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Arellano University

The Standard



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KINATAWAN NG POLSCI, PSYCH ITINANGHAL NA MR. & MS. AU-LEGARDA 2023

by: Ni Sean Andrei Mendros

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AU-JAS hosted Chiefs Leadership Conference 2022

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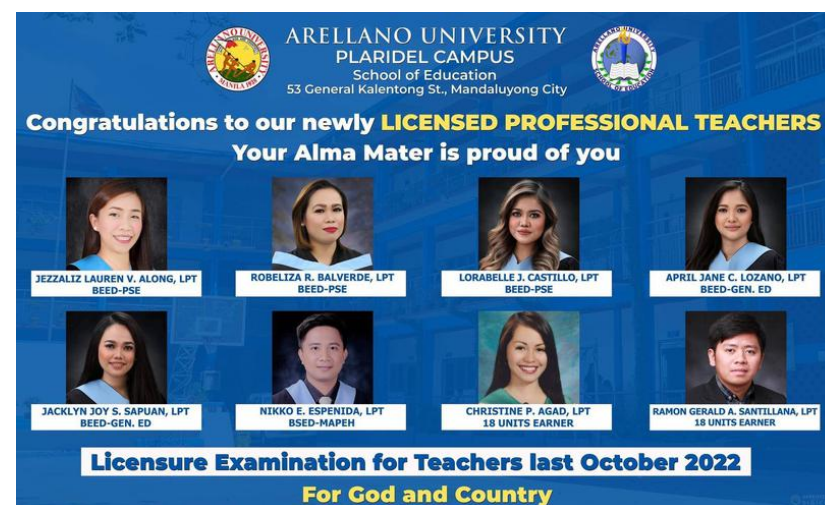
THE LONG WAIT IS OVER! RESULTS OF THE BEST RESEARCH AND SPEAKERS ARE OUT!

by: Adrian P. Lanopa

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AUPC: Newly Licensed Professional Teachers

Written by: Mara Francia Tanghal || Plaridel Campus



Mandaluyong Philippines –The Arellano University Plaridel has warmly commended the new batch of licensed teachers after the Professional Regulation Commission (PRC) released the results of the October 2022 Licensure Examination for Teachers (LET) on December 16, 2022.

Among the 49,783 elementary teachers and 71,080 secondary teachers, there are eight successful examinees from Arellano University Plaridel Campus who hurdled the Professional Licensure Examination. Bachelor of Elementary Education (BEED) graduates: Jezzaliz Lauren V. Along, LPT; Robeliza R. Balverde, LPT; Lorabelle J. Castillo, LPT; April Jane C. Lozano, LPT; and Jacklyn Joy S. Sapuan, LPT, were among those who passed the examination. Nikko E. Espenida, LPT, a graduate of the Bachelor of Secondary Education (BSED), had also succeeded on the test. Along with Christine P. Agad, LPT, and Ramon Gerald A. Santillana, LPT, both of whom earned 18 units, have passed the exam.

The AUPC's newly Licensed Professional Teachers have demonstrated that hard work and learning yield excellent results. With the news, they have truly made the university proud. Accordingly, the university posted a gesture of appreciation, recognition, and acknowledgment for the teachers' dedication and success, on January 10, 2023.

LOVE OVER BREED

by: Jhodhelyn Rei G. Detablan

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Makalipas ang tatlong taon, balik-entablado na ang Mr. and Ms. Arellano University (MMAU) ng Supreme Student Council (SSC) na dating isinagawa sa birtwal na paraan bunsod ng pandemya. At ngayong taong 2023, kinoronahan na pinakabagong representante ng Legarda sina Mr. Aldreje Tuazon mula sa kursong AB Political Science at Ms. Jahaizel Shanne Gamulao ng BS Psychology.

Sa edisyong ito, anim na kalalakihan at anim na kababaihan ang nagpasiklab at nagpakita ng natatangi nilang ganda at talino sa harap ng Plaridel Hall, nitong Pebrero 18 na ginanap mula 6:25 PM hanggang 11:00 PM

Ang pagdiriwang ay pinamunuan nina Mr. Jeffrey Bernades at Ms. Allyana Aniag, ang Chairman at Co-Chairman na nasa likod ng tagumpay ng patimpalak.

Sa unang parte ng kompetisyon, sinalubong ng malakas na hiyawan ang mga kandidato't kandidata matapos nilang magpakilala habang suot ang kanilang *casual attire*. Sumunod nito, ibang personalidad naman ang nasaksihan ng mga manonood matapos ipakita ng mga kalahok ang kanilang *sportswear*.

Malaking bahagdag kabuuang puntos ng mga kalahok ay pagbabatayan mula sa *national costume*, kaya naman, pinamangha ng mga kandidato't kandidata ang mga Chiefs sa kanilang pagkamalikhain nang kanilang ipasikat ang mga makukulay nilang kasuotan na hango sa iba't ibang kultura at tradisyon sa Pilipinas.

Isa pa sa pinakaabangang bahagi ng kompetisyon ay ang evening attire kung saan ay ipinamalas ng bawat kalahok ang elegante at makapigil-hininga nilang kasuotan.



Kinatawan ng PolSci, Psych itinanghal na Mr. & Ms. AU-Legarda 2023

Ni Sean Andrei Mendros

hurado sa mga kalahok. Ani nila, ang simpleng pagsali nila sa kompetisyon ay maituturing na agad nilang tagumpay.

Narito ang kumpletong listahan ng mga nag-uwi ng titulo, gayundin ang ilang special awards:

Mr. & Ms. AU 2023

- Mr. Aldreje Tuazon
- Ms. Jahaizel Shannae Gamulao

1st Runner Up

- Mr. Dave Macahis
- Ms. Thalia Rose Detera

2nd Runner Up

- Mr. Emerson Navarro
- Ms. Lovely Joy Solis

Best in QnA

- Mr. Heaven Joy Prado
- Ms. Thalia Rose Detera

Best in Sportswear

- Mr. Heaven Joy Prado
- Ms. Jahaizel Shannae Gamulao

Best in National Costume

- Mr. Aldreje Tuazon
- Ms. Jahaizel Shannae Gamulao



ni Mr. Tuazon.

Para kay Ms. AU Legarda 2023, apat na taon niyang hinintay ang pagkakataon na ito matapos siyang huminto sa pagsali sa mga pageant. Kaya naman kapansin-pansin ang walang humpay na pagsuporta ng kaniyang ina sa crowd.

“Pinagprepare namin ‘tong dalawa talaga since day 1. Nag-prepare kami kasi gusto naming talagang ilabas na lahat kasi nga, again, this is my [biggest] comeback in pageantry,” kuwento ni Ms. Gamulao sa naging gampanin ng ina sa kaniyang byahe tungo sa korona.

Bagamat maraming butas ng karayom ang kailangan nilagpasan, ikinatuwa ng Chairman ng MMAU 2023 at Undersecretary ng SSC ang naging tagumpay ng kompetisyon.

“Sobrang fulfilling kasi halos lahat naman diba ‘pag nakikita natin ‘yong event, okay nandyan na pero but on the backstage napakaraming kailangan – ‘yong papers, ‘yong pag-dedesign, ‘yong pagpapalano sobrang hirap. Inabot kami halos three weeks just to plan this one and also, sobrang saya na maging successful yung event,” batid ni Mr. Bernades.

Ang mga kinoronahang Mr. & Ms. AU 2023 ang siyang magiging pambato ng Legarda Campus sa darating na Mr. & Ms. AU Interbranch. Dagdag ni SSC President Mr. James Andrew Monilla, may pagkakataon rin ang mga nagwagi na maging kasapi ng komite ng SSC na tutulong upang maging boses ng kabataan at magbigay solusyon sa mga isyung kinakaharap ng mga Chiefs.

Best in Evening Attire

- Mr. Emerson Navarro
- Ms. Thalia Rose Detera

Maliban sa sash at korona, nag-uwi rin ng P1000 ang mga may hawak na titulo na sina Mr. Tuazon at Ms. Gamulao. Samantalang P750 at P500 naman ang natanggap ng mga 2nd at 3rd runners-up. Ang mga nanaig sa QnA ay nakatanggap rin ng Smart Bro Wifi mula sa pamunuan.

Sa panayam sa The Standard Manila, ibinahagi ng pinakabagong Mr. AU Legarda 2023 na minsan na rin siyang naging biktima ng bullying at depression kaya ang mental health awareness ang napili niyang adbokasiya.

“When I was growing up, I experienced some bullying, I also felt unwanted and I [felt] so depressed. So as a survivor of depression, I stand to the advocacy of depression and mental health awareness so I could be able to help and influence other people to focus on [themselves], to be better versions of themselves,” paliwanag

PH Judge Dissects Cybercrime Laws on SSC's Webinar

By Sean Andrei Mendros

for the Supreme Student Council's (SSC) Cybercrime Law Webinar.

In a nearly 4-hour lecture with over 90 attendees, Hon. Judge Marlo B. Campanilla passed on his expertise in Criminal Law as he was invited as the resource speaker for the event entitled “Digital World: Creating Safe Spaces Online,” held last Nov. 26 via Zoom Teleconferencing App.

Judge Campanilla began by explaining the concept of a ‘child’ through Republic Act (RA) 7610 or the “act providing for stronger deterrence and special protection against child abuse, exploitation, and discrimination, and for other

purposes” where a ‘child’ can be someone that is 18 years old and above but is currently suffering from a mental and/or physical condition.

RA 11930 or the Anti-Online Sexual Abuse or Exploitation of Children (OSAEC) and Anti-Child Sexual Abuse or Exploitation Materials (CSAEM) Act that punishes those who commit crimes related to the use of children as pornographic materials became the center of discussion afterwards. He explained that this involves a representation of a child engaging in an actual or simulated sexual activity.

Under the same law, he highlighted the fact that the simple possession of sexual videos of children is liable. Meanwhile, those who intend to sell, distribute, or broadcast child pornographic materials may face greater penalties.

He also added that if we allow audiences to freely watch x-rated contents involving children, it is no different from encouraging money-makers to produce more of its kind and that having sexual intercourse with minors is normal, which is the exact opposite. Following this, he also discussed other crimes such as grooming, pandering, trafficking in persons, as well as pornography

At the latter part of his lecture, he reviewed the controversial case of Rappler's Co-founder and Chief Executive Officer, Ms. Maria Ressa and business tycoon Mr. Wilfredo Keng as he went into cyberlibel through his pre-recorded video.

Thereafter, he entertained questions from several participants as the open forum segment led by SSC's Undersecretary, Mr. Jeffrey Bernades commenced. The council's Secretary, Ms. Mica Justine Flores, awarded the Certificate of Appreciation, while Mr. James Andrew Monilla, council President, officially ended the event.



“Are we guilty of libel when we express our negative thoughts towards a public official or a private person?” “Where is the limit of freedom of expression?” These are a few of the questions thrown by Arellano University's Director for Tertiary Education, Dr. Maristela B. Roxas, as she delivered her welcoming remark

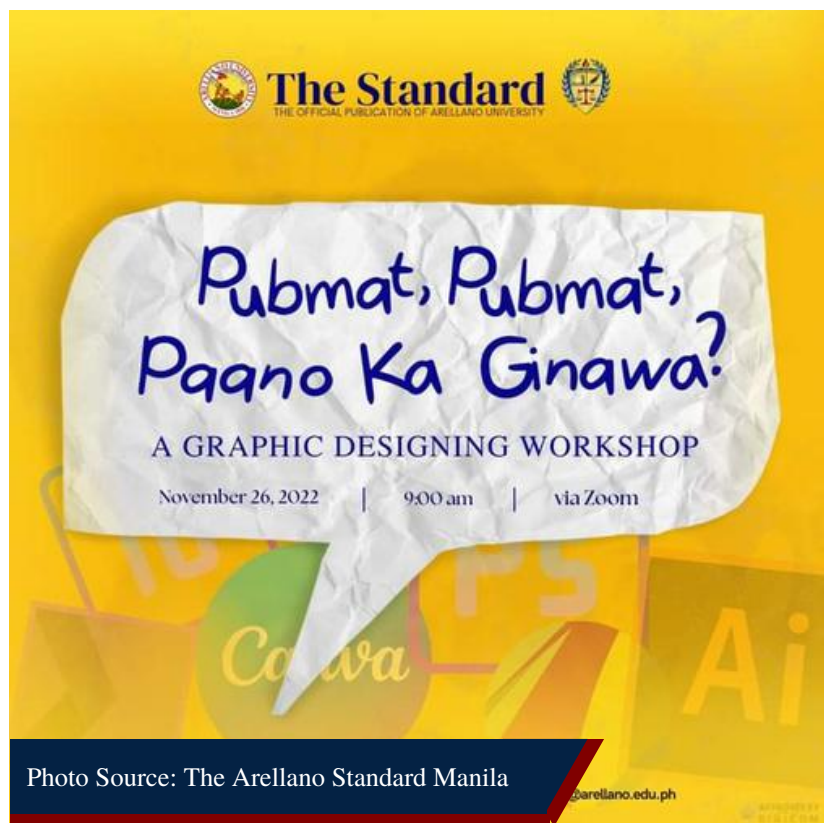


Photo Source: The Arellano Standard Manila

The Arellano Standard Manila held its first webinar for Academic Year (A.Y.) 2022-2023, entitled “Pubmat, Pubmat, Paano ka Ginawa?: A Graphic Designing Workshop”, last November 26, 2022, from 2:00 - 4:00 PM attended by 105 participants via Zoom Teleconferencing App.

The workshop was hosted by Ms. Pamela D. Delos Reyes, Editorial Editor, and Ms.

Jazmine Marie G. Agoncillo, Science and Technology Editor, and was formally started by the Opening Remarks of Ms. Maria Nadine Roman, Co-Adviser of The Arellano Standard Manila.

Ms. Delos Reyes and Ms. Agoncillo introduced the speaker, Mr. Ricky S. Cabual Jr., Former Head Layout & Graphic Artist of The Arellano Standard Manila. Mr. Cabual started off with the question,

PUBMAT, PUBMAT, PAANO KA GINAWA?: A Graphic Designing Workshop

By: Jazmine Marie G. Agoncillo

“how familiar are you when it comes to making publication materials/graphic designing?”.

To continue in the said webinar, the speaker discussed (1) what graphic design is, (2) 4 types of graphic designs which are image-based, type-based, image and type, and symbols, logos, and logotypes.

“You have to take note *na kailangan hindi lang tayo basta design nang design, but to also consider ‘yung mga taong gusto natin pagparatingan ng ating messages’*”. He added.

Mr. Cabual mentioned the design process, which are as follows: (1) briefing: the initial conversation or consultation between the client and the designer such as 5W’s and 1H, timing/deadline, and designer’s quote/s, (2) design, which consists of development,

presentation, and refinement, (3) artwork, and (4) production.

The speaker also shared his knowledge regarding the basic elements (line, shape, texture, space, size, and value), color wheel, color schemes (complementary, analogous, and triadic), psychology of colors, note-worthy graphic design principles, and what app to use for graphic designing.

“Graphics need to have a sense of balance. This isn’t to say that each side needs to be perfectly symmetrical, but the amount of visual weight on each side should feel cohesive and intentional to create this feeling of balance”. Mr. Cabual stated.

He gave his personal tips which includes: (1) do your research, (2) think of yourself as a creator and collect the great work of others, (3) patience is a virtue,

(4) don’t get intimidated by the concepts, and (5) just try and try.

In the Question-and-Answer portion of the program, Mr. Joshua Balara asked “Paano po ba ma-hire as a graphic designer? Si client po ba ang maghahanap or ‘yung designer po mag-apply?’”. Mr. Cabual answered with “Based on what I’ve known, there are employers for graphic designer, mayroon din tayong freelancer. Depende siya kung gugustuhin mo maging freelance or may employer ka”.

Mr. Earl Joshua M. Morales, the Editor-In-Chief of The Arellano Standard Manila ended the program by expressing his gratitude to the resource speaker and to the audience who attended the webinar up until the end.

Parenting Series for Grade 11: Maging Bukás sa Usapin ng Anxiety, Depression

Ni: Sean Andrei Mendros

Matapos ang mga magulang sa Baitang Pito, mga magulang naman sa ika-labing isang baitang ang naging sentro ng ikalawang webinar para sa “Parenting Series: Challenges and Strategies” ng Arellano University Guidance Office nitong ika-17 ng Enero na napanood nang live sa Facebook app.

Sa pagsisimula ng talakayan, pinaalalahanan ng tagapagsalita na si Dr. Marites M. Mascariñas, LPT, RGC ang mga dumalo sa malaking gampanin na kinakaharap ng isang magulang sa pamamagitan ng isang sipi mula sa bibliya na nagsasabing, “Teach the child the way they should go, so when they grow old, they will not depart from it.”

Maliban sa pagpapalaki nang maayos sa kanilang mga supling, naka-atang aniya sa mga magulang ang responsibilidad na protektahan

ang mga ito sa mga banta sa kalusugan, lalo’t higit ang kanilang mental health.

Paliwanag ng tagapagsalita, maraming magulang ang hirap ipaliwanag ang mga pagbabago sa mga gawi ng kanilang anak bunsod ng pandemya, pero sa kabila nito, mahalaga pa ring ipairal ang konsiderasyon at pag-unawa.

Marahil ay tinuldukan ni Dr. Mascarinas ang mga maling paniniwalang hindi totoo ang anxiety at depression nang kaniyang ipahayag na tulad ng ating katawan, ang ating mga isip ay napapagod at nagkakasakit din.

“Iba na po ang panahon ngayon, dapat [bukás] na po tayo sa ganitong sitwasyon. Totoo po na ang ating isip ay nagkakasakit,” paglalahad ng tagapagsalita.

Paglililaw naman niya, hindi kailanman naging masama ang



Photo Source: Melitas, Shutterstock

pagdulog sa mga propesyunal para humingi ng tulong medikal. Para sa kaniya, ang depresyon, at iba pang mga sitwasyong tulad nito, ay mahalagang napag-uusapan.

Sa kaniyang pagtatalakay ukol sa mga parenting strategies, pinayuhan niya ang mga magulang na hindi epektibo ang pagsasagawa ng “quality time” sa pamilya kung madalang naman aniya itong isinasagawa.

Binigyang-diin din niya ang kahalagahan ng presensya ng mga magulang lalo na sa mga

panahon ng pangangailangan.

“Nakakalungkot na may mga bata na kapag pinatatawag mo ang magulang – dahil mas matutulungan po kasi namin ang inyong mga anak kung kayo po ay makikipag-usap sa amin – [Nakakalungkot man pero] ang sasabihin nila: ‘busy po kasi eh’,” pagsasalaysay niya sa naging karanasan niya bilang isang Guidance Counselor.

Sa huling bahagi ng lektyur, hinimay ni Dr. Mascariñas ang tatlong “unhelpful parenting styles” at ang mga masasamang

dulot nito sa pamilya. Kabilang na rito ang Helicopter, Bulldozer, at Negligent or Uninvolved Parenting.

Matapos sumagot ng ilang katanungan para sa Open Forum, ginawaran si Dr. Mascariñas ng sertipiko bilang pagkilala sa kaniyang kontribusyon sa webinar bilang tagapagsalita.

Sa huli, inihatid ni Bb. Donna Rose E. Matubang, RGC, RPM ang kaniyang pangwakas na mensahe bilang hudyat ng pagtatapos ng webinar.

Chiefs on Recently Concluded NAT: NAT-ready or NOT-ready?

by Arabella Gwyneth Alilio and Sean Andrei Mendros

In preparation for the National Achievement Test (NAT) last February 6-7, 2023, Arellano University - Juan Sumulong Campus conducted a four-day review from January 30 to February 2, 2023, for the Grade 12 students.

Different teachers took the time to review the students on the subjects of Science, Media and Information Literacy, Humanities, Philosophy, Mathematics, Social Science, English, and Filipino. The goal of the review was to refresh the Grade 12 students on their past Grade 11 lessons as well as give additional knowledge on subjects that were not studied by all strands.

Before the big day, The Arellano Standard Manila asked random students and teachers from different strands and faculties about their thoughts on the school's effort to gear up students for the examination. But, as it seems, both have mixed views regarding the matter.



Photo by: Jasmine Nonsol

Mr. Jayson B. Bohol, for one, who taught Oral Communication and Reading & Writing, found it difficult to fit in all the important concepts of his subjects in 45 minutes to an hour and that a whole week of review may not fully equip students for what's ahead of them.

"Mahirap siyang i-compress sa isang meeting lang na isang oras lang 'yong allotted time na ibinigay sa amin," he said.

Ms. Shelden Mesa who taught Philosophy and Social Science found it tough during the review, especially since she was assigned to ABM students

where she learned that the subjects that she would be reviewing were not learned by the students the previous year yet so far the review turned out okay as she hopes that the students somehow understood the keypoints. Ms. Mesa shared how she focused on tips on how to get the correct answer.

"Hindi man ma-perfect basta makapasa sila," she said.

Ms. Caryl Dela Rosa who also taught Oral Communication and Reading and Writing found the review a very fun and nice experience especially for the students as it was more of a recap of their past Grade 11 lessons. When asked what she hoped for the students to achieve in the review for the NAT, she answered,

"Yung madala yung name ng Arellano University since yun naman purpose of the National Achievement Test to carry the name of this school so sana maseryoso nila yung exam, yung mga natutunan nila since

nagtake ng effort ang mga teachers, coors at sila din nagtake ng effort para pumasok for the review."

When asked about his advice for the NAT takers, General Mathematics teacher, Mr. Marc Arjay B. Fria had this to say: "Laban lang! Wag susuko. Kung nahihirapan, sabihin lang 'I love Math', 'We love Math,' okay? Fighting lang para sa kinabukasan at para sa bayan."

Students from various strands also shared their experiences reviewing for the NAT. Ms. Jannah Pizzaro from 12-HUMSS 6 discussed how the review exceeded her expectatio



Photo by: Arellano University

-ns as it focused more on quickly recalling the important information needed for the NAT. Additionally, she stated how she felt most prepared for the subjects that were related to her strand. Ms. Pizzaro also shared what she expected out of the review.

"Sana makatulong siya in a way na masasagutan namin nang tama at maayos para tumaas din yung like standing ng AU since 'yun naman purpose, well one of the purpose of NAT and also ma-determine namin ang track na dapat tatahakin namin in the future," she said.

Ms. Stephanie J. Berdijo from 12-STEM 1B shared her experiences on reviewing with different teachers and how their different styles of reviewing made the lessons more understandable. She also shared how she expected that due to the review it would make taking the NAT easier despite the limited time since they had gained the needed stock knowledge for the achievement test.

Mr. Raymond V. Padasdas from 12 - HEB 1 revealed how they felt the most prepared for General Mathematics as their adviser focused more on this when it was discovered that they found the subject most challenging since the topics were from the previous year.

Ms. Marian Tabaosares from 12-ABM 14A also expressed her expectations of learning new lessons and knowledge due to the NAT review.

Meanwhile, printing hard copies of the reviewers was a problem to the majority of Mr. Jefferson G. Arnaiz's class. He admitted that this requirement is a

financial struggle for ICT 9 so allowing soft copies of the reviewers is a relief.

"So far po, nagkakaroon lang po kami ng problems tungkol sa reviewer kasi po masyado pong nagkakaroon ng shortage sa budget po namin. Marami po kasing mga test paper na kami po magpo-provide. Ang mahirap lang po sa section namin is di po lahat kayang i-provide 'yong gustong ibigay ng teacher," he disclosed.

n the one hand, Ms. Jeana Ruth A. Aquino of ABM 16 questions the system of NAT, particularly the subjects that students need to take. She suggested that it would be much better if students of a certain strand should take subjects that are relevant to their course alone.

"Honestly, if I can give my opinion, freely ha, I would actually suggest na 'yong mga specific subject na related sa bawat strand, sana 'yon na lang pina-exam nila. For example, sa aming mga ABM wala kaming Science, so bakit kailangan namin siyang i-exam kung wala naman siyang relate sa course namin or sa strand namin?" She pointed out.

Mr. Jamir Isaiah L. Quides of HUMSS 12 noticed the delay in terms of information dissemination as well as the delivery of reviewers, which could have worked in favor of the students if executed the other way around.

"Yong sa pag-disseminate kasi nila ng reviewers is hindi ganoon ka-updated or hindi ganoon kabilis so nahuhuli pa rin yung mga students nila," Mr. Quides stressed.

For others, like Athea Athena M. Magnaye, Jasmine A. Cancio, and Liyan Red D. Guirela from STEM 19, GAS 3A, and SAD 2PM respectively, shared the same sentiments about the review as a whole; that their sessions were very productive and they successfully recalled all past lessons from the previous year.

In addition to the review, a mock exam was also conducted last February 3, 2023, in which the Grade 12 students were grouped alphabetically and assigned to the designated rooms where they would take the official NAT. The proctors for the mock exam discussed the guidelines and protocols to be followed as well as the needed information to be written on the NAT. During the mock exam, students were able to put into practice the review they had done that week, fully preparing them for the National Achievement Test.

Lucky Chair? TAUGisan Champs Sat from Exact Same Spot

By Sean Mendros, Rhenna Perez, Arabella Alilio and Juliana Arcayos

The Supreme Student Government (AU-JSC) successfully held its first face-to-face event entitled TAUGisan ng Talino last January 27, 2023, after years of distance learning and virtual events. It was held at the AU-JSC Gymnasium from 9:00 until 11:00 am for the Grade 11 category and 1:00 until 3:00 pm for the Grade 12 category.

The program hosts, Ms. Chelzie Ann M. Cuartero, SSG Grade 11 HUMSS Representative, and Ms. Shaina Beatrice C. Gatmaitan, SSG Multimedia Cluster Member, welcomed everyone by introducing themselves and the event description. A doxology was performed by Mr. Harry Altar, a Performing Arts Club Member, followed by the National Anthem and the Arellano Hymn. To formally start the event, the high school principal, Mr. Daniel John Cariazo delivered his opening remarks.

Both Grade 11 and Grade 12 categories had a total of 19 participants from different strands. The competition consisted of three rounds with ten questions, each aiming to showcase the skill and intelligence of the Senior High School students when it comes to "General Knowledge" specifically in the academic subjects of English, Mathematics, Filipino, Science, and Social Studies.

The first round was called the Normal Round, which was equivalent to one point each and had a time limit of 15 seconds. The second round called the Hard Round was equivalent to three points each and had a time limit of 15 seconds. As the Hard Round ended, a Breaking Point Question was given in which those who got a correct answer would receive an additional 5 points while those who got an incorrect answer would be deducted 5 points. To determine the subject area of the question, the hosts picked from a fish bowl.



Photo by: Alexa Relano

The last round was called the Insane Round, in which only participants with 25 points and above were left. A "right minus wrong system" was also implemented just like the Breaking Point Question Round. Here, only four participants competed for the Grade 11 division. A clincher question was also conducted as a tiebreaker.

The competition formally ended with the awarding ceremonies. Listed below are the winners of the Grade 11 Category:

Grade 11

- 1st Place -Juliana Eunice Astibe- 11- ICT 6A
- 2nd Place - Irish Nicole Ordanza-11- STEM 17B
- 3rd Place - Yzzabel M. Pineda- 11- HUMSS 2A

The second part of the competition, which was hosted by Ms. Gatmaitan, Multimedia Cluster member, and Ms. Curtero, Grade 11 HUMSS Representative, began with the doxology presented by the Performing Arts Club (PAC), followed by the National Anthem and Arellano Hymn.

Mr. Cariazo delivered the opening remarks in which he expressed gratitude to everyone who contributed to the success of the event, including the Assistant Vice President, Assistant Principals, SSG adviser and officers, and others.

Following that, the event hosts introduced the Grade 12 participants, followed by a presentation of the competition's rules and regulations by Mr. John Rei Gallardo, an SSG Multimedia Cluster Member. In his talk, he stated that all of the questions involved English, Mathematics, Science, Filipino, and Social Studies and that the subject coordinators created ten questions each under their academic subject.

After the Insane Round, in which seven participants were able to participate, the organizers had a hard time breaking the tie, which led them to have a clincher round with three participants answering multiple questions to break the tie.



Photo by: Alexa Relano

The competition formally ended with the awarding ceremonies. Listed below are the winners of the Grade 12 Category

Grade 12

- 1st Place - Alyzza Mae L.

- Polangcos - 12 - HUMSS 11B
- 2nd Place - Stephanie Mitzi S. Miguel - 12 - HUMSS 4
- 3rd Place - Juan Miguel E. Ortiz - 12 STEM 20

Ms. Astibe, Grade 11 division 1st Placer described the experience of competing in a face to face event as "Parang kakaiba po. Kasi po 'pag online iba po yung environment tapos dito para pong formal event siya."

While Ms. Ordanza, the 2nd Placer of the Grade 11 division shared her experience as "It was really thrilling po unlike nung online kasi di mo nakikita yung mga kasama mo physically tas ito po may audience tas may

emcee and nakikita ko yung mga kasama ko physically nakakapressure po and I love the thrill po kasi iba po talaga kapag face-to-face."pressure po and I love the thrill po kasi iba po talaga kapag face-to-face."

Ms. Pineda the Grade 11 Division 3rd placer, also excitedly shared her happiness in winning the contest, especially since it was also her first time competing in a tiebreaker during those moments. She had no idea that she was fighting for the third spot.

"Siguro no'ng tumapak po ako sa tiebreaker mas medyo nagkaron lang po ako ng confidence pero 'di ko naman po iniisip agad na parang may chance na manalo ako since alam ko naman pong magagaling din po 'yong makakasama ko dito," said the 3rd placer.

Two of the three contestants during the deciders happen to be classmates, but only one of them was successful. Ms. Stephanie Mitzi S. Miguel of HUMMS 4 had mixed emotions for her classmate-slash-competitor.

"Pumunta po kami sa quiz bee na 'to as classmates po and we want to represent po 'yong section po namin. Kaya ayun po medyo nalungkot po ako ng konti but I'm very happy and proud po sa kaniya kasi fourth place po ata siya if ever po," she shared.

Ms. Alyzza Mae L. Polangcos of HUMSS 11B, who took home this year's championship, revealed that the "process of elimination" that her Media teacher had taught her may have led her to her success.

The Event Chairmans, Ms. Jullana Moreno and Mr. Aaron Racab, the SSG Business Managers shared how pressuring it was planning the first face-to-face event since the pandemic yet it was all worth it as the event became a success due to the combined efforts of the SSG.

As restrictions start to ease, Mr. Cipriano Ramos Sarmiento Jr., the SSG adviser, disclosed that TAUGisan ng Talino will not be the last physical event that the Chiefs can expect from the organization.



BACK ON STAGE: Teatro Arellano Performs First Ever Live Show "THIS CONNECTION" Since Pandemic

By Arabella Gwyneth Alilio, Feny Denise Arellano, and Gwenivere Au Yap

Since the pandemic, Teatro Arellano has been performing through online platforms but last February 17, 2023, they finally performed their first New Normal face-to-face production entitled, This Connection at the Function Room of Florentino Cayco Hall (FCH). There were two time slots; the first show was scheduled at 2:30 PM, and the second show was at 4:30 PM. The theater play was open to everyone inside and outside the Arellano University- Juan Sumulong Campus.

Ms. Janine Angela Martinez, the Artistic Director of Teatro Arellano, welcomed everyone with an opening statement of the production "This Connection" which was about feeling the love between the connection or disconnection of someone who was far, near, someone that you just met, or have not met.

The pieces were written as part of the Teatro Arellano Lab (TALAB) last year, 2022. The show was composed of 3 plays, namely: (1) Sinag ng Bukas written by Ms. Mica Justine Flores, (2) Pares written by Ms. Daisy Sario, and (3) Sambit written by Ms. Nica Fortuno.

The show then proceeded with

the first play, Sinag ng Bukas starring Mr. Maki Blasco and Ms. Ryella Casidsid casted as Asterio and Cielo. The play tells the story of star-crossed lovers who meet again in between the verge of life and death.

Followed by Pares starring Ms. Patrice Diongzon as Jamel, Ms. Nina Alabado as Waiter, Ms. Karylle Portugalera as Yanne, and Ms. Maria Veronica Buensalido played as Maya. The audience enjoyed their fair share of laughs with this fun-filled LGBTQIA+ love story of Yanne and Jamel.

Then the last play Sambit starring Mr. Maki Blasco and Ms. Hannah Pujalte portrayed as Neil and Ryn. Sambit showcased a seemingly blossoming romance between two strangers meeting up in a confessional of a church.

Ms. Fortuno, the Playwright of Sambit, shared how writing the play became her outlet to let her feelings and inner thoughts out as they were partly based on her past experiences. While for Ms. Sario, the Playwright of Pares, what inspired her to write the play were the experiences of gender inequality and discrimination of people in society. When asked about their portrayal of both characters :

Asterio and Neil, Mr. Blasco shared the connection between the two characters, as they both hold an emotional sentiment with their respective partners. While Ms. Pujalte mentioned that the reason behind the peculiar setting of the play Sambit (church confessional room) is because of Ryn's nature, as it was her means of opening up to someone without the fear of judgment.

"It's more on how these students wrote about love. I feel this is something that healed my heart when I read the scripts. You know students na who are young writers write about how simple, simple lang yung setting di ba, 'yun 'yung disconnection ko with someone and connecting now with a lot of students who wrote these plays na nasulat," as stated by Ms. Martinez when asked about the production behind This Connection.

At the end of the performance, the Teatro Arellano members: Performers, Director, Playwrights, and Executive Board expressed their warmest appreciation to the audience with an afterword from Ms. Mica Justine Flores, Company Manager of Teatro Arellano as the closing remarks of the theater play.

AU Guidance Office Promotes Mental Healthcare for Teens through Webinar

By Arabella Gwyneth Alilio

The Guidance Office of Arellano University - Juan Sumulong Campus (AUJSC) conducted a webinar entitled "Mental Healthcare for Teens" via live stream on their official Facebook page, which was exclusive for the Grade 12 students of AUJSC last November 29, 2022, from 10:00 AM to 12:00 NN.

The webinar was hosted by Ms. Paula Mhelyn Morillo, RPh, Guidance Assistant for SHS. Mr. Daniel John Cariazo, Senior High School Principal of AU-JSC, delivered the opening remarks. The host then introduced the speaker, Mr. Michael U. Jimenez, RPSY, DIPOD, MA CLINPSY.

Mr. Jimenez started by highlighting the importance of affect labeling which means turning your feelings into words. He stressed how to affect labeling was an essential

skill for identifying one's emotions. Then he proceeded to tackle how sometimes we want to immediately feel happy and how others would like to change our emotions right away. Mr. Jimenez highlighted the importance of accepting all emotions, even if they are negative.

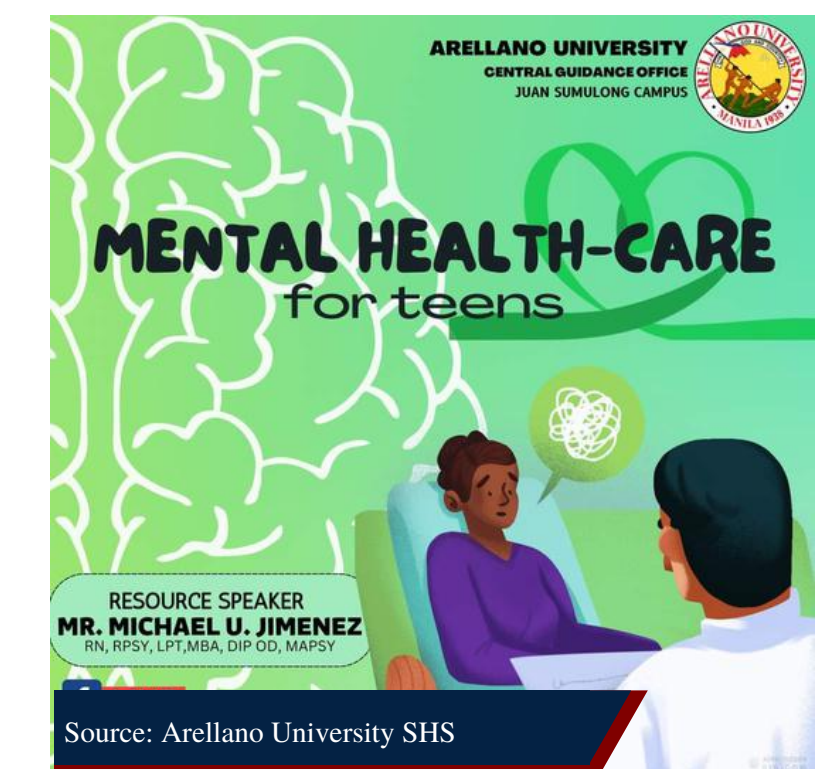
Afterwards, he proceeded to discuss what influences emotions—through what one sees, hears, and thinks. On the topic of what you hear, Mr. Jimenez tackled how the acceptance of various music genres could mean a person is open to many possibilities, ideas, values, and opinions from different people. He talked about how when thinking and you open your mind, you become more creative and thus are able to easily come up with solutions to issues.

