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Arellano University

The Standard



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ARELLANO UNIVERSITY
School of Hospitality and Tourism Management
Arellano Union of Tourism Management Students

Organization Week 2023

Test your tourism knowledge!

INSIGHTFUL TOURISM JOURNEY

Embracing Solidarity through Insightful Tourism

WHEN: February 15, 2023
9:00AM - 12:00PM

WHERE: FCH Bar Stimulation
Room

 SHTMLegarda  autms.main@gmail.com

Tourism, Hospitality Management Students Take On AUTMS' Tourism Challenge

By: Jazmine Marie G. Agoncillo

Fun games, spontaneous team chemistry and exciting prizes – these define Arellano Union of Tourism and Management Students' (AUTMS) first in-person event for the current academic year which was held last February 15, 2023 at Florentino Cayco Hall Bar Simulation Room from 9:00 AM to 2:30 PM.

Participants were composed

of Tourism Management and Hospitality Management students across all year levels of Arellano University-Juan Sumulong Campus. Prior to the game, facilitators grouped each player into 16 groups and had a 15-minute discussion to strategize and formulate a game plan.

In order to win, each group had to pass through ten mind-

boggling booths in numerical order with no skipping. The top 3 groups with the shortest time to finish the booths would be declared winners. Each group was given 3 hints and 1 reshuffle that they can use if they had difficulties in completing the booths.

The first booth was named "Carry Your Code" where participants had to guess the meaning of airline codes. The

second booth called "Raise Your Flag" in which they had to identify the name of the country of the two flags shown. The third booth, "Acroname that Agency," involved stating the meaning of the acronyms of government agencies. "What's My Other Name," the fourth booth, involved guessing the province or city in the Philippines known for that tagline.

Participants used their love of music in the fifth booth called "Sing in the Blank" as they sang the missing lyrics of the song they picked. They organized the jumbled names of festivals in the sixth booth named "Mixed Festivities." In the seventh booth called "Just Give Me A Region," participants had to group provinces and cities into their designated regions. Their knowledge on Asian geography was tested in the eighth booth named "Every Part of Me" wherein they had to point 3 countries on a blank map of a specific region of Asia. Participants had to solve a jigsaw puzzle of a continent at the ninth booth called "Continental Jigsaw". And in the last booth called "Act On The Mark," they were able to showcase their acting and charades skills to guess the famous landmarks.

When all teams had finished the booths, a raffle was commenced wherein each five winners took home a notebook. During the awarding ceremonies, the third placers who finished the booths at 10 minutes and 7 seconds won 700 Pesos. The second placers who finished the booths at 9 minutes and 40 seconds won 1500 Pesos. And finally the first placers who finished the booths at 7 minutes and 58 seconds won 2500 Pesos.

Listed below are the winners:

1st Place

- Ms. Rubie Mae Fabellar
- Ms. Anshane Bravo
- Ms. Merry Ann Falculan
- Mr. Carl Fietua
- Mr. James Da Sarailerug

2nd Place

- Ms. Justine Mae Bayani
- Ms. Michele Halayahay
- Ms. Ma. Belen Meracap
- Ms. Ma. Victoria Encona
- Mr. Tyron Sanguer

3rd Place

- Mr. Dean Caparas
- Ms. Elyzza Garcia
- Mr. Pit Hendrix Bigay
- Ms. Chelsea Yna Macugay
- Ms. Kimberly Bajado

After a series of mind games, Ms. Anshane Bravo did not forget about her heart as she shared how she would like to spend her prize money. "Sa kapatid ko. Kasi nasa ospital po kasi siya ngayon. So kailangan po niya ng pera [para] makapagpagamot po siya," she revealed to The Standard Manila (TSM).

If there's one thing in common between the 2nd and 3rd placers, it's about how they would use their cash prize: food and transportation fare. "Siya (referring to his groupmate) from Marikina pa and ako from Cavite pa," Mr. Anthony Rosario from Group 11 added.

In an interview with The Standard Manila (TSM), Ms. Ma. Cristine Lae Mendez, Event Chairman and AUTMS Assistant Secretary said that the whole process of planning was stressful as everyone was used to the virtual set-up but in the long run it became fulfilling.

Ms. Mica Justine Flores, AUTMS President shared how it feels nice to go back to the face-to-face set-up and the pressures that came along with it. She shared how much fun of a bonding experience for the officers and committees of the organization. Additionally she stated how face-to-face events were much better than the online set-up.

Both officers also shared how there would be more face-to-face events to be expected from them in the future. To formally end the program, Ms. Flores delivered the closing remarks.

HMS Events 2023: Building Confidence One Contest at a Time

By Sean Andrei Mendros and Gwenivere Yap



Despite doubts coming from professors, Ms. Janette Manguardia, the President of Hospitality Management Society (HMS), managed to pull off three competitions in one day in their recently concluded event entitled “HMS Events 2023” composed of Hotel Front Desk Demonstration, Table Skirting Competition, and Minute To Fold It, held last April 12.

In her interview with The Standard, she mentioned that the lack of events similar to these and her desire to boost the confidence of Hospitality Management majors pushed her to turn her vision into reality.

Inside Arellano University’s Little Theater, participants were paired randomly and were given two different scenarios each to perform provided by the panel of judges, as Hotel Front Desk Demonstration kicked off their long list of events for that day at 8:30 A.M.

The panel was also given the authority to choose who will act as a Front Desk and as a Guest. Five pairs displayed grace under pressure as they demonstrated how to handle difficult situations such as resolving

complaints from guests for missing luggages and loud neighbors.

The winners for the Hotel Front Desk Demonstration are as follows:

1st Place
Mr. William Malunes Jr.
Mr. Ruscel Reyes

2nd Place
Ms. Asherina Jimenez
Mr. Reyxsean Altomera

3rd Place
Mr. Karl Maverick Martell
Ms. Mutya Cabe

Mr. Malunes Jr. and Mr. Reyes shared that their reason for joining were just for mere grades and taking home the highest award is something they did not expect, given their last minute preparations.

Meanwhile, HMS had no time to waste as Table Skirting Competition was set in motion in the Plaridel Hall lobby as soon as the Front Desk Demonstration had finished. For this contest, ten pairs were given 1 hour and 30 minutes to design their respective tables using materials provided by the management.

The winners for the Table Skirting Competition are as follows:

1st Place
Ms. Mary Jane Pangan
Ms. Hannah Arca

2nd Place
Ms. Jezzle Cerezo
Ms. Ira Mich Ang

3rd Place
Mr. Alvin Dave Salvidar
Mr. Danielle Garcia

First Placer Ms. Pangan, along with her partner Ms. Arca revealed that they sought help from YouTube to gather ideas for their table designs.

The third HMS event was followed by the Minute To Fold It Competition which was also held in the Plaridel Hall, Lobby at 1:30 P.M. The participants had to fold 15 table napkins in just 1 minute.

After the contest was finished and as the judges decided for a deserving champions, Mark Makaspang who is a former student of Arellano University Juan Sumulong Campus (AUJSC) performed Passenger Seat by Stephen Speaks, then later on sang his original piece entitled, Let Me Fly With You.

he winners for the Minute To Fold It Competition are as follows:

1st Place
Ms. Jenny Lou Grabanto

2nd Place
Ms. Bea Bianca T. Nieto

3rd Place
Mr. Jefferson Salonga

he first placer Ms. Grabanto described that

she was feeling edgy the whole contest but was positively good when it was her time to fold the table napkins. She was also feeling happy that she won the competition because she knew that she really did her best folding exquisite designs in just 1 minute.

With societal issues at its core, AUP ushered ‘Social Discourse Competition’ anew

By Sean Andrei Mendros



It was a battle of grit and conviction among six speakers mostly made up of AB Political Science majors as they took part in Arellano University Politeia’s (AUP) “Social Discourse Competition” held at the Little Theater last April 15. Two groups of three took stances on timely and relevant societal issues and exchanged thrilling yet substantial arguments.

For each round, the Affirmatives and Negatives delivered a preliminary statement, rebuttal argument and a final statement enough to prove their points. They were scored according to their overall presentation, strategies, the content of their arguments, and teamwork.

The teams first argued about whether a college degree should be a prerequisite to those running for public office. This was followed by the issue of legalizing abortion in the country. The two opposing sides scored notable points in each round, but one team showed dominance all

throughout.

Mr. Christian Primaleon from AB Political Science took home this year’s Best Speaker award after showing consistency and wit that left the crowd in awe. Additionally, Mr. Primaleon together with his teammates, Mr. Rad Anjelo Cabodil, and Mr. Raiden Serdena, bagged the Best Team award together with his teammates. Winners received a certificate from the organization and a cash prize that they chose not to disclose to the public. The runners up also received a certificate as a token of appreciation for participating in their event.

When asked about what he felt about winning big in this contest, Mr. Primaleon shared that he was very hesitant about joining at first but now that he took home the highest award, he thinks that it’s worth it after all. Mr. Gondemer Gallardo on the other hand, as the lone participant outside the department of Political Science, said that there was no pressure competing against PolSci majors for they are friends outside the competition.



Silent Sanctuary Makes Noise at the #OneArellano Concert

By Arabella Gwyneth Alilio and Stephanie Grace Lumongsud

Chiefs from Arellano University - Juan Sumulong and Plaridel Campuses gathered together on the Arellano University - Main Campus Grounds last May 2, 2023, from 5:00-9:00 PM for the comeback of the #OneArellano Concert. It was hosted by DJ Acey and Ms. Clarissa Braga, the Supreme Student Government (SSG) President of the Senior High School Department.

Opening the event was the showcasing of the Chiefs' talents from both campuses. A fiery collaborative performance was prepared by the AU-JSC's Sining Sanghaya and Ms. Alexa A. Lathrop, the AU Idol Interbranch SHS Champion, singing to the tunes of Maymay Entrata and Sarah Geronimo. This was followed by a hyped dance number from Plaridel Campus' Arellano University Dance Troupe.

The fun continued on as the Chiefs were treated to ice breakers on Arellano University Facts and raffles that involved exciting prizes such as Globe At Home Prepaid WiFi Modems and AU Merch that were signed by Silent Sanctuary.

The concert commenced with the various performances of numerous local bands namely: The MotherCampers, Mijon, and The Nomads who all rocked on the stage with their amazing performance of their original songs as well as a few covers. They all graciously thanked the crowd for a heartwarming welcome and love for local OPM.

In an interview with TSM, the Mothercampers shared their delight with the AU crowd, even calling their first time performing for Arellano University the most interactive performance they had since the pandemic.

"Sobrang lakas ng energy as in pagpasok namin sumisigaw na. Tapos kahit di nila alam yung mga songs sumasabay sila. Pupunta ka sa harap nila ngumingiti nagsisigawan nakakatuwa."

Finally, the grounds erupted into screams as the classic Filipino 5-piece alternative pop-rock band, Silent Sanctuary graced the stage. The Chiefs sang their hearts out to all the band's greatest hits from

Kundiman, Rebound, Hiling, Pasensya Ka Na, Bumalik Ka Na Sakin, 14, and Sa'yo. Silent Sanctuary topped off the concert with a performance of their iconic song Ikaw Lamang.

Silent Sanctuary who also played at last year's Virtual #OneArellano concert was asked how it felt performing from the virtual stage and now finally on stage for the AU Chiefs.

"Ibang-iba talaga eh. Kahit ilang beses kaming pumunta sa Arellano ganun pa rin yung crowd, talagang masaya pa rin kahit ilang generation lumipas gumagrade na 'yung iba tas may bagong papalit. Saka thank you talaga sa Arellano dahil relevant pa rin kami sa mga bagong estudyante saka gagawa pa rin kami ng bagong kanta para sa kanila."

The concert formally ended as the hosts delivered the closing remarks, thanking everyone who worked hard in making this event possible, successful, and memorable for all the Chiefs.

"Laban Humanista, Sulong Humanista!"

By Jann Patrick T. Jusi at Feny Denise D. Arellano

"Laban Humanista, Sulong Humanista!" ang namayagpag na boses sa Pamantasang Arellano matapos ganapin ang programang Humanities and Social Sciences (HUMSS) Week 2023 na pinamagatang "Youth-Manista Week 2023" nitong ika-20 ng Pebrero 2023 hanggang ika-1 ng Marso 2023 at nilahukan ng mga mag-aaral ng HUMSS Strand.

Ang nasabing programa ay pinamunuan ni Mark Angel S. Lugtu, gurong tagapayo ng HUMSS Club, kasama ang mga miyembro ng organisasyon, ang Arellano University-Supreme Student Government (AU-SSG) at Performing Arts Club (PAC).

Tampok sa limang araw na programa ang limang magkakasanod na aktibidad: (1) **Gender in the 21st Century, Fighting Gender Stereotypes Webinar**, na isinagawa noong ika-20 ng Pebrero 2023 sa AU-Little Theater. (2) **AU-nong Say Mo?: Isang Speech Delivery Contest** na ginanap noong ika-21 ng Pebrero 2023 sa pamamagitan ng Google Meet. (3) **Express to Address: Isang Extemporaneous Speech Contest** na ginanap noong ika-22 ng Pebrero 2023 sa AU-Gymnasium. (4) **Siklabang Utak: The HUMSS Debate**, na isinagawa sa AU-Gymnasium noong ika-23 ng Pebrero 2023, at. (5) **Mister and Miss YOUTH-Manista 2023**, na idinaos noong ika-1 ng Marso 2023.

Ang mga pangalan sa ibaba ay ang mga nagwagi sa mga nabanggit na programa:

AU-nong Say Mo? Baitang 11

- Kampeon: Kim D. Villarante (11 HUMSS 11A)
- Unang Pwesto: Arlene Joy Hizon (11 HUMSS 14A)
- Ikalawang Pwesto: Guia Mhea Buena Agua (11 HUMSS 14)

Baitang 12

- Kampeon: Nivette Ganutan (12 HUMSS 1)
- Unang Pwesto: Stephanie Grace M. Lumongsud (12 HUMSS 6)
- Ikalawang Pwesto: Lorlen Visa Cordova (12 HUMSS 3)

Extemporaneous Speech:

Express to Address

Mga Nagwagi

- Kampeon – Franco Manuel Pinca (12 HUMSS 1)
- Unang Pwesto – Joshua Tangbaoan (12 HUMSS 1)
- Ikalawang Pwesto – Emmanuel Albarico Decena Jr. (12 HUMSS 2B)

Siklabang Utak: The HUMSS Debate

Kampeon- Group 1

- Jann Patrick T. Jusi (12-HUMSS 8B)
- Mary Abigail C. Barredo (12 HUMSS 12B)
- Alessandra C. Pabalan (11 HUMSS 12A)
- Teejay William Dammi (12 HUMSS 13)
- Princess Daniella L. Quilang (12 HUMSS 8)

Mister and Miss YOUTH-Manista 2022

Mister Youthmanista 2022 - Chriswel Drex N. Marcos (12 HUMSS 1)

- 1st Runner Up - Senen III M. Imperial (12 HUMSS 1)
- 2nd Runner Up - Gil Kent Lazaro (12 HUMSS 2)

Miss Youthmanista 2022 - Pearl Nicole S. Dela Cruz (11 HUMSS 13B)

- 1st Runner Up - Reynalyn Lozano (12 HUMSS 11A)
- 2nd Runner Up - Aliyah Faith S. Abraham (12 HUMSS 2)

Mister and Miss YOUTH-Manista 2022 Special Awards

People's Choice Award

- Senen III Imperial (12 HUMSS 1)
- Aliyah Abraham (12 HUMSS 2)

Best in Talent

- Senen III Imperial (12 HUMSS 1)
- Reynalyn Lozano (12 HUMSS 11A)

Best in SportsWear

- Senen III Imperial (12 HUMSS 1)
- Pearl Dela Cruz (11 HUMSS 13B)

Best in Advocacy Speech

- Senen III Imperial (12 HUMSS 1)
- Reynalyn Lozano (12 HUMSS 11A)

Best in PH Local Costume

- Senen III Imperial (12 HUMSS 1)
- Reynalyn Lozano (12 HUMSS 11A)

Best in Casual Wear

- Gil Kent Lazaro (12 HUMSS 2)
- Reynalyn Lozano (12 HUMSS 11A)

Best in Formal Wear

- Jhayvie Avelino (12 HUMSS 8)

Reynalyn Lozano (12 HUMSS 11A)

Mga Kinagisnang Sayaw at Kultura sa Pilipinas, Ibinida sa ‘Cultural Show 2023’

By Sean Andrei Mendros

Nagmistulang fiesta sa Arellano University Juan Sumulong Quadrangle nitong Abril 14 matapos muling buhayin ng Arellano Union of Tourism Management Students (AUTMS) ang ilang natatangi at makukulay na kultura ng Pilipinas sa kanilang pagdiriwang na pinamagatang “Cultural Show 2023: Sayaw Turismo; Indak Arellano” na nilahukan ng mga estudyante mula Tourism Management.

Alas-otso pa lamang ng umaga ay pinalibutan na ang lobby ng Plaridel Hall ng mga nagagandahang booths kung saan bida ang mga katakam-takam na putahe mula Luzon, Visayas, at Mindanao, na libreng pinatikim sa Chiefs. Nagpasiklaban sa magagarbong disenyo ang iba’t ibang grupo bilang pakikiisa sa “Booth Display Competition” ng pamunuan.

Sa kanilang pagsisimula, tunay na pinaindak ng AUTMS ang mga manonood nang magsama-sama sa isang production number ang lahat ng kalahok ng Cultural Dance at maging ang mga opisyal ng organisasyon gamit ang tugtugin ni Angeline Quinto na “Piliin Mo Ang Pilipinas.”

Para naman sa pinakaaabangang bahagi ng lahat, siyam na grupo ang nagtanghal ng kanilang napiling tradisyunal na sayaw mula sa Pilipinas. Kabilang sa itinanghal ng mga kalahok ang “Binasuan” kung saan ay binabalanse ang mga baso sa magkabilang kamay at ulo ng sumasayaw. Hindi rin naman nawala ang Cariñosa, Bulaklakin, at Singkil.

Narito ang kumpletong listahan ng mga nagwagi sa parehas na kompetisyon:

Booth Display

1st Place - LuzViMinda (95%)
2nd Place - Visayas (87.33%)
3rd Place - Central Luzon (85%)

Cultural Dance

1st Place - Singkil (94%)
2nd Place - Binasuan (91.67%)
3rd Place - Banga (88.33%)

Maliban sa mga sertipiko, nakatanggap din ng Php 5,000, Php 3,500, Php 2,000 ang mga nag-uwi ng parangal sa Festival Show. Samantalang Php 3,000 naman ang inuwi ng nagwagi ng ginto sa Booth Display habang Php 2,000 at Php 1,000 naman sa mga sumunod na parangal.

Inamin ni Bb. Bianca Isabelle San Pascual ng Pangkat Singkil na bagamat hindi perpekto ang kanilang sayaw, labis pa rin ang kaniyang pasasalamat sa pagkapanalo ng kanilang seksyon.

“Sobrang dami pong kulang. Actually po kanina lang po talagang umaga nabuo yung props namin tapos ang dami pong late, nakakapressure,” dagdag pa niya.

Para kay Bb. Katrina Manalang, tila nagbunga ang mga sinakripisyo nilang tulog matapos nilang masungkit ang unang parangal sa Booth Display na siyang bunga aniya ng tiyaga at pagkakaisa ng kanilang seksyon.

Pinasalamatan naman ng tagapamahala ng aktibidad na si Bb. Vivien Miranda Verallo ang lahat ng kalahok na nagpamalas ng kanilang talento sa kabila ng matinding init at ang mga naglaan ng oras para maisakatuparan ang kompetisyon.



Spoken Word Poetry, inilabas ang pagiging Makabayan ng Chiefs

By Arabella Gwyneth Alilio at Sean Andrei Mendros

Pinatunayan ng mga pambato ng Science, Technology, Engineering at Mathematics (STEM) na hindi lamang malilimitahan sa agham at matematika ang kanilang abilidad matapos iuwi ang kampeonato sa parehong kategorya ng Baitang 11 at 12 sa nagdaang “I-Express Mo Juan” na inorganisa ng Supreme Student Government noong Marso 29, Miyerkoles.

Ayon sa mga tagapamahala ng aktibidad, sampu ang nagpa-rehistro sa patimpalak subalit apat lamang ang nagpatuloy sa araw ng tunggalian dahil sa hindi akmang iskedyul at iba pang akademikong obligasyon.

Sa kabila nito, napuno pa rin ng hiyawan at palakpakan ang Arellano University Gymnasium dahil sa mainit na suporta ng mga nanonood para sa kani-kanilang mga pambato.

Alinsunod sa temang “Makabagong Pilipinas: Ang Yaman sa Kultura sa Pilipino”, ang mga kalahok ay nagsulat ng orihinal nilang latha na siya ring itinanghal nila sa entablado. Ang unang kalahok ng Baitang 11 na si Ginoong Mark Josefh Mondoñedo ng 11-STEM 11B ay ipinakita ang kanyang piyesang gamit ang kaniyang piyesang “Anong Klaseng Binhi Ka?” na nagsasalaysay ng pagbabago ng Pilipinas at kultura nito mula noon hanggang sa kasalukuyan.

pinamalas naman ni Binibining Mchlyn Arellano ng 11-STEM 7B sa kanyang latha na pinamagatang “Kahusayan ng Kulturang Pilipino” ang kagandahan ng bawat kultura at tradisyon ng iba’t ibang lugar sa bansang Pilipinas.

Para sa kategorya ng Baitang 12, pinangunahan at ipinamangha ni Ginoong Ace Zeus Rimo mula STEM 5A ang mga manonood matapos niyang iparinig ang piyesa niyang hango sa mga istasyon sa LRT-2 na may pamagat na “Ruta Tungo sa Makabagong Pilipinas.” Isinalaysay niya ang iba’t ibang uri ng komyuter na siya ring kumakatawan sa bawat henerasyong nagdaan sa bansa.

Hindi rin naman nagpahuli ang kinatawan ng 12-HUMSS 5B na si Binibining Ashley Nicole Cachuela matapos niyang itanghal ang kaniyang piyesang, “Salamin ng Nakaraan, Ngayon Babalikan” kung saan itinampok niya ang mga kultura’t tradisyong kinagisnan mula pagkabata hanggang kasalukuyang panahon.

Matapos ibida ng mga kalahok ang kanilang mga malikhaing akda at mahusay na pagsasabuhay nito, agaran ding inanunsyo ng pamunuan ang mga nagwagi sa patimpalak. Narito ang kumpletong listahan ng mga nag-uwi ng parangal:

Baitang 11

- 1st Place - Ginoong Mark Josefh Mondoñedo, 11-STEM 11B
- 2nd Place - Bb. Mchlyn Arellano, 11-STEM 7B

Baitang 12

- 1st Place - Ginoong Ace Zeus Rimo, 12-STEM 5A
- 2nd Place - Bb. Ashley Nicole Cachuela, 12-HUMSS 5B

Sa panayam ng The Standard, ibinahagi ni Bb. Arellano na bagamat ito ang kaniyang unang pagkakataon na sumali sa ganitong uri ng kompetisyon, hindi pa rin matatawaran ang

tuwang kaniyang nadama matapos masungkit ang ikalawang puwesto.

“Nakakakaba nung una lalo na at wala akong kasama pero after masaya naman,” dagdag pa niya.

Para naman sa nag-uwi ng titulong si Ginoong Mondoñedo, ang kaniyang pagbabalik entablado sa larangan ng Spoken Word Poetry ay hudyat din ng pagbabalik ng sigla sa kaniyang pagtatanghal.

“Para sa’kin, i-ke-keep ko itong memory na ‘to kasi galing talaga po ako sa province baguhan lang din ako sa Manila. Kakaiba rin itong event na ‘to, mas malaki – eto ‘yung pinakamalaking event na nasalihan ko sa buong buhay ko kaya talagang ‘di ko ‘to makakalimutan,” pagbabahagi niya.

Kuwento naman ni Bb. Cachuela, binigyang pagkilala niya ang mga tsuper ng dyip, mga larong pambata, at maging ang Sierra Madre sa kaniyang akda. Pag-amin niya, naging maikli ang panahon ng kaniyang pag-ensayo kaya inasahan na rin niya ang pag-uwi ng ikalawang puwesto.

Ang panonood naman ng mga “FlipTop Battles” sa YouTube ang tila naging pundasyon ni Ginoong Rimo sa kaniyang angking galing sa Spoken Word Poetry.

“Actually po mahilig ako manood ng mga FlipTop Battles sa YouTube kaya kadalasan doon ay may mga line, skits yung mga ginagawa nilang poetry. And naisipan ko po magkaron din ng reference which is yung LRT nga and then gamitin sa piece na gagawin ko,” salaysay niya.

Tulad ni Bb. Arellano, ito rin ang una niyang pagkakataon na sumali sa kompetisyong tulad nito kaya labis niyang ikinatuwa ang naging resulta ng kaniyang pagtatanghal.

Para naman sa isa sa mga nag-organisa ng paligsahan, ibinahagi ni Bb. Sophia Caranto na ang pagmamahal sa paglikha ng tula ang naging isa sa mga pangunahing dahilan kung bakit niya tinanggap ang responsibilidad na pamunuan ang aktibidad. Kaya nang magwakas, tila ay nabunutan ng tinik at labis na emosyon ang nadama ni Bb. Caranto sa naging tagumpay nito.

The Arellano University - Juan Sumulong Campus (AU-JSC) Science, Technology, Engineering, and Mathematics (STEM) Club celebrated its first-ever face-to-face event, the “STEM Week: Math Olympics 2023”, attended by Senior High School (SHS) students last March 21 to 24, 2023.

The Math Olympics was organized by the STEM Club with the assistance of the Supreme Student Government (SSG) and selected AU-JSC SHS STEM teachers.

The week-long event was comprised of the (1) Mathseum: A Mathematician Portrayal Competition held at the Little Theatre, (2) Guesstimate: A Guessing Price Competition which was by pair, occurred at the Gymnasium, (3) Mathinik: A Math and Science Quiz Bee Competition transpired at Little Theatre, and (4) Fa-Math-Ly Feud which consisted of 5 students per group, also took place at the Little Theatre.

Listed below were the winners of the aforementioned events:

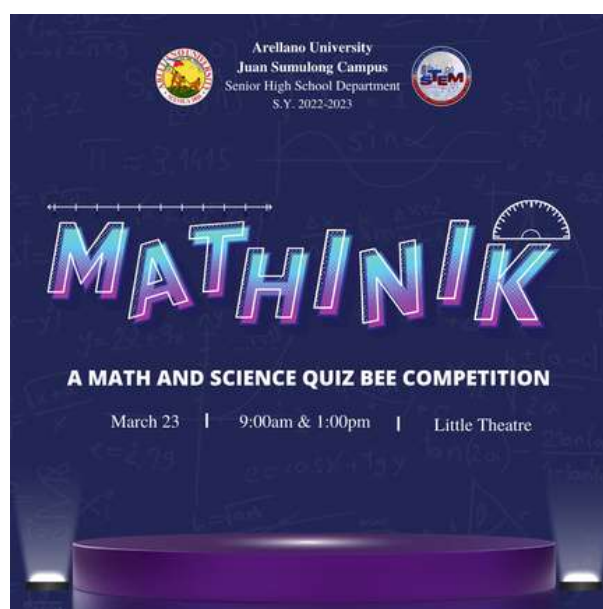
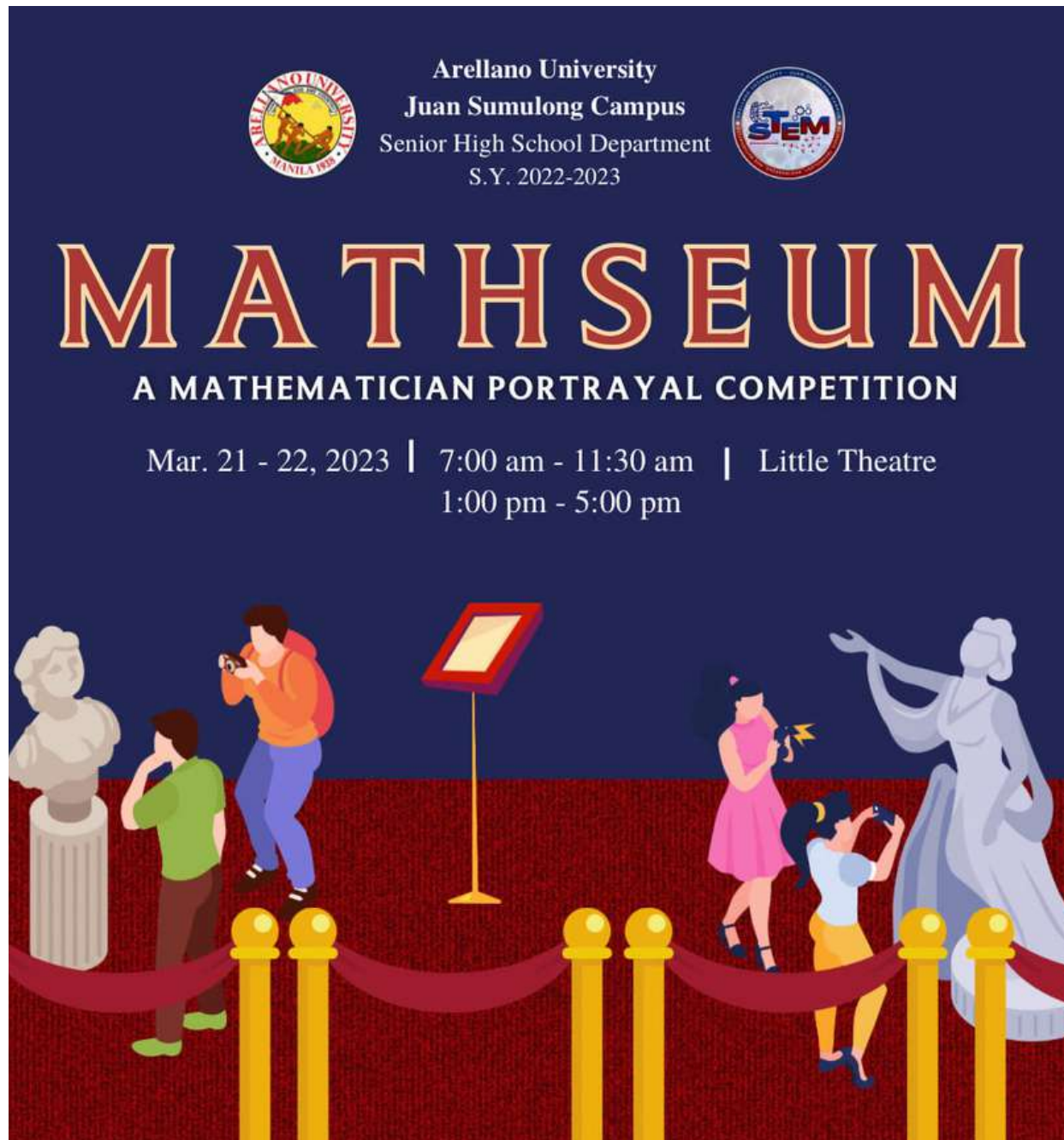
Mathseum:

- 1st Place: Ms. Karri Anduel U. Intendencia of 11 STEM 5A
- 2nd Place: Ms. Andrea Chinita Evainne M. Biloría of. 12 STEM 5A
- 3rd Place: Mr. John Vincent M. Gacer of 11 STEM 17A

Guesstimate:

AU-JSC STEM WEEK: MATH OLYMPICS 2023

By: Jazmine Marie G. Agoncillo



- 1st Place: Ms. Ma. Alexandra R. Parungao and Ms. Vincel O. Farma of 11 STEM 13B
- 2nd Place: Ms. RicaMae M. Achacoso and Ms. Hyacinth Chryzt G. Dela Cruz of 12 STEM 5A
- 3rd Place: Ms. Khayecer Ahnn Munoz and Ms. Irish B. Salarda of 12 STEM 4

Mathinik:

Grade 11 Division

- 1st Place: Mr. Shanly Paul L, Labao of 11 STEM 8A
- 2nd Place: Ms. Kyla Metzi D. Evangelista of 11 STEM 8B
- 3rd Place: Ms. Margaret V. Murillo of 11 STEM 15A

Grade 12 Division

- 1st Place: Mr. Eugene Ceazar Q. Reyes of 12 STEM 4
- 2nd Place: Ms. Charlyn Fair Rayandayan of 12 STEM 5A
- 3rd Place: Ms. Arabella Gwyneth C. Alilio of 12 STEM 8A

Fa-Math-Ly Feud:

Grade 11 Division

- Pneumonoultramicroscopicsilicovolcanoconiosis of 11 STEM 6A
- Power Rangers of 11 STEM 17B
- Gaslighters of 11 GAS 1A

Grade 12 Division

- 1st Place: V5 of 12 STEM 5A
- 2nd Place: Imissyou of 12 STEM 21
- 3rd Place: KLDGED of 12 STEM 20

LOVE AND SACRIFICE

By: Nathaniel and Norman Roman
FEATURE

Sacrifice comes in many forms. We each sacrifice daily for our family, friends, job, hobbies, interests, and ourselves.

However, one notable act of sacrifice that is known to all Christians is the death of Christ on the cross to spare us from the punishment of our sins. Both an act of love and sacrifice, this is something we must all consider when deciding who we are.

The time between Palm Sunday and Easter is marked by extra solemnity as a period of reverence for Jesus Christ's Passion.

In the Old Testament, the wage of sin is death. One must be upright in everything they do, or they risk the punishment of death. Jesus Christ died on the cross, taking the punishment that was supposed to be ours. Only through love did he endure a sentence that was rightfully for sinners like us.

While this week is often treated as a grim and dark time because of the Lord's

death, it is also a time for celebration. The Lord died for us to save us from our sins and was resurrected three days after we were saved. Jesus opened the door to salvation and a new covenant that will reign until judgment. Repentance and faith became the keys to salvation, thanks to the love and sacrifice that our Lord made for us.

“I am the way and the truth and the life. No one comes to the Father except through me.”

This is one of the most famous quotes of Jesus Christ because it symbolizes our path to salvation. It reminds us that Jesus is the only way to eternal life. The Holy Week is a remembrance of a historical occasion of a sacrifice born from true love. Indeed, this is a unique set of days for servants of Christ meant for repentance, reassurance, and celebration.



Photo Source: Alyana Julia N. Coronel

“JEEPNEY PHASEOUT: INHUMANE SCHEME FOR THE FILIPINO MASS”

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

Each country has its own treasure, an entity that comes with pride and love from its people and nation. And in the Philippines, our beloved country, Jeepney is one of many. It serves as the pillar of Filipinos' transportation system and helps the daily lives of commuters who lack the privilege of possessing their own means of transport. It became and continues to be such a unique heritage, culture, and foundation for the Filipinos that eradicating it would hurt them in numerous ways.

In 2017, the government brought forth a plan for better public transportation called the Public Utility Vehicle Modernization Program (PUVMP). It includes various objectives, namely phasing out old vehicles longer than 15 years of age for the safety of passengers, modernizing the parts of the vehicle, including those that have to meet emission standards, and at least 15 units per franchise, which is said to avoid competition since each is given a specific reorganized route and provide

additional jobs like HR officers, passenger assistance officers, and service technicians.

Ever since the occurrence of this plan started, drivers of jeepneys as well as their regular passengers empathize with each other, for it will be a huge loss to both parties taking advantage. Millions of passengers will be gravely affected since the commonality of workers use jeepneys every day to go to their workplace, preliminary to college students from both public and private schools, and

and just people in general executing their daily routine. Faithfully, jeepneys have always been there to support these masses, which is why several strikes were carried out to show serious opposition on this matter.

Just like any other plan, the Jeepney Modernization has its pros and cons. Our planet needs saving, and its goal to produce public vehicles with fewer emissions will greatly help and is one of its benefits. But for a plan to be implemented, things need to be weighed first in order for all involved to be positively affected and for equity itself. Such benefits will not be attained by the drivers, operators, and passengers in the long run, for a fare hike is imaginable to make up for this insurmountable cost, which will hinder the main reason why most passengers take advantage of jeepneys: to save money from everyday commuting.

This plan will also take years to fully happen, leaving all the drivers to surrender their source of income, or worse, their only source of income. Above all, each modern jeepney needs as much as P2.8 million, which is a 1,766.7% increase in cost from traditional ones. Despite the P80,000 subsidy per unit that the government will provide, it is still an unthinkable plan that encourages drivers to take out loans that only lead to living in debt, thinking hardly every

second how to pay it off.

The most probable plan that will bring the best interest for all sides is to reconstruct or renovate the jeepneys in conformity with the guidelines and requirements demanded, which may not be the exact change that the government wants but is still a close call for what we all hope to happen: a safe and better transportation experience. In this case, the subsidy provided for each jeepney might be enough or almost enough.

We may surrender at times for the greater good, but putting up a 'fight' for what we think is right is something people should practice; it only signifies that every human being is capable and deserving of living fairly and not just merely surviving. For our nation, may every decision that we make for its rectification and betterment align with the principle that empathetically serves every Filipino—from the ones struggling on the intolerably heated road to the ones living comfortably in their homes.

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Sigaw ng Masa: Makataong Modernisasyon

Isinulat ni: Christine Leigh Chan | Jose Abad Campus

Nitong Marso 6-7, 2023, nag-aklas ang mga tsuper ng jeep mula sa iba't ibang parte ng Pilipinas laban sa Public Utility Vehicle Modernization Program (PUVMP). Taong 2017 pa nakaplano ang nasabing programa at dapat taong 2020 isasagawa, ngunit dahil sa mga welga, pandemya, at pagaaral ng gobyerno ay naaantala ang pagpapatupad dito.

Ang PUVMP ay programa ng Department of Transportation (DOTr). Naglalayon itong gawing mabisa, at environment friendly ang sistema ng transportasyon sa bansa. Ang presyo ng modern jeepneys ay pumapatak sa higit kumulang P2.8 milyon kada isa.

Ayon sa iilang transport groups, ang programang ito ay anti-poor dahil ang mga operator ng jeep ang papasan sa pambili ng mga bagong unit. Marami ang mawawalan ng trabaho at negosyo dahil sa programang ito. Hindi naman ayaw ng mga tsuper sa modernisasyon, ang sa kanila lamang ay dapat bigyan pa sila ng gobyerno ng mas mahabang oras sa paghahanda dahil hanggang Disyembre na lamang agad ang ibinigay na deadline upang sumali sa mga kooperatiba at korporasyon.

