survive. May we each have our own place and identity.

AUPC: The College Department Virtual Reading of Honors

By: Mara Francia Tanghal

MANDALUYONG, Philippines – Arellano University Plaridel has extended the college department's students its full support and assistance. A humble gesture of recognition, appreciation, and acknowledgment was held on April 28,2022.

The university had convened in this virtual event to pay gratitude to their diligent students and to express words of support and positive motivational messages.The virtual reading of Honors involved participants from first to fourth year students from several departments, and started at 10:00 a.m. with an opening prayer, followed by the national anthem and the singing of Arellano Hymn.

Dr. Lilee A. Galeon, dean of the Criminology Department, begins with her opening remarks to further capture the audience's attention while also providing a preview of the event's itinerary.

The event proceeded with the presentation of the honored students and the awarding of certificates. The students were pleased after the reading of honors since their efforts had been recognized. This must have reminded the students to look at how much progress they have made and to be diligent in pursuing their dreams, as they will get there soon enough.

To formally conclude the event, Dr. Aurora Franco provided her closing remarks and best wishes for the students' successful and flourishing future.

The event was delivered by the guidance counselor, Ms. Colleen Espinosa, and was ajourned at 10:35 am.

It was indeed an excellent event, filled with appreciation and gratitude. This even led to the realization that determination plays a huge role in our life, and most importantly, appreciating own efforts. Students will now continue to work hard to achieve their goals while also remembering to acknowledge their own efforts and accomplishments.

Scientists hold protests over 'grossly inadequate' actions towards climate change

By: Jennylou Canon

Years after the intensified debates and discussions on the severity of climate change to the world, thousands of scientists have raised their voices on the issue, citing a report by the Intergovernmental Panel on Climate Change (IPCC) on the effects of greenhouse gas emissions.

The IPCC report stated that the Earth has until 2025 before it faces "catastrophic climate effects" due to greenhouse gas emissions, and these emissions have to be "rapidly and deeply cut."

To this, scientists were enraged about the current steps taken by many countries, thus, staging a protest on this. A letter by Scientist Rebellion expressed extreme dismay, saying that "current actions and plans are grossly inadequate, and even these obligations are not being met."

National Aeronautics and Space Administration (NASA) Climate Scientist Peter Kalmus joined the protest, and stressed that they "have been warning for many decades," but are left ignored."The scientists of the world have been being ignored, and it's gotta stop. We're going to lose everything," Kalmus said shakily.

However, the protests only trended online after Kalmus was arrested by the Los Angeles Police Department (LAPD), which further enraged the online community as well as scientists.

Uganda-based Scientist Amwanika Sharon called for climate justice and urged the public to "listen to the scientists" and "hear the voices of activists."

Amidst the Scientist Rebellion protests, 2021 hit movie Don't Look Up trended once again as the film showed similar instances with reality, such as the scientists not being listened to despite their warnings about an impending planet-destroying comet's landfall to Earth.

A line from Ariana Grande's performance in the movie particularly trended: "listen to the *redacted* scientists."

UNIQUE PACE; In low lighted room

By : Sr. Marylou O, Awa-aw

In a low-lighted room, my pace provokes my thoughts; my mind is dancing in a harmonious imagination, travelling in the past out of reflection, and I sighed, "how unique I am."

My unique pace of learning is totally different from others. It may be fast yet troubling in writing and practicing, it may be slow yet words are gently whispering.

Focus not in academic perception but being observant in my surroundings. Listening not only in words but in every gesture and action that speaks more eloquently than arranged words to protect oneself from being judged.

I was learning wisdom from the wise and experienced men, but then I realized even infants could teach me beyond knowledge and understanding.

In my low-lighted room, it reveals that the life I have chosen to live is the less traveled by. I am living in the world but not for the world. Many will not understand that unless you are one.

I am treading in two pathways; one is in progress of educational fulfillment as preparation and one is in my life's mission.

It is challenging but joyfully accepted in building my strong foundation in future responsibility preparedness and has been laden on my shoulders.

In my low-lighted room, books have been read, pens have run out of ink, and my journal notebook is full of flashes of words. My life is a monotonous routine, many have said, but then I said it's all meaningful. In my low-lighted room, I have learned that life is full of love and many things just don't exist but are created to be connected in prayer.

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Opening of Schools: The Closing of Education's Agony

By: Pamela Delos Reyes

March of 2022 marks the second year of the Philippines battling with the COVID-19 pandemic. The said crisis made adverse toll on different sectors including healthcare, economics, and education. Adaptability and resilience of Filipino citizens, especially educators and learners, were tested as the state introduced a new way of learning—online and modular, commonly referred to as distance learning. The New Normal indeed faced numerous gaps that questioned its efficiency. Now that the Department of Education (DepEd) recently announced the expansion of face-to-face opening, this generation's preparedness with concerns to adapting well to the real world comes close.

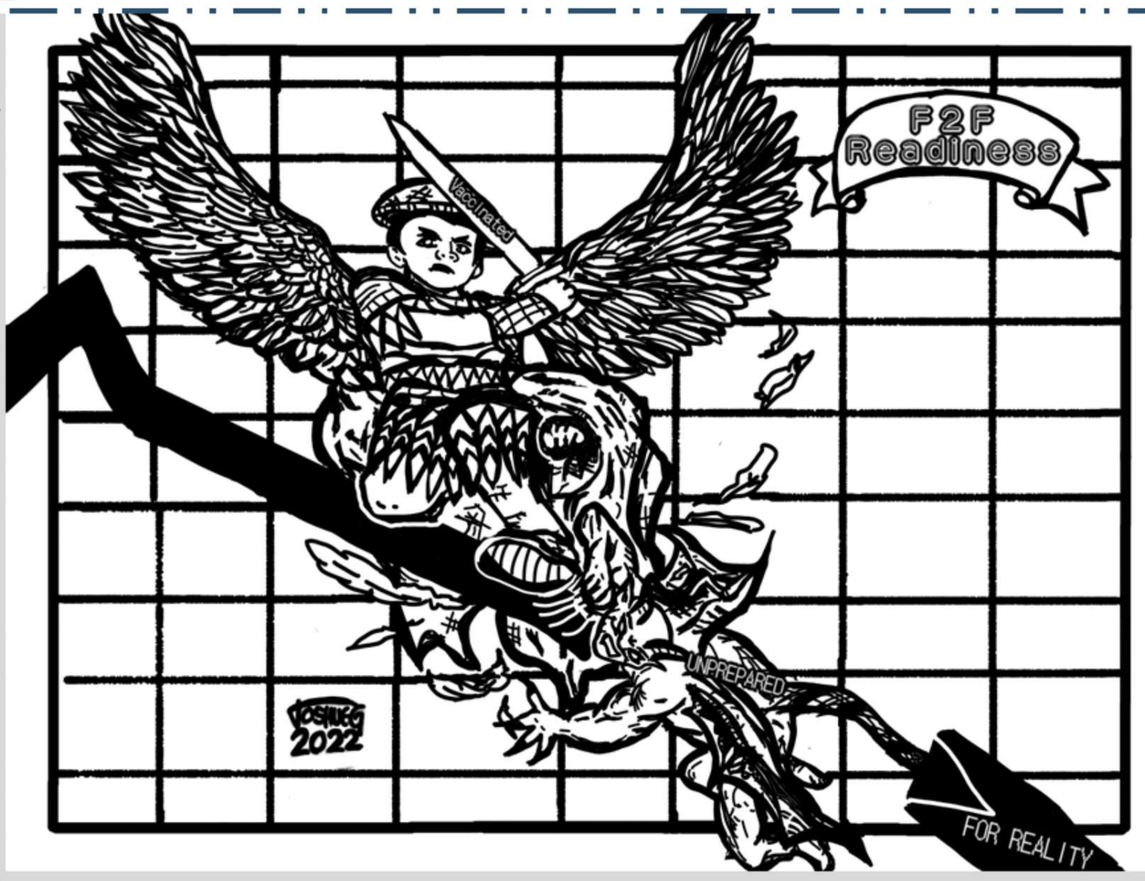
From a web article published by UNICEF Philippines on August 2021, they emphasized the list of opportunities and chances that have been robbed off and would continuously be deprived from the Filipino children on another year of schools' closure. The data showed a total of 27 million Filipino students that had their right to learn immensely affected since the pandemic began. Putting all of these alarming numbers, educational groups, activists, and other non-government officials or foundations, like UNICEF, advocated and called for a safe reopening of schools.

"The associated consequences of school closures – learning loss, mental distress, missed vaccinations, and heightened risk of drop out, child labor, and child marriage – will be felt by many children, especially the youngest learners in critical development stages," UNICEF Philippines Representative Oyunsaikhan Dendevnorov stated. These various consequences contribute not just to the students' learning ability and competency but to the foundation of their individual growth and future's establishment as well. If these problems continue to be brushed off and not properly addressed, their compliancy, life, and future are certainly the one at stake.

Meanwhile at the Senate's basic education hearing panel, Senator Pia Cayetano questioned the Department of Education according to their objectives. She emphasized the need to take action for the country cannot afford a prolonged school closure anymore. Responding to that, Aral Pilipinas and Teacher's Dignity Coalition conversed with Rappler about their recommendations on this matter. Some of which were: integration of health crisis education, reducing class size and building more rooms, hiring teachers, teacher-aides, and school nurses, building clinics and handwash facilities, and addressing technology problems and digital gap.

Now that vaccination was widely implemented and enhanced through different age groups, recently to pediatric sectors, the initial grade levels inclusive in expanded face-to-face classes were Kindergarten, Grades 1 to 3, and Senior High School students. Assistant Secretary Garma later on added that the grade levels they would like to allow on face-to-face learning would still depend on different schools and education sectors observation.

Even though it's really impossible for now to get back on our old set-up, this opening of traditional classes sparks hopes and progress to everyone. This could be the roadmap our country needs, to get back on track with regards to our academic status. Since there would be an enhanced communication, interactive learning and participation with teachers and their students, learning competency could peak and rise once again. This would allow everyone, especially those in learning sectors, to learn through actual experiences that would benefit and help them gain readiness for real-life challenges to get a hold of their future.



"Ligtas Na Balik Eskwela!" a slogan continuously mouthed by advocates. School closure and distance learning amidst the pandemic truly challenged our country, mostly Filipino learners and their capabilities. Seeing the inefficiency for ourselves, all could vouch that school reopening backed up by vaccination and overall health safety, will end the education's long-driven agony and will hopefully open more opportunities that can contribute to our learners' further academic growth.

Implementing Face-To-Face Classes: Ready or Not?

By: Charlene C. Padua

The education system of Philippines has been negatively affected because of COVID-19 that is still prevalent until now. Ever since March 2020, our country has not been able to completely implement face-to-face classes again like what we used to do before the mentioned virus spread. Finally, after two years of preparing and recovering from the damage of pandemic, the Department of Education is now planning to slowly bring back the normal state of education with the new set of procedures and protocols. The question is, are we really ready to open the schools?

The public's stand is divided. Some says that face-to-face classes should be implemented right away because of the ineffectiveness of our current learning modalities, while some says that we are still not capable to put it into action considering the fact that COVID-19 is still existing despite of decreasing cases. On the other hand, the most affected people because of this circumstance, students, are mostly stating that face-to-face classes has been long interrupted and that 2 years is already an enough time to adapt to the new normal set up. It also upsets them that the other countries are already back to normal, having face-to-face classes, while we are still relying on online and modular learning. The problem is, not all of them understands that our country's situation is different from other countries'. If face-to-face classes will be done like what our education sector is planning, the government assures us that it will be done safely. The DepEd ensures that every school that will be opened for face-to-face classes has undergone the proper procedures and has complied to all the requirements given in order to implement it. They have also done pilot testings before actually executing it. Apart from that, they aim to maintain the safety measures and protocols to prevent future complications such as students and teachers getting infected inside the school. Face masks will still be required to wear. The schedule of face-to-face class sessions will also depend on the space availability of schools to avoid exposing the involved people to crowd. Nevertheless, this will not be mandatory. Online and modular learning will still be accessible to students in order to give them freedom whether to be part of face-to-face classes or not so people will not be forced to participate.

Education is considered as one of the most essential thing to be achieved by people. Acquiring a high quality education must be a goal for a country. Right now, we are in an education crisis caused by the pandemic. We are however, already ready to implement face-to-face classes as two years have already passed and it would be a waste if we will wait for another year again. Learning from papers and screen is still different from learning face-to-face. Philippines is ready enough to execute it, and the people already need it to be implemented. What are we waiting for?