Mr. Jimenez then stated how the world was ever-changi

ng and different when the pandemic started, yet things are slowly returning to normal as students have shifted from online to face-to-face classes. However, he expressed how even after the pandemic ends, anxiety, depression, and post-traumatic stress disorder could still be experienced by people.

With this, Mr. Jimenez began tackling the two ways to cope with all the stressors: to manage emotions and find a solution. He highlighted how difficult it is to solve problems when emotional. Additionally, he advised that in negative situations, one must look for the joy that can be found anywhere may it be at home, school, online, or even in organizations because joy is encompassing.

And in the event that coping is ineffective, Mr. Jimenez advised having a support system that could include medical profes



sionals, counselors, parents, friends, or any trusted person. He suggested that when listening to someone opening up, they must not force out positive emotions but rather acknowledge first the negative emotions.

As Mr. Jimenez was nearing the end of his talk, he highlighted

the importance of gratitude and how it is deeply rooted in one's well-being. Mr. Jimenez imparted a message to the participants, saying that stress is a part of life. Life is not perfect, it is a journey, and stress is part of the experience, the highs and lows. He finished by telling everyone to keep mentally healthy.



Photo taken by: Erlan Dungog

The Grand Coronation of Mr. And Ms. Arellano University Pasig 2023

Mr. and Ms. Arellano University-Pasig 2023 held its first-ever face-to-face Grand Coronation Day on the 10th of February, with 20 candidates (10 males and 10 females) from different courses hoping to grab the title. Mr. Prince Esguera and Ms. Madel Perez served as the masters of ceremonies for the event. They began with a prayer, which was followed by the national anthem and the Arellano University hymn. Ms. Maria Paz A. Magsalin, the Assistant Vice President of Arellano University-Pasig, delivered the introductory remarks and stated that Mr. and Ms. AU is an event that will showcase who shines the brightest amongst the beautiful candidates.

Ms. Maria Paz A. Magsalin, the Assistant Vice President of Arellano University-Pasig, delivered the introductory remarks and stated that Mr. and Ms. AU is an event that will showcase who shines the brightest amongst the beautiful candidates. Then, the first question and answer began, and out of the 20 candidates, the top 3 (3 male and female pairs) were chosen to continue to the next and final stage: the final walk on the aisle and another Q&A to prove which one of them deserves the title of Mr. and Ms. AU-Pasig. The former Ms. AU 2022-Pasig, Ms. Princess Diana A. Dela Cruz,

had her final walk that day as she moved to pass on the crown to the next one. Ms. Kriselyn Joy Dela Cruz proved to be the one who shines the most as she was crowned Ms. AU 2023-Pasig, alongside the new Mr. AU 2023-Pasig, John Bryan Lauraya, both hailed from the Education Department.

The Title holders are the following:

Mister Arellano University Pasig 2023: John Bryan Lauraya, Education

Miss Arellano University Pasig 2023: Kriselyn Joy Dela Cruz, Education

Mr. 1st Runner-up – Brendon John Boyboy, Tourism Management

Ms. 1st Runner-up – Aliana Sandra Manalastas, Psychology

Mr. 2nd Runner-up – Jan Michael Ontanieza, Hospitality Management

Ms. 2nd Runner-up – Yuri Colene Bella, Tourism Management

People's Choice Award

Jan Michael Ontanieza, Hospitality Management

Aezyl Joy Rivera, Criminology

Photogenic

Carlos Steven Bartolay, Information Technology

Catherine Handugan, Marketing Management

Best Theme Wear

Jan Michael Ontanieza, Hospitality Management

Yuri Colene Bella, Tourism Management

Best in Production Number

Carlos Steven Bartolay, Information Technology

Yuri Colene Bella, Tourism Management

Best in formal Wear

John Bryan Lauraya, Education

Aliana Sandra Manalastas, Psychology.

Ang Pagsabak ng Arellano University Andres Bonifacio Campus sa National Achievement Test

Ni: Marianne Domingo Mesina

Isa ang Arellano University Andres Bonifacio Pasig Campus sa mga paaralang nagsulit para sa National Achievement Test (NAT) noong ika - 30 at 31 ng Enero, 2023.

Bilang paghahanda sa pagsusuri, ang mga nasa ikalabingdalawang baitang ay ilang araw na nagbalik-aral ng mga ilang aralin sa iba't ibang asignatura na galing sa patnubay ng Kagawaran ng Edukasyon. Itinuro at ipinaalala muli ng mga guro ang tamang pagsagot at pagbilog sa mga sagutang papel ng bawat mag-aaral.

Ang mga mag-aaral ay inilipat sa mga silid-aralan sa bawat annex batay sa kanilang mga apelido, pinagsama sama ang iba't ibang strand ng AU-ABC at pinangasiwaan ng mga guro mula sa labinlimang iba't ibang pampublikong paaralan mula sa distrito ng Pasig.

Philosophy, Humanities, Science, MIL, ang mga asignatura sa unang araw ng pagsusuri samantalang Mathematics, Language and Communication at Social Sciences, ang mga sinulit na asignatura ng mga mag - aaral sa AU-ABC Pasig sa ikalawang araw ng NAT.

PASIG, PHILIPPINES – The National Achievement Test (NAT) has become the talk of the town among students, teachers, and parents at Arellano University – Pasig, a leading educational institution in the Philippines. The university is fully committed to supporting the efforts of the Department of Education (DepEd) in evaluating the progress of senior high school students and addressing the ongoing education crisis.

In preparation for the NAT, the university has made arrangements for its smooth administration on the 30th and

By: Charles Joaquin B. Cater

31st of January.

The university has also organized a series of review sessions and mock exams to help students prepare for the test.

A recent study by the Philippine Institute for Development Studies (PID) has brought to light the need for the DepEd to make the NAT results publicly available, promoting transparency, and accountability in the education system. The university supports this call and is hopeful that the DepEd will make the necessary changes to make the NAT

results publicly accessible.

The National Achievement Test is a crucial evaluation tool for senior high school students in the Philippines, and Arellano University – Pasig is fully committed to supporting the efforts of the DepEd. The university is optimistic that the test results will provide valuable data to support its efforts in improving the education system in the future.

88th National Book Week With The Junior Chiefs of AU-ABC!

By: Amanda Julienne G. Roque

Young love stems from infatuation and stolen glances; fascination with reading sprouts from stumbling upon letters that form words and breathe life into one's thoughts and feelings.

The recently concluded 88th National Book Week put it front and center. Held last January 27-28, 2023, for all students of Arellano University – Andres Bonifacio Campus, the said event highlighted, through fun and interactive activities, the importance of vocabulary building in developing our love of reading.

To celebrate the event with the theme, 'BASA. BAYAN. BUKAS.', the members of the Junior Librarians Club, headed by their Club Adviser, Ms. Salve B. Albis, organized and facilitated a series of activities held online [following the Guidelines on the Required Health

Standards in Basic Education Offices and Schools, D.O. 014, s. 2020] namely,

1. Virtual Library Quiz Bee
2. Library Minecraft
3. Skribbl.io
4. Spill the Ink (Poem-writing)

Winners were awarded medals and certificates in recognition of their participation and remarkable achievements during the celebration of the 88th National Book Week.

Driven by the success of this event, the Junior Librarians Club of Arellano University – Andres Bonifacio Campus will continue to cultivate the Junior Chiefs' interest in and fondness for reading and learning, while properly utilizing the library's resources to their full potential.



Image credit: Arellano University-Pasig Library



Image credit: Arellano University-Pasig Library



Monette Anne R. Siman: An Educator, An Artist, And A Superb Writer Of Her Destiny

By: Jeisamae Paja

What we choose today will ultimately affect our future. Most of the time, easy days pass by in a blink of an eye, as we cope with our difficulties and someone else's included, but the moment we decide to create the finest ending ourselves, a better fate will follow as well.

Monette Anne Siman is a CUM LAUDE graduate of 2022 at Arellano University – Andres Bonifacio Campus, with a degree in Bachelor of Secondary Education. Siman currently serves as the HUMSS (Humanities and Social Sciences) adviser at the Academic Institution from which she graduated with honours. However, she had to write her fate before she gets to pass through many rocky roads, and stand at the place where she is right now.

In 2016, Siman entered Arellano University as a senior high school student, and two years later, she pursued a Bachelor's degree in secondary education at her alma mater. On top of being a consistent Dean's Lister student, she was a member of the school organizations, a YES Society member, which helped her develop her abilities and talents. Not only does she pursue her studies satisfactorily, but Siman also she finishes them above expectations. In 2021, she also joined Teatro Arellano and was admitted as a student artist. Siman excellently fulfilled her role in an episode of Manila Encounters entitled "Dial." Throughout her entire college career, she was a part of The Standard-Pasig for four consecutive years as a feature editor and a literary editor. She is indeed a zealous student.

Besides Siman as more than just a regular student at Arellano University – Pasig for years, she is also an excellent school leader, an outstanding artist, and a superb writer. It is proof that she points her pen at her decisions wisely.

"Every decision in our lives is locked into our destiny. Whatever action we take is connected to our future and destiny, even our past mistakes. However, we react or act upon our previous decisions, which changes our destiny as a whole. We are the writers of our own destiny," Siman said.

Furthermore, aside from the roles she played in college, she is an educator too. Despite her doubts and dark thoughts that she was powerless to take off, Siman tried to focus and believed that perfection was quite the contrary. She is presently writing about her life as a senior high school teacher. Siman truly entered the world of teaching.

Siman impressively wrote about her college life. Siman's entire family, her friends, and her fellow organization members undoubtedly have a lot of pride in what she has already achieved and what she plans to do more.

"My biggest accomplishments are being able to finally teach and see my students grow and become a better version of themselves," Siman stated.

Being an educator is indeed in her blood. She finds it fascinating and fulfilling to see how she makes a positive impact on her students. She is happy to impart her knowledge to the youth.



Image credit: Arellano University (Official)

As a teacher, aside from the concern she has with the lessons that she will teach her students, to deliver and share her knowledge with her beloved students; she wants her students to easily catch up on their teaching. For sure, she is not only teaching them academically but teaches them to become better versions of themselves. Siman enjoys giving lessons that can leave a positive permanent mark on the lives of her students—to become the writers of their destinies.

"I also teach my fellow students today that greatness comes one step at a time, and failure is always a part of it." Siman added.

Siman is grateful for her mama, papa, her best big sister, the Siman family, the Roxas family, her friends, and everyone who supported her throughout her ups and downs. The support that they give her is necessity to become a fearless writer of her destiny. She is also thankful to her inspiring professors, who welcomed her into the world and field of teaching.

A proud alumna of Arellano University; the Academic Institution gives her the most memorable, enlightening, and challenging moments that have made her grow, not only as a smarter and stronger student but as a wiser and more fearless educator.

The future of Siman is endless, a vast and brighter place. From what Siman holds now, her decisions led her to write her destiny. She managed to get a good hold of the pen. She lives and writes her life to the best of her ability in order to fulfil her destiny as an educator. Siman will undoubtedly teach her students to be exceptional destiny writers.

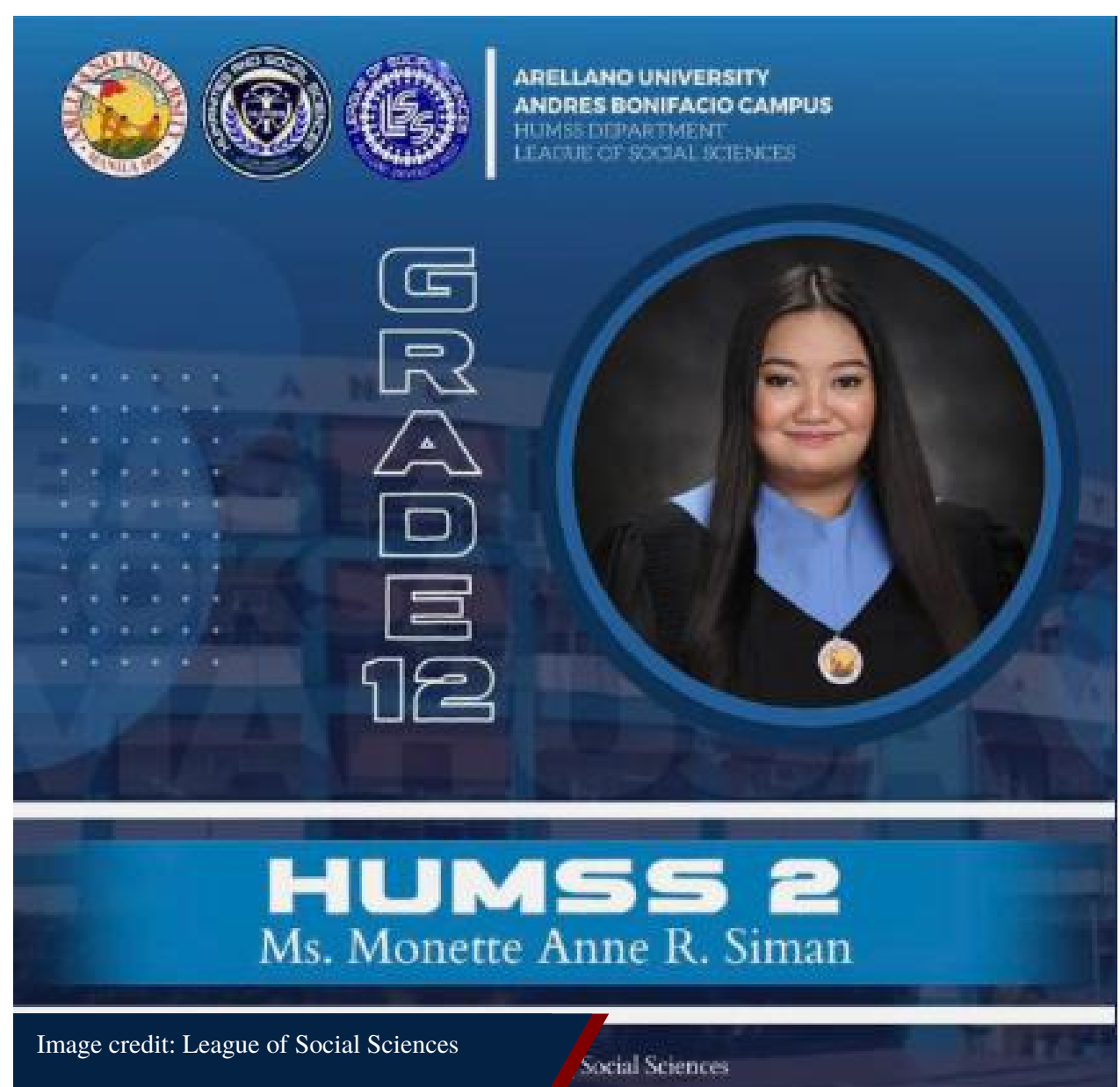


Image credit: League of Social Sciences

Social Sciences

Green Comet, Last Seen 50,000 Years Ago, Will be in the Night Sky this 2023

By: Danielle Nicole T. Marollano

A once-in-a-lifetime international event is expected to take place in early February 2023. The National Aeronautics and Space Administration (NASA) described comets as cosmic snowballs of frozen gases, rocks, and dust that orbit the sun.

This green comet, also known as "the dirty snowball," will come within 26 million miles (42 million kilometers) of Earth on February 1 and 2 before speeding away again, unlikely to return for millions of years, according to NASA. A green hue can be seen in the comet's coma,

caused by the clash between sunlight and carbon-based molecules. Scientists say that it is best visible on a clear night with binoculars between February 9th and 13th in the northern sky.

The dirty snowball had last visited during the Upper Paleolithic period on Earth and had been seen by the now-extinct saber-toothed cats, mammoths, the Neanderthal species, and other African Ice Age mammals.



Image by Anton Petrus



Photo Source: History.com



Image from Forbes

Health and Procrastination: Mentally Draining

By David Mikhail C. Sexon

It's a little bit ironic that this article was written through procrastination. After reading this article, I may not consider myself lazy because procrastinators are not lazy. After all, like Alexander Rozental, a clinical psychologist at Uppsala University in

Sweden, said in his article on sciencenews.org, we are just busy doing other things than what we are supposed to be doing.

Yes, some of us may say that we work better if we procrastinate because we are working under pressure and that we tend to make

our brains function better and focus harder. It is wrong. Joseph Ferrari, a researcher from DePaul University in Chicago, made it clear in his study that procrastinators tend to work slower and commit more mistakes under pressure than non-procrastinators.

As humans, we tend to escape difficult situations, which is one of the reasons why people procrastinate. If they think that a certain task may be a little difficult for them to handle, they set it aside, which gives them some form of relief. But this relief is only temporary. It somehow

became a coping mechanism for people or a scapegoat.

Have we ever wondered why procrastination does not only affect our work, relationships, families, or social lives? Procrastination also takes a toll on our mental health. Aside from being drained all the time, Fred Johansson, a clinical psychologist at Sophiahemmet University in Stockholm, explained in his research that there is an established relationship between procrastination at some point and the negative outcomes displayed on the physical or psychological traits of a person.

We can't say that these theories are valid because the studies conducted were observational, but all of the results led to the same procrastination and poor health results. Some of which are depression, anxiety, and poor heart health.

We may have already considered procrastination a behavior, but, like all behaviors, it may be changed before it can damage other people more or before it can break the person themselves. Time is precious, but so is our health. We must learn how to manage both effectively. Now, are you done with all the work you need to do?



Image credit: illustration - Oh! Great Nisio Isin (Original Author)

Of What Was Once A Flat Plane

By: Kyle Angela D. Evangelista

Of eyes looking far behind
someone in front.
The mind is filled with jumbled-
up thoughts and,
Of sighs of longing have entirely
taken over.
The tightened grip on euphoria
and twinkle;
—volume of colours in sight.

Change arrived to paint over some
time ago.
Of nostalgia, and what used to be
white.
Serenity embraced the view as it
replaced lament,
Shall the fellow that showed be
left alone;
—quite a wall in place!

The world is black and white,
they say.
Flowing along the wind as it
dances along.
Furled behind the comfort of
walls along away,
Controlling many shadows that
emerge from within it.
—delight through small victories,
indeed!

Bilanggong Isip

Ni: Nirvana G. Rañeses

Tulala sa sulok ngunit hindi
naman nagmumukmok
Walang buhay na mga mata, sa
pisngi'y lumalandas ang luha
Iba't ibang boses ang naririnig,
hindi matukoy sino ba ang
mananaig
Puti at itim, palagi nalang
sumisilip sa gilid
Ayoko na rito, hindi ako bagay
rito
Wala naman akong sakit pero
bakit kung ikulong ay para
bang mananakit?
Gusto kong makita sila nanay
ngunit hindi maari dahil sa
bantay
Walang magawa kundi
maghintay kaso ako'y
nalulumbay

Nanuntok, nagwala, nangagat,
nanipa
Mga boses patuloy na nag-
uutos, ayaw nilang kumawala
Diyos na ba 'tong nakikita?
Bakit walang siyang mukha?
Tanging boses na nagsasabing
Hesus ang pangalan niya
Utak ko'y nagsasabi na
lumabas na raw ako dito agad-
agad
Hanggang kailan ba magtitiis
dito sa loob ng pasilidad
Mga kasama ko'y tulad kong
bilanggo sa loob

Ngunit iyong iba, bakit sa ulo
ay may taklob?

Siguro nga'y sa loob baka
magtagal
'Wag naman sana, iyon ang
aking ipinagdarasal
Araw-arawin lalanguyin ang
dagat ng kalungkutan
Sana'y madaan ako sa
gamutan



Pepper. Photo taken by Jazmine S. Galicia

Pepper 0, Pepper

By: Jazmine S. Galicia

Her name is Pepper.
She always makes me feel better.
We're super happy when we are
together.
A day with her is a day full of
laughter;
Forever with her is always in my
prayer.

She might be black but, she always
brings me luck.
To me, she will never turn her back.
She knows all my secrets like she
knows how to hack;
But, I need to make sure she will
always have her snack.

Thank you so much for making me
safe.
I will always cherish the love that
you give.
The faith that you have is making
me brave.
But I must tell you, you must
behave.

Pluma

Ni: Diane Margaret S. Villareal

Sa pagbulusok ng aking
kuryosidad patungkol sa mga
kabataan ng ating lipunan
Hindi ko mawari ang
kinabukasan kung wala ang mga
itinuturing na pag-asa ng bayan
Ngunit sa paglipas ng panahon,
bakit tila ang mga kabataan ay
napupunta sa maling kapalaran?
Paano na ang sinusulat na
kinabukasan? Dapat na ba natin
itong kalimutan?

Ang mga kabataan ngayon,
nilalamon na ng mga
masasamang bisyo sa
modernong panahon
Reyalidad na ang mga kabataan
ay mas pinipili na lang mamuhay
sa ganitong sitwasyon
Kung ito'y isang bangungot ng
reyalidad, pakiusap, gisingin mo
kami Panginoon!
Nawa'y maisip ng mga kabataan
na hindi maibabalik at maitatama
ang kahapon
Kung may pambura lang ang
pluma, hindi sana nagkakamali
ang mga kabataan ngayon

Bilang kabataan, tungkulin
natin ipagpatuloy ang pagsulat
ng mga letra
Subalit, paano natin ito
magagawa kung ang ating
panulat ay mawawalan ng
tinta?
Nagkamali man, hindi na dapat
maulit pa, kaya tayo'y magisip-
isip
Dahil tanging pluma natin ang
magdidikta sa kinabukasan na
ating nililikha



Photo taken by Dave Ramacola

The Broken Promise

By: Dave Ramacola

Your lips are as red as roses;
I miss the touch of your kisses.
The warmth of your hug is all I
need.
I'm freezing alone and my heart
bleeds.
Why can't I erase you from my
mind;
Reminiscing when you were at
my side?
I gave my all but you left me
behind;
Did we just meet to say goodbye?
Said, "it's just you and me against
the world,
Like love birds, until we're gray
and old".
Thought you'd stay with me;
I'm not yet ready to set you free.
I am longing for your sweet
caress,
It always take away my pain and
sadness.
I fall for you when you confess.
I turned you into home, now I'm
homeless.



Image credit: ringelle

The Fictional Character

By: Angelica Louis Tolentino

Created him in my dreams,
So perfect as it seems.
Then HE drew stars around my
scars;
As the night seems like ours.

We are one with the moon,
Alongside the dark lagoon.

I hum in tune...
Scared that it'll end soon.
But nothing last forever;
It will always be a disaster.

As reality kicks in
And it's time to begin,
Accepting that dreams are only
fantasy,
So, I can stop my misery.

To the man in my fallacy;
I might be the writer
But, you'll always be the words.

STATE'S ROLE IN RESOLVING EDUCATION ISSUES IN THE PHILIPPINES

By: Zakhary Corey | Jose Abad Campus

The Philippine education ministries and institutions have exerted efforts to ensure quality in providing learning performances through its learners. A variety of policies and programs were applied in response to the demands of improving our education system.

As stated in the 1987 Constitution of the Republic of the Philippines - Article XIV, the State shall protect and promote the right of all citizens to quality education at all levels, and take appropriate steps to make such education accessible to all.

But as per Philippine Business for Education (PBE), while the state of education nationwide

way to go when it comes to delivering quality learning for the success of every learner.

With a 90.9% learning poverty rating as of June 2022 based on World Bank estimation, we can no longer dismiss the ineffective quality of education in our country regardless of its successful enrollment programs and recalibrated curriculum.

With new learning materials, our educators are now capable of replacing outdated curricula. We could now enhance traditional teaching methods and integrate them with the advancement of technology and interactive studying instruments. However, improving our education system has progressed in terms of accessibility, it still has a long



Photo Courtesy of Marc Augusto | Jose Abad Campus

does not end with creating a PowerPoint presentation. The manner of educators, alone, won't resolve the entirety of

education issues such as the 25.2% of out-of-school Filipinos in 2020, and the only 53.4% of elementary graduates that can

read, write, compute, and comprehend leaving 46.6% of other children behind.

According to the World Talent Ranking 2018, other Philippines' top weaknesses in terms of the learning sector are total public education expenditure, pupil-teacher ratio in primary and secondary schools, low compensation in service professions, and slow growth of our workforce. But since the government has so much to do with national spending plans, they play a major role in funding and supplementing the face of education. "Monitoring learning and raising accountability," suggested by the PBE executive director, Love Basillote on how we could improve our education to generate global-class learners.

Modern innovation contribute a factor in engaging academe towards more convenient learning. While demanding consistent programs and better policies for our government, it contributes to major changes in the system itself.

KINABUKASAN NG BAYAN, KAYA PA BA NG KABATAAN?

By: Rocelle Christine D. Lacuesta | Elisa Esguerra Campus

"Ang kabataan ang pag-asa ng bayan."

Wika ng ating Pambansang Bayaning si José Protasio Rizal Mercado y Alonso Realonda, o mas kilala bilang Gat. Jose Rizal. Nasa kamay ng mga bagong henerasyon ang kinabukasan ng ating bansa. Ngunit paano kung unti-unting bumababa ang kalidad ng edukasyon ng mga kabataan sa ating bansa? Hudyat ba ito ng pagkawala ng kinabukasan nating lahat?

Ayon sa ilang mga pag-aaral, hirap sa pag-intindi sa Agham at Matematika ang mga kabataang Pilipino. Sa idinaos na Trends in International Mathematics and Science Study 2019 (TIMSS) na isinagawa noong Disyembre 2020, ang mga kabataang Pinoy ang may pinakamababang nakuhanang puntos: 297 sa Matematika at 249 naman sa Agham. Kung ikukumpara ito sa puntos ng Singapore na siyang nanguna sa pag-aaral, 625 sa Matematika at 595 sa Agham, makikita ang diperensya sa mga

puntos ng dalawang bansa. Ayon din sa ilan pang pag-aaral, bumaba rin ang kakayahan ng mga kabataang Pilipino sa pag-intindi ng mga sulatin sa wikang Ingles.

Bukod pa ryan, ilan pa sa nakitang problema sa sistema ng edukasyon sa Pilipinas ay ang kawalan ng mga tamang pasilidad sa mga paaralan, kasama na ang kakulangan ng mga silid-aralan, at ang kakulangan sa tamang training ng mga guro na nakakaapekto sa edukasyon ng mga kabataang Pilipino. Ilan lamang iyan sa mga problemang naisama sa ulat na ibinahagi ni Bise Presidente Sara Duterte sa nangyaring DepEd Education Report para sa taong 2023 sa isang pulong kasama si Presidente Ferdinand "Bongbong" Marcos Jr. at ang ilang mambabatas ng Pilipinas.

Ayon sa imentaryo ng Department of Education (DepEd), ang Pilipinas ay mayroong 327,851 na mga gusaling pampaaralan, ngunit nasa 104,536 sa mga ito ang nagagamit o nasa maayos na kalagayan pa habang 100,072 ang kailangan ng kaunting pagsasaayos; 89,252 ang

kailangan ng malaking pagsasaayos; at 21,727 naman ang talagang hindi na nagagamit. Isa pang isyu ay ang kawalan ng sapat na pagsasanay para sa mga guro. Ang kawalan nito ay may malaking epekto sa edukasyon ng kabataan dahil ang mga guro ang humahasa sa dunong ng mga estudyante. Ngunit sinabi rin ni Bise President Sara Duterte na hindi ito kasalanan ng mga guro dahil sila ay biktima lang din ng mali-maling sistema ng edukasyon sa bansa.

Ano na nga ba ang nangyari sa sistema ng edukasyon sa ating bansa? Bakit tila habang tumatagal ay lalong bumababa kalidad nito? Matagal nang nasa sistema ang K-12 Program na nangakong ang mga kabataang nakapagtapos ng Senior High School ay magkakaroon ng sapat na karanasan upang magkaroon ng pagkakataong makapagtrabaho o makapagkolehiyo. Ngunit bakit parang ito pa ang dahilan kung bakit nasabing hindi na nakakapag-"adjust" ang kabataang Pilipino sa lebel ng edukasyon sa iba pang bansa? Bakit tila dagdag pahirap lang ang ibinibigay ng programang ito sa mga estudyante at hindi ang

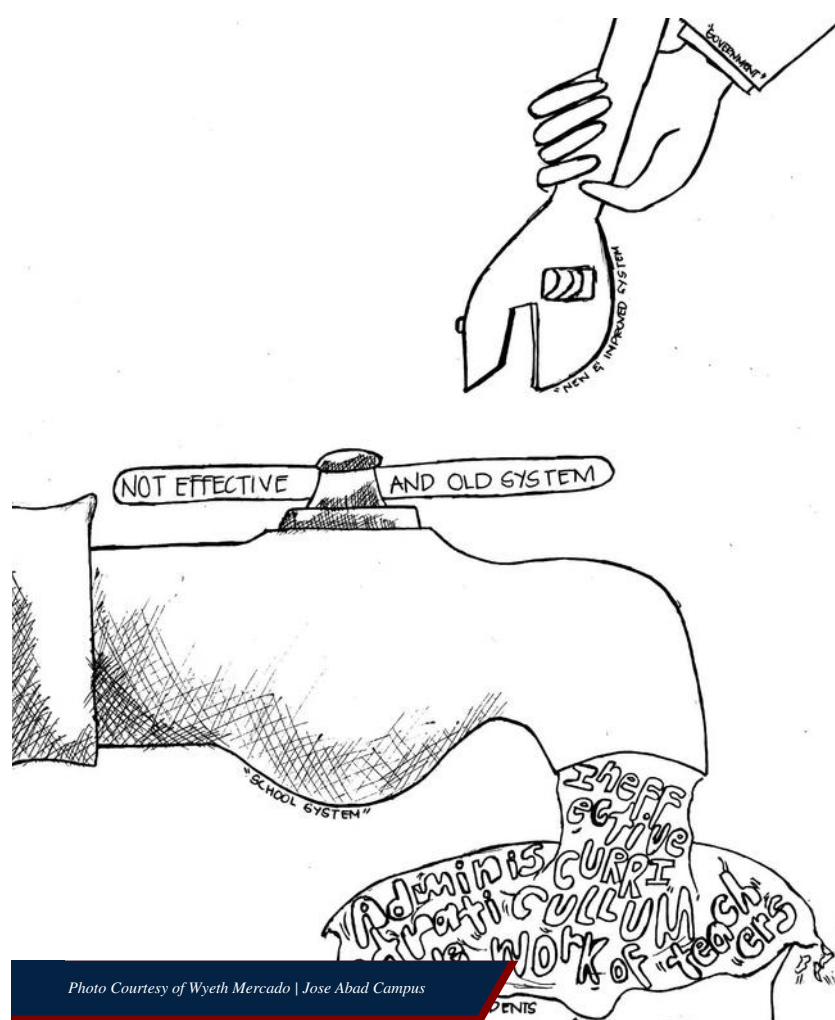


Photo Courtesy of Wyeth Mercado | Jose Abad Campus

ipinangakong kinabukasan?

Noong taong 2003, nagsimulang bumaba ang antas ng kalidad sa edukasyon sa pilipinas matapos tayong mahigitan ng kalapit na bansa. Dalawampung taon na ang nagdaan, ngunit hanggang ngayon ay malaking problema pa rin ito ng ating bansa at tila hindi nabigyan ng sapat na atensyon. Noong matagumpay na umupo si Bise President Sara Duterte sa kanyang posisyon at matapos

maiatang sa kanya ang responsibilidad sa pagpapaayos ng sistema ng edukasyon sa bansa bilang Kalihim ng DepEd, kaniyang ipinangakong bago pa matapos ang termino ng kasalukuyang presidente ay aangat ang Pilipinas pagdating sa talino ng kabataan. Sana nga ay matupad ang pangakong ito. Kung patuloy na bababa ang kalidad ng edukasyon sa bansa, paano na ang mga kabataan? Paano na ang mga pag-asa ng ating bayan?

PHILIPPINE EDUCATION SYSTEM: STRIVING FOR EXCELLENCE



Photo Courtesy of Alyana Julia N. Coronel | Jose Rizal Campus

By: Celine Inah J. Dela Cruz | Jose Rizal Campus

There are a lot of physiological needs that a person has to satisfy in order to function well in life and are needed to continue living. This fact is already obvious information and yet, many countries are still struggling to fight for its accessibility. What more for the other necessities aside from the basic ones that we, as human beings, aspire to grasp in our hands but cannot attain just because our rights for it aren't addressed and fought for?

"Now" is always the perfect time to do what we can and not just settle for something less that we know has the ability to become better, especially for the children whom we all consider as the hope

land greater future; for their own well-being and their own comfortable life as it progresses. Fortunately, there have been plans of action that the Department of Education is building that we can only desire a great deal to be executed moving forward.

The Basic Education Report (BER) 2023, delivered by Vice President and Education Secretary Sara Duterte on Monday, January 30, detailed the "current situation" of the nation's basic education and addressed the difficulties that the basic learners are encountering.

VP Duterte started her speech by sharing about being a mother of four learners. She said that she saw the different struggles that her children encounter. Aside from that, as the Secretary of the DepEd, she is also living together with more than twenty-eight million Filipino learners all over the country. "These, ladies and gentlemen, make my interest in the future of Philippine education a very personal matter. Filipino learners are NOT academically proficient." She stated.

Children are affected by what kind of environment they live in and for those who are not fully

capable of executing things on their own, they should be able to rely on people who can assist them in receiving what they really deserve. According to Vice President and Secretary of DepEd Sara Duterte, "Today is an opportunity for us to renew our commitment to our children in their future. Hard work. Hard work. Hard work. And only if we work the hardest will our children fly, soar, fight, and win."

The Vice President made sure to tackle the significant issues that are needed to be worked on including the School Facilities and Learning Resources, Procurement Practices, Learner School Data, Curriculum and Employability, and Learning Outcomes.

Before presenting the Education Agenda, VP Duterte said "We know that the road will be bumpy, but our direction is clear. We know that the challenges are vast but we, Filipinos, are resilient. We will overcome. Tayo po ay magiging MATATAG. Tungo sa isang Bansang Makabata at Batang Makabansa." The agenda was named "MATATAG" and it comprises of;

- **MA**ke the curriculum relevant

to produce job-ready, active, and responsible citizens;

- **TA**ke steps to accelerate the delivery of basic education services and provision of facilities;
- **TA**ke good care of learners by promoting learner well-being, inclusive education, and a positive learning environment and lastly;
- **G**ive support for teachers to teach better.

VP Duterte ended the speech by saying "Together, we will rally for an improved learning system in the country. Together, we will rally for every Filipino child. Para sa isang MATATAG na Bayan. Para sa ating mahal na Pilipinas. Ang lahat – para sa Diyos, sa Bayan, at sa bawat pamilyang Pilipino."

"Our children are bound for greatness.." VP Duterte declared. If the education sector and its officials do not defend the interests, well-being, and future of children, who will? It is a dream come true for all the Filipinos and its learners to receive the adequate amount of attention for education that our country has cried out for ever since. And this MATATAG Agenda is a course of action that pin one's hopes on to unfold.

EDUCATION SECTOR NEEDS A LOT OF FIXING

By: Sophia Andrea S. Manalo | Apolinario Mabini Campus

Is the Philippines' education system a failed system? There has been a long-standing problem with the Philippine education system, especially this pandemic that forces students to study online and face-to-face and affects their daily lives. Learning outcomes in our education system have long been declining in quality and accessibility, even before the pandemic. There is no doubt that it has failed to evolve and innovate into a system that is resilient and able to provide learners with a path to success. Despite the current educational crisis, teachers, parents, and students continue to face difficult situations, especially those living in poverty.

Schooling in grades 11 and 12 becomes compulsory, as well as the addition of two years to

secondary education. In the Philippines, the primary education system only lasted 10 years before it was implemented, making it one of the few in Asia. Through the Education Service Contracting Scheme, the Government is planning to increase its support for students and teachers in private education. It is intended to improve students' skills in science, technology, critical thinking, creativity, and entrepreneurial spirit, as well as to encourage them to support the community, particularly those on the margins. In order to accomplish these goals, the government will have a different curriculum that will challenge and stimulate pupils to develop critical thinking skills.

In 2021, the Philippines received the most national budget of all countries, 4.5 trillion pesos, giving the department of education over 751 billion pesos, more than the

department of public works and highways and the department of health. Many studies indicate that the cause is financial difficulties, a lack of adequate infrastructure for students to learn and excel, or a lack of proper support for them to stay on track. 80% of the children surveyed in the report found that they are unsure of what they should be learning in school, according to the world bank. The Philippines' students showed poor learning results, with more than 80 percent falling below minimum standards for their grades.