Maliban dito, dapat din habaan pa ang ibibigay na taon sa paghuhulog para sa mga bagong unit dahil sa hirap ng buhay

ngayon at sa taas ng presyo ng mga bilihin, mahirap na pagkasyahin ang kita ng mga tsuper sa isang araw para sa pangangailangan ng kanilang mga pamilya, lalo pa silang maghihirap kung mamadaliin ng gobyerno ang pagbabayad kapag naipatupad na ang programang ito.

Isa pang dahilan kung bakit anti-poor ang programang ito ay dahil paniguradong tataas ang presyo ng pamasahang dahil sa mga modern jeep. Oo, malamig dahil may aircon, ligtas, dahil may CCTV at GPS, pero paano naman ang mga salat sa buhay na umaasa na lamang sa murang pamasahang upang makapunta sa trabaho at makapag-aral? Nagreklamo na nga tayo sa minimum fare na P12.00, paano pa kung magiging P20.00 ito o mas mataas pa dahil nga gumanda at umayos ang mga sasakyan?

Nauunawaan natin ang layunin ng gobyerno na gusto nilang

mapaganda at maging maayos ang sistema ng transportasyon sa bansa, dapat lamang nila itong gawin dahil ito ang kanilang tungkulin sa taong bayan. Ngunit hindi sila makakapaglapag ng makataong solusyon kung hindi nila ilalagay ang kanilang sitwasyon

sa sitwasyon ng mga pangkaraniwang tao.

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Title: kulturAIN'T | By: Marc Angusto

SOLUSYON O KAGIPITAN? HATID NG PUV MODERNIZATION PROGRAM

By: Rocelle Christine D. Lacuesta | Elisa Esguerra Campus

Nitong Marso 2023, muling binuksan ng gobyerno ang daan upang ilunsad ang PUV Modernization Program (PUVMP), isang programang naglalayong magsulong ng mga panibagong yunit ng pampublikong sasakyan at pagbabago sa mga ruta na daraanan ng mga ito. Ito ay inilapat sa Kongreso noong taong 2017 at nilayong ipatupad noong 2020 bilang solusyon sa Traffic Crisis Act, o House Bill no. 4334. Kasama sa modernisasyong ito ang pagtanggap sa prangkisa ng isa sa pinakakilala at makalumang pampublikong sasakyan sa ating bansa, ang mga jeepney o jeep.

Ang nais makamit ng pagpapatupad ng PUV Modernization Program ay ang baguhin ang kasalukuyang sistema ng mga prangkisa sa bansa, isaayos at magpakilala ng mga bagong ruta para sa mga sasakyan, at alisin ang mga lumang jeepney at bigyang edukasyon ang mga jeepney drivers. Ayon sa programang ito, kailangang bumuo ang mga driver at operator ng isang kooperatiba, o korporasyon, at magrehistro ng kanilang prangkisa mula sa LTFRB upang makapagpasada gamit ang mga modernong jeepney na ipapalit sa mg lumang jeep. Kasama rin sa programang ito ang 5-6-7-8, 5% na downpayment, 6% na interest rate, 7 na taong palugit upang makabayad, at 80,000 pesos na subsidi sa kada yunit na mayroon sa prangkisa.

Ngunit paano nito maaapektuhan ang hanap-buhay ng mga jeepney driver? Makakabuti nga ba ito para sa nakararami? Anong benepisyo ang makukuha ng mga daily commuters kapag naipatupad ng programang ito? Iyan ang mg tanong n nglalaro sa isipan ng marami.

Kung ang pag-uusapan ay tungkol sa *modernization*, maraming benepisyonang makukuha ang lahat ng mamamayan. Ayon sa depenisyon, ang *transport modernization* ay nangangahulugang mas magiging ligtas at iwas-polusyon ang ating transportasyon.

Ang modernisasyon ay maaari ring maghatid ng oportunidad para sa maraming manggagawang walang trabaho; gayundin naman sa mga vehicle dealers, manufacturers, at financiers dahil nangangahulugang in-demand ang kanilang serbisyo. Dahil sa makabagong serbisyo, nagbibigay oportunidad ito sa mga drayber na may sapat na karanasan sa pagpapatakbo, at magiging in-demand din ang mga manggagawang nasa landas ng vehicle manufacturing.

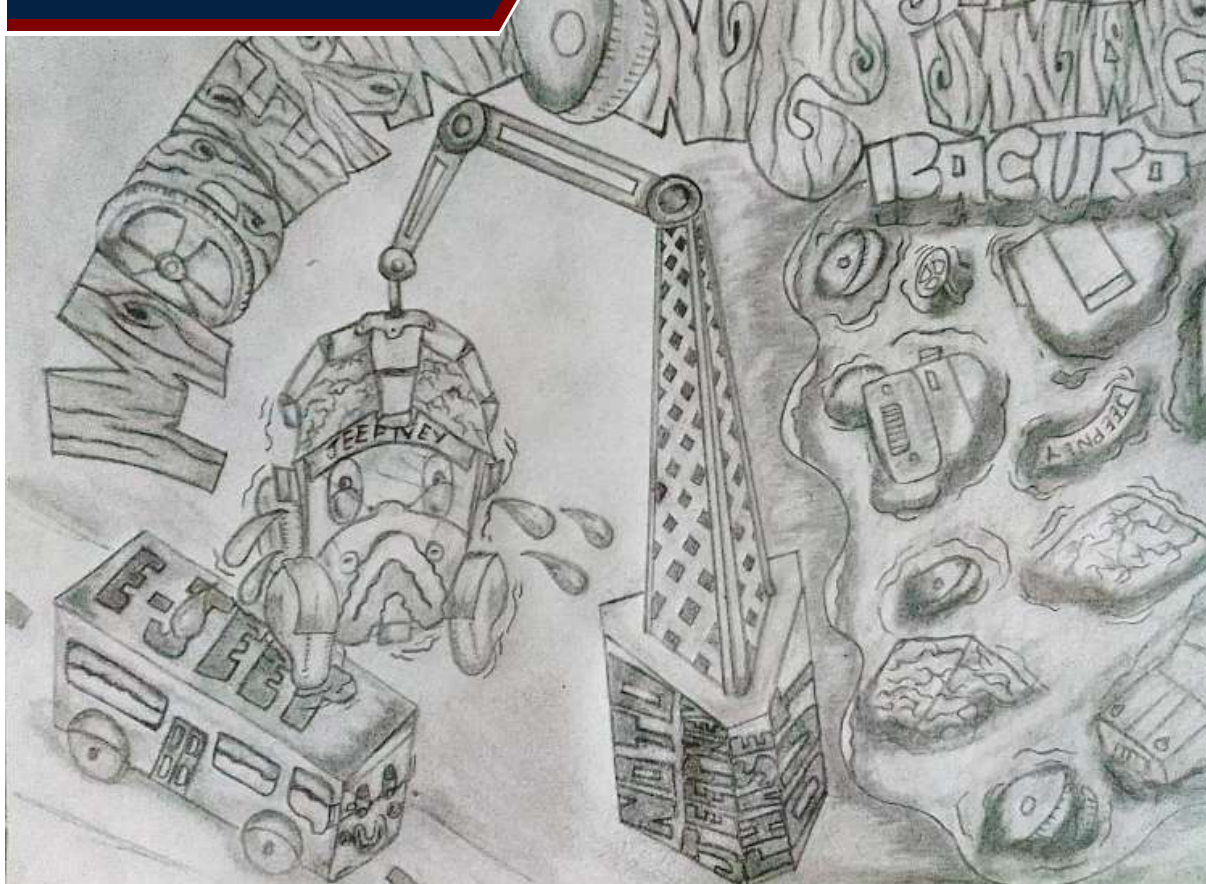
Isa pang benepisyong makukuha sa modernisasyon na ito ay ang pagiging environment-friendly nito. Isa sa mga naging problema sa mga makalumang jeepney ay ang carbon emissions nito na lumalabag sa Clean Air Act. Sa tulong ng modernisasyong ito, maiiwasan ang malakihang lebel ng carbon emissions at maprotektahan ang kalikasan.

Ngunit sa usapang jeepney phase-out, malaking kritisismo at pagtutol ang natanggap ng PUVMP mula sa maraming tao,lalo na sa sektor ng mga jeepney driver.

Isang dahilan sa pagtutol dito ay ang mataas na presyo nito. Ang mga modern jeepney ay nasa halagang 600,000 hanggang 700,000 PHP, habang nasa 1.6 hanggang 1.8 milyon naman ang presyo ng mga yunit na nais bilhin ng pamahalaan. Sa presyo pa lang nito, mahihirapan ang mga drayber na makakuha ng sarili nilang yunit, kahit pa may kasamang tulong ng *government assistance*, dahil tinatalang nasa 500 hanggang 600 PHP lang ang kinikita ng mga ito sa araw-araw, at kung ibabawas pa ang gastos sa patuloy na pagtaas ng presyo ng gasolina, masasabing mas mababa pa ang kinikita nila sa araw-araw.

Nagpapakita rin ng pagtutol ang karamihan sa mga drayber na sumailalim sa malakihang modernisasyong ito. Para sa mga nahihirapang magbayad para makakuha ng kanilang sariling prangkisa, ang halagang kanilang dapat bayaran ay napakabigat.

Jeepney Strike by Reymund Diocton



Kahit pa kasi ang modernisasyong ito ay may kasamang government assistance, maaari pa ring mahirapan ang mga operator sa pagrehistro at pagpundar para sa sariling prangkisa sapagkat sapat lamang ang kinikita nila kada pasada. Higit pa roon, ang kanilang mga lumang jeepney ang tanging pinagkukunan nila ng araw-araw ng pangkabuhayan.

Bukod sa kakapusan ng pera upang makakuha ng sariling yunit na papatakbuhan, maaaring nasanay nadin ng mga jeepney driver, sa lumang sistema ng pagpapatakbo ng makalumang jeepney, kaya gayun na lamang ang kanilng pagtutol.

Mula sa data ng Manibela, isang magazine ng mga sasakyan, mayroong kabuuang bilang ng 100,000 jeepney drivers at operators sa bansa, at tinatayang nasa 40,000 mula sa bilang na iyon ang nakadestino sa Maynila lamang. Ang ibig sabihin lamang nito ay ganito kalaki ang bilang ng maaapektuhan sa oras na tuluyang maipatupad ang PUVMP. At hindi lang ang mga drayber at operator ang maaapektuhan kundi pati na rin ang kanilang mga pamilya.

Maaapektuhan din ang mga daily commuters sa lagay na ito dahil sinasabing tataas hanggang

45 PHP ang pamasahé. Ito ay maaring dahil sa laki ng budget na ginastos para sa modernisasyon ng mga sasakyan, ito lang ang daan upang mabawi ang nagastos na funds. Sinasabi ring maaaring maging mahirap ang pagsakay para sa mga commuters dahil sa kakulangan ng bilang ng masasakyan.

Kahit na ang layon ng modernisasyong ito ay ang protektahan ang kalikasan mula sa mataas na *carbon emissions* at trapiko, nakikitang mababa lang ang pagbabagong mangyayari kahit na ipatupad pa ang modernisasyon na ito.

Kung titimbangin, masasabing isa lang malaking gastos ang mangyayari kung ipapatupad nga ang PUVMP. Bukod pa rito, magdudulot din ito ng mas malaking kagipitan sa mga drayber at mga commuters lalo na kung sobrang liit lang din naman pala ang maidudulot nitong tulong sa pagpapanatili ng kalikasan at sa trapiko sa ating bansa.

Kung imbis na gumastos upang bumili ng mga bagong yunit ay gamitin na lang ang budget upang imodernisa mismo ang mga makalumang jeepney, maaaring mas malaki pa ang maitulong nito sa lahat. Sana din ay mabigyan ang mga jeepney driver ng subsidiya upang hindi

nila kinakailangang gumastos ayon sa kagustuhan ng pamahalaan, mas malaking benepisyong makukuha ng kanilang mga pamilya.

Kung nasa plano pa rin ng pamahalaan na ipatupad ang PUV Modernization Program, dapat na isaisip ang kalagayan ng sambayanang Pilipino, lalo na ang mga makalumang jeepney driver, at dapat ding timbangin kung maidudulot ba ito ng mas malaking tulong o kung magdudulot lang ito ng panibagong kagipitan sa mga mamamayang Pilipino.

The New Face of Jeepneys

By: *Sophia Manalo* | *Apolinario Mabini Campus*

As part of the PUV Modernization Plan, the Jeepney Phaseout is just one step.

Having operated for nearly 80 years, Jeepneys are the Philippines' most popular form of transportation. Since jeepneys were invented, Filipinos have improved them. They serve as cultural icons and symbols of innovation and have become an institution and a representation of the country. Modernization of Public Utility Vehicles is a program launched by the Department of Transportation in 2017. With the goal of creating a safer, more efficient, and more environmentally friendly transportation experience.

The project aims to increase the convenience, accessibility, safety, and affordability of the CASA program in the transport sector, according to Transportation Secretary Jaime Bautista. Furthermore, the transport secretary explained that the modernization program will enable more organized groups to operate efficiently. Drivers will also be able to earn more within a more reasonable number of hours by ending the boundary system.

In an article released by pia.gov.ph (March 2023), by modernizing jeepneys nationwide, a standard will be established that will maximize their benefits. Ideally, all jeepney engines should be Euro-4 and PNS-compliant engines or LPG-powered, electronic, and hybrid. Other modernized jeepney features include GPS, fare collection automation, and CCTV cameras.

The vehicle cannot also be registered or operated if it is at least 15 years old. According to a circular 2023-013 issued by the LTFRB, the existing jeepney operators have until June 30 to modify their vehicles. 2023 to join the program. Sec. Bautista also added that the agency is open to extending the franchise of old traditional jeepneys beyond December 31 to ensure that there will be enough supply of PUVs to serve the public.

On the other hand transport groups and commuters are less than thrilled with these proposed changes, more so that a strike was initiated. Some transport groups described the program as anti-poor, as drivers and operators will bear the burden of modernizing their vehicles.

According to a leading member of a transport group, all of the traditional jeepney operators and drivers nationwide will go on a weeklong strike starting March 6 unless President Marcos revokes the Omnibus Franchising Guidelines, which effectively phase out traditional jeepneys.

According to an interview with a transport group leader - Mody Floranda given to The STAR last March 5, the Pinagkaisang Samahan ng mga Tsuper at Operator Nationwide (Piston) president said all is in place for the protests he plans to hold for a week, and the only thing that would stop them is an executive order from Malacañang.

“We will only be able to stop our strike when PBBM issue a formal executive order stopping the implementation of DO2017-011 on Omnibus Franchising Guidelines in order to prevent the implementation of DO2017-011,” Floranda stated.

As of February 28, the Senate passed a resolution calling on the LTFRB to delay the phaseout of traditional jeepneys and resolve the valid and urgent concerns raised by drivers and operators regarding the program's financial viability.

Jeepney phaseout is a good program for establishing new jeepneys that will be environmentally friendly. However there will be a significant impact on commuters, jeepney drivers and operators alike.

Jeepney phaseout is a good program for establishing new jeepneys that will be environmentally friendly. However there will be a ood program for establishing new jeepneys that will be environmentally friendly. However there will be a significant impact on commuters, jeepney drivers and operators alike. Since the way of transportation will start to change for Filipinos and the uncertainty of job stability for the drivers and operators are still in question.

Whatever the progress that the strike may provide for better execution on the programs, commuters aspire that this will provide a more efficient and cheaper way of commute. And for drivers and operators, hopefully it will be sustainable and will not be a channel for corruption.

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Jeepney Drivers Against Modernization?

By: *Kathleen Untalan* | *Juan Sumulong Campus*

As Manila's streets are bustling with commuters and street merchants, one iconic image has come to represent Filipino culture: the jeepney. But because the government pushed for modernization and environmental sustainability, the future of these beloved vehicles is in jeopardy. Is it time for the jeepney to disappear into the horizon, or can it maintain its legacy while still progressing into a more modernized society?

Last 2012, during the 18th conference of parties in the United Nations Framework Convention on Climate Change, former senator Heherson T. Alvarez stated that “Diesel-driven jeepneys, buses and trucks are responsible for 70 percent of black soot emissions in our urban centers”. Consequently, In 2017, President Benigno Aquino III proposed the Public Utility Vehicle Modernization Program (PUVMP) which aimed to replace traditional jeepneys with newer and more environmentally-friendly e-jeepneys.

However, based on recent research by the Blacksmith Institute and Clean Air Asia, jeepneys running on diesel account for only 15% of all particulate matter emissions in Metro Manila proving that modernization on the traditional jeepneys alone will do so little for the environment.

For a long time, jeepneys served as the main form of transportation for many Filipinos, offering a convenient and affordable means of transit for workers, students, and ordinary people. For individuals who are having a hard time making ends meet, their affordability has been especially crucial.

For the less fortunate, the Public Utility Vehicle Modernization Program (PUVMP) can also pose a negative impact. According to the Land Transportation Franchising and Regulatory Board (LTFRB), there are around 158,000 conventional jeepneys in use throughout the nation. If the government executes this policy, the majority of drivers would have no source of income. Though financial subsidies are offered by our government, these drivers will be put through a tight situation in which they have to pay a debt that will burden their financial capacities.

“It’s OK to have modernization for those who have money,” Benito Garcia said in his interview with The Associated Press. Jeepney drivers like him never opposed the idea of “improvement”, they just don’t have the means of supporting it. They have a family to feed, and the last thing they need is a policy that will slowly sink their finances.

Modern Jeepneys can take a toll on our driver’s wallets. One unit of the “imported modern jeepney” can cost up to 2.6 million pesos, but the cost can be lessened if the government will reinforce our country’s domestic manufacturers. This means that local raw materials will be prioritized over imported ones. However, this will only work if our transportation sector and our domestic manufacturing sector will work hand in hand to create a jeepney unit that can keep up to par with our local driver’s needs. At the end of the day, this whole jeepney phase-out scheme should still be studied further.

Jeepney drivers are being thrown under the bus. They are being forced into a transition that even our government is not prepared for. These drivers are not being disobedient when they execute a transport strike. All they have been asking is for their voices to be heard and for their needs to be met. They call for a halt; until there is no solid plan that will cater to everyone’s needs. Our institution should open its ears to suggestions, open its eyes to solutions, and open its hearts to the cries of our fellowmen

Jeepneys serve as more than just a mode of transportation; it also represents the nation's culture and way of life. Completely vanishing this vehicle will definitely leave a scar on our society and economy. Our responsibility to nature should not compromise social justice. No one is saying no to progress, but progress should be for everyone and not just for several groups of people. No one should be left behind in our journey to create a better country.

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Photo Credits: Global Voices

Jeepneys: King of the Road

By: Mae Angela Y. Galeon | *Andres Bonifacio Campus*

The jeepney modernization program is an ambitious initiative launched by the Philippine government to revolutionize the country's iconic public utility vehicle (PUV) industry. The project aims to replace traditional jeepneys with modern, environment-friendly, and efficient vehicles designed to provide a better commuting experience for millions of Filipino commuters. This comprehensive guide will delve into the various aspects of the jeepney modernization program, the challenges faced by stakeholders, and the potential benefits for the nation's public transportation system.

The jeepney modernization program is an integral part of the Philippine government's larger PUV modernization initiative, which seeks to overhaul the country's public transportation system. The program is anchored on three key objectives: (1) Improving the quality of public transportation; (2) Reducing air pollution; and (3) Promoting financial viability for operators.

The jeepney modernization program has faced several challenges and criticisms from various stakeholders, including the cost and affordability for operators. One of the main concerns raised by jeepney operators is the high cost of modern jeepneys, which can range from P1.4 million to P2.8 million per unit. Many operators are struggling to afford the new vehicles, even with the financial assistance offered by the government; Impact on livelihoods, some transport groups have described the program as anti-poor, arguing that it will place a significant financial burden on drivers and operators who are already struggling to make ends meet; concerns about foreign influence, critics have also suggested that the program is merely a ploy to increase vehicle sales for big automotive companies and foreign businessmen; and, implementation issues, the program has faced several delays and extensions, raising questions about the government's ability to effectively implement and

enforce the modernization initiative.

The Philippine government has taken several steps to address the concerns and criticisms surrounding the jeepney modernization program. The government has established a P1-billion credit facility through the Land Bank of the Philippines to help operators purchase modern jeepneys. This funding is intended to cover the replacement of around 650 jeepneys, with loan packages ranging from P1.4 million to P1.6 million per unit. The government has also provided an P80,000 subsidy to assist jeepney drivers with the purchase of new vehicles, although some stakeholders argue that this amount is insufficient given the high cost of modern jeepneys. The government has conducted dialogues and consultations with transport groups and other stakeholders to address their concerns and gather feedback on the program. The government has made several adjustments to the deadlines for industry consolidation and fleet

modernization, providing operators with more time to comply with the program's requirements.

Despite the challenges and criticisms, the jeepney modernization program holds several potential benefits for the Philippines' public transportation system and the nation. Improved commuting experience as with modern, comfortable, and efficient vehicles, Filipino commuters can expect a better overall experience when traveling by jeepney. Reduced air pollution, by replacing older, polluting jeepneys with cleaner, Euro-4 compliant vehicles, the program can help improve air quality in the country and contribute to a healthier environment. Increased road safety because modern jeepneys will be equipped with improved safety features, such as seatbelts and accessible seating for PWDs, which can help reduce accidents and injuries on the road. Economic sustainability by promoting industry consolidation and providing financial assistance, the program

aims to ensure the long-term viability of the jeepney industry in the face of rising operational costs and competition from other modes of transport.

As the jeepney modernization program continues to unfold, it remains to be seen how successful it will be in transforming the Philippines' iconic PUV industry. With the government's commitment to addressing stakeholder concerns and promoting a more sustainable, efficient, and environmentally friendly public transportation system, the future of the jeepney modernization program holds promise for both operators and commuters alike. In conclusion, the jeepney modernization program is a crucial initiative aimed at revolutionizing the Philippines' public transportation system. While the program faces several challenges and criticisms, the government's efforts to address these concerns and promote a sustainable, efficient, and environmentally friendly transport system offer hope for a brighter future for the nation's iconic jeepneys and their millions of daily commuters.

Revamping Jeepneys: A More Sustainable Solution Than Eliminating Them

By: Daniela C. Laoreno | *Plaridel Campus*



Jeepneys developed a bad image for being filthy, unfriendly to the environment, and frequently risky for the health of passengers due to the sounds they create. Despite this, jeepneys have long been a recognizable form of public transportation in the Philippines. Their affordable and accessible transit is used by millions of commuters. Its vibrant body paint, which is viewed as garish by some and folk art by others, has developed into a recognizable Philippine tourist attraction and has been an iconic aspect of Filipino culture.

The Department of Transportation launched the Jeepney Modernization Program with the intention of upgrading the standard of public transportation by replacing old and outmoded jeepneys with more contemporary, secure, and effective ones. Passengers' commutes are made more convenient by the new vehicles' inclusion of contemporary technology like air conditioning, GPS monitoring, and automated fare collection. Additionally, because the new vehicles are

made to comply with regulatory emission requirements, the new jeepneys are anticipated to lessen air pollution.

However, one of the biggest challenges is the cost of acquiring new vehicles. The new jeepneys are more expensive than the old ones. Because of this, many operators are finding it difficult to secure the necessary funding. Also, the Jeepney Modernization Program's inability to accommodate the new vehicles due to a lack of infrastructure is yet another issue. Many jeepney routes do not have designated loading and unloading bays, making it difficult for the new vehicles to operate effectively. In addition, the new vehicles are longer and broader than conventional jeepneys therefore some roads might not be able to handle them. Accidents and backed-up traffic could result from this.

According to President Ferdinand Marcos Jr., the modernization program really needs to be done but it seems the program's implementation is not good.

During the conference, he added that the government must implement the program in a different way because not all jeepneys are dilapidated and those that are well-maintained must be allowed to stay on the road.

Indeed, the program would result in the loss of jobs and the displacement of many small operators. Instead of replacing traditional jeepneys, the government should provide assistance to improve them. Even with subsidies, the updated jeepneys remain out of reach for the majority of drivers and operators. It would take the majority of their income to pay off the loan, leaving little to meet their requirements. Saving our jeepneys instead of phasing them out is also commendable, and the public deserves efficient, clean, and comfortable mass transportation at reasonable costs. This is quite difficult, but the goals can still be achieved with adequate planning and implementation.

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Image Credit: Arellano University-School of Hospitality and Tourism Management-Pasig Facebook Page

Arellano University's School of Hospitality and Tourism Management Hosts 11th Skills Festival: Showcasing ASEAN's Tourism Recovery and Growth

By: Charles Joaquin B. Cater

Arellano University's School of Hospitality and Tourism Management recently organized its highly anticipated 11th Skills Festival at the Andres Bonifacio Campus. From April 26th to April 28th, students and professionals from the hospitality and tourism industries gathered to participate in this annual event themed "ASEAN: Showcasing Tourism Recovery and Growth." The festival served as a valuable platform for enhancing skills, staying updated with the latest trends, and exploring opportunities.

The three-day festival offered an extensive range of workshops, seminars, and competitions, providing immersive learning experiences and knowledge to excel in the dynamic and competitive field of hospitality and tourism. Renowned speakers and experts conducted demonstrations and workshops on various topics such as flight safety, baking and pastries, flair tending, personality development, and barista skills. The event created a space for students to showcase their talents and interact with industry professionals, making it a must-attend event for aspiring and seasoned professionals alike.

The flight safety demonstration and emergency procedures workshop highlighted the importance of passenger safety, while the baking and pastries workshop focused on essential skills for the food and beverage sector. The barista skills workshop was particularly timely, considering the growing demand for quality coffee in the ASEAN region and the rise of specialty coffee shops.

Additionally, the personality development workshop equipped professionals with the necessary skills to effectively communicate, build relationships, and provide excellent customer service to people from diverse cultures and backgrounds. Flair tending, on the other hand, offered bartenders a unique skill set to create memorable experiences for customers in the highly competitive industry. Elda Louise Aznar, the Operations Officer of Pro Media PH, led the flight safety demonstration and emergency procedures workshop, while Chef Ingrid Mediarito conducted the baking and pastries workshop. Jake Alano, the Resident Bartender at Tanduay Distillers Inc., showcased his flair tending skills. Analyn Alopoop, the Vice President of ACDC Solutions and Services, shared valuable lessons on personality development, and Mr. John Paul Buhain, a renowned trainer for Cafe Management and Cafe Business Courses, imparted his expertise in barista skills. The festival also featured three insightful seminars. The inaugural seminar, titled "ASEAN's Post-Recovery Status

Future Growth Opportunities," had Dr. Maricel Gatchalian Badilla, a professor and consultant with the UP Asian Institute of Tourism, as the keynote speaker. The second seminar focused on "Enhancing the Flavors of Tomorrow: A Culinary Growth Through Emerging Trends in Southeast Asian Delicacies," with Mr. John Paul Sia, the Senior Sous Chef of Unilever Food Solutions Philippines, as the special guest speaker. The most recent session, "Post-Covid Recovery Status of ASEAN Hospitality and Tourism Practitioners," included Ms. Christina G. Aquino, the Associate Board Member of the Hotel and Restaurants Association of the Philippines, as the guest speaker.

The hospitality and tourism industries have faced significant challenges due to the COVID-19 pandemic, resulting in job losses and economic impact. However, these industries are gradually recovering, and the ASEAN region holds promising potential for growth. Comprising eleven countries

with a combined population of over 650 million people, the ASEAN region is expected to become the fourth-largest economy globally by 2030. Its diverse culture, rich history, and breathtaking natural attractions make it an ideal destination for tourists.

Given the current state of the hospitality and tourism industries in the ASEAN region, the Skills Festival at Arellano University's Andres Bonifacio Campus was both timely and crucial. By providing a platform for participants to learn from industry experts, stay updated with the latest trends, and connect with fellow professionals, the festival offered valuable networking opportunities that could lead to collaborations and partnerships.

While the pandemic presented challenges, it also encouraged innovation and growth within the hospitality and tourism industries. Adapting to new health and safety protocols, as well as changing customer preferences and behaviors, became essential for success. The Skills Festival at Arellano University recognized the

importance of staying updated with the industry's latest trends and developments, equipping participants with the necessary tools and knowledge to navigate a rapidly changing landscape. The event played a vital role in promoting the growth and development of the hospitality and tourism industries in the ASEAN region, which are poised to become major players in the global economy in the years to come.

In addition to the aforementioned workshops and seminars, the Skills Festival included a series of exciting competitions. These competitions encompassed various aspects of the hospitality and tourism industries, such as setting up a travel agency, creative table skirting in the ASEAN style, tourism knowledge challenges, cruise safety drills, gingerbread artistry, cocktail mixing with flairtending exhibitions, kitchen showdowns, unique bed-making techniques, hospitality speed service, and regional booth displays. These engaging competitions added an extra layer of excitement and friendly rivalry to the festival, further showcasing the diverse talents and skills within the industry.

The Skills Festival at Arellano University's School of Hospitality and Tourism Management proved to be an invaluable event for professionals and students alike. It not only contributed to the personal and professional growth of participants but also played a significant role in the recovery and future prosperity of the ASEAN hospitality and tourism industries. With its focus on showcasing the region's potential and fostering industry excellence, the festival undoubtedly left a lasting impact on attendees, inspiring them to drive innovation and embrace the opportunities that lie ahead.



Image Credit: Arellano University-School of Hospitality and Tourism Management-Pasig Facebook Page





Image credit: Andrea Pagsuguiro

Photo Blind Date Booth ng The Standard AU-ABC, Blockbuster sa University Week 2023

Ni: Diane Margaret Villareal

Masusi ang naging paghahanda ngayong taon ng bawat organisasyon na kabilang sa college department upang matagumpay na maigunita ang university week sa loob ng apat na araw, mula Marso 20 hanggang Marso 23. Kaakibat nito, ang bawat organisasyon ay nagkaroon ng kaniya-kaniyang pakulo pagdating sa pagkonsepto ng booth na sa tingin nila ay papatok at kahuhumalingan ng mga mag-aaral. Hindi nagpahuli sa patagisan ang mga miyembro ng The Standard – Andres Bonifacio Campus at buong pagmamalaking ibinida ang Photo Blind Date, na siyang pinangunahan ni Erlan Justin Dungog, ang itinalagang chairman ng organisasyon para sa university week.

Kakaiba ang naging konsepto ng Photo blind date sapagkat tatlong opsyon ang maaaring pagpilian ng mga mag-aaral na nais sumubok o di kaya'y ng mga mapipili nilang pares. Kabilang sa mga opsyon na ito ang pagsayaw sa saliw ng musika, maikling pag-uusap upang makilala ang isa't isa, Q and A para sa mga magkaibigan

o magka-ibigan kung saan lahat ng ito ay isinagawa habang nakapiring ang mata, at ang pagkuha ng larawan ng bawat pares na siyang pinagsama-sama para ilathala bilang isang pahayagan.

Labis ang naging pagtangkilik ng mga mag-aaral mula sa senior high at college department bunsod na rin ng kanilang kuryosidad. Sa unang araw pa lamang, nagdagsaan na ang mga tao at kaniya-kaniyang pili ng opsyon na nais nilang subukan. Mayroong iilan na umatras dahil sa naramdamang hiya, ngunit mas marami pa rin ang piniling ihanap ang sarili ng kapareha o di kaya'y ang kanilang mga kaibigan. Sa mga sumunod na araw, mas dumoble ang bilang ng mga mag-aaral at patuloy na namayagpag ang Photo blind date sa kabuuan ng pagdaraos ng university week. Sa pagtatapos ng selebrasyon, matagumpay na nakamit ng The Standard – Andres Bonifacio Campus ang ikatlong karangalan bilang best booth at ang unang karangalan bilang blockbuster booth ng taon.



Image credit: Ghaf Luis Andrew M. Tabagan



Image Credit : Mr. Charlon Lorcha

FIELD IMMERSION NG ARELLANO UNIVERSITY ANDRES BONIFACIO CAMPUS

Ni: Marianne D. Mesina

Isinagawa ng Arellano University Andres Bonifacio Campus ang field immersion ng mga mag-aaral mula sa ika-labindalawang baitang. Nagsimula ang paglabas ng mga mag-aaral noong ika-3 ng Abril at matatapos sa darating na buwan ng Mayo. Ang bawat strand ng senior high ay naitalaga sa iba't ibang lugar upang magsagawa ang kanilang mga gawain.

Ang mga HUMSS at GAS strand ay iniatas sa Philippine Educational Theater Association sa Quezon City kung saan sila ay nagkaroon ng acting workshop. Naitalaga naman sa Panguil Eco River Park, Pangil Laguna ang mga estudyante ng STEM strand kung saan sila ay dumalo sa pagpupulong kung paano ang pagpapalago ng bamboo.

Nagkaroon ng paglibot sa iba't ibang pasilidad ng Lido De Paris Hotel ang mga mag-aaral ng HE at Cookery sa Sta. Cruz Manila, at ang mga mag-aaral mula sa strand ng Tour Guiding ay naideestino sa Intramuros kung saan sila naglibot dito.

Sa pagtatapos ng field immersion ng mga mag-aaral sa Arellano University Andres Bonifacio Campus ay dala-dala nila ang mga masasayang oras ng kanilang karanasan sa bawat lugar na kanilang napuntahan. Nagkaroon ng iba't ibang aktibidad ang mga estudyante patungkol sa kanilang field immersion. Nawa'y ang mga ito ay makadagdag sa kaalaman ng bawat mag-aaral na naging bahagi ng nito.

Image Credit : High School Principal /
Publication Adviser Valerie Anne C. Miranda



Image Credit: Mrs. Maria Consuelo DC. Medina,
JHS Community Development Coordinator

FIRST FACE-TO-FACE COMMUNITY OUTREACH FOR THE JUNIOR CHIEFS OF AU-ABC

By: Amanda Julianne G. Roque

Last April 19 and 20, 2023, the Junior Chiefs of AU-ABC trooped into Tahanan ng Pagmamahal Children's Home in Pasig, a non-government organization working with abandoned, neglected, foundling, and surrendered children.

This outreach program was initiated by Mrs. Maria Consuelo DC. Medina, Coordinator of Community Development of the Junior High School Department, in partnership with the Junior High School Supreme Student Government (JHS-SSG). The Junior Chiefs worked hand in hand with selected Grade 10 students who facilitated the said event, from collecting cash donations and buying several essentials for the orphanage to holding fun activities such as parlour games, dancing, and snack-sharing with the children. It was a privilege to have talked with Ms. Ernila M. Valdez, Executive Director of Tahanan ng Pagmamahal Children's Home and Mrs. Maria Consuelo DC. Medina, respectively.

The following are excerpts from the interview:

With Ms. Valdez:

What motivates and inspires the organization to continue its advocacy?

"Tahanan ng Pagmamahal's mission is to provide services for abandoned, neglected, and foundling children. Tahanan has been caring for about two hundred children for almost sixteen years. To be able to continue doing this and not fail these children are already a motivation for the organization."

What challenges does the organization have to deal with in terms of running the orphanage?

"Most of the challenges are in terms of funding, since Tahanan ng Pagmamahal is dependent on donations. The pandemic also affected the funds coming to us because some of the donors were equally affected by the crisis. Another challenge, of course, is that since we are catering

to the needs of children specifically, we have no control over the fact that these children are vulnerable to any type of diseases. The youngest age that we accept is 0 to 2 years old. Sometimes we experience taking in children whose different types of illnesses only surface once they are turned over to us, and we have no clue about their health and medical background during conception, regardless of whether the mother had a prenatal check-up or not. So far, these are the challenges that we are encountering here in Tahanan."

With Mrs. Medina:

For years, you have been initiating community outreach programs and disaster response for our kababayans through donation drives. What motivates you to keep going especially when there are challenges?

"I was first concerned when our former principal assigned me to be the coordinator of the community development of the JHS Department of AU Pasig since I knew the role is never

simple. It is our duty to support our fellow Filipinos, especially during disasters. I have to make sure I can always rely on the assistance of the students, teachers, and their parents. What spurs me to press forward in the face of all the uncertainties? The beneficiaries' expressions of gratitude, such as smiles and hand gestures. It brings with it the joy of knowing that, even with our modest contributions, we could assist them in their time of need."

Do you have any further vision for the organization, particularly for its future members, in terms of organizing and carrying out activities?

"I suppose I would like to see more students participate in the outreach initiatives our school is engaged in. To create a well-organized strategy that will aid the team working on community development in staying organized and concentrated on the current task at hand, allowing us to allocate resources effectively and

ensuring that everyone is aware of their roles and duties. I would love it if our members felt inspired and motivated to support their fellow Filipinos in difficult situations."

This event sowed the seeds of empathy and altruism in the hearts of the students present for those two days. It taught them to count their blessings and, more so, to see that in giving, one receives something fulfilling, no matter how intangible.

"Money is not the only commodity that is fun to give. We can give time, we can give our expertise, we can give our love, or simply give a smile. What does that cost? The point is, none of us can ever run out of something worthwhile to give." Steve Goodier



Photo Source: Arellano University Supreme Student Council - Andres Bonifacio Campus Facebook Post

The 85th University Week of AUAB - PASIG

By: Gabriel lavista

The University Week began with a parade of campus organizations, followed by an opening prayer, the singing of the national anthem, the Arellano Hymn, the Dean's introductory message by Mrs. Maria Paz A. Magsalin, and the formal opening announcement of the U-week by Ms. Alexandra Julia F. Paner, President of the AUSSC. It was

followed by Zumba/Color Fun, structured by the PE organization. The masters of ceremonies were Mr. Prince Esguerra and Ms. Madel Perez.

The successful four-day event concluded with an awarding ceremony for the Blockbuster Booth, Best Booth, Poster and Slogan Creation, Scavengers' Hunt, Photography Contest,

Debate, Fliptop Battle, and ML Tournament that took place over the week and was headed by Mr. Prince Esguerra for the awarding of the winners. To wrap up U-week, Ms. Alexandra Julia F. Paner gave the closing remarks, thanking all the participants, the sponsors, the deans, and the university for a wonderful event.

Resilience and Creativity Shined at Arellano University's HUMSS Week Amidst Pandemic

By: Charles Joaquin B. Cater

The League of Social Sciences at Arellano University - Andres Bonifacio Campus organized a week-long celebration of Humanities and Social Sciences (HUMSS) Week from the 30th of March until the 5th of April, with the theme "Redefining Solidarity Among SokSay Students in Battling the Pandemic." The event aimed to highlight the challenges and resilience of HUMSS students during the ongoing global pandemic.