BLENDED LEARNING: Face-to-face and Online Class

By: Mae Angela Y. Galeon

The government is trying to get back to the traditional school setting. Implementing the new normal setup made a big impact to our students, teachers, as well as the schools and universities. Some of the schools were forced to close because of bankruptcy. So having implemented the new normal learning setup wherein the students and teachers meet online via Video call Conference Apps, the schools started to raise their hopes up that they can still salvage their establishments and salvage the work of their teachers, however, some of the non-teaching staff were left with no choice but to accept that sooner or later, they will lose their jobs.

As the alert level were dropped down to some areas in the Philippines, partial face-to-face classes were allowed for Kindergarten, Grades 1 to 3 and Senior High School students. In these trying times, due to the number of CoVid cases that are less than last year's number, the Department of Education wants to allow other grade levels to attend their physical classes as well. Given that the teachers that will go back to teaching face-to-face are fully vaccinated and the school should prefer vaccinated children. Being said, the government now encourages the other teachers who are not yet vaccinated to get vaccine. It is a big help to everyone especially to the students because finally, they can learn more and they can enjoy studying.

We have to admit that online learning is not that effective for the students in pre-school and elementary. It is the most crucial part of one's academic life as it is the stage wherein we start to build the foundation of their general knowledge. It may be convenient to us, especially to the parents of these kids but it is not that effective for the students themselves.

Having said everything, it is a good step if we pursue the face-to-face classes and expand the current allowed grade levels. As long as the health and safety protocols are being practiced by everyone inside the school.

GET, GET, READY!

By Sophia Andrea Manalo

Photo courtesy to: GMA NEWS ONLINE

Due to this pandemic, we have experienced different problems, such as the fact that students have stopped physically attending school. They must adjust to online classes and a modular system of learning. Many are experiencing difficulties keeping up with the passing of time as their activities change. Even though face-to-face classes should be restored in the Philippines even though they are still risky, there are some things you can only learn at school. All students can interact with one another without hindrances or barriers. As a result, teachers are always able to distinguish what students are doing. During the past two years, the student's performance has been graded according to how they perform in class. Papers are graded on a modular setting by all teachers. We don't see our students physically. As an alternative, they use Zoom, Google Class, and social media, consuming information continuously for 9 hours, negatively impacting their eyesight, having an unreliable internet connection, not having enough money to purchase gadgets, having poor mental health, and no time management, despite of this its more affordable for them because supplies and tuition are not required.

The Department of Education (DepEd) and the Department of Health (DOH) are implementing limited face-to-face classes in low-risk areas of the country in line with a pilot program that aims to ensure the safety of participants, teaching and non-teaching staff.

"This will only be applicable for the schools that passed the strict vetting process by DepEd and DOH, and have the support of their respective local government units," Secretary Leonor Magtolis Briones said.

she also added that the experimental program will incorporate both face-to-face and online classes. School administrators ensure that they implement social distancing, proper sanitation, proper ventilation of classrooms, and the students' hygiene when they reopen for limited face-to-face classes. Health Secretary Francisco T. Duque III stated that They want to ensure that they provide safe learning spaces for children during this pandemic. The test run will be a shared responsibility among DOH, DepEd and local government units to ensure that mechanisms are in place from prevention of COVID-19 infection to reintegration of recovered patients. It is also a shared responsibility among school management, teachers, and families for ensuring that all minimum public health standards are observed and possible COVID-19 cases are detected early through regular symptoms screening and reporting.

Briones said schools are still utilizing blended learning even as DepEd continues to push for face-to-face classes. it will be more accessible for the students to learn physically and mentally and can have social interactions with other students, they can also gain a deeper understanding of the subject matter by listening to teachers and other students' physically. In a classroom setting, students can interact with and learn from each other more comfortably.

In this sense, Filipino learners need to be prepared both for face-to-face learning as well as for online learning.

Ready or Not: Face-to-Face Classes see impending return

By Jennylou Canon

After over two years since the distance learning was implemented, institutions are now opting to hold face-to-face classes as the cases of COVID-19 decrease. However, with a new transition to learning delivery comes with varied reactions, and many students aren't really happy with the sudden face-to-face classes.

As the pilot testing of face-to-face classes in selected grade levels ended in December 17, 2021, a report by the Department of Education (DepEd) stated that they were able to gather "desirable results," but several learners and faculty members faced "manageable challenges." With this, DepEd wanted to expand the implementation of the limited face-to-face classes, and the time has come where schools have to prepare for the return of students.

On February 7, 2022, the educational sector had allowed other grade levels to be included in the limited face-to-face classes in areas under Alert Levels 1 and 2, alongside the guidelines and policies the schools have to follow.

The set-up for classroom learning was pretty reminiscent to how classroom typically looks during quarterly exams – chairs set far apart from each other. But this time, aside from the distanced chairs, there were plastic barriers around the chair and in front of the teacher's desk. Learners and teachers are also required to wear face masks throughout the class, and also have to wash their hands and check their temperature upon entry to the campus.

These steps, accompanied by other face-to-face classes guidelines, seemed like schools are ready for physical learning, but there are more to see beneath the crust of implementation.

An independent monitoring initiative called X-Ed project was launched to assess the compliance of the institutions to the recommended face-to-face classes set up, and are rated based on seven standards: basic health and safety protocol, minimum requirements to qualify as a pilot school, safety and learning continuity mechanisms, processes, plans, and protocols, budget allocation and supplies, arrangement of spaces and structures, inclusiveness, accessibility, and proactive assistance to students, and quality learning and teaching.

Their report showed around 93% to 99% of the schools were compliant with the standards, however, the project's special monitoring teams found out that 23% of selected schools to be assessed did not comply.

16 standards were not followed, and among them were the following: "teacher utilize service vehicles from and to their area of residence and the school," "classes held every other week, ""1:1 textbook to student ratio," "receipt of P100,000 initial funding support for their face-to-face classes," "the student understands why he or she is part of the pilot run of face-to-face classes," and "teacher is a resident of the city or municipality where the school is located."

Despite that, the organizations that launched Project X-Ed, CYAN and G-Watch, still praised the pilot implementation of limited face-to-face classes. However, to define those runs as 'highly successful' is still difficult as "there are still lapses and rooms for improvement."

To make up for the shortcomings, institutions who are planning to hold limited physical classes have their students and faculty fill out online surveys on their readiness for the face-to-face classes, and if they express their willingness to participate, the institution then gives them the requirements for participation.

Institutions who have launched limited face-to-face classes and those who are still planning encouraged students to participate in it. However, those who wish to join would have to be fully vaccinated against COVID-19 and must also be registered with the Philippine Health Insurance Corporation (PhilHealth).

This is where the tricky part comes in as COVID-19 vaccination programs, despite still being on the roll, is still facing difficulties in terms of accessibility to eligible population. Moreover, in regards with being a PhilHealth member, the insurance corporation is still facing backlash from hospitals due to unsettled balances.

On the other hand, a DepEd report also said that younger pupils, such as kindergarteners and Grade 1 students, still had gaps in reading and writing, as well as separation anxiety from their parents.

There are still many aspects to consider for the limited face-to-face classes to thrive, and it requires meticulous and extensive research and testing for them to be seen and taken into account.

Institutions must first do a gradual transition to face-to-face classes, only selecting students who are willing to join the program. Moreover, the institution must also assist them in complying with the needed requirements such as application for health insurances, if they are required to. This lessens the burden the students have to bear in order to achieve access to quality education.

In addition to this, those still in distance learning must not be abandoned as well. Distance learners should also hold separate classes with teachers so they can still be informed of the topic, and for them to also be given the appropriate attention for learning as some teachers reported difficulties in this issue.

Learning has been difficult for the past two years due to distance learning set ups, but it must also be known that an abrupt transition to physical learning will not be able to address these learning struggles. Nonetheless, the education sector has time to re-evaluate and re-assess the steps they've taken towards the resumption of physical classes, and hopefully, be able to launch a more comprehensive plan on physical learning.

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School Year Unlike Any Other: A Return to Face to Face Classes

By Christine Leigh Chan

Last February 2022, the Department of Education (DepEd) announced that other grade levels can now participate in the "progressive expansion" of face-to-face classes both in public and private schools in areas under Alert Levels 1 and 2.

Initially, the students who participated in the pilot run of in-person learning were kindergarten, grades 1 to 3, and senior high school.

"With the expansion phase, we would like to give that opportunity and chance to the other grade levels so that mag-umpisa na yung setting of the consciousness among our learners and teachers na talagang time will come na talagang school-bahay ang learning at teaching process natin," DepEd Assistant Secretary Malcolm Garma stated in a press conference last February 4.

Furthermore, Asec. Garma said that the capacity of the participating eligible schools should strictly comply with health and safety protocols to be allowed to have additional grade levels to participate in their in-person learning.

He added that "it's really up to the schools, our divisions, and regions to make that right programming, the right combination of what grade levels can be included in the expanded limited face to face."

Asec. Garma affirmed to the public that only vaccinated teachers are participating in the expanded face-to-face classes, while vaccinated students are mostly selected.

However, according to the officer in charge, Undersecretary for Human Resource and Development Wilfredo Cabral, unvaccinated teachers and personnel may be obliged to report on-site if they can present a negative RT/PCR or antigen test.

Based on DepEd's recently gained data, 304 schools under Alert Level 1 and 2 areas are capable of starting face-to-face classes. Meanwhile, 59 pilot public and private schools in regions 4A, 8, 10, and NCR are still enforcing limited in-person class.

With the rapid increase of COVID-19 cases in a span of three months and a new variant has been detected, DepEd should be more careful in the implementation of in-person learning. Safety and health of the students should still be the priority and their theme "Ligtas na Balik Eskwela" must strictly be enforced in their programs.

DepEd's Movement on the Prominent Face-to-Face Class Expansion

By: Celine Inah J. Dela Cruz

According to Nelson Mandela, "Education is the most powerful weapon which you can use to change the world." But if students are not fully being tracked while the teaching is on-going, the absorption of learning is really not guaranteed, will the weapon be strong enough for the warrior to prevail and acquire understanding?

The new mode of learning where students and educators meet through the use of online study or modular means is one of the most crucial topics ever being talked about when the pandemic started to happen. It created a big turn of events not only in the Philippines but the countries all around the world because of its sudden implementation where everyone had to adjust abruptly. Everyone affected by this change all shared their insights starting from when this new mode of learning was put into practice up to this day that after almost two years of online education, schools are beginning to execute face-to-face classes again.

After the online setup implementation, there are a lot of students who became unfavorable of the arrangement and greatly expressed their judgments and sentiments for the previous normal classes to go back since there are certain problems being encountered such as the lack of privilege for some to use what were needed namely gadgets for both the educators and students, as well as the diminishing quality of education being attained.

A 17-year old Ruzel Delaroso cannot simply raised her hand when she needs to ask a question to her teacher and has to go to an area of dense shrubbery which is a 10-minute walk away from her house to test her luck in picking up a signal so she can finally ask her teacher about a module that are picked up by the parents in the school. "We're so used to our teachers always being around but now it's harder to communicate with them." Delaroso tells 'TIME' as stated by an article of Chad De Guzman on December 01, 2021.

What does the Department of Education have to say about this topic, which still exists since it is relevant to the current state of education in the Philippines?

As of today, there are numerous schools which are already considering face-to-face classes initially for Kindergarten, Grades 1 to 3, and Senior High School students to participate. "With the expansion phase, we would like to give that opportunity and chance to the other grade levels so that mag-umpisa na yung setting of the consciousness among our learners and teachers na talagang time will come na talagang school-bahay ang learning at teaching process natin," according to Assistant Secretary Malcolm Garma of DepEd during the EduAksyon: Aksyon at Solusyon para sa Edukasyon press conference on February 4, 2022.

"It's really up to the schools, our divisions, and regions to make that right programming, the right combination of what grade levels can be included in the expanded limited face to face," he added. Asec. Garma stressed, however, that the inclusion of additional grade levels should be contingent on the participating eligible institutions' ability to adhere to health and safety procedures.

There are currently many mass gatherings being held and done in our country wherein people are already allowed to do public activities, gather, and socialize with one another namely occasional parties all around the different places, church gatherings, vacations of every family and friends in beaches and resorts, and travels from one city to another that are also possible because safety measures and protocols are being followed.

This is why face-to-face classes must be deeply considered as well already because should the other mass gatherings are operating and enjoyed of, why do students that find the new mode of learning to be hard and somehow burdening for unprivileged ones to be endured until now when some public activities are allowed at the same time? The quality of education and the weight of learning of the students are necessary; it should be one of the current issues in the Philippines not taken lightly, regarded, and the one with more improvement. It could not be put on hold for too much longer than the two-year span of online classes we have already experienced.

With this discussion on the "EduAksyon: Aksyon at Solusyon para sa Edukasyon" press conference, it is fulfilling to know that DepEd is making an action and getting more class levels to recur in face-to-face classes into consideration. In this way, the administration is gradually attending to the needs of the students to acquire quality of education and the sentiments of the students are being heard because again, putting emphasis to what Nelson Mandela said, after all, the students are one of the most important components of the society today who can change the world.

