



Arellano University The Standard

THE OFFICIAL SCHOOL PUBLICATION OF ARELLANO UNIVERSITY



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A debate workshop organized by Arellano University Politeia titled "A Vision of the Youth towards the Future" served as a platform for the students to engage in meaningful discussions about debate through a Google Meet teleconferencing app on Monday, October 23, 2023, from 1 pm to 4 pm.

The webinar was handled by Mr. Angelo Sean Katalbas, the Secretary Committee Chairman, and Ms. Jenica Jandayan, the Project Community Chairwoman of Arellano University Student Council, making the atmosphere full of delight and comfort for the participants as they formally began the workshop with enthusiasm

about the chosen topic, designing the program in a way that would offer valuable insights to participants, and ensuring that it was both educational and enjoyable.

The President of the Arellano University Politeia, Mr. Lincoln Teodoro, gave the opening remarks after thanking the attendees and wishing everyone a good day. Asserting that "debate is an essential skill that fosters critical thinking, effective communication, and the ability to articulate thoughts persuasively," he expressed his hope that the attendees would fully comprehend all of the information presented by the guest speaker.

Mr. James Andrew Monilla,

Empowering Aspiring Speakers: A Webinar Nurturing a Brighter Debate Future By Jillian S. Panguito



the guest speaker, is a distinguished alumnus of Arellano University, having graduated as Cum Laude. He holds a Bachelor's Degree and is currently enrolled in a Master of Arts Program in Political

Science at De La Salle University in Manila.

Mr. Monilla's extensive background in debate enabled him to significantly contribute to the webinar by sharing fundamental concepts of debate, preparation techniques, winning strategies, and skills for effective debating while allowing attendees to share their thoughts and ideas using Slido.com.

Following the discussion, an icebreaker made participants actively engage and provide thoughtful, logical responses to questions.

Subsequently, AUP Senior Legislators Ms. Miyuki Mallari and Mr. John Carl

Barce introduced the upcoming debate competition, expressing their hope that the knowledge the participants have gained from the webinar could help and benefit them for the actual debate.

In her closing remarks, Ms. Miyuki Mallari expressed her gratitude to Mr. Monilla, to the Legislative Department, officers, and to the AUP Committee Members, stating that the event would not have been possible without their assistance. She concluded by saying, "In this generation we live in today, it is always said that our thoughts and opinions matter, but it is not always just standing and fighting for something; it should be conducive enough to matter."

"Sobrang exciting, sobrang nakakaoverhelm!" That's how Supreme Student Council President, Mr. Jeffrey Bernadez reacted after the success of the Chief Organization Oath-Taking Ceremony participated by all seven campuses of Arellano University (AU) held at the Juan Sumulong Campus (JSC) last September 18, 2023, with the theme "Unity in Diversity: Pledging Together for a Stronger Arellano."

The induction for student-leaders from Elementary to College of the 6 AU Campuses began at 10:30 in the morning and ended at 12:00 noon.

Meanwhile, the induction of the local organizations of Arellano University - Main Campus (Juan Sumulong) followed through in the afternoon session

session of the event from 1:00 P.M. to 2:00 P.M.

The morning program started with the opening remarks by Dr. Maristela B. Roxas, followed by an inspirational message from Ms. Abegail H. Cayco, MBA.

The vital part of the event was led by the Chairman and CEO of AU, Mr. Francisco Paulino V. Cayco, MBM. He directed the students to make a public commitment to their respective positions' duties, responsibilities, and obligations.

AU alumni and also the current Manila Vice Mayor, Mr. John Marvin "Yul Servo" C. Nieto, was also present to stimulate and encourage young leaders to be responsible individuals.

Mr. Jeffrey Bernadez formally closed the morning program with a quote from Dean Sherwin Punla of the Office for Student Affairs (OSA) saying, "We are not the future leaders, but we are the leaders of today."

Shortly after, Junior and Senior High School student-leaders from AU- Main (JSC) filled the Gymnasium with enthusiasm as the second half of the ceremony took place.