Despite the limitations posed by the pandemic, the opening ceremony was held on the campus grounds with strict adherence to health and safety protocols; students gathered while maintaining social distancing, wearing face masks, and using hand sanitizers. The event commenced with a solemn prayer, followed by the singing of the national anthem. Mr. Jim V. Villanueva, the strand coordinator of HUMSS and the League of Social Sciences

Organization, delivered an inspiring opening remark, expressing his pride in the determination of HUMSS students to continue their studies despite the challenges brought about by the pandemic. He emphasized the importance of solidarity and collaboration in overcoming difficulties and achieving success. Throughout the week, a variety of activities were lined up to showcase the talents, skills, and creativity of the Arellano University students, particularly the HUMSS students. Competitions such as SokSay Comics Strip, Debate, Tagisan ng Talino, and Photojournalism were held, with participants displaying their skills in different categories. The competitions were keenly contested, with students exhibiting aptitude and passion in their respective fields.

The SokSay Comics Strip competition featured

impressive illustrations and creative storytelling, depicting relevant social issues and current events. The Debate competition witnessed fierce debates on topics such as human rights, climate change, and global politics; showcasing the student's critical thinking and communication skills. The Tagisan ng Talino competition highlighted the students' intellectual prowess as they engaged in a battle of wits through quizzes, puzzles, and challenges. The Photojournalism competition showcased the students' ability to capture powerful images that tell compelling stories, reflecting their keen eye for detail and storytelling skills.

At the end of the HUMSS Week celebration, the winners were announced for each category. The event culminated with an awarding ceremony, where the winners were recognized for their outstanding performances. The atmosphere was filled with pride and excitement as the

students received their well-deserved accolades, and the Arellano University Andres Bonifacio Campus reverberated with applause and cheers.

Ms. Joana Araneta, the adviser of the League of Social Sciences, expressed her delight at the success of the HUMSS Week celebration despite the challenges posed by the pandemic. She lauded the students' resilience, creativity, and determination in showcasing their talents and skills and their unwavering commitment to their studies amidst unprecedented circumstances.

The HUMSS Week celebration at Arellano University Andres Bonifacio Campus was a resounding success, highlighting the indomitable spirit of the HUMSS students in overcoming challenges and redefining solidarity during the pandemic. The event served as a testament to the university's commitment to providing a nurturing

environment for its students to excel academically and showcase their talents, even in the face of adversity



"ONE ARELLANO CONCERT: AU LIGHT WAVE"

By: Gabriel lavista

During the #OneArellano F2F Concert 2023 on the 5th of May at the Arellano University Pasig, there it was—the AU light wave.

Roughly 1000 students and teachers attended the concert, celebrating the first F2F concert since the pandemic along with bands such as Mijon., The Nomads, The MotherCampers, and Silent Sanctuary. The Silent Sanctuary was formed in 2001 with three founding members: Norman Dellosa (vocals, guitars), Paolo Legaspi (bass guitar, backing vocals), and Allen Calixto (drums). As a growing band, they experimented with their music by mixing in classical instruments to make a unique sound, adding the

fourth member, Norman's high school classmate Anjo Inacay (cellist), to the line-up.

The masters of the ceremony are Mr. Sherwin Punla and DJ. Acey. They pump up the crowd even more. The concert started with a little trivia game about Arellano University, followed by the first performance of the night: Mijon. The Nomads and The MotherCampers continued the hype with their music. As the night has fallen, the moon glistens as it watches the event below, which ended with the most-awaited performance, the Silent Sanctuary. Everyone who attended the concert enjoyed the different music of the four bands.





Image credit: Mae Angela Y. Galeon

Endless Opportunities in Mae Angela Y. Galeon's Tireless Life

By: Jeisamae C. Paja

Opportunity comes to the prepared mind," by Charlie Munger. A belief that an opportunity will come if we are prepared for it. If so, the question is—how do we prepare the mind? Well, an individual's mind can be prepared for it—if one wants to—we can make it with all of the experiences that we've earned and skills that we've developed. This life quotation speaks volumes about Mae Angela Y. Galeon.

Galeon, a graduate of AMA Computer College, welcomed a new chapter in her life at Arellano University - Pasig as she entered the university in 2019 as a student pursuing a Bachelor of Arts in Psychology. She believed that if she could finish her senior year of high school, she could do the same in college too, consequently becoming more of what she could imagine.

Her life in Arellano-Pasig is busy and will continue to be as she prepares to graduate. And from those busy days on, opportunities take place.

"Only reciprocate what's given to you" is the life motto of Ms. Mae Angela Y. Galeon.

A motto that lessens the things she should worry about and helps her complete what she truly needs.

One of the most difficult problems she faced in her life was when her grandfather became ill. Suddenly, she needs to become the bigger person in her family—to be physically strong and psychologically sound. Galeon is always trying to keep herself up. The hurdle led her to struggle academically, and like every other busy student, she experienced breakdowns—the accumulation of exhaustion and distress—and not-so-healthy days. To fight the negative thoughts, she constantly reminds herself that graduation is near, a step closer to fulfilling her dreams, and believes that she is the only one who can help herself whenever the moon wakes up.

As an active student throughout her college years, opportunities started to present themselves. Galeon bagged the position of secretary in the Psyche Infinitum Association for the school year 2021 to 2022, and her skills in managing the organization were demonstrated. In the same school year, she became the standard representative of the Arellano University Pasig Student Supreme Council.

One of the biggest opportunities that Galeon achieved was becoming the Editor-in-Chief of The Standard, The Official Student Publication, from the school year 2021 to 2023. Attaining the highest position in the organization, she guided the entire student publication in writing and conducting the organization's events. She handled three organizations while continuing to study diligently like a champ.

With her academics, she became so actively occupied that each day she was loaded. Not only did Galeon become the Editor-in-Chief of the Standard-Pasig for two academic years, but she also became the big sister who guided her fellow members throughout their journey. She lent a hand and shared advice about things they must and must not do.

Galeon also brought something to her organization; she made the Standard-Pasig more active and more well-known in the university. A portion of students were unaware of the existence of this type of school organization, seeing that Galeon brings about varicolored imprints—the organization has further taken its roots, and students started to take in the products.

As a result of the accumulation of experiences, she started to come out of her shell and become who she is, developing a prepared mind. Despite the many downsides presented, she—tirelessly—continues to execute her roles and fulfill her duties and responsibilities as she completes the remaining months before graduation.

As a graduating student, the last thing that she must face are the three on-the-job training settings. She had completed the required settings: industrial, clinical, and educational. Galeon is thankful for the company where she completed her industrial OJT because they taught her more than what was needed and strengthened her skills.

She is also thankful to the people she spent time with during her stay. Galeon learned plenty of lessons she can use in her life and her future career from her superiors. To her patients, who taught her more and opened her heart to the dreams that she wants to achieve.

"The last thing that I am thankful for is my family's unending support." Galeon is grateful to her parents, grandparents, and two sisters for their never-ending motivation, which continues to inspire her to do more. Stating that she would not be able to overcome the difficulties ahead without her family. Like every other student, her family is the pillar of support and purpose for which she continues to pursue and accomplish more in her life.

Additionally, Galeon is also a fur mom. She spends her free time with her precious fur babies, believing it's okay to have a thin wallet so long as her lovely dogs are happy and her heart is happy too.

While Galeon is preparing to turn the page in her college life and start a new chapter, the company where she conducted her OJT,

the Gokongwei Brothers Foundation, Inc., opened a new story for her. She is currently working with the company as a Project-Based Program Associate.

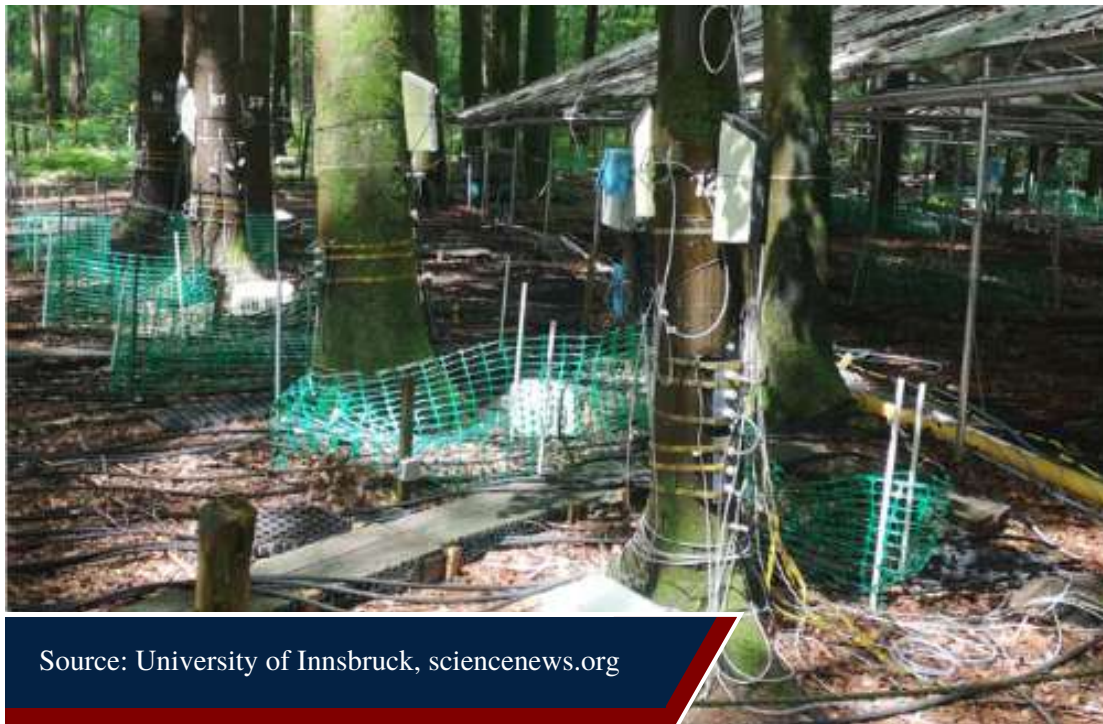
Writing on a fresh blank canvas in a new chapter, The Standard-Pasig and her fellow members are all rooting for her. Galeon's college arc is proof that opportunity comes to those with a prepared mind. Although her life was faced with obstacles, she put herself up with a prepared mind, ready to grab whatever opportunity presented itself to her.

As a student leader and writer, Galeon has some advice for her fellow student leaders and writers; "You have to learn how to follow before you become a leader. And if you become a leader, you have to be on with your members." This quotation is what she followed and took into her heart, in her determination to fulfill her responsibilities in school and at home.

Mae Angela Y. Galeon will be graduating from Arellano University-Pasig with a degree of Bachelor of Arts in Psychology. And will be completing her two-year term as the Editor-in-Chief of The Standard-Pasig.



Image credit: Mae Angela Y. Galeon



Source: University of Innsbruck, sciencenews.org

Surviving Drought: Beech Trees Survival Tips

By: David Mikhail Sexon

Climate change has drastically affected the environment and its ecosystems' survival rates. Currently, we are already feeling the heat because summer is near. For humans, this may be a sign to go on vacation and cool down. For other living beings, however, it is a struggle for life.

When we hear the word drought, we think about dry lands, thirst, or even the scorching sun. For other living creatures, this is something that they need to survive. Having limited sources of water and food to quench both hunger and thirst is a problem.

A scientist at the University of Innsbruck in Austria, Barbara Beikircher, studied beech trees (Fagus) and their survival rate during drought. Initially, they studied younger trees and plants and how they survived during drought. This has been a problem for them because younger trees tend to develop more variables and parts that are more efficient for their survival throughout the years. The scientist noticed that a forest of both beech trees and spruce trees had survived pretty well during the drought, with the beech tree having a better rate of survival during a drought than spruce trees.

Their methods of studying the trees have been different in terms of age and species. They bring a younger tree to the lab, and if they are studying older trees, they have the means to take samples or even gouge out the cores of the trees to study the survival rate during drought.

Scientist Beikircher had found the means to study the older trees, beech trees, without causing harm or leaving them in their spaces. Instead of bringing them to the lab, she brings the lab to the trees. She had found the means to perform an ultrasound on the trees and find out what made them survive during the drought. After years of monitoring, they discovered that beeches have a higher survival rate than spruce trees. They have embolisms that keep the water moving inside the beeches, which makes them survive longer than spruce trees. Aside from that, beeches have longer roots reaching out in depth to moist soils, meaning they have reached water during the drought, which makes them survive longer than spruce trees.

With this study, they are attempting to blend both spruce trees and beech trees to find out if the roots of the beech trees influence the survival of the spruce trees.

We have our means of surviving the drought. The same can be said about plants and trees; they have their own ways of living and surviving the changes in the climate and live throughout the year. With the upcoming heat, summer may be fun to humans and a relaxing season, but to some, it may be a season of survival.



Image from VTV, Home



Image from Philippine Star

El Niño Will be Expected in Between July to September

By: Danielle Nicole T. Marollano

El Niño refers to the natural phenomenon when people experience no rainfall, water scarcity, skin diseases, and extreme heat all because of the changes in the climate, namely, the rise in temperature. Because the upwelling of colder water is blocked by a huge quantity of warm surface water, it caused the trade winds to weaken, resulting in a pile of warm surface water in certain parts of the Pacific Ocean and affecting countries like the Philippines, leading to the phenomenon.

According to CNN Philippines on March 23, there is a possibility that El Niño will begin in the second

half of the year. The Philippine Atmospheric, Geophysical, and Astronomical Services Administration (PAGASA) noted that there is a chance for the Philippines to transition to El Niño between July and September. It is best to prepare by staying hydrated, eating cool foods such as salads and fresh fruits, avoiding unnecessary electronics that generate heat, using sunscreen, and being on the lookout for symptoms of heat stroke; red dry skin, headache, dizziness, difficulty breathing, low urine output, and a lack of sweating despite the heat.



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VALERIE ANNE C. MIRANDA
ADVISER



Source: Silent Shout by Eva Charkiewicz

Lily of the Valley

By: Jennifer C. Billones

Unknowingly walking in a void;
As the noise of tears invades
The peaceful yet fidgety soul.

Screaming for eternity
In the middle of the valley,
No man hears the agony
—Lily turns gray

Solitude becomes a companion
As nightfall approaches.
Flame tattooed intensely down to the core,
It intensifies the flow of blood — running
down the skin; a rope seals the air.
Forby, an unspeakable series of reliving.



Image from Pinterest, Emily Nelson | Goat Problems Studio

Angel

By: Angelica May C. Topacio

A sweet, innocent girl she is;
She smiles every time in full bliss.
She does everything without hassle
But, nobody knows her silent battle.

She has a beautiful eye;
Sadly, she still has a lot of tears to cry.
She has a pure heart;
Sadly, she had countless struggles and fell
apart.

Like a star,
She shines a light on other people, near or
far.
But like a star, she can perish inside.
Still, she won't stop glowing from the
outside.



Art by: Sarah Abdallah

SELF WORTH

by: Clarisa Mae "Princess" Bisnar

I observe myself in the mirror;
I'm not what I'd like to be.
I want changes to occur.
I want to alter who I am.

But I have to begin with myself.
If I could alter my way of thinking
And surpass my standards for myself,
Then perhaps, just perhaps,
I'd be proud of myself.
SELF WORTH!



Source: Pinterest/ Brock N Meeks

Huling Pahina

Ni: Allysa Mae Dy Guazo

Pinuno ko ang aklatan ng mga kaisipan tungkol sayo
Habang ako ay halos isang pangungusap lamang sa isip mo.
Ikaw ang aking pangunahing kwento,
Pero isang kabanata lamang ako sa'yo.

Isang pahina sa tangan mong libro,
Na hindi tiyak kung babasahin mo.
Dahil sino nga ba naman ako,
Para paglaanan ng oras na basahin mo.

Ikaw ang paborito kong tauhan sa kwentong aking nilikha
Ngunit ika'y nagmakaawa
Na sana nasa libro ka ng iba,
At hindi sa aking pahina.

Sinubukan kong baguhin ang takbo ng aklat na aking sinulat,
Pinilit kong ibalik ang lahat gamit ang aking panulat.
Hinanap ka sa pagitan ng bawat talata at salita,
Ngunit natagpuan kita sa kabilang kabanata.

Ito na ang aking huling tinta at huling pahina
Akin nang wawakasan ang kwentong nilikha.
Sana maging masaya ka sa paggawa ng bagong kabanata,
Na hindi na ako ang iyong paksa.



Seven Days By: Takarai Rihito

Of a Phony Wanderlust

By: Kyle Angela D. Evangelista

Down the rabbit hole I go—falling
For what feels like an eternity. The maze-like
Structure, objects pointed in every direction.
Stomach-churning. The food I ate still has not been digested properly.
To be sated with what can be seized
As I continue to spiral down. Broken clocks in every
Peripheral vision. The hands that continually make my person feel small;
Stillness; pushing through the force to make myself bigger.

The tears-stained pillowcase I rest my head on.
It witnesses the many emotions exhibited.
How I sometimes clutch it close to my chest
and drift to somewhere, hidden from many to be alone.
“cats are better companions,” I whisper to myself.

And smiling to myself.
I blink the child in me
Away, and found the tea had gone cold.
One of my cats ran away with the piece of bread I was having.
Before I came to be, this silly dissent already
Withered before I even utter—vivid daydreams.

Really. Because I have a story to revise
And put my twist on it—not to overwrite it, however.
Use a dash of pretty words, a stray faulty crack, maybe.
Like the artificial flower, I saw a while back
As I fall.



Photo Source: Pinterest

Rainbow-Coloured Lies

By: Don Jean Mark P. Andoy

It must have been hard
for you to endure.
All these feelings—
so obscure,
Whilst telling you—
I'm not even sure.

But I'd admit it and say,
You're the kaleidoscopic ray
Of light, I've wanted to stay.

You asked,
"Do I look good in red?"
An answer was never needed
'Cause my mind's too clouded.

Even that time, when
we witnessed and saw
the orange sunrise during dawn,
it made me awfully yawn.

Your favorite yellow stiletto
that I hated to see when you go.
Like how we both hated that whirlwind
circling at the green meadow,

Feels bluer than ever
When we're not together.
But I guess, indigo's way much better
Where I can enjoy going out for a breather.

Violets. Lilacs. Lavenders.
These once-blooming flowers
Will come to end, and eventually withers.
The same as my feelings for her.

After all, the truth is—
I see no brilliance
From all the colours you've shone onto me.
And maybe, from the very start—
I lied.



Image from: Shutterstock.com

Pagsusumikap

ni: Nirvana G. Rañeses

Madilim ang langit, nagbabadyang umulan
Gayunpaman, kailangan ko pa ring umuwi sa
tahanan
Hindi ko alam paano sasabihin ang mga bayarin sa
eskwelahan
Lalo na't alam ko namang wala ring perang
pagkukuhanan

Isa isa na ring bumagsak ang mga luha ko kasabay
ng patak ng ulan
Sa ospital nakaratay pa rin ang kapatid na
natubuhan
Sila nanay na tuliro at nawala na rin ng pag-asa
kalaunan
Ako nalang ang pag-asa nila, bakit ba ako
pinanghihinaan?

Sa mga kaibigan ko na lagi ko nalang binabalewala
Mga kapatid ko na sa akin din ngumangawa
Pagod na ako kakaisip kung paano nga ba
giginhawa
Karangyaan sa buhay na pagkahirap hirap matamasa

Ngunit sa kabila ng lahat, ako pa rin ay masaya
Salamat sa Diyos, patuloy pa rin ang aking paghinga
Hindi bale sa susunod, ako naman ang nasa itaas
Pagsusumikapan ko na ang marka ay maipasa

Pagsubok lang ang lahat ng ito, ayun lagi ang
paalala
Hangga't ako'y nabubuhay, hindi mauubusan ng
pag-asa
Pagbubutihin ko pa lalo nang hindi manatiling
umaasa
Pagsubok lang ito, hindi dapat mawalan ng pag-asa

Gagalingang mabuti nang sa gayon ay magkaroon
ng malaking sweldo
Si nanay at tatay, titigil na sa trabaho
Pinunasan ko ang luha na sa pisngi ay bahagya ng
natuyo
Ngumiti ako at nagsimula ng humakbang patungo sa
kinabukasang hindi malayong magkatotoo.

BATTLE OF THE CHAMPS: AU IDOL INTERBRANCH- THE OPM PLAYLIST “ATING HIMIG, AKING ADHIKA”

By: Ella Mae Dela Rosa, Gerryldine Marie Bautista, and John Mark Caranto | *Elisa Esguerra Campus*

Arellano University - Elisa Esguerra Campus hosted the first face-to-face set-up of AU IDOL Interbranch, with the theme of “The OPM Playlist: Ating Himig, Aking Adhika, after the pandemic on March 24, 2023. The event consisted of representatives from all seven Arellano University campuses from the Elementary, Junior High School (JHS), Senior High School (SHS), and College levels.

The event started with a doxology, singing of the National Anthem and the AU Hymn. After the opening remarks and introductions of the honorable judges and tabulators the competition officially started. The first to perform were contestants from the Elementary Division who amazed the crowd by their impressive voices and vocal performance. An intermission of magic tricks and balancing act was performed by Mr. John Loid Alejandro of AU-Elisa Esguerra Campus. The next to perform were the Junior High School Division contestants who showcased their skills in different music genres. Ms. Lanna Stacey Dela Cruz of AU-Elisa Esguerra Campus stood out with her performance of “Upuan” by Gloc 9, the only rap song sung in the JHS Division. An intermission from the Hiraya Dance Group followed.

After a moment for the tabulation of scores, the winners of the Elementary and Junior High School Division were announced. After the opening remarks and introductions of the honorable judges and tabulators the competition officially started. The first to perform the awarding, the competition then proceeded to the Senior High School Division and College Division where the contestants serenaded and amazed the audience with their talents, voice range, and production numbers. After another Intermission from the Hiraya Ensemble Club, the winners of the SHS Division and College Division were announced.

The following lists are the winners of the AU IDOL Interbranch 2023 with their respective places and campuses:

Elementary Division

- Chrisiane Pilapil (Plaridel Campus) - **Champion**
- Mariah De Leon (Plaridel Campus) - **1st Placer**
- Sean Ordanza (Jose Rizal Campus) - **2nd Placer**

Junior High School Division

- Lanna Stacey Dela Cruz (Elisa Esguerra Campus) - **Champion**
- Samantha Umil (Jose Abad Santos) - **1st Placer**
- Eric Masombol (Apolinario Mabini Campus) and Rheena Dela Cruz (Jose Rizal Campus) - **2nd Placer**

Senior High School Division:

- **Champion:** Alexa Lathrop from Juan Sumulong
- **1st Place:** Xieulien Francisco from Elisa Esguerra Campus
- **2nd Place:** Neil Carlo Canoy from Jose Rizal Campus

College Division

- **Champion:** Claue Ann Pedrera from Plaridel Campus
- **1st Place:** Desiree Mission from Jose Rizal Campus
- **2nd Place:** Noel Padilla from Jose Abad Santos Campus

After announcing the winners for the Senior High School and College Divisions, the AU IDOL 2023 program ended with singing the Arellano University Hymn led by the Hiraya Chorale and closing remarks of Mr. Marvin De Acosta, the Assistant Principal of AU-EEC.

During a one-on-one interview with Ms. Lanna Stacey Dela Cruz of Elisa Esguerra Campus, the champion in the Junior High School Division, said, “I’m happy and at the same time, I feel pressured since after 2 years, this is my first time to join the contest while bringing the name of our school, Elisa Esguerra”



“I think the importance of this event is it gives us a way to showcase our talent and make us shine in front of the crowd.” Lanna Stacey Dela Cruz further added.

Despite the tiredness and lateness of the event’s conclusion, the contestants, the audience, and organizers expressed happiness and thankfulness for the competition’s success.

Congratulations to all Chiefs across the seven Arellano University campuses who participated and showed their capabilities in singing through AU IDOL Interbranch 2023. It was truly an amazing experience to bring and uplift the spirit of the OPM industry to this event. Hail to the Chiefs!

VIVA HUMANISTA! SHOWCASING THE HUMANISTAS' HIDDEN TALENTS

By: John Mark Caranto | *Elisa Esguerra Campus*

"Viva Humanista!" is the cry of the AU-Elisa Esguerra Campus Humanities and Social Sciences (HUMSS) students as they celebrated the HUMSS Week 2023: Fighting Gender Inequality in the 21st Century on March 27-31, 2023.

The whole event, which is conducted by the HUMSS Republic of Elisa Esguerra Campus ran for five days. For this event, the AU-EEC HUMSS Republic

prepared different activities for Humanistas like Imitation Poster and Teaser from Different Movies, Dagliang Talumpati, Philosopher Cosplay, Poster Making Contest, Contemporary Art Competition, and Essay Writing contest.

The Humanistas were able to showcase their talents in different contests organized by HUMSS Republic Officers. Many students joined the different contests and gave their best, but only few made it to the top.

The following are the Humanistas who won their respective contests throughout the week-long celebration:

- **Poster Making Contest** - Shaina Salazar from HUMSS 12-1A
- **Impromptu Speech Contest** - Zenia Genecela from HUMSS 12-2A
- **Contemporary Art Competition** - Alwan Colyn Andrea from HUMSS 12

• **Imitation Poster and Teaser from Different Movies** - HUMSS 12-3A

• **Essay Writing Contest** - Maria Alpha Valenzuela from HUMSS 11

• **Philosopher Cosplay** - Shaina Salazar from HUMSS 12-1A

On April 3, 2023, as the event’s closing ceremony, the students can feel the love they had towards each other and their appreciation towards one's sacrifices and hard work to make the event possible.

The teachers and the students certainly did have a great time in forming better connections and relationships towards each other, as well as enhancing their skills. With these activities and events, the students and teachers helped each other to grow and to be a better citizen of our AU-EEC community.



Photo Courtesy of Andrea Dinsay | Elisa Esguerra Campus

JHS STUDENTS SHINES AT MR. AND MS. ARELLANO UNIVERSITY-EEC

By: Aira Nicole Bartolome and Sydelle Aquino | *Elisa Esguerra Campus*

Arellano University Elisa Esguerra Campus held its face-to-face Mr. and Ms. AU-EEC 2023 on March 31, 2023, after two years of online pageants.

The event started by the singing of a doxology by the Hiraya Ensemble Club and was followed by the singing of the National Anthem. After a few introductions, the candidates started their production number and introduced themselves wearing their Casual Wear. The candidates then regaled the audience by their Theme Wears which are all made from and

recyclable materials. In the midst of the Theme wear portion, the event was halted due to the sudden downpour of rain. After the rain, the pageant continued in the Theme Wear and Formal Wear portion. After the runway walks, the special awards were given and the Top 5 was announced. The Top 5 male and Top 5 female candidates then proceeded to the Question-and-Answer portion. Afterwards, the top 3 candidates for the male and female divisions were announced. The Top 3 then proceeded to the final question about their advocacy.

As the tabulations of scores were made, the reigning Mr. AU-EEC 2022 and Ms. AU-EEC 2022 made their final walk. After a few moments of waiting, Mr. Carl Rico Canlas and Ms. Lindsay Tan were hailed and coronated as Mr. and Ms. AU-EEC 2023 and will represent the school in the Mr. and Ms. AU Interbranch. On his advocacy about gender equality, Carl Canlas said, "This country needs gender equality, where any gender will be free for any opportunities and rights. We need to remember that no matter what your gender is, we are all human. The more we speak about gender equality, the more we will be heard by everyone. So I'm inviting you to step forward, to break discrimination, to push someone's confidence. We can do all of this just by doing this anytime and everywhere. And I'm definitely proud to say that I'm speaking up for what I know is right and when it matters most!"

On the other hand, Lindsay Tan shared her advocacy, "My advocacy is all about being confident about ourselves, that's why I came up with the sentence: There's no beauty that depreciates, [because] it appreciates overtime."

In an interview with the newly crowned Mr. and Ms. AU-EEC, Canlas and Tan expressed their feelings and insights regarding the pageant. According to Carl Rico Canlas, he was very grateful that there is an event like this after the pandemic and that he is one of the candidates. He also expressed his gratitude to the support of his family, friends, and classmates who also helped and supported him. According to Carl Rico Canlas, he was very grateful that there is an event like this after the pandemic and that he is one of the candidates. He also expressed his gratitude to the support of his family, friends, and classmates who also helped and supported him. I believed in myself, as well as my friends, teachers, and my family believed in me; and I made it. The exhausting part came when we were about to make my theme wear....My mom asked her friends to help her do my theme wear and my mom paid for it. But sadly, we didn't meet the expectation. After seeing it, I lose my hope; but through the encouragement of my friends, teachers, and family I still make it" Canlas said.

Lindsay Tan, on the other hand, said, "Actually, I felt a lot of emotions. pressured, confident, and more. Besides, this is also my first time joining a pageant na face to face na." When asked on how she prepared for this pageant, she said, "My preparation for this competition was quite hardbut it was fun, especially when we were making my theme wear costume that is made from recyclable materials. My Mom asked her friends for used cd's and plastic wrappers. It took almost 1 week for us to finish my theme wear. While they were finalizing my outfits, I am also preparing myself for the question and answer portion"

All competitors truly worked hard and gave their best for this pageant. The contestants experienced some happiness and confidence. At the same time, they also experienced anxiety and pressure, but they were able to conceal those feelings on stage. Their advocacy is extremely valuable and beneficial to both the public and to oneself.

At the end of the pageant, the participants shows that they are all beautiful inside and out. Hail to the Chiefs!

THE SEARCH FOR MR. AND MS. ARELLANO UNIVERSITY-ELISA ESGUERRA CAMPUS 2023 SHS DIVISION

By: Aya Denise Faustino and Zenia Victoria B. Genecela

Arellano University Elisa Esguerra Campus held its face-to-face Grand Coronation of Mr. and Ms. Arellano University-Elisa Esguerra Campus 2023 (MMAU-EEC) on the 31st of March. Candidates from different strands competed for the title.

The event started with a doxology performed by the Hiraya Ensemble Club, which was followed by the National Anthem. Then, the Assistant Vice President of AU-EEC, Ma'am Maria Lourdes G. Mudlong, delivered the opening remarks. After the AVP delivered her speech, the lovely candidates began to make their

way down the aisle to perform their production number, instructed by the Supreme Student Council Vice President Jaime Nicor. The program then proceeded to the Theme Wear Category, where the candidates showcased the different cultural attire of various Filipino ethnic groups through their costumes made from recycled materials.

Unexpectedly, the event was halted for a while due to heavy rain. The show resumed at 5pm with the help of our school maintenance who put everything back in the event again. The candidates were next seen in their evening gowns and formal

wear as they mesmerized the audience by their marvelous ramp walk.

After the Evening Gown and Formal Wear categories, the special awards were announced and given to the contestants. The search of Mr. and Ms. AU-EEC then proceeded to the announcing of the top 5 (five male and five female pairs who proceeded to the first question and answer portion. Out of the top 5, the top 3 candidates (three males and three females) were selected to move on to the final round, which included another Q&A to determine who was really deserving to be crowned as the new Mr. and Ms. Arellano University-EEC.

While waiting for the results, the previous year's Mr. and Ms. AU-EEC performed their final walk. It was the followed by the grand coronation where the new Mr. and Ms. Arellano University-Elisa

Esguerra Campus were crowned. They will represent AAU-EEC on the Mr. and Ms. AU-Interbranch.

The following are the title holders of the MMAU-EEC :

- **Mister Arellano University-Elisa Esguerra Campus 2023:** Raniel Manansala
- **Mr. 1st Runner-up:** Jenuel Buen
- **Mr. 2nd Runner-up:** Dennis Panaligan
- **Miss Arellano University-Elisa Esguerra Campus 2023:** Pauleen Gavino
- **Ms. 1st Runner-up:** Jamaica Siena
- **Ms. 2nd Runner-up:** Joanna Hamor

Special Awards:

- **Mr. Best in Talent:** Rainiel Manansala
- **Ms. Best in Talent:** Johan Grace Ople
- **1st Runner-up Best in Talent:** Pauleen Gavino

- **Mr. People's Choice Award:** Dennis Panaligan
- **Ms. People's Choice Award:** Pauleen Gavino
- **Mr. Best in Production:** Dennis Panaligan
- **Ms. Best in Production:** Rica Milanes
- **Mr. Best in Ramp Walk:** Dennis Panaligan
- **Ms. Best in Ramp Walk:** Joanna Hamor
- **Best in Advocacy:** Kiel Maverick Mangali
- **Best in Theme Wear:** Rica Milanes

As the pageant concluded, everyone expressed their delight for the successful evening. The candidates in particular were very thankful for the experience and knowledge they gained in the pageant.

Congratulations to the newly crowned Mr. and Ms. AU-EEC 2023. Hail to the Chiefs!

SOCIAL DUTIES, RIGHTS OF USERS THROUGH RESPONSIBLE USE OF SOCIAL MEDIA

By: *Kimberlyn A. Espocia* | *Elisa Esguerra Campus*

Metro Manila, Philippines—Social media continuously encompasses the means of communication by administering advanced interactions through social media platforms, as well as promoting social responsibilities and rights as an individual and as a member amongst the internet users.

"Websites and applications enable users to create and share content or to participate in social networking." Oxford Reference stated. The shared interactions around social media sites involved connections through messaging, phone calls,

video chats, and photographs within a short or long-range distances between the users' locations.

Using the following features around social media platforms, the users are able to reach other users by expressing emotions, feelings, or thoughts, as well as learning new knowledge and exploring new interests. Facebook, Twitter, Instagram, Snapchat, YouTube, TikTok, Skype, Pinterest, Vine, and LinkedIn are some of the most popular social media platforms currently in the 2010's generation.

Social media compensates for the depleting in-person interactions of people's everyday lives. According to a study conducted by the Harvard T.H. Chan School of Public Health, "Social media may provide individuals with a platform that overcomes barriers of distance and time allowing them to connect and reconnect with others". With the responsible use of social media, users are able to positively expand their in-network interactions and thus, strengthen one's needs of socialization and well-being.

Contrastingly, great exposure to inappropriate contents around social media has immediate consequences and negatively affects the user's engagements. As stated by the National Center for Biotechnology Information, "Threat and harassment through the internet: the dissemination of false information, embarrassing or hostile interaction from others." Cyber bullying, blackmailing, and slandering are more prevalent in-networks with the unrestricted exposure of users, especially children, in social media platforms.

responsible use of social media may also lead to signs of anxiety and depression, as well as deviation from in-person interactions: a result of overtime engagements on social media.

Social media platforms' high rate of communicative efficiency have greatly shaped the current generation's interactivity, learning, and teaching users' responsible actions and its corresponding consequences.

REFERENCE:
OXFORD REFERENCE



AUAMC PLACED 2ND IN THE AU INTERBRANCH DANCE SHOWDOWN

By: Karen Delgado

“Dance is the hidden language of the soul.” – Martha Graham. AU Chiefs served us with passion, flair, and talent as the AU Dance Showdown Interbranch Competition was held last March 27, 2023 at Apolinario Mabini Campus, with the theme “Accelerating Post-Pandemic recovery through mixed modern and traditional dance styles”.

AUAMC Dance Troupe from Mabini Campus placed 2nd for Senior High School Division! Each contestant from Elementary to College Division conveyed artistic approaches to this year’s dance showdown theme, they used instruments that showed our rich Filipino heritage, they used traditional weaving designs as their costumes and really portrayed their message through their song choices.

However not only the AUMC Dance troupe poured their hearts on this competition, so did the event host - Arellano University A. Mabini Supreme Student Government. From the entrance to the stage design to the program.

The Standard’s very own, Adrian Lanopa and Lara Rodriguez hosted the event with Emz Zaragoza and Jerick Dicen served us all time entertainment. It was truly a day of talent, camaraderie and passion.

The competition had 4 categories - Elementary, Junior High School, Senior High School and Collegiate. All the campuses busted their moves with the balance of modern steps and music with the grace of folk dance. In the elementary and junior high school division Plaridel Campus bagged the title champion while Jose Rizal Campus won for senior high

division and Juan Sumulong Campus for college. The amusing performances was judged by reputable set of judges who are known in the world of dance.

AU Chiefs really got that passion and flair! And this year’s interbranch competition will not be successful without their hardwork, talent, and passion!



Photo Credits: Mrs. Cirina Bermoy-Balbido

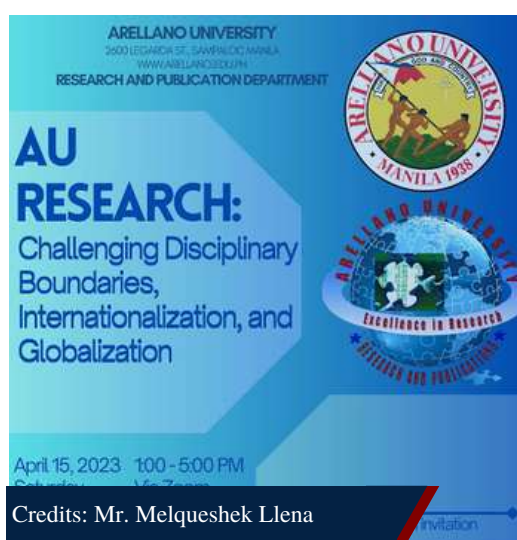
WINNERS



Credits: Angela Bernardo

ARELLANO UNIVERSITY RESEARCH FESTIVAL 2023: Challenging Disciplinary Boundaries, Internationalization, and Globalization

Written by: Adrian P. Lanopa



Arellano University takes the next step as the university research festival 2023 has been implemented on April 15, 2023 via zoom, together with all the participating branches including the Apolinario Mabini Campus in different levels and divisions with the theme, “Challenging Disciplinary Boundaries, Internationalization, and Globalization.” Divisions

as the basic education brought the best of elementary, junior and senior high school in different campuses. Collegedivision has brought the allied health sciences, business, IT and Computer Science, education and criminology related research for this conference.

The research conference started the program by singing the national anthem and Arellano university

are were divided in basic education and college division. All levels are included

hymn. Formally open the conference with opening remarks with the core researcher, Fr. Maristel B. Roxas and an inspirational message with the Vice President for Academic Affairs, Dr. Maria Teresa N. Rivera. Then the most awaited part of the conference happened, the presentation of faculty and student researchers by cluster and campuses. In this part, every research of every presenter has been played and everyone has been mesmerized as different research tackles different relevant issues in our society in

different fields and important topics.