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ELEKSYON

Ni: Joshua M. Mirandilla

Halalan na naman, panibagong uupo sa pwesto

Kampanya, plataporma, mangan-galap ng boto

Aasa na naman sa inaasam na pagbabago

Sandamakmak na naman ang tila mauutong Pilipino

Aasa sa mga pangakong napapa-ko rin kalaunan

'Pag nakaupo na sa pwesto'y limot na'ng pinangakuan

Kailan ba tayo matututo? Kailan ba tayo madadala

Sa mga tiwaling pulitikong wala naman tayong napapala

Mga pangakong napapako, nila-langaw na serbisyo

Kung hindi rin tayo kumbinsido, huwag na nating iboto

Sa darating na eleksyon 'wag na tayong magpapabata

Itiman ang ngalan ng taong sa tingin natin ay tama

Huwag magpadala sa halagang limang daang piso

Ilang taon ng buhay natin ang siyang nakasalalay rito

Huwag magpauto sa salita ng mga taong nakaupo

Hawak natin ang kapangyarihan kung tayo ang kikibo

Mamulat sa reyalidad at tumindig sabay-sabay

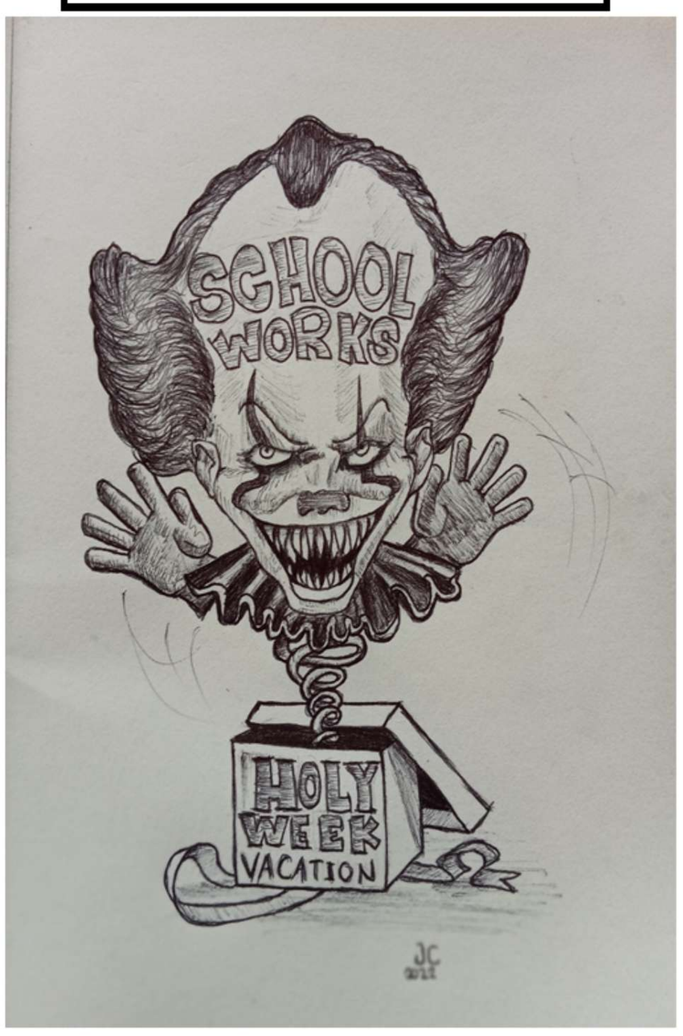
Kinabukasan ng Pinas ay nasa'ting mga kamay

Marami na tayong kandidatong inihalal at iniupo sa pwesto.

Sana ngayong taon, mga Pilipino na ang manalo.

IT'S A PRANK!

By. Niño Jean Christopher Echiverri



ALABBALA

By. Earl Joshua Morales

Sa bawat salita na lumalabas sa aking mga bibig,

may naririnig akong kitil ng gatilyo. "pew!" "pew!" bang!

ang malamig na gabi ay bumabalot sa aking mal-amig

na katawan. hindi ako ang kalaban ngunit ako

ang pinaghihinalaan. tila ba'y ako ang

taya sa hindi matapos na langit lupa.

'langit, lupa, impyerno. saksak puso tulo

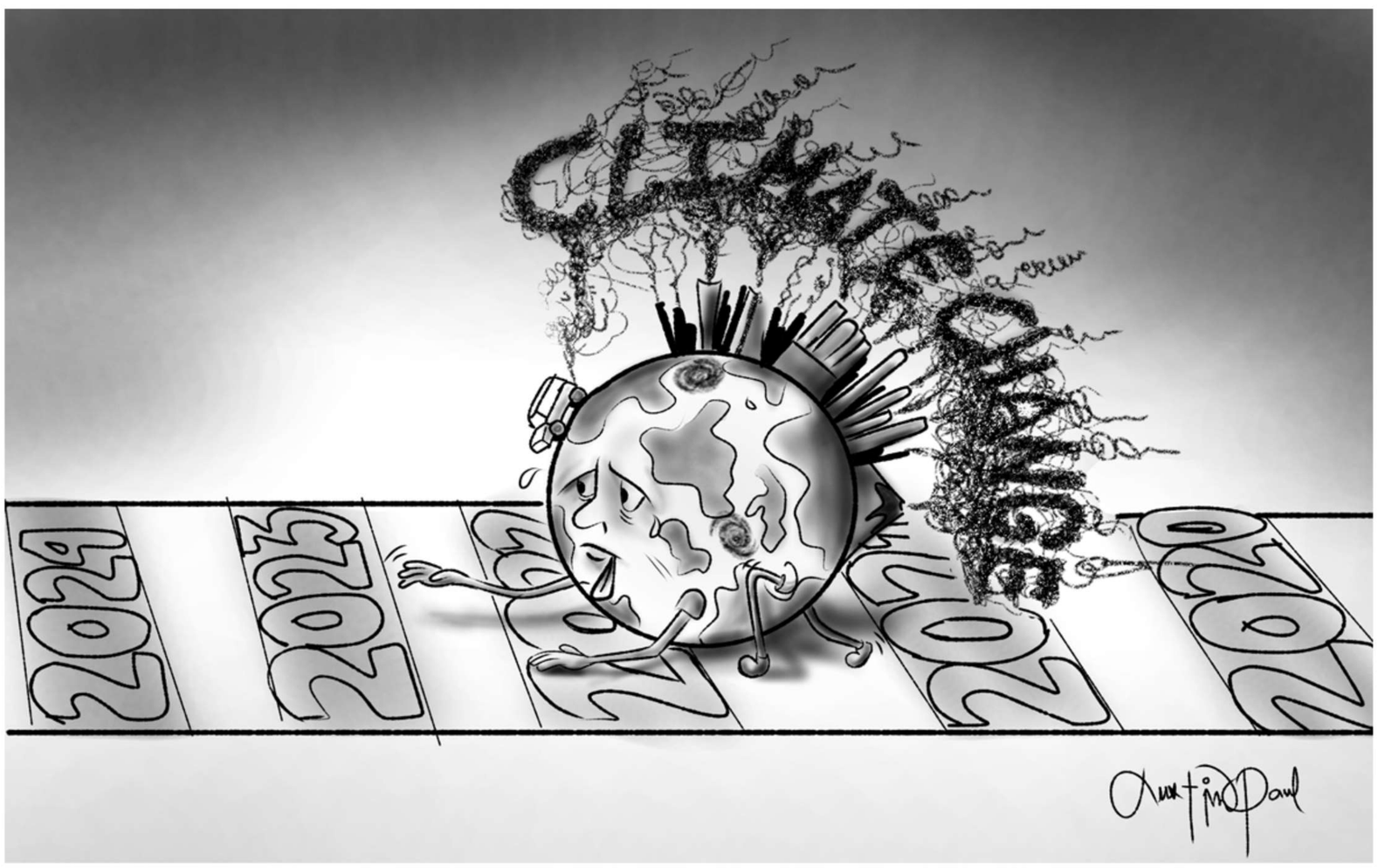
ang dugo. patay, buhay

umalis ka riyan sa

pwesto mo.

GLOBAL WARMING

By. Justin Paul D. Pentason



PERFECTLY IMPERFECT

By. Mary Abigail C. Barredo

An ant straying from its colony, breaking their line

Wall's chipped paint worthy of obloquy
A patch of white fluid covering a word
In an otherwise perfect essay of mine

Ever heard of the phrase "perfectly imperfect?"
That's what people told me I portray and depict,

But what I believe, I defy and contradict

Glamourizing the suffering, romanticized mistakes
Contrary to popular belief, people like failure
For standing back up is only heroic
If you are bruised and wounded, have lost all allure

Humanity is oxymoronic
No person is not hypocritical
They celebrate success while neglecting
When tears and apathy are focal

"Goodness, you are born so talented, must be nice with those hands"—
The artist in you that made nights sleepless,
For the mere reason that the skin in a painting is just a little bit too tan,
He broke down, because you're pretentious, Hazel, where're your talents?

"Goodness, you should stop participating in contests to give chances"
And the writer in you that cried to sleep
For the mere reason that the piece she thought was her best one yet

Was never recognized in that contest, only to be beaten by someone she was sure she will beat
She broke down, because you're pretentious, Hazel, where're your talents?

Have you ever heard of the phrase "perfectly imperfect"?
A phrase as effective as stripping someone of their right to cry
Because why dwell when things turned out fine,
Despite of their mistakes, the very things you turned against them,
The very things you decry

THY LOVE, I THANKED

By. Saara Santos

Heavens hath begot peacefulness

A solemn music of wind in the wilderness

Trees are green, it looked so tall

Flowers bloom in nature's fall

Angels above have been so great,

For bringing us thy glorious faith.

Oh your beauty is so divine,

A blessing to be seen using the naked eye

Flowers may wilt and greens subside

Thy magnificence stays behind.

Give me! Oh give me thy air!

Feel thy warmth through an embedded flare.

Stars above lightened the night,

Moon shines; A wonderful sight!

There's more to nature, so set in motion,

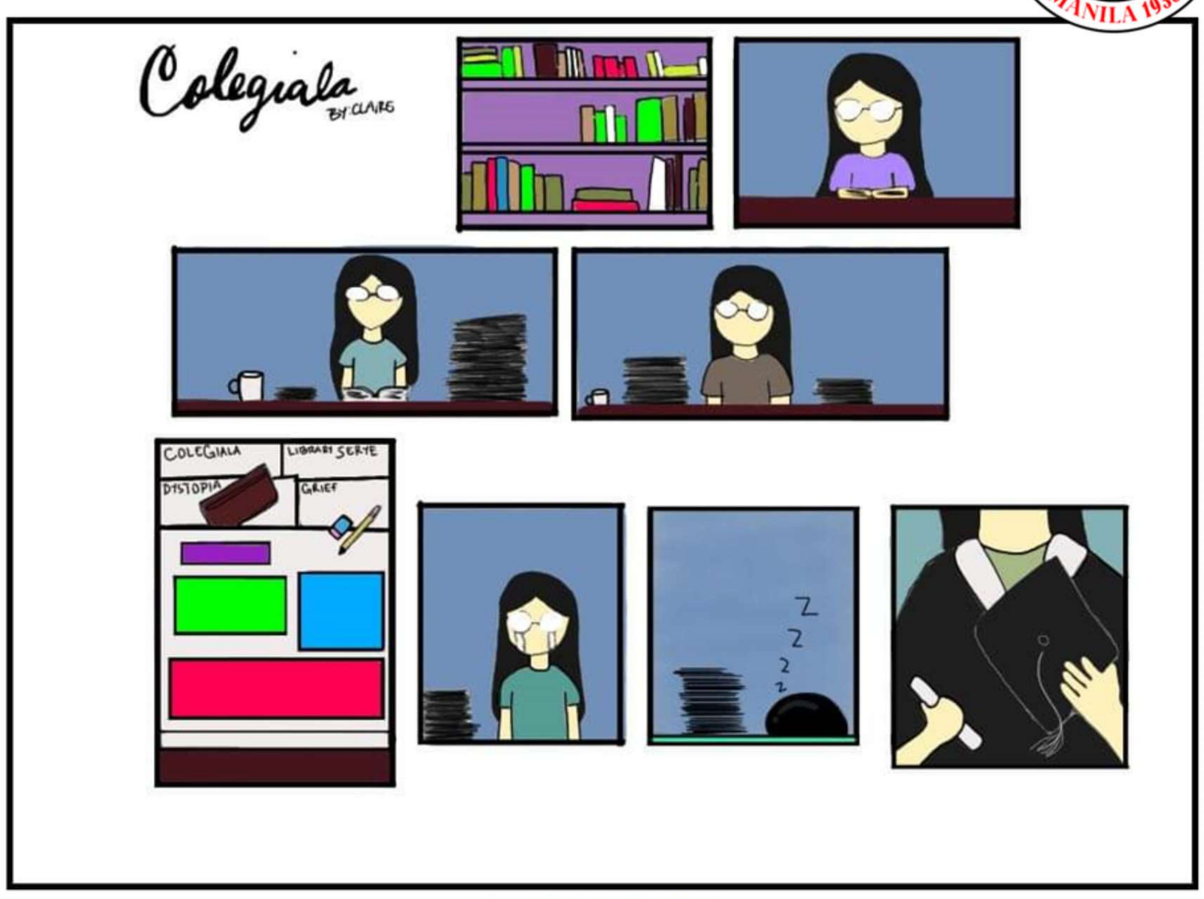
Seek the horizon where ocean meets orion.