Similarly, Dr. Roxas welcomed the new roster of leaders while Dean Sherwin Punla led the oath-taking rites. The freshly inaugurated Presidents, Ms. Sophia Nicole Caranto for SHS, and Mr. Allen Gabriel Anglo for JHS respectively handed down their words of gratitude as they ended the program with their closing rem-

arks.

Ms. Caranto admitted to The Standard that while she felt nervous taking on a big role for the first time, the feeling of excitement overpowers the former. "Kung dati po before mag-oath, handa na po, ngayon mas handang-handa na to the 100th power na," she proclaimed.

Dean Sherwin meanwhile emphasized their goal to foster collaboration between local organizations not only in their respective campuses but across all seven campuses of the university, as they push for the slogan, '#OneArellano.'

"Yong makikipag-collaborate talaga sila, pupunta talaga sila sa ibang campus para ma-meet ang iba't ibang officers at magkaroo-

n din collaboration kasi 'yon naman talaga ang goal natin. As one Arellano, kailangan 'yong collaboration mas ma-strengthen siya," he explained.

“Sobrang exciting, sobrang nakaka overwhelm!”

Mr. Jeffrey Bernadez
Supreme Student
Council President



Photo credits to Angel Abatayo

#OneArellano: Seven Campuses of Arellano University Reunited for Mass Oath-Taking 2023

By Jehannah Grace Tuballas and Sean Andrei Mendros





Urban Gardening: A Teacher of Planting and Promotion to Environmental Protection

By Danica Lyka G. Durado

Student Council Organization Officers, in partnership with SMART, took action as they rebuilt the beauty and rediscovered the significance of nature in the Urban Gardening project conducted on the roof deck of Rizal Hall with the theme “Planting Together, Growing Stronger” on October 11, 2023, which involved the whole Junior High School (JHS) Department of Arellano University-Juan Sumulong Campus (AU-JSC).

The Student Council Officers, their adviser, Ms. Lalaine Lopez, and the coordinator of the Technology and Livelihood Education (TLE) Department, Ms. Marianne Valdez, were present throughout the planting, which started at 9:00 and finished at 10:00 in the morning.

The event was made possible with the contribution of the students for the tools needed and SMART for the donation of parsley and coriander seeds. Headed by the TLE and Science Department, who then explained the function of those tools and the thorough process of growing the seeds to the students.

Since most of the students have no experience with planting, this activity’s purpose was to teach them the process of vegetable growing.

After the seeds have been planted by the officers, sections of the JHS Department are now entrusted to care for and ensure the success of their growth.

According to Ms. Lopez, this activity provided not only enjoyment but also experience for those students who have not tried planting before.

On the other hand, the Student Council Vice President, Ms. Ferlyn Nicole Estuaria, stated that this was their first time planting and that it felt fantastic to be able to contribute even in this small way to protect the environment.



Photo credits to JHS-SCO

TSM GENERAL ORIENTATION: Ang Panibagong Simula ng The Standard

By Jazmine Marie G. Agoncillo

The Arellano Standard Manila held its General Orientation entitled “USBONG 2023: Ang Panibagong Simula ng The Standard”, attended by the publication’s editorial board, contributors, and adviser last October 1, 2023, via Google Meet.

The event was hosted by Mr. Carlo T. Arsula, Editor-in-Chief (EIC) of The Standard Manila (TSM).

Ms. Maria Nadine Roman, The Standard’s Overall Adviser, formally started the program with hopes that, “... everyone will appreciate The Standard more as they discover how the publication is not just an organization, but it is a family.” She also motivated the participants by saying, “With your pen as your sword, and your words as your shield, you’re not just storytellers; you’re warriors of integrity, champions of transparency, and defenders of honesty.”

An entertaining icebreaker called "Guess the Animal" was then facilitated by Mr. Sean Andrei Mendros, News Editor, allowing the participants to engage with each other removing any kind of awkwardness from the team.

Following that, Mr. Arsula divided the event participants into batches for the self introduction portion where they had the chance to get an overview of the personalities including the likes and dislikes of their fellow publication contributors.

He then discussed the publication's Preamble, Vision and Mission, Purpose, and Objectives.

The editorial board was then introduced and their responsibilities briefly discussed so as to inform the contributors of each section who their editors would be and what could they expect from them as their leaders.