The Mabini Campus takes pride as the three researches have been part of the senior high school division of the conference. The HUMSS, STEM and Faculty presented their respective researches from social issues to improving life quality through their coffee in the morning to their academe. With these three research, it represents the excellence of Mabini chiefs in taking the challenge in the field of research.

Different valuable topics have been presented as different campuses introduced their research, together with all the staff, mentors, and students, the research conference is a success. Truly, CHEIFS are not only talented but also innovative. Closing the conference with a message from the core researcher, Ms. Geraldine Rilles. With this conference, chiefs proved again that excellence is in everyone and we can adapt to the changing world through giving importance in the field of research.

CULMINATING ACTIVITY 2023: HUMSS and GAS strand Final Crowning Achievement

By: Dyan Reyes Padullon



Credits: Dyan Padullon

On April 20, 2023, the Arellano University--Apolinario Mabini Campus held a culminating activity at the FCJ New Building for Senior High School Grade 12 HUMSS and GAS Strand. Mr. George Acopio and Ms. Liezle Garalde presided over the ceremony.

HUMSS and GAS students were assigned a roleplaying task to complete in order to demonstrate their learnings from the second semester. Students competed for the best culminating activity award by showcasing their talents in acting, singing, and dancing.

Judges from various fields provided their best comments, constructive criticism, and encouraging words to the contestants. The thrill continues at 11 a.m. Contestants were put to the test from then on. The winners were announced immediately following the end of all performances,

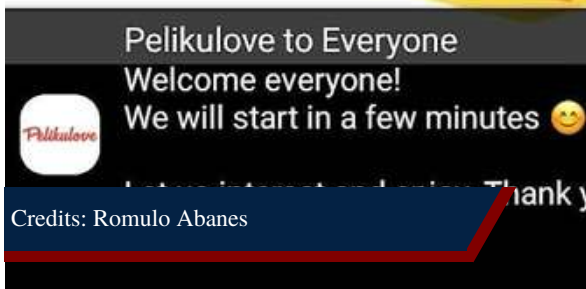
The final performer. The 2nd Runner Up is HUMSS 12-D, the first runner up is HUMSS 12-A, and the champion is none other than HUMSS 12-B. Everybody deserves a clap and appreciation for giving their very best in this culminating activity.



Credits: Dyan Padullon

Pelikulove and Arellano University Work Together to Host Shout Out Fest: A Vibrant Fusion of Youth, Cinema, and Advocacy

By: Romulo Abanes



Credits: Romulo Abanes



Image source: (Left) Romulo Abanes, "Pelikulove Shout Out Fest" 2023, "original photo"
(Right) Pelikulove, "Pelikulove Shout Out Fest" 2023

The Shout Out Fest was co-hosted by Arellano University and Pelikulove, a local film organization, and had the theme "Maghayag at Lumikha; "Wag matakot Ihayag ang ating mga boses, Sama-sama tayong maghayag at Lumikha." It was held on March 20, 2023, at 1:00 PM, both through Zoom and at the AU-JSC little theater. The event was attended by the students and staff of different branches of Arellano University. The festival aimed to give young filmmakers a platform to showcase their talents, discuss societal issues, and inspire change through the medium of storytelling.

The festival featured short films and documentaries that tackled a wide range of social issues including gender equality, importance of history, and human rights.

The Shout Out Fest featured the films "How to Make an Effective Campaign Ad," written by Paul Dela Cruz and directed by Roman Perez, "Hyper_ext," directed by Jovi Juan, "Libro for Ransom," directed by Arjanmar Rebeta, "No Trespassing," written and directed by Dada Grifon, "When a Manananggal Loves a Man," written by Raymund Barcelona and directed by Nik Azcuna.

One of the highlights of the event was the involvement of

well-known members of the Philippine film community, including Palanca Hall of Fame member Mr. Rody Vera and Mr. Ricky Lee, National Artist for Film and Broadcast Arts, and others. They gave advice to help students in developing their writing and filmmaking talents, and they motivated and supported young writers and directors to pursue their enthusiasm for the industry. The event is not only aspired to touch lives but to mold the world one movie at a time.

The Shout Out Fest was a noteworthy event that showed off the young of the Philippines' inventiveness, passion, and dedication to improving their communities.

The Standard

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AU-AMC CELEBRATES ABM WEEK

By: Clarence Rojas

"Mahal ko kayo" are three words from the president of the Senior Executive Association of Accountancy, Business, and Management, Noe Jones Satorre, as he thanked the organization after the successful conduct of ABM week last March 28-30, 2023.

The grounds of the Apolinario Mabini Campus of Arellano University hosted the opening ceremony. The ceremony

addresses the activities that take place over the entire ABM week, as well as their mechanics. Pinoy henyo, quiz bee, business booths, poster making, and journal balancing are a few of these events.

The ABM coordinator, teachers, officials, and students worked together to organize this event over three days. The event was officially held on March 30, 2023, when the winners of each competition were announced.



Credits: Clarence Rojas

In grades 11 and 12, Odullo, Alyeesha Eona Denise From, and Monte, Clarebelle Joy, respectively, won the Pinoy Henyo championship. Carla Jazmin Vicente of the ABM 12-C won the gold for Journal Balancing.

Additionally, winners of the quiz bee's top award were students from ABM 11-C and 12-C. ABM 12-D, E, and F, won first place. For Poster-Making competition winners were Jennalyn Mae Roldan from grade 11 and Jacqueline

Wong from grade 12. This event proved that the ABM strand is soaring high, and this will not be possible without the cooperation of students, teachers, facilitators, and the ABM Coordinator.

HUMSSlay: HUMSS Strand Won in the Sports Week Celebration 2023

by: Jerick Louis Dicen

The HUMSS Strand of Arellano University - Apolinario Mabini Campus took home the championship title in this year's Sports Week Celebration. The HUMSS Strand of Arellano University - Apolinario Mabini Campus has made history by winning in the Sports Week Celebration under different categories. The students showed an impressive display of skill and sportsmanship as they competed in various categories such as e-games, poster making, dodgeball, chess, table tennis, and more. The HUMSS students' hard work and dedication to their respective sports events paid off as they emerged victorious in most of the categories. The week-long event was attended by different strands from the university, but HUMSS stood out with their impressive performance.

The team displayed their competitive spirit and athleticism, which ultimately led them to victory.

The Mr. and Ms. AU category was one of the highlights of the sports week celebration. The HUMSS students who represented the strand exhibited not only their physical beauty but also their wit and intelligence. They impressed the judges with their confidence and grace, making them the clear winners of the coveted title. Mr. AU 2023 First Runner Up is Adrian Lanopa and Ms. AU 2023 is Lara Cathrina Rodriguez from HUMSS Strand. In the dodgeball, badminton, table tennis, and e-games category, HUMSS showed their skills on the court by outplaying their opponents. They worked together as a team and demonstrated their coordination by making

strategic plans and executing precise movements in the play. Their hard work and dedication paid off as they emerged as champions in different categories. They showed great sportsmanship and determination, which ultimately led them to victory.

Their success was due in large part to their team's tireless dedication and hard work. They spent countless hours practicing and perfecting their skills, and their efforts paid off in the end. Their coaches were also instrumental in their success, providing them with expert guidance and support every step of the way. In the end, HUMSS Strand victory was a testament to the power of teamwork and perseverance. They came together as a group supported each other through thick and thin, and refused to give up

even in the face of adversity. It was an honor for each candidate and representative who represented the HUMSS Strand in this year's sports week celebration. Each student played a vital role in securing the championship title, and their success will

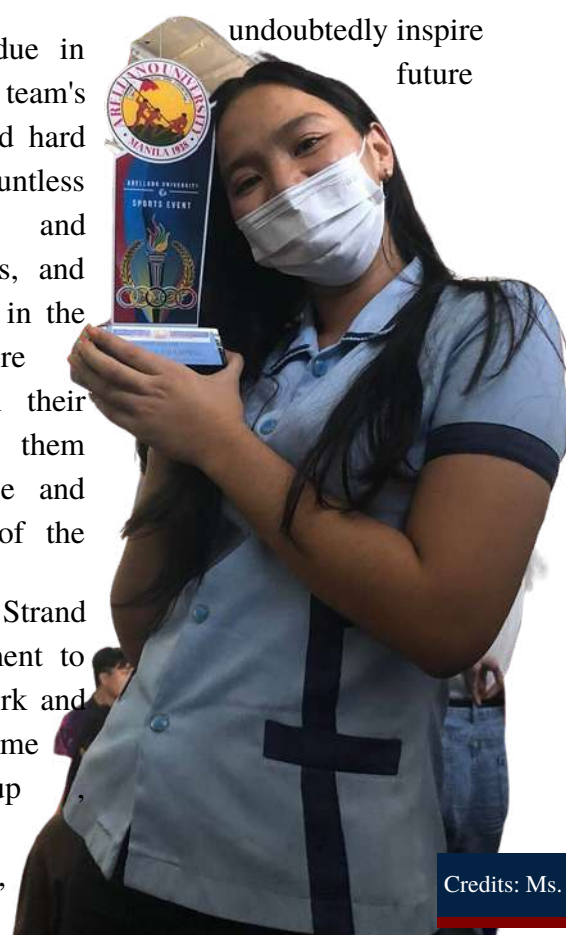
undoubtedly inspire future

generations of Arellano University students to strive for excellence in both sports and academics.

The eagerness and motivation of that was exemplify on this years events will be good aspiration for the future of HUMSS Strand and it's students. Truly that this recognition is beyond the medal, trophies and accolades. It is also a mirror of efforts, intelligence and perseverance of the current HUMSS students and faculty alike . And image to inspire the future of this stand .

Cheers to our victory and Cheers to the hand on hand battles we won!.

Viva Humanista!



Credits: Ms. Heizel Macaya, LPT



CORDOLIUM

By: Brianda Pherie Lee

A heart that felt
excruciating pain
How will it ever open again?
A love that has been taken for
granted
Will she ever choose to
forever let her heart be
guarded?
Walls she chose to build to
protect what has been broken
No one can blame her for not
letting anything ever happen
again.

Vision

By: Maria Isabelle Bien

The way I see the world,
The way I see the stars,
Makes me wonder of how I
should live my life,
Maybe not today, maybe
tomorrow, you'll see wonder
in my eyes.

My mother told me to be
humble,
So if ever I win or Stumble,
A person will catch me if I
fall.
Help me reach, see, and run
to my goal.

Pride and being proud is not
my thing,
To live humbly is what my
mom has taught me.
Even if you could paint, or
dance, or sing,
Boastfulness should never be
a habit of thee.

GITARA

By: Pixie Palomar

Sa gabing puno ng takot at
pangungulila, Tinig mo ang
saki'y nagsilbing enerhiya.
Noo'y 'di ako panatiko ng
mga kundimang awitin.
Ngunit nang matagpuan ka'y
nagbago ang ihip ng hangin.

Hinahanap-hanap mga
matatamis mong mga nota,
Na sumasabay sa
mahaliginay na klima.
Kasabay sa pagtugtog mo ng
iyong gitara,
Ang siya namang pagkalaho
ng aking mga pangamba.

Last Step, First Step

By: Alyeesha Denise Odulio

I'm standing in the hallway
Thinking back to this exact
moment on my first day of
high school. I gave it a brief
glance as I recalled the terror
and sense of impending
doom I had experienced. My
next thought is that it's no
longer as terrifying. It's no
longer frightful. All I can see
are the people and the
memories even though the
lights are off, there are no
people present, the air
conditioner is off, and the air
is only whispering in my ear.

I can picture myself waving
to a stranger with whom I am
not even close, but I
recognize her from
something I can't even recall.
Since we are not as close, we
probably won't wave in that
way as we pass one another
on the corridor. In my mind's
eye, I can also picture myself
and my pals there, laughing
incessantly while we waited
for our classroom to be set
up.

Because of the reports and
deadlines that we had to
meet on a given day, I can
even now recall the fear that
we experienced on some
days all at once. I can hear
the questions being asked
back and forth to review
each other. Even now, I can
still taste the food I stole
from my friend and wrecked
his entire mood with. I can
still smell the perfume of my
happy crush that served

as my inspiration the whole
year as he walks by. I
continue to remember the
pretty girl's attire. And that is
high school. I understood
how high school is so
nostalgic to every person in a
different way but almost the
same feelings. I understood
why it is such a memorable
time for everyone. We used
to run here back and forth,
the fear of knocking on one
of these rooms, the jamming
on these benches with one or
two guitars and ten people,
arguing constantly just
because of one question in
the exam.

But that is high school.
These moments won't be on a
daily basis anymore. These
moments would just be a
comforting memory as it
lasts. I hope the benches will
remember our voices. I hope
the stairs would have our
footprints. I hope the lights
will remember our exciting,
panicking, or even crying
faces. I hope the school never
forgets. I hope the people will
never forget that we were
once here, we once stood
here all at once.

That was our life and once I
step out, it would be
different. I hope there won't
be regrets because it will all
start here, in my last step in
high school. I hope all the
seniors would let their dream
pave the way because only
the school year ended, we
didn't.

The Art of Letting Go

By: Mallory Olalia

Flashbacks were coming
to me as if trauma had hit
me.

The laughter through the
hallways, the tears shed
when you are on the verge of
giving up, the way I was
frightened, the frustration
that built up when things are
complicated, and the
uneasiness that crippled
through me everytime
someone forced me to do the
things that I didn't want.

Those were the things that
held me to move forward.
Those were the things who
helped me live.
Those were the things that
are worth the

chase at all cost. Those
were the things that made
me grow. as if the
memories made was
something to expect.
But everything was coming
to an end, it was too late for
me to say "it should be this
way, it should be that way."
I looked back from the day
I was the happiest with
them, and it never occurred
to me that it was something
to be afraid of. Maybe it's
tough, maybe there was a
mistake, but there wasn't
any regret.

We bid our goodbyes;
tears, bawl, hugs, and
relief.
And in that way, I made
the right choice.

EDSA

By: Lester Baustista

The corners of tragedy are like a flickering light in my
mind, a reminder of the pain and suffering that we've
endured. It's a song that echoed in the middle of the
darkness, much like the howl of a dog in the dead of
night. Oh, Boy! You, yes!, march with us in the middle
of EDSA, the rust of every chain clanging as we march
forward. The rain falls on us, symbolizing the cleaning
and regeneration that we want.

We leave behind our careless selves, the shadows that blind us
to the world's sorrow. Our fathers may have started it all, with
their black meat and tombs, but we are a nation united by the
colors of yellow, red, and green. Filipinos are one, and we
stand together as we face the challenges that lie ahead.

With a mighty sword, we stab at the vision of our blind nation,
a nation that has been wounded and scarred by the past. We
die, we cry, but we do not give up. We must protect our pearls,
the precious things that we hold dear. Founded on bravery,
heroism, and intellectualism, we stand together and shout
"Hoorah!" as we move towards a brighter tomorrow.

Bayad Po!

By: Coleen Noriega

Madilim na kalangitan ang aking nasisilayan, madaling
araw pa lamang ay ako'y naghahanda na sa umaga't gabi na
walang tigil sa pagpasada. Kape at yosi ang aking madalas na
umagahan. Hindi na para pa't magsayang ng barya sa tinapay,
dahil sa panahon ngayon ay kung anong ikinataas ng presyo
sa pamasaha't bilihin ang siya namang ikinababa ng halaga
ng piso. Hanggang kailan ba tayo gugutumin ng gobyerno?

Mas lalo akong nawalan ng pag-asa nang magkaroon ng
pandemya. Halos siyam na buwan itinigil ng gobyerno ang
pampublikong transportasyon. Nakakapanlumo. Nakakagalit.
Nakakabaliw. "Pa, umiiyak ka ba?" Rinig kong tanong ng
bunso kong anak. Hindi ako makaimik at lalong hindi ako
makaligon sa kaniya, hindi dahil nahihiya ako sapagka't hindi
ko na alam kung anong gagawin. Sa hrap ng buhay, hindi ko
alam kung paano nakakaya ng gobyerno na iwan kami dito sa
hukay. Hanggang kailan kami aasa na marinig ang aming mga
hinaing? Ang hrap-hrap mong ipaglaban. Ang hrap-hrap
mong mahalina, Pilipinas.

MABINI STEM STUDENTS ON-JOB-TRAINING & SEMINAR UNDER DEPARTMENT OF SCIENCE AND TECHNOLOGY (DOST)

Written by: James Polo

The students from the STEM strand of Arellano University – Apolinario Mabini Campus had their on-the-job training (OJT) and seminar in barangay Natividad, Panguil River Eco Park, a land that is managed through a joint project of Arellano University and Department of Environment and Natural Resources (DENR) Research and Development Bureau Local Government Unit of Pangil, Laguna

The seminar entitled “Charcoal Making and Briquetting” was tackled by Engr. Kristopher Breis, a science researcher from the Department of Science and Technology – Forest Products Research and Development Institute (DOST-FPRDI). There he explained the importance of

this project to the community as agricultural waste disposal is a primary environmental concern since it can pollute the ecosystem degrade water supplies, and emit greenhouse gases making the waste an alternative resource instead of trees and plants through the process of carbonization in drum method and manual briquette. In the study “Production and Applications of Biochar,” it was stated that carbonization is a pyrolytic or thermochemical reaction that produces heat in the absence of oxygen. The use of biomass and waste for diverse ervices is critical to the long-term development of the environment. Carbonization has the potential to play an essential role in establishing a more sustainable future as the world attempts to cut greenhouse gas emissions and address climate change

As the discussion was engaging, students were able to understand and get a grasp of the potential this technology has for our community as the process can help to reduce waste, produce renewable energy, and improve soil health.

Students were able to ask for insights in relation to their study of the topic discussed

by Eng. Kristopher Breis and received guidance to help them on their project. It is said that the batch of 2022 – 2023 is the 1st batch of STEM students to have their on-job-training (OJT) under the Department of Science and Technology. This is also a chance to help the students gain a new perspective, improve their

skills, and build networks. Overall, this opportunity was a great way to extend the students' horizons, learn about a different culture, and develop a better grasp of the world around them.

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Photo Credit to: Melford Madelo

STEMabinians' Plan in Driving Success to Innovation

Written by: Lara Cathrina Rodriguez



Photo credit: Ms. Luigi Canlas & Luis Vadlit

Success is not necessarily the priority but rather the progress where improvements and development are present, thus making every idea counts as a means of contribution to the world's innovation.

The Arellano University - Apolinario Mabini Campus is coping by adjusting to the new normal where activities and events are finally being conducted face-to-face last March,

with assistance of the panelists have successfully set the title defense of all Grades 11 and 12 students from the Science, Technology, Engineering, and Mathematics (STEM) strand in line with the fulfillment of their requirements for Research subject. The titles proposed by the students revolved around the idea of innovating a certain product but they differed on the type of research they were assigned. Grade 11 students are tasked to focus on usage and effect to prove the feasibility of the study due to their qualitative nature in Practical Research 1, while Grade 12 students are challenged to conduct experiments and innovate products for their subject, Research Development.

The CHIEFS are known for possessing competence. Their step to success is determined through hard work and sacrifices, especially in the academic field. The purpose of their research studies is not only to accomplish their responsibilities but also to acquire learning and at the same time.

It gives them a convenient opportunity to run down the extent of their capabilities. An inspiring quote from Arthur C. Clarke says, “The only way to discover the limits of possible is to go beyond them into the impossible.” As students of this 21st century, their wider access to technology is continuously helping for a lot of purposes driving the world to productivity, promoting economic

growth, and hope for the environment's sustainability. With all that being said, the innovative approach puts up the flexibility to potential changes, allowing every member of society to pivot and seize opportunities where and when they may arise. More so, as part of STEM's objectives, it allows individuals to take thoughtful, deep looks at problems and create real-world applications for solutions. Consequently, this measure will spread a sense of value to utilizing the resources that people from every part of the world must come together to eradicate problems or at least lessen the threat to the rise of our living.

Setting the Standard: Creative Campus Journalism Week 2023!

by: **Jocel Pagaduan**

The Standard of Arellano University - Jose Abad Santos campus hosted their biggest face-to-face event with the title – Setting the Standard: Creative Campus Journalism Week (CCJW). With the theme of “Honing the new era of Competent Chiefs: Igniting the Journalistic Spirit Within,” held from March 20 to March 24, 2023.

All students were welcomed to the said event, with or without experience in campus journalism. The event’s purpose was to teach students the significance of campus journalism and how to be a journalist. Current officers of



Photo Courtesy of Leilah Paras

The Standard took the honor of being the speaker in each category. Dividing the -

categories into two per day, marking the event for five consecutive days.

CCJW was launched with news writing and feature writing on its first day. It was

followed by editorial and sports writing on day two, day three spent for editorial cartooning and science writing. Coming after day three is literary writing and photojournalism on the fourth day. Recognition and awarding for exceptional participants marked the last day, together with the copyreading and headline writing, and layout and graphic designing.

Students were given certificates of participation. Excellence was recognized with certificates for the exceptional writers and works. Speakers also received their certificates of appreciation for sharing their wisdom to the participants.

CITE Week's Comeback at AU-JAS

by: **Christine Leigh Chan**
and
Ellysa Mae Niebres

The College of Information Technology Education (CITE) Week has successfully returned last March 13-18, 2023 after a few years of absence because of the pandemic. Eight activities were included in the event: the CITE Quiz Bee, E-poster making, programming, network setup, computer assembly, website creation, the Mobile Legends Tournament, and the Valorant Tournament.

Over 100 students from the CITE department participated in the event. All activities took place in the university's computer laboratories, except for the Valorant Tournament, which was streamed online on their department's Facebook page together with the Mobile Legends Tournament. The complete list of winners is provided below: Wengell Gallamos (CITE Quiz Bee), Jade Miles Dollison (E-poster),



Photo Courtesy of AU SCS - Student Society

Timothy Jon Lopez and Johnny Alimoot Jr. (Programming), Zeus Christian Valles and Prince Sorita (Computer Assembling and Troubleshooting), Gavino Cruz and Tem Vincent De La Helba (Network Setup and Troubleshooting), Johnny Alimoot Jr., Timothy Jon Lopez, and Shawn Michael Advincula (Website Making), Ralph Kian Reyes, Adrian Munzon, Christian Romano, Chian De Ocampo, and Aldrin Gallardo (Mobile Legends Tournament), Christopher Oliva, Mhar Angelo Bagaforo, Jhon Edward Mabbagu, Ryan

Zynco Tan, and Jazan Kierr Malano (Valorant Tournament).

The event was a success thanks to the dedicated CITE Student Society and the assistance of the professors, who inspired the students to participate. Despite obstacles, they managed to pull off the event and overcome each problem they ran into with the help of the incredibly helpful OSA department. Everyone who contributed to making the event a success is gratefully appreciated by the CITE Student Society!

Chiefs Dance Barrio Fiesta!

by: **Kate Cassandra Salvo**

PE Department leads a festive celebration commemorating Arellano University's founding anniversary as students participated in 2023 SHS' Field Demonstration with the theme “Barrio Fiesta”.

During the program proper, abundant festivals and genres are showcased. According to the head of the event, Sir Pallones, the purpose of this field demo is to let the student-performers be familiarized with the various culture of the-

Philippines as they danced through it.

This event turned competition was conducted last February 21 to 22 having the Paru-paro Festival (Grade 12 - ABM 1, ABM 2, ABM 4, STEM 6, STEM 9) as the 1st Best Performance followed by the Masskara Festival (Grade 12 - ABM 3, ABM 5, ABM 6, ABM 7, ABM 9, STEM 11) then the Pahiyas Festival (Grade 12 - GAS 1, GAS 2, STEM 3, STEM 5, STEM 10).



Photo Courtesy of Jearho Christian Sevileno

CPAR Exhibit: Showcasing Chiefs' artistry

by: **Leilah Paras**

The Grade 12 students from Arellano University Jose Abad Santos Campus showcased their skills and talents through various contemporary artworks which were displayed at the Contemporary Philippine Arts from the Region (CPAR) Exhibit inside the campus last March 3, 2023 from 1:00 p.m.

to 2:30 p.m. The event was prepared by the English Department Faculty and the chosen groups to represent their sections from Grade 12 strands. It was divided into two categories: two-dimensional (57 artworks) and three-dimensional (18 artworks), for a total of 75 chosen pieces. The championship places were

awarded to 12 - STEM - 8 for the 2D art category and 12 - GAS 1 for the 3D art category, judged by the Performance Audit Coordinator, Mrs. Adoracion Abella, Academic Coordinator, Ms. Camille Zoleta, PE Coordinator, Mr. Dannielle Jefferson C. Cabudol, and OSA Branch Coordinator, Mr. Edmund O. Palangdao.



Photo Courtesy of Jearho Christian Sevileno

Psychology Society's Back to Back Events



by: Bernadeth Araman

The Psychology Society – Arellano University Jose Abad Santos Campus marked the monumental event by executing webinars on March 8, 2023, and April 12, 2023 via Zoom Meeting that aimed to alleviate issues in the field of psychology.

Ms. Mary Easter Claire Perez-Torres, who gave tips on taking an active role in protecting one's own well-being and knowing how to handle stress, wrapped up the first event entitled "Mental Health Awareness: Self-Care and Mindfulness." Thereafter, the second event, entitled

Psych Day: PsySoc Together, One Family Forever, was presented by engaging the students in virtual games and awarding those who had excelled in academics and extracurricular activities throughout the year. The events ended with thunderous applause from both the participants and the officers themselves for completing the two events despite time constraints. Ultimately, the Psychology Society endeavors to continue its advocacy of lending collaborative assistance to all psychology students on campus for the purpose of promoting good mental health hygiene.

Abadians Bag Awards in AU Showdown

by: Michaella Acasio

The AU Showdown Interbranch held on Arellano University – Apolinario Mabini Campus last March 27, 2023, with the theme of "Accelerating Post-Pandemic Recovery Through Mixed Modern and Traditional Dance Styles" left an extraordinary experience to everyone with the spectacular performances.

The seven campuses participated in the event with one representative per department, totaling 28 participants who impressively performed in front of the audience, which led to fierce



competition. The representatives of Jose Abad Santos Campus left an impact on the audience and brought home awards:

- Chiefmunks Dance Troupe—1st Runner-up (Elementary Department)
- Rush Hour Crew—1st Runner-up (Junior High School Department)
- Performer's Guild—2nd Runner-up (College Department).

AB students unite for CAS Week

by: Christine Leigh Chan

Last March 13–16, 2023, students from the Bachelor of Arts (AB) in Political Science, AB Psychology, AB English, and AB History successfully celebrated the College of Arts and Sciences (CAS) Week under the theme "MagCASSOma against all odds: Nurturing EveryJuan and growing ALLtogether." The College of Arts and Sciences Student Organization (CASSO) spearheaded the event with two major activities.

On March 13, a webinar via Zoom was held with Mr. Marvin M. Calanoc as the guest speaker. All attendees received e-certificates, and several students from other universities also participated.

The second activity was a poetry writing contest named "CASSOlatan," for which participants used Google Forms to submit their entries. A medal and a certificate of participation

are presented to the winners. Mary Anne Jelline Z. Puno is the winner; Adrian O. Delos Reyes is the first runner-up; and Trisha Ann G. Dasig is the second runner-up.



Chiefs Sing Aulong at AU Idol

by: Jessica Benavides

Last March 24, 2023, the singing competition, AU Idol, happened at Arellano University's Elisa Esguerra Campus in Mandaluyong City. It began at 2:00 p.m. and ended at 9:00 p.m. Before the day of the event, the numbering of contestants was organized through a raffle. The seven campuses of Arellano University took part in the competition; there were a total of 11 elementary students, 13 junior high school students, 14 senior high school students, and 8 college students who competed in each division.

Arellano University—Jose Abad Santos Campus—has two representatives at each level; to sum up, there were eight contenders from JAS Campus. Due to their passion and exceptional talents in singing,

two contestants from AU-JAS won as placers:

1st Runner Up (JHS Division): Ms. Samantha Ysabelle T. Umil
3rd Runner Up (College Division): Mr. Noel Padilla



Chiefs Show off their skills in HE Week

by: Amri Lorayne Centeno

In line with the celebration of the Arellano University-Jose Abad Santos' HE Week, the SSC-SHS and the HE club held the "HE Week: Skills Competition 2023" last March 29–31, 2023, showcasing the students' different skills by

participating in different contests: cake decorations, cupcake display, campus tour, bread making contest, table skirting, flower arrangements, napkin folding contest, and sandwich making contest.

Each section from grades 11 to 12 of the Home Economics

strand was given its corresponding Philippine festival to represent its section. Students were given tasks to participate in the assigned competition for the first two days. But the final or third day was their most anticipated moment—the awarding ceremony.

Unexpectedly in the overall awards, Kadayawan Festival and Pahiyas Festival tied for 2nd place, Masskara and Panagbenga Festival are both 1st placers, and students were not surprised that the overall champion is the Bangus Festival due to their numerous awards in the celebration of their week.



Walk Passionately, Bow with Advocacy: Mr. and Ms. AU Pasay 2023

by: **Ryan Guevarra**

A congratulatory greeting and a recognition are simply fluttering ways to express appreciation and admiration towards someone who has won or achieved something, but for Miss Ortiz and Mr. Bito it is more than that. For them, it is a new beginning for a new track to walk through. It is the urge to do beyond what they can do. And it is the silver lining they are longing for to accomplish they are standing for. Both crown holders have advocacies that embody their



Photo Courtesy of AUSSC PASAY

experiences and personal perspectives in life. These advocacies molded them to be in the moment that they have ever imagined they would be in. Miss Shaula Mae S. Ortiz, also known as Shau, is a 1st year Student that is currently taking Psychology course at Arellano University-JAS Campus. She adores reading and also has the fondness of collecting books and necklaces.

pursuing pageantry at the age of 14, magnificently winning two crowns, which is quite an achievement for her age.

However, behind those victories and the throne she earned, backlash came on her

the news that she will be the CAS representative for the then upcoming pageant. This filled her with fear that the bullying might happen again, but because of the consistent support and encouragement she received from CAS Department, friends and most especially her loving family, the fear and hesitation had vanished away and made her the victor in her game, leading her to transmogrify this fear from her own experience into an advocacy that embodies her love for animals and coping her fears through protecting them at all cost.

"My advocacy is to spread wide awareness about animal cruelty.

I want to speak for them because it is hard to experience pain, hunger and other emotions but cannot tell people what you really feel. Stray dogs and cats are the subject that I consider the most in my advocacy because they are the creatures that often experience cruelty. Just imagine sleeping on the side of the road and someone picked you up and threw you across just for fun? I cannot

imagine and I also cannot stand seeing or even hearing this kind of circumstances", Ms. Ortiz said. Just like what she had encountered before, she was not able to speak for herself against the odds, what more to the animals that do not have the voice and ability to protect themselves?

Meanwhile, there is Mr. Mark Vincent Bito. A 1st year student who is taking Nursing for his college studies here at Arellano University-JAS Campus. He has been into music ever since he was a kid. He really loves to dance and to sing. For him, every time He listens to music or even groove with it, it makes him feel that He is the happiest person alive. Unlike Ms. Ortiz, Mr. Bito just recently pursued pageantry. This is because of what he thought what pageantry was for. Before participating in Mr. and Ms. AU Pasay 2023, He was insecure about his appearance and did not have the confidence to participate in any contest. He thought that pageantry qualifies only between man and woman that has either good looks or a nice body, but later realized that "It is not all about the physical appearance It is all about the advocacy that you want to share and the love, passion and the effort that you make", he said. From that thought, this led Mr. Bito from considering joining Mr. and Ms AU Pasay for he has an advocacy that he wants to share, which is the prioritization of our health and well-being. -

According to him, as a person who studies nursing, it is essential for him to educate every single one of us to know that health is really something that we need to invest more in because as they said, "Health is wealth."

Just like Miss Ortiz, there was a moment when Mr. Bito wanted to quit being a contender, but he told himself that he wanted to learn to utilize his own fighting spirit because there was no one to help him but himself, yet look at him now, walking confidently while standing for his advocacy. This made him fulfill one of his biggest accomplishments, which was making his family and his friends proud, especially his mother. He also was able to break down the prejudices he had, at first, which deeply impacted his life in the long run as now a pageant king. Furthermore, what made him do successfully, is that every time he has this kind of event or a pageant, he always says to himself that no matter what happens he would relish his moments there and would not put much pressure on himself.

At the MMAU Interbranch, Miss Ortiz won the title of Ms. Arellano University Interbranch 2023, and Mr. Bito won the title of Mr. Arellano University Interbranch 2nd runner up.

Forged with Beauty and Excellence: Mr. & Ms. AU Abad SHS 2023

by: **Barry Santos**

Crowned with glory. Titles have been given in the recently concluded Mr. & Ms. Arellano University – Jose Abad Santos Senior High School Division 2023. Slayed with elegance, 42 bold and dynamic SHS contenders fought for the crown yet only two title holders are pronounced as the fairest of them all. Getting ready for greater heights, Mr. Jaydee Franches Garcia and Ms. Angel Rapuzon answered the call and are now preparing as they will conquer the bigger stage in the upcoming Mr. & Ms. Arellano University SHS 2023 Interbranch Competition.

Ms. Rapuzon, a pageant neophyte said, "I promised myself that I will do my very best to improve and to be the

better version of me so I could take another crown home for the next competition, which is the Ms. AU SHS Interbranch." On the other hand, Mr. Garcia stated that he was still in shock because he wasn't expecting to win and be hailed as the Mr. AU JAS 2023.

Moving forward, Mr. Garcia & Ms. Rapuzon were now embracing the opportunity and platform they're in as an ambassador and the face of the university. Facing thier fear and trusting in their capabilities are the key qualities that led them to walk towards the crown and now packed with great courage and confidence, they are now ready to make an impact and bring much pride and honor to our beloved university.

When asked how she felt when she was crowned Ms. AU Abad SHS 2023, Ms. Rapuzon said: "Since it is my very first time to join a pageant, I was nervous at first. I was doubting myself and overthinking if I should really continue to join or just wait for the right time, but we never know when it will be the right time if we don't try.

So I didn't let that fear eat me, and I just decided to join and enjoy the process, and I promised myself that I would be happy even if I won or not, because I'd still have a lesson that I could use for future purposes. But, being hailed as Ms. AU SHS Abad, I was so overwhelmed and thankful at the same time, Because who would've known that this first-timer -

girl would get to take the crown home, right? So, I promised myself that I would do my very best to improve and to be the best version of myself so I

could take another crown home for the next competition, which is the Ms.AU Interbranch."



Photo Courtesy of Arellano University Jose Rizal Campus

The Young Beauty Queen, Renai Malacaste

by: Christine Leigh Chan

Beauty, brains, and talent—these three are what make a person qualified to be in a beauty pageant. But for Renai Malacaste, the crowned Miss Arellano University 2023 (Junior High School Division), beauty pageants are about appreciating art as well. She said that the recently conducted Mister and Miss AU Interbranch competition contributed a lot to her life as a young individual: "Each moment of it has become an epitome of experience.

It has taught me how beauty pageants don't only represent beauty; they also represent art, in which beauty is connecting with others, finding confidence in yourself, and truly learning how much we're capable of being. It was not just a competition for me; it was a journey, a journey in which I changed how I found beauty not only in others but also in myself."

Aside from her realization of the true meaning of beauty

pageants, the young beauty queen also learned a lot from her MMAU journey. "Well, I can certainly say that I have learned a lot from the experience. From the very beginning, I wasn't really confident of winning; well, I didn't even expect myself to stand there and get the crown, but all I aimed for was to learn and enjoy the experience. It has taught me that one of the biggest successes is found in learning and enjoying the moments—moments in -

which we'd look back in nostalgia and find ourselves smiling. Therefore, the greatest lesson I've learned from that is just how much each moment matters, and each one of them counts just as much as how happy I was when the crown was placed on my head and to stand there smiling, not even expecting one little bit of it. Those moments are infinite."

Aside from the title of Miss Arellano University, Renai also won as Ms. Eloquent

during the competition. She was beyond grateful to all the people who supported her from the start of her journey, especially the coordinators, teachers, schoolmates and even her co-candidates.