"The study results showed 81 percent of participating Filipino learners could not deal with basic math problems, 81 percent had trouble understanding texts of moderate length, and 78 percent could not recognize correct explanations for scientific phenomena or draw valid conclusions from



Photo Courtesy of Chelsea Garcia | Apolinario Mabini Campus

given data," Vice President Sara Duterte stated. "We can do better than this. We are better than this. But studies like these are opportunities for us to thoroughly examine our system and the defects that hurt our children's abilities," the Vice President added.

What are the plans of the government to have a better

education system? Is there a way to have a better education system? In the next 10 years will the education system in the Philippines be preferable or inferior?

Now is the time to acknowledge the existence of an education crisis.

THE EDUCATION QUALITY WE ALL HOPE FOR FILIPINO CHILDREN

By: Mae Angela Y. Galeon | Andres Bonifacio Campus

During the DepEd basic education report of Vice President Sara Duterte last January 30, 2023, the challenges in our education system and the possible immediate solutions were highlighted. The result, especially for the level of Philippine Science and Math literacy, is also a confirmation of the Program for International Student Assessment (PISA) result in 2018 which showed that the Philippines rank second lowest among 79 countries that participated.

Among the challenges that were emphasized are the following: lack of facilities, academic proficiency, slow training of teachers, and quality of curriculum.

According to the report, among the 327,581 classroom, only 32% are actually in good condition. Some buildings were left unrepaired during the onslaught of the Typhoon Odette. In terms of the students' proficiency, it was found out that among the research sample, 81% cannot deal with basic math problems, 81% has problems with comprehension, and 78% has difficulty understanding scientific problems. The results are alarming because if we are rooting for Philippines to progress economically, we should develop a strong STEM backbone that is most important ingredient in the industrialization of our country.

Vice President Duterte also emphasized the problem in curriculum. She said that basic curriculum is heavily congested-resulting for students to be both mentally and emotionally exhausted, and that the Senior High School curriculum is only good in paper. According to the report, among the participants, only less than 10% were employed after graduating Senior High School. What needs to be highlighted here is that, industry partners' observed that Senior High School graduates are only trained to familiarize the skill but they are not really technically trained.

The report may be disheartening to hear, but we need to face the reality in order for us to move forward. We are hoping that DepEd along its leaders to be intentional in their realized solutions from the outcome of the report.

We are hoping that the DepEd will be committed to its vision:

"We dream of Filipinos who passionately love their country and whose values and competencies enable them to realize their full potential and contribute meaningfully to building the nation."

THE GROWING CONFLICT IN THE EDUCATION SECTOR

By: Daniela C. Laoreno | Plaridel Campus

The Department of Education (DepEd) is now dealing with a number of urgent issues, including inadequate school infrastructure, outdated classrooms, and a lack of timely teacher training, according to Vice President and concurrent Education Secretary Sara Duterte. During the presentation of the DepEd's Education Report for 2023, Vice President Sara Duterte lamented how Filipino learners are not academically proficient, with many of them suffering from "emotional abuse and exhaustion," and that this issue is the reason why a large number of students fail to meet the standards of the demanding, competitive world.

The current basic education curriculum is overloaded, and the Department of Education is dealing with a significant learning gap as a result. Additionally, the system deprives our teachers of the chance to develop professionally and to professionally teach, assist, and lead our students while burdening them with time-consuming and laborious administrative responsibilities. That is why, Vice President Sara Duterte asserts that as a result, our instructors must return to their respective classrooms and resume teaching. According to her, there is one answer, which is to raise the teachers' levels of competence so they can instruct students effectively and efficiently. However, teachers themselves are victims of the failed educational system.

Today's life is so fast-paced and dynamic that we sometimes willfully ignore what's going on around us since it may all change in a second. The Philippines, in particular, have seen significant changes in recent years. This is really true. We have the potential to be great, but we are currently moving slowly in terms of development and sustainability. Our country has its own set of strengths and flaws that affect our overall standing positively or adversely. And although Vice President Sara Duterte acknowledges that resolving the issues in the education sector will take time and effort, she is confident that by the time President Ferdinand Marcos' term comes to a close, the country's basic education system will have advanced to new heights.

Indeed, by providing great education to Filipino youth, we are helping the nation's youth grow into globally competitive professionals, thus improving the country's standard of living. Dr. Jose Rizal once said, "Ang kabataan ang siyang pag-asa ng bayan," which is why education should be planned carefully. Having a good quality of education means having a powerful community; if the people in the community are educated, the economy will be better. If we want to have a better economy, we must have the knowledge and skills that the industry requires. To achieve this aim, we must strengthen our educational system.



URGENCY AMID [EDUCATION] EMERGENCY

Topic: Addressing the Philippine Education Crisis: It's Time to Say Goodbye to Mediocrity and Hello to Excellence

By: Pamela D. Delos Reyes | Juan Sumulong Campus

By definition, the word “crisis” means a time of extreme difficulty, trouble, and danger. It probably feels like a fever dream when this word combines with the word “education”—but in reality, that’s how this dejecting situation goes for a long time. And in the same way as our state’s concern, we must act upon the education crisis now.

Department of Education (DepEd) Secretary, Vice President Sara Duterte, recently addressed the following challenges education faces worldwide (particularly in our country) in her speech during the presentation of the DepEd’s Education Report for 2023.

She had acknowledged the gaps in education in terms of infrastructure, low proficiency, and literacy among students, closure of private schools, and inclusivity towards the system as a whole. In retribution for the following stated causes, VP Duterte also propagated the particular reform which the sector needs.

The said gaps show an alarming number of school facilities that require immediate repair, some were even denoted as “unsafe.” The decline of enrollment over the years of Covid-19 pandemic affected private schools, then led them to close down. The continuous downfall of Filipino youth in terms of proficiency and literacy (as well as basic or general knowledge in numeracy or subjects like math) from various studies and statistics. The barrier to indigenous people’s access to education is still adamant amidst the changing times.

This pushes the Department of Education towards

their implementation of the “MATATAG” [sturdy in English] agenda. This project has a primary objective to (1) **MA**ke the curriculum relevant to produce competent and job-ready, active and responsible citizens; (2) **TA**ke steps to accelerate delivery of basic education facilities and services; (3) **TA**ke good care of learners by promoting learner well-being, inclusive education, and a positive learning environment; and (4) **GI**ve support to teachers to teach better.

Aside from the aforementioned matters, there’s another concern that also needs to be taken into consideration promptly. The issues of mental health among Filipino students and its disheartening rise in figures.

Not long ago, Kabataan Party-list Representative Raoul Manuel urged President Ferdinand Marcos Jr. to declare a mental health emergency in the country after receiving reports of the huge amount of suicide cases [along with the attempted ones] among students (particularly youngsters) in the past academic year.

Along with the call for a mental health emergency, Rep. Manuel also encouraged Congress to look into the implementation of Republic Act No. 11036 or the “Mental Health Act.” The Senate recognized his grounds and coerced him to take the following steps needed to solve the problem.

Senate President Migz Zubiri vouched to support an increase in DepEd’s budget to ease the present grievances (and hopefully not the future) suicides of the student

population. Furthermore, Sen. Sonny Angara said that they plan to push PhilHealth packages that would cover mental health needs. On the other hand, Sen. Chiz Escudero calls out for the Department of Health’s help for the needs of workers (in terms of mental well-being) that would enable the overall response to the mental health crisis.

The following factors have been present over the past few years and were sadly neglected. As the present administration puts light on these types of occurrences happening in our country, it certainly sparks a glimpse of hope towards citizens. And although we appreciate the state’s concern about the problem’s relevance, *visions* are not enough. The country demands to see *changes*—development towards education.

Promises already sound rusty to Filipinos’ ears. Not until people could already witness the execution of the plans (like proper treatment towards teachers, reconstruction of school facilities, propelling of curriculum’s improvement for learning and overall health of students, and restoring the decaying system for everyone) to education—the call for action should never stop ringing.

A crisis is only a crisis if it was treated as one. If individuals, along with the community and the state, don’t recognize its urgency, the worst of the worst is only yet to come. Promulgation of particular agendas, as well as the participation of the Filipino people, would be a good spear to combat the striking pike of the education crisis in our country; the Philippines.



TREE OF LIFE

By: Aya Denise B. Faustino | Elisa Esguerra Campus

Most children pick meat and sweet foods like chocolates and candies over vegetables. It is because they use their sense of taste and smell to judge whether a food is safe. Sugary or sweeter plants are more likely to be safe, while bitter-tasting plants typically suggest that they are dangerous or deadly. Also, children are still young and do not understand the nutritional advantages of vegetables.

One of these vegetables is the moringa, a tree that is rich in nutrients that the body needs. All parts of it are beneficial for both humans and animals. The leaves, roots, bark, seeds, and seed cake have a variety of uses like food, medicine, and water purifier.

It contains calcium, which boosts muscle growth and healing in your body, and vitamin A, which is essential for clear eyesight.

Vitamin A is also an antioxidant that can shield cells from deterioration and strengthen your immune system. It can also lessen the variety of headaches and also flu and cold symptoms that sometimes accompany headaches. It also has vitamin B for metabolism and vitamin C that protects us from diseases.

Moringa leaves are also beneficial for people who are anemic because they contain iron, which helps red blood cells carry oxygen throughout our bodies. Due to the presence of insulin-like proteins in moringa, it can also aid in the management of diabetes by lowering blood sugar levels.

There are several methods to consume moringa leaves. It can be boiled into tea. It can be eaten raw, sprinkled on salads, pureed into smoothies, and for other uses.

Moringa is only one of the plants that should be consumed to strengthen our bodies because of its overflowing nutrients. If you are a grown-up, you should set an example to the children by encouraging them to consume vegetables that will help them grow healthy.

Source:

<https://www.medicalnewstoday.com/articles/319916>

<https://aduna.com/blogs/learn/how-tousemoringa>

<https://www.eatthis.com/moringa/>



Photo Courtesy of Gyscha Rendy | The Spruce



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HUMSS Week Celebration: End Racism, Build Peace

By Emilio Zaragoza

The most anticipated time of the year is here! where students can showcase their abilities and skills. It's time to reveal, unearth, and discover their innate naturalistic and creative abilities. The HUMSS Week Celebration with the theme "End Racism, Build Peace." It is a timely reminder to acknowledge and appreciate the individuality of everyone.

The said celebration is happening on February 16-21, 2023.

Prior the big event, the HUMSS Student Organization meticulously planned out all the activities, games and entertainments. They held a face-to-face meeting to discuss the outline and flow of event. Moreover member's tasks were disseminated equally to assure proper execution. Surely, this meeting was the green light that the HUMSS department was waiting for as there vision come to life.

February 16-21, 2023.

The HUMSS Coordinator together with the Interim President and Interim Vice President conducted a room-to-room announcement for the upcoming celebration. They encouraged every student to participate in the said activities and to never hesitate to share and demonstrate their creativity. They also tackled each activity that will happen which are the poster-slogan making, editorial cartooning, one act play, and spoken word poetry on the exact day of the event.

As the celebration is about to come, many are getting excited. The officers of the HUMSS Student Organization are now putting a lot of effort and hard work for this celebration to be successful and memorable. They are in full energy to set a standard and to give an impact



Credits: HUMSS Department

to everyone. They assure that this celebration will not just normally happen, but they

want it to be commemorative and give the best impression to all.

Theme Source:
<https://www.undp.org/ghana/blog/end-racism-build-peace>

THE LONG WAIT IS OVER! RESULTS OF THE BEST RESEARCH AND SPEAKERS ARE OUT!

By Adrian P. Lanopa



Photos by: Sir Melqueshedek Llena



"Oh Em Gee! There's an Eksena, Let's Call Darna! The Effectiveness of Bystanders' Presence as a Support System in Emergency Situations Allowing Individuals To Provide Voluntary Assistance on the Street Without Any Constraint," the research that got the 1st place or overall winner for this year's research in Grade 12. This research is being presented and passionately given a lot of effort and time by: Jerick Louis M. Dican, Aaliyah Samantha D. Fernando, Adrian P. Lanopa, Darrell James M. Oracion, Dyan Mikaela R. Padullon, Lara Cathrina Rodriguez, and Felecity B. Villanobos. The same group that got the overall best research last school year. This year, they celebrate another milestone as they protect their throne and win the back-to-back Best Research of the whole Humanities and Social Sciences Strand. In the category of Best Speaker, 15 outstanding students are awarded and recognized for the excellence that they showcased throughout the research defense conducted. Confidently, each of the 15 students fought there place to the top.

With all awardees, Dyan Mikaela Padullon got the 3rd place and was described as the 'Unbothered Queen' because of her calmness and excellence amidst every pressure during the defense. The 2nd Place Best Speaker was awarded to Karl B. Rosario. "In an unexpected yet surprisingly surprising turn of events, you realize you gave your absolute best from that moment forward," Mr. Llena captioned, describing Karl as an unexpected gem that forms amidst so many norms around. For the student who got the best of the best speakers of all, Mr. Llena described him as a student who excels beyond my expectations in my class, a student who never gives up until he gets what he wants, and a student who truly understands the value of persuasion and knowledge. The best speaker was awarded to Adrian P. Lanopa, the same speaker from HUMSS 12-B that got the same best speaker last school year. A back to back milestone as his group got the best research for this year's research. Hopefully, this prestigious award will get the students moving toward with more success.

The day has bloomed with recognition and positivity as the research coordinator, Mr. Melqueshedek Llena unexpectedly announced on February 5, 2023 —

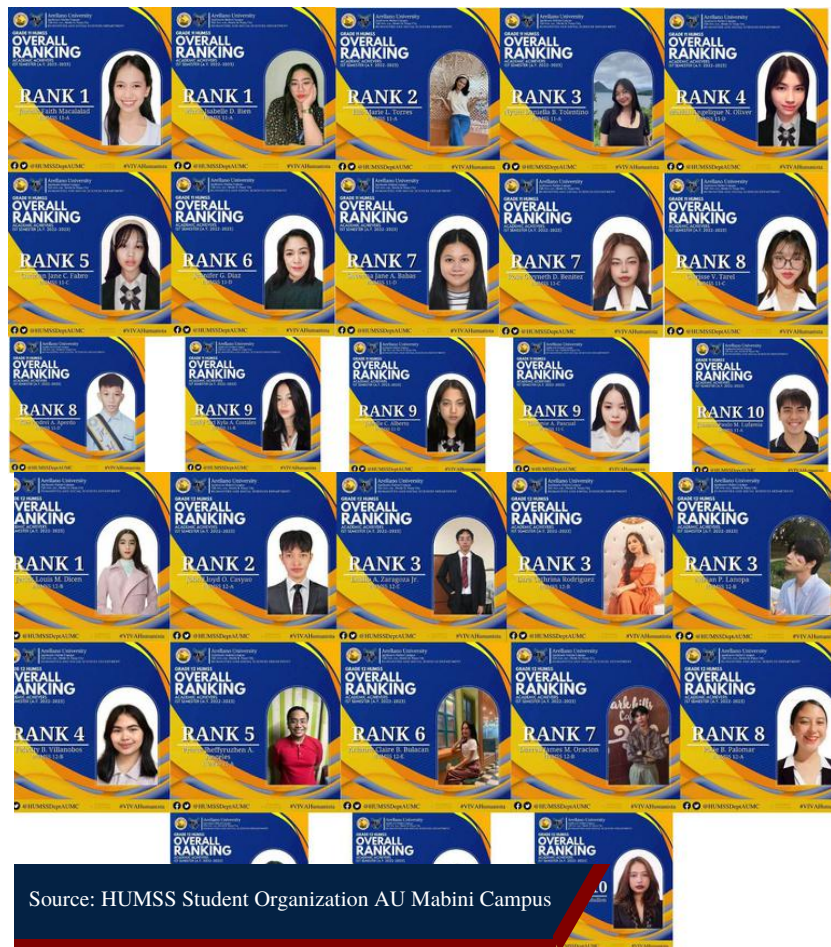
the Best Speakers and Best Research in the subject Practical Research 2 for the First Semester of the Academic Year 2022 - 2023. Surely, pride took place as the post garnered attention.

Congratulatory message had thrived on the Facebook post as it touched and expressed a symbolism of every hard work and sleepless nights that every researcher put into their work.



HUMSSLAY! VIVA HUMANISTA!- AU Mabini HUMMS Students Continued to soar high as the 1st Semester Ends

By: Dyan Padullon



Source: HUMSS Student Organization AU Mabini Campus

Humanistas slayed the semester for the nth time last Thursday, when the HUMSS Organization published the overall ranking of Grade 11 and 12 HUMSS students on their website. Students and teachers alike expressed their appreciation for these students' hard work and dedication.

The students who were honored expressed their gratitude for the fruits of their labor. The face-to-face awarding was held at the library for the first time after nearly three years of virtual recognition. Mr. George Acopio, the HUMSS Coordinator, successfully led the awarding of certificates.

Ready to Conquer: Chiefs are Getting Ready to Showcase their Talents as the Arellano University Interbranch Dance Showdown Competition Approaches

By: Jerick Louis Dicen

Arellano University is continuing its longstanding history of showcasing the abilities and charismatic movements of its beloved students by getting ready for the event that will unite all of its campuses: the Arellano University Interbranch Dance Showdown Competition. The Arellano University - Apolinario Mabini Campus is said to be the host and venue for this biggest celebration. As the school prepares for the Showdown Competition, the administration, faculty, and staff have been hard at work to ensure that the school is ready for the big day. The teachers have been providing their students with extra guidance and support to ensure that they are prepared to compete in the competition. The school's administration has been working tirelessly to make sure that the facilities are in order and ready to go for the competition. The staff has been doing their part to make sure that the competition runs smoothly and that all necessary items are in place.

Everyone is working together to make sure that the school is completely ready for the Showdown Competition. The Student Council and Organizations at Arellano University - Apolinario Mabini Campus are preparing to take part in the biggest showdown competition. All of the student organizations have been busy training, planning, and preparing for the competition. Everyone is excited about the chance to showcase their skills and show what they are capable of. The competition will be nothing short of thrilling, and the preparation for it has been a great learning experience for all involved. It has been an amazing journey for all of the Student Organizations, and we are confident that they will do us proud. It is a big event that unites the student leaders to provide the best celebration for the rest of the Chiefs. With hard work and dedication, the administrators of the school are sure that our Student Organizations will be the best. They can be

for their beloved School The Arellano University is excited to announce that their students and participants are now ready for the biggest dance showdown competition. This is a fantastic opportunity for them to showcase their hard work and dedication to honing their craft. The participants from all grade levels and campuses have been practicing diligently and are ready to demonstrate their talent and passion on the dance floor. They have been practicing countless hours and are eager to demonstrate their skill, dedication, and creativity. Every participant has poured their heart and soul into perfecting their routines and are sure to put on an amazing show. The competition will be fierce, but no matter what the outcome will be, these participants have already proven that they have what it takes to be the best. The Arellano University is confident that they will give a fantastic performance and make us proud. We wish them all the best of luck and hope that they have an enjoyable and successful experience.

Let the future be assessed: Mabini Chiefs took the National Achievement Test.

By: Felecity Villanobos

Arellano University - Apolinario Mabini Campus together with other private and public schools and campuses nationwide held its first National Achievement Test after years of fighting the pandemic. The administrators, faculties, and the whole school took charge of the necessary tactions to implement the protocols — before, during, and after the examination. The examinees of the said assessment were all Grade 12 Senior High School students of different strands. National Achievement Test otherwise known as NAT — is annually held at the middle of the academic year.

This standardized examination determines and assesses each student's academic intelligence, capacity, and skills. With the aim of guide the students on the tracks and subjects they have to work in. It can also help students when entering college since taking up the examination is one the most common requirements of every university and college. Additionally, NAT evaluates the overall performance of the school and its facilities to their ability in providing good quality education and preparing students by enhancing their real-life skills that students can use throughout their lifetime.

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PIXIE PALOMAR	HARVEY BUAGAYAN	KAREN DELGADO
	DARELL JAMES ORACION	



Photo credits: STEM Society FB page.

Showcasing Talents: STEM Week Celebration

By Karen Delgado

In celebration of STEM WEEK, the STEM Society held programs for the students with the theme “Agham at Teknolohiya Kabalikat sa Maunlad at Matatag na Kinabukasan”. Reminding students about the importance of Science to our modern world!

The STEM SOCIETY held an educational yet enjoyable exhibit for students of every strand! There were handmade colorful projects like cell parts containing a map for you to locate the parts of a cell found in a human body, students were also demonstrated on how to look at a red blood cell under a microscope with the

assistance of teachers and student members of STEM Society, you can also understand the law of motion just by looking through one of the illustrations.

Students got a peak of the laboratory room and were amazed by the dissected animals seen through the drawers. “We hope that we can see more of the lab and work here!” a student mentioned.

The celebration offered Essay Writing Competition, Intellegentsia, and Digital and Traditional Art Competition. Students participated actively through all of these with their skills a

nd hidden ideas are bringing them out to the world! STEM students really are talented!

At the end of the celebration every student left with a smile on their face, a warmth added to their soul, and knowledge for their minds realizing how much Science and Technology help and influences our modern world!

The Trio We Needed

By: Maria Isabelle D. Bien

“Surround yourself with only people who are going to lift you higher”- Oprah Winfrey. Friendship is hard to build, in fact, it takes time and trust. However, these three people did not have a hard time creating a bond with each other, they’re best friends. These girls are on top in the recent announcement of HUMSS overall ranking for Grade 11 students. Maria Isabelle D. Bien, rank 1, Ella Marie Torres, rank 2, and Nycha Daniella B. Tolentino, on the 3rd rank all from HUMSS 11-A. As some people sees this as a threat, for them it was a very special moment This trio never expected to be on top as they were just enjoying their senior high school journey. According to Nycha, “There are a lot of emotions that I felt when I heard it, let us just say that the easiest phrase to explain them is "mixed emotions."” For Maria Isabelle she stated that, “I did not expect this award as I was just a girl from the

city of Masbate with big dreams, this really means a lot to us, and I couldn’t have done it without the support from my friends and family” Apart from that this trio is part of different organization in extracurricular activities. They don’t see their friendship as a threat because according to them, “healthy competition” is one of the reasons they became stronger and inspired. For Nycha, “ The only advice that I can give is from a line from a K-Drama that also helped me push myself to my limits: "There may be some things that you do not do, but there is nothing you cannot do." There is nothing wrong with going outside your comfort zone because that is the only way you can grow.” Friendship is really a key to success. This is the trio that we never thought we needed.



Photo credits: Photos by: Maria Isabelle Bien and Mr. George Acopio



“If We All End Up Dying, What’s the Purpose of Living?”

By Darrell James Oracion

While I was browsing through Reddit yesterday morning, I came across this question: “If we all end up dying, what’s the purpose of living?”

Nice query, I thought. Perhaps a little heavy for a Tuesday morning, but an important question nonetheless. Actually, this is arguably THE most crucial query. Following some reflection and a thoroughly enjoyable read through some outstanding answers from Reddit users, I was motivated to pick up a pen and write down some of my own ideas.

This is the most deeply personal question you could ever ask someone, which is why it's such a terrific question. their views of the present

and the future, and this odd little thing we call "spirituality," or as I like to define it, a personal belief and way of living that reconciles the complex ideas of life, death, and subjective experience.

And if I were to respond to the query posed in the title, "If We All End Up Dying, What’s the Purpose of Living?" Okay, so you are a component of everything and life, which persists indefinitely even when the self "dies." But how does that relate to a person's search for purpose in life? I respond by saying that if you fully comprehend and embrace the concept of oneness, the question itself is answered. There is no purpose in living. Living is the purpose. You contribute to life.

DESPERATE MEASURES

By: Colene Eugenio

She isn't the strong cup of coffee that you'll drink to start your day,
She is the tea you drink after a long day at work, late in the afternoon.
She isn't the beautiful sunshine that has golden rays,
But the warm breeze of air and the feeling of sitting in comfortable silence

She's the sunset you'll get to look at, reminding you that you may have had a bad day,
But at least, you'd get something beautiful to watch.
Leaving you mesmerized before the night invade you with void and loneliness
She's the calm and peaceful sky in your thunderous nights,
She's the constant in your world full of uncertainty,
Your safe haven, your sanctuary, your heart in human form
She isn't the type of book that would give you a rollercoaster ride of emotions,

She's the type of book that gives you life lessons and helps you be the best version of yourself.
Somewhere, deep down you know you can't have her.
She's too good, too bright, too shiny, too perfect and that scares you.
Too much that it makes you question if you're worthy of her.
Too much that it wounds your pride and ego, leaving you insecure.
Too much that it suffocates you 'cause she's all that,
She's way out of your league, and all that's left for you to do is leave her

When you left, she asked herself "Why is it always that I'm admired by many, but never enough to even be pursued by one?"
Left with a wounded heart, she thought "Always the "almost", but never the "enough".

Eleutheromania

By: Brianda Pherie Lee

Lately, I've been yonderly.
It is the darkness that seems to bring so much comfort that the light starts to hurt my eyes as I witness everything that unsettles the remaining peace inside of me.
In spite of the endless tries of resting, dysania takes over.
And how terrifying it is to know that I would rather absquatulate than reach out?

Scars

By: Borromeo, Lindsay R.

As I closed my eyes
I see my parents fight
As I hold my heart,
I felt a heavy heart
I hear a voice running through my head
but that's impossible, I'm deaf

full of thoughts right now
how can I go out?
blood on my wrist
how can I unsee it?
scars on my heart
how can I heal it?

Photo Source: Boredart.com



The Line

By: Lester Dave Bautista

It has been a haunting seven months since the resurrection of the beast. The once lively streets were now barren and still as if time itself had come to a standstill. Each day felt like an eternity, with the constant echoes of screams and roars filling the air. The memory of the victims, buried alive by the monster, haunted the survivors, who could never escape the terror that had risen from the dead. As I journeyed through the desolate wasteland, I stumbled upon a long,

shimmering blue line. My heart raced with a mix of curiosity and fear as I approached a group of people huddled near it. "What is this for?" I asked, my voice trembling. They looked up at me with determined expressions and replied, "It's for the golden future." Without hesitation, I joined the line, standing shoulder-to-shoulder with the others in the scorching sun for what felt like an eternity. The heat was intense, burning our skin and drenching our faces in sweat.

But still, we waited, persevering for the promise of a better tomorrow. But as my turn finally arrived, the reality of my situation came crashing down. Instead of the golden future, I had been promised, all I could see was a train. As I stepped aboard, the sound of gunfire filled my ears, and everything went black. I was plunged into the void of the end, my fate sealed by the very blue line that had promised me salvation. The blue line was not a path to a better tomorrow, but a death row for those who dared to hope.

Too Much of Nothing

By: Alyeesha Denise Odulio

I do too much,
I try so hard.
How can they do it so effortlessly?
How can they have it naturally?
I need to study twice as hard to pass,
Thrice to five times to recognize my “potential”.

It’s never enough,
Never enough for them and for me.
I know I’m meant for something so high.
I would be the biggest star,
Or maybe, I wanted to be one,
Or they wanted me to be one.

I can’t give up this dream,
It’s not rare,
It’s not a big thing,
But it’s my life.
It is my path,
Without it, I’m not me,

Without it, there’s no me.
The little voice inside my head,
And the loud voices outside,
It keeps telling me to do more,
That I can be more,
I should be more,
But there is more to life.
There’s more to enjoy being alive,
Get those interesting slice of life.
Go to the beach or even mountains to climb.
Be more,
But a different more,
Be your own “more”.

Be everything you wanna be.
I am doing too much but for nothing,
Not for my path,
I am doing too much,
But I’m still everything I don’t wanna be,
But now I have more to see.
I have something to cling on,

STEM's Way is the Future's Way

By Lara Cathrina Rodriguez

People in this 21st Century have come a long way in intensifying the STEM fields to pave the way for a more sustainable society.

Three months into face-to-face classes, the Science, Technology, Engineering, and Mathematics (STEM) Society of Arellano University in - Apolinario Mabini Campus hosted their most awaited event on January 10, 2023 in line with the celebration of STEM Week having the theme "Agham at Teknolohiya: Kabalik at Maunlad na Kinabukasan". One of their activities was the Essay Writing Competition facilitated by Alexa Daulong, Shawn Gaton, Eunice Briagas, Jadriel Delgado, and Sophia Encio in the senior high school library from 8 AM to 9:30 AM on January 12, 2023. Out of all the five competitions that the STEM Society has prepared for the students, it had the most number of registered participants garnering 21 from all strands of grades 11 and 12 namely Lara Cathrina Rodriguez, Lester Dave Bautista, Jainelia Imperial, Allaine Arroyo, Jariette Santos, Jean Pupa, Romulo Abanes, Christina Abueg, Sabria Santos, Juan Miguel Muertegui, Ma. Mikaela Batiforra, Jeniel Nidera, Aira Manlangit, Christian Caranguian, Clark Arante, Deizyl Draculan, Ian

Paolo Padilla, Andrei Molavin, Karen Delgado, Shaim Amante, Maria Isabelle Bien, Janelle Macalalad, and Fionnah Pepino.

The awarding ceremony took place on January 13, 2023, the 5th day. The three winners were Ma. Mikaela Batiforra, first place winner was Mikaela Batiforra, second place went to Maria Isabelle Bien, and third place went to Juan Miguel Muertegui. Certificates and medals were given by the president of the STEM Society, Mr. James Carl Polo, SHS OSA Coordinator, Mr. Cleo Patrick Ursua, BRANCH OSA Coordinator, Mr. John Patrick Felices, and Math Coordinator Ms. Marjorie Tilles.

This STEM Week celebration was designed to give students the opportunity to build up their confidence in presenting their skills and talents through different games and activities, as well as to spread new knowledge and information about Science and Mathematics. The burning passion of students for writing was seen in the competition despite knowing that there would only be three winners. It is true that the STEM Society provided an excellent opportunity for those wishing to showcase their outstanding talents, abilities, and skills for on-the-spot essay writing.

Mga Kaganapan sa STEM WEEK

By Jainelia Kate Imperial

Kamakailan lang, ang inaasahan na ganap ng mga estudyante mula sa strand na STEM ay siyang nagbukas na. Nitong lunes, ika-9 ng Enero ngayong taon ay naganap ang pagsisimula ng tinatawag nilang, STEM WEEK na may temang "Agham at Teknolohiya: Kabalik at Maunlad na Kinabukasan." Ang okasyon ay nagsimula sa ganap na alas-diyes ng umaga, at kahit na ginanap ang panimulang ito sa online na plataporma, naging maganda pa rin ang kinalabasan nito. May mga masasaya at maku-kwelang emcees na siyang nagbigay tuwa at galak sa mga estudyante dahil sa kanilang pagiging bibo. At ang isa sa mga natatanging parte ng kaganapang ito ay ang mahalagang talumpati mula sa Presidente ng STEM Society na si Ginoong James Polo, isa sa kanyang mga nasabi ay ang katothanan mula sa mahabang panahon ng pandemya sa wakas, ang mga aktibidad na kanilang pinagtutunan ng pansin ay mangyayari na face to face.

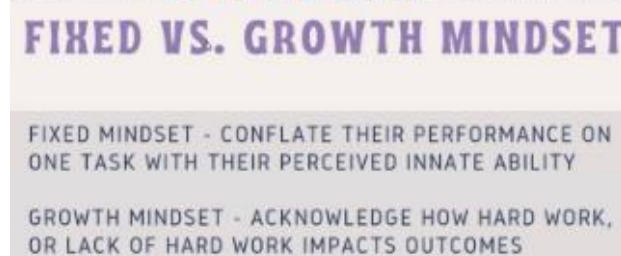


Photo credits: STEM Society



At ilan nga sa mga ipinahayag na mga aktibidad ng mga emcees ay ang Webinar mula kay Guest speaker, Ginoong John Charles M. Llemos na may paksang, "Developing the Mind of the Students Technology and Beyond." Siya ay nagbanggit ng mga mahahalagang impormasyon na tiyak na sumasalamain sa mga pag-iisip ng mga kabataan sa panahon ngayon. Ito ay nakapanglilinang sa mga kaisipan ng mga estudyante dahil nararanasan din nila ang mga ganoong senaryo. Isinaad din ng mga emcees ang mga ganap para sa susunod na mga araw at iyon ang mga Digital Art Competition sa ika-10 ng Enero sa umaga, at sa hapon ay ang Traditional Art Competition, sunod naman ay ang pagkakaroon ng munting eksibit at paglilibot sa mga laboratoryo sa loob ng paaralan upang ipakita ang mga magagandang likha ng mga estudyante pagdating sa paggawa ng mga 3D models, At ang hindi pwedeng kalimutan na Essay Writing Competition, at Intelligentsia na tanging binuksan para lamang sa mga STEM.

Sa pinakahuling araw naman gaganapin ang pinaka-inaantay na pagbibigay at pagtanggap ng mga medalya para sa mga nanalo sa isang linggo ng patimpalak na kanilang inihanda.

LIFTING THE FUTURE OF THE NATION THROUGH INNOVATIVE ENTREPRENEURSHIP

By James Polo

Many countries around the world continue to pursue greater development and improvement of the lifestyle of their citizens. Christensen, Ojomo and Harper in their book of "The prosperity paradox: How innovation can lift nations out of poverty" (2019) stated that the path of innovation does not only strengthen a company but also increase the economic growth of their country. This is just a factor of an expanding body of research that tackles the interrelation between innovation, entrepreneurship, and economic development. Nevertheless, identifying the drivers of development is understood through the



Art by: Rosa Fe Mancera

constraints in the theoretical framework of innovative entrepreneur approach and the measurement of its impact at the national level. According to Jonsson (2020), he stated that innovation and entrepreneurship are more conclusive within a society accepting collaboration, being resourceful, and discovering new ideas.

As such, the role of the government should be centered to the frontiers of economic research as it is an important factor in the macroeconomic (national) growth of a country then supporting in cognition with the microeconomic (individual) progress.

The development of a nation does not only depend on innovative entrepreneurs. A nation will remain poor due to the inferior quality of influence and administration. Also, due to the low cognitive growth of its citizens by providing a bad system in education. Small or large businesses, families, and the cognitive development of students are important drivers of economic development.

Reference:

<https://doi.org/10.1111/gove.12588>
<https://doi.org/10.7341/20191512>

AU-JAS Hosted Chiefs Leadership Conference 2022

by: **Barry Jay Santos**

To equip and boost the leadership competencies of aspiring chief leaders, the Arellano University Jose Abad Santos Campus hosted the 2nd year of the annual Chief's Leadership Training 2022 with a theme of "Quantum Leap: Unboxing AU Leaders' Potentials." The four-day leadership training was spearheaded by the Arellano University Supreme Student Council and held on November 23-26, 2022, on a private Facebook group.

The conference emphasized the talks of different multi-talented resource speakers and alumni of Arellano University, such as Dr. Mervin F. Goa, who shared about personality development and servant leadership, leaving us with the line, "What we think, we become." Ms. Pamela F. Esquierra then speaks about



motivating and influencing your team(s) and dealing with change. Lastly, Dr. Andre Francisco Balmaceda inspired us in his talk about diversity, inclusion, and goal setting. The participants were also randomly assigned to groups that were mentored by teachers; this also helped them foster camaraderie-

and a student-friendly environment with the other participants from various AU campuses.

During the four-day leadership training, two activities were conducted that showcased the creativeness, talents, and critical thinking -

skills of the participating Chiefs. The first activity is Let's Yell Loud, where each team will compose a chant or yell. While the second activity is Project Plan, where the students will create a sustainable project. The winners of the said events are:

Let's Yell Loud:

- Champion - Group 13
Mentor: Mr. Jet Trinidad
- 1st Runner Up - Group 17
Mentor: Ms. Karla Magdaet
- 2nd Runner Up - Group 9
Mentor: Mr. Luis Dasalla

Project Plan:

- Champion - Group 10
Mentor: Mr. Prince Esguerra
- 1st Runner Up - Group 13
Mentor: Mr. Jet Trinidad
- 2nd Runner Up - Group 23
Mentor: Ms. Justine Nidoy

It was quite an amazing journey for the young and talented chiefs to experience. It embarks on and awakens the captaincy within them, which sharpens and hones the span of their leadership growth. This year's chiefs' leadership conference unboxes the students' potential as it teaches them the values of servant leadership and empowers the dynamic spirits of young chief leaders.

Young Chiefs Showcased Their Talents at the UN Celebration

by: **Bernadeth Araman**

The Elementary Department of Arellano University - Jose Abad Santos Campus successfully celebrated the United Nations with pomp and appreciation for the diversity of cultures, religions, and languages all over the world last November 29, 2022, highlighting the performance of the students from pre-kinder to grade six. Along with the presence of elementary principal Emily H. Escobido and the dedicated assistance of elementary teachers, students dressed up in their colorful costumes to

showcase the idea of diversity and unity.