Perks and benefits of being part of The Standard were also discussed so as to serve as extrinsic motivation for the team.

An overview of the plans for the publication was also presented to the team by the end of the program. In hopes that the current school year would once again be productive for the school publication.



Nagpamalas ng husay at pagkamalikhain ang mga piling mag-aaral ng Arellano University - Juan Sumulong sa iba't ibang patimpalak alinsunod sa pagdiriwang ng Buwan ng Wika, na may temang **"Filipino at mga Katutubong Wika: Wika ng Kapayapaan, Seguridad, at Inklusibong Pagpapatupad ng Katarungang Panlipunan"**, na pinamunuan ng General Academics Strand (GAS) Club noong ika-5 ng Setyembre, 2023 sa AUJSC Gymnasium.

Idinaos ang pagdiriwang sa pagtatanghal ng mga paligsahan katulad ng: (1) Masining na Pagkukuwento na pinangunahan ni G. Peejay Santiago; (2) Katutubong Sayaw na pinamunuan nina Bb. Arielle Apasra Dela Torre at G. Jess Cabiguen Jr.; at (3) Lakan at Lakambini na itinaguyod naman nina Bb. Rose Marie Bañez at G. Jomar J. Gucilarat.

Ang mga sumusunod ay ang mga nakasungkit ng karangalan sa mga nasabing patimpalak.

Masining na Pagkukuwento:

- Kampeon - **Bb. Francel Maine B. Montemayor - HUMSS B1 (95.33)**
- Unang Pwesto - **Bb. Glaiza Mariz F. Pajayon - STEM A3 (92.3)**
- Ikalawang Pwesto - **G. Ernest Isaiah Fernandez - SAD A1 (78)**

Katutubong Sayaw:

- Kampeon - **Science, Engineering, Technology, Mathematics (STEM)**

- Unang Pwesto - **Accountancy and Business Management (ABM)**
- Ikalawang Pwesto - **Home Economics (HE)**

Lakan at Lakambini:

Lakan: **G. Josh Leon D.V. Lu - ABM (71.5%)**

Lakambini: **Bb. Kristine Culcul - HUMSS (72.5%)**

- Unang Pwesto - Lakan: **G. Luis Alfonzo Calpito -**

- Ika-apat Pwesto - Lakan: **G. James Carl R. De Borja - SAD (63.25%)**
- Lakambini: **Bb. Hillary Constantino - GAS (65.5%)**

Ani ni Bb. Nicole Peñaranda, ang tagapayo ng kinatawan ng STEM sa patimpalak na Katutubong Sayaw, **"Lahat talaga ng dapat namin i-sacrifice nandoon. Yung time namin sa bahay, anong oras na kami umuuwi.**

ang pagtigil sa kanyang pagkain tuwing gabi upang mapanatili ang kanyang katawan sa magandang kondisyon, at patuloy na pag-eensayo sa kanilang tahanan.

Bukod pa rito, inihayag din ni G. Josh Leon D.V. Lu, ang pinarangalan ng Lakan 2023, na wala siyang anumang karanasan sa larangan ng pag-modelo, ngunit nagpapasalamat siya sa mga nagturo sa kanya kung paano rumampa, at mag-pose, na nagbigay daan tungo sa kanyang tagumpay.

Ayon kay Bb. Arielle Apasra Dela Torre, pangulo ng GAS Club na nangasiwa sa kabuuan ng patimpalak, naging malaking hamon para sa kanila ang dumaan na Bagyong Goring at Bagyong Hanna.

"Siguro, pinakamalaking challenge at conflict na naranasan ko ngayon sa event is yung nasuspend kami ilang araw. Nandoon bumagsak lahat ng pang design namin, nandoon nahirapan kami. Pero, I'm glad na ganito 'yung nangyari at sobrang nakakaproud kasi alam mo yun, ganito pala magagawa ng mga chiefs. Ganto pala yung mga kaya (nilang) ibigay," ani niya.

Nagpahayag din ng saloobin ang tagapayo ng GAS Club na si G. Jonathan D. Mortiz tungkol sa pagtatapos ng pagdiriwang kung saan isinaad niya ang kanyang kagalakan sa lahat ng mga nanood, sumuporta at tumangkilik sa kabuuan ng kanilang pagdiriwang.