Photo Courtesy of AU-JRC Shuttlers

TRAC Campus Journalism Convention: The Burning Passion Within

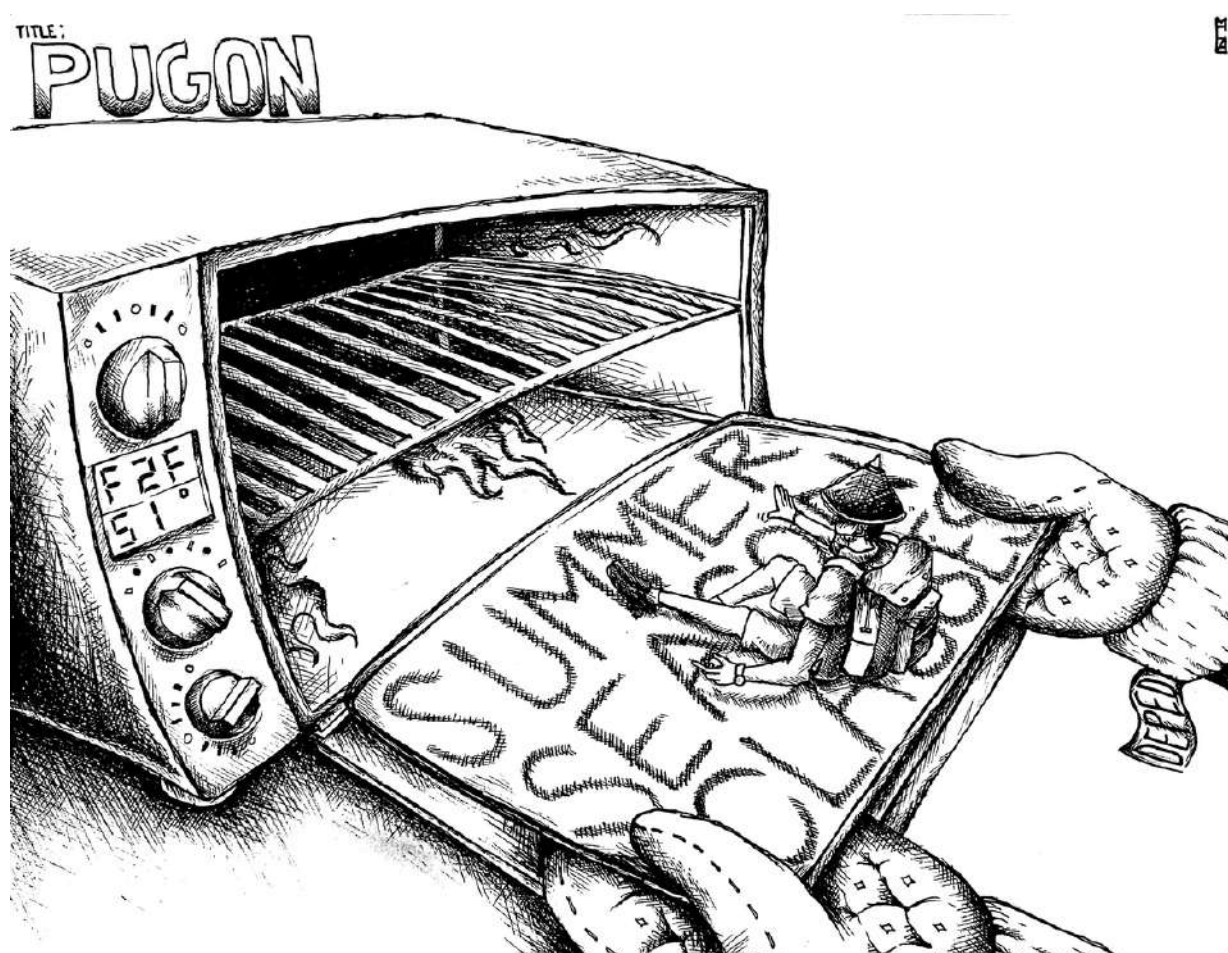
by: Christine Leigh Chan

On April 28, 29, and 30, 2023, the TRAC Campus Journalism Convention was held via Zoom with the theme "Forging a Just and Humane Society Through Campus Journalism." The respectable resource speakers were Atty. Chel Diokno, Ms. Kara David, Prof. Abner Mercado, Ms. Jing Castañeda, and Mr. Joe Torres. Five out of seven campuses of Arellano University joined the convention, Juan Sumulong Campus (JSC), Jose Rizal Campus (JRC), Apolinario Mabini Campus (AMC), Elisa Esguerra Campus (EEC), and Jose Abad Santos Campus (JAS).

The Standard JSC was proudly represented by Earl Joshua Morales, Editor-in-Chief, who competed in the Feature Writing English category; Carlo Arsula, Associate Editor for English, who competed in the Sports Writing English category; Isabella Louise Badon, Managing Editor, who competed in the Editorial Writing English category; and

John Christian Miranda, Head Cartoonist who competed in the Editorial Cartooning category.

AMC was independently represented by Coleen Noriega, Literary Editor, who participated in the Editorial Writing English category. JRC was courageously represented by Caih Isaiah Jan Ulit, Managing Editor, who participated in the Editorial Writing English category; Gillian Alcantra, Associate Editor for Filipino who participated in the News Writing Filipino category, and Amber Vixen Parungao, contributor, who participated in News Writing English category. EEC was competently represented by Rocelle Christine Lacuesta, Editor-in-Chief, who vied in the Feature Writing English category; John Mark Caranto, Head Social Media Editor, who vied in the News



Writing Filipino category; Venice Garado, Feature Editor, who also vied in the Feature Writing English category; and Zenia Victoria Genecela, contributor, who vied in the Editorial Writing

English category.

JAS was remarkably represented by Barry Jay Santos, Associate Editor for English who contended in the Feature Writing English category; Michaela Acasio, Associate Editor for Filipino who contended in the Sports Writing Filipino category. Kate Cassandra Salvo, Managing Editor who contended in the Editorial Writing English category; Bernadeth Araman, News Editor who contended in the News Writing Filipino category; Jocel Anne Pagaduan, Circulation Manager who also contended in the News Writing Filipino category; Amri Lorayne Centeno, Staff Writer who contended in the Photojournalism category; and Marc Cedric Angusto, Cartoonist who contended in the Editorial Cartooning category.

them were from JAS, while two of them were from JSC. Mr.

Angusto of JAS was the champion of the Editorial Cartooning category, with Mr - Miranda of JSC being the 2nd placer. Ms. Pagaduan of JAS was the 1st Placer in the News Writing Filipino category. Ms. Acasio of JAS was also a 1st Placer in the Sports Writing Filipino category, while Mr. Arsula was a 2nd Placer in the Sports Writing English category.

The representatives were relieved after the competition since they successfully completed the convention, and they were also grateful and still in awe because they got to interact and learn from notable speakers. The whole Standard publication and Arellano University was proud of the chosen journalists since they have proven that their skills and talents are at a nationwide level.

Marc Cedric Angusto's winning piece in Editorial Cartooning category, entitled "Pugon"

Among the 19 representatives of Arellano University, five of them brought home awards. Three of -



Photo Courtesy of Je ann De La Paz

Climate Change's Negative Trend Until 2060

by: Ma. Juliana Gaboy

The secretary-general of the World Meteorological Organization (WMO) has cautioned that despite effective attempts at climate mitigation, the current trend in climate will persist for the foreseeable future.

Petteri Taalas Anadolu stated in an interview, "We can still affect this situation, but the negative trend in climate will continue until the 2060s anyhow,"

"And if we are successful in climate mitigation, we could phase out this negative trend, but the melting of glaciers and sea level rise is a game we have practically lost that will continue for the coming even thousands of years," Taalas added.



Photo Courtesy to Anadolu Agency

He emphasized that it will be a long-term threat in many locations around the world, especially for coastal areas and the the Mediterranean region.

The good news, he said, is that the world now has the technological tools to be successful in climate mitigation.

He added that governments started taking action against climate change, but stressed that those countries that are going through an economic transition

ought to join in as well. Despite the fact that the cost of solar and wind energy is declining and there are an increasing number of electric vehicles on the road, the world is not likely to achieve the Paris Agreement objective of limiting global warming to 1.5°C.

"So far, we are not yet heading towards the Paris 1.5 degrees target, which is a challenge. We have to boost our climate mitigation efforts," he said, adding that the 1.5C target would be the best for the welfare of human beings, for the biosphere, and also for the global economy as it is stated by the science community.

Reference: Philippine News Agency, 2023.

PH and UAE's Collaboration on Space Projects

by: Ma. Juliana Gaboy

The Philippines and the United Arab Emirates (UAE) signed a contract for space cooperation. According to Philippine Space Agency (PhilSA), the nation would work with the UAE Space Agency (UAESA) on space research and development as well as the mobilization of satellite data for emergency management, disaster management, food security, and agricultural purposes, among other things.

On December 5 of last year, the two organizations signed a memorandum of collaboration outside of the Abu Dhabi Space Debate.

"It is a pioneering agreement involving our countries and ushers Philippines and UAE relations into a new and exciting frontier," PhilSA Director General Joel Marciano stated.

He continued by saying that the UAE, which had pioneered many ground-breaking space missions, had served as an inspiration to PhilSA in its endeavors to highlight space potential in tackling current and current and future sustainability concerns.

Some of the initiatives under the MOU in development include capacity building, intercultural exchange, and the growth of the space sector.



(L-R) Philippine Ambassador to the UAE H.E. Amb. Hjayceelyn M. Quintana witnessed the signing of the Philippines-UAE MOU on Space Cooperation between PhilSA Director General Dr. Joel Joseph S. Marciano, Jr., and UAESA Director General H.E. Salem Butti Salem Al Qubaisi, together with UAESA Executive Director Ibrahim Al Qasim, on 05 December 2022 in Abu Dhabi, UAE.

The promotion of the space industry and industrial cooperation is another activity that falls under the umbrella of the cooperation. Other activities include scientific missions on space exploration and access to pertinent data, joint conferences, workshops, and knowledge-sharing activities on applications of space science and technology, advancement of space education through graduate studies and student exchange programs, use of ground stations and infrastructures, and advancement of space education.

The collaboration is anticipated to result in more solidified ties among the two organizations as well as additional opportunities.

Reference: Arayata (Philippine News Agency), 2023

New Media Artist Refik Anadol on AI Art

by: Ma. Juliana Gaboy

Artificial intelligence (AI) is a growing concern among many artists worldwide.

"As a concept, it gives us a lot to ponder in terms of how we define creativity and measure creative time or effort in the age of AI," Refik Anadol, a Turkish digital media artist, said to Anadolu Agency.

"As a tool, even though it might have useful professional applications, it won't replace human creativity because, in my opinion, human creativity requires a strong connection between memory and emotion – something that generative AI will always lack," he clarified. "I think that recent advancement in AI technologies might initially be seen as serious threats in the art world, but I don't think that generative AI specifically poses dangers for the future of creativity," Anadol added.

According to Turkish metropolis Istanbul and Los Angeles, Anadol is famous for his application of cutting-edge technologies to create immersive sculptures and installations. The technologies used comprise of artificial intelligence, machine learning, and quantum computing.

In homage of Antoni Gaudi, the widely creative Catalan architect who passed away in 1926, Anadol reconstructed his audio/visual show Living



Photo Courtesy of Refik Anadol Studios

Architecture: Casa Batllo in Barcelona, Spain, on May 5.

The performance was seen by more than 65,000 spectators in Barcelona, where the Caso Batllo is located.

Infinity Room: Bosphorus, a

recently commissioned site-specific project by Anadol, is also on display in the Istanbul Modern Museum. It is based on real-time environmental data from the Istanbul Strait.

Reference: Philippine News Agency, 2023

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Paupos

Ni: Amri Lorayne Centeno

Kandilang nagsisilbing liwanag sa lumbay ng gabi, Ikaw ang nais kong makausap sa aking tabi. Titigan ang kandilang paupos na rin, kagaya mo na ako ri'y lilisanin.

Alpha Centauri A

by: Leilah Paras

I wasn't really interested in you.
I wasn't even aware that you are true.
But when I looked at you, it was the celestials you have – I knew.

You shined in that very exact moment, the moment where I found myself in an oddment. The warmth you gave, the home you've made, In my eternity, you really have been existent.

I wasn't really interested in you,
I wasn't just interested in you,
but I was longing for you, too.

BUNDOK: TWO SENTENCE STORIES

Ni: Corey Simangan

Horror:

Aakyat na naman kami sa bundok. Sinong biktima naman kaya ang isasama namin sa taas?

Romance:

Nakatanaw ako sa langit habang ikinakasal sa tuktok ng bundok. Nakakatuwa lang na kamukha ng wedding gown ko ang mga ulap.

Comedy:

Pababa na kami sa bundok after mag-hiking nang mapatakbo ako pabalik. Naiwan ko kasi yung payong ni mama na Avon sa taas.

KADENANG GIN-FOOD

Ni: Corey Simangan

Noong bata ako, paborito ko ang birthdays. I call it "My 2nd favorite day of the year after Christmas."

Bakit Christmas at Birthday? Parehas kasing naghahanda si mommy ng fruit salad sa mga araw na 'yan. Eh ang kaso paborito ko rin ang spaghetti. Diyan daw kasi ako pinaglihi.

Kaya parang pinag-aagawan tuloy ako ng dalawang holiday foods sa lamesa.

Spaghetti: Hoy! Ako ang original favorite since fetus yan!

Salad: It doesn't matter kasi ako na ang new favorite!

Spaghetti: Of course kasi dessert ka! Pero before anything else, ako naman ang mas nakabubusog between us!

Salad: Just shut up! Tomato sauce ka lang, condensed milk ako!

Spaghetti: Gold digger fruit cocktail!

Salad: Pretentious plastic pasta!

Spaghetti: Cheap refrigerated food!

Salad: Low-class sahog na hotdog at giniling!

And they turned my stomach into a boxing ring na kung sino ang unang madidigest, siya ang mananalò.

ANG FRIENDLY

Ni: Corey Simangan

Ang friendly niya naman masyado.

Hindi ko tuloy alam kung gusto niya ba ako or isa lang akong malaking assumera

Ang lakas niya kasi magbigay ng motibo. Minsan nga kinikilig na ako sa mga gestures niya.

Pero kasi, ginagawa niya rin yun sa iba.

Ewan ko ba. Ang friendly niya lang talaga.

Idinadalangin

Ni: Corey Simangan

Nais kong umibig sa isang taong mahilig magdasal.

Hindi ba langit ang kiligin? Kapag nalaman kong ikinukuwento mo ako sa Diyos?

Kaya pasimple kong binanat ang aking manggas, at inayos ang gusot ng t-shirt kong puti.

Nagtama ang ating mga mata at ika'y ngumiti.

Muli na naman akong bumulong at nanalig. "Nagprapray kaya siya bago matulog?"



I gave him a gift.

I wrote my name on it using jumbled letters. I mixed my initials with the things that I do.

I gave him a gift.

I put something in it that I thought he might like. I wrapped it in blue 'cause I thought it was cute.

I gave him a gift.

Though I can tell you what it is, It's not a flower, chocolate, necklace, or kiss.

I gave him a gift.

It's a thing that I shouldn't have given. I gave him my heart when I couldn't have his.

NEW JEANS

Ni: Corey Simangan

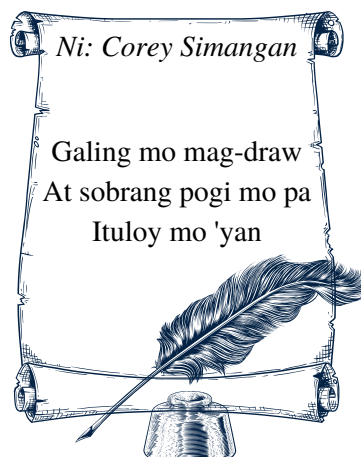
Babalik sa Ex?
Na kamukha ni New Jeans?
Okay, stay strong lang



HAIKU SA AUGUST 14

Ni: Corey Simangan

Galing mo mag-draw
At sobrang pogi mo pa
Ituloy mo 'yan



SINGER-SONGWRITER

by: Corey Simangan

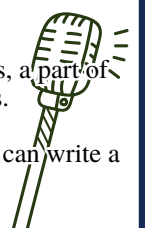
Just when she thought she could never fall in love with a singer,

Out of the blue, she did.

Called it a bluff until she met John.

Each time he sings, a part of her melts.

Lucky for him, she can write a song.



The New Mr. and Ms. Arellano University has been Crowned!

By: Gillian P. Alcantara

Jose Rizal Central Building Grounds on April 26, 2023. The event was officially started as the Assistant Vice President (AVP) of Jose Rizal Campus, Dr. Emma S. Salumbre gave her opening remarks. After the remarkable speech of our dear AVP, the master of the ceremony introduced the candidates with their casual wear and proceeded to the talent portion.

And the awaited part, the coronation day for Mr. and Ms. Arellano University 2023 was held at Elisa Esguerra Campus' Quadrangle on April 28, 2023. Many supportive family members, friends, faculty, and admins from different campuses joined to witness who will then be the next crowned Mr. and Ms. AU 2023. With the masters of the ceremony, Mr. Arje Cruz and Ms. Jessa Panis.

The event started with the opening prayer performed by the talented Rizal Performing Arts Guild followed by the singing of the National Anthem, Arellano University Hymn and the introduction of judges. Start off with:

Judges:

- **Ms. Aya Rimando**, Former President of Special Program in the Arts Major in Music
- **Mr. Anthony Cruz**, Secretary Network of Emerging Arts Professional
- **Ms. Elle Hollman**, Miss Philippines Model
- **Mr. Elishua Balinton**, Director and Producer of the Country's Premier Magazines
- **Mr. Mark Angelo Pineda**, Fashion Designers Association of the Philippines

The event formally started as the Assistant Vice President (AVP) of Jose Rizal Campus, Dr. Emma S. Salumbre gave her opening remarks. She also extended gratitude to all behind the successful event. Succeeded by Mrs. Isabelle Solleil C. Realista, Dean of Office for Student Affairs for a virtual opening message. An Intermission number was given by the AU Showdown Champion 2023 in the

Senior High School Division.

Moving forward to the introduction of candidates from Junior High School, Senior High School to College Division. Wearing their theme wear, candidates wore their unique design assigned to provinces in the Philippines. After that, the formal wear competition started with the talented CHIEF, Mr. Briel Justine Santos played background music using his saxophone.

Everyone in the crowd was cheering and rooting for their campus' representative. Banners, lights, balloons, and improvised drums are commonly seen. One and all are very excited for the announcement of special awards starting from Photogenic Award, Congeniality Award, Best in Production, Best in Theme Wear, Most Eloquent, People's Choice Award, Best in Talent, Best in Casual Wear, Best in Formal Wear. The winners of the special awards in each division are:

Mr. and Ms. Photogenic:

- Mr. Rajbeth G. Kumar (Apolinario Mabini Campus) - JHS Division
- Lindsay B. Tan (Elisa Esguerra Campus) - JHS Division
- Mr. Ezekiel T. Pardo (Apolinario Mabini Campus) - SHS Division
- Ms. Juliana M. De Lumen (Juan Sumulong Campus) - SHS Division
- Mr. John Llyod Francisco Serrano (Plaridel Campus) - College Division
- Ms. Shaula Mae S. Ortiz (Jose Abad Santos Campus) - College Division

Mr. and Ms. Congeniality:

- Mr. Jerald Elijah L. Olores (Juan Sumulong Campus) - JHS Division
- Mr. Rajbeth G. Kumar (Apolinario Mabini Campus) - JHS Division
- Lindsay B. Tan (Elisa Esguerra Campus) - JHS Division
- Mr. Ezekiel T. Pardo (Apolinario Mabini Campus) - SHS Division
- Ms. Juliana M. De Lumen (Juan Sumulong Campus) - SHS Division

- Mr. John Llyod Francisco Serrano (Plaridel Campus) - College Division
- Ms. Shaula Mae S. Ortiz (Jose Abad Santos Campus) - College Division

Mr. and Ms. Congeniality:

- Mr. Jerald Elijah L. Olores (Juan Sumulong Campus) - JHS Division
- Ms. Angela Icaro (Juan Sumulong Campus) - JHS Division
- Mr. Matthew M. Sunga (Jose Rizal Campus) - SHS Division
- Ms. Kerlind L. Manalansang (Jose Rizal Campus) - SHS Division
- Mr. Marc Vincent Bito (Jose Abad Santos Campus) - College Division
- Ms. Shaula Mae S. Ortiz (Jose Abad Santos Campus) - College Division

Best in Production Number:

- Mr. Eon Damien Yeshua Sanchez (Jose Rizal Campus) - JHS Division
- Ms. Pia Jamimah Tan Torres (Jose Rizal Campus) - JHS Division
- Mr. Ezekiel T. Pardo (Apolinario Mabini Campus) - SHS Division
- Ms. Juliana M. De Lumen (Juan Sumulong Campus) - SHS Division
- Mr. Aldrin C. Vega (Jose Rizal Campus) - College Division
- Ms. Shaula Mae S. Ortiz (Jose Abad Santos Campus) - College Division

Best in Theme Wear:

- Mr. Manuel Kurt D. Yasa (Jose Abad Santos Campus) - JHS Division
- Ms. Pia Jamimah Tan Torres (Jose Rizal Campus) - JHS Division
- Mr. Rainiel F. Manansala (Elisa Esguerra Campus) - SHS Division
- Ms. Jamaica D. Siena (Elisa Esguerra Campus) - SHS Division
- Mr. John Bryan S. Lauraya (Andres Bonifacio Campus) - College Division
- Ms. Desiree T. Mission (Jose Rizal Campus) - College Division

Most Eloquent:

- Mr. Rajbeth G. Kumar (Apolinario Mabini Campus) - JHS Division
- Ms. Princess Renai A. Malacaste (Jose Abad Santos Campus) - JHS Division
- Mr. Wendel M. Quarteros (Juan Sumulong Campus) - SHS Division

- Ms. Lara Cathrina Rodriguez (Apolinario Mabini Campus) - SHS Division
- Mr. Aldreje C. Tuazon (Juan Sumulong Campus) - College Division
- Mr. John Bryan S. Lauraya (Andres Bonifacio Campus) - College Division
- Ms. Jacquelyn Lilly S. Guchone (Plaridel Campus) - College Division

People's Choice Award:

- Mr. Carlo Rico L. Canlas (Elisa Esguerra Campus) - JHS Division
- Ms. Lindsay B. Tan (Elisa Esguerra Campus) - JHS Division
- Mr. Matthew M. Sunga (Jose Rizal Campus) - SHS Division
- Ms. Kerlind L. Manalansang (Jose Rizal Campus) - SHS Division
- Mr. Aldrin C. Vega (Jose Rizal Campus) - College Division
- Ms. Desiree T. Mission (Jose Rizal Campus) - College Division

Best in Talent:

- Mr. Eon Damien Yeshua Sanchez (Jose Rizal Campus) - JHS Division
- Ms. Pia Jamimah Tan Torres (Jose Rizal Campus) - JHS Division
- Mr. Larc Clayne C. Soriano (Andres Bonifacio Campus) - SHS Division
- Ms. Criscia Jeian A. Ballano (Andres Bonifacio Campus) - SHS Division
- Mr. Marc Vincent Bito (Jose Abad Santos Campus) - College Division
- Ms. Shaula Mae S. Ortiz (Jose Abad Santos Campus) - College Division

Best in Casual Wear:

- Mr. Rajbeth G. Kumar (Apolinario Mabini Campus) - JHS Division
- Ms. Pia Jamimah Tan Torres (Jose Rizal Campus) - JHS Division
- Mr. Wendel M. Quarteros (Juan Sumulong Campus) - SHS Division
- Ms. Juliana M. De Lumen (Juan Sumulong Campus) - SHS Division
- Mr. John Bryan S. Lauraya (Andres Bonifacio Campus) - College Division
- Ms. Desiree T. Mission (Jose Rizal Campus) - College Division



Photo Credit: Arellano University - Jose Rizal Campus Official Facebook Page

Thirty-eight stunning candidates from Arellano University's seven campuses but there's only one that stands out for the crown.

After two years in the online medium as the pandemic arose, finally the search for Mister and Miss Arellano University 2023 Interbranch Competition successfully executed the first face-to-face with a live audience after years in an online set-up held in April 2023 hosted by Jose Rizal Campus. With a theme: "IDENTITY: Cultural and Ethnic Diversity Bringing us in One Peace Harmony", the said event intends to appreciate the adverse ethnic group of the Philippines and unify each other as one as explained by Ms. Karla Joan Magdaet, OSA Coordinator.

The preparation for this event is extravagant as the expectation from online to face-to-face. The pre-pageant was held at

Best in Formal Wear:

- Mr. Eon Damien Yeshua Sanchez (Jose Rizal Campus) - JHS Division
- Ms. Pia Jamimah Tan Torres (Jose Rizal Campus) - JHS Division
- Mr. Ezekiel T. Pardo (Apolinario Mabini Campus) - SHS Division
- Ms. Juliana M. De Lumen (Juan Sumulong Campus) - SHS Division
- Mr. Aldrin C. Vega (Jose Rizal Campus) - College Division
- Ms. Shaula Mae S. Ortiz (Jose Abad Santos Campus) - College Division

After announcing the special awards, the master of the ceremony announced the Top 3 Candidates who will move to the Question and Answer portion given 60 seconds each to deliver their answer.

The topic revolved from their respective division aligned with this year's theme.

At long last, the most thrilling part came when the host announced the new winners of the title 'MR. AND MS. ARELLANO UNIVERSITY 2023'.

Mr. and Ms. Arellano University

- Mr. Carl Rico L. Canlas (Elisa Esguerra Campus) - JHS Division
- Ms. Princess Renaia A. Malacaste (Jose Abad Campus) - JHS Division
- Mr. Rainiel F. Manansala (Elisa Esguerra Campus) - SHS Division
- Ms. Juliana M. De Lumen (Juan Sumulong Campus) - SHS Division

- Mr. Aldrin C. Vega (Jose Rizal Campus) - College Division
- Ms. Shaula Mae S. Ortiz (Jose Abad Santos Campus) - College Division

Mr. and Ms. Arellano University - 1st Runner Up

- Mr. Eon Damien Yeshua Sanchez (Jose Rizal Campus) - JHS Division
- Ms. Pia Jamimah Tan Torres (Jose Rizal Campus) - JHS Division
- Mr. Matthew M. Sunga (Jose Rizal Campus) - SHS Division
- Ms. Kerlind L. Manalansang (Jose Rizal Campus) - SHS Division
- Mr. John Bryan S. Lauraya (Andres Bonifacio Campus) - College Division
- Ms. Kriselyn Joy M. Dela Cruz (Andres Bonifacio Campus) - College Division

Mr. and Ms. Arellano University - 2nd Runner Up

- Mr. Manuel Kurt D. Yasa (Jose Abad Santos Campus) - JHS Division
- Ms. Lindsay B. Tan (Elisa Esguerra Campus) - JHS Division
- Mr. Wendel M. Quarteros (Juan Sumulong Campus) - SHS Division
- Ms. Jamaica D. Siena (Elisa Esguerra Campus) - SHS Division
- Mr. Marc Vincent Bito (Jose Abad Santos Campus) - College Division
- Ms. Desiree T. Mission (Jose Rizal Campus) - College Division

"It's important to recognize that fear is not a bad thing. In some ways fear is healthy. Instead of assuming that being fearful is a bad thing, look at it as an opportunity to learn more

about who you are and why you might be afraid or less than thrilled about stepping out of your comfort zone. You might find that if you take the time to name your fear and understand why it's there, that you will uncover a better idea of how to overcome it or be courageous in spite of it." - Ms. Desiree Mission, Ms. Arellano University - 2nd Runner Up.

The event ensured that all candidates, guests, audience and others followed the COVID-19 safety protocol.

"I felt so very happy and proud for them both because they do not only possess beauty but also wit and talent."

The Arellano University - Jose Rizal Campus held its annual search for the Mr. and Ms. AU SHS last March 2023 at the Central Building Grounds with this year's theme: "Filipino Heritage: The Timeless Taper Within" hosted by Mr. Jedh Francis Barberan.

Ten male candidates and ten female candidates with not just beauty and brains but also talents and skills battled for the title and crown from different clusters in the Senior High School Department.

The pre-pageant was held on March 28, 2023, at the Central Building grounds. The aspirants showed off their catwalk as well as their graceful dance on the introduction number, followed by the talent portion, wherein their talents in singing, dancing, and acting were showcased.

And the day has finally come! The Coronation Day was held on March 30, 2023, at the Central Building Grounds. The competition hasn't started yet, but the crowd went wild, cheering for their representatives despite the weather. Audiences were holding their tarpaulins, and some are posted on the building floor to show support to their representatives. Some brought banners, pictures, and balloons, and they also brought their own drums to add audience impact.

The pageant started with the fashionable theme wear competition, where Mr. Mathew Ulep and Ms. Aloha Faith Catangay were the winners wearing their modified province-assigned famous wear in the Philippines. During the program, they also announced the 20 special awards, including the Pad 41 Ambassador, won by Mr. Carlo Jay Paguia and Ms. Sarah Jane Reyes, and the Arellano University Ambassador and Ambassadors, won by Mr. John Kian Vioallon and Ms. Roselyn Alimpos.

Contestants, their supportive family, friends, teachers, and the audience felt nervous as the announcement of the Top 5 began. The Top 5 candidates will proceed to the Question and Answer portion prepared by the judges, Mr. Ace Ibanez, Ms. Jessa Panis, Mr. Gian Rafael Dela Cruz, Ms. Zara Camille Padua, and Ms. Karla Joan Magdaet, in line with this year's theme. After the Q&A portion, the 2022 Mr. and Ms. AU Jose Rizal winners made their final walk and speech.

After the deliberation of scores from the judges, the winners and runners-up were announced. Mr. Matthew Sunga and Ms. Kerlind Manalansang were crowned Mr. and Ms. Arellano University Jose Rizal Senior High School.

According to the 1-on-1 interview with Mr. Ronmar Gino, Ms. Kerlind Manalansang Cluster Chair, stated that he was very happy and proud of them.

Mr. and Ms. Arellano University Jose Rizal 2023

By: Gillian P. Alcantara

we are and the natural beauty we have from within.

Congratulations to the newly crowned Mr. and Ms. Arellano University Jose Rizal in each division! We are so proud of you!

Junior High School Division:

- Mr. Eon Damien Yeshua Sanchez

- Ms. Pia Jamimah Tan Torres

Senior High School Division:

- Mr. Matthew Sunga
- Ms. Kerlind Manalansang

College Division:

- Mr. Aldrin Vega
- Ms. Desiree Mission



AU-JRC Celebrates the 85th Foundation Week

By: Caih Isaiah Jan R. Ulit



On the 20th of February 2023 in Arellano University - Jose Rizal Campus, the opening ceremony for the 85th Foundation Week was held, having the theme of "Bring Back the Brilliance: Chief's Legacy of the Greatness". Furthermore, the Supreme Student Council (SSC) organized the plans up to the actual events for our founder's celebration. The mentioned organization invited all the faculty members, staff from each department, and even the Senior High School clubs/organizations to unitedly present their presence in opening the book where the Home of the CHIEFS originated.

The wonderful synchronized voices of the officers from Rizal Performing Guilds brought tribute to the Arellano University hymn, which was then followed by the opening remarks of the Assistant Vice President of AU - JRC, Dr. Emma Salumbre.

Before proceeding, the SSC president, Ms. Franchezca Sianghio, disseminated the brief key takeaways in the History of Arellano University. It was shared how competent Mr. Florentino P. Cayco Sr. is; he established Arellano Law College (now Arellano University) in 1938 and was originally located at Intramuros. Our founder was the first president of AU as well as the first Filipino Undersecretary of Public Instruction. Moving forward, Ms. Pamela Lara Mapa (SSC Adviser/SHS OSA Coordinator) introduced all the events for the whole week: (1) Singing Contest, (2) Recycle-making contest, (3) Digital Poster Making Contest, (4) Quiz Bee contest for SHS students and SHS Faculty, (5) Clash of Clusters: Faculty Edition.

On February 20, 2023, the Singing Contest for Grade 11 to Grade 12 students with the theme "The Voice of GreAUnness", provided

great entertainment for the audience, with loud cheers and almost non-stop applause filled the entire venue during the opening day. Some audience even prepared colorful banners or printed pictures of the participants to show their moral support. The participants in this category showed off different music genres and styles, leaving the judges in a tough situation.

Consequently, the winners for all mentioned contest were later on announced on February 27, 2023. Having that said, the winners of the singing contest were:

- 1st place - Neil Carlo E. Canoy (11 Cluster 5)
- 2nd place - Pristine May F. Flores (11 Cluster 2)
- 3rd place - Psalms Daniel Hernandez (12 Cluster 6)
- 4th place - Archelle O. Sevilla (11 Cluster 10)
- 5th place - Nicole G. Lim (12 Cluster 4)

The "Make it CreAUnive: Recycle-Making Contest" was successfully held on the grounds of the Central Building the following day, February 21, 2023. This was an in-campus contest, but the works of the participants in each cluster will be posted on the Supreme Student Council's Facebook page for voting and heart reactions (popularity distinction). As a result, this activity encourages students to repurpose recyclable materials into innovative products; however, there is a catch: the AU item they will incorporate will be announced on the spot.

The winners of this contest were:

- 1st place - 12 Cluster 5
- 2nd place - 11 Cluster 6
- 3rd place - 12 Cluster 3
- 4th place - 12 Cluster 7
- 5th place - 11 Cluster 2

On February 22, 2023, the Clash of Preeminent Minds: Quiz Bee Contest took place on the AU-JRC campus to which this contest was divided into two parts, the first part was for SHS participants per section, while the second part was allocated for the SHS faculty teachers. This activity has three rounds: easy, average, and difficult levels. Hence, each round possesses ten questions, however, the participants will only be dismissed from the activity if they answered five questions wrongly. Furthermore, the questions will only revolve around all the information related to Arellano University and its history.

The nerve-wracking questions gave rise to the following winners:

Grade 11 Category
Champion: John Clarence S. Aguilar (11 Cluster 6)
1st Runner-Up: Prince Patrick E. Lopez (11 Cluster 7)

Grade 12 Category
Champion: Bryan Christopher O. Serrano (12 Cluster 2)
1st Runner-Up: Rhegie Mae Panizales (12 Cluster 1)

SHS Faculty Category
Champion: Mr. Ronmar O. Gino (11 Cluster 5)
1st Runner-Up: Mr. Mar Jordan Olandez (11 Cluster 6)

To complete the contests for the SHS students, the SSC of AU-JRC conducted its last contest virtually on February 23, 2023, which is "The GreAUnness of CHIEFS: Digital Poster Making Contest". Accordingly, the artworks of participants also undergo virtual popularity voting through heart reactions wherein each piece showed how AUmazingly digital tools can portray AU-related ideas.

All participants displayed their digital talents which led to challenging decisions wherein the winners were:

- 1st Place: Angela Faith M. Gulapa
- 2nd Place: Charissa N. Castillo
- 3rd Place: Jouie Angelique Bacalando
- 4th Place: Leralyn Pilario Polar
- 5th Place: Markodison C. Sapico

Lastly, the winners for the clash of clusters were also revealed before ending the awarding session to which the clusters who displayed great effort and competence were:

- 1st Place: 12 Cluster 3
- 2nd Place: 12 Cluster 1
- 3rd Place: 11 Cluster 8
- 4th Place: 11 Cluster 4
- 5th Place: 11 Cluster 1

On February 27, 2023, after the awarding session, it proceeded to the final intermission number which is a performance from the champion in the singing contest. It then smoothly transitioned to the closing remarks for the closing ceremony of the 85th Foundation Week, led by Mr. Lorenzo Miguel Ignacio. He expressed his gratitude, thanking all who exerted effort and appreciation for Arellano University's history and also to the Supreme Student Council who organized the aforementioned activities.

Salute to our AUmazing founder! The one who established our home, honing and igniting the brilliant dreams of CHIEFS up until now.

HUMSS WEEK: HUMANISTand Debate Contest

By: John Michael P. Baliton



Photo Credits: AUJRC HUMSS Society

Naging matagumpay ang selebrasyon ng HUMSS WEEK sa Arellano University - Jose Rizal Campus noong ika-anim hanggang ika-sampu ng Pebrero taong 2023. Ang naturang selebrasyon ay mayroong temang "Highlighting the Beauty in Diversity and Connecting Minds for Harmony and Growth" na kung saan matapos ang ilang taon na birtwal na pamamaraan ng pagdaraos, ngayon ito'y isinagawa sa pamamagitan ng mga face-to-face na uri ng aktibidad.

Ang mga mag-aaral sa ika-labing isa hanggang ika-labing dalawang baitang ng HUMSS o mas kilala bilang mga HUMANISTA ay aktibong lumahok sa mga inihandang mga gawain ng HUMSS Society Club.

Isa nga sa mga naging kaabang-abang na patimpalak ng HUMSS Week ay ang "HUMANISTand Debate Contest" na masasabing ibinida ng mga kalahok ang kani-kanilang galing at talino. Marami ang naging kawili-wiling paksa na pinag-debatehan ng mga kalahok at ang karamihan pa nga rito ay mayroong kaugnayan sa mga napapanahong isyung kinakaharap ng ating lipunan.

Ayon kay Bb. Jeillyn Myrtle Dela Cruz, VP External ng HUMSS Society Club, isa sa mga naging pinakamagandang paksa na pinagmulan ng matinding debate ay tungkol sa katanungan na umiikot kung nakakaapekto nga ba ang social media sa kalayaan sa pagpapahayag ng mga gumagamit nito.

"Dahil alam nating lahat na ang mga isyu na may kaugnayan sa kalayaan sa pagsasalita ay laganap na at ang mga tao ay may sariling mga karapatan na magsalita at magpahayag ng kanilang sarili. Dahil nakatira tayo sa isang demokratikong bansa kung saan ang lahat ay malayang gumawa ng mga bagay nang hindi iniisip kung ano ang iisipin ng iba o what other people will perceive.", naging pahayag ni Bb. Delacruz sa nasabing paksa.

Sa pagtatapos ng debate, itinanghal na rin agad ang mga nagwagi bilang kumpanyon na nagmula sa labing-dalawang (12) Cluster 2 at ito ay sina:

- Val Russel Llanes- 12 HUMSS 8A
- Alyssa Jhoy Bauso- 12 HUMSS 8A

- Ken Joshua Sioson- 12 HUMSS 8A
- Renalita Lyn Villanueva - 12 HUMSS 6A
- Bryan Christopher Serrano- 12 HUMSS 7A

"To be honest, hindi ako makapaniwala nung una kasi sobrang limited lang ng time namin para makapag-review that time. Intimidated pa ako sa mga kagrupong ko noon kaya feeling ko magiging pabigat lang ako. Pero sa sobrang gaan ng atmosphere namin nung journey namin, hindi ko na naisip na competition 'yung sinalihan namin as a group." Pahayag ni Alyssa Jhoy Bauso tungkol sa pagkapanalo ng kanilang grupo sa debate.

Ang mga ganitong uri ng aktibidad sa isang paaralan ay maituturing na mahalaga lalo na sa panahon ngayon dahil ito

ay nakatutulong para malinang at maging bukas ang mga isipan ng bawat estudyante sa bawat isyu at problemang kinahaharap ng lipunan. Ito rin ay patunay na hindi bulag ang mga kabataan para makapagbigay ng mga suhestiyon, solusyon, at opinyon sa bawat isyu ng ating bansa

Kalayaan sa pagsasalita, tapang, at matalinong pagbibitaw ng opinyon—iyan ang mga naging katangian ng bawat kalahok para mapagtagumpayan at maipamalas ang husay sa pagbibigay ng kanilang boses na karapat-dapat pakinggan. Tunay nga na iba-iba man ang nagiging paninindigan at paniniwala ng mga tao, magkakaisa at dapat nagkakaisa pa rin ang bawat isa upang makapagbigay at makagawa ng magandang solusyon sa mga problemang kinahaharap ng ating lipunan na makabubuti para sa mas nakararami.

Tech-Voc Week: Aboard the Flight of Talents

By: Angel Anne L. Ramirez

Passion and dedication are the qualities the students possessed during Tech-Voc Week at Arellano University-Jose Rizal Campus. The span of this event was from the 27th to the 31st of March 2023. It was arranged by the Unified Society of Technical Students (USETS) with the theme "USET's Discovering Own Skills and Talents 3.0". The said club prepared several activities for Technical-Vocational-Livelihood (TVL) students to join, such as the Keep Your Competitive Spark, Flight Attendant Challenge, Craving Satisfied, and Cinema Tech-Voc.