Here's thee nature God has created,

A fantastic life—to us have been given.

SCHOOL MEMORIES VS REAL LIFE

By. Niño Jean Christopher Echiverri



HUWAD

By. Joshua M. Mirandilla

Hindi na 'ko naniniwala—sadyang sinungaling ka
Pawang kabulaanan lamang ang pagkislap ng iyong mata

Hindi pag-ibig ang 'yong pakay nang sabihin mong "mahal kita"
Sadyang hindi mo lang masikmura ang katoto-hanang wala na siya

Pinipili mo lang ako sa t'wing niyayakap ka ng lungkot
Hinahanap mo lang ako 'pagkat, sa bangungot, ika'y takot

Naiisip mo lang ako tuwing sa atensyon ika'y salat
Mahal mo lang ako kapag madali lang ang lahat

Hindi mo nga pala ako mahal—pinili mo lang dahil nariyan
Tanging iyong taga-pakinig sa t'wing 'di ka nila maintindihan

Hindi mo nga pala ako mahal—ako lang ang 'yong kailangan
May pagkukulang na nais mapunan at sugat na gustong lunasan

Hindi mo nga pala ako mahal—sadyang ako lang 'yong nariyan
May rebolusyon sa puso mo't isipan, nang ika'y matagpuan

Kaya't mahal, talagang hindi na ako nagtataka
Na nakikilala mo lang ako sa t'wing malungkot ka

Sapagkat hindi naman purong pag-ibig talaga
Ang pakay mo't layunin simula no'ng umpisa

Bagkus, tanging kasiyahan lamang na pansaman-tala
At yaong pakiramdam na may kasama ka't di ka nag-iisa

Kaya't sa unti-unti mong pagbawi sa mga binitawan mong pangako
Maari bang huwag na itong daanin sa dahan-dahang pagsuko

Dahil kung sa landasin nati'y nanaisin mo nang lumihis
Tanging pakiusap ko lang mahal, tumakbo ka na paalis

At kahit masakit, gusto ko lang na malaman mo
Hindi madaling tanggaping wala na talaga tayo

Hindi kayang ikuwento ng isang tula
Kung gaano ako nagpakalunod sa luha

Walang sapat at eksaktong salita
Ang magsasabi kung gaanong sayo, ako'y nangungulila

Kukulanging magpahayag ang mga letra
Kung ilang beses kitang inisip at inalala

Mahal, wala namang nagmamahal na handa sa katapusan
Palaging umaasang ito'y babalikan matapos iwan—sukuan

Ngunit bago mo 'ko sisihin, isipin mo sanang mabuti
Kung paano ako pinatay ng malalamig mong mga gabi

Patawarin mo sana ako kung ako ma'y nauna na
Ramdam kong hindi na totoo ang kataga mong "mahal kita"

Naisin ko mang makasama ka't sa'yo'y 'wag mawalay
Batid kong hindi na ako ang nais mong makasa-ma sa 'yong paglalakbay

IT'S NEVER TOO LATE

By. John Christian Miranda

LIDER NG PILIPINO

By: Norman Leyva Roman

O Pilipinas nagdurusa ang taumbayan
Bayan kong mahal bakit ka nagkaganyan

Nagdurusa ang taumbayan dahil sa maling pamamalakad
Kapangyarihan walang tarong sinasagad

Nagdurusa ang taumbayan dahil sa mga katiwaliang laganap
Tilay mga bagwis na lumalamon sa yamang kalap

Nagdurusa ang taong bayan dahil sa sistemang animoy bangkay na bulok
Pinaglihi ng mga gahamang baboy na ating niluluklok

Nagdurusa ang taong bayan, aking Pilipinas

Pilipinas na sinisinta kailan mo kaya makikita
Kapalara'y sing hirap ng kay Sisa

Kailan mo kaya makikta ang sakdal na hapis
Madlang tila'y bigat ng mundo ang tinitiis

Kailan mo kaya makikta ang mga ina na gawat, kauplakan
Tagbisi sa hininga at pantustos sa kanilang tahanan

Kailan mo kaya makikta ang mga inakay na walang muwang
Salamin ng mga dinakip na kinabukasa't gulang

Kailan mo kaya makikita, O Pilipinas

Tumindig ka't humiyaw kapwa kong Pilipino
Sa realidad wag tayong magpatalo

Kapwa kong Pilipino maging matalino at mausisa
Matutong paghiwalayain ang hinog at pisa

Kapwa kong Pilipino piliin kung sinong makakabuti
Iluklok ang lider na magaangat sa ating lipi

Kapwa kong Pilipino itaguyod ang kabataan
Bigyan sila ng kaalaman at karunungan

O kapwa kong Pilipino

Para sa kinabukasan, laban kabataan
Magtaguyod bilang tagapagmana ng larangan

Laban kabataan para sa pamilya't kapwa
Isabuhay ang leksyon upang di makawawa

Laban kabataan bilang lider ng kinabukasan
Pinunong magdadala ng apoy ng kalayaan

Laban kabataan para sa kabutihang pinapangarap
Sa ilalim ng May Kapal na nagmamatyag sa ulap

Lumaban ka kabataan, para sa Pilipinas na kinagisnan.

LOVE; DEFINITION

By. Mary Abigail C. Barredo

Love- attachment, adoration, affection, warmth

Some say it's someplace, perhaps on a pair of arms that embraces you
And when it does, you're given a free con-cert ticket to their beating heart

Some say it's a landmark,
Where everywhere you look, there will always be a flashback

Some say it's the temperature of your hometown's chilly mornings
Not too hot where an attempt to hold you will lead you to kick someone across the hall,
And not too cold to shiver within a loved one's hold

I say that love isn't always so complex

I say that love is the waft of sautéed ba-goong
As you peel green mangoes one scorching afternoon

It is the panic and adrenaline when you hear the beloved "taho"
When it's yelled during the commercial break of that one cartoon show

It is the late-night talks with your father as you sip the warm soup in the balut he bought
And all he does is nod at you as you dis-cuss political issues, human rights and astronauts

It is the anxiety that inputting dozens of songs at a time in a videoke brings
Because relatives couldn't help but to frown on your singing

Love is the smile you carve on my face
As you try to appreciate and comprehend the concepts on which I hyper fixate

Love is the "I'm proud of you"s
Every time I feel like the world ridicules and mocks me, the confidence you intro-duce

So to speak,
Love reminds me of home, the comfort it holds,
It is the innocence and the beauty of youth;
Love does not blindly spoil me,
It allows me to see the faults in my thoughts;
Love features traditions among families and the laughter it nourishes;
Your love nurtures my ideas and allows it to flourish

Your love is comforting,
It makes me fall for our heartbeats' simple dynamic

Your love is my safe space—
It is the landmarks that in my memory is encased

Love- attachment, adoration, affection, warmth

My liberator from worldly ideals—
Your love cannot be defined using simple words or ideas, I define it as feelings

The Unbearable Weight of Massive Talent: The Story of him, Played by himself

By: Norman L. Roman and Maria Nadine Roman

"This is a once-in-a-lifetime role," Nick Cage (Nicolas Cage) aspires to play in a good picture in Los Angeles. His recent strategic decisions haven't been good for his image, since he's been in so many minor films that his reputation and creative credibility have deteriorated to that of a has-been. Rather than choosing the ideal roles, he appears to be taking any part that comes along, as long as the remuneration is adequate. "You appear to be working constantly." Cage's declining career has affected his connections as well; his ex-wife (Sharon Horgan) is enraged by his professional failures, and his daughter (Lily Sheen) can't abide being around him, owing to his insufferable self-absorption. Failure to pay his debts and drinking too much alcohol isn't helping matters. So, when Nick's agent (Neil Patrick Harris) arranges for him to perform at a birthday party for a wealthy admirer (Pedro Pascal as olive entrepreneur Javi Gutierrez) in Spain, the former movie star has no alternative but to fall into such pathetically low levels of sustenance.

Nicolas Cage plays an exaggerated version of himself in "The Unbearable Weight of Massive Talent" (possibly a dig at "The Unbearable Lightness of Being"), which is the major selling point. It doesn't matter whether Cage is genuinely like this manageable yet larger-than-life design; fans will undoubtedly wish that this is how he acts daily. And, however exaggerated it may be, it's the most believable aspect of the film; once the main storyline begins, viewers will undoubtedly miss Cage's calmer times, when he rattles off observations and debates the industry's condition or brainstorms in an acid-fueled haze. It's all a setup for a movie within a movie with a delightfully self-aware style (the script evolves as the characters mull over how their actions might be more engaging in a movie setting) and countless references to Cage's past performances.

He's acting ridiculously, yet this heightened version of his own identity is constantly funny; the more he overacts, the more he looks like himself (or at least how viewers undoubtedly perceive him in regular life). Many of the interactions feature comedically talking shop as if that's the only way to effectively communicate with Cage's vanity and aloofness. His antics are usually enough to keep the audience laughing. It's tough not to recommend this film to anyone who has followed the actor's career, given all of the hysterical allusions to his prior works, as well as the embrace of his perceived weirdness (and need for situations in which he can freak out unreservedly).

A Filipino Inventor

By: Rianne Krishlyn A. Miaco

Filipinos are known to be people who are filled with grit and determination, as well as being hard-working. The inventor and writer, Edgardo G. Vasquez, is not an exception. Mr. Vasquez is the man behind two innovations: Misty Kool and Vazbuilt. These inventions help a lot of people make their working lives easier. The Malacanang Palace is now disinfected by Misty Kool, a device that sprays mists to cool off surfaces. Vazbuilt, a firm that allows people to build low-cost modular houses through prefabricated columns, wall panels, and tie-builds, is now recognized nationwide.

Misty Kool started as something for recreational purposes only. Gary Vasquez wanted to conserve water while still being able to keep his plants hydrated during the summertime. With this, he attempted to create something similar to a spray gun, only that his invention sprays water. Mr. Vasquez said that he made it to "satisfy his curiosity." However, his friends noticed how helpful his machine was, and from there, the popularity of Misty Kool started to expand. Misty Kool has different forms now, such as a line machine, an electric fan-type, and a humidifier.

At present, Gary Vasquez has published a book entitled "The Life of a Filipino Inventor." Mr. Vasquez was inspired to write this book by Department of Science and Technology (DOST) Secretary Fortunato de la Pea, who inspired Mr. Vasquez. The secretary believes that Gary had a lot of knowledge and experience to share with the world. So, he thought that a book written by Gary Vasquez was an exceptional idea. At first, Mr. Vasquez was hesitant because he said, "Spelling nga, mali-mali ako." Libro pa?" However, the secretary insisted that he write a book.

Edgardo G. Vasquez was named as one of the eight Filipinos to be called the most outstanding researchers in the Asian Scientist Magazine in 2021. In 1995, he also won a gold medal from the World Intellectual Property Organization (WIPO). Today, he has published a book and invented a machine that helps in disinfecting and preventing the spread of the COVID-19 virus. All of this was possible because of the determination and hard work of a Filipino inventor.

Halalan 2022: Pili, Pinas! Overseas Absentee Voting [OVA] Bilang Umpisa ng Pagbabago

By: Richer Glade Benedicto

Ang pagboto para sa mga Overseas Filipino Workers [OFW], at Non-Overseas Filipino Workers tulad ng mga mag-aaral, at permanente nang nakatira sa partikular na bansa ay nagsimula noong ika-10 ng Abril 2020, at matatapos sa ika-9 ng Mayo 2022 bago magsimula ang opisyal na araw ng eleksyon sa Pilipinas.