Bigkis ng Talentong Arellano: Namayani sa Buwan ng Wika 2023



Nina Aisis Heart H. Valencia at Jillian S. Panguito

Photo credits to Marriane Joy Galimba

STEM (70.5%)

Lakambini: **Bb. Yvonne P. Macalino - ABM (72.5%)**

• Ikalawang Pwesto - Lakan: **G. Paul Daniel Braga - HUMSS (66.25%)**

Lakambini: **Bb. Ma. Clarissa A. Montoya - SAD (66%)**

• Ikatlong Pwesto - Lakan: **G. Nash Russel R. Timbol - GAS (64.5%)**

Lakambini: **Bb. Kyla Marie V. Dela Peña - STEM (66%)**

Pagpapaalam sa principal, syempre we did that for the safety nung mga bata. Hindi lang sa akin kasi andoon ako na gusto ko manalo ang STEM, gusto ko pa rin i-priority yung safety ng mga bata. So nandoon kami, naiuwi namin itong medal. Well, nakakatuwa at nakaka-proud seeing them happy."

Ibinahagi naman ni Bb. Kristine Culcul, ang itinanghal na Lakambini 2023, ang mga sakripisyo at na kanyang ginawa para sa kompetisyon; isa na rito

saan ay nagtunggali ang grupo ng mga guro at mag-aaral, at ang "Tanong Mo, Sagot Ko", na naglalaman ng general knowledge questions bilang dagdag kasiyahan sa lahat ng kaguruan.

Nagpahayag naman ng pagbati ang mga mag-aaral sa pamamagitan ng *video greetings* na inihanda ng STEM, ABM, ICT, PAC, HUMSS, AD, GAS, at H.E. Clubs, na sinundan ng Production Number mula sa Physical Education Department Teachers at PAC.

"For me, masaya yung last teacher's day po kasi hindi naaappreciate ng mga bata kung ano po yung ibig sabihin ng Teacher's Day, then ngayon po may nakita tayong programa, mas nafieel ng mga estudyante at mga teacher na importante sila," ani ni G. Adrian Advincula ng 11 HE A4.

Sa panayam kasama ang mga Chairpersons na sina Bb. Angel Keith Villanueva at Bb. Annalyn Joy Innocencio, kanila ring ibinahagi ang mga naging preparasyon ng pamunuan para maging memorable ang araw na yaon para sa mga guro.

Ani nila, dumaan ito sa maraming pagpupulong upang maging pulido ang kanilang mga plano. Para sa kanila, sa kabila ng paghihirap ay nagbunga naman ang

ang kanilang pagsisikap na maisakatuparan ang selebrasyon para sa Araw ng mga Guro.

"Pinaghandaan namin talaga, malaking katulungan talaga pag tayo'y nagbubuklod buklod at nagkakaisa sa pagdiriwang ng World Teacher's Day" dagdag ni G. Cipriano Sarmiento, tagapayo ng SSG.

Ibinahagi rin ni Bb. Ma. Alexandra Parungao, isa sa tagapagdaloy, ang kanyang naramdaman matapos ang programa, **"Very fulfilling, and very relaxing sa pakiramdam, actually yes naman (meeting the expectations) kahit medyo may difficulties and mga nangyaring hindi inaasahan, na-meet naman niya ang expectations ko for this event and I think the event is very good,"**

Wika naman ni Bb. Caranto, **"Kahit may mga ups and downs and maraming problema tayong kinakaharap, naniniwala po ako na kayo (mga guro) ang tutulong sa kabataan para sa ikakagaganda ng kinabukasan. Maraming Salamat at Happy World Teacher's Day!"**



Photo credits to Lincoln Teodoro

Arellano University-Juan Sumulong Campus, Ipinagdiwang ang Araw ng mga Guro

Nina Vincel Farma at Aisis Heart Valencia

Nag-alab ang pagdiriwang ng World Teacher's Day sa Arellano University - Juan Sumulong Campus nang idaos ang nilaang pagtatanghal para sa mga guro na handog ng Supreme Student Government (SSG) noong ika-5 ng Oktubre 2023 sa AU Gymnasium at Little Theatre.