Each group also did not disappoint with their performance recognizing the idea underlying the United Nations by performing songs with sentimental lyrics, such as Yesterday's Dream and Heal the World.

The adorable pupils from Grade 1 - Competence took second place, followed by the Grade 2 - Humility team, who took third place. Meanwhile, the winning performance was We Are Unity performed by



Grade 3 - Integrity. After the winners were announced, the judge reminded the students that they were all winners as

their performances showed how people can unite around the values of love, justice, and peace.

ICT Week: Live at the AUJAS Campus Once Again

by: **Kate Cassandra Salvo**

Senior High School's Supreme Student Council (SSC) along with the ICT Club led the ICT Week face-to-face for the first time ever since the pandemic, encountering the Chiefs' competitiveness in real-time inside the campus on February 8, 2023.

In the midst of the busy campus, the collaboration between SSC and the ICT Club made the campus busier with the said celebration under the theme "Digital Generation Chiefs: Empowerment And Exploration Of Emerging

Technologies."

Four major events inclined with the ICT track were conducted during the three-day run of ICT Week: AI: Art Invasion!, Game na ba kAU?, Type Racers!, and Big Hero Chiefs!

This event, ICT Week, was commemorated from February 8, 2023, until February 10, 2023, with ICT students as the major partaker of it.

A huge credit goes to the two organizations along with the participants for making this

experience possible for the Chiefs.

The following are the student-victors who performed best during the celebration:

- AI: Art Invasion
- Danica Catigbak
- Game na ba kAU?
- Charl Christopher M. Peñaña (Grade 11)
 - Margarette Anne Olisa (Grade 12)
- Type Racers
- Amir Russell Kent Balingbing
- Big Hero Chiefs:
- Seeker Knights



AU-JAS' Feb-IBig Month Celebration

by: **Jocel Pagaduan**

Arellano University Jose Abad Santos celebrated the FEB-IBIG month wearing their color coded shirts, last February 14 and 15, 2023.

Chiefs actively participated in the simple activities, prepared by the AUSSC for college and SSC-SHS for the senior high school students. The activity was entitled "Wear your Status", as the students will literally wear shirts which color depends on their love life status. Chiefs also put up their courage to write letters for their secret love, with the "Aminin Mo Na, Please" dropbox headed by SSC-SHS.

White dominated the campus because the students wanted to flex their studious status, followed by black that indicates bitterness, and those in love shone and showed the spirit of love with their red shirts.



Chiefs' Brave Take on NAT

by: **Rigel Kent Del Rosario**

Arellano University's Jose Abad Santos Campus takes part in the National Achievements Test (NAT) on January 30-31 with exams from 7 AM to 12:10 PM and 7 AM to 11:10 AM. Measures taken to ensure exam integrity as NAT evaluates

education quality and students' performance nationwide.

A staggering 1,872 grade 12 students from Arellano University's Jose Abad Santos Campus participated in the most recent NAT. As a result, strict measurements were implemented. Mr. Luis Dasalla, SSC Adviser stated "Following the NAT announcement, AUJAS established a plan to conduct a 1-week review with rationale for all grade 12

students in order to help them get ready and review the subjects they would be asked to take. The teachers provided many test versions and devised questions that called for higher-order thinking. We sincerely feel that by doing this, we adequately prepared our students and gave them the assurance they needed to take the exam without considering cheating." Mr. Dasalla further stated, "Because the NAT was abruptly announced, I can state

that there are various elements that could hinder our institution's readiness, but thanks to the experience of those in charge, everything has

been done successfully," implicating the school's capabilities despite the sudden change.



Photo Courtesy of Zakhary Corey

Psychology Society's Webinar on Conquering Thesis-Related Anxiety

by: **Abby Ballesteros**

On January 18, 2023, the Psychology Society Organization of Jose Abad Santos Campus organized and hosted a webinar entitled "Research Skills Revisited Conquering Thesis Related Anxiety Assessment" via Zoom Meeting hosted by Mr. Ivan Garcia (Treasurer), Ms. Blessie Rebong (Secretary), Ms. Rhomaine Francisco (Assistant Secretary), Ms. Kyla Marie G. Sucksuphan (VP- external) and Mr. Ivan Garcia (Treasurer) together with their co-hosts Ms. Kayla Bettina M. Peliño (Auditor) and Ms. Rhomaine Francisco (Assistant Secretary).

The opening remarks were led by Mr. John Marc Balano, MA Rpsy who is the adviser of the organization. He delivered a wonderful speech for the speaker. The program was preceded by the speaker Mr. Gino A. Cabrera MPsy, CSIOP, RPM. According to the guest speaker, it is normal to feel stressed about a thesis or even feel 'traumatized'. He taught all the participants how to manage time wisely because for him, "Time management is Stress Management; It's like hitting two birds with one stone." He also mentioned the SQ3 Method, and Index Card Method and how important it is to take down notes for your thesis.

The next topic is all about tips for time management, creating a stress-reducing lifestyle, and how to deal with stressful situations. It is also important to give yourself a personal time where you can enjoy and do things that you want. It helps to loosen stress and, in that way, you can perform better each day. "Always take good care of yourself above all," he added.

Mr. Gino A. Cabrera MPsy, CSIOP, RPM ended the webinar with his open letter to all the Psychology Majors. It was very heartwarming and it is what exactly the students needed to hear. Leaving them with "Never forget the child in you." and "Sometimes the right answer is not the best."

An open forum was conducted to answer the queries of all students and to know their concerns. Then there was the awarding of a certificate for the guest speaker as a way of expressing gratitude for sharing his time and expertise with them.

The Closing Remarks were done by Mr. Benedict P. Sta. Teresa, the organization's President thanked everyone who attended the webinar. All the students were asked to open their cameras for a photo opt for the documentation report of the webinar.

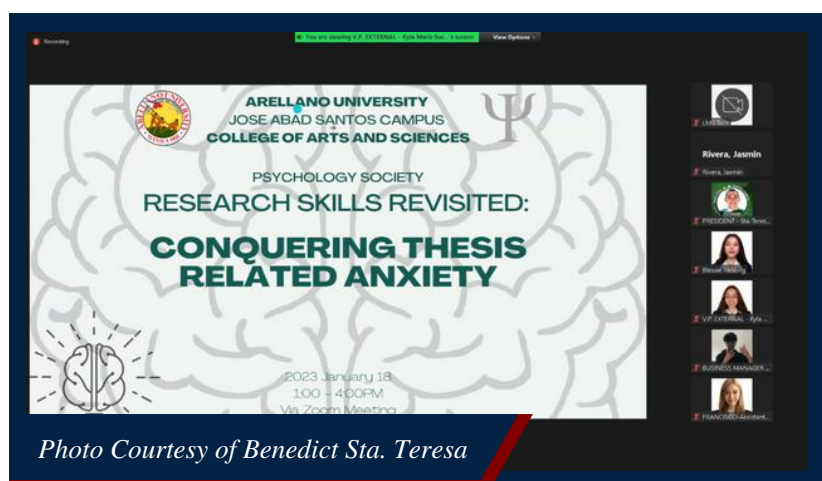
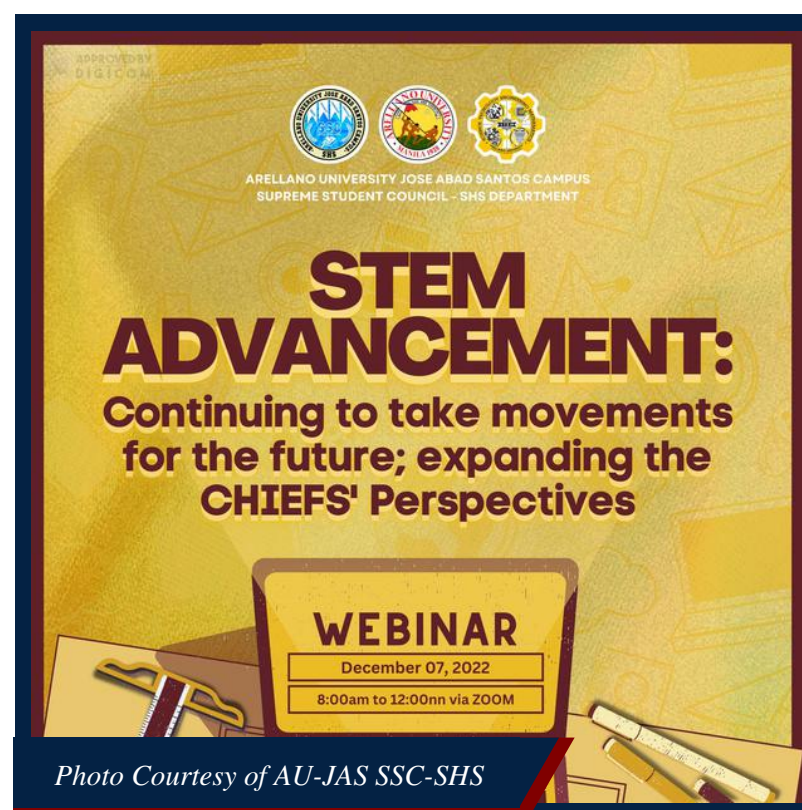


Photo Courtesy of Benedict Sta. Teresa

STEM WEEK: Taking the Chiefs to the Future



by: **Michaella Acasio**

Last December 5-7, 2022, the collaboration of Supreme Student Council and Science, Technology, Engineering and Mathematics (STEM) Department took the flight to celebrate the STEM Week with four terrific activities with the theme of "STEM

Advancement: Continuing to Take Movements for the Future; Expanding Chiefs' Perspective" hosted for Senior High School students via Zoom Meeting that left a memorable experience to the students.

The STEM Department started

the event with the exhibition of creative entries from SciTrivia: PAUraits of Inventions, followed by the mind blowing entries from the contestants of Sci-Math-Gic for the first day. The next day, the event started by showcasing the brainpower of grade 11 and 12 STEM students in STEMatAULino Ako! That highlighted the brilliance of STEM students.

On the last day of STEM Week, Dr. Ande Balmaceda led the webinar that nurtured the minds of the learners with beneficent lessons and finishing up the event by announcing the winners.

The triumphant of the first activity, SciTrivia: PAUraits of Inventions was given to Marc Angusto from 12 STEM 5, followed by Yesha Lazaro of 12 STEM 9 as the champion of Sci-Math-Gic. At the same time, Gian Pastorpide of 11 STEM 10 and Remy Diaz of 12 STEM 10 topped the STEMatAULino Ako!

Chiefs' Exhibit their Marketing Skills in BA Week

by: **Jessica Nicole Benavides**

It's better late than never. The Business and Commerce Society pushed through the B.A. Week after being postponed for one month with the theme "Unleashing the Creative Side of Marketing and Promotion." This is being celebrated by business and commerce students to expose their intelligence when it comes to showcasing their skills and talents. According to the club president of the Business and Commerce Society, Ms. Mary Ann Rai, there are six activities that are supposed to be presented, but because of a lack of participants, only three activities were executed.



The first activity is "MARKET: Mark the Target," where students will promote a product through creative commercials. Eleven students participated in this activity. The second activity is "Artisticaholic," which is a poster-making contest with two contestants. These two activities were conducted online. Participants in each activity sent their entries to the Business and

Commerce Society's Facebook page. The last activity presented in B.A. Week is "E-lympics." This is an e-sports contest through Mobile Legends.

Here are the victors of B.A. Week:

MARKET: Mark The Target

- Ms. Creselle Khella Malasan

ARTISTICAHOLIC

- Ms. Jessa Montimor Lales
- E-LYMPICS
- Estitik Esport

The champion of each activity received a medal, and all students who participated received certificates of appreciation. The B.A. Week is made possible through the efforts of the Business and Commerce Society officers.

By Grace Through Faith: The Making of a Nurse

by: Ryan Guevarra

Last year, on the 29th day of November, the Professional Regulation Commission (PRC) Board of Nursing released the Nursing Licensure Examination (NLE) results for the complete board list of examinees who passed. Only 18,529, or 74.40%, of the 24,903 test takers who took the

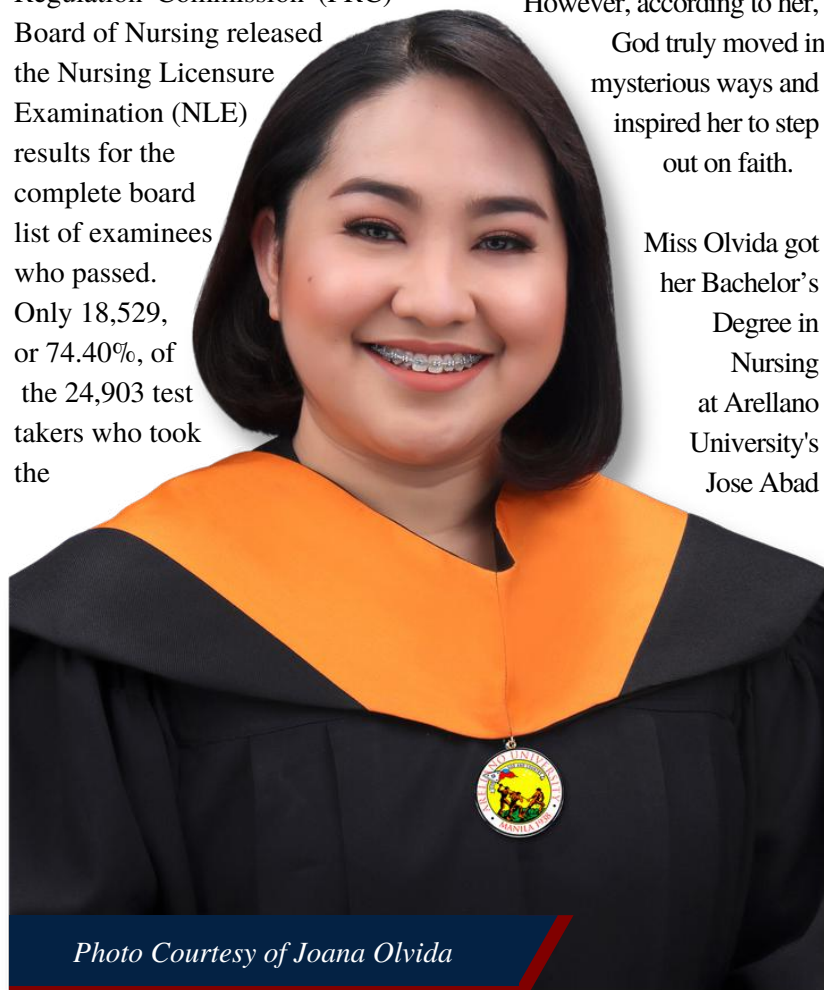


Photo Courtesy of Joana Olvida

November 2022 NLE passed, according to the PRC. One of them is Miss Joana Marielle M. Olvida, a former nursing student of Arellano University's Jose Abad Santos Campus who is now a registered nurse with an awe-inspiring rate of 87.40%, placing her in the top

14 of the Board Examination List. Due to self-doubt, concerns, and other personal factors, she was initially undecided about taking the board exam last year.

However, according to her, God truly moved in mysterious ways and inspired her to step out on faith.

Miss Olvida got her Bachelor's Degree in Nursing at Arellano University's Jose Abad

to never give up on her dream and that it is okay to take a rest. She always reminds herself that it is okay to fail sometimes because failure is part of the process, thus keeping her humble. "It is okay to have slow progress because it is still progress." "I also believe that prayer works, and through prayer, it reminds me to trust the process and His plans, no matter how slow or difficult the journey," she added.

Miss Olvida pursued nursing because it was her childhood dream. She realized it when she was assigned to look after her grandfather who had his first stroke and was diagnosed with diabetes mellitus-type 2, where she was in charge of giving her grandfather's daily medications and going with him for a daily morning exercise, as well.

It has been a month since the board exam result was released, but for Miss Olvida, the feeling is still surreal. She only prayed for at least just passing the NLE and did not expect too much. She even kept on telling to herself the statements: "first at last take ko na 'to! Ayoko na ulitin 'to!" because of the thousands of practice questions, workbooks, and lectures that the Top Rank Review Academy gave to her batch. Those moments have come

to her realization that her only greatest competitor is none other than herself. For being the one who pressured herself to do better and for fostering temptations and insecurities she felt. She has thought that the process she went through before the board exam was extremely tough because her studying routine somehow affects her 'other self' that wants to enjoy life and socialize, nonetheless, her family and close friends have been her solid support system, especially in the times she was surrounded with doubts and anxieties. They send her encouraging messages, asking her how she is doing so far, which makes them her inspiration to persevere.

Furthermore, she acknowledged everyone that accompanied her along the way, through these statements: "First, I am beyond grateful to God for the opportunities and provisions that He has given to me and my family. He answered our prayers more than we asked and expected. Second, my family and close friends always encouraged and supported me genuinely. Third, my former teachers, professors, and mentors that I've met along the way, I am forever grateful for the knowledge they've shared and for the bond we built. Fourth, my Alma Mater - HSAM, UST, and -

and AU-Pasay, schools that enhanced my knowledge and skills, and molded my perspective of the reality of life. Fifth, former dean of the College of Nursing, Dr. Arlene Blaise Cortez, R.N., and current head of the College of Nursing, Dean Evangeline Simon for the support and maternal love to our batch. Lastly, my Top Rank Review Academy family, Sir Villegas, and TRA lecturers."

Miss Olvida concluded with some inspiring words saying: "I want to tell my younger self to keep on trusting the process – no matter how slow or difficult it gets. It may sound cliché, but never give up on your dreams and keep your steadfast faith in Him. You may doubt yourself and your capabilities, but you can do it. You will feel anxious, insecure, weak, and exhausted along the way, but acknowledge and fight your demons. It is okay to rest, but do not settle. Lastly, be kind, be humble and never lose your finesse. The journey will not be easy. Several people will look down on you and a lot of sacrifices will be made. However, never lose hope in reaching your dreams, and keep on praying to Him, because He always listens. Moreover, do not forget to enjoy while learning and continue to uncover your purpose in your chosen path."

TERRIFIC 13 IN YOUR AREA!

by: Christine Leigh Chan

The Chiefs' Leadership Conference held last November 23–26, 2022, challenged the talents and creativity of the student leaders across the seven campuses of Arellano University. One of the activities in the said event is "Let's Yell Loud," where each group will create a yell or chant. The champion of the event is Terrific 13, mentored by Mr. Jet Trinidad. The persons behind the chant that made us groove and sing along are two clever ladies: Ms. Trisha Ann Dasig, the Secretary General of the Parliamentarians from Jose Abad Santos Campus, and Ms. Krystein Cabrera, the Secretary of the League of Information and Technology Education Students (LITES) from Andres Bonifacio Campus.

Ms. Dasig, the main singer, said that she is an avid K-pop fan, and that's what inspired her to write the lyrics of the chant. "Actually, I am a k-pop fan, so the first thing that came to mind was to have a k-pop theme, and most of Blackpink's songs can make you dance, so I thought that putting How You Like That as our tune would make people dance," she added. Meanwhile, Ms. Cabrera, the rapper, said that "when it comes to lyrics, it was a heartfelt message that comes with our experience and characteristics of what kind of student leaders we are." We came up with the idea of our title Terrific Thirteen because we, as student leaders, should possess all of the characteristics of a good leader, including having the power to influence, empower, and inspire, which will make us terrific leaders."

During the process of composing and applying the tune, the two had different experiences. According to Ms. Cabrera, "It's kind of difficult because some are not able to participate in the process of creating the chant plus because they were rushed on the given date of submission, but we still managed to comply on time." "We gave so much effort, time, and patience to create our yell successfully." While Ms. Dasig answered, "I just created a poem about our group, and then I tried to find a tune that would fit with my poem." The two didn't expect to win they felt overwhelmed and shocked. They just wanted to participate and represent their group to their fellow chiefs.

During the announcement day, they could not believe that their hard work

and sleepless nights had paid off. They even thought that their output didn't have a chance to win because they felt that it was messy, but it captured the ears of the audience and made us feel LSS (last song syndrome) in their chant.

Their group also bagged the 1st Runner-Up in the Project Plan, which made them really happy and grateful. They felt that they

because of their achievements but as excellent student leaders of the university. Lastly, they hope that the listeners will not just focus on the rhythm of the song but will also understand the message behind the lyrics. Their experience in the Chiefs' Leadership Conference was really unexpected and worth it. All glory to God!

were being welcomed by the Chiefs from different branches not just



Photo Courtesy of Trisha Dasig



Photo Courtesy of Krystein Cabrera

Gone

By: Ellysa Niebres

11:59 p.m.
in one minute,
sixty seconds or
sixty thousand
milliseconds,
today will be gone.
and today,
will be
yesterday,
and tomorrow
will be today.
it's kind of
terrifying
when you
think about it.
Terrifying in the
way that everything
you did today-
all the lists
you have made,
places you have been,
things you have touched,
songs you have heard,
conversations
you have had-
will soon
become a memory
or worse,
it would be forgotten.
Lost amidst all
of your yesterdays.
Gone.
12:00 a.m.
Today.

Medalya sa Pandemya

Ni: Amri Lorayne Centeno



Kaliwa't kanang laganap
ang covid,
Sa bahay tila nakakulong o
nakapiit.
Dahil sa pandemya, lumipat
ako ng eskwelahan sa
walang kakilala,
Ngunit bakit tila ako'y
napagsuspetsahan pa ng
pandaraya?
Walang tulog at panay
pagluha,
Pinatunayang ang matataas
na grado kong nakuha'y
hindi kaduda-duda

Sa araw ng pagtatapos,
nihindi man lang
nakaapak sa bago kong
eskwela,
Ngunit nang lumuwag sa
bansa, sawakas ay
nahawakan ko na rin ang
aking "medalya sa
pandemya".
Marami ang nagdududa,
Noong laganap ang
epidemya-
Bakit tila mas mataas ang
aking grado kaysa noong
nasa eskwela,
Pinagdududahang ang
mga sagot ay galing
lamang sa kopya.

By: Ellysa Niebres

You always held
on to him,
long enough to
hurt not only
your arm but
also your heart.
it is a pain,
an ache,
that you kept on
bearing and
enduring
until such time
that the pain
turned into
numbness.
the numbness
made you lose
your grip on
him a little bit,
and suddenly
this made you
feel a little bit better.
so you try
to loosen your grip
to him a
little bit more,
and more,
and with every
space you create,
and every distance
you make,
your heart feels
a little bit lighter,
a little bit better,
until such time
you realize
that you are
actually a little
bit
happier now.

Hinahanap kita

Ni: Zakhary Corey

Hinahanap kita sa paborito
kong kanta,
sa mga bagong pelikula,
sa mga luma kong damit,
at sa paubos kong pabango.

Kaya naman pala hindi kita
mahanap,
hindi ka naman kasi
nawawala.
Hanggang ngayon, dito,
sa'kin.

I, Love, and You

By: Jessica Nicole Benavides

I feel cold when your skin
hasn't touched mine.
I feel warm when I am
beside you.
I feel comfortable every time
you smile.
I feel safe every time you
hold my hand.
Love you show melts my
resilient heart.
Love of yours is unique and
irreplaceable.

Love me until the world stops
rotating.
Love you will perceive alive
as it does not sleep at night.
You are my day and night
shining armor.
You saved my heart from
getting numb.
You make me express every
feeling.
You, only you, no one could
ever match you.

During These Cloudy Days

By: Leilah Paras

Come, Oh! a breeze of sunny
days,
Thought is an art of joyful
rays.
Thee sunrise consistent ways,
An astounding naive, as
always.
Oh, during these cloudy
days,
Endlessly charmed by your
grace.

Skies are covered by a few
greys,
For a while might rain of leis
Bound us two in these same
ways,
Will stay with you on gloomy
days.
As good as the weather it
says,
As warm as you fill my space.

Desisyon Ka?

Ni: Tyrone Balanquit

"Dito ka" sabi ng aking ama,
"Dito ka" sabi ng iba,
Dito sa daan na subok na,
Huwag mo nang tangkaing
pumili pa ng iba.
Indibidwalismo ay
pagyamanin ika nga nila,
Ngunit siguraduhin ang
daang tatahakin ay ang pinili
na ng nauna.
Dumeretso sa kinabuksan na
inaasahan ng iba,
Sariling desiyon ay simulang
ibaon na.

Ngunit tama bang nasa kamay
ng iba ang aking hinaharap?
Tama bang tahakin ko rin ang
dinaanang ng lahat?
Dapat bang iisa lang ang hulma
ng bawat isa?
Nararapat bang ako'y sumunod
lang sa nais iba?
Siguro oras na para pumili ng
daan na tinalikuran ng iba,
Daan na walang
kasiguraduhan,
Daan na para tanging nagiisa,
Daan tungo sa aking
kinasabikang kinabukasan.

Perdita

By: Abby Ballesteros

In this alley that change
faces every day,
We are clinging to be
something.

In this world of chaos,
I am lost.
Hoping to live the life I'll
never get to live.

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Leptospirosis Early Detection Kit to be Released this year

by: *Ma. Juliana Gaboy*

Leptospirosis is a bacterial disease where people and animals could get infected due to the exposure to infected animal's urine. Water, soil, or food that is contaminated with urine can also infect people. Leptospirosis can lead to kidney damage, meningitis, liver failure, respiratory diseases that can be fatal. Testing leptospirosis usually takes 7-14 days to confirm the results. When a blood sample is obtained, it goes through a test called serologic testing. Leptospira will not be detected by PCR blood after the first few days of infection. A four-fold change in IgG titer determines the infection. 14 days for a test is quite a time. For that reason a kit is currently in the works for the early detection of leptospirosis. This project is funded by the



Photo Courtesy of Philippine News Agency

department of science and technology (DOST) For PHP 25.3 million, which involves For PHP 25.3 million, which involves using a kit to test human samples such as whole blood, serum, urine and cerebrospinal fluid "The project

is currently in its phase I of developing the diagnostic kit against leptospira antigens". said the project manager Nica Lo to the Lo Stated the current tests for leptospirosis may take some time and might even take said the project manager Nica

Lo to the Lo Stated the current tests for leptospirosis may take few months before getting the result. "The gold standard method for the diagnosis of that respiocytes is lab culture and microscopic agglutination test, both relying heavily on this -

stage of the disease for diagnostic sensitivity which may take several days or even months to yield results.

The DOST- supported project, However, is being designed to produce the result expectantly in "several minutes". Effective patient management, reduced hospital costs, and early detection of potential outbreaks are the expected outcome of the project due to the faster yield results With the help of the kit that is in progress.

The next phase is being eyed to begin in 2023

While Project proponents Dr. Windell Rivera, Marjo Mendoza, Chembie Almazar, Yvette Montala, Samboy Gilo, Altair Agmata, and Mr. Jeremy Marquez from the institute of biology, University of the Philippines Diliman are presently polishing their phase II Proposal and commercialization plans.

Reference: Arayata (Philippine News Agency), 2022

Mold Technology Support Center: The future of local economy

by: *Ma. Juliana Gaboy*

A Mold Technology Support Center (MTSC) that costs 8 million USD and is funded by The Korean Government opened last November 10, 2022—located at General Trias Cavite which advocates training on mold making and accepting mold-making jobs. Providing equipment, tools, and various technologies for mold-related requirements of the industry.



Photo courtesy of Metals Industry Research and Development

From September to December 2019, seven engineers and technicians from the MIRDC and the Philippine Die and Mold Association (PDMA) went to South Korea to undergo training on technical drawing, mold design, programming and operations, and the mold assembly. Companies in the molding industry manufacture household products such as bottles, gadget casings, food containers, and toilet seats.

The facility aims to help the growth of local mold companies increase their productivity and help them become globally competitive. In Cavite alone, the MTSC

will be able to provide its services to over 200 companies which is great for beefing up the local economy.

During the launch of MTSC, Executive director of MIRDC Robert Dizon Said the facility will also help strengthen the industrial cooperation between the Philippines and the Republic of Korea, "Korean partners who supplied all the equipment are here to demonstrate and encourage more local companies to avail of MTSC's services. Not only did they provide the equipment, but our Korean partners made sure to boost the skills and technical know-

how of our MTSC engineers and staff," Dizon said.

Dizon also mentioned that with the help of computers and software, trainees could learn the basics like technical drawing in two months. Aside from providing training on mold making, the mold technology support center Will also accept mold-making jobs. To those interested, we reach out to MIRDC or the PDMA, especially if they are members of the association

Reference: Arayata (Philippine News Agency), 2022

Accurate Predictions of Rice Fields is in the Works

by: *Ma. Juliana Gaboy*

The Department of Science and Technology in Central Luzon (DOST-3) is developing a system that can predict rice yields accurately and is taking place in the City of San Fernando Pampanga. This project is expected to be completed by October this year.

A professor of the Tarlac Agricultural University (TAU) in Camiling town, Tarlac province, Dr. Amy Lizbeth Rico stated that predicting rice yields accurately "allows the government to plan the production, distribution, and consumption of food more effectively, combat food insecurity, and prepare for shortages and supply shocks well in advance." funded by DOST under its Regional Grants-in-Aid program (DOST3 – RGIA) entitled Satellite Imagery Crop Monitoring and Forecasting Systems for Agricultural Technology (SICAT) project. The project is led by Rico, Climate change and the rapid



Photo Courtesy of Philippines News Agency, Oliver Marquez

outgrowing of the population in the country caused huge pressure on food demand and production. That's why Rico stated the importance of accurate prediction of rice yield with a specific field to determine the harvest per region.

Through Project SICAT, a rice crop advisory system developed by TAU, she said that yield forecasting could be done and necessary advisories could be issued accordingly. project researchers are now validating rice growth satellite images and developing phenological characteristics and algorithms for rice growth and yield that will be validated with ground data for accurate and precise predictions. Rico said. In addition to this, she stated information dissemination among target users such as farmer groups and agricultural technicians in Tarlac is taking place to ensure the eventual smooth deployment of the technology.

Reference: Tecson (Philippine News Agency), 2023

THE STARS OF CHRISTMAS: An Outreach Program and Gift Giving by The College Department

By: Aleah Kim M. Aguirre

opportunity to work with officers from different departments. They're dedicated and friendly. I didn't feel stressed or concerned because I have wonderful and talented officers who I know are doing their best and are always available when needed." Said Ms. Kumar (President of the SSC) when she was asked about how she felt while managing this event. She also said that it makes her feel good that they can spread happiness and spend quality time with the children. In one statement she said, "I feel good and proud that we did something good for them when I see them smile and have fun." It was a successful event and she is hoping to get more opportunities like this.

It may seem to be a simple event for us but in the hearts of the children who participated, this yearly event is something worth taking care of like a precious gem. "Even though the outreach program only lasted a day, it was an extraordinary

experience for us because we were able to assist and make the children happy. It made me realize that simple things like having a fun activity and giving gifts can bring happiness to others. Having the opportunity to interact with the children provided me with additional life lessons, and seeing those smiles made me realize that the outreach program was worth all of our efforts." said Ms. Quintero (President of the Alliance of HM Students).

Ms. Bato (President of Creative Tourism) then said, "I witnessed how children enjoy and are happy to experience that kind of event in their lives.

They participate in all activities and the smile and laughing faces we saw are the pictures we will treasure. I know the gifts and the experiences they will also treasure until they become an adult and will inspire them to have that kind of event where they will share their blessings with others as a Christmas gift."

They may just be students, but in the eyes of the children, they are the STARS that made their Christmas a million times brighter. Truly, the essence of Christmas is not just giving gifts, but also loving and showing our appreciation for others no matter what our position in life is.



Photo Credit: Supreme Student Council

It is truly wonderful to see happiness in the eyes of children when they receive gifts. The Outreach Program and Gift Giving is a yearly event led by the Criminology Department of Arellano University - Jose Rizal Campus. This year's theme is "A Jolly Holiday with Arellano University." This event aims to provide children from low-income families with the same Christmas joy as children from more affluent families. It also hopes to inspire others to share their resources with those in

need in an environment of total giving and genuine generosity. This program was prepared by the different College Departments with the help of The Supreme Student Council. They conducted the program on December 2, 2022, at Barangay Tañong, Malabon City with 150 participants who joined.

"It is one of the big events that I've managed in the last few years. It is an honor to work with Dr. Rico and it makes me so happy to have this



Photo Credit: Supreme Student Council

Jollibee's Love for Farmers

By: Amber Vixen A. Parungao

The Philippines is an agricultural country with many massive terrains together with a perfect tropical climate condition for farming purposes wherein smallholder farmers in the Philippines produce the majority of the country's food. However, our farmers face various problems as they frequently struggle to improve their farming practices, meet the high demands, and find customers as they lack access to modern technology and education, making them vulnerable to deceivers.

Commencing in 2008, the Jollibee Group Foundation (JGF), with its partners across the world, strives to help as many farmers as they can with the resources and motivation

they need to live and earn more sustainably. Developing a comprehensive agro-entrepreneurship program, JGF's Farmer Entrepreneurship Program (FEP), to somewhat help farmers develop the technical and entrepreneurial skills that are beneficial for them in diverse markets. This program also links farmers to institutional markets such as the brands of the Jollibee Group for increased and dependable income.

Farmers learn to improve the quality of their output to meet market demands. As of the time of this writing, the Philippine Good Agricultural Practices (PhilGAP) which is responsible for guaranteeing that crop production complies

with standards for food safety, has then brought great news as they certified 94% of FEP farmer groups. The Foundation further assists farmers in finding trustworthy markets for their goods. The ginger and calamansi used in Mang Inasal products, the spring onions sprinkled on Chowking Chao Fans, the white onions used in Jollibee Yumburgers, and the green bell peppers used in the Greenwich Hawaiian Overload Pizza are all grown by FEP farmers.

Tirelessly supporting, the Jollibee Group still buys vegetables from smallholder farmers, and through FEP, the farmer groups are being supported in

building their capacity to deal with the current

Circumstances. In fact, there were more than 7 million kilos of vegetables delivered

to the company by FEP farmers between 2009 and 2019, resulting in sales for different farmer cooperatives of more than P300 million.



Photo Credit: Rappler

The Joy of Giving

By: Gillian P. Alcantara

"I realized that as an AU Alumna, it is time to encourage other Alumni to be part of the AU Community Development because the program is to establish partnership, peace, implement community projects and sustain services to our partner communities." - Ms. Pag-asa Merto, AU-JRC Community Development Chairman in High School.

On December 13, 2022, The Arellano University - Jose Rizal Campus conducted a yearly gift-giving program for PWDs and malnourished children of Barangay Baritan, Malabon City, led by Community Development Extension - Jose Rizal Campus held every December. Students, together with their supportive parents and faculty from the Elementary Department, Junior and Senior High School Department donated goods to share the joy and blessing with others with the help of partner community barangay officials, for the venue and the list of beneficiaries.

According to Mr. Edwin Zamora, AU-JRC Principal of Elementary Department, they have been doing the yearly gift giving for almost 7 to 8 years with the help of the student and their family to promote volunteerism and to give to those who are less fortunate. The purpose of Community

is to empower students, staff, faculty and administrators together with partner communities to continue the process of social development towards self-sufficient and self-reliance in nation-building.

Things get better as people get ready by decorating their house for Christmas amidst of ber-months. Unfortunately, a fire raged in residences of barangay Bagumbayan North in Navotas City on November 14, 2022 which burned down houses of few students and teachers from AU-JRC affected by the fire. As a CHIEFS, it cannot be spelled without F stand for fortitude. Principal together with together with the class advisers asked for the help to solicit goods to students in preparation. Even their whole family supported their child to promote humanitarian and kindness towards others.

According to a 1-o-1 interview with AU Alumni, she felt so blessed to be part of the AU Community Development. She quoted, "It is better to give than to receive the joy, smile. 'Walang katapusang pasasalamat' of the beneficiaries thru simple gift and we share for them is a big treasure to cherish". Truly, there's courage and unity in adversity. #IAmProudCHIEFS!



Photo Credit: Arellano University - Jose Rizal Campus Facebook Page



Photo Credit: Arellano University - Jose Rizal Campus Facebook Page

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Memes: Going Too Far?