Ang boboto para sa Overseas Absentee Voting ay mahigit 1.6 milyon ayon sa tala ng Komisyon ng Eleksyon na lubhang kakaunti dahil sa mga umuwing Filipino dulot ng COVID-19. Halos lahat sa datos ay mula sa Gitnang Silangang Rehiyon na nagtala ng 786,997 botanteng Filipino at sinundan ng Asya-Pasipiko na mayroong 450,282 na botante. Samantala, mayroon namang 306,445 na botanteng Filipino sa Northern at Latin American Regions habang 153,491 naman sa Europa.

Ang mga embahada ng Pilipinas sa buong mundo ay nagumpisa nang ipamahagi ang balota para sa mga kwalipikadong Filipino abroad. Sila ay boboto para sa posiyong Pangulo (1), Ikalawang Pangulo (1), Senador (12), at Partylist (1). Ang sistemang ito ay hindi na bago dahil ito ay isinabatas na noong taong 2003 pa lamang.

May dalawang paraan ng pagboto. Una na rito ang personal mode kung saan ito ay kukunin pa mismo sa Embahada ng Pilipinas. Ikalawa ay ang postal mode kung saan ang balota ay ipapadala sa pamamagitan ng kartero. Ang paraan ng pagboto ay hindi maaaring piliin, ito ay nakadepende sa bansang pinanatilihan kung ano ang pamamaraan nila ng pagboto.

Ang mga tatanggap ng balota ay hindi maaring tumanggap ng mga materyales pangkampanya 30 metro mula sa presinto, magsuot ng damit na may tatak, baller na tungkol sa inyong ibobotong kandidato. Bawal din ipakita ang laman ng balota sa mga tao at ito ay nararapat lang maging kumpidensyal, at higit sa lahat ipinagbabawal din ang pagkuha ng litrato sa resibo o maging sa balota. Ayon sa Komisyon ng Eleksyon (COMELEC).

"Madali lang ang pagboto at kaunti ang pila. Walang aberya kaya makakaboto ka nang maayos" ayon sa Kuwait-based OFW na si Joelyn Marcial. Ayon sa kanya, ang kanyang boto ay napunta sa taong may prinsipyo, malasakit para sa Pilipino, at sa taong hindi magnanakaw.

Ang Overseas Absentee Voting [OVA] ay manipestasyon na malayo man ang mga Filipino sa kanilang lupang sinilangan, sila ay nakikilahok at nakiisa para sa ikaayos ng Pilipinas.

Nararapat lamang na tayo ay maging makilatis kung sino sino ang ating mga iboboto, hindi lamang para sa sarili ngunit para sa kapwa nating mga Filipino na maaapektuhan ng ating magiging desisyon.

Ngunit hindi sa halalan natatapos ang ating responsibilidad. Nararapat lamang na tayo ay maging kritiko, upang pagbutihin ng mga uupong lider ang kanilang trabaho–dahil bilang isang pampublikong opisyales, obligasyon nilang paglingkuran ang sambayanang Filipino.

THE LORD COMES FIRST

By: Nathaniel Leyva Roman

The pandemic has impacted the world at an unprecedented scale. Most holidays and celebrations, in general, were halted in favor of mitigating the effects of the virus on the populous. However, all is not lost for our yearly traditions and festivities because as the people adapt to the new environment, we can return to our usual activities slowly but surely. Some traditions and celebrations are paramount when it comes to days of the year that must be celebrated, especially if they involve honoring the Lord.

On April 10th of the year 2022, we celebrated the second Palm Sunday during the crisis of the pandemic. Palm Sunday commemorates a moment in Christian Scripture from the New Testament in which Jesus enters Jerusalem and is welcomed by crowds bearing palm branches. For Christians, it serves as a reminder of our willingness to accept Jesus into our hearts and follow him. This day in the Christian belief is the moment that Jesus entered into what some might argue to be the most meaningful part of his journey which is the act of saving humanity. This day serves both as a positive reminder and a warning to the Christians since it symbolizes welcoming the Lord as well as leading him to his death and eventual resurrection.

Celebrating Palm Sunday usually involves participating in parades or attending mass as well as participating in church services, where they are given little palm crosses or blessed palm leaves to take home. However, due to the pandemic, we are relegated to staying at home and conducting our celebration in our special way. This should not hinder our efforts to show how much we love the Lord; instead, it should serve as a reminder of the constant challenges that we bear in the name of God.

"The Lord is my strength and my shield; my heart trusted in him, and I am helped; therefore, my heart rejoices; and with my song, I will praise him"

The quote above is a line from King David showing how devoted he was to the Lord. We too must see the Lord as our strength and shield by showing a similar kind of devotion in our way. We may not be perfect but the celebration of Palm Sunday may not be a big deal to most people, but it is our duty as servants of Christ to attend a mass and carry our palm. May it be a virtual mass and an old palm but the dedication to the Lord is what makes it so meaningful.

When celebrating an occasion, we must not forget the cause of the celebration. Instead of remembering how we can benefit financially from Palm Sunday, we must humble ourselves instead and remember what this day means, which is the day we remind ourselves to keep the door of our hearts open for our Lord Jesus Christ, the one true king, and the bearer of our salvation. The Lord must come first in our lives so we can serve him well and achieve his ideal by becoming a better person with each passing day.

Study Shows: A Heart That Beats for Caffeine Has Lots of Gain

By: Pamela Delos Reyes

It has been considered a habit or a routine of Filipinos to drink coffee. Some couldn't even let a day pass without drinking a significant amount of caffeine. In whatever form it was offered, whether brewed, iced, hot, or served in either hot and cold seasons, the majority would still enjoy it. But coffee is commonly associated with palpitation, which enforces people's perception that it's bad for the heart. However, a recent study proves otherwise.

According to Harvard University's webpage, this beverage has been the subject of a long history of debate. It was once considered as a possible substance that could cause cancer by the World Health Organization in 1991 but was proven wrong later on. Additional researchers suggest that when coffee is consumed in moderation, it can be considered a healthy drink.

An expert from Mayo Clinic answered a question regarding the health benefits coffee could offer, and what they shared would let your mouth agape. Based on newer studies, researchers found a possible relation between coffee and decreased mortality. The analysis entails that coffee may offer protection against widely known severe diseases such as Parkinson's disease, type 2 diabetes, liver disease, or even cancer, as well as stroke and heart attack.

Talking about coffee and its effects on one's heart health, a science news published by Science Daily in March of 2022 featured a study by the professionals from the American College of Cardiology. This study involved meticulous garnering of data and sampling from both non-coffee drinkers, and coffee drinkers who differed with their drinking capacities on a daily basis, age group, time range, coffee type preferences, and health conditions.

After a long observation, it was attested how low the risks of coffee to heart health are and how predominant its benefits are in relation to cardiovascular problems such as arrhythmias, artery blockages, stroke, or heart failure. Although they noted that it wasn't entirely applicable for everyone since the participants in this study were white people, considering possible racial and cultural differences in results.

However, even with these long list of benefits caffeine could give, it doesn't necessarily give us the upper hand. Since certain populations, such as pregnant or breastfeeding, children, adults, and those with compromised health, should still consider their amount of intake, for it may put them at risk. Side effects like heartburn, nervousness, or insomnia remain prevalent and alarming.

Our hearts might race and blissfully beat for Coffee, but we should always keep in mind that exercising proper moderation would help us gain its benefits without putting our health and safety along the lane.

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Into the World of Forensic Science

By: Ana Corina S. Arabejo

Forensic Science, also known as "Criminalistics", is the use of scientific methods or expertise to investigate crimes or examine evidence that might be presented in a court of law.

It is a critical element of the criminal justice system where forensic scientists examine and analyze evidence from crime scenes and elsewhere in order to develop objective findings that can help in the investigation and prosecution of perpetrators of crime or absolve an innocent person from suspicion.

Forensic science consists of a diverse array of disciplines, from fingerprint and DNA analysis to anthropology and wildlife forensics.

Common Forensic Science laboratory disciplines also include Forensic Chemistry, trace evidence examination (e.g., hairs and fibers, paints and polymers, glass, soil, etc.), firearms and toolmarks examination, handwriting analysis, fire and explosives examinations, Forensic Toxicology, and digital evidence.

Forensic Pathology, Forensic Nursing, Forensic Psychiatry, Forensic Entomology, and Forensic Engineering are some forensic disciplines practiced outside forensic laboratories.

Practitioners of these disciplines are found most often in medical examiner or coroner offices, in universities, or in private practices.

Despite representing different disciplines, all forensic scientists face a common set of challenges.

How can findings be communicated to non-experts in a way that they are still accurate and understandable? How can these non-experts be assured of the reliability and credibility of Forensic Science considering their limited knowledge about it?

"Forensic Files", originally known as "Medical Detectives", is an American documentary television program that reveals how forensic science is used to solve violent crimes, mysterious accidents, and outbreaks of illness.

Its first broadcast was on TLC (an American pay television channel), with Peter Thomas as the narrator, and was produced by Medstar Television, distributed by FilmRise in association with TruTV Original Productions. The show had 406 episodes from its debut in 1996 until its final episode in 2011.

Reruns of the program shown on HLN (an American cable news channel) were originally titled "Mystery Detectives" before settling on the main title of the show in 2014.

On October 1, 2019, HLN announced its revival of the show entitled "Forensic Files II," which premiered on February 23, 2020.

Because of its long-time narrator, Peter Thomas' death, the program is narrated by Bill Camp.

The new series began its second season on July 11, 2021, and it used the same concept as the original.

The program used employees of CNN and HLN instead of hiring actors to play the fictional roles.

Forensic Files had a version that was broadcast on Five (a British free-to-air television network) in the United Kingdom under the title "Murder Detectives".

Most of its 400 episodes are also available on the "Medical Detectives – Full Episodes" channel managed by distributor FilmRise.

Forensic Files helped pioneer documentary-style crime-science shows, and its website says it profiles "puzzling, often baffling cases" whose riddles are ultimately solved by forensic detection.

In 2004, "The Official Forensic Files Casebook" was published, so as to give a recap on the show's episodes, explain how the show was produced, and details why some proposed episodes were rejected.

In the book, the program's Executive Producer/Writer, Paul Dowling, said that he was inspired by the murder of Helle Crafts, a Danish flight attendant who was murdered by her husband, Eastern Air Lines pilot Richard Crafts.

Helle Crafts' death led to the state of Connecticut's first murder conviction without the victim's body.

In January 2020, "Forensic Files Podcast" was launched and featured audio recordings from a selection of the Forensic Files airings.

Forensic Files is indeed proof that Forensic Science can be used to identify, detain and punish criminals and give justice to the victims of crimes.

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Superbugs: Threat for Researchers and Scientists

By: Mark Daniel A. Dubria

Bacteria are microscopic organisms that live everywhere. There are bacteria which cause various infections and diseases to humans. Humans tend to fight these infections and diseases with antibiotics. But more and more bacteria are getting resistant to this human solution and the reason—the use of unprescribed antibiotics.

Researchers have found that the carbapenem-resistant Enterobacteriaceae, multidrug-resistant Pseudomonas aeruginosa and Acenitobacter have developed more ways to fight and resist almost all known antibiotics.

According to Dr. Tom Frieden, director of the Center for Disease Control and Prevention, "These bacteria are considered as nightmare bacteria."

They have the capacity to transfer this so-called defense mechanism against antibiotics from their very own genes to another type or species of bacteria, making the antibiotic resistance a threat to humans.

Based on CDC estimates, these bacteria can cause 9,300 infections annually and a 600 death rate. They vary in the way they can fight back against these drugs.

"These are probably hundreds of different mechanism combinations," said Kellen, a medical officer in the CDC's Division of Healthcare Quality Promotions.

Luckily, scientists just announced that they have developed a certain molecule that reverses the antibiotic resistance in multiple clusters and strains of bacteria at once, making it one of the most promising advances we've had to date in the fight against superbugs.

But there is still a long way to go for these developments to be finalized and be proven to be safe and effective.

Thus, it is a must for humans to beware the improper use of antibiotics so as to not further complicate our current situation. Use prescribed antibiotics or else many more bacteria will follow soon, putting millions of us at risk.

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THROUGH THE LENS

#FTW: FOR THE WORLD

Photo by: Rodelyn Millana

Afterdark, a group of friends in Ormoc City, initiated a donation Drive for the people of Brgy. Villa Mag-Aso, Baybay City, Leyte where major landslides have been left devastated their barangay during the onslaught of Typhoon Agaton. #AgatonPH #LeyteNeedsHelp[1]

EUPHORIA

Photo by: Beatriz Anne Gallo

A day at Liana Beach, Batangas, where water, coarse sand, and cold winds caress the hearts of the youths as they spend time together.

THE FIRST PERSON

Photo by: John Christian Miranda

She was the first to make us feel cherished, significant, and irreplaceable. The person who is aware of your imperfections but still looks at you as perfect for who you are.