Parehas na pinangunahan ni AU Idol 2023 Champion na si Bb. Alexa Roza A. Lathrop at ng Performing Arts Club (PAC) ang maghaponing programa na pinamunuan nina Bb. Ma. Alexandra R. Parungao at Bb. Regina Caeli S. Adena ng SSG Internal Cluster.

Habang sinundan naman ito ng pambungad na pananalita nina G. Mark Malonzo, punong guro at Bb. Sophia Nicole Caranto, pangulo ng SSG, na nagsalaysay ng mga katagang, **"Appreciate remarkable individuals in shaping the future, and to express gratitude to their unwavering commitment,"**

Binuhay ang buong programa ng mga nakakaaliw na mga palaro tulad ng "Trip to Jerusalem", na kung



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CO-PRESENTED BY:

MARTIAL LAW WEBINAR
**DIKTADURA:
THE START AND
END OF AN ERA**

OCTOBER 18, 2023
9:00 AM - 12:00 PM
VIA ZOOM

IN COLLABORATION WITH:

SPECIAL THANKS TO:

Unmasking Martial Law: Arellano University Politeia's Webinar Debunks Historical Distortion and Fake News

By Jehannah Grace Tuballas

HISTORY

On the morning of October 18, 2023, Zoom teleconference screens lit up with anticipation as renowned guest speaker Professor Nestor Castro, PhD, took the virtual stage for a thought-provoking webinar organized by the Arellano University Politeia (AUP) officers entitled *'Diktadura: The Start and End of an Era,'* that brought together students with the aim of shedding light on the persistence of fake news, historical distortion, and historical revisionism.

Ms. Camille Yvonne Benito and Mr. Del Vincent Silva skillfully guided the webinar as the event hosts, ensuring a seamless flow of discussions and interactions throughout the session. The event kicked off with opening remarks from Ms. Frances Dianne T. Endaya. Her words set the stage for a cognitively engaging and crucial discussion.

As the seminar unfolded, Prof. Castro delivered a powerful presentation that delved into his personal experiences during the Martial Law era. His personal account of his ordeal under Martial Law casted a chilling spotlight on the dark days of oppression, offering vivid recollections of torture and an unflinching exposé of the Marcos regime's abuse of power. His first hand testimony served as a haunting reminder of a nation's struggle for democracy. With a raw and uncompromising revela-

tion, Prof. Castro left a lasting impact on the audience.

The event transitioned to an open forum, allowing students to engage directly with the guest speaker. One student posed a mind-expanding question, asking, "Is there a chance that Bongbong Marcos would do what his father did?" Professor Castro offered his perspective, asserting that Bongbong Marcos is not directly involved in human rights abuses but is working to reshape the historical narrative, prompting a reevaluation of the Marcos legacy.

The AUP President, Mr. Lincoln Teodoro, delivered a closing address, urging attendees to remain vigilant against the dangers of historical revisionism and the manipulation of collective memory.

In hindsight, 'Diktadura: The Start and End of an Era' achieved its objective as it cast light on the persistence of fake news, historical distortion, and revisionism while also reminding attendees of the dark days of Martial Law. The event fostered discussions that are vital in the current climate, where historical accuracy is often clouded by misinformation.





LEGACY OF LEADERS: THE INDUCTION OF OFFICERS TO SERVE, AND NOT BE SERVED.

By Rica Nicole M. Verano

In a spirited ceremony hosted at the university's quadrangle, a new group of student leaders took their oath of office last October 18, 2023 at 5:00 PM, pledging to advocate for the interests and well-being of the student body. The atmosphere was filled with enthusiasm and determination, reflecting the collective aspiration to nurture a more inclusive and vibrant campus community.

The event began with a parade in the afternoon, starting with the elementary clubs and ending with the Supreme Student Council of the college department. Welcoming remarks led by Dean Maria Paz A. Magsalin set the tone for the occasion, emphasizing the importance of the incoming student leaders' roles in shaping the university's future. Another inspirational message delivered by Ma'am Valerie Miranda further amplified the spirit of determination and commitment that infused the atmosphere.