By: Shaina Heart Tumala

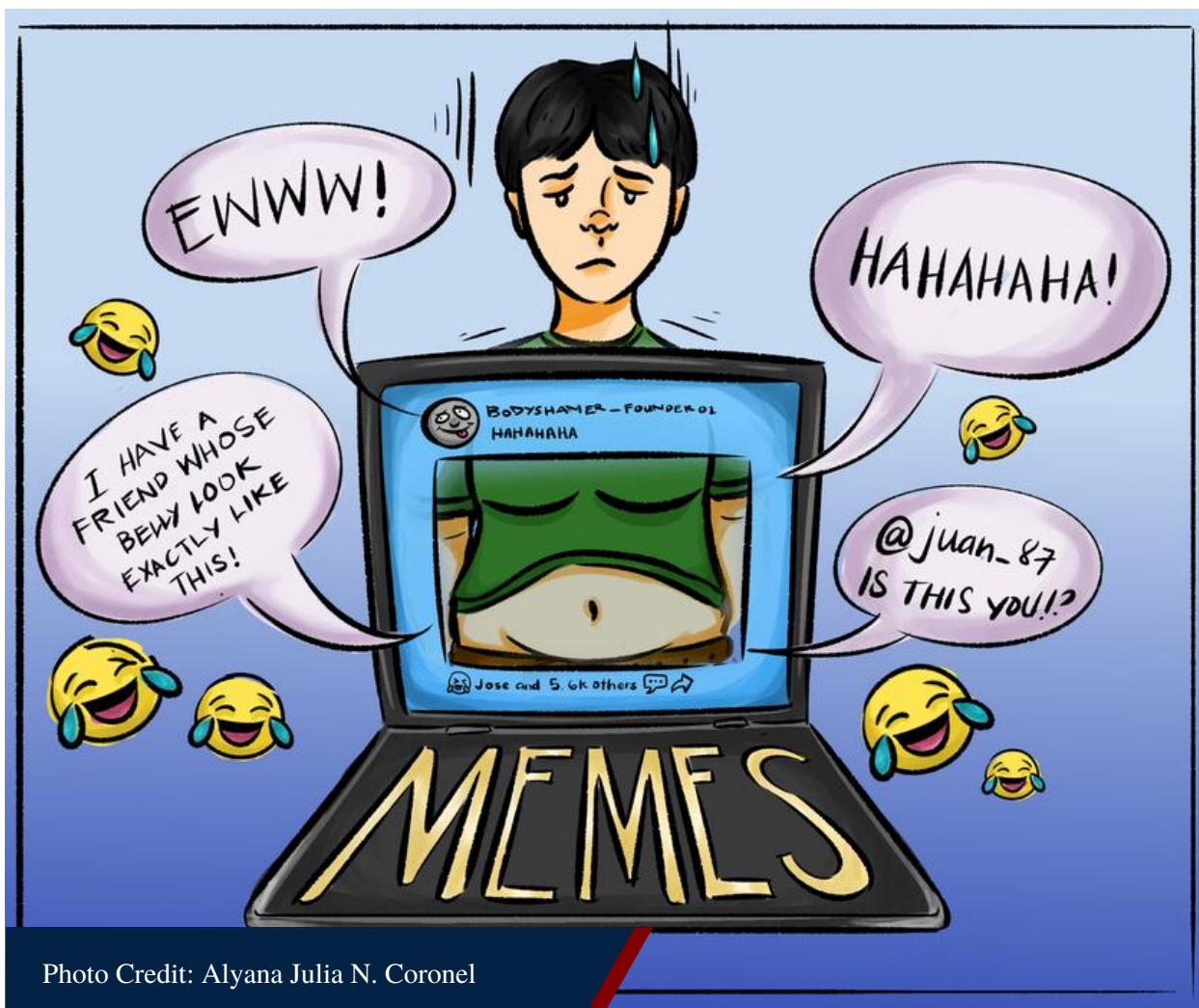


Photo Credit: Alyana Julia N. Coronel

According to Britannica (2022), A meme is a unit of cultural information spread by imitation. Memes can make you laugh, feel uneasy, or even feel insecure to the point of ridiculing topics like body shaming, insulting, unsettling events, and offending contents that were once sensitive to the public eye.

In 1976, evolutionary biologist Richard Dawkins coined this term meme in a novel about evolutionary genetics, *The Selfish Gene*. He stated that memes are cultural ideas spread throughout generations in the same way as genes do and reappropriated by the internet as deliberately altered by human creativity. But now, is it still an outlet of creativity? Or just for fame? Or maybe to fit in?

For the sake of amusement

Nowadays, we can see numerous memes circulating the internet which can cause harm and hurt people emotionally because of its desensitization.

A meme that says "Girls that I like" with a picture of a woman who appears to be thinner in size on the right side and "Girls that like me" with a picture of a woman who appears to be thicker in body proportions which can be clearly called as

body shaming in a form of memes. In this instance, this meme can cause insecurity and anxiety to the girls who have thick bodies. Insensitive memes might be funny to some but it can be hurtful as well, this is how toxic memes come to rise: some meme creators tend to create desensitized memes to be humorous and receive virality.

For the virality

In her 2019 TED Talk, by human culture Mackenzie Finklea mentioned that researchers at Indiana University conducted a study to see how memes go viral and found that they go viral randomly

Internet memes function like a virus spreading like a contagion and dying out without a host. Once it's shared beyond the first person that has it, that exponentially increases its likelihood to be shared again by introducing it to a whole new crowd of people and therefore exponentially increasing its likelihood to be an infectious disease or go viral; if it doesn't get shared, on the other hand, it dies out quickly.

Anyone on the internet has the potential to become famous, anyone can create a meme, anyone can flirt with the bo

boundaries of the taboo but face no consequence.

Once upon a meme

Joking about death and other sexual topics have been almost normalized by today's society.

In 2017, 10 recently accepted students to Harvard University formed a Facebook group and made group chats posting and sharing offensive memes such as mocking children with disabilities, racism, pedophilia, sexual assault, and the holocaust.

Just like waking up from a dream, university officials caught them and had their admissions offers canceled. How sad it must be when you already had the chance to study at one of the world's most prestigious universities yet you think you can be virtually free of social consequences.

Society has started to find amusement in sensitive things and lose empathy. Our meme culture neglects a social problem and affects the way one views it; desensitized memes have made social problems the norm. Don't let memes make up your mind.

Reference: Heilweil, 2017 "Harvard Rescinds Admissions To 10 Students For Offensive Facebook Memes" (Forbes)

Panganay Culture: Living with Expectations

By: John Ace P. Rodrigo

No one in the family is exempt from responsibilities, no matter their age, but the eldest is the one expected to sacrifice everything for the family.

Within a family, relying on the eldest son or daughter is inevitably present all the time, with the mind that it will lead to a successful life and at the same time achieve happiness. However, blinded by personal problems, we never know what the child is experiencing from all the obligations that he or she is going to take. Acting as a breadwinner, the pressure from their families must have been uneasy aside from the additional pressure they feel coming from their own expectations.

When we hear "first-born child" we subconsciously expect that the child will be a role model to their younger siblings, being self-reliant, independent and even with outstanding performances. However, there is no perfect child in the world. But because of the high expectations coming from their parents, the tendency of a perfect child is the goal of the eldest son.

With the goal of having perfect characteristics, they disregard their condition in exchange for other people's expectation, setting aside their own personal desires which can lead to anxiety, stress, and depression. Through the course of time with all the pressure that builds up, they do not realize that it is affecting their mental and as well as physical condition.

We could feel and tell how toxic the panganay culture could be among the

Filipino people in terms of bringing up a big responsibility. We could see how society and their family gives them a big role in that. There are big expectations to be considered. Panganay should know how to be a good role model to his or her siblings; otherwise, people will tolerate them and use them as an excuse if their siblings do not grow properly.

In order to avoid this conflict, to recreate or change the toxicity of a panganay culture, it is not the parents that should change, but we as a future parent that could end the negative aspect in all panganays and implement the equality, opinion or the state of being in the family as well as good communication to the members of the family that can help straighten out certain expectations aside from the affirmation that an eldest son or daughter can receive to lessen the burden.

To all the panganays outthere, think of this as an opportunity to be aware of the conflict in our culture and to be the one that corrects the wrong aspects in our norm, build up our confidence on facing all the obstacles of growing to a better version in our society.

Despite the pressure, we are thankful that we were the eldest child among our family as we were able to learn to be responsible, independent, and hardworking people.

"Don't obligate kids to pay for your dreams" was the answer of a popular actress Jaclyn Jose in an interview.

Reference: Bonifacio, 2022 "Huwag Gawin Puhunan Ang Anak Para Sa Magandang Buhay Says Jaclyn Jose" (Smart Parenting)



Photo Credit: Marj Casal Handog; Rappler

Love over Breed

By: Jhodhelyn Rei G. Detablan

According to Netflix' "Life in the form of Aspins" 2018 Street dogs in the Philippines are commonly referred to as "Aspins" which derives from the Filipino words "Aso" and "Pinoy", and they were formerly called "Askals" from the terms "aso" and "kalye". These clueless creatures are

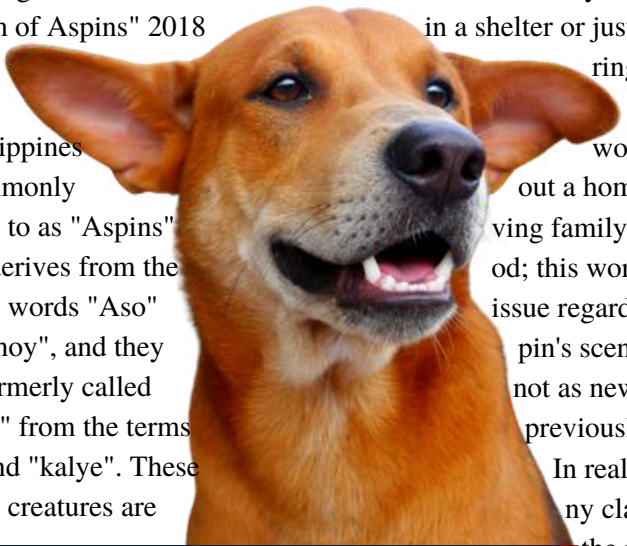


Photo Credit: INQUIRER.NET "Love in the Form of Aspins"

typically stigmatized or disdained by other nation's purebred dogs, discriminated against, and the targets of cruelty in their own country—the Philippines—by Filipinos.

Frankly, Aspins weren't everyone's traditional pet choice to the point that some people's opinions on them were horrific and insulting to the species. The unfortunate dogs who were the targets of prejudice and unfair

favoritism most likely ended up in a shelter or just wandering in the outside world with out a home, a loving family, and food; this worrying issue regarding Aspin's scenarios is not as new as it previously was. In reality, many classify the pet's importance according to how it looks and its breed. However, Aspins are capable of unconditional love just like any other purebred animal.

Indeed, Aspins are not given the equivalent amount of affection due to society's understanding that owning purebred dogs is now a high-quality lifestyle, as some assume Aspins as a poor-valued breed. Deserving to be treated the same as purebred

pushes dog lovers and even other citizens to support the "Adopt, Don't Shop" programs as they are more open to accepting Aspins to the family despite the unending stereotypes about them. Luckily, some aspins felt safe and secure since there are still people out there who do not label their love of dogs based on their breed, providing opportunities to the dogs that were continuously being compared.

Dogs are dogs, and just like any other breed, they are capable of demonstrating their commitment and unwavering affection. There is no such thing as an increase in a dog's capacity for love due to its breed.

"We are responsible for making dogs feel loved and for teaching them how to feel the same way about us."
Reference: Netflix, 2018 "Love in the Form of Aspins" (INQUIRER.net)

Fanfiction: To Rewrite a Character's Fate

By: Angel Anne L. Ramirez

The Return of the Young Prince



Photo Credit: Oneworld Publications

Literature can be written through different approaches including fanfiction. Fanfiction is written by writers who were once readers that are curious to what a character's fate from a story might be if it was perceived differently. Here is where writers play with words by means of twisting the plots guided by their imagination. Fanfiction contributes to literature by adding depth to the original piece. As literature gradually evolves, fanfiction has

been widely practiced. Providing young minds the chance to express their emotions and insights of their favorite stories. A reason why it greatly impacts modern society.

Alejandro Guillermo Roemmers published a book sequel of "Le Petit Prince" (The Little Prince) by Antoine de Saint-Exupéry. He named the sequel "The Return of the Young Prince". The story commences as the Little Prince, who entered the

stage of adolescence, came back to Earth and embarked on another journey together with the narrator. It revolves around them pondering life questions, and sharing their own philosophies and beliefs. A. G. Roemmers took this opportunity to recreate one of the famous french literature whilst giving credits to its original version. Like the reminiscence of the Young Prince who shared his past experience on Earth to the narrator inspired by the book, The Little Prince.

The rebirth of the original stories from another perspective known as fanfiction drastically piqued the interest of aspiring writers. Which opens new possibilities for future writers who not only aim to recreate the story, but to broaden it. To offer a piece of themselves in response to how they view society that also affects literature.

Reference: Harmon, 2023 "What is Fanfiction?" (LanguageHumanities.org)

Xenophobia Disguised as Humor

By: Jannamarie L. Simbahan

Filipinos are widely known for being jolly, hospitable citizens. However, it doesn't seem to be the case when they encounter different foreign idols, particularly Koreans. Laughter is the best medicine but does it still hold true when cracked jokes are discriminatory?

This particular event is called "Xenophobia." According to the European Commission, this particular event is called "Xenophobia", a dislike or prejudice towards people from other countries. For instance, Korean culture has been an uprising trend in our country since the 2000s not only because of their music but also because of their 'iconic' fashion choices (Ainslie et al., 2017). The best example is former 2ne1 Sandara's 'Palm Tree Hair' which received mixed reactions both from local, and international fans. Another, their dramas being broadcasted on local televisions, as well as K-pop groups from the 1st and 2nd generation introducing new types of beat in the country, ...Korean culture has been positively received and liked (Domingo, 2021). However, quirkiness is not something that is normalized here. In hopes of leaving a good impression by being different, most K-pop idols were ridiculed and mocked for their questionable fashion statements, creative uniqueness, or for simply speaking a different language. Ever since, hating on trends has always been a thing for Filipinos; to make themselves somewhat feel cool and different.

For instance, you would see people comparing a western boy group and a Korean group. The former is loved, adored, and seen as a standard, whereas the latter is presented and perpetuated in harmful stereotypes, which sets up an issue: us against them. In particular, they hold one group in light and the other mocked. They portray K-pop and other groups whose first language is not English as a lesser human, whom they think also deserves less respect. No one would bat an eye if a western artist gets big in a country other than theirs, so why is it a big deal when K-pop groups manage to do it? Usually, you would not see blatant xenophobia in mainstream media, mostly if not all, are in layers within a joke; for example, "JUST Another rich Chinese kid". Those kinds of disguised insults and disrespect are left alone since they seem to be harmless and that negative intentions are only painted by the 'toxic fandom'.

The way people talk about music that is not in English hence sung in Korean, or any other language, whether in straight xenophobia or indirect one, needs to change! Music is one of the things that could bridge society no matter what language was used. Just what Henry Wadsworth Longfellow said, "Music is the universal language of mankind."

Reference: Domingo, 2021 "Korean Pop Music a Threat to Contemporary Filipino Identity? Globalization, Nation, and Interrogation in Philippine Culture and Identity."



Photo Credit: PeppGraphic

Si Dr. Jose P. Rizal ay isa lang sa ating mga bayani na lumaban noon sa mga mananakop para palayain ang ating Inang-Bayan sa kamay ng mga dayuhang mapang-abuso. Dahil sa baluktot na pamamahala at pagmamalupit noon ng mga Kastila sa Pilipinas ay hindi nagbulag-bulagan ang ating pambansang bayani sa mga nangyayari sa kaniyang kapwa Pilipino. Dito na nga niya nilikha ang kaniyang mga obra gamit ang kanyang pluma at papel na magsisilbing susi para mailantad ang mga sakit ng lipunan at ang mga mapang-abusong mga dayuhan.

Ang nobelang *Noli Me Tangere* at *El Filibusterismo* ay dalawa lang sa mga sikat na likha o akda ni Rizal na kilala dahil sa napakagandang kuwento nito kaugnay sa kalabisan ng pang-aapi na naranasan sa kamay ng mga kastila (Sentinel Times, 2019).

Sinimulang isulat ni Dr. Jose P. Rizal ang *Noli Me Tangere* o "Huwag mo Akong Salingin" sa Madrid at nailathala naman ito sa taong isang libo't walong daan at walang putpito sa Berlin sa Germany.

Ang mga Obra ni Rizal bilang Inspirasyon sa Mundo ng Sining

By: John Michael P. Baliton

Ang kuwentong ito ay tungkol sa pagmamahalan nina Maria Clara at Crisostomo Ibarra at bukod pa rito, ito rin ay repl-eksyon ni Rizal sa mga pangyayari sa lipunan noong pana hon ng pananakop, pagbatikos sa mga bisyo na mga naka sanayan ng mga Pilipino at ang labis na kapangya-rihang taglay ng mga pari noon.

Ang *El Filibusterismo* o "Ang Paghahari ng Kasakiman" naman ay nailathala noong taong isang libo't walong daan at siyampu't isa sa Belguim na karugtong ng *Noli Me Tangere*.

Ang *El Filibusterismo* ay pangalawang nobela ni Rizal na tungkol sa paghihiganti at kabiguan ng tauhan sa kwento na si Simoun

Ang *El Filibusterismo* ay pangalawang nobela ni Rizal na



Photo Credit: Anjo Bagaoisan, ABS-CBN News

o dating si Crisostomo Ibarra. Higit sa husay ng pagkakasulat ay buong puso rin itong inialay ni Dr. Jose P. Rizal sa Tatlong paring Martir na sina Padre Gomez, Burgos, at Zamora o mas kilala sa tawag na GomBurZa.

Tunay nga na napakatalino at talentado ng ating pambansang bayani dahil hindi lang *Noli*

Me Tangere at *El Filibusterismo* ang kaniyang nilikha. Bukod sa mga nobelang ito ay lumikha rin siya ng mga tula kagaya ng *Mi Ultimo Adios* na isinulat niya habang siya ay nakapiit sa Fort Santiago, sanaysay na *Sobre La Indolencia De Los Filipino* na sinusuri ang katamaran ng mga

Pilipino at panghuli ay ang *A La Juventud Filipino* na nakatuon sa kabataang Pilipino bilang mga henyos, at gamit ang edukasyon ay kaya nilang hulmahin ang kanilang kinabukasan.

Pinatunayan din ni Dr. Jose P. Rizal na hindi lang sa paggawa ng mga akda siya kakakitaan ng husay, kundi pati na rin sa pag-uukit ay mayroon siyang

talento. Patunay nga ryan ang mga obra niya na *St. Paul The Hermet* (1883) at *Mother's Revenge* (1894) na gawa sa clay o terracotta (Pinoy Collections, 2023).

Ang mga akda at mga obra na ito ng ating pambansang bayani ay nagpapatunay lamang sa kung gaano kahusay at talentado si Dr. Jose P. Rizal. Hindi lang siya isang doktor at bayani na may pagmamahal sa kaniyang bayan kundi isa rin siyang simpleng Pilipino na mayroong pagmamahal sa sining. Kasabay nito, ang kaniyang mga likha at obra ay nagsisilbing patunay at representasyon ng talento at kalidad ng gawa ng mga Pilipino pagdating sa sining.

Dapat natin na sariwain ang mga akda at obra ni Rizal dahil sa pamamagitan nito ay binibigyan natin ng halaga ang kanilang mga ambag sa ating mayamang kultura.

Reference: *Sentinel Times Staff, 2019 "Si Rizal bilang Bayani at Alagad ng Sining" (Sentinel Times)*

The Visual Masterpiece in an Environmentalist's Angle (Avatar 2: Way of Water)

In December 2022, *Avatar 2: Way of Water* was officially released in various countries, making it the first-ever sequel to *Avatar 1* (Vega, 2023). However, the long wait took approximately a decade and three years after the first film's release (Mensah, 2022). *Avatar 2* encountered many setbacks and technical difficulties since the director and the team must find suitable technology to film underwater motion capture. Yet, the long gap between the movies was definitely worth it, as the film itself speaks for all the skills, effort, and time poured into it. Vega (2023) additionally stated that the jaw-dropping settings and objects from scene to scene showcase the outstanding application of CGI (computer-generated imagery) which is one of the reasons that lead to its achievements such as becoming the highest-grossing release of 2022 and the 10th highest-grossing film of all time.

Moreover, Gaughan (2023), *Avatar 2* is not only praised for its CGI visual effects

and motions since its storyline unveils an indirectly heavy message for the human race. Tackling multiple issues associated with the current situation of the world: xenophobia, assimilation, ecological terrorism, and most highlighted is environmental awareness. Xenophobia is a topic that was clearly illustrated since its prequel. According to Raypole (2021), this refers to the intense fear or dislike toward unusual and strange cultures, beliefs, practices, customs, or even people. Indeed, the reaction of most sky people to Na'vi people and vice versa depicts extreme xenophobia. Likewise, most human characteristics in the movie and in the real world are alike; the earth is at risk because of human activities, self-gaining motives, and necessities. However, it doesn't mean that all humans are like that for there will be societies like the Na'vi clans who also have differences but act as one when it is must, especially in protecting their

By: Caih Isaiah Jan R. Ulit



Photo Credit: hypebae.com

home and ecosystem.

Hence, in relation to reality, everyone should be a good steward and save our home (Earth); be the Na'vi clans, a protector like Jake Sully, and his partner Neytiri who will fight until death to protect their world and not like the wrath and

greed-blinded Parker Selfridge, Colonel Quaritch, and some sky people who contribute to the destruction of the nature. As a part of the CHIEFS, we must live up to the core values especially on the "Stewardship" for they should be a give-and-take role between humans and the earth,

not just purely gaining.

“I see you, Mother Earth. your ways are around us and a part of us!”

...Can you see her?

Reference: Gaughan, 2023 “*Avatar: The Way of Water's Environmentalist Angle is Heavy-Handed but Necessary*” (Collider)

Reyalidad ng Isang Manlalakbay

By: Cloe Nicole Tiozon

Bilang isang musmos na wala pang ideya sa tunay na takbo ng mundo
Ang pasko'y isang masaya't natatanging okasyon
Kaabang-abang ang pagbubukas ng mga regalo
At ang pangangaroling kasama ang mga kaibigan at kalaro

Sa paglipas ng panahon, ang kislap nito'y unti-unting naglaho
Ang paglalakbay ay nagmistulang isang siklong nakapanlulumo
Ang buhay ay nag-anyong puti at itim
Ang dating malinaw na direksyon ay napuno ng dilim

Ngunit sa bawat hangganan ng siklong pilit na inaahon
Ang isang matandang humarap sa iba't ibang hamon
Natuklasang ang bawat yugto ay isang biyaya't pagkakataon
Sa mga maliliit na bagay, tiyak ang kislap ay naroroon



Photo Credit: Philippine Guild of Water
Colorists - Aimee Jill Fernando

Hindi Mo Kasalanan, Bata

By: Renalita Lyn D. Villanueva

Mausok, mainit, maingay,
Maalinsangan, masikip, magulo;
Ang paraiso mo ay ang siksikang mga bahay
At ang 'yong dagat ay mga umaapaw na estero.

Ano't pagkalaking kasalanang isinilang kang isang kayod isang tuka,
Sa mata ng tao't midya, ang kwento mo'y isang romantikong akda;
"Isang bata kumakayod araw at gabi upang makapasok sa eskwela"
Isa kang trahedyang hindi nila mabatid-batid, hindi nila makita.

At ang buhay na tila ba sadistang nanunukso,
Ikaw ang sisihin sa sitwasyong hindi mo ginusto,
Paano ka nga ba aahon sa sistemang hinihila ka pababa?
Sa sistemang hindi matuwid, hindi na naitama?

Kailangan mo bang mamalimos para lang mabuhay?
Ang patuloy at walang humpay na umaasang balang araw,
Na sipag lang ang basehan sa pagyaman,
Kung sipag nga lang sana talaga ang basehan sa pagyaman.



Photo Credit: Alexander Conrady

Malayang Kamay

By: John BryKarl P. Abejo

By: John BryKarl P. Abejo

Isang papel at panulat,
Ito'y panlaban sa pang-aapi ng may kapangyarihan,
Ang aking kahilinga'y matutupad na nga kaya?
Kahilingan na maging malaya?

Mahigpit na rehas na pinipigilan ang panulat,
Lalong humihigpit sa aking bawat pagsulat,
Ngunit ako'y di matitinag, pagka't tayo'y naghihirap;
Hindi pinakikinggan at binalewala,
Tayo'y lalaban at magiging malaya.

Sa huling pagkakataon, nakamit na ang kahilingan,
Ang minimithing kalayaan na nagbigay kasiyahan,
Sa mga taong 'di sumuko at patuloy na lumaban,
Hanggang sa dumating na ang araw,
Kung saan kamay nila'y malaya na.



Photo Credit: Hazelyn Rogado, Twitter

1,429 AUPC Chiefs, matagumpay na kumuha ng NAT

Written by: Argy Kym Legarda

Upang ipakita ang kahusayan sa iba't-ibang asignatura, 1429 na mag-aaral ng grade 12 ng Arellano University-Plaridel Campus (AUPC) ang matagumpay na kumuha ng National Achievement Test (NAT) matapos ang halos apat na taong pandemya, Enero 30-31.

Tatlong daan walumput-pito ang mga mag-aaral ng Science, Technology, Engineering and Mathematics (STEM) ang kumuha ng pagsusulit, 341 ang Accountancy and Business Management (ABM), 320 ang Humanities and Social Sciences (HUMSS), habang 215 ang Information and Communication Technologies (ICT) at 166 naman ang Home Economics (HE).

Alinsunod sa memorandum na inilabas noong Enero 5 ni DepEd Undersecretary Epimaco Densing III, face-to-face ginanap ang NAT upang makatiyak at makapagsanay sa maayos na "shading" ang mga mag-aaral.

Sakop ng pagsusulit ang mga asignaturang 21st-century skill at core subjects sa Senior High School (SHS) learning areas sa Languages, Humanities, Communication, Mathematics, Science, Social Science at Philosophy.

Sa ilalim ng national assessment framework ng K-12 Basic Education Program, isa ang NAT

G12 sa exit assessments upang malaman kung nakamit ba ang learning standards ng SHS curriculum.

"The NAT G12 is one of the exit assessments under the national assessment framework of the K to 12 Basic Education Program. It is designed to determine if graduating learners are meeting the learning standards in the SHS curriculum," ayon sa memorandum.

Nagbibigay ng datos sa porsyento ng grade 12 ang resulta ng NAT G12 sa kabuuang mag-aaral ng AUPC na dapat makamit ang hindi bababa sa minimum na lebel ng kasanayan sa Stage 4 SHS Core Subjects.

Magtatamo ng sertipiko ang bawat mag-aaral na nagpapakita ng kanilang rating sa bawat core subject area.

Ang Bureau of Education Assessment ng DepEd ang nangasiwa sa NATG12, kasama ang tulong ng mga regional at schools division offices. Nangasiwa rin ang mga guro ng Jose Rizal University (JRU) at De La Salle University (DLSU) bilang proctors ng mga AUPC examiners. Sa kasalukuyan, hinihintay pa rin ang resulta ng NAT G12.



Photo by : Gerald Sermence / Plaridel

Be You, Be Inspired, Be Chiefs

Written by: Jonilla V. Medado

The Arellano University Plaridel Campus has been gradually returning to normal after two years of being affected by the COVID-19 pandemic. On January 11, 2023, the AUPC held its career guidance marketing event at Andres Bonifacio Integrated School to inspire the graduating senior high school students for their incoming freshman year.

Ms. Batoon, the secretary of criminology; Ms. Gabis, Ms. Launio, and Ms. Cayabyab of the guidance department, were in charge of the career guidance marketing. The courses of criminology, psychology, information technology, hospital and restaurant management,

tourism, and accounting have their own representatives. They initially assemble at the AUPC quadrangle and journey to ABIS (Andres Bonifacio Integrated School) together. They then divide into three (3) groups, each of which has a different course representative to discuss and impart knowledge as well as the advantages of enrolling at Arellano University.

Arellano University is a private institution and was founded by Florentino Cayco Sr., the first Filipino Undersecretary of Public Instruction. with seven (7) campuses: Arellano University Main, Juan Sumulong Campus in Legarda, Manila, Jose Abad Santos Campus in Pasay City, Andres Bonifacio Campus in Pasig City,

Elisa Esguerra Campus in Malabon City, and Plaridel Campus in Mandaluyong City. Arellano University has established its name by providing its students with a fundamental education throughout the years. Its excellence continues not only in the academic realm but also in sports. The university is a member of the National Collegiate Athletic Association (NCAA), the oldest athletic association in the Philippines. It participates and competes in the NCAA's regular and demo events with its team, the AU Chiefs. You can set objectives for the future and develop a visual image of where you want to be by selecting the correct curriculum. Choose the path that is best for you by choosing the best option.

"Our school was originally conceived as an institution dedicated to the pursuit of knowledge, no matter where the trail may lead or how unpopular the result. Thus, reason and science, not tradition and dogma, have always shaped our policies, and thus we have channeled our meager efforts without deviation or break."- Florentino Cayco, Sr.

Trash Talk: Plastics Exposed

Written by: Rhonalyn Eduria

Over the years, we have come from settling in a place where mankind was in tune with their surroundings to living in a world dominated by the advancements of our time that added the view ahead.

As exploitation and greed are aroused, environmental deterioration has increased roughly every step in history.

Plastic pollution is another component of the problem, with the Philippines currently ranking among the top nations in the world for waste production. According to studies by the Ocean Conservancy, a US-based environmental advocacy group, 8 million tons of plastic are added to the 150 million tons of plastic already in the ocean each year, causing species

extinction and contaminating the food chain. On the other hand, only 9% of all plastics ever created are recycled, while the remaining 79% either build up in landfills or, worse, leach into the environment.

According to a statement from the Ellen MacArthur Foundation, if the current situation is not addressed, the amount of plastic will keep increasing and reach 850 million to 950 million tons by 2050. Plastic waste can persist in the ecosystem for decades. By 2050, there will be more plastic in the world's oceans than fish.

Today, almost everyone acknowledges that plastic has spread throughout the world. While providing numerous benefits,

consumption has produced drawbacks that are becoming more evident.

Indeed, as society advanced, humans learned more efficient means of subsisting, but this led to a disconnect from nature.

People may ignore nature's desperate cry, but there is no denying that humans are still dependent on the earth's systems and resources. Our continued ignorance and disruption of these endanger our existence.

Whom should we hold accountable for the pursuit of ever-increasing ignorance and accidents given that we are aware of how deeply ingrained the effects of uncontrollable maneuvering are?

It would be sheer insanity to ignore the warning.

Her Story

By Marylou O. Awa-aw

She is a dreamer, a pure soul created by the Creator. She built her foundation out of grace and became His cooperator. She is an instrument of love, mercy, and compassion, and its cultivator. She is a missionary called to be an educator.

She was planted in the good soil of love. She is joyful, creative, and reflective, gifted from above. She is a conqueror of rejections, comparisons, and reprove. She has lots of flaws and rough edges, but being formed and molded is possible. She learns from her own mistakes and realizes it is better to be teachable.

She keeps learning and not knowing that everything is acceptable. She never blames people for her uncertainty, but she knows her behavior is considerable. She creates a friendly ambiance so others may feel free and comfortable.

She is now making progress and is ready to finish the race. She keeps her eyes on her future mission in a solace place. She believes that those young minds and hearts are waiting in peace. She keeps her vows to be dedicated, committed, and strong through His grace.



Road to Success

Written by: Aira R. Fonte

Your road to success is an obstacle that you must overcome. To complete this stage of your goals, You must go through the pain and hardship.

It may be dark and difficult to see. It may be greasy, and you may fall easily. It might be frightening to cross your path. It may be exhausting, but you must persevere.

But if you stay focused, Keeping your eyes on your goals There is no reason for you to feel unsuccessful. Your road to success will be easy to achieve. Simply have faith in yourself and be courageous.

Valentine's Day Woes

Written by: Rhonalyn Eduria

Tuesday, February 14th,
I enter a café from across the street.
Many sit across from each other, and some share a plate of sweet treats.
Discerning that the place was full of connection and love
The ambiance gave me a question to reminisce about.
Will I ever get to experience a day like this at all?
Walking out with my hot coffee, I pass by the various displays.
Averting my eyes from the couples that walk hand-in-hand with a dreamy gaze
an array of multi-colored flowers displayed along the glass window
Chocolates, stuffed toys, jewelry, and cards written with a vow
Why have I never received one in my entire life?
Traveling all the corners of town,

paused to wait for my ride.
I hopped on the bus with no one beside me.
Scrolling through my mobile device to see it bombarded with romance
It is full of lovers proudly showing off their presents.
Is there someone out there for me, as they say?
As the bus resumed its journey, my mind suddenly went astray.
I began to wonder about the ecstasy of this celebrated day.
I want to experience the euphoric feeling of getting a confession.
Imagine someone out there who looks at you with passion.
What if I will be spending this day idly for the rest of my life?
Then, the bus comes to a halt, and still, all my thoughts continue to grow.

Shrouded in Shadows: The Invisible Struggle

Written by: Merville Suganob

Trigger Warning: This Article Talks About Depression

Have you ever felt like you were living in a deep, dark hole with no way out? Like you were trapped in a prison of despair, hopelessness, and overwhelming sadness? Depression can be an all-consuming illness that can make even the simplest tasks feel impossible, leaving you feeling isolated, alone, and hopeless.

"It's like drowning while everyone else is breathing," says Dr. Julie Pike, a clinical psychologist. "Depression can feel like a never-ending storm cloud that looms over your head, blocking out any hope or joy in your life."

The weight of depression can make it difficult to find enjoyment in the things you once loved, leaving you feeling empty and hollow. It can be a constant battle just to get through the day, with even the smallest tasks feeling like a monumental effort.

But depression is an illness, not a weakness, and it's important to seek help from a mental health professional. With the right resources and support, recovery is possible. You are not alone in this battle.

"Depression is a treatable illness, and recovery is possible," says Dr. Pike. "It's important to have a support system in place and to seek help from a mental health professional. With time and patience, it is possible to overcome depression and reclaim your life."

This feeling of being trapped in the suffocating grip of depression can be so overwhelming that it feels like there's no way out. The weight of hopelessness and despair can make it difficult to even take the smallest steps towards recovery. It's like being mute and deaf to the words of others' wisdom, succumbing to the depths of

waves of tears that drown out any glimmer of hope.

But even when it feels like there's nothing left, it's important to remember that there is always a way forward. It may feel like surrendering everything into the hands of the Almighty Father is the only option left, but there is hope beyond the darkness. There is a promise of everlasting life where there is no judgment, no more pain, and no more invisible struggles. It's a life shrouded in love, mercy, and compassion.

So hold on, even when it feels like you can't reach out for help, even when it feels like there's no one there. Remember that you are not alone in this battle, and that there is a light at the end of the tunnel. As the saying goes, "This too shall pass." You have the strength to overcome, and a brighter tomorrow is within reach.

Reference: National Institute of Mental Health. (2021). Depression.

Eco-Recreational Project of AUPC SSG

Written by: Jhodie Conde

Eco brickwork is made from regular plastic bottles that have been filled with generally clean, dried plastic waste and used in the same way as traditional bricks. These complete containers—now made of concrete—are stacked one on top of the other like regular bricks.

This project's objective is to compress different household waste materials into tiny fragments for quicker breakdown over time and the long-term sustainability of our environment.

It is also developed by SSG officers to provide interesting recreation while also promoting environmental sustainability.

"Being eco-friendly is not a fad or a trend; it is our responsibility to safeguard our environment." "We may build a macro-development that will aid in the advancement of our surroundings through our micro-actions," said Jim Ryan Rentoria, SSG President.



According to Rentoria, we can endure all possibilities if we have the awareness and willingness to adapt for the betterment of not just ourselves but also those around us, and may we all share the same attitude and ambitions to represent our dreams as climate warriors.

It is true that little things give a big help regardless of their measure, and this project of SSG is one of the great examples. We students can take part in taking care of our

environment in a way that we can also enjoy. It has a lot of benefits not only to the environment but also to the people living on earth, so we must start our recreational activities by being eco-friendly.



OPINION

WRITE A PAINTING

By: Barredo, Mary Abigail C.

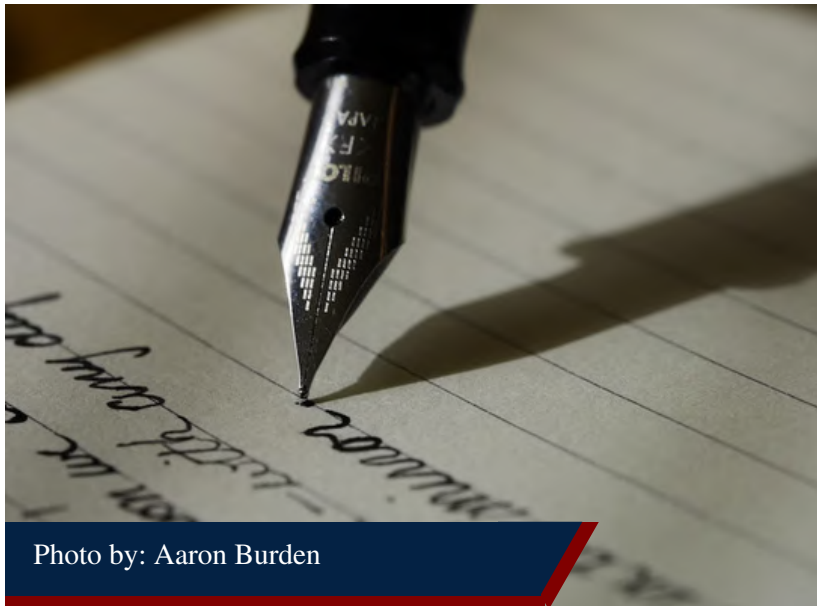


Photo by: Aaron Burden

“Writing is a form of art” is a common phrase, but have you ever heard of “write a painting”?