FUR-FECT COMPANION

Photo by: John Christian Miranda

A single touch from them may assuage your fears; one glance into their eyes, and you'll find inspiration and admire them enough to gain lifelong devotion. In this harsh environment, pets make terrific companions.

NCAA, Muling Umarangkada

By Nashlei Angeli Liki

Balik sa aksyon ang National Collegiate Athletics (NCAA) nang buksan ang ika-97 season nito noong Marso 26, 2022 sa La Salle Green Hills Gym sa Mandaluyong.

Host ang De La Salle-College of St. Benilde sa season na ito na may temang , "Stronger Together, Buo ang Puso."

Pinaka-hinihintay ang pagbabalik ng Men's Basketball at Women's Volleyball tournaments, pati na rin ang mga online chess at taekwondo matches na parehong naapektuhan nang magsimula ang pandemya sa bansa.

Binigyang-diin ni De La Salle-College of St. Benilde President, Bro. Edmundo Fernandez, FSC ang pagiging positibo ng pagtingin sa darating na liga kahit na ang malaking pagkakaiba ng sitwasyon noon at ngayon na nasa gitna tayo ng krisis sa kalusugan.

"This season's theme, Stronger Together: Buo ang Puso, is very apt as we transition to the possibilities post pandemic. Whatever our minds can conceive, we can truly achieve when we do it together," pahayag ni Fernandez.

"For two years, we've been waiting for contact sports to return, and we're excited to have basketball and volleyball games back. And for this year, we continue to hold online chess and online taekwondo tournaments. The preparations are still very challenging with the pandemic situation, but with the support of GMA, I know this will be a successful season," wika ni NCAA Season 97 Management Committee Chairman, Manuel Raymund Castellano Jr.,

"We are more than excited to bring the new season of the NCAA to our Kapuso viewers here and abroad," ani ni GMA Network Chairman at CEO Atty. Felipe L. Gozon sa kanyang mensahe. "Despite the challenges brought about by the global pandemic, the NCAA, in close coordination with GMA Synergy, soldiered on and successfully staged a unique season of sporting events last year. We also would like to extend our warm welcome to the hardworking student-athletes and wish them well in all their competitions. As home to the country's first athletic league, GMA Network fully supports the NCAA in showcasing their world-class talent. This NCAA Season 97, we are indeed 'Stronger Together. Buo ang Puso.'"

Source: NCAA Philippines Facebook Page

Dahil sa matagumpay na paglunsad ng Season 97, nakagawa ang NCAA ng kasaysayan bilang kauna-unahang collegiate atheletic league sa Pilipinas na ligtas na nakapagsagawa ng sports tournament sa gitna ng pandemya.

"We are also seeing this season as an all-Filipino tournament. Walang imports. Dito makikita ang mga atleta who are not just from Manila, but from the different parts of the Philippines as well. That's what makes this season different." ani ni GMA Regional TV Synergy First Vice President at Head, Oliver Victor Amoroso.

Pinangasiwaan nina Ms. Universe Philippines 2020 at bagong Kapuso Rabiya Mateo, Manolo Pedrosa, at NCAA hosts Martin Javier at Sophia Seron ang NCAA Season 97 Opening Ceremonies na ipinalabas sa GMA pagkatapos ng Eat Bulaga.

Nakasama nila ang NCAA anchorman na si Anton Roxas at ang mga Season 97 courtside reporters na sina Ann Gabriel, Avia Zunic, Chantal Laude, Aya De Quiroz, Chloe Carillo, Chase Orozco, Christiana Dimaunahan, Eden Hernandez, Lance Santiago, Michelle Naldo, Sofia Rodelas, Christian Sebastian, at Baileys Acot.

Ipinamalas rin sa programa ang world-class Filipino talent ng kauna-unahang Filipinong kampeon ng Asia's Got Talent, ang El Gamma Penumbra.

Nagniningning na pagtatanghal naman ang hatid ng ilan sa mga pinakamalalaking bituin ng kapuso na pinamumunuan ni Asia's Limitless Star Julie Anne San Jose, Garrett Bolden, Thea Astley, Jessica Villarubin, Mariane Osabel, Jeremiah Tiangco, Nef Medina, Vilmark Viray, at Anthony Rosaldo.

NCAA Welcomes Back Basketball Fans After 2 Years

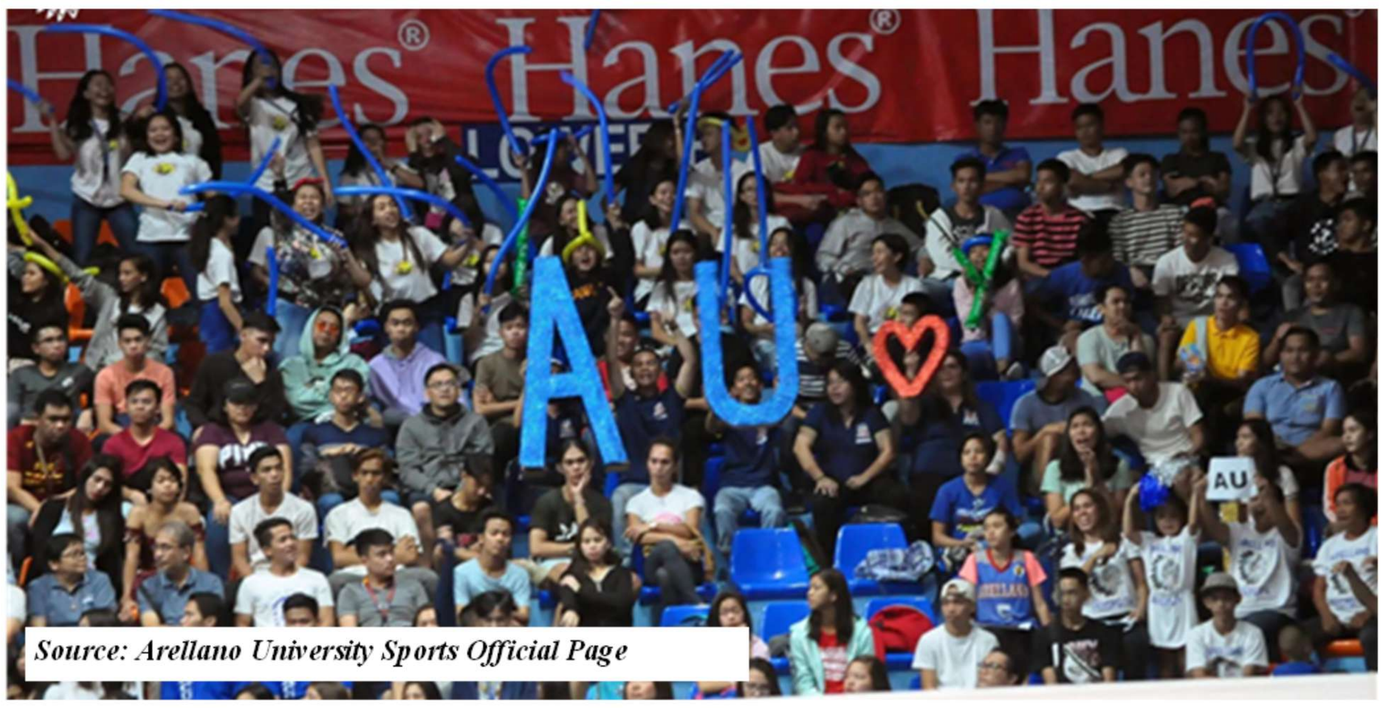
By Adriane Jefferson C. Alilio

Due to the COVID-19 Pandemic, social gatherings have been put on hold because of the risk of spreading the virus, including live games at sporting events around the country. But now that the country's daily COVID cases have somehow stabilized, the NCAA will once again open its doors for the fans.

The first game with a live audience would be held on April 29, 2022 with an exciting rivalry match between the Letran Knights and San Beda Red Lions. The NCAA Season 97 Management Committee chairman, Dax Castellano, stated that the league would be returning to the FilOil Flying V Center to accommodate those live audiences in the stands.

Castellano also announced that they would be allowing a 100-percent audience capacity and that tickets would be sold as early as April 26, 2022.

Once the eliminations games are over, the play-in Tournament would begin on May 1, 2022, then the semi-finals will most likely start on May 8, 2022, and the best-of-three finals series is expected to be held on May 15, 2022. All of which are expected to have live audiences.



Source: Arellano University Sports Official Page

Arellano Lady Chiefs Begins Work to Defend Title

By Carlo T. Arsula

After an almost a two-year lull due to the current COVID-19 pandemic, Defending Champions Arellano Lady Chiefs kicked off their bubble training last March 26, 2022 in the Arellano University - JSC Gym for the major competition set this year, NCAA season 97.

Carla Donato, the new captain ball, who now takes her act to the on-court coach, told The Standard that her teammates have been adjusting after being stuck in their virtual training sessions since the termination of NCAA Season 95.

"Ilang years din kaming nagpahinga at no ball. Inunti-unti muna kami ni Coach Obet gaya ng light weights, then tsaka lang kami magp proceed sa drills at balls," 5'11 middle blocker said.

Arellano women's volleyball coach Robert "Obet" Javier has admitted having a hard time regaining the physical condition of each player.

While NCAA basketball is ongoing, the Arellano Lady Chiefs will continue their bubble training. For precaution, the players, coaches, and staff undergo an antigen swab test every Saturday to ensure everyone's safety. There are also health restrictions around the bubble place for extra measure.

In what could be an unprecedented race against time to better prepare for the upcoming collegiate battles, Carla Donato keeps a realistic target for what she hopes the Lady Chiefs, especially for the rookies, to accomplish these next few weeks.

"Hindi naman sila mahirap iguide kasi nakikipagsabayan sila at hindi rin nila iniisip na rookies sila." Donato also noted new faces who can make solid contributions to the team.

There are a total of 19 players in the Arellano's training pool who are in the bubble, all competing to make the final cut that are expected to be released in the third week of April.

CONTINUE TO NEXT PAGE...

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With the remaining key Lady Chiefs who are expecting to deliver; San Gregorio, Princess Bello, Carla Donato and lots of new lined up players, promised to have a better output and performance to defend the championship title and return the favor to the Arellano community and management.

With regards to their official games, there have been reports that major sports tournaments of the NCAA – such as volleyball and the cheerdance competition – may take place in a bubble setup in June, although no official confirmation has been announced by the collegiate sports league, while basketball is currently on its way to semi-finals.

Former Lady Chief takes on coaching role

Several years after her rest on volleyball actions, former best setter Rhea Ramirez is returning to the Arellano Lady Chiefs as a graduate assistant coach.

Carla Donato, the captain ball, remarked that Rhea Ramirez could be the game changer for their team since all of their setters are rookies and are still recalibrating.

"Naga-guide niya yung mga young setters na meron kami especially nakasama din namin siya and gamay niya rin kami. Most importantly, kaming mga quickers. At least, natututukan niya yung mga new setter kasi alam niya yung mga gusto naming sets," Donato added.

Rhea Ramirez was the playmaker for Arellano during PVL Collegiate Conference, where the team bagged the 3rd-runner-up title and she was named as the Best Setter of the Conference.

Source: Arellano University Sports Official Page

AU Chiefs Bows Down to Undefeated SBU Red Lions

By Carlo T. Arsula

The St. Benilde Gym became the battleground for the Sunday de Gloria doubleheader match between the AU Chiefs and the San Beda Red Lions on April 19, with both teams squaring off. The Legarda-based squad looked to get their second win against the Season 95 first runner-up, first seed, but failed and succumbed to a loss.

The Red Lions, who seemed to have found their groove after tallying 4-0 in the standing, were led by James Kwekuteye with a 14-point output. Chipping in this much-awaited win were Gabriel Cometa, who also put in 15 points, and Ralph Penuela, with nine.

In the losing effort, Axel Doromal had 16 points to his name. Raymart Sablan was the only other Arellano player to hit double digits, as he recorded 10 points, along with 12 rebounds.

Source: GMA Sports FB Page

The unblemished Red Lions came into the game hoping to solidify a significant lead early on; however, Chiefs' Axel Doromal opened the scoring in the first quarter with a drive at the 9:12 mark. The Arellano Chiefs continued to challenge their opponent's offense by tallying numerous steals and turnovers as SBU called an early timeout, 7-4.

With the lead back in SBU's hands, the Red Lions took advantage and unleashed a huge 10-0 run to take a 29-17 lead with 5:58 remaining in the first half. Arellano then called a timeout after a few turnovers, then Caballero delivered a crucial hook shot to cut the 12-point deficit to ten, 29-19.

Justin Sanchez fired a buzzer-beater 3-point shot to close the first half, 32-47. It was an avalanche of scores for Coach Boyet after SBU forced continuous turnovers and were able to place Arana into the penalties that made them score 35 points off the paint, heading into halftime.