Oath-taking proceedings were overseen by Dean Sherwin Punla, who highlighted the immediate impact student leaders can have on campus life, stating, "You are the leaders today; Kayo ang leaders ngayon, hindi bukas, hindi sa mangalawa kundi ngayon! You can help with a lot of good events. You can make Arellano University-Pasig better more!"

Coming from diverse backgrounds and with a range of experiences, the newly elected student leaders promised a comprehensive approach to address the needs and concerns of the student community. They were committed to fostering a cam-

pus environment that celebrates diversity and promotes meaningful interactions among students.

As the ceremony concluded, the newly appointed student leaders reaffirmed their dedication to representing and advocating for the student body's interests. Their shared commitment to inclusivity and progress promises a period of positive transformation under their capable guidance and leadership.



Photo credits to Andrea Pagsuguiron

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AU PASIG PEP RALLY: A COMPLETE SUCCESS DESPITE THE WEATHER CONDITION

By Jeisamae C. Paja

Though there was a high chance of suspension on the 22nd of September 2023, the AU PEPRALLY at Arellano University-Pasig Campus was still a great success and full of loud, energetic cheers.

Starting on the 8th of September, the students from AU-Pasig have seen many posts from other AU branches on how enjoyable the PEP Rally was. They were delighted and filled with hope to finally meet in person the AU athletes, AU drum chiefs, and the AU cheerleading squad.

The event started at 11 AM. The booth provided by AU's Marketing Department, which was selling AU merchandise, almost did not have a chance to breathe since tons of students wished to have AU shirts.

Mr. Prince Esguerra, the SHS OSA co-ordinator, and Ms. Allyssa Moulic, the SSC - Pasig Treasurer, were the hosts of the event.

The AU athletes, together with the cheerleading squad, prepared an intermission number for the students, faculty and staff of Arellano University - Andres Bonifacio Campus.

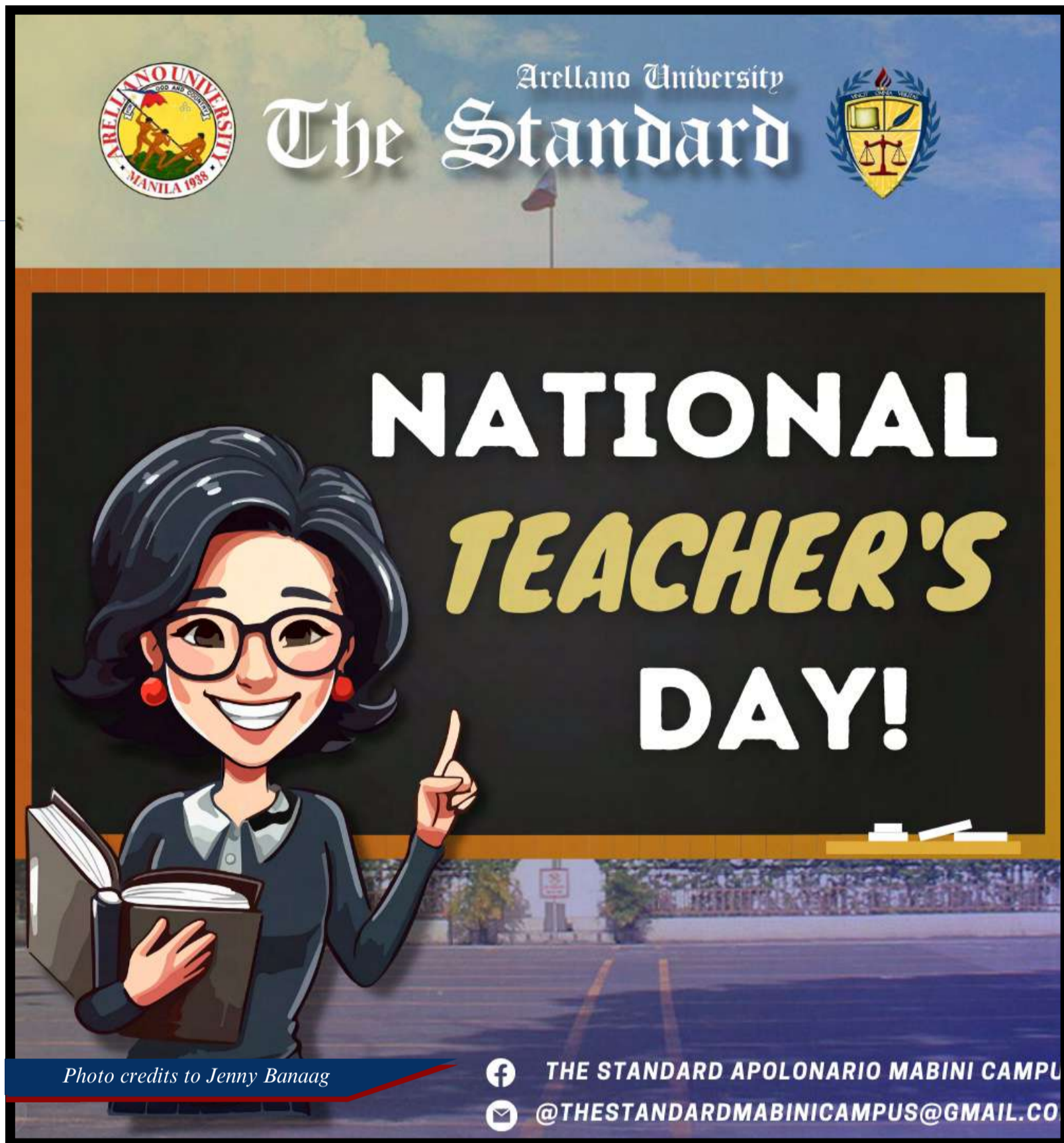
Though a little rain made the grounds wet, the fun continued. The audience were still cheering and watching under their colorful umbrellas, which made the performances more colorful.