The activity, Keep Your Competitive Spark, for Electrical Installation and Maintenance (EIM) students tested their technical skills and required them to work against time; which was executed in a face-to-face style. The names of the winners are as follows:

Champion: Lerrick B. Arce
1st Place: Charll John Morales
2nd Place: Jhon Cedrick B. Caruncon

The Carving Satisfied was an activity designed for Home Economics (HE) students which challenged their capacity to utilize food with their artistic perspective through carving. Similar to the first mentioned activity, this was achieved face-to-face while still following the health protocol. Names of the winners are as follows:

Champion: Danny Acleto
1st Place: Honcel Jhun C. Ramos
2nd Place: Ma. Fe Daniella Q. Boday

Tour Guiding (TG) students showcase an exceptional skill of fluency in English by making a video of an announcement on-flight like a professional flight attendant, hence naming the activity Flight Attendant Challenge. This activity was done virtually, wherein 20% of its criteria came from online reactions. The names of the students who won are as follows:

Champion: Cherylou Bernabe
1st Place: Kyle Angel De Luna
2nd Place: Tijie Glenn Pajimola

Last but not the least, Tech-Voc Week organized the Cinema Tech-Voc for Information and Communication Technology (ICT) students. The activity perceived how students continue to thrive inside and outside school premises. The said activity was also performed online and 20% of its criteria are also coming from the crowd's heart reactions. The winners of this activity are as follows:

Champion: Nica Andraeh Magalona
1st Place: Nicole Q. Gabales

Consequently, the whole event ended successfully, giving sufficient honor and acknowledgment to those who earned places in the said activities. Undoubtedly, Tech-Voc Week brought out the skills and how insightful TVL students can be. It was indeed a flight showcasing the students' astounding performances and talents. It expounds the idea that the prepared activities not only let their talents prosper, but according to Nazario (2023), it also opens opportunities and gives recognition to students who pursue the TVL strand.

AU-JRC BROUGHT HOME THE BACON: A Solid 3/3

By: Jhodhelyn Rei G. Detablan

"Until now, it's surreal. I was like floating in the air with the clouds," were the words of the Rizal Performing Arts Guild (RPAG) of Arellano University - Jose Rizal Campus' adviser, Mr. Gian Rafael Dela Cruz, upon answering how he feels about his advisory teams winning the AU Dance Showdown Interbranch Competition on the 26th day of March 2023 at Apolinario Mabini Campus grounds with the theme of "Acceleration Post-Pandemic Recovery Through Mixed and Modern Traditional Dance Styles".

"Kaya ba (natin) 'to?" was Justine Garcia, the team leader and the RPAG club president's earliest doubts as they decided to join the said competition because of the pressure from the past winners from the same school. He also highlighted that not every dancer is close to every other dancer, wherein this may be a reason not to get the closeness and unity as a group. However, he said as a realization, "Habang nabubuo nang nabubuo 'yung piyesa [for dance], doon din nabubuo nang nabubuo 'yung foundation ng group as a team." [Trans: While the piece for dance is being formed, the foundation of the group as a team is also being formed.]

Overall, after several weeks of tiresome rehearsals and preparation could definitely say that every doubt, sweat, and tear was "all worth it", as per the club adviser, for it was a solid three-over-three win from the three divisions the adviser was handling since they brought home the following awards:



Photo Credit: Gian Raphael Dela Cruz

• Senior High School Division

Rizal Performing Arts Guild - Champion

His thought was backed up by Jaris Eliona Magdaong, a Grade 12 ABM student and an RPAG dancer. She claims that teamwork and passion made their performances indescribable, enjoyable, and amazing.

• Junior High School Division

Rizal Performing Arts Guild - 2nd Runner Up

"At the end of the day, we didn't compete, we just showed what AU-JRC students [RPAG] have and enjoy," said Mr. Dela Cruz.

• Elementary Division

MAD CREW - 2nd Runner Up

Mr. Dela Cruz thinks that the RPAG's edge over the other teams would be the passion, dedication, and enjoyment they embody as they dance.

No wonder, RPAG ate at the grounds of Apolinario Mabini Campus and came home with all the bacon.



Photo Credit: AU-JRC Shuttles



Ating Himig, Ating Adhika: Arellano University Idol 2023

By: Jannamarie L. Simbahan



Photo Credit: The Standard - EEC - Andrea Dinsay



Photo Credit: Kamyille Manalili



Photo Credit: The Standard - EEC - Andrea Dinsay

Last March 24, 2023, Arellano University hosted AU IDOL, an inter branch singing competition with the theme, “Ating Himig, Ating Adhika”. The program was held at Arellano University - Elisa Esguerra Campus and was hosted by Angelica Demate, Jaime Nicor III, Atasha Ineza Celorico, and Mark Donjie Bulosan. Moreover, the event started with a doxology led by Hiraya Ensemble Club and the national anthem sung by Hiraya Chorale, followed by opening remarks by AVP Ms. Marie Lourdes G. Mudlong,

and an inspirational message given by Ms. Soleil C. Realista.

The competition proper was divided into four categories: Elementary Division, Junior High School Division, Senior High School Division, and College Division. Consequently, the awarding of winners was after every two categories, followed by stimulating and steaming intermission numbers from Hiraya Ensemble.

It was an extremely tough battle between polished and talented singers.

Though at the end of every spectacular competition, there were only few who emerged victorious, and they are as follows:

Elementary Division

Champion - Christine Hera Pilapil

1st placer - Mariah Jennel De Leon

2nd placer - Sean Matthew V. Ordanza

Junior High School Division

Champion - Lanna Dela Cruz

1st placer - Samantha Ysabelle T. Unil

2nd placer - Rheena Colyn Dela Cruz

Senior High School

Champion - Alexa Lathrop

1st placer - Xieulien Francisco

2nd placer - Neil Carlo Canoy

College Division

Champion - Claui Anne Pedrera

1st placer - Desiree T. Mission

2nd placer - Noel Padilla

After the announcement of winners, AU Idol 2023 had come to an end with the singing of the Arellano University

Hymn led by Hiraya Chorale. Then, Mr. Marvin De Acosta, the Assistant Principal of AU - EEC concluded the closing remarks.

As Alison Croggon said, “And all meet in singing, which braids together the different knowledge into a wide and subtle music, the music of living.”

HUMSS' CULMINATING ACTIVITY

By: John Michael Baliton and Renalita Lyn Villanueva



Photo Credit: Remy Fernandez



Photo Credit: Anzel Joy Rivera



Photo Credit: Joshua Villaluna

Last April 14, 2023, the Humanities and Social Sciences (HUMSS) Strand of Arellano University - Jose Rizal Campus held a culminating activity as partial fulfillment of the requirements for the Work Immersion subject of the Grade 12 students. Moreover, this activity ran from 8:00 AM until 5:00 PM, which took place in the Senior High School (SHS) building on the mentioned Campus. The culminating activity required the students to provide and perform a theater play for no more than 20 minutes.

In line with that, the plays of

each section centered around the idea of bullying, depression, and relationships. It also tackled the different causes that can lead to depression and how distinct every person's coping mechanisms are in different situations in front of them. Some plays took a heavier turn as they discuss sexual assault, societal prejudice, and suicide.

Having that said, here are several of the plot summaries of some plays performed that day:

12 HUMSS 1A: Corrine (the main character) is an academic achiever and also a student leader; unknown to everyone, she suffers from depression. One day, her thoughts got the better of her which caused her to 'take herself out'. Her mother and friends checked up on her but it was too late.

12 HUMSS 2A: A senior high school student named Ligaya suffers from a mental health problem, depression. As she tries to handle and fight a catastrophic situation with regard to her psychological state, she disguises herself as a person who shows positivity despite the adversities beyond

her environment that triggers and treats her situation as something that is mediocre.

12 HUMSS 6A: The story centers around Alex, a girl plagued by her personified depression, and how it mocks her situation. She survives a suicide attempt that worries her friends and prompts her to open up about her struggles. In the end, Alex once again tries to end her life when her depression almost got her. However, she chooses to live and reach out as she remembers the kindness and the comforting words of her friends.

12 HUMSS 7A: Sabel, a smart student and hence an academic achiever, is the only child of Juan and Belen. When the news of her father's death reaches their family, hardships start to appear. Sabel was raped by Prince, a 'tambay' in their community, wherein she feels alone in her suffering. Despite all of this, Sabel's friend Mariel continues to understand her, and she breaks free from the sadness – this became the inspiration for the book she wrote.

12 HUMSS 8A: Jenna,

an academic achiever, struggles to live up to her parent's expectations. No matter how hard she tries, her parents seem not to see her struggles as they keep comparing her to her elder brother, Kristoffer. One day, Kristoffer did not want to be their parents' puppet anymore and disobeyed them by taking the path towards becoming a psychiatrist rather than an engineer; their house was in chaos, and before they knew it, Kristoffer was gone.

12 HUMSS 9A: The main character's friends believe that she is okay because they always see her happy and gaining all her achievements. However, the main character's life is not as happy as her personality when she is around her friends. Her friends discovered her suffering when they visited her in their home due to her long-term school absence.

12 HUMSS 1P: Magda is the main character of the play, a victim of sexual abuse whose scandal spread on their campus. In the middle of the darkest part of her life, she meets Marco, a closeted gay who is the witness to what really happened that night and the person who gives way for Magda to achieve justice. Attached to this is Marco's story of how he waved the flag of his Personality.

12 HUMSS 3P: Foremost, Raylie is a high school student who was neglected by her parents. She craves their attention and often fantasizes about finally getting recognized by them. Raylie went through a lot; getting beaten up by her father, feeling despised and unwanted, and even trying to end her own life. Despite all the things that she went through, she still managed to find the light in the dark and recognized herself as a survivor of depression.

12 HUMSS 5P: A girl who is the breadwinner of her family seeks all the validation she can get in her family and judgmental society — which questions her strength and what she can provide.

Everything overwhelms her to the point that all of her problems lead her to sorrow and depression which deteriorates her mental health. With that, all students from each section gave their best to present a fantastic play that reached many aspects of the audience. The winner of the culminating activity will be announced on the student's graduation day.

“Is Harry Potter a Kid-Friendly Series?”

By: Aleah Kim M. Aguirre



Photo Credit: Preethi, Local Passport Family

At the beginning of April, I started reading Harry Potter and there is this character named Dobby—a great, cute, and superb character. But upon reading his conversations with Harry, the protagonist of the series, he seems to be an abused elf. An article from Finnighan’s compilation of famous Dobby’s lines such as “Dobby is used to death threats, Sir. Dobby gets them five times a day at home..” made me realize how abused Dobby really is and how he hurts himself every time he does something that is not good, and made me think of how it would impact younger readers. It makes me wonder how a cute and nice character would have a habit that promotes self-harm. Halfway through the book, when Harry starts to hear the whispers, the line goes: ‘I smell blood’, ‘Let me rip you’, ‘Let me kill you’, and ‘Kill, kill, kill!’. I used Record’s article to cross reference my opinions and hers, it led me to a conclusion that these lines are not at all made for kids to read. Lines and characters like these could lead to misinterpretation and raise questions in a child’s mind. That made me think “Are all Harry Potter books suitable for kids?”

Upon researching I found that J.K Rowling was not thinking of creating a child-friendly book but rather children’s literature chose her.

It raised a question in my mind; if she claims that Harry Potter is a children’s literature then how come some readers disapprove of her claims and why do I personally think it is not fit for a kid’s mind? As a reader myself, I have the knowledge to read between the lines. One of the reader’s opinions from Quora said, “While Harry Potter is considered a children’s series, it is greatly renowned and has a lot of depth to it, which grows more as the series progresses. With the initial book, it was very clear in Rowling’s mind that her target audience were children aged similar to Harry (known in the U.S. as ‘middle-grade fiction’), but for a writer, you’ll know that your original idea isn’t always what you stick to or finish with.” This settled the question in my mind that not all Harry Potter books are kid-friendly and guidance from elders is needed.

But putting my opinions at the back of your mind.. do you think Harry Potter is a kid-friendly series?

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Changes are Chances

By: Aleah Kim M. Aguirre

Johnny Carson once said, "Never continue in a job you don't enjoy. If you're happy in what you're doing, you'll like yourself, you'll have inner peace. And if you have that, along with physical health, you will have had more success than you could have imagined." But, what could we possibly do if choosing a career is confusing?

We may have heard other people say things like, "You have to make sure you choose a college course that you want because it would enhance you to do something specific in life," or "Your college course is important, be sure you know exactly what you want to do after graduating".

It may be easy for other people to know exactly what they want to do, but for others choosing a specific career is tricky. It may be because of a clash between what responsibilities we need to fulfill and what we desire, or the nature of a human heart to want a lot of things at the same time. A few ways to know which career path to take is by exploring the things that you are passionate about.

Outline your goals and create a long-term plan.



Photo Credits: Jacques, My Dream Job Careers Consulting

Take time to discover yourself and know all skills that you could offer in life. Organize your wants and arrange them in accordance with your needs.

Reflect on your motivations and create a list of priorities. that your heart truly desires.

Do not let your mind hinder you from exploring thigs and never .

let other people's opinion stop you from being extraordinary.

There may be something new that you want to try but you stop yourself from doing it because you think you are too old to change your career path. We say things like "I am already 38, if I take a 5-year course in a different career I would be

43 when I finish it." Remember that after 5 years you would still be 43 so why not spend those 5 years doing something that you love?

It will never be too late to do the things that your heart truly desires.

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Women's Month

By: Shania Heart G. Tumala

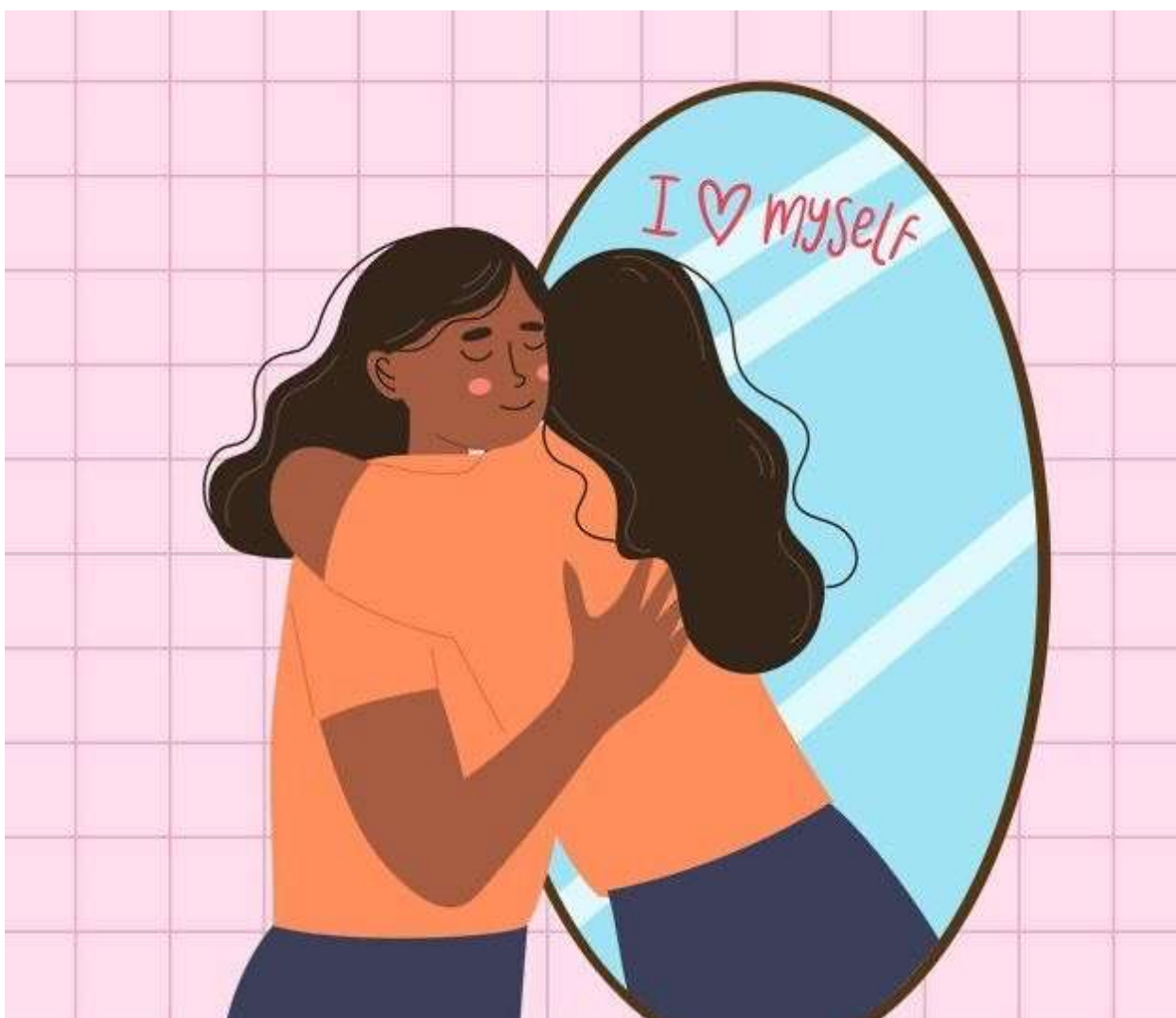


Photo Credit: Freepik

March is the month we empower women and empowering women is like teaching them to love themselves. But how should a woman love herself?

Teaching yourself to love yourself is hard. With not enough compliments—not particularly on looks—growing up, we cling to shortcomings and insecurities.

Ms. Crisjean Cano, a student who achieved her first highest honor this year, has been compared before to her cousins and classmates by her parents in terms of achievements such as being an achiever. She did it, becoming an achiever, but she also received the pressure of keeping up.

Despite being pressured, she doesn't pressure herself. Be good to yourself as you know how

hard you've been through," she advises.

However, sometimes you don't get to love yourself by yourself, sometimes the people around you make you.

AU-JRC SHS Academic Coordinator and The Standard (student publication) Adviser, Ms. Epiphany Belbider-Condino is blessed to have her colleagues who she can lean on and trust, and her former advisory class, 11 HUMSS 1P, that never forgets. "[They] encourage me to be the best version of myself every day," she says.

Be kind to yourselves and give more love to yourselves because no one else will do more than what you can do. It's your care over theirs. "Your mind is another wonder to be discovered, so take charge," Ms. Condino remarks.

TWO SIDES OF LIFE

By: John Brykarl P. Abejo



Photo Credit: John Brykarl P. Abejo

Life is like two sides of a rotting apple,
One side's attractive, while the other's unattractive,
The other's shiny, while the latter's rusty,
Like there is the rich and poor in a world so full;
There's hope and despair, that can change a fool.

A change is necessary for the ordinary,
But who'll step up, to help those without money?
The ruthless rich looks with disgust and pity,
Saying work for money, and pushing them for being dirty,
While the incapacitated poor still begs, to feed their family;
A world without kindness, is bound to be in shackles.

To break free from these shackles,
The world must show its kindness, by helping one another,
At times they're suffering in silence,
Forget the money, status, and power,
Focus on the people, life, and everything else that matters,
Once two sides become one, the world will gradually change for the better.

BABAE - LUMALAMANG, HINDI

NILA-LANG

By: Cloe Nicolai B. Tiozon

Sa pagkagapos sa rehas ng mapagdiktang lipunan,
Mga kababaiha'y palaging nililimitahan,
Sa kwebang ang galaw ay kalkulado,
R'yan lang ang lugar nila sa mundo.

Bawal dito, bawal doon, ang kasarian ay pribilehiyo;
Tinuturing na isang sunud-sunurang alipin,
Minamaliit ang kanilang angking galing at talento,
Sila'y naging kikislap-kislap na mga bituin.

Ngunit sa reporma't pagbabago,
Marami ang lumaya sa kulungang ito,
Pinatunayang may kapangyarihan sa kababaihan,
Kaya nilang maging doktor, abogado, at maging sino man.

Hindi lipunan ang magdidikta sa taas ng kanilang paglipad,
Kundi ang determinasyon at sariling abilidad.
Ang ikulong sila't limitahan ay 'di na kaya ng lipunan,
'Pagkat mundo'y babaguhin at sila'y 'di mapipigilan!



Photo Credit: TED Ideas

MANONG, BAYAD PO ISA

By: Renalita Lyn D. Villianueva

Hindi pa pumupukaw ang liwanag sa langit,
Hindi pa tumitilaok ang manok;
Suot-suot ang polong bagong plantsa,
Isa na namang araw muli sa kalsada.

Kalsadang hindi pumipikit,
Ang maingay, mausok, at siksikang paligid;
Isa, dalawa, dalawang oras,
Sa terminal nakatayo.

Naghihintay ng masasakyan,
Na ang lahat ay puno,
Mainit sa loob ng jeep,
Na ang pawis mo ay magiging pawis ko.

Ang balik ko na magiging unan mo,
At maghahalo-halo ang baho,
Mag-uunahan sa pagsakay,
At kung hindi ay baka naman.

"Manong, sabit na lang po",
Kumapit at sumugal, sa kung anong mauuna,
Ang kaligtasan? Ang aksidente? O ang makauwi nang maaga?

Trapik na naman muli,
Ang usad ng sasakyan,
Kasingbagal ng usad ng Pilipinas,
Sa pagbabagong kasingtagal ng pagsakay makamantan,

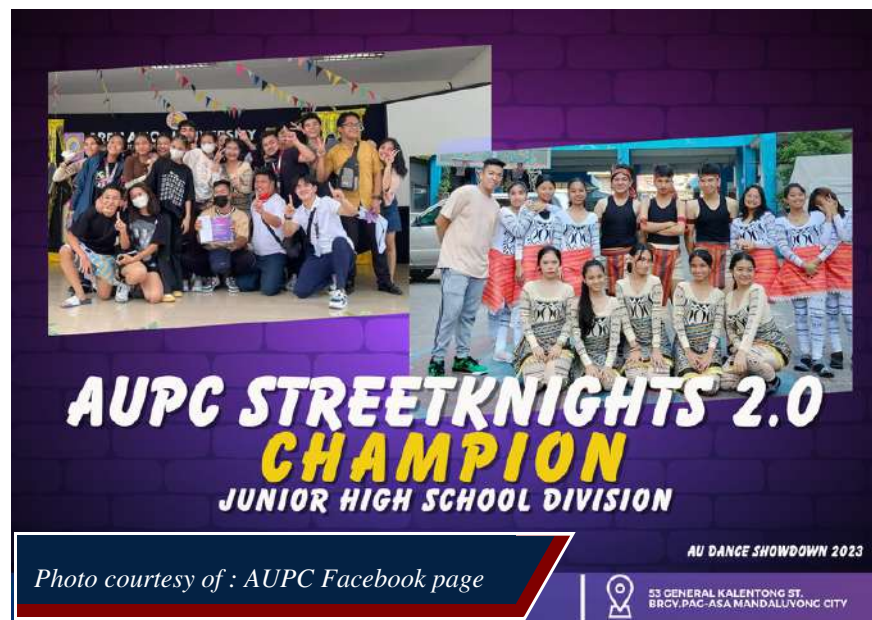
Itulog na lang natin,
O magrebyu na lang,
Kasabay na langhapin ang usok
At pait ng buhay.

Huwag mong kalimutang magbayad,
Parehas lang naman tayong kumakayod para sa pera,
Iabot at ipasuyo ang mga barya,
"Manong, bayad po, isa!"

Photo Credit: Renalita Lyn D. Villianueva

AUPC Chiefs Declared Champions in AU Showdown

by: Mara Francia L. Tanghal



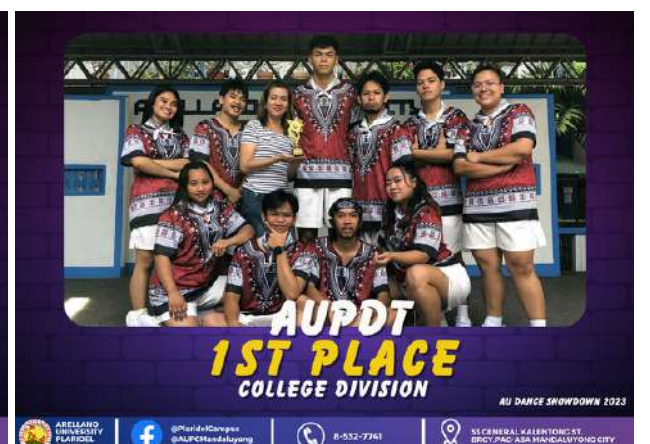
But among all the great performers, the Plaridel Campus was able to secure consecutive victories. The AUPC Dance Squad was named the champion of the elementary division after showcasing our Filipino culture through their dancing skills. The other AUPC contestants from various divisions have also demonstrated their dancing skills and best selves, which led to another triumph. For the junior high school division, the AUPC Streetknights 2.0 were declared champions, while the AU Plaridel Dance Troupe won first place in the college division.



MANDALUYONG, Philippines – The Arellano University Plaridel Campus was

pleased with its students' string of victories for the 2022–2023 academic year and gave them their full support. As a celebration of success achieved by working together with a shared vision and common purpose, Arellano University recently held an interbranch competition.

On March 27, 2023, the Apolinario Mabini Campus organized and presented the AU Showdown Interbranch event. This event's theme was "Accelerating Post-Pandemic Recovery Through Mixed Modern and Traditional Dance Styles." Prior to the event, the institution released its general guidelines for the competition and, most importantly, its judging criteria. The performers competed for the coveted honor of greatest dancer, and each of them unquestionably gave their best.



Furthermore, Plaridel campus contestants have also received victories from the AU Idol 2023 singing contest that took place at the Elisa Esguerra Campus-Malabon. A contestant from the elementary division, Chrisiane Hera Pilapil, was named champion after demonstrating her outstanding talent in singing. Ms. Claie Anne F. Pedrera brought home yet another victory from this event. She demonstrated her singing talent for the AU Idol competition and received the title of college division champion. It was a very proud moment for the university that all the hard work and dedication their students have put in has paid off.

The university came together to express gratitude for the talented and dedicated students, as this unbroken string of success had given triumph and honor to the AU Plaridel Campus. A little gesture of recognition, appreciation, and acknowledgment was posted on the AU pages in March.

BJMP, Nagsagawa ng Recruitment, Info Drive Seminar sa AUPC

by: Melanie F. Garcia

Ipinakilala ng Bureau of Jail Management and Penology (BJMP) – Manila City Jail Officers Male Dorm ang kanilang propesyon sa mga 2nd year Criminology at Grade 12– HUMSS 2 students sa paglulunsad ng seminar noong ika-22 ng Marso.

Pinangunahan ni JSupt.Mirasol V. Vitor sa tulong ng ilang kawani ng Manila City Jail Male Dorm ang seminar na naganap sa Arellano University Plaridel Campus na may temang "BJMP Recruitment and Information Drive" upang ipakilala sa ilang piling mag-aaral ang tungkulin at kahalagahan ng Jail officers sa ating bansa.

Kasalungat sa pagkakakilala ng lahat na seryoso at strikto ang mga kawani ng gobyerno, makwelang



inumpisahan ni JO1 Elmar Jacobo ang talakayan sa pagpapaliwanag ng pagkakaiba ng tungkulin ng mga pulis at jail officers.

"Safekeeping". Ibig sabihin, sinisigurado po naming ligtas yung mga nakakulong sa amin at dine-develop. Ibig bang sabihin na pag sinabing jail officer' nagbabantay lang?

Ano sa tingin nyo ang ginagawa pa? Kumakain? Nagpapalaki ng t'yan? Safekeeping and development po yung pinaka purpose po namin," ani JO1 Jacobo.

Bukod sa pagpapanatili ng kaligtasan ng lahat sa komunidad tungkulin din ng mga Jail Officers ang community services at

paggawa ng mga programa para tulungang magbago ang mga People Deprived of Liberty (PDL).

"Meron din po kaming Educational Program.Kahit nasa kulungan po sila meron po kaming Alternative Learning System (ALS), meron po kaming ano...

vocational courses. So,may mga nakaka-graduate rin po kahit nasa kulungan pero we are not encouraging you po ha na magpakulong, we are just informing you na ang jail po ay hindi lang siya basta kulungan kundi ito po ay correction facility," dagdag pa nito.

Kasunod nito ang paglililaw na hindi kailangang magtapos ng Criminology upang maging BJMP officers hangga't pasado ka sa mga requirements nila, maaari kang mag-apply at ilan sa mga ito ang pagiging physically fit, mentally fit, pasado sa board exam at civil service exam.

Arellano University 28th Annual Job Fair 2023

by: Jonilla V. Medado

Arellano University held its 28th Annual Virtual Job Fair, which was organized by Jobs180.com. More than 40 companies participated, along with 3rd and 4th year college students from different campuses of Arellano University.

The AU job fair 2023 is a two-day event held via Zoom on March 12 and 13 (Wednesday and Thursday) from 1 p.m. to 5 p.m. Each AU campus has its own set schedule: on March 12, Arellano University Manila Juan Sumulong and Arellano University Pasay Jose Abad Santos; on March 13, Arellano University Pasig Andres Bonifacio, Arellano University Mandaluyong Plaridel, and Arellano University Malabon Jose Rizal. The event also extended an invitation to AU alumni.

Jobs180.com is an IT company focused on providing innovative

solutions that enable schools to equip their job-ready graduates to meet the complex demands of the current generation's employers based on the changing needs of job-seeking millennials. The students must follow the guidelines provided on how to register on Jobs180.com in order to generate a ResumeLink so that it will be easier for employers to find your profile on the day of the event. In addition to receiving a certificate of attendance, participants are encouraged to dress professionally to attract potential employers.

On the day of the event, they began with welcome remarks before moving on to introduce the exhibitors. To get the participants engaged, they first prepared an icebreaker game, and the winners were given a prize. Before even the main event began, they gave participants instructions on how to get to the breakout rooms, where

they could view different exhibitors and take advantage of the chance to interact virtually with the company. Exhibitors should use the breakout rooms to promote their company and any relevant information, such as the location, job openings, and hiring procedures. Also, it gives the students the chance to attend the breakout room of their choice with several exhibitors and ask any questions they may have about the company. After engaging in various breakout sessions with various exhibitors, the event came to a formal close with closing remarks, the awarding of certificates of appreciation to the company, and then the playing of the Arellano University Hymn to formally end the event.

Breaking Perfection

by: Ricky Caballero

TRIGGER WARNING: Content May Trigger Anxiety

As the alarm blares at 4:30 a.m., students across the Philippines drag themselves out of bed, bleary-eyed and exhausted. They grab their bags, gulp down breakfast, and head out the door, all while shouldering the weight of their parents' expectations, their own dreams, and the crushing pressure to excel in academics.

But what happens when the pursuit of excellence turns into an all-consuming obsession, leaving no room for rest, relaxation, or mental health? What happens when academic culture becomes toxic, suffocating, and downright dangerous?

Sadly, for many students in the Philippines, where success is often measured by grades, test scores, and academic achievements, this is the reality. The pressure to perform is so intense that students as young as six years old are enrolled in review centers and tutorial programs, sacrificing playtime, hobbies, and socializing for the sake of their academic goals.

But at what cost? According to a 2019 survey by the World Health Organization, the

Philippines has the highest incidence of anxiety and depressive disorders in Southeast Asia, with 3.6 million Filipinos suffering from depression and 3.3 million suffering from anxiety.

It's time to acknowledge that academic excellence is not the be-all and end-all of life. It's time to recognize that students are human beings, not mere robots programmed to ace exams and win medals. It's time to create a better academic culture in the Philippines—one that values mental health, creativity, and holistic development.

Let us break free from the chains of perfectionism and embrace the beauty of imperfection. Let us prioritize well-being over grades, and balance over burnout. Let us create a culture that fosters lifelong learning, curiosity, and innovation instead of rote memorization and conformity.

In the end, it's not the grades on our report cards that matter, but the lessons we learn, the skills we acquire, and the values we embody. Let us remember that the true measure of success is not how high we climb, but how far we reach.

Time to ACT: Chiefs in ACTION

by: Adrian B. Elicanal

Twenty-four student leaders from the Supreme Student Government (SSG) and Supreme Pupil Government (SPG) along with Ma'am Monica Verdejo (SSG Adviser) and Ma'am Kaycee S. Escarilla (Office of Student Affair

SeniorHighSchool Coordinator), attended a 105-minute seminar prepared by the Metro Manila Development Authority (MMDA) at Arellano University Plaridel Campus (AUPC) on March 20, 2023.

The seminar aimed to educate students of Arellano University Plaridel Campus on various serious situations happening in society, with the

topic, "Orientation in Schools on the Dangers of Smoking and Vaping, Anti-Littering, and Disaster Risk and Management."

The seminar was led by representatives from MMDA, headed by Engr. Faustino Carizal, along with other resource speakers such as Ms. Sherry Ivy M. Valenzuela, who tackled the effects of smoking and the dangers of vaping; Ms. Lorelle Osuman

discussed anti-littering; and Ms. Noreen May A. Elardo for disaster risk and management.

"The essence of those lessons is to encourage everyone to keep in mind what is really happening in our world. To elaborate, our world can change and become a better place for us individuals if people begin to change themselves and assist our mother nature for better prosperity," said Ashley T. Pasia, SSG Public Relations

officer

Also, the seminar highlights its objective to educate and spread awareness among youths about the proper ways of living in society as well as how to be a responsible youth. The resource speakers repeatedly reminded the Chiefs that youths, like them, are able to take action in society.

Before the seminar concluded, the resource persons held an open forum

with questions and answers assess the Chiefs' attentiveness and learnings from the seminar. The Chiefs did not disappoint the guest speakers by demonstrating their ability to answer questions correctly.

To formally end the seminar, the MMDA representatives, led by Engr. Faustino Carizal, have given the AUPC informational posters as a way to learn and spread awareness among other students of the university.

Photo Courtesy of: Adrian B. Elicanal



AUPC University Week 2023

NEWS ARTICLE | *by: Argy Legarda*

MANDALUYONG, Philippines – An event was conducted at Arellano University Plaridel Campus that aimed to foster unity and promote the school and its college department to the senior high school students.

The AUPC Supreme Student Council, in collaboration with other departments, has recently been involved in an annual event which served as a means of introducing students to our academic institution. This AU Week event was held on March 13, 2023 (Monday). AU Week was an event that aimed to empower each other in their fields and help students in their career journeys by conducting interactive and fun activities.

Aside from the program, each department had a booth or tent where they prepared different activities for the participants as a means of entertainment for this event.

These activities include a selection of games that the students have played, some of which offer prizes.

The event, which involved participants from the senior high school department and other college departments, started at 1:00 p.m. To further capture the audience's attention and also give a preview of the event's itinerary, the AUPC organization began with their opening remarks. The presentation was then followed by an intermission and an interactive game. The intermission included different performances, and the games were TikTok-inspired. The event went well, and every intermission—consisting of the AUPC DT SHS dance performance, Erin Labiana's spoken poetry, Claue Ann Pedrera's singing performance, and AUPC DT College's dance performance was indeed excellent.

The interaction between the students was evident, and the event was entertaining all throughout. After the program, the AUPC organization gave their closing remarks to formally close the event.

Fire Safety Awareness: A Seminar with BFP NCR Mandaluyong

by: Sr. Marylou Awa-aw

The Bureau of Fire Protection held a seminar on deepening awareness of safety precautions, attended by selected JHS, SHS, and college students, teachers, and non-teaching personnel. The program started with an invocation led by Sister Marylou O. Awa-aw, followed by the National Anthem, Arellano hymn, and welcoming remarks by Dr. Ponciano Menguito, AVP, who expressed his gratitude for the availability of the BFP officers in Mandaluyong Charter for raising awareness about saving lives and precautionary measures when an incident or

emergency occurs.

The seminar was led by F01 Alvin Mallari, F02 Francisco Custodio, and F03 Marlo John Selisana. F01 Alvin Mallari gave informative knowledge about their BFP Vision, which is "a modern fire service fully capable of ensuring a fire- and safety-free nation by 2034". While their BFP vision is "to commit their lives to prevent and suppress destructive fires, investigate their causes, enforce fire codes and other related laws, and respond to man-made and natural disasters and other emergencies".

He elucidated the top three biggest fires in the Philippines. The first ozone disco fire happened on May 18, 1996, and the cause started with a spark on the DJ's booth that caused the deaths of 162 people and injured 92. The second one is Kentex Manufacturing, which happened on May 13, 2015, and the cause was the welding equipment that allegedly produced sparks and ignited chemicals stored nearby that caused 72 deaths. The third, the Manor Hotel Fire, happened

in August 18, 2001, due to a fire violation of building safety standards and regulations that caused 75 deaths and 100 injuries.

He also elucidated the fire triangle, composed of oxygen, fuel, and heat. He also deepened the stages of fire, which started with incipient growth, fully developed, or flashover, and slowly turned to decay. He also emphasized the following causes of the fire: electrical octopus connections, which are the most unsafe practices at home; losing the terminal connection on the wall outlet, which can cause combustible materials to burn; negligence by putting a lit candle above a plastic cabinet or TV set; and letting children play with matches and lighters. He also gave importance to how heat and fire transfer through conduction, in which heat is transferred by direct contact mostly on solid materials; convection, which is transferred through density and differences and mostly happens on liquids and gases; and radiation, which is transferred by wave motion. And lastly, he elucidated the importance, elements, and use of fire extinguishers. The seminar was very informative, and Madam Josephine C. Solvera had given the final words of thanks and appreciation for that successful event.

Have you ever wondered why the concepts of love and children are critical in our current generation? Sometimes, there's an exchange of values between the older generation and the younger generation, and many of us believe that it is hard to disobey the unwritten traditions. I eventually asked myself, "How do I handle that situation?"

On a foggy and refreshing morning, my mother calls me for a second, randomly, and teases me with a question: "Uy! Nak, when are you going to have a girlfriend? Wala ka bang balak mag-asawa o magkaroon ng anak?"

As I sat there pondering my mother's questions, I realized that society often puts pressure on us to follow a certain path, to conform to a certain ideal of what success looks like. And in that moment, I made the brave decision to deviate from that path.

Yes, I am one of those KABATAAN who don't consider themselves bound to the concept of marriage or

even having a child; however, I am not close to any kind of change; as a person, I can change as well as my decision.

Choosing to forego a partner or a child is not an easy decision. It requires a deep understanding of oneself and

a willingness to prioritize personal growth over societal expectations. After a lot of thinking, I concluded that it

was the right choice. I knew that I needed to work on myself first, to become the best version of myself before I

would even think about taking on the responsibility of a relationship or parenthood.