To prepare a color palette is significant to the preparations of a painting. One cannot mix colors haphazardly and hope for the best.. More often than not, colors mixed without care will turn out muddy. One must consider its tones and value. This is not only when mixing, either. The placement of two colors next to each other requires a certain degree of relation. This is a step towards creating a painting that tells the story it is intended to narrate.

The same is true for words. In colors, this is called color theory. In writing, this is called figures of speech.

I started my journey in writing as a Campus Journalist. I began in the Editorial Department, and proceeded to the Literary Section. Nowadays, the written pieces that consume my days hold a figurative element to it. As such, my preference in using figures of speech came about. One might expect I learned the technique in my time as a literary writer. But in truth, I did adapt the skill as an editorial writer, a category more technical than it is artistic. School Press Conferences taught me the skill of embellishing one's article with personality. My personal favorite is to maintain a certain theme— a scheme.

TRIGGER WARNING: THIS ARTICLE CONTAINS TOPIC ON RAPE.

I recall the most heinous case I had to write to date: **People of the Philippines v. Sanchez, et al**— a rape-slay case of a municipal government official. His victim is a student of an agriculture course of a state university. That being the case, the opportunity of ingraining the article in nature-related words showed itself. This includes sentences such as "the mayor will reap retribution for the crimes he sowed" and “on the day of the trial, justice has bloomed”.

To further expound, the skill of "showing, not telling" complements figurative language. "Showing, not telling" is meant to describe a sensation instead of telling what had happened. Take Vasily Pukirev’s 'The Unequal Marriage', for example. A bride wearing an expression of someone who cannot fathom her fate. An unempathetic old man for a groom. Almost intrusive spectators. All which describes an unfortunate betrothal. To describe these specific details instead of the entire picture is exactly what “showing, not telling” is.

In the topic of the rape-slay article, the sentence that tells instead of shows may be: “for causing the wilt of two saplings, the Mayor must wither in return for the duration of seven terms of reclusion perpetua.”

Such holds a greater sense instead of a simple “seven terms of reclusion perpetua was imposed on the Mayor”. This technique works with figures of speech because it provides opportunities to tie it back to the inherent scheme.

Consequently, the issue of losing conciseness will surface. However, placing the readers in a position closer to the subject is a purposeful trade-off. A writer must ask themselves this: is it more important to make this piece succinct, or graphic?

Writing is, in fact, a work of art. A creative form of expression. It is as much of an art as painting, sculpting, music and photography. As such, techniques overlap between branches for these invokes emotions all the same. That’s why the next time you reread a piece of yours, you have to wonder:

Is your writing warmer than cool?

Does it feature sharp lines and saturated themes?

Is it meant to resemble a realistic scene, or is it meant to share a vision you saw in your imagination?

Pray tell, *have you written a painting?*



Art by: Vasily Pukirev

KALEIDOSCOPE DREAMS

By: Ursula P. David

Kaleidoscope dreams, a mind's labyrinth
Counting sheep, with thoughts so graphic
A dreamer lost in endless melancholia
Misguided altruism, a bittersweet euphoria

Yet still I dream, with eyes wide open
Kaleidoscope of colors, forever woven

In the fabric of my heart and soul

A place where my mind finds its ultimate goal
Until an epiphany comes, and I finally believe
Guided by fate, but fate seems to deceive
My dreams are a reality, just waiting to be seen
A world full of wonder, so vibrant and serene

But sometimes I wonder if it's all in vain,
If my efforts are just a fruitless pain,
For in this kaleidoscope of my mind,

Reality and dreams are hard to align.

Kaleidoscope dreams, a world so bright
A place where dreams and reality collide
I've lost everything, but gained so much more
A life full of color — *a heart that can soar.*



"Insomnia" Art by: Tony Hyunh



Art by: Barredo, Mary Abigail C.

THE TUNNEL

By: Barredo, Mary Abigail C.

I **watched** you stumbling across
The dreary, damp **tunnel**, I was
once in
Your eyes losing its **glow**, as
mine once did,
Hands carelessly wiping the
face,
Decorated with trails of **tears**,
Head turned against the **noise**
that the world made.

The steps you took in the **tunnel**
were identical to mine,
When my sole torch lost its
glow and I visited the place.
My **hands** were too numb to
warm my woe;
I knew for sure my soul had a
tear in it.
My head was filled with **noise**
knowing
It was more painful to **watch**
you, so resemblant to me, fall to
your knees.

And still, you had one more
ember that **glowed**
When you pushed your **hand**
against your knees,
You **tore** apart the doubt I had
in you.
The **noises** in my head rejoiced
for the first time, as I **watched**
you compete.
There, in the **tunnel**, you stood
on your feet.

This time, my **hand** trembled in
anticipation

My **tears** swelled in hopes that
you could get out of here
The **noises** you made were of
courage.
Ah, so the scene I keep
watching can proceed this way.
But fate had different plans, the
tunnel has always been this
gray,
Your last ember can only **glow**
so much.

The **tear** that in my heart
reopened for your agony.
A **noisy** thud signified that you
fell over again,
And I **watched** you realize you
cannot muster any more
strength.
A thought **glowed** in me: "Why
don't I try to help you?
I can lend you a flashlight that
can illuminate the **tunnel**.
Do you perhaps have an extra
battery on **hand**?"

I was so sure that you can make
it out of here, regardless of the
noise.
I hoped that you, whom I was
watching, could defeat
This dreary, damp **tunnel** that
devours to no end.
You made the tunnel **glow** after
all, even if by a hair.
All you need is a nudge, a
trifling helping **hand**,
You **tore** the doubt I had,
believing you would never be
senseless.

THE DYING FLAME

By: Barredo, Mary Abigail C.

I think I'm losing my embers.
I am bright! Shall I...
shall I rephrase that? I was
bright...

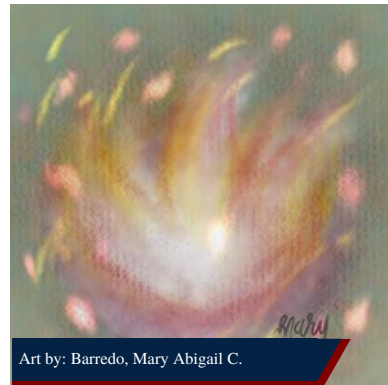
So bright, so loving.
Once so great. But alas, all
things must come to an end. I,
once of grand gold, now of
bloodied rubies.

I recall then when I
would not entertain the mere
thought of losing these embers.
When I denied the flow of time,
when my own flames angered
me for turning so cold so fast.

Why, I loved being so
lovingly bright. How am I to
become loving at all, as dull as
I am now?

There were moths who
liked my light. They flew
across my flames. They thrived
off of my flames.

How am I to tell these
moths that they must find
another bonfire to make their
home?



Art by: Barredo, Mary Abigail C.

How am I to tell these moths
that I am not the brightest fire
there is and they must bid their
farewell before I can? I will
devour everything as my
farewell. I cannot possibly
devour them.

Must I bargain? I am
aware that my love oftentimes
was so extreme that it burnt my
insects. It is not my fault, but I
will accept the blame and
change for the better, I will
never scald them ever again. I
will refrain from loving too
much if it means I can love
them longer. Just a bit longer...

No. Time wouldn't let me. I
cannot sustain these insects
anymore.

The story of how plants
warded off insects and insects
outmaneuvered plants, gaining
them their own strengths,
winning them their own rights.
It is not that I dislike the color
of ruby. Rubies remind me of
wars.

But red is cold. The older
I become, the redder I am. The
redder I become, the less embers
I cast; the redder I become, the
duller I am. How am I to sustain
the insects who require my
warmth and light?

I brought life to many,
and brought death to as much.
Just as I was alive once— I, too,
must pass. This is the quest that
time grants.

It has been lovely.

Yours Truly,

A Dying Flame Called
'the Sun'

KARITON

Ni: Earl Morales



Kuha ni: Earl Morales

Samyo ng kalawang,
Karitong hiningi kay Aling
Bebang.
Kulang.

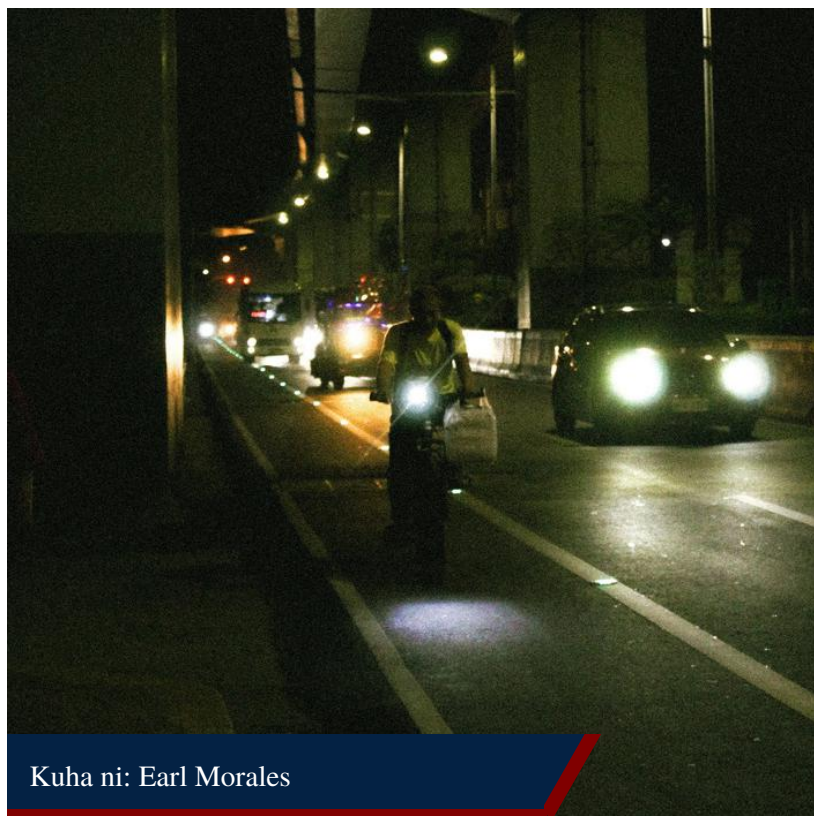
Damit na pinaglumaan,
Gaya ng suliraning napabaya.
Kapangyarihan.

Sistemang baluktot,
masalimuot.
Tanong na paikot-ikot, sagot na
palusot.
Kakarampot.

Kulang.
Kapangyarihan.
Kakarampot.

KINSENAS

Ni: Earl Morales



Kuha ni: Earl Morales

Dala-dala ang pasalubong;
sangatutak na tanong. Kailan
ako aahon.
Sa patintero ng buhay, na pilit
akong nilalamon. Ako pala ang
tayá.
Gagawin ang lahat, makatakas
lang sa uling na mga kahon.

Iniiwasan lahat ng balakid;
makitid.
Hindi sapat ang masugid,
papasukin ang bawat gilid.
Manhid.
Ang mga nasa tuktok ng
tatsulok, tanaw ang giligid.
Dumilim ang paligid.
Dala-dala ang pasalubong;
sangatutak na tanong. Kailan
ako aahon?

MIRISI

Ni: Ursula P. David

“Bakit kinulong ng Ama ang puso sa pagitan ng ating mga tadyang?”

“Isa itong tuso. Ang puso, ay isang tuso...”

Ang puso ay biktima lamang ng sarili nitong krimen. Noong unang panahon, ito ay may sariling kamalayan at malaya sapagkat pinagkakatiwalaan ito ng *Amang makatarungan* upang maging kaagapay ng utak at akayin ang mga tao na magpasya kung ano ang tama at mali.

Gayunpaman, ang puso ay walang mga mata at tainga, samakatuwid ito ay bulag at bingi. Sapagkat ang puso ay bulag, nakasalalay ito sa sarili niyang kakayahan na makaramdam sa kaniyang paligid.

Ang puso ay bingi, nakasalalay lamang ito sa sarili niyang isipan base sa kanyang nararamdaman.

Sa kakayahan ng utak ay tila nakapaloob dito ang tabak na kabilaan ang talim. Ang matarok na isip ay may kakayahang unawain ang mga lunggati ng mundo, ngunit wala itong kakayahang makaramdam. Ginamit ito ng puso sa tangkang malamangan ang isipan. Dahil sa kaniyang sariling kamalayan ay nagawa niyang diktahan ang utak sa sarili niyang mga nais. Nagkaroon ito ng orgulyo at naging mapusok, isang lasong kayang maglinlang sa isipan upang maging sunod-sunuran nito. Ang kahinaan ng puso ang siyang naging kanyang angking lakas. Sa pagiging bulag at bingi, nito ay hindi niya nakita o narinig ang hinaing ng sangkatauhan.

Dumating ang araw na nagkamali ang puso. Napagtanto niyang iba ang nakikita ng mundo kaysa kaniyang kinakabig. Biglang lumigalig ang pagtibok nito, bulag man ay bigla itong nakakita; subalit ito pa rin ay bingi, at ang tanging

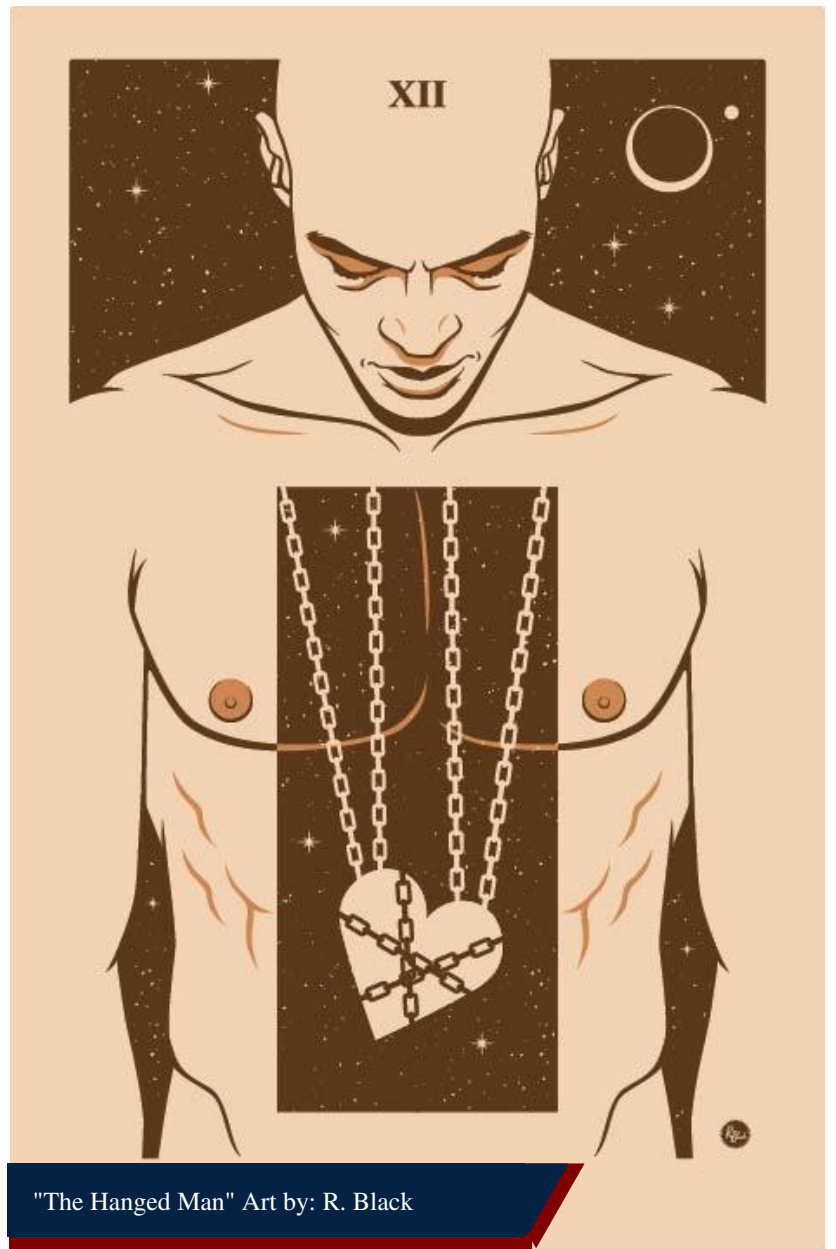
nagawa ng puso ay humiyaw, ngunit walang nakakarinig. At ang *Ama*, bilang makatarungan ang siyang mismong tumupad sa kanyang kapalaran —*ang ikulong sa tadyang*.

Sa kaniyang pagkakakulong ay sinintensyahan siya ng Ama: na habang nabubuhay ang tao ay maisasabak ang puso sa walang katapusang digmaan laban sa isipan hanggang sa huling pagtibok nito.

At ang digmaan ay nagbunga sa sangkatauhan —isang susi na angkop sa isa, ngunit hindi para sa lahat. Isang suliraning pinatong sa balikat ng tao upang timbangin kung alin ang dapat na umiiral.

Ngunit, lingid sa kanilang kaalaman na kahit kailan ay walang mananalo sa laban.

Mirisi.



"The Hanged Man" Art by: R. Black

Raison d'etre—

By: Ursula P. David

I’m very certain that I smelled like the sun; Coddled in the loving arms of the one I can call my *mother*. Between naivety and trying to make sense of the world, I chose nothing but basking — until I was done.

Nightfall and the stars who watched over the damsel bud slowly went bleak. *Why*, you may ask? Planted she was, and so she grew. The day came and everyone had to reap what they sow. What become of her...did somebody knew?

When I first learned to write, who knew what I was painting; and when I first learned of painting, who knew what I was imagining. Nurtured, but I was on my own sun. I believed myself more than anyone, as zealous as *Icarus* I might be.

No song unsung can be her, nor poetry or familiar lullabies and melodies.

Nuit à la roulette, one of the nights she could remember. It was her prom. She could’ve danced; as she was a flower yet to bloom carried of by the waves of the wind that blows upon her. Instead, she had a boisterous laughter, almost terrifying those who knew her.

I romanticized half of my life the moment I understood what it meant to dream. Alas, as the tragedy of midsummer night’s fervor dream: *telon*. *Sincerity* was surely scary. The things I once treasured, now I despise. Oh my, *though I already knew it in me*. It shouldn’t come to a surprise.

There was something about her that was certain, things she despised were the keys to her escape. But, what route must she take? Her coming of age is not similar to other flowers in this garden. She barely had sun, as her roots were digging deeper as the night. Her petals are far from fetched; in fact, the

gardeners overlooked it.

I was born under Pisces’ sun, blessed by Venus in Aquarius. If it did not make sense at all, to me either. I’m trying to figure out how I, an introspective narrator was able to put everything together. Perhaps, I am otherworldly; it’s a curse. I’m totally water...an entity of the sea.

No wonder why she felt this way. A gift made by gods was simply waiting at the flower’s bud since she was born. The time has come for her own parade. Not of roses, but of lilies and orchids along the sea that may only blossom at her feet.

It was indeed an enchanting moment. As cliché it may be for the stars to align and epiphany snapped in front of me. I was already free.



Photo Source: Pinterest



Ready, GET, GO!★

By: Rianne Krishlyn A. Miaco



PHOTO SOURCE: eCompareMo.com

Various universities have opened their doors to senior high school students that wish to achieve their college degree. Some schools held college entrance tests to determine which applicants could be admitted to their institutions. Others required specific documents to be submitted, which would help the college determine who is eligible for admission. With that, senior high school students at Arellano University- Juan Sumulong Campus prepared and took college entrance tests, hoping to be enrolled at prestigious universities.

Earl Joshua Morales, one of the aspirants from 12-HUMSS 14, has taken the college entrance test for Ateneo De Manila. For him, waiting for the results is the most challenging part of the application process. He even said that during these times, "Overthinking is your friend." Being comfortable working alone, Earl is not part of study groups and has yet to join review centers to prepare for the exams. However, if you are the opposite of Earl and enjoy working in a group, he recommends joining review centers.

He provided different tips for future students who will also

undergo college application processes. Ensuring the information you put in your application form is accurate is a must. He says it may sound simple, but it is crucial because "You don't want to put false information in your application because it will be difficult to change," and submitting incorrect details will result in disqualification. Reviewing whenever you want to is also something that he advises. Pushing yourself to absorb much information could be better. If you come across something that you need to become more familiar with, it's OK to guess.

However, make an educated guess so you will have a higher probability of correctly answering the question. Lastly, he believes that everyone should enjoy the process. He stated, "This will be the first and last time you do it, so make it memorable." Like Earl, Stephanie Grace Mercado, otherwise known as Bullet, has also experienced applying to different universities like the University of the Philippines and St. Paul, the University of Quezon City. For her, taking the entrance test itself is the most challenging part of the entire process because her time is limited. She also believes that "Self-study is a must."

Like Earl, she enjoys following her routine and is not part of any review centers. Bullet suggests making time to familiarize yourself with topics that you find difficult and avoid memorizing. She says, "Memorization is something I try to avoid because, aside from not being the best approach, I can't guarantee that I won't forget it the next day." She added that relentless reviewing is something other than something that will help you.

Like Earl and Bullet, Marian Fabellon, a HUMSS student that experienced taking FEUCAT and USTET, also reviewed for entrance tests by herself. She collected review materials online:

After collecting all the needed materials for studying, I would compile it through Google Drive—read and comprehend them during my free time." For Marian, collecting the requirements is the most challenging part of applying to different universities. She recommends "List down your top 3 desired courses, as well as universities." Visit your desired universities' websites frequently for important announcements, which will allow you to plan and make time for processing the needed papers for your application. "Lastly, simply read and comprehend your study material ahead of time," she stated.

As someone who has also experienced applying to different universities, such as the Polytechnic University of the Philippines, and taking the University of Santo Tomas entrance test, the process is challenging. I need help pinpointing which part of the process is the most difficult because each step has its strenuous interest. Still, I agree that we should enjoy the "applying for college" affair because this is a once-in-a-lifetime experience.

CHALLENGES THAT BOTH THE TEACHER AND STUDENTS HAVE TO OVERCOME IN FAST-TRACKING OF LESSONS

By: Viel Reolada

How does one work when tasked with something so tricky yet needs to be done quickly? It can be very challenging, considering time is the main factor. But how does one do it? I know the right people who can provide similar experiences.

11 HUMSS 4B, a section with no assigned teacher on a particular subject, had yet to include their lessons. And as soon as an assigned teacher had been set, the fast-tracking of studies began. What does fast-tracking of studies mean? To summarize: Fast-track lessons mean that the designated teacher has to teach the lessons the students had missed within a short period of time. The teachers are tasked with discussing assignments, assigning activities, and even computing grades.

I will share how students and teachers faced both parties' difficulties in this article. I surveyed both the teacher and students to get their opinions and experiences. The section I gave the survey to is 11 HUMSS 4B. On the other hand, the teacher who shared her experiences and opinion wished to remain anonymous; hence, we will address her as Mrs. V. Twentystudents from 11 HUMSS 4B participated in the survey. Half of the participants agreed that the fast track became challenging for them. Considering it's their first time experiencing one since entering senior high, it can pose a

challenge for them. Most of them also faced difficulties completing the tasks since activities needed to be done quickly. Additionally, others needed help being at the same pace as the lessons were taught in an agile way. Although it is a requirement that fast tracks were to be completed, they believe that it has more disadvantages rather than advantages. From their own experience, most participants think the quick way has been moderately effective in acquiring knowledge.

It's not just the students who face difficulties in managing the fast track of lessons; it's also the assigned teacher. Mrs. V had to fast-track six sections within a short period of time. That's many students she needs time and effort to allot. She finds it moderately challenging to teach the students in that amount within a short period. And during that time, she has to overcome the difficulty of needing to master the topics that she needs to discuss as quickly as possible. She adds that ensuring is one part of the struggle as well, considering that the students should be able to follow and learn quickly without questioning her ways of teaching. But without a doubt, she believes that the students were able to catch up with the lessons during the fast track. Fast-tracking of students, for her, has some advantages and disadvantages. She was happy that

some students who could pass outputs within the allotted time frame got good grades.

"I saw them very eager to learn, and so, I was relaxed and happy with the results," she added. But the only disadvantage she saw is that some students still need to be more complacent. They must be more complacent about passing the subject even though they must comply with all the requirements to get a good and deserving grade. But negligence was unavoidable during that time. "They thought there was more time but had limited time only for completion," she added. And as she observed, some of the students were careless, and they needed to learn how important it is to know and complete the three areas on which grades are based.

But even though some of the challenges she had experienced can be overwhelming, she is confident that the students learned well based on the outputs they have passed.

Even if you are a teacher or a student, challenges will present themselves in a seemingly impossible way. Both students and teachers faced many challenges along the way. Having to master lessons within a short period is complex, and so is being able to catch up and do all the activities that come with it. But in the end, both showed their eagerness to complete all the tasks they needed despite having numerous difficulties. It comes down to determination. "Smooth seas do not make skillful sailors"- African Proverb.

A DAY FOR OUR LORD

By: Nathaniel Roman and Norman Roman

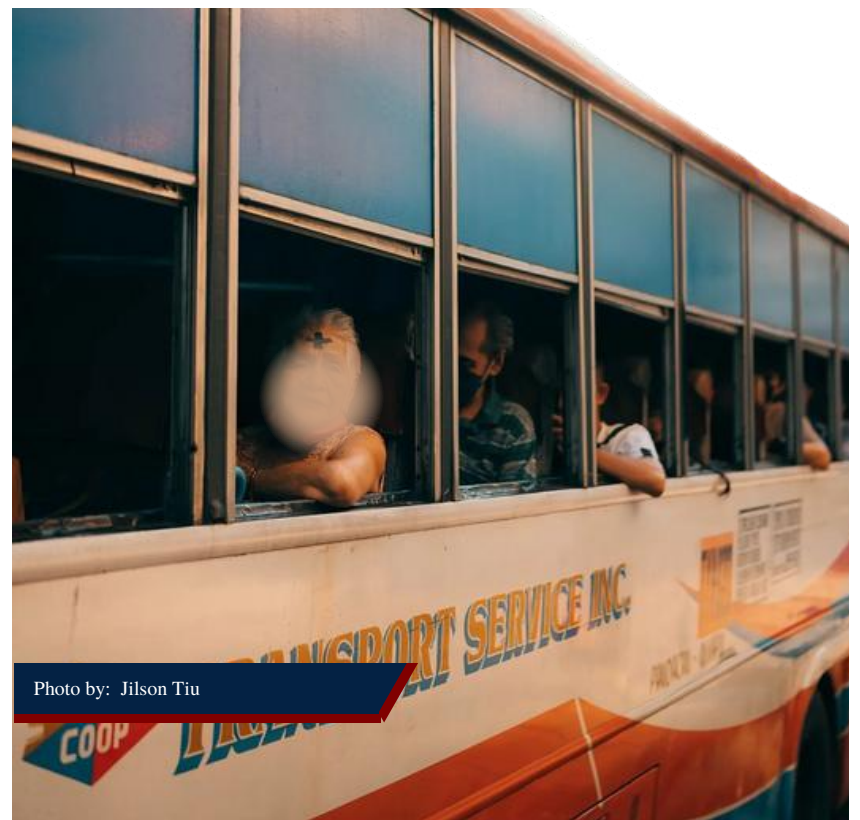


Photo by: Jilson Tiu

There are many days in the yearly calendar when we celebrate a person, occasion, or deed in the name of the Lord and those who served him. From believers to saints and Christ himself, there is much to celebrate when you're a Christian. There's Christmas and Easter, not to mention the constant feasts dedicated to the saints. One of these days is Ash Wednesday.

Ash Wednesday is a day of reflection and abstinence for Catholics. Catholics must refrain from meat on Ash Wednesday and eat less overall because it is a day of fasting and abstinence. Since Catholics are urged to evaluate their religious convictions and seek atonement from God, it is also a

day of prayer and meditation.

While this day can also be treated as a regular day where we go to church to worship the Lord or ask for his forgiveness, Catholics mark their foreheads with an ash cross on this special day of contemplation. Ashes remind us of our passing and our limited time here on Earth.

"Remember you are dust; to dust, you shall return."

This is one of the most significant verses in the Bible because it symbolizes our mortality. It reminds us that God created us to live, and one day we will die. Ash Wednesday reminds us of this and tells us to examine our conscience and reconcile with God. Indeed, this is a special and holy day for servants of Christ that we must take our time to celebrate.



Photo by: Earl Morales

FOOD TRIP: PARA SA MGA TAONG GUSTONG KUMAIN PERO NAGTITIPID

Ni: Richer Glade Benedicto

Simula nang nagtaas ang inflation rate sa bansang Pilipinas. Hindi katakataka na nagmahal din ang mga presyo ng pagkain sa bawat kantina, karinderya, at mga food stalls sa Unibersidad ng Arellano sa kahabaan ng Legarda.

Para sa mga estudyanteng pagod at kumakalam ang sikmura— sa mga mag-aaral na limitado lang ang bagong pera upang makapasok sa prestihiyosong paaralan. Malaking hamon para sa kanila ang magtipid.

Pero dito, ito na ang sagot! Narito ang listahan ng mga maaaring mabilhan ng pagkain na sulit sa murang halaga!

Kantina sa Loob ng Pamantasan

Lalayo ka pa ba? Ang kantina ng Arellano ay nagtitinda ng mga rice meals na umaabot sa 50-

70 pesos. Ito ay para sa mga estudyanteng tinatamad lumabas or maraming ginagawa—convenient! ika nga nila.

7/11

Sa may bandang kanan, paglabas ng Arellano ay makikita mo agad ang 7/11, isang convenience store. Ito ay tambayan este bilihan ng mga mag-aaral mula senior high school hanggang college— ito ang pambansang meet-up place!

Nagsisilbi rin itong waiting shed kung malakas ang ulan at minsan ay study area.

Chowto

Magpapahuli ba ang Chowto? Bukod sa sulit at abot-kayang halaga. Hindi rin maitatanggi na malinamnam na pagkain dito. Nagbebenta sila ng combo meal na may fried chicken, pasta, rice, at

iced tea sa halagang 75 pesos. Sikat din sila sa sisig, steak, at porkchop!

Japanese Cake Vendor

Uy...! Micromatic na payong! Naglalakad ka pa lang ay tanaw mo na ang dulo ng malaking payong na nagbebenta ng iba't-ibang flavor ng japanese cakes. Sa presyong 5-10 pesos ay mabubusog ka na!

Milktea at Takoyaki

Dahil napag-usapan na rin ang Japan, narito ang isa pang pagkain na tiyak na pupuna sa intong mga cravings. Ang lugar ng tindahan na ito ay pagtawid lamang mula sa Arellano at sa bandang kaliwa. Ito ang pagkain ng mga estudyante pagkatapos ng mahabang exam at nakakapagod na araw.

Jollibee

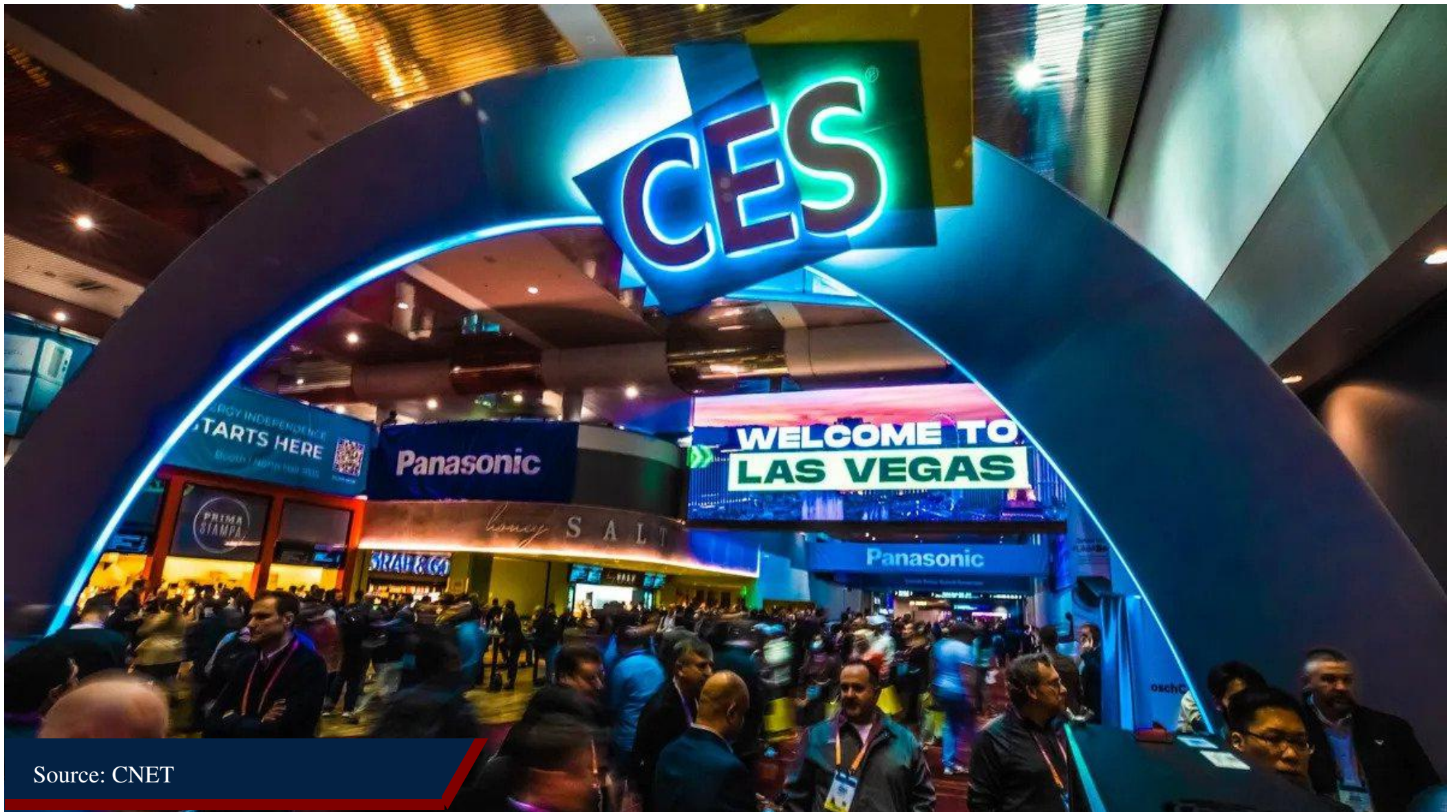
Patok din ang Jollibee sa

mga estudyanteng ayaw sa mainit at siksikan. Ito ang pambansang review center ng mga estudyante mula sa iba't-ibang unibersidad sa kahabaan ng Mendiola, Legarda, at Morayta.

Tayong mga estudyanteng nagsusumikap para sa ating pangarap ay naging parte na ng mga establisyimentong ito. Saksi rin ito sa mga memorya at bondings ng bawat magkakaibigan sa loob ng ilang taong pamamalagi sa Maynila upang kumayod, magpagal, at magsunog ng kilay para sa pangarap.

Kung nakakapagod ang sistema ng edukasyon, naririto lang ang mga food stalls upang pagaanin ang iyong loob— makapag refresh ika nga nila. Patunay ito na hindi natin kailangan gumastos ng mahal upang makagawa ng

masasayang alaala kasama ang mga taong itinuring na nating pamilya— ang mahalaga ay kapiling ang mga kaibigan sa nalalabing oras tungo sa pagkamit ng pangarap at tagumpay.



Source: CNET

Makabagong teknolohiya umarangkada sa CES 2023!

Ni: Pamela D. Delos Reyes

Bukod sa pinaka inaabangang Miss Universe Competition taun-taon, mayroong isa pang impluwensyal na pagtitipon ang naganap sa pagsisimula ng taong 2023 —ang "Consumer Electronic Show" o "CES 2023".

Noong ika-lima ng Enero, ganap na isinagawa ang CES sa Las Vegas. Higit sa kaalaman ng lahat, ito ay isa sa pinakatanyag na tech event na naglalaman ng mga makabagong teknolohiya at imbensyon.

Lubos na pinakahihintay ito ng mga "tech-savvy" (mga taong higit na maalam sa teknolohiya) lalo na ng mga kilalang kompanyang laging kabilang sa mga kalahok nito.