The start of the second half began with a good momentum coming from the Chiefs as they were able to answer back on the Red Lions' call. However, it was too late for them as Kurkuteye was dominating the scoreboard, giving SBU a 22-point game-high lead.

The San Beda squad then proceeded to outperform Arellano continuously, as the Chiefs struggled to sink their shots despite multiple attempts at the basket. With AU's lapses in their defensive plays, SBU was allowed to go on a whopping 17-3 run, with the only points of the Blue-and-Red coming from free throw shots by Archie Concepcion.

It was a difficult game for the Chiefs as they committed 20 turnovers and only made twenty-seven out of their 63 attempts from the field, compared to thirty-five out of 71 of the Red Lions.

Arellano is now trying to catch up with EAC in a 3-3 standing as they remain hopeful for the play-in bid and longs to earn a better spot on Friday, April 22, against the LPU Pirates.

The Scores:

San Beda 82 – Kwekuteye 14, Cometa 11, Penuela 9, Ynot 9, Bahio 8, Amsali 8, Sanchez 8, Cuntapay 6, Alfaro 4, Gallego 3, Visser 2

Arellano 68 – Doromal 16, Sablan 10, Valencia 9, Cruz 8, Arana 7, Concepcion 7, Steinl 4, Sta. Ana 3, Abastillas 2, Caballero 2

Quarterscores: 17-15; 47-32; 66-52; 82-68

Arellano Chiefs pina-upo ng Perpetual Altas, 87-70

By Carlo T. Arsula

Source: Arellano University Sports Official Page

Tila walang kulay ang koponan ng Arellano University Chiefs kontra University of Perpetual Help System Altas matapos kapusin, sa iskor na 87-70, sa naganap na NCAA Season 97 Men's Basketball sa La Salle Greenhills Gym noong Abril 6.

Pinatunayan ni Justin Arana mula sa Arellano Chiefs ang liksi nito sa laro nang maka double-double 14 na puntos at 12 boards ngunit iniwan ang laro sa gitna ng ika-4 na quarter ng magtamo ng knee injury.

Hindi naman nagpatinag si Jeff Egan ng Altas sa puhunang lakas ng Chiefs na kumamada gamit ang bilis ng pwersa ng mga ito , 87-70.

"Yung sinabi ni Coach Myk talaga, bawat talo, bawat panalo, good vibes lang talaga, dapat maganda yung awra ng ensayo namin at sa lahat ng ginagawa namin para madala namin sa game," pahayag ni Egan na tumatak sa kanilang isipan.

Bumira naman ng pamatay-sunog na lay-up si Kalen Doromal na nakakuha ng 5 puntos upang ipaglaban ang Chiefs sa kalagitnaan ng ikatlong quarter.

Walang kahirap-hirap na pinako ni Jielo Razon ang ikatlong quarter nang magpaulan ng sunod-sunod na 2 points na nagtapos sa iskor na 66-47.

Tila nagkaroon ng takip ang ring ng Chiefs nang magsimula ang ikalawang quarter ng laro makaraang hindi makapasok ang bola na waring napalakas din ang depensa kontra sa ring.

Sinamantala naman ng Perpetual Altas ang pagkawala ng Arellano Chiefs kaya dumadagundong na sunod-sunod na 3 points ang pinakawalan nina Arana at Rey Barcuma upang dominahin ang laro, 43-27.

"Wag kayo makumpyansa, hanggat di pa tumutunog ang buzzer, di pa tapos yan," paalala ni Coach Myk Saguiguit sa kanyang team.

Sa pagsisimula ng laro, naging mainit ang bakbakan matapos ang mala-sisong naging sagupaan ng dalawang koponan sa unang quarter nang ipinamalas ng Chiefs ang malakas na depensa nila laban sa nangingibabaw na opensa ng Altas.

Lumutang ang galing ni Arana at Maui Cruz pagkatapos ng pagsasalitan ng puntos na bumuhay sa Altas upang selyuhan ang kalaban at manguna sa pagtatapos ng unang quarter, 20-17.

"Takbuhan natin sila nang takbuhan, katulad nga ng tingin ninyo sa kanila, the most conditioned, kumbaga yan lang naman ang puhunan namin e, yung kondisyon nila," pahayag ni Coach Saguiguit.

Arellano Powers Through EAC to Keep Their Season Alive

By Adriane Jefferson C. Alilio

Source: Arellano University Sports Official Page

Arellano came home with a big win over the EAC Generals with a final score of 70-55 on Sunday, April 24, 2022 at La Salle Greenhills. The game was a do-or-die situation for the Chiefs; having a record of 2-5, that game was the one that would decide whether the Arellano Chiefs could still be in the running for the Final Four at the end of the season. Gladly, the team did not disappoint.

Justin Arana led the Chiefs with 21 points, 18 rebounds, 3 blocks, and 3 assists to put his team back on the winning side.

Along with Gelo Sablan scoring seven points in the fourth period alone, and finishing with 12 points, 7 rebounds, and 3 blocks securing the Chief's win with a 15-point lead with less than 3 minutes left to play in the game.

A lot of players also stepped up to contribute to this crucial win. Jordan Sta. Ana, Axel Doromal, Stefan Steinl, and Archie Concepcion all scored eight points apiece at the end of the game.

With the loss, the Generals lost back-to- back games. Ralph Robin led the Generals with 13 points, with 3 made from deep, while Marwin Taywan got 12 points, seven boards, five assists, two steals, and JP Maguliano with nine points and eight rebounds.

With this win, the Arellano Chiefs have formed a four-way tie with EAC, San Sebastian, and Perpetual, standing at 5th place with a 3-5 record. With only one game left, the pressure is on for these four teams, for losing may mean dropping out in the Play-in Tournament for the Final Four. Arellano will play against the last seeded JRU Bombers on April 27.

The Scores

Arellano 70-Arana 21, Sablan 12, Sta. Ana 8, Doromal 8, Steinl 8, Concepcion 8, Oliva 3, Cruz 2, Caballero 0.

EAC 55-Robin 13, Taywan 12, Maguliano 9, Cosejo 5, Liwag 5, Gurtiza 4, Cadua 3, Luciano 2, Ad. Doria 2, Cosa 0, Fuentes 0, Bunyi 0.

Quarter scores: 17-14; 44-30; 55-47; 70-55.

Blazer's Clutch Nayve Drubs Chiefs, Clinches Second Straight Victory

By Thomas James Mangada

Finishing with a bang, College of Saint Benilde Blazers star guard Robi Nayve drilled a dagger three-pointer, 76-71, to seal the victory over Arellano University Chiefs in Season 97 of National Collegiate Athletic Association (NCAA) at Saint Benilde Gym, La Salle Greenhills, April 22.

Under the pressure of a tied ballgame, Nayve took the chance on his own hands after landing a three-point bomb with less than a minute remaining in the game.

Nayve stuck to the trust of his coaches as he garnered 19 points and three rebounds.

"I know someone has to step up in the scoring column for us. I took that opportunity since that coach trusts me." Nayve said.

Will Gozum and Miguel Corteza kick off the hot start for the Blazers with their collective effort inside to create a 14-5 run at the halfway point of the first quarter.

Nayve pulls off from the corner to bring the lead to seven, 36-29, for the Blazers at the half.

Aggressive offensive rebounding has been the key factor for the Blazers after tallying an 11-2 advantage at the start of the third frame.

Star center Justin Arana of Arellano shakes off his defender inside to easily lay the ball up and take the first lead of the game with a free throw conversion, 63-62.

Attacking inside the paint is the driving force for Gozum after finishing strong in two consecutive plays with a defender right on his face and taking a 67-64 edge in crunch time.

Coach Charles Tiu of CSB emphasized the importance of defensive strategy and strength to win games in the season.

"That's really the emphasis of our practice. We spent 80% defense on the practice and just working on it." Coach Tiu stated.

Source: GMA Sports FB Page

Chiefs' Relentless Finish Shackles Heavy Bombers; Claims Spot to Play In

By Thomas James Mangada

Source: GMA Sports FB Page

Prolific center of Arellano University Chiefs, Justin Arana, dropped the bomb for the Heavy Bombers' strong defense and took the 65-62 victory in a do or die matchup at the 97th season of NCAA held at the St. Benilde Gym La Salle Greenhills, April 27.

The senior captain of the Chiefs, Arana, delivered the clutch inside the basket with a foul that forced their lead to three in the final seconds of the match.

Big-time players make big-time performances as Arana finishes strong with a total of 18 points and a career-high 29 whopping rebounds and 2 blocks.

Axel Doromal fired up the Chiefs in the opening minutes of the quarter with two consecutive attacks to the basket and brought the deficit to eight, 20-12.

Evan Agbong of the Heavy Bombers trimmed the lead to two in the second quarter's halfway mark as he aggressively pounded his way into the basket.

The six-foot-five Arana used his lengths in order to get the layup inside the paint and collect another double-double performance at the half, 34-28.

JRU clawed their way back into the stat sheets after a six-to-two -run by Hommer Macatangay at the start of the second half of action, 36-34.

Archie Concepcion capped off a highlight euro step to finish a layup and bring the deficit to ten, 44-34.

Arana took every opening on the inside at the start of the fourth quarter with his post-move lay-in to get the lead back up to seven, 53-46.

JL Delos Santos and Macatangay rallied back for the Heavy Bombers after finishing their shots at the basket and tied the game at 57 apiece.

The Arellano University Chiefs will advance to the play-in matchup as the start of their campaign to seek a spot in the final four.

Arellano Chiefs Breaks 3-Game Losing Streak, Beating Mapua

By Kim Abigael DT. Malilay

Source: GMA Sports FB Page

The Arellano Chiefs defeated Mapua Cardinals last April 10, 2022, Sunday at the La Salle Greenhills Gym, ending their three-game losing streak for a 2-3 record and handing the Cardinals their second straight loss for a 3-2 record.

Jordan Sta. Ana scored 10 of his 15 total points in the first 10 minutes of action, giving Arellano control of the game early in the first quarter.

The Cardinals clawed back in the second canto, but Arana and the team captain, Gelo Sablan, led the Chiefs to a 41-35 halftime lead by converting their shots from smart offensive moves. As the Chiefs weathered a late Cardinals rally to match their opponents at 2-3, big man Justin Arana scored 12 out of his 17 points and grabbed 12 rebounds in the second half of their game.

When the third quarter began, the Arellano Chiefs were in control, extending their lead to 14 points. The Mapua Cardinals put together a brief scoring spurt, but it wasn't enough to recover the lead over the Arellano Chiefs.

Mapua Cardinals made a tremendous comeback in the play-off stage, trimming their deficit to two points, 60-62, in the final four minutes. Arana, on the other hand, fought with all his might with 4:11 remaining before scoring 6 points in a Chief 10-0 run to put the game away and secure the victory at 72-63.

Cholo Martin, the Arellano Chiefs coach, expressed his gratitude that the Chiefs have finally returned to their standing and that this is what the players are striving for. He also stated that he ensured that Arana, who played a season-high 36 minutes, was properly cared for after suffering a right knee sprain in their game against San Sebastian.

The Scores:

Arellano 72 - Arana 17, Sta. Ana 15, Oliva 10, Doromal 9, Carandang 6, Sablan 4, Uri 4, Caballero 3, Cruz 2, Dela Cruz 2, Valencia 0

MAPUA 63 - Bonifacio 11, Pido 9, Nocum 9, Garcia 8, Agustin 7, Gamboa 7, Hernandez 7, Lacap 5, Mercado 0, Asuncion 0, Sual 0, Salenga 0, Milan 0

Quarter Scores: 23-19, 41-35, 56-48, 72-63

LPU Pirates Shot Their Second Win as AU Chiefs Embrace Their Fifth Loss

By Kim Abigael DT. Malilay

Arellano Chiefs and LPU Pirates competed last April 22, 2022, at the St. Benilde Gym, La Salle Greenhills in Mandaluyong City. With their starting standings, the Arellano Chiefs had two victories and four losses, while LPU had one victory and five losses.

The Arellano Chiefs started the game with their first five players, Mavi Cruz, Arturo Olivia III, Justin Arana, Gelo Sablan, and Axel Doromal. On the other hand, the LPU Pirates' first five were Raphael Garro, Enoch Valdez, Junmark Silvarez, John Barba, and Yancy Remulla.

The Chiefs had a good start as the first ten minutes of the first quarter began; they controlled the tempo and had three points with fast breakpoints, 21-14 in favor of them.

The first quarter came to an end quickly as the Chiefs began their second quarter with a score of 21-14, and Navarro had a foul with Arana, allowing Arana to make his free throw, giving them a two-point drive, 23-14. However, JM Bravo of the LPU Pirates answered back with a two-point shot to bring the score to 23-16.