Let's not pretend, not all lovers or parents lead to happiness. In reality, there are many cases throughout

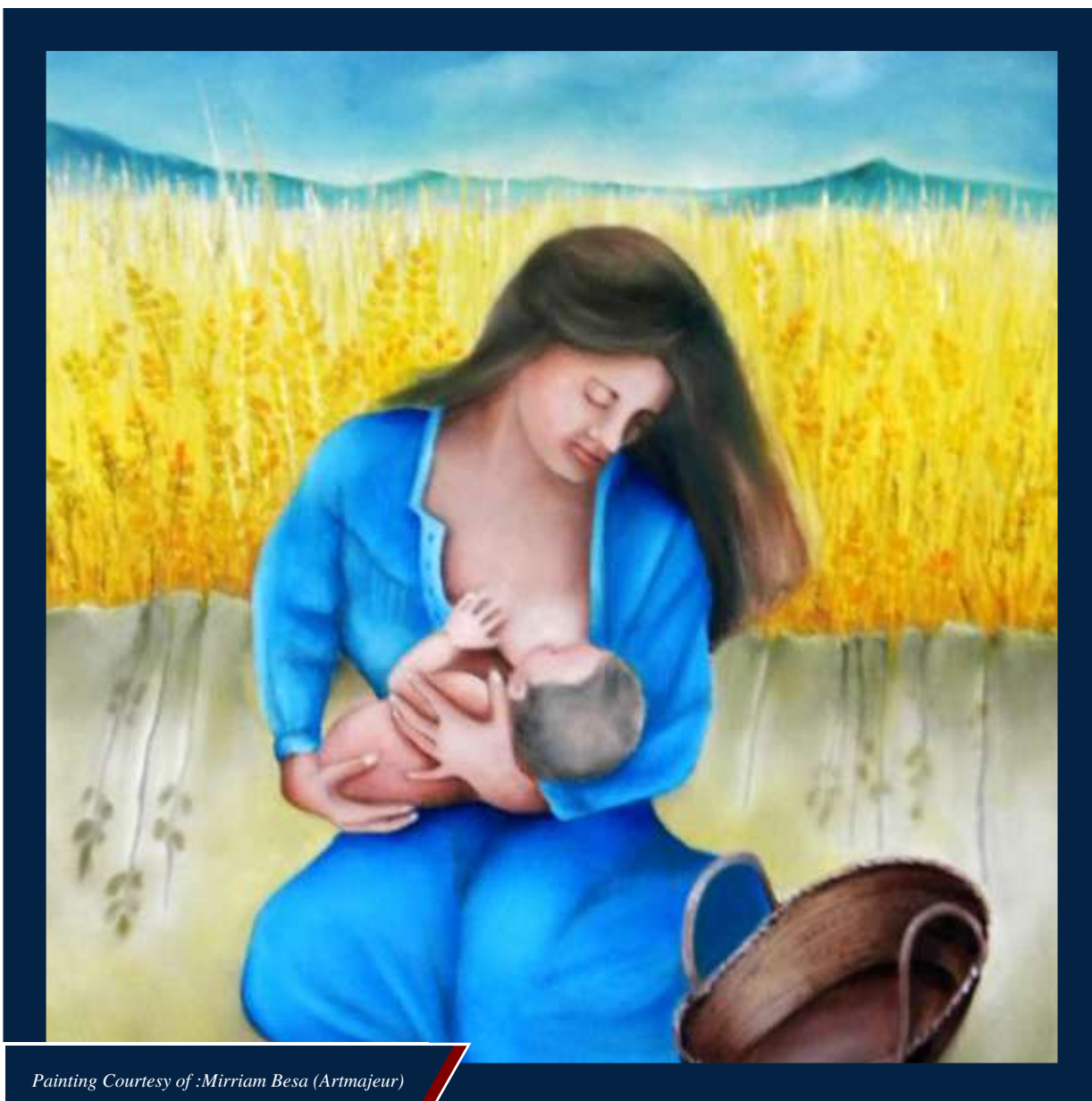
the country of unsuccessful relationships and broken families. And I, as a person, don't want to contribute to that problem.

In making this choice, I also learned the importance of respecting others' decisions. Just as I have the right to choose my own path, others have the right to choose theirs. We should not judge or pressure others into conforming to our own ideals of success and happiness.

Ultimately, I learned that deviating from the norm can be a powerful act of self-love and self-discovery. It's important to listen to your heart and make choices that align with your true self, even if it means going against what people perceive. Life is too short to live someone else's version of success. Embrace who you are and trust that everything will fall into place at the right time.

Deviance: Love and Child

by: Adrian B. Elicanal



Painting Courtesy of :Mirriam Besa (Artmajeur)

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Let's not pretend, not all lovers or parents lead to happiness. In reality, there are many cases throughout

Bad Girl

by: Denice Kyle S. Colambo

TRIGGER WARNING:
Content may trigger suicidal thoughts.

There's a girl I know.
She's a bad person.
The worst I've ever known
She tried to kill me.
She tries every day,
With her bloody knife.

I'm lucky because I'm still alive.
But as long as I am breathing,
She will try to kill me again.
I don't know if I can still survive.
Now, I've got nowhere to hide.

I want to live more.
But how can I live?
If half of my mind
And even my heart
Want to end my life?

ACHIEVER'S BURDEN

by: Adrian B. Elicanal

An achiever is gifted; that's what people perceive
With people's standards and expectations, they struggle.
Sacrificing everything to be the cream top
and failure is not a valid reason to stop.

To Ace every test, and perfect score isn't enough,
To prove an Achiever's dignity and worth.
A motivational quote no longer works,
To a heart and mind that longs for a break.

I MISS YOU, DAD

By: Aira Fonte

Oh, how I miss that precious soul.
Whose presence once made me feel whole
You are now comfortably resting in paradise.
A heartache in my chest

Your laughter and loving care
A memory that's beyond compare
A smile that lit up every day
A warmth that never fades away

Though time may pass and seasons change,
My love for you remains the same.
I find solace in knowing you're free,
From all the pain and suffering.

So, until we meet again one day,
In heaven's embrace, forever to stay.
I'll hold your memory close to my heart.
And feel your love that will never depart.

weight that keeps you AWAKE

by: Melanie F. Garcia

In a bustling city
where everyone's busy
Running towards their goal
with desires flaming their soul.

I was busy doing nothing, wide awake.
Contemplating and trying to avoid mistakes
Painting pictures by connecting dots
Overthinking my own story plot

I have a dream bigger than my size.
I'm searching for wisdom to be wise.
The bigger the dream, the scarier it gets.
Accompanied by its friend, regret.

Nobody told me that dreams are far from reality.
Lose control, and you'll face catastrophe.
Get consumed by your burning desire.
And you'll end up like a moth playing with fire.

One mistake can lead to disgrace,
Not a gold medal can make a sad face,
Every day is a battle with the brain,
Once an achiever, will always be an achiever and there's nothing in between.

Piece of metal that hangs on their neck,
With a smile that runs through their cheeks.
A precious medal competes by many.
An object that dignifies the existence of an achiever's journey.

Who am I?

by: Adrian B. Elicanal

Wondering beside my window,
Thinking of what I can do for tomorrow,
To conquer my sorrow,
Waiting for me to realize what to follow.

Others might say,
"You are a human," with laughter endlessly
"You are blessed" to be able to do things easily.
I just can't find the answer to the question "Who am I?" continuously.

My emotions have been altered.
constructing myself more cold-hearted.
I tried to really show who I am, but it ended.
something that even I can't comprehend.

My mind is my ultimate antagonist.
Enough to damage my peaceful heart with an imaginary fist.
Seeking a rhythm that might get my heart to dance at last,
Able to get past the world full of mist.

Will I be able to find out who I really am?
Will I be able to find what I want to become?
Will I be able to see myself as a home?
Last, will I be able to soar in the sky as I am?

It is just a simple question.
Yet it doesn't have an exact solution.
Surviving all the pain,
Until I find "who am I?"

Her Beauty nonchalant

by : Marylou O Awa-aw

She's a woman who has been living in fear of being judged or being who she truly is.

She has been living and furnishing her features, standing tall to be sound, elite, and capable.
She has been living under the lie that she can do things on her own without disappointment.
She has been living an unconventional life, so others may feel intimidated by her presence.

She has been living as a terrible person in order to protect her vulnerable side.
She wears a calm smile to show that she is strong and underestimated.
She has been living to survive in this place full of judgmental people with the sting in their toxic mouths, which left her speechless on how they played the victim and twisted the story to suit their interests and purposes, about which she no longer cares.
She chooses to live in a stone-hearted room where goodbyes are no longer painful and a welcome is just another goodbye.



JEEPNEY ENCOUNTER

by: *Melanie F. Garcia*

I was on my way home from school, starving and sleepy. I was impatiently staring at the traffic light, hoping it would be kind enough to turn green, but unfortunately, it was ruthless.

One thing I dislike about Jeeps is that the driver always insists that there's enough room for extra passengers, even if we're already squeezing one another. I moved a few inches to allow another student to sit next to me, making things more complicated for me, and unlike me, he doesn't seem so stressed and exhausted.

"Sanaol," I muttered.

"Bayad po," he said in a baritone voice, extending his arm.

"A senior high school student?" I turned around to see if he was speaking to me or if he knew someone inside the jeep. I even pointed to myself to make sure he was talking to me, and he nodded.

"Ahh...yeah, a HUMSS student," I replied awkwardly as I covered my ID with my backpack.

"What course do you plan to take?" I was cautious at first, but I also let myself respond; after all, we don't know each other, and he's obviously from a different university.

"I want to be a psychologist, but my parents want me to pursue education because... my father is a professor." I bitterly smile beneath the mask. And then we both became silent, and I couldn't help but think about what I had just spoken. Maybe I shouldn't have been so candid with someone I don't even know.

"You're afraid of disappointment, and that's normal. Everyone's afraid of scenarios that we're not even sure will happen," he said casually, and then added, "Don't you think being disappointed over a mistake is better than regretting everything in the future?"

I stayed silent as I pondered the situation. Maybe he's right, or maybe he's actually right.

"Doing something you're not interested in would be difficult. College is already difficult, but it would be even more difficult if you're lost and uncertain." I was about to say something when he continued, "I'm not saying you should get mad at your parents and do something you might regret the next day. What I'm saying is, try considering their opinion or making them understand what psychology means to you. Choose whatever you want; don't force yourself."

"Para po!" he exclaimed. "Wishing you success!" I can't help but smile at his genuine words. I watched his back as he stepped out of the Jeep and walked away.

Maybe squeezing myself into a crowded Jeep wasn't so horrible after all. And right there and then, I got the guts to take a stand and take the risk of making my goals a reality!

After that jeepney encounter with that guy, I can't help but wish to meet him again and thank him for saying those words I never thought I would hear.

Live Until Then

by: *Patricia Joecel Ombi-on*

As I feel the burnt edges of crumpled paper with a quill in hand, I fathom myself as a poet whose vocabulary is cramped with unspoken metaphors, yet it's you who hinder me from writing this piece. I can sit here for an eternity and still can't think of a single existing word that best describes how your presence alters my being.

I have a universe of ideas, and though I can't figure out how

smooth and long your hair is, it is enough to bind my heart and pull it away from my body.

I don't think any scientist can explain why Sirius is called the brightest star when you're there, existing.

As a child, I was afraid of deep places, but why do your eyes make me want to dive into their deepest depths?

BIYAYA

by: *Ricky Caballero*

Sulyapan ang ganda ng bayang pinagmulan;
Naglalagablab sa mga tula't akda ang kayamanan.
Sa likod ng pintig ng musikang kay tamis,
Ang pagbihag sa puso na walang mintis.

Mga pintor, kamay na kay husay
Mga musikero, boses na kay dalisay
Talinong taglay ng mga manunulat,
Sining ninyo'y tila hininga ng langit at ng mga mulat.

Galing at giting sa inyong likha;
Ipinagmamalaki ang mukha ng bansa.
Mga alamat at sining, kay daming kwento't aral;
Halaga'y walang katumbas, kayamanang nangangaral.

Mga Alagad ng Sining, inspirasyon ang inyong galing,
Kayamanang kay sarap ibahagi't ipagmalaki.
Dapat ingatan ang biyayang kultural;
Salamat sa bawat obra, musika't salita'y nagbibigay sigla.

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I know tons, but I wonder if the spark I feel is caused by an electron current whenever your skin brushes against mine.

You're no writer, but how come you just wrote my name and it became the greatest piece I've ever read, even surpassing Shakespeare's sonnets?

I'm always looking for ways to satisfy my curiosity, but I prefer to leave these mysteries unanswered.

By the time you read this letter, I wish I had found the word I've always wanted to convey to you: "For now, live."

A **Star** is Ripped from the **Night Skies**

By: Barredo, Mary Abigail C.



Art: Glimmer, the Seventh Apparition by Gustav Arantes

When your words narrated
your legends,
And you retell stories with
brilliance close to none,
Your eyes shine the
brightest—
Envied by the sun

And when the notes you
wrote sang,
And danced the loveliest
melodies known to man
Your happiness peaks—
Makes us understand a
language only you speak

The colors you paint on a
canvass
That captured the world
alluringly,
Via the talent of creation
only you possess,
Stated the definition of
beauty

Every time you had an
audience on the palm of your
hand,
You have the ability to dictate
awe,
Attention you demand;
Minds are labyrinths that you
soar

Your creations lit one torch at
a time
And illuminated the darkness
that the world holds;
Making it all the more
mournful for your torches to
die
Seeing the world you kindled
to darkness fold

Because your words remained
on the page,
Instead of narrating stories.
It doesn't paint a scenery on
my head anymore
Like it once did with ease.

And when your notes no
longer sang
But only repeated melodies
already known to man;
When your colors are no
longer vibrant—
Your masterpieces become
bugs when they're once
giants

Your voice will fail to
inspire,
Let alone demand attention
You stand amid a grand
audience,
Drowning in your own
perspiration.

When your works lose their
spark,
So does your eyes.
The world is back to being a
sparkle away from the dark—
A star is ripped from the
night skies.

ANG SALIW NG DALAWANG KALIWANG PAA

Ni: Earl Morales

Pagkiling ng kaliwang paa, nakamasid na mga mata.
Tibok ng puso tila'y pinta ng isang bata.
Sa paggalaw ng mga buto, ikukwento.
Istoryang ako ang maykatha, ilalathala.

Gumalaw nang parang isang itim na sisne.
Hindi malirip, hindi masayod.
Sasayaw sa sariling saliw.
Iindak ang dalawang kaliwang paa.

FOOTNOTES

By: Lumongsud, Stephanie Grace M.

We exchanged quite some
silence,
Made it seem like an
invisible condolence,
Our chapter might have
been of essence.
If only those moments
were not make-believe,
But it is reality that I can
no longer deceive.

We are acquainted when
you're lonely,
We are friends when you
need somebody,
But I stopped giving you
voluntary custody.
With that, I am close to
writing the last page
Of a prologue in which
you'll owe me wage.

I wrote you poems, that
was 2 years ago,
I've written you my
longest poem, a year ago,
Now, it is a letter in a
poem, to and fro,
But with this I have
reached the farthest,
You've drawn a dead end
and this I can attest.

I was at the midpoint west
of Sunshine State,
Yet dawn became dusk,
everything was late,
With what my eyes can
see, I knew it was fate,
I might have waited
another year, a 365,
But I know it'll hurt to see
your next high-five.



Photo courtesy of : Golden Goose 2022 | College of Science

CRUZ, OLIVERA WERE HONORED AT THE 11TH ANNUAL GOLDEN GOOSE AWARD FOR VENOMOUS MARINE SNAIL RESEARCH

By: Jazmine Marie G. Agoncillo

Dr. Lourdes "Luly" J. Cruz, a Filipino Biochemist, and Dr. Baldomero "Toto" M. Olivera, a Filipino Molecular Biologist, and their Co-Researchers were awarded in the 11th Annual Golden Goose Award ceremony on September 14, 2022, for their study on the venom of cone snails, which resulted in the invention of a non-opioid treatment for patients suffering from chronic diseases.

The 11th annual Golden Goose Award ceremony, honoring federally supported research that unanticipatedly helps society, was held at the American Association for the Advancement of Science (AAAS), the biggest interdisciplinary scientific society in the world.

Dr. Olivera stated that he started keeping shells when he was approximately nine-year-old. He has amassed an enormous trove of shells. However, it's not the aquatic critters' protective exterior shells that captivate him. It is a chemical approach used by predators to seek and immobilize their prey.

While attending the University of the Philippines, Dr. Cruz and Dr. Olivera became acquaintances and started researching cone snails, a family of marine mollusks with a high venom content that is frequently found in the seas and reefs of the Philippines.

Regardless of their limited resources, the two scientists started to work, immediately learning that the venom used by these sea snails to trap and consume fish contains tiny peptides known as "conotoxins."

After some years, Dr. Olivera and Dr. Cruz relocated the project to the University of Utah and collaborated with undergraduate students. They worked together to solve the peptide conundrum, studying the effects of conotoxins on the central nervous system and discovering their medical potential.

Dr. Olivera and Dr. Cruz found the raw ingredient for a non-opioid pain reliever as well as a valuable new tool for researching the central nervous system buried in the

cone snail's lethal venom.

Dr. Olivera remarked that while he would continue to study cone snails, his major goal at this time is to motivate scientists in the Philippines and the United States.

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CAPYBARA: THE RODENT OF THE INTERNET

By: Pamela Delos Reyes



Photo courtesy of: Tastingtable.com

'Capybara—Capybara, Capybara, Capybara, Capybara~'

Just from the line itself, the tune of the music might already play in your head (well, especially if you use the video app 'Tiktok' regularly). The animal featured in the particular song gushed the whole internet both because of its overloaded cuteness and adorable characteristics. But aside from its popularity, what's more to this lovely creature?

A thing you might not believe is that a rat and a capybara come from the same family of origin; rodents. It's not just because they both have two distinctive front teeth, Capybara is actually known as the largest rodent in the world. In terms of physicality, they're like giant guinea pigs.

Speaking of which, they might look like guinea pigs but they're a great swimmer just like every other fish! Capybara is considered a semi-aquatic mammal that inhabits places like estuaries, marshes, river banks, and streams along countries like Central and South America. Luckily, you could also find them here in the Philippines, located in Manila Zoo.

This internet sensation animal goes by an alias of "water hogs" as they use water to keep their dry skin moist, hide from their predators, keep cool, and even sleep and/or take a good nap in bodies of water by submerging their bodies deep while keeping their noses on edges to breathe. Oh, to live the life of a Capybara.

But wait, wait! Let's be careful of what we wish for. Because being a capybara could be challenging as well. Capybaras might look delightful to humans—but wild [deadliest] animals crave and find these rodents delicious to their taste. Jaguars, eating foxes, pumas, anacondas, and birds of prey seem to find capybaras as a great snack.

Well, yes, they might have the scariest enemies—but they have the greatest friends too! Capybaras are very sociable animals (that's why it's better to put them in groups and not as pets, alone) letting birds, rabbits, and monkeys sit above their heads and move them along. Capybaras' relationship with crocodiles is something you may find amusing too. Even though crocodiles are deadly predators, it was said that capybaras are too big to fit into a crocodile's mouth. Leaving them no choice but to just befriend one another. Forced proximity trope, it is.

It feels like a Mandela effect of how people assumed that they've only seen capybaras when it went viral on TikTok. You might have already seen them before, one way or another. Capybaras are featured in animated films Rio 2 and Encanto. It even appeared alongside Jennie of K-pop girl group BLACKPINK, in their song, "Ice Cream (ft. Selena Gomez)" Music Video. Capybaras are truly everything, everywhere, all at once!

There's a whole long list of how lovely capybaras are and this article is not enough to include all of them. It is no wonder why this creature became the rodent of the internet because indeed, the capybara is everyone's spirit animal.

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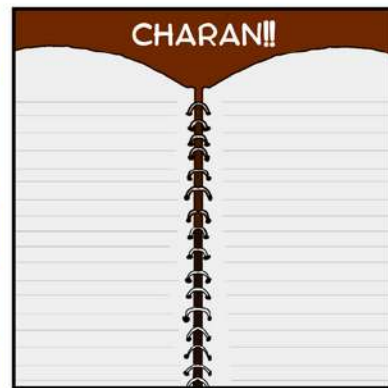
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THE NOTEBOOK

BY: LUIS ALFONZO A. CALPITO



THE NOTEBOOK

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



KALOY

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



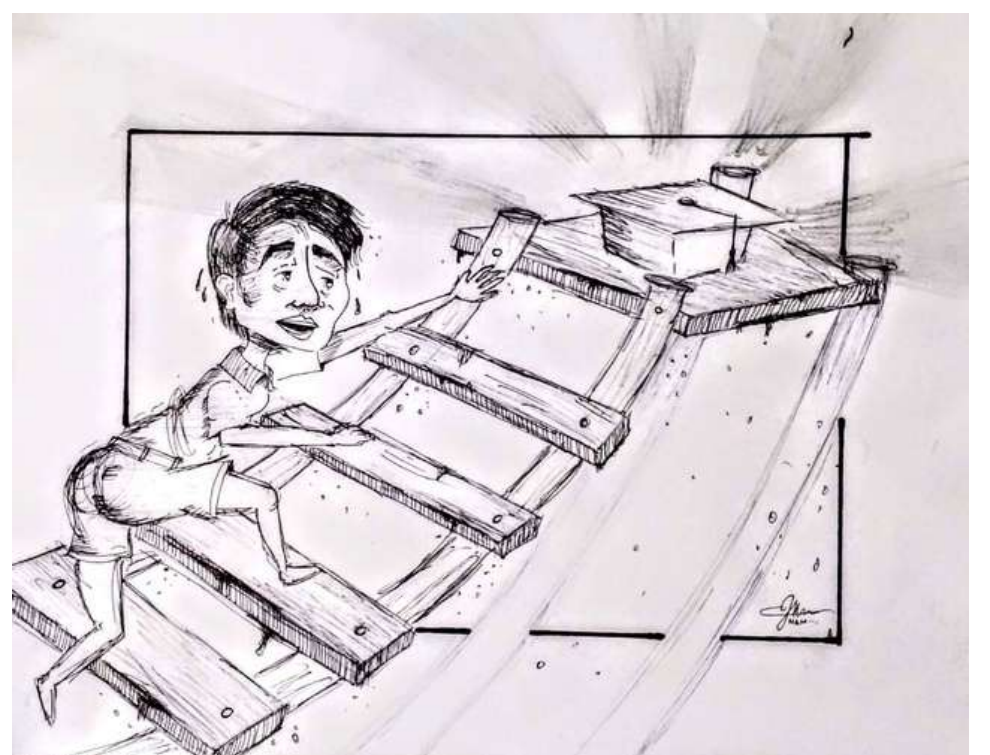
SULONG!!

By: Rochelle Arao || Juan Sumulong Campus



PUJ DAPAT NGA BANG TANGGALIN?

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



ABOT KAMAY ANG PANGARAP

By: John Miranda || Juan Sumulong Campus





PAGDARAOS PINANGUNAHAN NG MOST STREAMED FILIPINO ARTIST

By: Carl John Bauyon || Juan Sumulong Campus

Taas kamay habang umaawit ang mga tagahanga ng bandang Ben & Ben sa idinaos na FIBA - Manila Draw Festival sa harap ng Uptown Mall, BGC nitong Abril 29, 2023.

PEACE AS PINK, CALM AS BLUE

By: Carl John Bauyon || Juan Sumulong Campus

Some residents of Tali Beach Subdivision witnessed the after-sunset view on Sunset Beach, Nasugbu, Batangas, last Thursday, February 9, 2023.



AMITY NEVER WITHERS

By: Princess Nicole Sartin || Juan Sumulong Campus

Stepping into Senior High School was like swimming in rough seas until there were boats of friendship that would help us cross it.



TRACE AND COLORS

By: Jasmine Nonsol || Juan Sumulong Campus

A sneak peek of a kindergartener's journey through learning.





UNANG ARAW SA LEGARDA

By: Jasmine Nonsol || Juan Sumulong Campus

Looking back at the first day of face-to-face classes at Arellano University - Juan Sumulong Campus on the 2nd day of November 2022.

EUPHORIC AU CHIEFS

By: Beatriz Gallo || Juan Sumulong Campus

Chiefs of Arellano University can't help but smile as they bond and enjoy each other's company in person after being online classmates and friends for a year and a half.



TOUCH DOWN

By: Alexa Nicole Relano || Juan Sumulong Campus

The arrival of Arellano University – JSC Grade 12 students in Panguil River Eco Park in Laguna for their Work Immersion Exposure on a sunny Tuesday afternoon, April 18, 2023.

KASING INIT NG ARAW ANG LABANAN SA SAYAWAN

By: Angelo Joy Bernardo || Apolinario Mabini Campus

Dugo't pawis ang inalay para manalo ng tropeyo. Suporta ng tao ay naguumpaw para mapalakas ang loob ng mga mananayaw.





TROPEYO PARA SA PANALO

By: Angelo Joy Bernardo || Apolinario Mabini Campus

AU showdown interbranch trophies for the deserving winner's that is hosted by Arellano University Apolinario Mabini Campus.

Hardwork pays off indeed! Trophies of memories will forever last. Tears of joy will forever be treasured.

Sorrows of pain will not be remembered.

PANALO TAYO!

By: Angelo Joy Bernardo || Apolinario Mabini Campus

Hiyawan at mga litrato na nagpapakita ng pagsuporta
Ang ginawang armas sa paglaban sa gera
At sa huli ay isinigaw na "tayo ang nagwagi!"
Ng may mga ngiti sa ating labi

Pagsasayaw ang aming kaligayahan, Madalas ay
ginagawang libangan Pero ngayon, kami ay pinalad
At naiuwi ang titulo sa aming paaralan
Ang sarap manalo
Lalo na kapag alam mong pinaghirapan ito

Pawis, sakit ng katawan at dugo
Kaya naman kami ay todo bigay sa entablo Upang
maiuwi ang tropeyo.

Nagbunga lahat ng paghihirap na ating tinatamasa,
Mabuhay Arellano University - Apolinario Mabini at
iwagayway ang bandera Dahil hindi lang nagwagi sa
titulo ang Arellano
Pati narin sa puso ng mga tao



IN THE MIDST OF EVERYTHING

By: Aaliyah Fernando || Apolinario Mabini Campus

I don't even know where to even start, I don't know what to feel. I guess it is a constant urge just to say nothing and just let it be. I'm just letting my mind play. Gaslighting myself to be okay, when I know everything is not going right. I don't know how to cry anymore, whenever I try to say what's on my mind I just stutter. I stutter words. Why? Why can't I express it? It's not that hard. Right? Sometimes I question myself, why can't you just say it? Tell them how you feel. But in reality, I can't. It's hard. I get overwhelmed by everything and nothing. I don't cry about it anymore, am I just easing the pain or I'm just used to it by now? All I can express is to be mad, irritated, upset, and not say a single word, I'm just letting my body language speak for itself. Everything just keeps getting harder and harder for me to express. Lately, I find myself just staring blankly at where my eyes can land on and there is nothing left on my mind. All I can feel is the exhaustion of my body, it makes my breathing feel so tight, to the point that I don't breathe for a few seconds or minutes. There are a lot of things in my mind that sometimes I forget about those things and keep my body moving to work and work and work until it shuts down. I apologize a lot, whenever I don't feel like talking to them. I also don't want them to know. I know, it's my fault too.



SHELTER

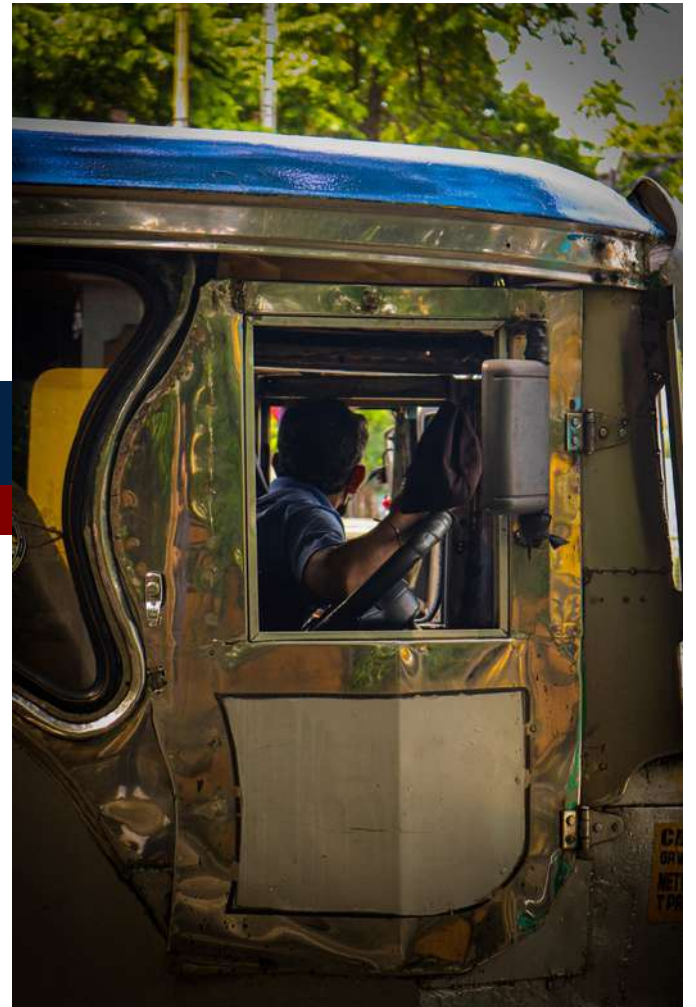
By: Je Ann Dela Paz || Jose Abad Santos Campus

A woman is looking at her dog while it's eating her leftover food at the side of Maynilad Integrated Meter Management in Taft Avenue, Pasay City on Monday, April 17, 2023

STANDBY

By: Je Ann Dela Paz || Jose Abad Santos Campus

A jeepney driver parked on the side of the road while waiting and looking for passengers in front of Rizal "Luneta" Park Ermita, Manila, on Saturday, March 18, 2023.



HOW DO I WRITE MY NAME?

By: Je Ann Dela Paz || Jose Abad Santos Campus

On a sunny day, a father taught his daughter how to write her name on a piece of paper beside the road near the LRT United Nations Avenue Station, Ermita Manila, on Friday, November 18, 2022.



UPBEAT

By: Gerald Sermence || Plaridel Campus

For the first time since the return of face-to-face classes, the grounds of Arellano University Main Campus were filled with joyful screams and excitement as Juan Sumulong Campus and Plaridel Campus joined the #OneArellano F2F Concert 2023 on Tuesday, May 2, 2023.

LIYABERONG MANDALENYO

By: Gerald Sermence || Plaridel Campus

Imahe ng isang matiyagang liyaberong bakas ang pagiging bihasa at tutok sa pagpapanday ng mga susi na tila larawan ng hindi napapagod na manggagawa. Nakunan sa Gen. Kalentong St., Mandaluyong City, noong Lunes, ika-1 ng Mayo, 2023. #ArawNgMgaManggagawa



THE POWER OF HUNGER

By: Je Ann Dela Paz || Jose Abad Santos Campus

After receiving the garbage bag from a fast-food restaurant, a man scavenged the waste bag while doing pagpag (shaking off the dirt) and consumed it immediately at Taft Avenue, Pasay City, on Monday, April 17, 2023.



HARDWORKING FATHER

By: Gerald Sermence || Plaridel Campus

On a sunny day, a grab food rider parked on the side of the road while checking his phone for bookings, sacrificing to provide a decent income for his family and risking his life to ensure that his customers got to eat what they wanted and craved on Sunday, April 30, 2023 .



VENDEDOR EL LA CIUDAD

By: Gerald Sermence || Plaridel Campus

Maaaninag ang hapo at nangangawit na upo ni Manong, hindi maiguhit ang mukha, naghihintay ng tatangkilik sa panindang gulay na sariwa. Kuha sa tabi ng 7/11 sa kalye ng General Kalentong St. Mandaluyong, noong Biyernes, ika-12 ng Mayo, 2023.

Arellano Lady Chiefs Bow Out of NCAA Semis Contention After 11 Years

By Carlo Arsula | Juan Sumulong Campus



Photo Courtesy of Alejandro Juanchito

After years of unparalleled dominance, Arellano will be on the outside looking in during the final four round of the NCAA Season 98 women's volleyball tournament.

The Lady Chiefs have been to the semifinals for 8 straight seasons, clinching four titles along the way under the tutelage of the legendary Roberto "Obet" Javier, but that streak came to a screeching halt in a 25-21, 16-25, 25-21, 20-25, 10-15, loss to Letran Lady Knights in the NCAA Season 98 women's volleyball tournament elimination round on Saturday, March 18.

Despite the losing effort, Moming Padillon and Laika Tudlasan posted a 15-point performance for AU.

On the other hand, Letran's Cha Cuñada, Judiel Nitura, and Lea Tapang ushered the Lady Knights to finish their season with a 5-4 record, with them recording 15 points apiece. Aside from scoring effort, Cuñada also registered 21 excellent digs and eight excellent receptions.

Commanding start

After an exchange of blows after the first timeout, Lady Chiefs were able to make a run as they maximized Moming Padillon for two consecutive conversion of points, 11-7. A threat has been established in frontline for AU as Laika Tudlasan, Abay, and De Guzman collected points and secured a 16-9 advantage ahead

of the second technical timeout.

Off the break, Letran is now struggling to convert their plays into points as newly-subbed KC Adante is unloading heavy serves while Nitura was blocked by Tudlasan, allowing AU to hold an eight-point advantage, 20-13.

Tables have turned for Arellano as Letran's Cuñada was granted a chance in the service line, making AU's receiving pattern collapse as lead was cut down into two, 20-18. However, the Chiefs successfully redeem themselves as they close out the first set, thanks to Moming Padillon's commanding spike, 25-21.

Losing grip

At the start of the second set, Pau De Guzman twisted her left ankle as she stepped on Castro's foot during a block attempt. De Guzman's fall surely demoralized the Lady Chiefs as they had a slow start where Coach Obet decided to call the early shots, 0-5.

Trina Abay responded to Coach Obet's instruction through a running attack, stopping the 6-point run of Letran, 2-6. It is followed by Laika Tudlasan who fires two consecutive points with an attack and service ace, 7-9.

Letran gave the Legarda-based squad trouble on offense and defense after showing aggression at the service line, causing Lady Chiefs to melt

down its receiving pattern and tallying a few receiving errors, 7-16. Off the bench KC Adante and Harem Ceballos heated up right away and helped the Lady Chiefs to cut the deficit to four, 12-16. But things were unfavorable for Lady Chiefs as they tallied eight unforced errors, helping Letran to close out the second set, 16-25.

A shift of momentum

Lady Chiefs are now showing a more fluid and proactive team as they successfully tallied 8 attack points in the early start of the third set compared to Letran's three, 13-10. AU rallies convincing lead as they close out the momentous third set, 25-20.

The downfall

Lady Chiefs arrayed a strong start after finding Letran scoreless, 5-0. However, Letran was able to erase the lead and even compelled a 6-point run, 6-5.

Arellano and Letran consistently showed an exchange of points in the latter part of fourth set, 18-18, as AU adhered to the 20-point mark as Lady Knights pulled off a deciding set, 20-25.

Pressure is now much more visible for the Lady Chiefs as the lead for Letran piles up in the early part of the crucial set, 2-6, whereas Moming Padillon continues to be the bright spot for the Lady Chiefs after releasing two consecutive attacks, 4-6.

In the end, Letran successfully eliminates Arellano through 10-15 finish out of semis contention that also paves the way for its neighbouring schools Mapua and Lyceum's semis berth.

Skipper Trina Marice Abay, the lone graduating player for Lady Chiefs who also plum the 1st Best Middle Blocker award, will exit the league with a sixth-place finish.

AU Chiefs Name Chico Manabat as their New Head Coach

By Carlo Arsula | Juan Sumulong Campus



Photo Courtesy: PBA Media

A new era has begun for the Arellano University Men's Basketball Team.

After several failed attempts in helping the storied NCAA

school to claim its first-ever championship title under Coach Cholo Martin, the Chiefs made a

crucial decision to hire former NU Bulldog Chico Manabat as their newest tactician for the upcoming season.

Manabat, who steered the CEU Scorpions to the UCBL crown coming off a perfect season, will call the shots as he will be taking over the AU head coaching post.

After his successful stint in UCBL, Manabat parted ways with CEU as he had already fulfilled his promise of giving the school its first UCBL championship since 2016.

"Different league ito kaya mas masusubukan yung capabilities ko. Pero same pa rin, dadalhin ko dito yung beliefs and system na nagpanalo sa atin sa CEU para mas mapadali yung rebuild natin dito," he stressed.

Now that he will be coaching in a whole new environment in the NCAA, Manabat will be tasked to lead a talented AU squad that failed to make the Final Four last season.

The last time Chiefs secured a semis berth was during the NCAA Season 92 previous 2016-2017, when they still had Jio Jalalon, the same year they entered finals.

It was bared that Manabat's coaching staff will include Manny Dandan, John Necesito, Jun Cuevas, Max Encila, and Alex Calueng.

The new-hired tactician is also expected to handle the high school program of Arellano with Necesito replacing Junjie Ablan in leading the Braves. Also part of his roster of coaches are Romo Austria, JP Magbitang, Paolo Atinaja, Rohlee Laovina.

A glimpse of new system is set to see action as Arellano Chiefs will be joining the Filoil EcoOil Preseason Cup on May 6.



Photo Courtesy of Alejandro Juancho

Arellano Men's Volleyball Team Settles for Third Place After Heartbreaking- Loss against SBU

By: Carlo Arsula | Juan Sumulong Campus

Arellano Chiefs fail to clinch a seat in the NCAA Season 98 men's volleyball tournament finals after an upsetting 25-27, 25-12, 17-25, 18-25 loss against the third-seeded San Beda Red Spikers in a knockout step ladder semifinals clash at the FilOil EcoOil Centre, March 29.

Despite being out of fourth set, Carl Berdal paced Chiefs with a team-high 17 points via 16 attacks and an ace. Meanwhile, AC Guinto and Kim Tan chimed in with 1 and 8 points, respectively, in the loss.

From the other side of the court, Kenrod Umali dominated the front line, tallying 15 points for SBU. Santos and Cabalsa complemented Umali's performance, scoring 13 points along with the latter listing four digs for San Beda.