Ang mga naturang kompanya na dumalo sa CES 2023 ay Google, Microsoft, Samsung, Lenovo, Mercedes Benz, Sony, Amazon, Panasonic, Canon, at iba pang mga popular at pati na rin mga start-ups o mga sumisibol pa lamang na negosyo/negosyante.

Pinanatili ng CES 2023 ang layunin nitong palawigin ang makabagong mundo sa pamamagitan ng pagbibigay ng kaginhawaan sa mga konsumer—lalo na sa mga empleyado ng hybrid set-up o mga taong nagtatrabaho sa kani-kanilang mga bahay.

Ang mga kilalang tatak ng gadyet gaya ng Dell, Lenovo, HP ay ipinamalas ang mga bagong devices tulad ng mga laptops na may mas nagtatagal na baterya o power, naitutuping kompyuter o Personal Computers (PC), mas pinabilis at

pinalakas na koneksyon mula sa PCs papunta sa mga phone at tablets, at paggamit ng Artificial Intelligence (AI) sa iba't-ibang makabuluhang pamamaraan.

Maliban sa napakaraming kompanya at negosyo, sandamakmak din ang mga midya at mga bansang dumalo sa kaganapang ito, kabilang na ang Pilipinas.

Ipinamalas ng Department of Science and Technology (DOST) ang galing ng pilipino sa pagpapakilala ng "ROAMER" (Robot for Optimized and Autonomous Mission-Enhancement Response) isang automated robot na kayang subaybayan ang mga halaman at madiskubre kung may mga sakit na tatama rito.

Hindi lamang iyon ang ipinakita ng Pilipinas sa programa, kundi pati na rin ang "Gul.AI"; isang 'plant growing system' na gumagamit ng mga sensors na nagbabantay sa mga halaman at kumokolekta ng mga datos na siya namang makikita online. Ipinakilala rin ang DATOS (Remote Sensing and Data Science), isang makina na sumusuri sa mga geospatial na datos para sa mga pang-agrikultura at mga pang-tugon sa sakunang layunin.

Ang lahat ng ito, batay mismo sa DOST, ay nakatulong upang mas lumawak pa ang pakikipag-ugnayan ng ibang mga bansa sa Pilipinas sa larangan ng agham at teknolohiya.

SANGGUNIAN:

- BAJARIN (Forbes), 2023
- NEWMAN (Forbes), 2023
- CHUA (Rappler), 2023
- CES.TECH, 2023





ATHLETICS

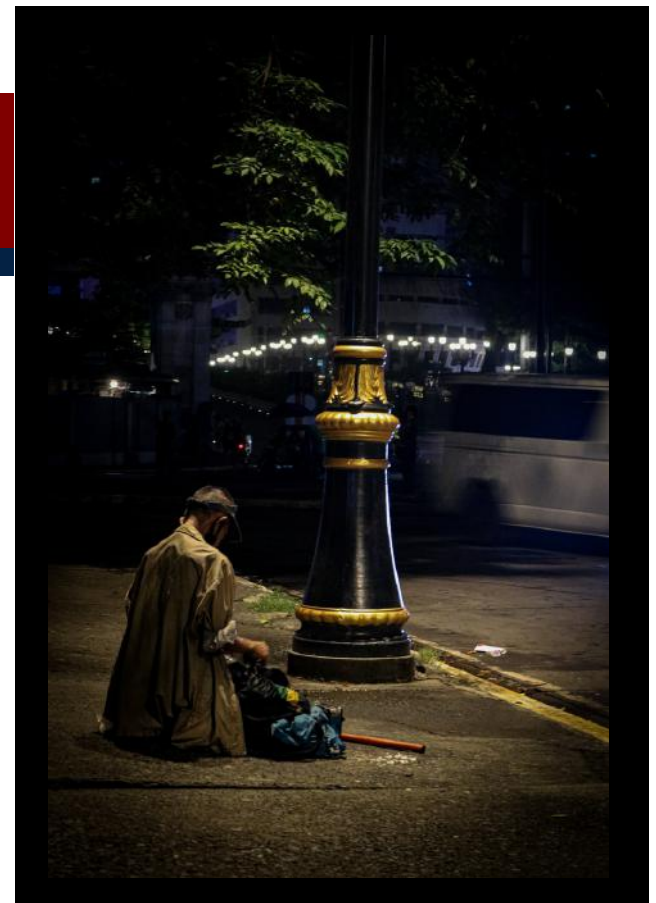
By DonnJessie De Guzman || Elisa Esguerra Campus

Fern John M. Lagazo's final run before
championship on January 22, 2022 for 100 Meter
Dash on Men's Category

BEAM OF LIGHT

By Je Ann De La Paz || Jose Abad Santos Campus

A man arranged his things near the foot of Jones
Bridge on Monday, November 28, 2022, in
Chinatown, Binondo, Manila.



CONCEPTION MARKET

By DonnJessie De Guzman || Elisa Esguerra Campus

A Fruit Vendor on Concepcion Market, a day before
New Year's Eve.

MALPRISAA DIVISION MEET

By DonnJessie De Guzman || Elisa Esguerra Campus

AU-EEC together with AU-JRC and SJA-ICAM Women's Volleyball Team Placed as Champion against Longos National Highschool (Cluster A) with Final Score of 15-25 this afternoon, February 18, 2023.



ORYE

By DonnJessie De Guzman || Elisa Esguerra Campus

Students on ground for National Achievement Test orientation led by branch AVP Maria Lourdes Mudlong at AU-Elisa Esguerra Campus this Tuesday, January 24, 2023.

BSP RIZAL DAY

By DonnJessie De Guzman || Elisa Esguerra Campus

Hundreds of Scouts from various Boy Scouts of the Philippines Councils in Metro Manila and nearby Provinces from Rizal, Laguna, Cavite, and Bulacan joined the flag raising ceremony and flower offering at the monument of Philippine National Hero Dr. Jose Rizal to commemorate his 126th death anniversary.





HALF-LIGHT OF DUSK

By Je Ann De La Paz || Jose Abad Santos Campus

Calaruega's sunset view at Nasugbu, Batangas on
Monday, December 26, 2022.

NEWFANGLED TRIKES

By Je Ann De La Paz || Jose Abad Santos Campus

Modern e-tricycles/mini jeeps one of the popular
transportation nowadays, is widespread in many
places around Manila.



LUNESTRAY CAT

By Je Ann De La Paz || Jose Abad Santos Campus

A stray cat was captured on camera while strolling on
Wednesday, October 19, 2022, at Luneta Park.



SILID-ARALAN

By Angela Joy Bernardo || Apolinario Mabini Campus

Ang apat na sulok ng silid na ito ang nagsilbing mata saksi sa saya at lungkot , mga alaalang nabuo nating magkasama ngunit kaakibat ng saya may lungkot na madarama.

Dahil ilang buwan na lang ay magkaiba na tayo ng landas na tatahakin tanging memorya ng kahapon ang siyang mananatili sa atin Silid aralan na naging tahanan.

Salamat mga kaklase , sa pagmamahal na walang hanggan ngunit kailangan na natin magpaalam

Marahil ay tama ang sinabi ni gurong Ladines na "ang tanging permanente sa mundo ay ang pagbabago" sapagkat ikaw at ako ay maaring di na muling magkasama sa susunod na yugto.

Pero malay mo sa susunod na daang tatahakin mo ay magkasalubong tayo At sa panahon na yon ay nakapagtapos na tayo sa kolehiyo May magandang buhay at nakapag patayo na ng negosyo Natupad ang pangarap na akala natin ay mapapako.

Mang Toto has spent over 12 years of his life as a street vendor. He is 58 years old and sells street foods at Vito Cruz Taft. His commitment to his career was for his children's education. He said, "Mahirap ang buhay lalo pag hindi nakapag tapos ng pag aaral, nakakalungkot lang kasi pangarap kong makapag trabaho sa mga kompanya pero masaya ako sa kung anong meron ako ngayon." For those who are having a hard time, this is a serious reminder that not everyone has the opportunity to receive the same education that is taught in schools. Nevertheless, he is grateful to God for providing him with a lovely family to return to.



MASAYA AKO NA PARA SA MGA ANAK KO ANG PAGHIHIRAP KO

By Aaliyah Fernando || Apolinario Mabini Campus



#NATapos rin!

By: John Christian G. Miranda || Juan Sumulong Campus



Boom! Paputok

By: Luiz Alfonzo A. Calpito || Juan Sumulong Campus



Inflation WEIGHT

By: Rain Rohan R. Rio || Juan Sumulong Campus



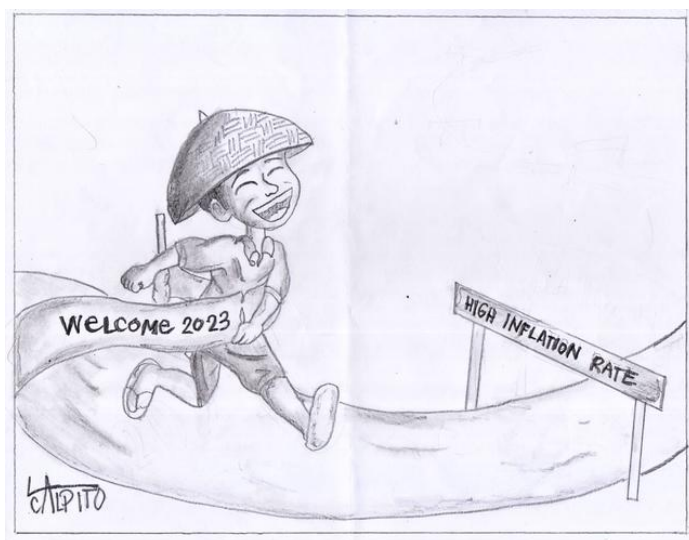
Monkey Pox Issue Against Social Issues

By: Paul John A. Tiansay || Juan Sumulong Campus



Peaceful Start

By: Rochelle Ann Z. Arao || Juan Sumulong Campus



The New Year Surprise

By: Luis Alfonzo A. Calpito || Juan Sumulong Campus



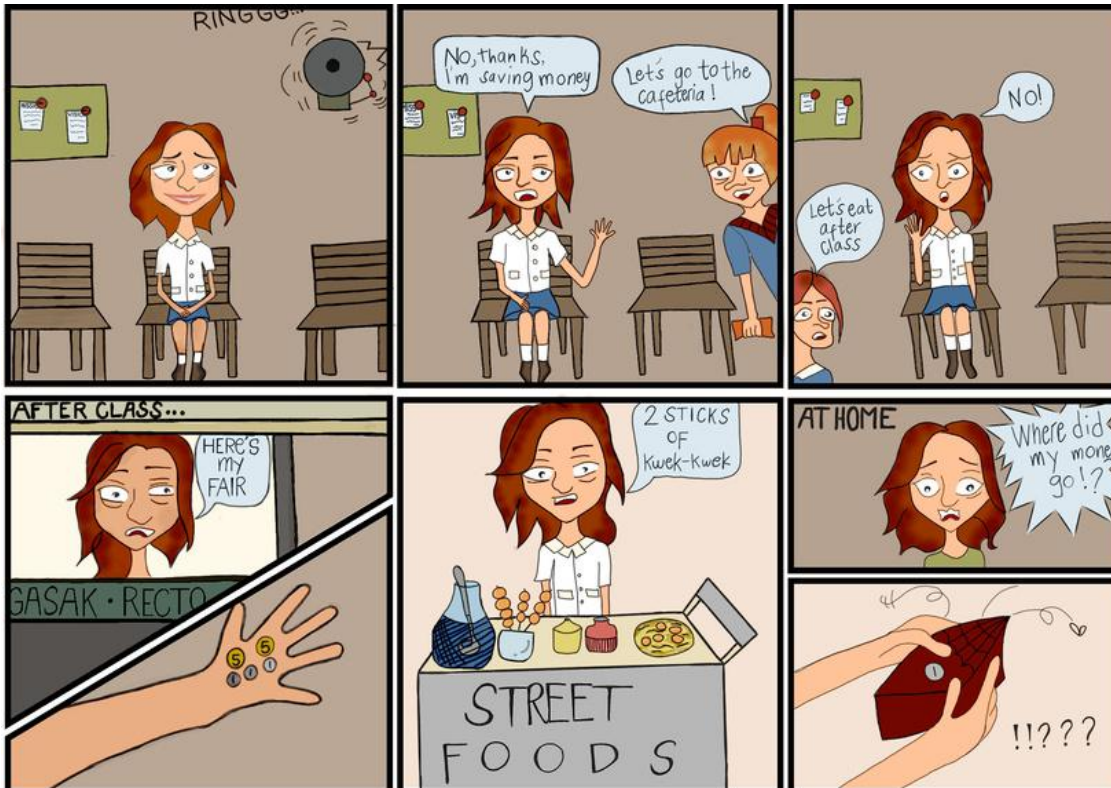
VALENTINE'S DAY

By: Niño Jean Christopher Echiverri || Juan Sumulong Campus

DEPRESSION

By: Edrian Paul A. Dariguez || Plaridel Campus





The Empty Purse

Art by: Jade Gopio, Digitalized by: Reymond Diocton || Elisa Esguerra Campus



Pedophilia: Twisted Predation

By: Marc Angusto || Jose Abad Santos Campus



IMBALANCED BEAM OF GENDER TREATMENT

By: Chelsea Garcia || Apolinario Mabini Campus

"My Life as a Student"



My Life As A Student

By: Jethro Del Rosario || Elisa Esguerra Campus



THE IMPORTANCE OF SLEEP FOR STUDENTS

By: Rosa Fe Mancera || Apolinario Mabini Campus

A System of “Forever Champion”: Coach Lucky, Chiefsquad locks in 4-peat

Written by Carlo T. Arsula || Juan Sumulong Campus

Source: Arellano University Sports - Official

Like any other sporting team, the Arellano Chiefsquad was not spared from unprecedented challenges brought about by the onset of the pandemic. Rigorous hours of in-person training sessions were no longer possible, leaving them with no choice but to settle for simultaneous home workouts behind the screen just to keep them in peak physical condition.

Despite these efforts, there is no doubt that online training is no match compared to the effectiveness and intensity of face-to-face training, especially if the team needs to polish their performance as a collective unit.

With the general easing of lockdown restrictions and ‘new normal’ setup, the Chiefsquad is jumping back to action with hopes of reclaiming lost time as they prepare to claim the fifth championship in NCAA Cheerdance Competition for Arellano University.

Good to be back

The Chiefsquad began their face-to-face training last January. With this setup, the team is given a chance to finally train together as a unit. After almost two years of online conditioning, Coach Lucky says this became more convenient to the players.

In terms of their schedule, the Chiefsquad trains twice a day—a morning session for drills and endurance as night session is allotted on the skills program—from Monday to Saturday, and with Sunday being their only rest day.

Being back on the mats with the squad, Coach Lucky expresses that the team’s bond grew stronger and guard. He attests that the physical setup gave a much more strict enforcement of rules, creating a healthy team alongside training. “Nung online sessions kasi, ‘di ko sila nababantayan nang maayos.

Unlike sa face to face, nakakasiguro ako na walang nagbibisyo at nagpupuyat,” San Juan remarks.

While intensive training is nothing new for student-athletes, Coach Lucky admits that it took time for them to get used to conducting on-site practices for the first time in two years. “One to two months, binalik yung endurance ng mga bata.

Mahirap kasi na biglain sila na isasabak sa hardcore training, baka mag collapse,” shares San Juan. He emphasized his sentiments, stating that they need to work out on something aside from the team’s core. “Malakas yung team at may skills, but yung eagerness at maturity, wala [kaya] ‘yun yung dinedevelop ko.”

Unlike the 25-member composition in the past seasons, schools will only have 21 participants; it was

reduced due to the long layoff. This being said, Coach Lucky reveals that he will focus on routine’s execution and delivery as there will be no theme for routine, “Ang goal naming mga coach lalo na ‘pag dating sa routine ay may bagong maipakita at paano ito ginawa, malinis ba o maayos.”

As the team slowly transitions back to normal, this was not without the pressure on the side of the coaching team. “Sobrang saya at stress actually. Kasi marami akong gustong gawin at ipakita kung ano ang Chiefsquad,” San Juan details. He furthers it’s a good stress knowing that competition paused for three years.

Apart from experiencing physical stress, the new arrangement also took a toll on the players’ mental and emotional well-being, especially rookie members. However, San Juan asserts that the current setup “awakened” their champion mindset and reminded them of their goals this upcoming season.

“Pineprepare lang namin utak nila, kasi at the end of the day, sila lang din yung manghihinayang kaya kailangan nilang gawin yung mga pinapagawa.”

Overall, the legendary coach remarks that the team has been adjusting and preparing well for the upcoming season. Based on his observations from the team’s performance and routine in training, he believes that the future of the Chiefsquad is bright.

Embracing the challenge

Having a rookie-laden team is not a common occurrence for the Chiefsquad, especially with first time jitters adding pressure on their players, but it was all a sudden relief. Big thanks to seniors like Brea Rose Genio who lead the way for rookies. “Para ma-adapt nila yung nakagawian namin, hindi lang dapat kaming seniors ang mag-adjust sa environment, dapat sila rin para magawa nila yung mga nagagawa namin.” she shares.

With three squad senior members who have championship experience, Mark Anthony Guhitia, a rookie member, shares an advice from his seniors, “*Hindi spirit ng champion kapag kinakabahan ka sa loob ng mats.*”

This means, the Arellano community will see a more diverse and experienced team take on the mats this season since the rookies have at least veterans to depend on.

Either way, challenges can make or break the Chiefsquad. With the current roster, the road to glory includes having a mountain to climb, especially if the Red-and-Blue intends to achieve immense success this season.

As proven before, Arellano University has always had a winning culture under Lucky San Juan’s mentorship. As he reiterates, “I’m a Forever champion.”

Chiefs uphold level-headed ambitions as they return to their grind for Season 98

Written by Carlo T. Arsula || Juan Sumulong Campus

Since NCAA Season 93, the Arellano Men's Volleyball Team has failed to secure a Final slot.

But this coming Season 98, the Red-and-Blue team has never been more eager to fly higher in the NCAA, given the squad's preparations and additions for the upcoming seasons.

Roles' posed challenges

The role of the captain is to lead and assist their players in bringing out their full potential, which is what team captain Jethro Cabillan is aware of. He believes that his role is mainly instructing his teammates, which would boost the players' morale as this will allow them to play together more effectively. “Sabihin ko dapat kung ano yung mga pagkakamali at turuan kung ano dapat yung dapat gawin ng teammate,” he adds.

On the other hand, highly anticipated 20-year-old rookie hitter Carl Berdal's stint in the V-League tournament was

impressive, topping the scoreboard for Arellano University after tallying double-figure

performances throughout the elimination round. Despite already proving his skills, he admits that he is pressured to accept the challenge of being the main scorer of the team as he has to be consistent and always bring his A-game, “May times kasi talaga na may laro ako and may times na wala, so hindi ko masasabi na maganda ang performance ko sa lahat kaya kailangan ko talagang paghandaan every game.”

Although there's a jam-packed of pressure, Berdal's will to lift AU remains.

Setting the pressure

Behind a stellar move and highlight-worthy play, there's an excellent playmaker who commands the team; along with that is the overwhelming pressure. But that's not the case for Adrian Villados. He admits that working with Coach Sherwin Meneses eases the burden of his role.

“Ang kaisa-isang sinabi rin sa’kin ni Coach Sherwin ay hindi naman kailangan ng magandang set, basta disiplinadong set at maayos yung pagka-deliver.” Chiefs’ veteran setter details.

With all the explosive spikers stacking up on new additions to the team, Villados will be tested to see if the team's willpower can translate to success.

Filling the gap

The fate of falling short is not new to the Arellano Team—they have been entering the semi-final stages and even had the chance to snatch the championship crown in NCAA Season 93 as conditioning coach Segovia observed that the lack of gelling and communication had been a crucial factor at that time.

In that department, the team is nowhere near lacking.

The Off-season V-League tournament experience of the Chiefs help greatly with on-court coordination. Amidst the uncertainty of braving into a long-hiatus tournament in an unfamiliar setting and unusual players where team chemistry becomes all the more valuable, the team has already shown a glimpse of connection and familiarity.

Season-ready

As the pandemic pulled every team.



Source: Arellano University Sports - Official

onequal footing, the Chiefs have a huge chance of realizing the team's over-a-decade-long dream.

With the team's determination and the players' eagerness, a slot in the Final Four and even a match for championship will not be impossible for the Legarda-based team. After all, one of the most notable characteristics.

of a formidable athlete is their never-say-die mindset and how willing they are to push themselves in training and actual games.



Source: Arellano University Sports - Official

AU Chiefs sinelyuhan ang ika-anim na puwesto sa NCAA Season 98

Written by Nashlei Angeli Liki || Juan Sumulong Campus

Kinain ng kamalasan sa huling paghaharap ang koponan ng Arellano University Chiefs makaraang kapusin sa ikalawang round ng NCAA Season 98 Men's Basketball kontra sa Emilio Aguinaldo College Generals sa FilOil EcoOil Centre makalipas ang Nobyembre 22 ng nakaraang taon.

Mainit na sagupaan ang bumalandra sa huling pakikipagtuos ng Chiefs na umabot sa overtime dahilan ng naging pasakit nila nang hindi na nag-aksaya pa ng panahon sa free throw si JP Maguliano ng EAC Generals, 62-63.

Dinomina ng koponan ang unang tatlong quarters sa pinagsamang depensa nina Danielle Mallari at Jade Talampas kasabay ng pagmutawi ng sabayang opensa nina Cade Flores at Axel Doromal.

Sinubukang itawid ni Doromal ang huling segundo ng laro na tumipa ng 25 puntos at tatlong assist habang pumangalawa naman ito sa overall ranking ng Pointers Leaders na may 16.0 points per game.

Sinikwat naman ni Flores ang Rookie of the Year, Mythical 5, Defensive Player of the Year at nanguna ito bilang Rebound Leaders sa 10.1 rebound per game, pumangalawa sa Steals Leaders, 1.7 SPG samantala ika-apat naman sa Blocks Leaders, 1.07 BPG.

Nakapagtala ang Chiefs ng 7-11 panalo na naging dahilan upang makapagtala ng 38.89% kabahagi ang Perpetual Altas, Mapua Cardinals at JRU Heavy Bombers.

Sa kabilang banda, bumuslo ng 14-4 iskor ang De La Salle-College of Saint Benilde Blazers na may 77.78% na nangunguna sa ranking at pinagharian naman ng Colegio de San Juan de Letran Knights ang ikatlong puwesto na may 13-5 rekord, at kabuuang 72.22 porsyento.

Nakalikom naman ng parehong iskor ang San Beda University Red Lions at Lyceum of the Philippines University Pirates na naging daan upang makapasok sa ikatlo at ika-apat na puwesto na kabilang sa maglalaban laban sa semi-finals, 12-6 at 66.67%.

Hidilyn Diaz dinomina ang World Championship

Isinulat ni: Nashlei Angeli Liki || Juan Sumulong Campus

Umiral ang dugong Pilipino ng weightlifter at olympic gold medalist na si Hidilyn Diaz sa Women's 55kg Category sa 2022 International Weightlifting Federation (IWF) World Championships sa Bogota, Columbia noong Disyembre 8 ng nakaraang taon.

Matagumpay na nasungkit ni Diaz ang tatlong gintong medalya nang maibandera nito ang 93kg sa snatch, 117kg sa clean and jerk na may kabuuang bilang na 207kg kontra sa Columbian athlete na si Rosalba Estela Morales Del Aguila na naikambyo ang silver medal sa kabuuang bilang na 199kg.

Samantala, Mexico naman ang tumipa ng bronze medal na tumabo ng 198kg na naitala ni Ana Gabriela Lopez.

Ito na ang kaniyang huling major na kompetisyon sa 55kg category makaraang magsisimula na itong mag-ensayo para sa paparating na Paris 2024 Olympics kung saan plano nitong lumipat sa 59kg para sa kaniyang magiging ikalima't huling Olympic Games.

"Hindi ko alam kung alam na ng lahat pero yun nga, kahit ano yan, pinag-usapan na namin ng team HD na we will do our best, I will do my best and I know I can do it kase may magagaling na team behind me", pahayag ni Diaz.

Habang si Samahang Weightlifting ng Pilipinas (SWP) President Monico Puentevella ang nagbigay ng parangal kay Diaz na naghatid ng pagganyak na mensahe sa naganap na awarding ceremony ng kompetisyon noong Disyembre 8.

"She's a phenomenal athlete and world champion. She'll do anything to bring pride and inspiration to the country. No pain no gain. Inspires our country. We have six more lifters trying to qualify for (the) Paris 2024 Olympics. This is just the beginning. Praise the Lord for this blessing. Weightlifting has been doing its job. Let God do the rest," ani Puentevella.

Naglabas din ng pahayag si Philippine Olympic Committee (POC) president Abraham "Bambol" Tolentino at Philippine Sports Commission (PSC) chairman Jose Emmanuel "Noli" Eala bilang pagbati kay Diaz.

"This recent breakthrough of Olympic champion Hidilyn Diaz is proof that Filipinos are strong and talented individuals. We are truly grateful to Team HD for this is a result of hard work ... a combination of determination, continuous training and confidence ... and she knows that there are people behind her who truly support her," sabi ni POC president Tolentino.

Kabilang din sa lumahok si Nestor Colonia na nakaupo sa ika-pitong puwesto sa Mens 55kg Class habang tangan nina Lovely Inan at Rosegie Ramos ang ika-13 at 17 na puwesto sa 49kg category.

"Hidilyn has proven once again that the fire in her heart to be second to none in her field continues to burn and remains the benchmark by which every weightlifter and Filipino athlete must measure themselves against. The PSC will forever be proud of Hidilyn as the epitome of a great champion and will always provide support in her continuing quest to bring honor to our country. Mabuhay!" pagbati naman ni PSC chairman Eala.

"Sa lahat ng mga Pilipino na sumuporta sa akin at sa mga filipino athlete, thank you so much po sa walang sawang suporta na binigay niyo po sa aming mga atleta, itong gold na ito ay para po sa inyo." bitbit ni Diaz ngayon ang record na World Championship, Olympic Champion, Asian Champion, Asian Games at Southeast Asian Games gold medalist.



Photo Credit: Rappler

The FIBA World Cup will be hosted by the Philippines will take place in the Philippine Arena.

By: Dhenniz N. Hizon || Andres Bonifacio Campus

Metropolitan Manila, the capital and second-most populous city in the Philippines, is home to about two million people. It is among Southeast Asia's most vibrant and rapidly growing, with a long and illustrious sporting heritage situated on the island of Luzon.

Basketball is the preferred sport in the Philippines, with the majority of the local villages sporting basketball courts with street-drawn court lines, and inter-village leagues that are held every summer from April to May.

The Philippine Arena, which can accommodate up to 55,000 people, is the biggest indoor arena in the world. It was opened in July 2014 near Bocaue and Santa Maria, Bulacan, 30 kilometers north

of Manila, at Ciudad de Victoria, a 140-hectare economic and tourism zone. At the time, it was the biggest multipurpose indoor theatre in the world. The 36,715-m² fully air-conditioned arena has a stage in the shape of a theater at one end and can also hold concerts, sporting events, and religious gatherings. The Philippine Arena hosted the FIBA 3x3 World Cup in 2018 and will host Gilas Pilipinas matches during the sixth round of FIBA World Cup Qualifying in February 2023.

By once again hosting this prestigious event, the Philippines hopes to show the world how much its people love sports. For Filipinos, basketball is their way of life; it's not just a game to them.



Source: Arellano University Sports - Official & NCAA Philippines



AU Braves Junior Division kicks off on its 98' Season of NCAA

By: Rhegina Jhade C. Caluag || Apolinario Mabini Campus

The National Collegiate Athletic Association or the most commonly known as NCAA started its 98' Season of Basketball Juniors Division Tournament last January 29, 2023. It will start off with the Men's Junior Division Basketball Tournament in Emilio Aguinaldo College at San Marcelino St., Paco, Manila. Therefore, Emilio Aguinaldo College or commonly known as EAC will be the host for this NCAA Season 98' Juniors Division Tournament.

"Get the fundamentals down and the level of everything you do will rise." - Michael Jordan A total of 18 Players from AU braves were introduced Last January 29, 2023, at NCAA Season 98' Basketball Juniors Division Tournament starting from Axlerose Javier as Shooting Guard, Jhon Andrew Jimenez as Center, Sean Asi Llantos as Forward, Naren Mallari as Point Guard, Gian Marcus Mendoza as Forward, Saentis James Moore as Shooting Guard,

Jhon Micko A. Nambi as Forward, Franco Ortega as Shooting Guard, Ivan Clarence Dale Panapanpan as Forward, Jeremy Jigg Pascual as Point Guard, Kenyon Pondoc as Point Guard, Paul Reguera as Point Guard/Shooting Guard, and Michael Carl Ellor Yu as Point Guard led by Mr. Junjie Ablan as their Head Coach, and Mr. Leonard Anquilo, Mr. Tylon Felipe Dar Juan, and Mr. Aristeo Dimaunahan as Assistant Head Coaches, and lastly by Mr. Daniel Alberto Olan as their Conditioning Coach.

The AU v.s UPHSD game will be held on Emilio Aguinaldo College Homecourt and begins at 1:00 PM on February 1, 2023, followed by AU v.s SSC-R on February 3, 2023, at 4:30 PM, AU v.s JRU on February 6, 2023, AU v.s BENILDE-LSGH on February 8, 2023, at 2:30 PM, AU v.s LETRAN on February 10, 2023, at 4:30 PM, AU v.s MAPUA on February 13 at 8:00 AM, AU v.s

SAN BEDA on February 15, 2023, at noon, AU v.s EAC on February 17, 2023, at 10:00 AM, lastly AU v.s LPU on February 20 at 8:00 AM.

On behalf of The Standard-Apolinario Mabini Campus, we wish success to all who will participate in the ongoing 98' Season of the NCAA!

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<https://www.facebook.com/ncaa.org/photos/a.10157742330792614/10157742330382614/?type=3>

"The Messi-led Argentina Football Team Captures Illustrious World Cup after 36 years!"

By: Prince Jheffyruzhen Angeles || Apolinario Mabini Campus

Arguably the Greatest of All Time of Football Lionel Messi finally captures the achievement he is only missing on his resume, a Fifa World Cup Championship for his country Argentina. Messi, alongside with Golden Glove winner Emi Martinez, and the Tournament's Rookie of the Year Enzo Fernandez outlasted reigning champions, France. It was led by Messi's co-star in Paris-Saint Germain, Kylian Mbappe, who won the Golden Boot, an award given to the player who scored the most goals in the duration of the tournament.

Argentina won via penalty shootouts 4-2, with a final score of 3-3. For the reason that no winning team was seen after full-time of 90 mins and an extra time of 30 mins, with a total of 120

mins of game time played. Argentina led at halftime, 2-0, but was quickly overtaken by France, mainly by Mbappe who scored the next 2 goals forcing Messi and Argentina to play extra time. But both Paris-Saint Germain stars scored a goal in extra time, which made Mbappe achieve a hat-trick or 3 goals in a match.

The penalty shootouts, which last decided a champion back in 2006 where Italy defeated France, gave Argentina the victory, especially with the defensive prowess of Emi Martinez of Argentina. This is also one of the reasons why he deserved the Golden Glove award, which Fifa awards to those GoalKeepers who did an exquisite job in defending the post.

"Justin Brownlee, Filipino!"

By: Prince Jheffyruzhen Angeles || Apolinario Mabini Campus



Source: RAPPLER

Justin Brownlee, the Barangay Ginebra San Miguel star import, will finally become a naturalized Filipino. With legislators pushing him to become a naturalized citizen in the legislative branch, a bill has finally been passed into law! Republic Act no. 11937 being officially signed by President Bongbong Marcos, Brownlee is a step closer to being a Filipino citizen. Just right after declaring his oath of allegiance to our country and being given a certificate of naturalization by the Bureau of Immigration.

This just means Filipino basketball might get more out of the Ginebra Star. He is now a citizen of the country where he dominates in terms of association basketball. Therefore, he will no longer be considered an import. As a result, he is eligible to play in all conferences of the league, but he is now also eligible to play for our Men's National Basketball Team. This is a huge gain for Philippine basketball considering what Brownlee has done and what more he can offer for our country's love of the game. The Philippine

Olympic Committee stated that as early as the upcoming South East Asian Games in Cambodia this May, he could lead our country's Gilas. Justin turned 35 years old in April. The newly naturalized Filipino came from St. John's University, a US NCAA Division I school. Brownlee then entered the 2011 NBA Draft but unfortunately, he was undrafted. In spite of this shortcoming, he never stopped playing basketball as he played for a number of teams including the NBA G-League, Italian Professional Basketball, French Professional Basketball, Lebanon Professional Basketball, and of course the Philippine Basketball Association (PBA) and Alab Pilipinas, the Philippine representative in the Asian Basketball League. Brownlee is known to be very dominant and skillful. He is most famous for bringing Barangay Ginebra back to the championship conversation after a very difficult span of time where Ginebra couldn't prevail in what they called the "kangkong" era. Brownlee famously hit the winning three-pointer against the Meralco Bolts during the 2016 Governor's Cup. Since then, he has won 6 PBA Championships and 3 Most Valuable Imports of the Conference. With a recent victory against the Bay Area Dragons in a 7-game series, Brownlee helped Ginebra win their 15th PBA championship in the last 2022-2023 PBA Commissioner's Cup.

AU-EEC CHIEF JOINS DAUNTLESS J BASKETBALL FOR THE INTERNATIONAL HIGH SCHOOL BASKETBALL CHAMPIONSHIP LEAGUE IN KUALA LUMPUR, MALAYSIA

By: Ella Mae Dela Rosa || Elisa Esguerra Campus

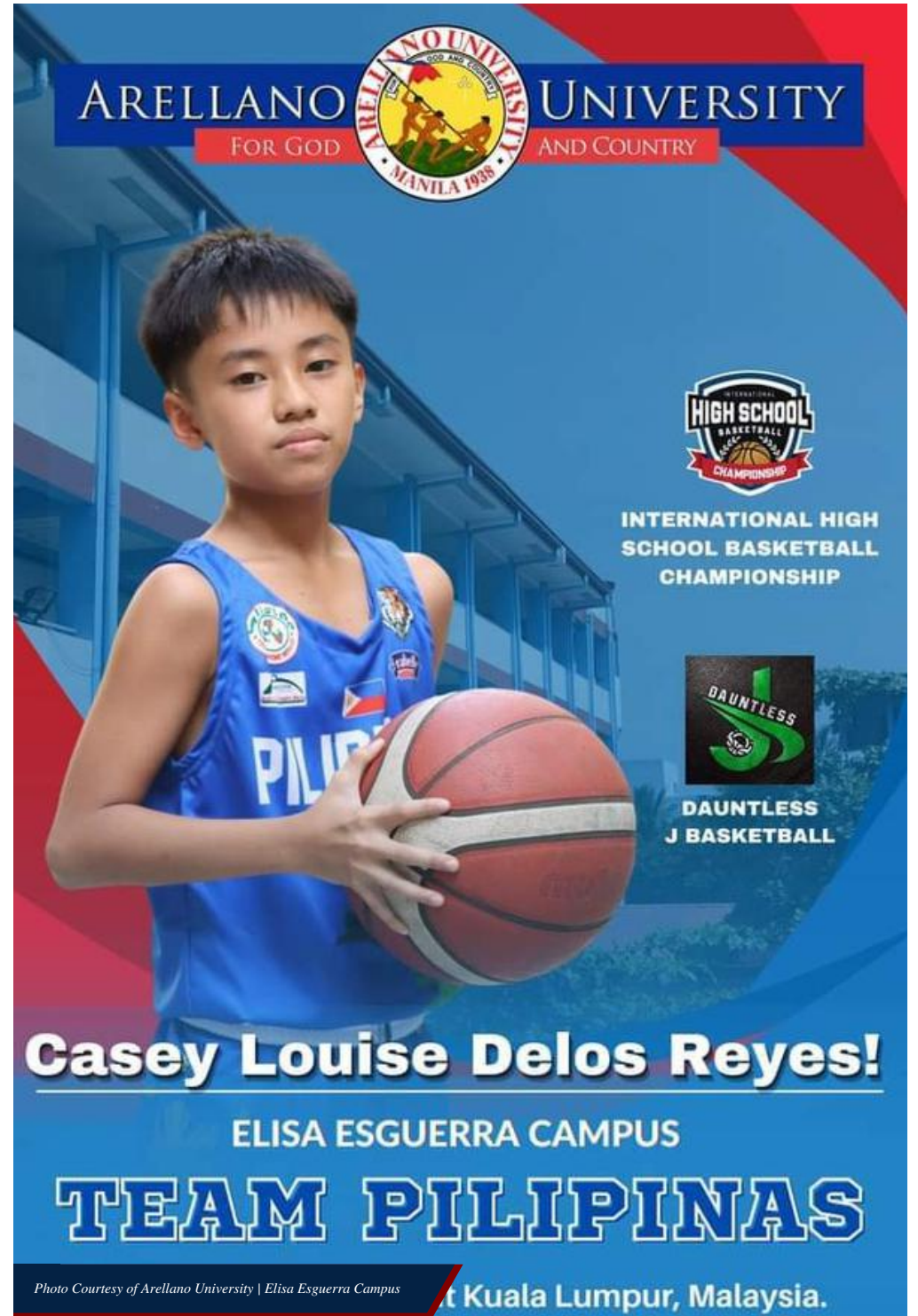
Casey Louise Delos Reyes, a Grade 7 student of Arellano University - Elisa Esguerra Campus, joins the Dauntless J Basketball for the International High School Basketball Championship, 14 Under Category on December 16-20 the year 2022 in Kuala Lumpur, Malaysia.