"It was my first time joining the annual PEP rally... Since we're all affected by the pandemic, face-to-face events [were affected] including the chance of the AU community to socialize with each other... [having] this event was an electrifying experience. I really enjoyed engaging with the students and [with] our athletes" Ms. Alexandra Praner, the AU-SSC Pasig President, said.

The event ended when the players extend their gratitude for the overwhelming support of the AU community.



Photo credits to Andrea Pagsuguiron



Teachers Day: The Day Filled with Appreciation for Our School Parents

Written by Janelle Macalalad

Arellano University-Apolinario Mabini Campus arranged a pre-celebration of World Teachers Day on the 5th of October, 2023. Since this was only a pre-celebration, classes were still held during this day. However, an hour before dismissal were given to all classes to conduct a mini celebration for their teachers.

The students extended their gratitude in forms of letters and gifts. Some students surprised their teachers in their classrooms or in the faculty room while some just straight up gave gifts and tokens of appreciation like bouquets of flowers and chocolates.

Even if it is as small as a greeting to as big as a celebration, the students made sure to make their teachers realize that they are loved and appreciated.

“Teachers can make such a profound impact on our lives and should be honored as heroes”

Rainn Wilson



Photo credits to AU-EEC Hiraya Dance Ensemble Club

GRAND SALUBONG AT ARELLANO UNIVERSITY-EEC

By Mitsumi Buñi and Liana Aquino

THE AU-EEC DANCE COMPANY RANKS 4TH PLACE IN UBELT DANCE 2023 INTERCOLLEGIATE DANCE TEAM COMPETITION

By Aira Nicole Bartolome and Ella Mae Dela Rosa

The AU-EEC Dance Company joined the UBELT Dance 2023 Intercollegiate Dance Team Competition and ranked 4th place on August 26, 2023, at Isetann Mall, Recto, Quiapo, Manila.

The AU-EEC Dance Company members who joined the competition are composed of the following Grade 12 students and alumni of Arellano University - Elisa Esguerra Campus:

Alumni

- Natsumi Kumada
- Chelsey Decaymat
- Gabby Montecir

Grade 12

- Jhana Alojado
- Kyle Balmaceda
- Ma. Fe Marasigan
- Cydney Cruz
- Rafael Genio
- Gabriel Teh Manuel
- Garlyne Joy Lucas
- Jayson Perez
- Zyke Dizon

At first, the AU-EEC Dance Company did not know if they could participate in events outside their campus.