As the second quarter progressed, Arellano's Sablan was able to knock it down, resulting in a 26-22 score. Yet, Mclaude Guadana of Lyceum responded with a three-point shot, bringing the score to 26-25. With a 30-28 score at the end of the second quarter, the Arellano Chiefs were still in the lead.

The third quarter featured a fast-paced battle between the two teams, with the score remaining 47-43 in favor of the Arellano Chiefs throughout the last three minutes. But, in the fourth quarter, a nerve-wracking game arose as the Lyceum Pirates gave their all in the final 8 minutes and 15 seconds, putting them in favor with a huge score gap of 56-49. Nevertheless, the Chiefs did not let their guard down in the game, scoring 56 points due to Arana's two points, while the LPU scored 58 points in the final 3 minutes and 40 seconds. Still in the 4th quarter, Sta. Ana managed to contribute to AU by giving two points, causing AU and LPU to tie up apiece.

As the fourth quarter came to a close, the LPU Pirates celebrated their two victories while the AU Chiefs lamented their five losses, with the final score 66-70 in favor of the LPU Pirates. Despite this, Justin Arana's outstanding performance as the team's center results in 17 points, 24 rebounds, and four blocks. Arana bounced back quickly, with far better figures today than in the game against San Beda.

Lyceum's Enoch Valdez, the game's best player with 17 points and 5 seconds, stated that he was inspired by his teammates because, even though their position was not so good, they clung together and motivated each other to not feel depressed because elimination was still not over.

Shorthanded Arellano Falls to Letran, 96-67

By Adriane Jefferson C. Alilio

Without Arellano's main big man, Justin Arana, the Chiefs fell to 1-1 in the NCAA standings as Letran walked off with a 29-point lead victory Wednesday, March 30, at the La Salle Green Hills Gym.

Coming off a huge 65-63 win over San Sebastian last March 27, 2022, Sunday, the Arellano Chiefs had to face the defending champs, San Juan De Letran University, without their best man under the post. Arana was sidelined for the entire game due to a right knee sprain he suffered during the final minutes of the fourth quarter in the previous game.

The Chiefs had to find a way to make up for Arana's dominance in the paint; with 4 of 5 starters scoring early in the game, the Chiefs were able to hold on to a four-point lead (15-11) with two and a half minutes left to play in the first quarter. After a quick timeout, the Knights were able to make a run and regained the lead by the end of the quarter (20-17).

By the start of the second quarter, things went downhill for the Chiefs. Letran capitalized on Arellano's lack of size in the paint and outrebounded them the entire quarter. By the end of the half, Letran was holding on to a 41-26, outscoring Arellano 9-21 in that quarter alone.

At the start of the second half, the Chiefs started to gain momentum and began to chip away the lead little by little, trading shots outside the perimeter and inside the paint, but the lead was far too great. The Knights dominated the final quarter again, scoring 30 points, while Arellano only scored 16. The game ended 96-67 in favor of Letran.

Led by Ambohot's 20 points, Olivario's 15, and Abando with 11 points, 7 rebounds, and 2 blocks, the Letran Knights won their second straight game and remained undefeated for the start of the season.

With their first loss of the season and their first game without Justin Arana, the Arellano Chiefs fell in a tie with idle College of Saint Benilde at 1-1.

Chiefs Comeback to Take Their First Win of the Season Over the Stags; Justin Arana Injured in First Game

By Adriane Jefferson C. Alilio

The Arellano Chiefs shocked the San Sebastian Golden Stags in their first game of the season in a 65-63 win on March 27, Sunday, at the La Salle Greenhills Gym.

It was a close match from the start, with the 1st quarter ending at a score of just 13-14. Coach Cholo admitted that they were a little out of shape since it was their first game in two years, but they eventually got the feel of the game.

The Stags looked to put away the Chiefs after ending the 3rd quarter with an 8-point lead, but Arellano came back from behind to make it a close game at the near end.

Their star player, Justin Arana, along with an emphatic three from Gelo Sablan, forced a late 4th quarter run to erase a nine-point deficit and lead 62-60. Unfortunately, Arana suffered an apparent knee injury after going for a rebound late in the game. He left the game with 16 points and 15 rebounds and with only a minute and 49 seconds left in the game.

Leaving Arellano short-handed, San Sebastian took the opportunity to take the lead as Jessie Sumoda drained an open rainbow shot to clinch a 63-62 advantage but that would have been the final play for the Stags.

Having lost their top scorer and reigning NCAA Defensive Player of the Year, the Chiefs did not lose hope. Arellano guards, Sablan and Sta. Ana, delivered in the clutch moments to eke out the win for the Legarda-based squad. They were able to prevent San Sebastian from having any good possessions, and aside from that, Sablan sank two clutch free throws to seal their win.

The game ended with a final score of 63-65, a season opener victory for the Chiefs.

Source: Arellano University Sports Official Page

The Scores:

ARELLANO 65 – Arana 16, Sta. Ana 14, Valencia 9, Sablan 8, Doromal 7, Talampas 2, Carandang 2, Uri 2, Caballero 2, Ababstillas 2, Concepcion 1, Oliva 0, Steinl 0, Dela Cruz 0.

SAN SEBASTIAN 63 – Altamirano 16, Calma 13, Villapando 10, Calahat 8, Sumoda 8, Are 4, Una 2, Desoyo 2, Ra. Gabat 0, Cosari 0, Re. Gabat 0, Loristo 0.

Quarterscores: 13-14, 29-33, 45-53, 65-63

Arellano's Big Man Justin Arana Suffers Injury

By Kim Abigael DT. Malilay

The Arellano Chiefs defeated the San Sebastian Golden Tags in the NCAA Season 97 Men's Basketball Tournament's elimination round last March 2, 2022, at the La Salle Green Hills Gym.

In the third quarter, 50-36, the Chiefs were behind by double digits on a Stag Rommel Calahat but were fortunate through Arana, Jordan Sta. Ana, and Raymart Sablan in the fourth quarter, whittled away at the deficit. Sablan's three-pointer gave Arellano the lead back to 62-60 just before Arana hurt his knees. Arana grabbed a rebound with one minute and 49 seconds left in the game, but his right knee buckled.

Arana scored 16 points, 15 rebounds, and four blocks in over 35 minutes of game time before his injury.

"Medyo pagod na siya eh. Bumigay na yung calf niya eh kasi whole game siya nag lalaro eh. So sana 'wag naman malala, kailangan namin siya eh," said Cholo Martin, the Chiefs' head coach, as Justin Arana was stretchered out of the venue.

According to Mia Fuentes, Arellano Chiefs' physical therapist, the initial diagnosis was a partial ACL tear with a torn meniscus, so they sought a second opinion. When the MRI revealed that the ACL was intact, the result was changed to an ACL sprain, which is now the official diagnosis.

Arana revealed that he cried because he was overjoyed when the doctor told him that he could go back to playing. He also talked about the injury he sustained during their game against San Sebastian.

"Pagbagsak ko nun, umiiyak talaga ako kasi last minute na talaga 'yon e. So sobrang nanghihinayang ako, pero sobrang happy ako sa team ko kasi nanalo kami kahit wala ako nag step up sila. Sobrang heartbroken lang ako kasi 'yon nga nasa mindset ko di naman maiiwasan na tapos na NCAA career ko."

Justin Arana also stated that his recovery is his top priority. He said that he must be fully recovered from his injury because this is his final year in the NCAA, and he must finish his NCAA career effectively.

Source: GMA Sports FB Page

Unfazed Kings Ginebra Reigns Anew

By Thomas James M. Mangada

Setting the record straight, Barangay Ginebra Ginkings secures another title over Meralco Bolts in four Governor's Cup clash.

The defending champions, Barangay Ginebra San Miguel, overpowered the Meralco Bolts in a commanding game six victory 103-92 and took the back-to-back conference crown at the Mall of Asia Arena, April 22.

Veteran guard, Lewis Alfred Tenorio, funneled the offensive attack of Ginkings in game six with multiple floaters and a crucial three-pointer to end with 30 points.

Scottie Thompson, the Conference's Best Player and Finals MVP, elevated his game by entering the finals with prolific defense and sky-high offensive rebounds to win the championship.

The 28-years-old superstar guard pays tribute to his colleagues for achieving the title and the trust that the coach gave him in leading the team.

"I thank the Lord for giving us this. I also want to thank our coaching staff, especially coach Tim [Cone] for trusting us players and our veterans who were there to guide us. Everyone in our team, even our rookies, stepped up." Thompson stated infront of the Ginebra crowd.

The star guard from Digos garnered a final average of 17.8 points, 8 rebounds, and 5.5 assists.

Coach Tim Cone's squad demonstrated a "Never-say-die" attitude, as they fought and triumphed in a difficult season, thanks to their teamwork.

"I am shocked that we're here. But NSD, we're a team that doesn't quit. We had that legacy, and it's always an honor and a curse to try to live up to that all the time. It's really hard to live up to, but these guys find ways to live up to that," Cone said.

Two-time best import, Justin "The Magic" Brownlee, cemented his comeback with another trophy for the Ginkings after tallying 30.1 points, 11.2 rebounds, 5.4 assists, 1.7 steals, and 1.6 blocks.

The resident import of Ginebra came out strong entering the second half of game six after shooting the lights out from behind the arc and attacking the defense of bolts.

Meralco rallied back in the latter part of the first half with attack to the basket finish and mid-range jumpshots to tie the ball game by Tony Bishop and Chris Newsome.

Newly added reinforcements Christian Standhardinger and John Pinto contributed as the key factor to Ginebra's strong defensive arsenal.

Former Arellano chiefs, Pinto, delivered the goods for Ginebra in a title clinching match with his energetic defense and attention to detail on both ends of the floor as he finishes with five points, seven rebounds and four dimes.

"If you look back, our enemies were all at full strength. But we showed heart, and we showed just how Ginebra fights. We just kept on fighting. Truly 'never say die.' " Governor Alfrancis Chua said.

Source: Official website of PBA

Creamline Cool Smashers Outlast Petro Gazz for Pvl Open Conference Title

By Carlo T. Arsula

Creamline completed a perfect series and successfully reclaimed the Premier Volleyball League (PVL) Open Conference crown after beating Petro Gazz, 25-18, 15-25, 25-23, 25-16, Friday, April 8, 2022 at the Ynares Center in Antipolo City.

The convincing win woes the Petro Gazz Angels and proved costly as Jema Galanza and Tots Carlos delivered for the Creamline Cool Smashers to complete the rare 8-0 tournament sweep.

Alyssa Valdez, who bagged the Finals MVP, dished out a double-double performance after tallying 20 points and 11 excellent digs to an undefeated series.

MJ Phillips led Petro Gazz and started strong after having a convincing lead of 3 points before going to 1st TTO in the first set. Jeannette Panaga, however, fired timely attacks while Jema Galanza sparked a counter 4-0 rally to give the lead back to Creamline Cool Smashers, 11-10.

The Angels tried to mount the lead of Creamline in the latter part of the first set as Phillips smashed an attack through Panaga's block to trim the Cool Smashers' lead to seven, 16-24. But Carlos smashed the ball that provided enough separation to move her squad a set away from the Angels.

Scrambling Creamline called an early timeout, out of a 5-0 lead of Petro Gazz.

Petro Gazz maintained the lead and closed the second set with a 10 point lead, and tied the game into 1-1.

After subbing in for Rodriguez, Remy Palma made her presence felt after gunning two running attacks to scratch the lead into one, 24-23.

However, Showstopper Tots Carlos ended the third set with a combination play and now one set away from getting the championship.

Petro Gazz dwelled in their 15-score in the last set, while Creamline's Valdez took advantage within striking distance, while Galanza and Carlos powered the team's offense to seal the championship title.

While the 2nd Best Open Spiker, Soltones, was out of the crucial game due to knee injury, subbed Tiamzon led the scoring for Petro Gazz with 14 points, while MJ Phillips had 13 markers.

After averaging 18.8 points in the pool play up to the playoffs and a huge 24.5 points in the semifinals, Tots Carlos, bagged the Best Opposite Spiker and Most Valuable Player (MVP) of the conference.

Meanwhile, bronze medalist Roselyn Doria and Ria Meneses of Cignal's HD Spiker tied for the Best Middle Blocker. While their teammate, Gel Cayuna, snagged the Best Setter Award.

Doria and Meneses propelled the HD Spikers to the semifinals and had their respective moments in Game 2 for the battle for third as Cayuna displayed superior setting skills all throughout the conference by deceiving the ace defenders of other teams.

F2 Cargo Logistics' multi-awarded libero, Dawn Macandili, was named as the best libero after manning the floor throughout their games.

PVL president, Ricky Palou eyes the starting of PVL Reinforced Conference in late this year after pausing for nearly three years.

Source: PVL Website