According to Casey, he's been practicing with his team since he was 9 years old up to the present. At first, he was hesitant because of his height, but now it is not a barrier anymore to achieving his goal and improving his skills in playing basketball. After knowing that they will compete internationally, he and his teammates train almost every day to strengthen and improve their bodies' stamina. With the help of their coaches, Mikee Pacasio, & Meng Torres, the whole team prepared themselves to face their opponents. Even though they know that their opponents are strong, they gave their best to bring honor to our country.

As the games progressed, their opponents became stronger and tougher, but still, Casey and his teammates did not give up and fought harder every game. Their hard work and determination paid off as they successfully fought against Malaysia, Thailand, Singapore, and other countries in the competition until they were hailed as the champion of the International High School Basketball Championship League-14 Under Category.

Casey said that he was grateful because their hard work paid off as they won the championship. For him and his team, it served as a gift to their coaches who worked hard in training them. He was also thankful for their sponsors as well as Arellano University- Elisa Esguerra Campus for the full support of students like him.

Congratulations, Casey! Hail to the Chiefs!



POOL OF TALENT: BUNAG AT BATANG PINOY 2022 NATIONAL CHAMPIONSHIP

By: Gerryldine Bautista || Elisa Esguerra

Gabrielle L. Bunag, a Grade 7 student of Arellano University-Elisa Esguerra Campus, competed in Batang - Pinoy 2022 National Championship: Swimming Competition in Vigan, Ilocos Sur on December 17, 2022.

According to Bunag, her love for swimming started in her early childhood days when she frequently swam on the beach during vacation. Through her proud and supportive parents, she joined a swimming team. Unfortunately, she became a victim of bullying, so her parents decided to look for a new environment to continue her swimming journey. In her new swimming team, her skills were improved and developed.

As her skills developed, she has been able to join various swimming competitions. Now, as she and her new teammates were being trained for by their coach who is part of Philippine Swimming

Inc. (PSI). With her finely honed talent and ability, Bunag was able to join and compete at the Batang Pinoy Championship: Swimming Competition held in Vigan, Ilocos Sur last December 2022.

As part of her preparation for the competition, Bunag practiced from 25m to 100m races in each of the swimming strokes at Rizal Memorial Sports Complex in Malate, Manila to build her stamina and strength. As Gabrielle prepared for the event, she and the other delegates had a warm up in a 200m pool in Vigan before the championship started.

In an interview, Bunag said she felt "nervous and dizzy while stepping on the diving board", however, her nervousness vanished and she performed confidently as she jumped out of the board. She may not have won in the, but she has shown good sportsmanship and positive outlook throughout the competition.

AU-EEC: MALPRISAA 2023 VOLLEYBALL CHAMPS!

By: Raven Gabriel Cruz || Elisa Esguerra Campus

AU-EEC'S side.

Arellano University-Elisa Esguerra Campus' (AU-EEC) volleyball team wins the championship title after defeating Immaculate Conception Academy-Malabon (ICAM) in an action-packed finals game during the MalPriSAA Meet Women's Volleyball Tournament 2023 last January 21, 2023 at St. James Academy court.

The game lasted for two sets of 2-0, with the scores 25-17, 25-6 on each set respectively, ending with the glory on

The game commenced with a stellar performance from both teams who exchanged service aces at the start of the match. Rallying the scores, the Chiefs was able to post a four point lead against ICAM, but ICAM responded with a 6 to nothing run causing them to take the lead just before the time-out with a score of 16-14.

The Chiefs answered immediately by posting ten straight points right into the opponent's court giving the match point to AU-EEC's side, 24-16. An error from EEC's side



Photo Courtesy of Rodelle Christine D. Lacuesta | Elisa Esguerra Campus

caused the 10 to nothing run to break, giving ICAM a point, 24-17. An attack ended the set with a score of 25-17, in favor of AU-EEC. Chiefs opened the set with a 6-0 score, completely dominating the opponent. ICAM answered by scoring three points, one of which came from a service ace, decreasing the lead by three points in a score of 6-3, in favor of AU-EEC.

AU-EEC dominates the set by showering attacks to the opponent. Chiefs' run continued on until the set ended, letting the opponent score a maximum of six points all throughout the game. The game ended with AU-EEC winning with a score of 25-6, completely defeating ICAM.

Elisa Esguerra was declared the champion for this year's meet

while Immaculate Conception was declared the first place. St. James Academy and AU-Jose Rizal Campus placed second and third respectively.

Arellano University-EEC is expected to compete against other schools in February 2023 to represent MalPriSAA on the division level.

RUN FOR THE WIN!

By: Raven Gabriel Cruz || Elisa Esguerra Campus

Arellano University Elisa Esguerra Campus' (AU-EEC) athletics team won—multiple titles as they competed for the Malabon Private Schools Athletics Association (MalPriSAA) Meet 2023 Athletics Category last January 21 & 22, 2023.

This year's event marks the comeback of the meet after three years of being postponed due to the pandemic. It is also a comeback for the Chiefs as they showcase their stellar lineup of student athletes.

"It was very overwhelming since it has been a while since the last time I competed [in track-and-field]," said silver medalist Joel Soriano on what he felt about winning in the said competition.

The competition came to an end with AU-EEC successfully bagging 14 silver and 5 bronze medals, for a total of 19 medals. The following are the winners of the competition (by category):

Winners of the Competition

by category

Triple Long Jump

- Syreen Angelique Projio: Silver

1600 Meter Walk

- John Carlo Balbido: Silver

100 Meter Dash

- Izcel Deniela Gervacio: Silver

100 Meter Dash

- Fern John Lagazo: Bronze

200 Meter Dash

- Izcel Deniela Gervacio: Bronze

1500 Meter Run

- Izcel Deniela Gervacio: Silver

- Fern John Lagazo: Silver

400 Meter Run

- Chris Jayrll Ocampo: Bronze
- Syreen Angelique Projio: Bronze

800 Meter Run

- Syreen Angelique Projio: Silver

800 Meter Run

- Shady Vaughn Galang: Bronze

4x100 Meter Relay

- Fern John Lagazo: Silver
- Joel Israel Soriano: Silver
- John Carlo Balbido: Silver
- Chris Jayrll Ocampo: Silver

4x400 Meter Relay

- Fern John Lagazo: Silver
- John Carlo Balbido: Silver
- Chris Jayrll Ocampo: Silver
- Jhian Rafael Manapat: Silver



Photo Courtesy of Donn Jessie C. De Guzman | Elisa Esguerra Campus



Photo Courtesy of Donn Jessie C. De Guzman | Elisa Esguerra Campus

Photo Courtesy of Donn Jessie C. De Guzman | Elisa Esguerra Campus

F2 Logistics Secure a Slot in the PVL Lead

by Gieann Amador || Jose Abad Santos Campus

MANILA, Philippines – F2 Logistics secure their slot in the 2023 Premier Volleyball League All-Filipino Conference lead as they sweep Akari Chargers in 3 straight sets 25-22, 25-23, 25-18 and joined Chery Tiggo Crossovers and the Creamline Cool Smashers at the top spot of the league standings, all with two wins at the Philsports Arena on Saturday, February 12, 2023.

Kianna Dy led the defense against Akari Chargers with 17 attacks and 4 exc. Digs with the help of their setter Kim Fajardo 17 excellent sets and the reigning Best Conference Libero Dawn Macandili with her clean floor defense 14 digs and 13 excellent -

excellent receptions. Dindin Santiago-Manabat delivered 16 points off 13 attacks, 2 blocks, and 1

and ace in Akari Chargers. F2 Logistics Coach Regine Diego was glad about their improvement compared to-

their last game against PLDT. She also says they're still learning.

"I cannot say that they did not improve, they improved in some areas but we can't be contented. I want more from them. So many things we have to improve," Coach Diego said. "Akari is a good team. We respect them. We have to improve to finish the game as fast as we can. We can't wait for them to make more points, we have to be more aggressive to get more wins."

"But we take the win. We're still thankful for this win," she also added. The F2 Logistics are now preparing to face league-leader Chery Tiggo on Thursday while Akari Chargers will try to get their first win against Signal HD Spikers on Tuesday. **References:** Agcaoli (*Inquirer*), 2023



Photo Courtesy of Premier Volleyball League

Pinadapa ng Arellano Braves ang Letran Squires, 75-63

Ni: Gieann Amador || Jose Abad Santos Campus

MANILA, Philippines - Pinadapa ng Arellano Braves ang Letran Squires matapos makuha ang kanilang unang panalo sa NCAA Season 98 juniors' basketball tournament na ginanap sa Emilio Aguinaldo College Gymnasium sa San Marcelino noong Ika-10 ng Pebrero taong 2023.

Ibinulsa ni SJ Moore ang titulong Most Valuable Player of the Game sa pagkamada nang 24 points, 18 rebounds, 4 blocks, 1 assist, at 1 steal sinundan naman ito nina Paul Reguera 13 points, 6 rebounds at Ivan Panapanaan 9 points, 11 rebounds, at 4 blocks.

Nag-ani naman si Andy Gemao ng 18 points, 10 rebounds, 3 assists, and 3 steals para pangunahan ang Letran Squires sa pag-

depensa sa Arellano Braves sa tulong nina Padilla 14 points, Anabo 8 points.

Sa unang quarter ng laro nagpasiklab agad Arellano Braves at nagpaulan ng sunod sunod na puntos kaya naman natapos ang 1st Half na may lamang na dalawampung puntos, 24-44.

Sinubukang ibaba ng Letran Squires ang lamang ng ipasok sa ikatlong quarter ng laro si Padilla ngunit hindi kinaya at patuloy na hindi nahabol ang pagbaon ng Arellano Braves, 75-63.

Kaya naman nayanig ang gymnasium matapos tuluyang iuwi ng Arellano Braves ang kanilang unang panalo, 1-4. Samantalang nalasap naman ng Letran Squires ang kanilang unang talo, 4-1.

"It's a huge blessing for me to be given an

opportunity by Arellano University, especially by Mr. Peter Cayco. I'm just happy that I'm playing in the NCAA, which is a dream come true," Pahayag ni Moore. "Although we've lost our first four games, hopefully, we'll be able to get more wins after our first win against Letran," muli niyang tugon.

Wala munang undefeated na koponan ngayon sa NCAA Season 98 juniors basketball tournament dahil sa paggalaw nang standings, ngayon dalawa na ang nangungunang koponan, Letran Squires at Mapua Red Robins.

Sa ngayon naghahanda ang Arellano Braves para sa kanilang laban Kontra Mapua Red Ribons ngayong lunes, ika-13 ng Pebrero 2023.

Reference: Galvez (*The Manila Times*), 2023



Photo Courtesy of Angela Davocol

AU-JRC MALPRISAA 2023's Pride

By: Anzel Jhoy Rivera & Shane Nicole De Leon || Jose Rizal Campus

Volleyball



Photo Credit: AU-JRC Men's Volleyball Players

The MALPRISAA 2023 had been a fabulous competition for the sportive CHIEFS in Arellano University - Jose Rizal Campus. As team players and solo players brought pride to the Home of the CHIEFS. The AU-JRC Volleyball boys, Basketball boys, Badminton boys, and Taekwondo teams won the Championship for the MALPRISAA 2023 Junior Division, together with the Gold, Silver, and Bronze medalist players, in the Chess teams and Athletic teams;

Mr. Ralph Joseph Davadilla was the team captain and outside hitter of the Men's Volleyball Team. Stated that it was a good experience for them to represent AU-JRC because, after how many years, they brought home again the championship title for the Men's Volleyball team. Likewise, the team's opposite spiker, Mr. Kirt Sedrick Mercado, expressed gratitude for the deep trust they have in each other. Thus, according to the Men's Volleyball middle blocker, Mr. Rafael Joseph Diaz, striving harder with all their hearts is also one of the best factors, just like trust establishment in having great results in what they aim.

Despite the heartwarming win, the team also encountered hardships during their training. They will have a big adjustment in every injured person in their training. But then, they did pretty well competing with other schools during the MALPRISAA, which resulted in attaining the championship title. In regards to the people behind their success, Mr. Davadilla, Mr. Diaz, and Mr. Mercado,

together with their teammates, would like to express their gratitude to Ms. Karla Joan Magdaet, Mr. Keirwin M. Chico, Mr. Arnel G. Padilla, and Mr. Jordan Trabajada, who took care of them throughout their journey. Their expenses, training, and endless support came firsthand from these people who assisted them in striving harder.

An uplifting message from our Men's Volleyball team to aspiring Volleyball players;

"If you really want to pursue something, gawin mo lang. Huwag kang mag hesitate gawin dahil once na nilamon ka ng takot mo hindin-hindi ka matututo. As long as you love what you are doing, ilaban mo

lang, kaya mo iyan!" - Mr. Davadilla (Volleyball champion, Team Captain)

"Kung passion mo ang isang bagay at gusto mo itong gawin, gawin mo lang at kung gusto mo mag improve pa, sipagan mo sa training para ma improve yung skills and abilities mo sa paglalaro ng sports. Kung may pumipigil sayo, huwag mo silang pansinin dahil hindi sila ang makikinabang kapag nag patuloy ka." - Mr. Diaz (Volleyball Champion, Middle Blocker)

"Just like the old saying, 'Volleyball is more than just a game. It might be a sport to some people, but to me, it is a passion.' We are passionate about what we are doing. Since the first day naging part na ng everyday life namin [ang volleyball]. Kung gusto niyo talaga ang isang sport, ipursue niyo and goodluck!" - Mr. Mercado (Volleyball Champion Opposite Spiker)

Congratulations to our Girls' Volleyball Team for finishing fourth in the MALPRISAA! Continue to work hard, and you will undoubtedly be rewarded.

Men's Basketball



Photo Credit: Mr. Brent Sudario & Mr. Gave Nocido

Bringing home the bacon did not end in the Men's Volleyball category, as the Men's Basketball team (5x5) of AU - JRC also obtained the championship title.

Mr. Gave Dayniel Nocido, the team captain, point guard, MVP, and part of the mythical 5, and Mr. Brent Tyron Sudario, also a part of the mythical 5, expressed that they have felt pressured in the MALPRISAA 2023, for it seems like everyone is aiming to defeat them. Hence, the pressure of representing the school name. However, they showed a good flow of the game and contributed points to their team, with his

teammate Mr. Prince Fajardo, who was part of the IHSBCS 1st runner-up in Malaysia.

Afterward, Mr. Sudario depicted that he was proud of their victory. For them, it was not just a mere title since they dedicated their heart and hard work to the game. up early to attend training and did everything to have a perfect body condition for the MALPRISAA

event. Consequently, Mr. Nocido and his teammates are looking forward to the division meet as he hopes for the best and aims to move forward to the NCR meet since they claimed back the championship to the CHIEF's home after many years.

The whole team would like to recognize the effort and support of their teachers, coaches, and other AU-JRC family supporters. They would not make it if these people did not support them, especially financial support for their training, food, and other expenses.

"Sa mga gustong mag varsity katulad namin, go lang and pursue niyo yung dreams niyo. Go on lang lagi sa tryouts and training kasi hindi lahat nagsisimula sa malakas. Kailangan lahat pinaghihirapan, lahat pinag tatrabahuan." - Mr Nocido (Basketball 5x5 Champion, Team Captain, MVP, Mythical 5)

"[Mag] patuloy ka lang, huwag hihinto. Kung na reject ka man,

mahaba pa ang oras. Darating din ang oras mo, in God's will." - Mr Sudario (Basketball 5x5 Champion, Mythical 5)

Truly, their astonishing game performance reflected as they won not just the title itself but also in working as one.

Badminton Boys



Photo Credit: Arellano University - Jose Rizal Campus Facebook Page

Jerome Kerby Manas is a Grade 11 HUMSS Student who won the championship for Badminton Boys Junior Division (Singles). He had his first interest in MALPRISAA when his friends trusted him and gave him affirming words about his potential. Mr. Manas was a varsity player for three years before, and he's been playing badminton for five years.

The competition for the championship was an outstanding experience, as it gave delight and thrill to Mr. Manas.

As for the other pair of champion players in the Badminton Boys Junior Division (Singles), John Paolo Abenalis is currently a Grade 12 STEM Student in AU - JRC, hence proudly representing the Home of the CHIEFS. He is a former student of Malabon National High School (MNHS) and one of the best players there. No one really provoked him to join MALPRISAA since, as a player himself, he is fully aware that he is fit to play in the competition. In fact, playing badminton for five years and continued his journey in MALPRISAA 2023.

The champions in the Badminton Boys Junior Division category advise the aspiring CHIEFS, "Continue to believe in yourself, trust [in] your ability, [and] don't give up on your dreams. Focus and motivate yourself to put it to the top of your dream."

AU-JRC MALPRISAA 2023's Pride

By: Anzel Jhoy Rivera & Shane Nicole De Leon || Jose Rizal Campus

Taekwondo



Photo Credit: Arellano University - Jose Rizal Campus Facebook Page

obtained the championship title.

They stated, " If there's someone who doesn't believe [in] you, don't listen to them, just listen to yourself and your ability. If you have a dream to

join something like this extracurricular [activity] in school don't hesitate to try, just learn how to manage your time and balance it all. Most important to all is the study, but if you know how to handle your time, you can do it."

Chess

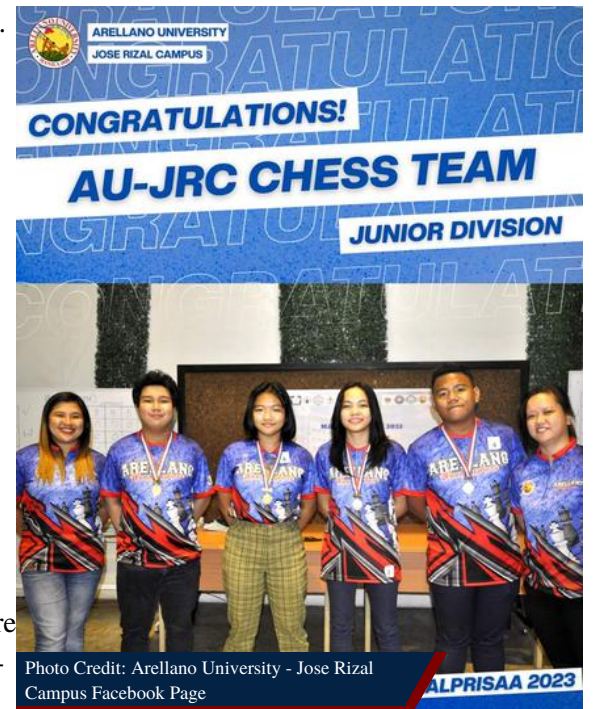


Photo Credit: Arellano University - Jose Rizal Campus Facebook Page

Ms. Rishen Anne V. Tuazon and Mr. Mhark Aljur R. Antonio were the chess players who got Gold in the Boys' and Girls' Chess Competition (Junior Division). Among these, Mr. Ericho M. Pabuaya, the silver medalist for boys, and Ms. Sheila Mae E. Ofiasa, the silver medalist for girls, are profoundly acknowledged.

Furthermore, Ms. Rishen Anne V. Tuazon is a Grade 9 Student at AU - JRC; she started playing chess in fifth grade and has been doing so for nearly four years. She stated that when her teacher announced MALPRISAA 2023, she knew she had to compete in the chess tournament. Pressure arose within her when the match began, but the most important thing was that she enjoyed the game. In fact, she learned various chess moves and strategic information.

began playing chess when he was in Grade 5. He has played chess for almost five years and is currently a student at AU - JRC. First and foremost, he wished to demonstrate his chess skills, however, he was nervous during his first set of games in the MALPRISAA 2023 because he expected a lot to happen. But then he realized what his parents told him, "When you win or lose, it is part of a game." Those words became his reason to focus on the game. He expressed, "Just believe in yourself, trust your ability, and don't stop at your dreams."

Mr. Mhark Aljur Antonio was likewise a chess player that

Athletics

For the AU-JRC Athletic Team (Junior Division), representing the top players: Mr. Art John T. Zaplan and Sam Irvine Cruz.

Also recognizing the Athletic players who received Gold, Silver, and Bronze medals in various categories:

- Celester Steven G. Villamar
- Christine Mae P. Ingreso
- Princess Cariel R. Garcia
- Eula Jean L. Monares
- Sebastian Clark E. Carbonera
- Jake Y. Saniengco
- Cyril Brian Magarin
- Blue Mc Mar D. Villa
- Johnjaylor B. Lachica

Mr. Art John Zaplan, the top player, is an Arellano University student who began his athletic career as a child. It served as a springboard for him to compete in National Games. He enjoys playing because he meets new friends and teammates and has the opportunity to learn life lessons. Mr. Zaplan always did the hobby of running when he was in Grade 1 up until Grade 3, which he continued in the MALPRISAA in his Grade 11 journey. Furthermore, he earned a Gold medal in Triple Jump, another gold in Long Jump, and a bronze in the 4x4 Meter Relay as he competed for



Photo Credit: Arellano University - Jose Rizal Campus Facebook Page

MALPRISAA 2023.

Sam Irvine Cruz was an athlete for 11 years and is currently a HUMSS Student at Arellano University. Mr. Sam Irvine claims that his Physical Education teacher challenged him, and he was encouraged to represent the Athletics in the school upon announcing the MALPRISAA 2023. Mr. Cruz has experienced supportive

teammates, coaches and teachers. In terms of MALPRISAA's outcome, Mr. Cruz accumulated a Gold in Shot Put, Discus Throw, and Javelin Throw, and a Bronze in the 4x1 Meter Relay.

The Athletic player said, "Just do what you love, study hard, work hard, and grab the opportunities [that] came out to your life because opportunity takes one."

Hoop Dreams: The Inspirational Runners-up

Basketball

For the 3x3 Basketball team Junior Division, Mr. Armando Eryx Latuga described the MALPRISAA 2023 as frightening since this is his first time playing a 3x3 Basketball game, and the team was still estimating each other's skills and abilities. Regardless, the team won as the 1st runner-up in the MALPRISAA 2023.

Despite the lack of training time and the challenges they encountered during the MALPRISAA 2023, they did not expect to bring home a silver medal which made them feel proud. Congratulatory messages from friends, classmates, and teachers made him felt happy. Moreover, Mr. Latuga expressed his gratitude to his Grade 9 teachers for their encouragement, as well as their coach, Mr. Romel, for motivating them to reclaim their lost game.

To all aspiring players, hard work will always pay off; the MALPRISAA 2023 experience motivated Mr. Latuga to continue representing the school for the next school year.

"Sipag lang sa training at walang petiks para makuha ang champion" - Mr Latuga (Basketball 3x3, Silver Medalist)



Photo Credit: Mr. Eryx Latuga

AU-JRC MALPRISAA MEET 2023's

By: Amber Vixen A. Parungao || Jose Rizal Campus

Badminton



Photo Credit: Ms. Charnelle Jusay

Charnelle Faye Jusay and Elisha Denice Galvez, AU-JRC Grade 6 students, came second in Girls' Badminton Doubles. Coincidentally, they both started playing badminton at the same age, when they were 12 years old.

Ms. Jusay stated that joining MALPRISAA

was fun and challenging, and she participated in MALPRISAA 2023 to gain experience.

"Wag po silang matatakot mag try lalo na pag alam nilang kaya nila," Ms. Jusay aims to share to the aspiring badminton players.

Elisha Denice Galvez expressed her happiness at being able to play badminton. The best part of badminton, she said, was playing with friends. Having that said, her coach and friends were the ones who motivated her to join MALPRISAA 2023.

"Do what you want," she told the aspiring badminton players

Badminton

A Grade 6 student represented AU - JRC and finished second in the Girls' Badminton Single Bracket at MALPRISAA 2023. Hazel Jane Lugo conveyed her excitement and pride at representing her school at the said sports event.

She began playing badminton at the age of eight, wherein her motive for joining MALPRISAA was her own love for badminton. She also remarked that playing badminton with your friends is the best part.

"If you want to play badminton, don't be afraid, sobrang saya maging badminton player," she told the CHIEFS who desire to be future badminton players.



Photo Credit: Mr. Manapat & Mr. Sebuco

The duo in Boys' Double Badminton coming from the 5th Grade level of AU - JRC, Michael Eddie Sebuco and Matt Cyrus Manapat, finished the blazing game in second place.

They competed against Infant Jesus Learning Academy in MALPRISAA Meet 2023. Mr. Sebuco was so ecstatic and proud to have brought great pride to the school. Besides, he began playing badminton when he was nine years old; he then stated that the thrill of playing badminton inspired him to join MALPRISAA 2023. Lee Chong Wei, a Malaysian professional badminton player, is his Badminton idol.

On the other hand, Matt Cyrus Manapat stated that his parents

and classmates inspired him to join MALPRISAA 2023. He further expressed that the best part of playing badminton was receiving an invitation to a tournament.

Both players gave inspiring messages to the CHIEFS who aspire to be badminton players; "Kahit matalo okay lang po, at least nag enjoy ka sa laban." - Mr. Sebuco

"Even if you [did not] win, never lose confidence in yourself." - Mr. Manapat



Photo Credit: Mr. Manapat & Mr. Sebuco

Basketball



Photo Credit: Arellano University - Jose Rizal Campus Facebook Page

The Elementary Basketball Team of AU - JRC won a silver medal in MALPRISAA 2023. Additionally, Francis Del Rosario, a Grade 6 student at AU - JRC, plays as the team captain of the said team.

He began basketball at the age

of four as his family, friends, and coach were his source of encouragement in MALPRISAA 2023. According to him, the most enjoyable aspect of basketball was the bond developed with teammates. In terms of basketball, he looks up to his

uncle and older brother. Lastly, he advised the future varsity players not to let basketball interfere with their studies. We would also like to acknowledge the whole AU-JRC Basketball team of the Elementary Division. Congratulations on a well-played game, CHIEFS!

Badminton

Jeremy Emmanuel Timbol, an AU-JRC Grade 5 student, finished third in Boys' Single-Bracket Badminton against Infant Jesus Learning Academy in MALPRISAA Meet 2023. He was proud and delighted that he had brought honor to the school. He began playing chess when he was nine years old, whereas his uncles are his instructors in playing badminton, which is why he was motivated to play badminton and join MALPRISAA 2023.

He claims that the most enjoyable aspect of badminton is training. When it comes to badminton, he looks up to his coach.

"Go lang sa laro kahit mahirap, go lang enjoy lang manalo matalo, enjoy lang," he said to the CHIEFS out there who aspire to be badminton players.



Photo Credit: Mr. Timbol

Chess



Photo Credit: Mr. Tangal and Ms. Ricafort

Carlos Miguel Tangal, an AU-JRC Grade 6 student, earned a Gold medal for the Chess category in Malprisaa 2023. He said that he was happy to bring honor to the school. At the age of 10, he began learning the game of chess. Online chess competitions inspired Mr. Tangal, which prompted him to join the MALPRISAA. He claimed that having fun and succeeding in the game were the two best aspects of playing chess. His chess idols are Magnus Carlsen (A Norwegian chess grandmaster) and Hikaru Nakamura (An American chess grandmaster). Then he advised the aspiring CHIEFS

who desired to play chess to be confident and always trust in [themselves].

Zophia Louise Ricafort, an AU-JRC Grade 5 student, won Silver in the Chess category in MALPRISAA 2023. She was overjoyed and proud to win a silver medal. In fact, she began playing chess at the age of seven. Her mother inspired and encouraged her to join MALPRISAA 2023, and she looked up to his older brother when it comes to chess. She stated that everything about chess is fun, especially when playing with friends.

"No matter what you do, don't give up." Her message to aspiring chess players.



Photo Credit: Mr. Tangal and Ms. Ricafort



Photo Credit: GMA SPORTS PH

Arellano Chiefs, Pumas sa Pagsiklab ng San Beda Red Spikers sa Limang Yugto ng Laro sa NCAA Season 98 ng Men's Volleyball

Written by: *Ricky Cabalero* || *Plaridel Campus*

Pinatunayang muli ng Arellano University Chiefs ang husay at galing kontra San Beda University Red Spikers sa katatapos na National Collegiate Athletic Association o NCAA Season 98 ng Men's Volleyball sa makapigil hiningang limang yugto ng laro, 25-23; 26-24; 25-22; 23-25; 16-14.

Iniligtas ni Arman Guinto sa tatlong sunod niyang pagbitaw ng solidong spike sa bola ang Arellano mula sa pagkadapa dahilan upang wakasan ang laro sa maalab na laban, 16-14.

Taktikang utak at braso ang ipinamalas ni Power Core Carl Berdal na umani ng 34 points mula sa kaniyang 33 points quick attacks at crosscourt spikes, at isang block.

Nagpamalas din ng galing si Justin Santos ng 18 points upang ipakita ang husay ng San Beda Red Spikers.

Mala-bombang spikes, high verticals at quick attacks ang pinakawalan nina Kenrod Umali at Ryan Rosman dahilan upang lumamang sa unang segundo ng laro kaya pilit itong inatake ng running attacks at crosscourt spikes nina Kim Tan at Berdal na talaga namang kinargahan hanggang matapos ang unang kanto, 25-23.

Sa kalagitnaan ng ikalawang set, mainit na sagupaan ang naging laro sa rali ng koponan kaya unti-unti itong inatake ng magkabilaang team ng kanilang quick attacks, backthrow attacks, blocks, service ace at errors ngunit nanaig pa rin ang Chiefs para ilampaso ang San Beda, 26-24.

Dalawang sets na ang naangkin ng Arellano pero gusto pa itong dagdagan ni Adrian Villados ng kaniyang service ace kasabay ng hagupit ni Berdal sa bola na kulang pa upang pabagsakin ang San Beda kaya inilabas na nina Santos at Umali ang kanilang mababangis na

mga spikes upang mabuo ang mountain rally sa laro at magtagumpay, 22-25.

Patuloy na naglilibay ang bagsik nina Berdal at Guinto sa kade-kadena nilang mga puntos pero binabalik ito ni Rosman ng kaniyang backthrow spikes na nagdulot ng hamon sa AU Chiefs maliban sa kilala rin si Ryan sa kanyang High Flying Spikings sabayan pa ng malakidlat na spike ni Ralph Cabalsa upang maipatumba ang Arellano, 23-25.

Tila sinubok ang Arellano sa ikatlo at ikaapat na set dahil sa taktika ng San Beda na kontrolin ang laban, dahil dito, nagkayod marino na ang Chiefs para makahabol sa Red Spikers sa huling yugto, 13-13, kaya makapigil hininga ang pagpapasiklab ng bola, ramdam na ramdam ang tensyon sa bawat palo na tinuldukan ni Guinto ng kaniyang 3 point spikes, 14-16.

Kakaibang talas ng paningin ang itinampok ng Arellano coaching committee dahil sa kapana-panabik na tagpo sa pagitan ng bawat koponan.

Hindi pa natatapos ang paglalakbay ng Chiefs sa Men's Volleyball dahil marami pa ang makakalaban nito sa susunod pang ilang Linggo.

Inilampaso rin ng AU Chiefs ang JRU Bombers sa unang pagtutuos nito noong Pebrero 18 kung saan nagpakawala si Berdal ng kaniyang 27 points sa 26 attacks at isang ace.

Ikalawang pwesto ang Arellano sa standings na may dalawang panalo at limang puntos kaya makakalaban nila ang University of Perpetual Health System Dalta na mayroong 2 wins at 6 points, sa Sabado.

Ginanap ang sagupaan sa San Andres Sports Complex, Malate, Manila, Miyerkules, alas-9 ng umaga, Pebrero 22.

AU-JRC Baseball Team paved the way to Regionals!

By: *Gillian P. Alcantara* || *Jose Rizal Campus*



Photo Credit: Arellano University - Jose Rizal Campus Facebook Page

On 18th day of February, 2023, The Arellano University - Jose Rizal Campus represented the Malabon Private Schools Athletic Association (MalPriSAA) and beat out their competitors as they brought home the Championship in BASEBALL BOYS Secondary Division Meet 2023 held at Tanza Open Field in Navotas City.

The victorious moment was served by Mr. Chollo D. Valeerozo, A third baseman along with Mr. Adrian M. Timbang, A Catcher that outs competitor runner and ended the innings. And that's how they win against Catmon Integrated School with a winning score of 5-4.

The first game was unfavorable for the CHIEFS as the opponent led at 2 scores in the beginning. But the winds of change have begun to blow, as the AU Team was the attacker; they run 3 score. In the last round, after team AU-JRC ended the innings, the opponent conceded.

"Preparation namin is simple lang, kasi marunong naman kaming lahat". According to Mr. Juanito Brix S. Del Rosario, a center field 6th batter, they often do practice twice a week, every weekend because there is a lack of equipment and they need to borrow from the other team.

A job well done for the Baseball Boys Secondary Athletes:

Abayon, John Felix R.
Badillo, Kylie Dhean B.
Bulasco, Abet U.
Cubacob, Raizen H.
Damasco, Denniz Karl N.
Del Rosario, Juanito Brix S.
Galang, Shady Vaughn Charazone V.
Nepales, Mark Anthony Y.
Salvame, James Scott M.
Timbang, Adrian M.
Valerozo, Chollo D.
Villa, Blue Mc Mar D.

"Maging kumpanya sa sariling kakayahan at lumaban sa sariling kagustuhang manalo at maging masaya sa kung ano ang magiging resulta." - Mr. Del Rosario message for aspiring players

Truly, with this kind of competitions, the CHIEFS enhance their talent and passion as well as showcase their sportsmanship. We would like to express our heartiest congratulations for team AU-JRC for helping our athletes to be a CHAMP! And especially for our athletes, waving our flag and standing to be a role model to every aspiring player. We're so proud of you!

Prince Fajardo, IHSBC Kuala Lumpur, Malaysia 1st Runner-up

By: *Anzel Jhoy Rivera* || *Jose Rizal Campus*



Photo Credit: Dauntless J-Basketball

Mr. Prince Alford Fajardo is a 16 years old Grade 11 HUMSS Student at Arellano University - Jose Rizal Campus. He is one of the Dauntless J-Basketball team players who competed in the International High School Basketball Championship (IHSBC) in Kuala Lumpur, Malaysia, along with the other High School representatives. This competition was held last December 16 to 20, 2022.

The competition was memorable and a bit surprising as they strived against Indonesia's team. Indeed, Mr. Prince Fajardo and his team had an engaging match with Malaysia, Thailand, and Indonesia, before gaining their title.

Their 1st match was described as "easy" because they scored effortlessly and won the game with a big score gap, but in their 4th game, they had a tough match with Indonesia's team since some of Indonesia's teams consisted of national team players and coaches, Indonesia then scored 30 points ahead in the finals. It was the first time Dauntless J experienced a 30 point score gap, and it was a little bit surprising for Mr. Fajardo and his squad because they were not as prepared as the other team.

Moreover, the Dauntless J-Basketball team consumed 3 months of training only and 2 weeks of complete team set

training. Nevertheless, they were still surprised by the extraordinary skills they exhibited in Malaysia.

Finally, after competing with different countries, they won the 1st Runner-up of the International High School Basketball Championship in Kuala Lumpur, Malaysia on December 20, 2022. The whole Dauntless J-Basketball team showed outstanding games and skills, and surely deserved their title. Mr. Fajardo is much grateful to their coach, Mr. Mike Pascacio since he was the person who asked and motivated the Dauntless J-Basketball team if they were willing to join the IHSBCM.

To the aspiring basketball players, Mr. Prince Fajardo says "Hardwork lang palagi at huwag panghihinaan ng loob kahit walang malaruan na basketball [pa lagi], basta hardwork lang po dahil baka may opportunity na dumating. At always ready lang po katulad sa amin dumating si Coach Mike [at nabigyan ng opportunity] buti na lang ready kami at [sana] kayo rin, always be ready."

Congratulations, Mr. Fajardo and the Dauntless J-Basketball team! The CHIEFS are proud of the whole team that raised our country's flag.