A roller coaster start

As two of the tournament's hottest teams, both squads kept it clean right out of the start, but Umali found a hole behind the Chief's block to draw first blood, 0-1. Trying to take advantage of the game, a Curamen quick attack and a block from Kim Tan opened AU's scoring, 4-4. Two consecutive errors were committed by the Red Spikers to help Legarda-based squad with a two-point deficit going into the first technical timeout, 8-6.

Adrian Villados facilitated the Silver and Blue's offense through Carl Berdal's out-of-system play, pushing the Red Spikers' sideline to call the shots, 12-8.

Chiefs still took control of the game, but Red Spikers got their groove after the timeout and placed the game at an almost deadlock, 14-13.

Both teams had an exchange of points, keeping the set a close affair, but Labrador's strong attacking, paired with several costly errors from AU, caused the SBU to lead the set, 22-23. Eventually, Red Spikers took the set point, courtesy of blocking Berdal's offensive attack, 22-24. Bullying the SBU's defense, AU maximized Guinto's combination of offensive and defense to extend the match further, 24-24. However, Guinto spoiled SBU with a costly error that gave them the first set, 25-27.

2nd set

Carl Berdal lit the fuse for a fiery Chiefs' early start after unloading two consecutive attacks, 4-0. The momentum continued to be with Chiefs as Adrian Villados' strategic dump gave them a convincing lead, 8-4.

This momentum would force the Mendiola-based team to call their first timeout of the set, but it was not enough to stop Chiefs as they eventually fell down by as many as nine points going to the second technical timeout, 16-7.

Towards the end of the second set, the Red Spikers showed signs of life, but the Chiefs' defense gave them no room to catch up. Guinto's powerful attack would prove to be enough to seal the deal for Arellano, capping off a dominant set that showcased AU's resilience, 25-12.

Meltdown

Looking to extend their second set win, AU started the momentous set on fire as hits by Carl Berdal and Jethro Cabillan, succeeded by Red Spiker's unforced errors, gave them an early 7-3 lead.

After the first technical timeout in third set, Santos used his no-entry block to give his squad a three-point run, 8-7. Chiefs committed two costly errors, followed by Cabalsa's backrow attack and service ace, 8-12.

The Legarda-based squad wasn't able to regain the lead as Red Lions stuck to their game plan as strong attacking from the trio of Cabalsa, Umali and Santos placed them in firm control, 11-16.

Dominating the Arellano frontline all afternoon, Calayag had his way to stop Chiefs' two consecutive offensive attacks, 24-17. Rounding off the set win, Ken Umalis punched the finisher in third set through the Arellano defense, 25-17.

Carl Berdal, who was still recovering from his ankle injury, fell from a bad landing at the early start of fourth set. The loss of Carl Berdal was evident as Chiefs struggled to convert offensive points. However, this set was much the same as the third, as AU saw themselves failing to defend SBU's barrage of points from all over the frontline. Arellano was also unable to match the excellent digs made by the Red Spikers, who established a superb defense partner in the backline against AU. This defensive showcase was what fueled Umali to do damage the Chiefs. The Chiefs never held the lead during the entire set, ultimately losing by an eight-point margin, 17-25.

Arellano Men's Volleyball Team settled for third place as graduating Kim Tan marked his last playing year on a bittersweet finish.

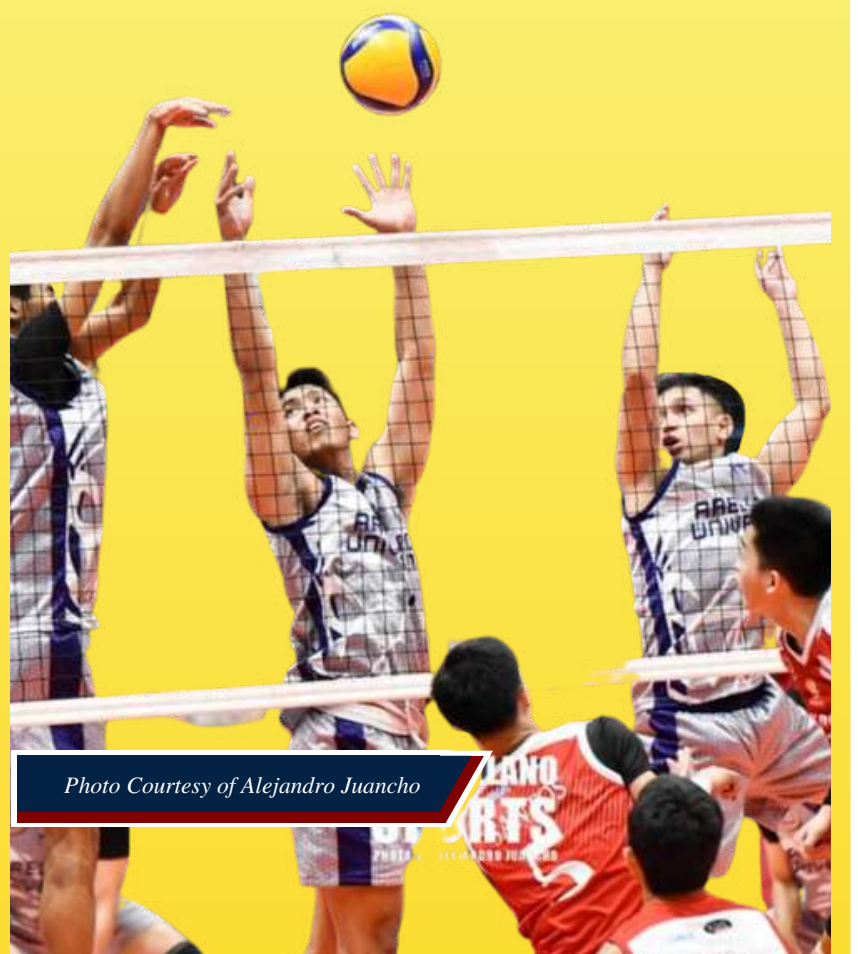


Photo Courtesy of Alejandro Juancho

Back to Back to Back and Beyond: Chiefsquad Pulls Off Historic 4-Peat

By Carlo Arsula | Juan Sumulong Campus



Photo Courtesy of Alejandro Juancho

The Arellano University (AU) marks another history to further solidify the legacy as Chiefsquad made it four-in-a-row by claiming its fifth NCAA Cheerleading crown on April 31 at the Rizal Memorial Coliseum in Manila City.

With its amazing stunts and eye-popping pyramids, the defending champion garnered a total of 245.5 points, an all-time high throughout their reign as they also dominated all the categories which namely Cheer, Partner Stunts, Pyramids, Basket Toss, and Tumbling, en route to pocketing the P100,00 cash.

Despite parading an almost all-rookie roster, Arellano successfully retained the title it first won in Season 91 by delivering a flawless routine, complete with a 90s tune, before more than thousands of spectators.

Lucky San Juan, who led the squad to 7 podium finishes in 9 seasons, admitted that he was nervous coming into the competition as they are the three-time defending champion.

"Meron pa rin namang kaba. Ito yung season na sobrang pressure for me kasi nga dahil nga gaya ng sinasabi ko sa boss ko, 'yung athlete ko ngayon is malakas, yung dati magaling," said San Juan.

He also shared how the Legarda-based squad struggles to cope with challenges brought by pandemic that leave

hem no choice but to let go of graduating players and lose the years of eligibility to perform in NCAA cheer mat.

"Siyempre sobrang saya dahil I'm not expecting naman na makakabuo ako ng ganun kasi dumaan ang pandemic then lahat ng player ko na nag-champion before, nawala na kasi sila. Puro bago, if may luma dyan dalawa or tatlo," he added.

The work starts anew for fresh champions. Recall that, San Juan shared in an interview with The Standard on how they prepare for a four-peat—this time for the five-peat.

"History 'yang championship na 'yan, bukas hindi na kayo champion. Back to work na." remarked San Juan.

Behind Chiefsquad were UPHSD Altas, who tallied a 227.5 score, just enough to

obtain their first-place finish from previous season followed by the second finish of Letran with 215.5 points, ending their 11 years of podium drought in the competition.

Mapua University settled for fourth after tallying 210.5 points, followed by fifth finisher San Beda University with 204 points. Emilio Aguinaldo College finished sixth with 196.5 points, College of Saint Benilde in seventh with 183.5, San Sebastian College-Recoletos and Lyceum of the Philippine University were tied at eighth with 155.5, and Jose Rizal University placed last with 138.5 points.



Photo Courtesy of Philippine Women's National Football Team Official Facebook Page

PWNF raragasa na sa ikalawang round ng OQT

By Nashlei Angeli Liki | Juan Sumulong Campus

Sinalansan ng mapanusok na koponan ng Philippine Women's National Football ang Hong Kong matapos manguna sa 2024 AFC Women's Olympic Qualifying Tournament sa Hisor Central Stadium sa Tajikistan noong Abril 11, 2023 ng gabi.

Ikinandado ni Sarina Bolden ang Pilipinas sa ikalawang round ng Olympic Qualifying Tournament na magaganap sa Oktubre ngayong taon nang pagharian ang unang puwesto sa Group E na sinundan ng Hong Kong.

Sinikwat ni Meryll Serrano ang ikatlong puntos para sa Pilipinas sa ika-44 na minuto ng laban habang hindi napigilan ni Quinley Quezada na isara ang puntos dahilan upang selyuhan ang huling iskor sa loob ng 53 minuto, 4-0.

Gumuho ang namumuong pag-asa ng Hong Kong nang pinako ni Bolden ang iskor ng koponan makaraang makapagbalsa ng dalawang magkasunod na goal.

"It was a good performance from us. From the beginning, I think we just dominated," ani Bolden.

Tumabo sa 20 na goals sa loob ng 33 international competition para sa Pilipinas ang personal na rekord ni Bolden.

Samantala, kasalukuyang nasa ika-49 na puwesto ang Pilipinas sa buong mundo na nakalikom ng kabuuang 16 goal mula sa kanilang tatlong kompetisyon sa unang qualifying round kontra sa Pakistan noong Abril 5 na naka kamit ng 4-0 habang naglulupasay namang inuwi ng Tajikistan ang 8-0 noong Abril 8.

Naging makabuluhan din para sa PWNF coach na si Alen Stajcic ang naging performance ng kaniyang atleta dahil hindi lamang nila nilampaso ang tatlong bansa kung hindi ay ipinakita rin nila ang paglago ng kaniyang grupo sa pangangalaga nito ng 19 na buwan.

"We controlled the game well, probably our best control we've had this week here against a good opposition, an opposition 15 months ago we beat only 2-1 in the last minute. It just shows how much we've improved." sabi ni Stajcic.

Susunod namang aabangan ang nag-iinit na sagupaan ng Pilipinas laban sa Myanmar sa Mayo 3 na susundan ng Malaysia sa Mayo 6 habang Vietnam naman para sa Mayo 9 na kabilang sa Group A, sa paparating na 32nd Southeast Asian games na gaganapin sa Cambodia.

REFERENCES: Tiebreaker Times (2023)



Photo Courtesy of Alejandro Juancho

**ARELLANO
SPORTS**
PHOTO BY: ALEJANDRO JUANCHO

AU Braves bumuslo ng ika-pitong puwesto sa NCAA Juniors Basketball

By Nashlei Angeli Liki | Juan Sumulong Campus

Hanggang sa huling upuan ay hindi nagpalampaso ang koponan ng Arellano Braves sa huling sagupaan nang ibinalandra ang nangibabaw na depensa sa NCAA Season 98 Junior's Basketball kontra Lyceum Junior Pirates sa San Andres Sports Complex noong Pebrero 20.

Tumirada ng sunod-sunod na puntos ang LPU Junior Pirates sa huling round ng paghaharap ngunit hindi pinagbigyan ng AU Braves matapos ang naninibasib na spiderman landing mula sa ring ni Saentis James Moore, 91-76.

Dinomina ng AU Braves ang apat na quarters makaraang bumida ang galing ni Moore na sinikwat ang Best Player of the Game na tumipa ng 29 na puntos, dalawang rebound, isang steal at 9/19 fg.

Samantala, hindi pinanghinaan ng loob sina Nat Fuentes at Cirian Mulligan sa kanilang pagsasanib pwera matapos bumarikada ng 14 at 11 na puntos sa kalahating oras ng laro.

Sinilat naman ni Ivan Panapaan ang All Defensive Team award habang nakapagtala rin ng average na 2.22% sa blocks per game.

Naninibasib na depensa ang lumutang sa AU Braves dahilan upang sikwatin ng koponan ang blocks per game na may average na 4.67% at pumako rin ng rebounds at turnovers sa kabuuang bilang na 69 at 37 kontra sa Letran Squires.

Nakapagtala ang Braves ng 3-6 panalo na naging dahilan upang makapagtala ng 33.33% kabahagi ang Lyceum Junior Pirates at JRU Light Bombers.

Sa kabilang banda, pumoste ng 8-1 iskor ang Colegio de San Juan de Letran Squires na may 88.89% na nangunguna sa ranking at sinelyuhan naman ng CSB La Salle Green Hills Blazers, San Sebastian College – Recoletos Golden Staglets at San Beda University Red Cubs ang ikalawa hanggang ika-apat na puwesto sa parehong iskor na 6-3 at 66.67.

Nakaupo naman sa ika-limang puwesto ang Mapua University Red Robins sa parehong iskor na 6-3 ngunit hindi pinalad makapasok sa final four habang gumuho naman ang mundo ng Emilio Aguinaldo College Generals nang hindi nakalusot ng kahit isang panalo, 0-9.

Cool Smashers tinapyas ang Petro Gazz sa PVL 2023

By Nashlei Angeli Liki | Juan Sumulong Campus

Matikas na binitbit ng Creamline Cool Smashers ang korona nang lumambot ang opensa ng Petro Gazz Angels, 20-25, 25-20, 25-18, 25-15, sa Premier Volleyball League (PVL) All-Filipino Conference 2023 sa Mall of Asia Arena, Pasay City noong Marso 31.

Bumuslo nang matibay na depensa ang outside hitter ng Cool Smashers na si Jema Galanza na nakapagbulsa ng 19 na puntos, 16 digs, and 11 receptions, samantalang si Michele Gumabao at Tots Carlos ay nakapag-uwi ng 18 at 16 na puntos.

Pinangunahan ng Creamline captain at setter na si Jia De Guzman and ika-apat na set ng laro nang nagpalipad ito ng 18 sets habang nakamit naman nito ang kaniyang ika-apat na PVL All-Filipino Conference Finals MVP.

“Pagkatapos ng Game 1 lahat ready mag-ensayo. I really need to give it to the team also. This conference mas pinanghawakan namin yung relationship namin as a team,” ani De Guzman.

Nilangoy naman ni Kyla Atienza ang sahig sa kaniyang 24 digs at 13 receptions dahilan upang makagawa ng magagandang plays si De Guzman.

Sa kabila ng pagkawala ni Alyssa Valdez sa laro kamakailang magtamo ng knee injury, nagawa namang maitawid ang laro nang dinagit ni Celine Domingo ang 16 points na nag highlight ng apat na blocks para dominahin ang Petro Gazz sa blocking, 14-8.

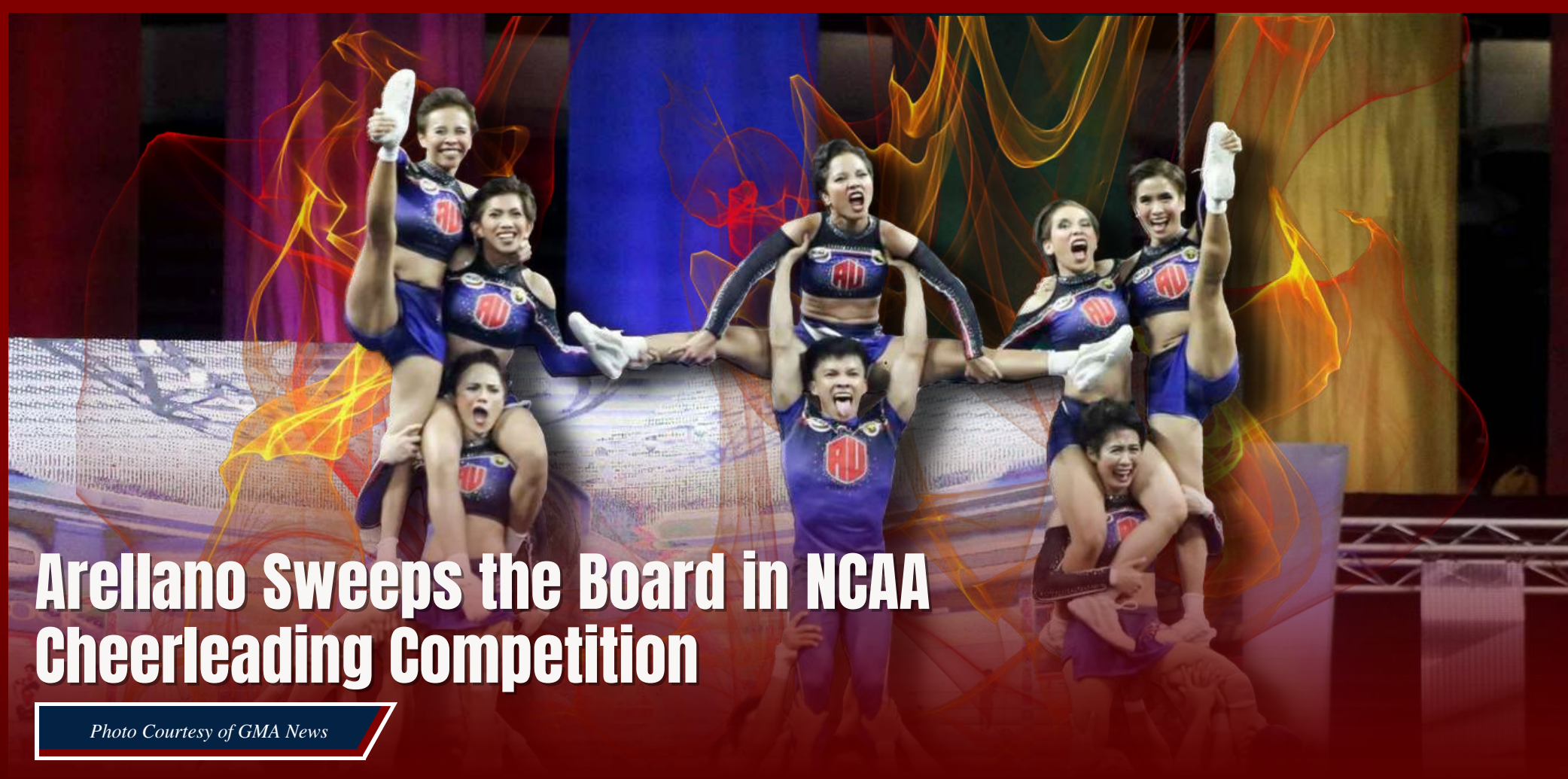
“Yung team naman pare-pareho ang ginagawa kahit wala si Alyssa, yung ibang outside hitters nagpapakita sa ensayo. Nagrespond naman ang mga players nakuha namin itong championship,” ani creamline head coach Sherwin Meneses.

Hindi umubra ang matibay na kooperasyon ng koponan ng Cool Smashers sa Game 1 ng kompetisyon, 22-25, 26-24, 23-25, 24-26 ngunit agad na namutawi ang namumuong pag-asa ng Gazz Angels nang hindi na sila muling pinagbigyan sa Game 2, 18-25, 25-16, 25-18, 23-25, 15-6.

Ito na ang ika-anim na kampeonato ng buong koponan habang nananatiling nangunguna sa overall ranking ng PVL champions.



Photo Courtesy of PVL Media Bureau



Arellano Sweeps the Board in NCAA Cheerleading Competition

Photo Courtesy of GMA News

By: *Gieann Amador*

MANILA, PHILIPPINES - Arellano Pepsquad swept the board in NCAA Season 98 Cheerleading Competition after defeating 10 Universities and took home the crown for the fourth straight time at the Rizal

Memorial Coliseum on April 30, 2023. The Arellano Chiefsquad secured the title and scored 245.5 points and pocketed P100,000 for ruling the event. The Champs first won the title in 2017 and continued their legacy as they win this Season 98. The University of Perpetual -

Help Altas Perpsquad finished in second place with 227.5 points and got P75,000. The Colegio de San Juan de Letran Cheering Squad swept up 215.5 points for third place with a P50,000 prize. Meanwhile, Mapua's Cheering Cardinals did not make a -

podium finish after being fourth place and getting 210.5 points for their routine.

It's a blast Season for the athletes and coaches, but indeed a lucky finish for the Chiefs. After securing another Gold for blue and red, the Cheerleading Competition is the last event to-

end the NCAA Season 98. The NCAA host University EAC turned over the hosting duties for Season 99 to Jose Rizal University.

Reference:

The ABS-CBN News, 2023

Arellano Chiefs Pinulbos ang EAC Generals

By: *Gieann Amador*

MANILA, PHILIPPINES - Arellano Chiefs pinulbos ang Emilio Aguinaldo College Generals sa ginanap na NCAA volleyball tournament sa San Andres Sports Complex, March 21, 2023.

Ang Rookie ng Lady Chiefs na si Laika Tudlasan ay nagtala ng 14 puntos sa tulong nina Nicole Sasuman 2 blocks, 11 puntos at 8 digs at Moming Padillon na bumuo ng 10 puntos para sa Lady Chiefs.

Nanguna naman sa Lady General's si Krizzia Reyes matapos maibulsa ang 20 puntos, 3 service aces, at 9 digs. Ngunit hindi ito naging sapat upang maawat ang nagliliyab na determinasyon ng Lady Chiefs sa pagkamada ng pwesto.

Kaya tuluyang bumaba ang standing ng EAC Lady Generals kasama ang Jose Rizal University at San Beda, 1-8.

Bumuo rin ng magandang simula ang AU men's volleyball team matapos maprotektahan ang ikalawang pwesto kontra EAC, 25-14, 22-25, 25-17, 17-25, 15-13.

Hindi naging Hadlang ang pagkawala ng top scorer ng Arellano na si Carl Berdal sa ikalawang set matapos sunod sunod na magbaon ng puntos sina Anfernee Curamen (15 puntos), Kim Tan (15 puntos) and Ivan Encila (8 puntos at 16 receptions).

Samantalang nadepensahan naman ng University of Perpetual Help System ang kanilang slot sa nine-match sweep eliminations para sa muling pagkuha ng kampeonato.

Kaya naman kaabang-abang ang magaganap na stepladder ngayong linggo sa Filoil EcoOil Centre.

Reference: *Micaller (GMA News), 2023*



Photo Courtesy of GMA News

A Great Filipino Artistic Gymnast

By: Shane De Leon
Jose Rizal Campus



Photo Credit: 2021 Getty Images

Carlos Edriel Poquiz Yulo, a Filipino artistic gymnast, became popular because of his ability to win a gold medal, especially when he won a gold medal at the World Artistic Gymnastic Championship in 2019 for the men's floor exercise.

This year, Carlos Yulo collected two more medals on the final day of artistic gymnastics at SEA Games 2023. He went to Cambodia on May 9, 2023, where he became the six-time world medalist. He secured a maximum of four out of four medals in Southeast Asian Games. On his day 1 in Tokyo, he won all the categories and got all the gold medals in the individual all-around competition at the National Stadium Phnom Penh, and he got silver for the Philippines in the team event. On day two, he won the parallel bars title. He finished the game being ranked 2 in the ring behind Vietnam's Van Khanh. Yulo won about 18 medals, including nine gold from Southeast Asian Games. Gymnasts who can participate were limited in finals at Cambodia 2023 and there was no competition for women.

"The team competition is really making me hyped and the atmosphere as well – I really loved it," Yulo told Olympics.com in an exclusive interview after the competition.

Because of his talent, he received the following recognition: Carlos Yulo qualified for the Tokyo Olympics and won the gold twice at the World Artistic Gymnastics Championship in 2019 and 2021,

won three Asian Games medals, and earned another three in the Asian Artistic Gymnastics Championship. Can you imagine, at an early age Yulo showed his ability in the sport, and at his elementary age he began training as a gymnastics entrant of the National Capital Region for the Palarong Pambansa. He laid up the support of the Gymnastics Association of the Philippines, which encouraged his athletic and academic careers forward as he entered his teens.

"Hard work talaga and patience, 'di palaging panalo, 'di rin palaging talo, kayo rin gagawang sarili niyo, just keep going, at palaging magpapasalamat kay God, siya po talaga nabibigay ng blessings" - Carlos Yulo, 2019

Here are the other achievements of Carlos Yulo (Gurung, 2022)

- 2019 World Cup Gymnastics (Melbourne circuit) – floor exercise (gold)
- 2021 World Artistic Gymnastics Championships – vault (gold), parallel bars (silver)
- 2022 Asian Artistic Gymnastics Championships – floor exercise (gold), vault (gold), parallel bars (gold), all-around (silver)
- Gymnastics at the 2023 Southeast Asian Games – Men's parallel bars

References:

- Carlos Morales, 2023 "Carlos Yulo" (Forbes)
- Jo Gunston 2023, "Carlos Yulo grabs two more medals on final day of artistic gymnastics at SEA Games 2023" (Artistic Gymnastic)
- "Carlos Yulo" (Tatler Asia)

The Junior High School Intramurals

By: Amber Vixen A. Parungao
Jose Rizal Campus



Photo Credit: MAPEH Department



The Junior High School Intramurals at Arellano University - Jose Rizal Campus was definitely a huge success! This sporty and interactive event with five different activities was handled by the MAPEH department that occurred on April 27–28, 2023. Chess, Dama, Scrabble, CODM (Call of Duty Mobile), and Tuklas Talento opened many great experiences for the Junior High School students, the reason why many participated and shared their diverse talents. Additionally, Tuklas Talento is divided into two categories since it contains singing and dancing segments.

Moving on, the winners in each category and grade level are listed below.

Chess Winners:
Grade 7 - Tuazon, Ryssa from Melchora Aquino, and Tulang Art from Andres Bonifacio.
Grade 8 - Suarez, Jericho from Gumamela, and Novea, Mark from Santan.
Grade 9 - Jr. Dorongon, Eugene from Acacia, and Elepante, Ron Jimwell from Mahogany.
Grade 10 - Ruiz, Romainne and Amparo, Marcus from Marie Curie.

Dama Winners:
Grade 7 -Lopez, James Lenard, and Bernal, John Cyre from Jose Rizal.
Grade 8 - De Gallicia, Juan from Gumamela, and Ofianga Eunice from Sampaguita.
Grade 9 - Guiking, Zachary from Eucalyptus.
Grade 10 - Tapado, Jinha from Isaac Newton, and Fajardo, Jann from Rosalind Franklin.

Scrabble Winners:
Grade 7 - Parungao, Amber Vixen from Juan Luna.
Grade 8 - Juan De Galicia from Gumamela.
Grade 9 - Jumud, Justin from Acacia.
Grade 10 - Serrano, Sydney from Albert Einstein.

Call of Duty Mobile (CODM) Winners:
Grade 7 - Marcelo H. Del Pilar.
Grade 8 - Lotus,
Grade 9 - Acacia
Grade 10 - Marie Curie.

Tuklas Talento - Singing portion (1st Place):
Grade 7 - Padon, Charmagne from Gabriela Silang.
Grade 8 - Palacio, Blessy from Sampaguita.

Grade 9 - Ranay, Xandra from Mahogany.
Grade 10 - Versoza, Johanne.

Tuklas Talento - Dancing portion (1st Place):
Grade 7 - Bonifacio, Althea from Jose Rizal.
Grade 8 - Mandreza, Nathalie from Rosal.
Grade 9 - Pacunayan, Anjela from Narra.
Grade 10 - Bautista, Trisha from Rosalind Franklin.

It was an aesthetically color-organized moment since the participants were encouraged to wear colors associated with their grade level on the day of the event. Green for the Grade 7 students, yellow for the Grade 8 students, blue for the Grade 9 students, and lastly, red for the Grade 10 students. Hence, the coordinators stated that the primary goal of this event was for participants to make friends despite the competitive atmosphere and to enjoy the activities themselves. However, all things must come to an end, the good thing in this, is that it ended splendidly with unforgettable memories.

AU Chiefs, Ikatlo sa NCAA '98 Men's Volleyball

by: Ricky Caballero
Plaridel Campus

Pusong pAUlaban! Bigo man ang Arellano University Chiefs na makabalik sa pagsungkit ng titulo sa makapigil hiningang 25-27, 25-12, 17-25, 18-25 na sagupaan kontra San Bida University Red Spikers, nauw naman nila ang Ikatlong Puwesto sa National Collegiate Athletic Association (NCAA) Season 98 Stepladder Men's Volleyball sa FilOil EcoOil Centre, San Juan City, Marso 29, 2023.

Itinanghal bilang Best Player of the Game si Jerome Lopez ng San Bida Red Spikers na nag-set ng 23 Excellent Sets, 3 points mula sa dalawang atake, at isang block.

Matinding laban din ang ipinamalas ng AU Chiefs na pinangunahan ni Carl Berdal na may 17 puntos mula sa 16 attacks at isang ace, habang kumambyo sina AC Guinto at Kim Tan ng 13 at 8 points.

Pinainit na agad ng dalawang koponan ang unang yugto sa 14-11 lamang ng AU Chiefs at sa salitang pagpuntos, 22-23 ngunit hindi pumayag sina Berdal at Anfernee Curamen na manalo ang Red Spikers, 25-25, tinuldukan ng San Bida ang first set sa 25-27 panalo.

Sinlakas ng Tambol sa Arena ang palo ni Berdal sa unang minuto ng ikala - wang set, 4-1, na sinubukang habulin nina Lorenz Calayag at Kenrod Umali kung saan - nakuha na ng AU CHIEFS ang momentum ng laro kaya

inangkin na nila ang 25-12 sa second set.

Malaki ang adbentahe ng San Bida na wala si Berdal kaya sinamantala ito sa nagliliyab na mga palo ni Umali at Cabalsa para pangunahan ang ikaapat na set upang paluhurin ang AU Chiefs kahit anong kayod marino nina Tan at Cabillan, 18-25.

Matatandaan na nasungkit din ng AU Chiefs ang Ikatlong Puwesto noong NCAA Season 94.

Matapos magwagi ng San Bida University kontra AU Chiefs, magtutuos sa Championship ang Red Spikers at ang two-time defending champion University of Perpetual Help System DALTA sa FilOil EcoOil Centre, San Juan City, Abril 11 at 14.

Photo Courtesy of Josh David

DIVISION MEET: Pride of the CHIEFS

By: Anzel Jhoy Rivera and Gillian Alcantara || Jose Rizal Campus

The opening of the Division Meet was held at Marikina Complex last 24th of February, 2023. It has been a fascinating Division Meet for the athletic CHIEFS. As the event went through, different sports categories of the CHIEFS moved forward to the National Capital Region Meet (NCR). The CHIEFS obtained countless gold, silver, and bronze medals in different sports categories.

One of the highlights of the Division Meet 2023 of the CHIEFS was the championship of Sepak Takraw. The opponent of our players gave them a hard time scoring. Surprisingly, the CHIEFS broke the opponent's momentum and gave their best kick. They brought home not just one but two championships. Sepak Takraw Boys and Sepak Takraw Girls acquired the title. Additionally, the Athletic Team brought home a lot of gold, silver, and bronze medals.

All the sports categories would like to acknowledge their coaches and everyone who supported

them throughout their journey.

The coaches of different sports gave their best to train, encourage, and help build the confidence of the CHIEFS. Congratulations to every CHIEF who had been part of the Division Meet 2023 and break a leg to the CHIEFS who made it to the National Capital Region Meet 2023!

Here is the list of sports that will contend for the National Capital Region Meet 2023:

ATHLETICS (throwing, jumping, and running events for boys and girls),
THROWING EVENTS
Cruz, Sam Irvine:
Discus Throw - 2nd place (Silver)
Javelin Throw - 1st place (Gold)
Shot put - 1st place (Gold)

Garcia, Princess:
Javelin Throw - 3rd place (Bronze)
Shot put - 1st place (Gold)
Zaplan, Art John:
Triple Jump and Long Jump -

1st place (Gold)

RUNNING EVENTS
Bayola, Mary Julianne
1500m Run - 2nd place (Silver)
3000m Run - 2nd place (Silver)
2000m Walk - 1st place (Gold)
4x400m Relay Run - 1st place (Gold)

JUMPING EVENTS
Ingreso, Christine:
Triple Jump - 1st place (Gold)
Long Jump - 2nd place (Silver)
High Jump - 2nd place (Silver)

Magarin, Cyril Brian:
Jumping Events Triple Jump - 2nd place (Silver)
Long Jump - 2nd place (Silver)

BASKETBALL BOYS (5x5, Gold medalist)
Alcantara, Gabriel
Bautista, Jaycee
Cabuello, Earvin
Cruz, Gabriel
Fajardo, Prince
Martin, Chollo
Parungao, Mark Joshua
Martin, Cholo
Meralles, Austin
Nocido, Gave
Suan, Andrei

Sudario, Brent
Torres, John Kauri
Villar, Ralph

BADMINTON (Boys)
Abermalis, John Paolo I. – Gold Medalist
Manas, Jerome Kerby B. – Bronze Medalist

BASEBALL (Boys, Gold medalist)
Abayon, John Felix R.
Bulasco, Abet U.
Cubacab Raizen H.
Del Rosario, Juanito Brix S.
Damasco Denniz Karl N.
Nepales, Mark Anthony Y.
Salvame, James Scott M.
Valerozo, Chollo D.
Villa, Blue Mc Mar D.

BILLIARD (Boys)
De La Cruz, Rhenz – Silver Medalist
Pillar, Arcee – Bronze Medalist

CHESS (Boys and Girls)
Antonio, Mhark Aljur - GOLD (CHAMPION)
Ofiasa, Sheila May - SILVER
Pabuaya, Ericho – Bronze

FUTSAL (Gold medalist)

Daganas, Mikyl C.
Bulawin, Renan S.
Tamalla, Russel C.
Golez, Marc Anthony C.

SEPAK TAKRAW (Boys, Gold medalist)
Gonzales, Kenjie A.
Layson, Adrian C.
Tamondon, Laurence
Gasalao, John Kean
Lintoco, Mark Joseph
Mercado, Miguel

SEPAK TAKRAW (Girls, Gold medalist)
De Francia, Georgia Marie
Bactol, Joanna Amor G.

TABLE TENNIS (Boys, Gold medalist)
Gutierrez, Jeremiah James

TAEKWONDO (Boys and Girls, Gold medalist)
Garcia, Grace E. – Poomsae
Paradillo, John Richard B. – Sparring

Once again, congratulations to everyone who participated and will compete at NCR Meet 2023! We are proud of you, CHIEFS!

AU-EEC CHIEF, SYREEN PROJIO, TO JOIN TEAM NCR FOR PALARONG PAMBANSA!

By: Raven Gabriel Cruz | Elisa Esguerra Campus



Photo Courtesy of Syreen Angelique Projio

ABM, HUMSS DOMINATES INTRAMURALS 2023

By: Raven Gabriel Cruz | Elisa Esguerra Campus

It was an action-packed week for Arellano University Elisa Esguerra students who witnessed the return of the much-anticipated event that highlights the students' potential and ability in the field of sports. This year's intramurals featured two of the most popular sports, men's basketball and volleyball in both men's and women's divisions, with teams from each strand competing.

Men's basketball began on the first day, with students and coaches demonstrating their skill and excellent technique execution throughout the game. All of the teams had outstanding energy and talent, but it was the ABM and STEM teams who advanced to the finals round.

The volleyball match kicked off on the second day, starting with the elimination round of men's division followed by women's category. Representative teams from each strand demonstrated their abilities and wits, boldly staring down at their opponent every time a team landed a spike. The all-night battle came to an end with the HUMSS and ICT strands competing in the final round for men's division, while team ABM and STEM took place for the women's division.

The final men's basketball game between ABM and STEM got the final day of intramurals off to a strong start. The competition for the championship title was intense and severe. Both teams traded baskets one after the other.

Syreen Angelique Projio, a student athlete from Arellano University Elisa Esguerra Campus, is one of the representatives of NCR in Palarong Pambansa 2023.

Projio, who just won the silver medal for high jump competition in NCR Palaro, started establishing a name for herself earlier this year when she competed at the MalPriSAA Meet 2023 where she represented AU-EEC in the athletics category. She clinched a total of 4 medals in the said event, which consists of silver and 3 gold medals.

She then advanced to the Division Meet of Malabon City where she garnered further distinction of her skills as an athlete. After the Division Meet, Projio further advanced to compete

in the NCR Meet in which the athletes to represent the NCR in Palarong Pambansa will be chosen

After the Division Meet, Projio further advanced to compete in the NCR Meet in which the athletes to represent the NCR in Palarong Pambansa will be chosen. With her talent and skills in athletics, Projio was chosen to be a part of the Team NCR delegates for the upcoming Palarong Pambansa 2023. Syreen Projio will play in the athletics category of Palarong Pambansa which will commence on July 29, 2023, in Marikina City.

With her success, the AU-Elisa Esguerra Community rejoiced and continued to support and cheer for Projio, not just for the Palarong Pambansa, but for her promising athletics career. Congratulations, Syreen Projio! AU-EEC Community is proud of you! Hail to the Chiefs!



Both teams were deadlocked 70-70 with less than a minute remaining in the fourth quarter. The sides traded scores once again until a foul was called, allowing ABM club to take free throws. The match ended with ABM being crowned champion with a score of 75-72.

Men's volleyball began immediately following the basketball finals, with HUMSS and ICT club competing for the championship title. Humanistas got off to a strong start, winning the first two sets with outstanding scores of 25-16 and 25-17, respectively. Despite losing the first two sets, ICT responded in the next set by battering the opponent with attacks, defeating HUMSS in the third set 25-19. Seeking to extend the game to fifth set, ICT started the set strong.

HUMSS Club responded by imposing straight points off the board acclaiming the match point to their side. The match ended with HUMSS being hailed as the champion, 25-16, 25-17, 19-25, 25-19.

The women's category of volleyball followed the men's division. For the first two sets, ABM just escaped STEM by a few points, 25-23 and 25-20, accordingly. They proved their argument with a complete sweep on the third set, recording a 14-point lead over STEM on the final set, finishing in a 25-11 final score. ABM is declared the winner.