Then their adviser, Mr. Jay-ar Banua, who is active in participating in various events including school dance competitions, told them about the UBELT Dance Competition and encouraged them to join.

So, the AU-EEC Dance Company built their choreography and dance routine for the elimination round. They trained for two months which included hard training in school almost every day and going home late at night.

During the elimination, the team was under a lot of pressure as they were not sure if they would make it to the finals. However, their hard work paid off as they entered the finals and ranked 4th Place.

Their participation in this competition was very significant for they gave Arellano University- Elisa Esguerra Campus recognition among other schools and universities inside and outside of Malabon City.

The Arellano University - Elisa Esguerra Campus Junior High School (JHS) Department celebrated the Grand Salubong as a welcome event for all JHS students on August 14, 2023.

The event was hosted by Gavriel Encarnacion and Luis Andrei Casimiro of the Supreme Student Government (SSG).

The Grand Salubong started with an opening prayer and flag ceremony followed by the recitation of the Arellano University's Mission, Vision, and Core Values. Mrs. Maria Lordes G. Mudlong gave the opening remarks. Afterwards, the hosts welcomed and introduced the following Academic Clubs: the Peace Club (English), Pluma Club (Filipino), StarTLEd Club (TLE),

D.O.V.E.S. Club (Values), Inspire Club (Math), Helix Club (Science), MAPHOENIX Club (MAPEH), and SMAP Club (AP).

As a show of their support for the event, all JHS students joined the event and played in the booths prepared by the clubs. All booths and games were open for JHS students and teachers of Arellano University-Elisa Esguerra Campus. Each club also used this opportunity to promote their clubs to potential members.

It was truly a memorable experience to start a new school year for the Junior High School Department as both teachers and students got to bond with each other during the Grand Salubong.



Photo credits to Karyl Ann Belino



ANG PAGBABALIK NG FACE-TO-FACE NA PAGDIRIWANG NG BUWAN NG WIKANG PAMBANSA

By Ericka Mae Legaspi and Ariana Gadiana

Masining na pagdiriwang, kasiya-kasiyang palatuntunan; ganiyan inilarawan ng mga mag-aaral ang nangyaring pagdiriwang ng Buwan ng Wikang Pambansa noong Agosto 2023 sa Arellano University-Elisa Esguerra Campus.

Sa taong ito, ipinagdiwang ang Buwan ng Wika sa temang “Filipino at mga Katutubong Wika: Wika ng Kapayapaan, Seguridad, at Inklusibong Pagpapatupad ng Katarungang Panlipunan”.

Ang pagdiriwang ay nagsimula sa Pagbubukas na Programang pinangunahan nina Redz Denver Quiseo at Emma Ruth Valentin bilang tagapagdalong ng programa. Nagsimula ang programa sa pambungad na pagtatanghal ng Silay para sa isang doksolohiya na sinundan ng talumpati ni Gng. Maria Lourdes Mudlong, AVP ng paaralan, na nag-iwan ng katagang “Ang wika ay puso ng tao.”

Sa pagpapatuloy ng programa, ibinida ng mga mag-aaral ang kanilang naggagandahang kasuotang Pilipino sa entablado. Ito ay umani ng hiyawaan at pagkamangha sa ilang mga manonood.

Sa mga sumunod na araw, ginaganap ang iba't ibang patimpalak na sinalihan ng mga mag-aaral.

Ang pinaka-inabangan at pinaka-nagbigay buhay sa pagtatapos ng pagdiriwang na ito ay ang Patimpalak ng Sabayang Pagbigkas kung saan ginamit bilang piyesa ang akda ni Patricinio Villafuerte, ang “Wikang Filipino sa Pambansang Kalayaan at Pagkakaisa”. Sa pamamagitan ng kanilang mga ekspresyon at galaw, makikita ang matinding emosyon at pagsasabuhay ng mga nagtanghal sa paligsahan kung saan ginising nila ang diwa at pagkamakabayan ng mga mag-aaral maging ng mga hurado sa nasabing patimpalak.

Nagtapos ang selebrasyon sa pagpaparangal sa mga



Photo credits to Kathlynn Crisostomo

nanalong mag-aaral sa iba't ibang patimpalak sa Slogan Making, Paggawa ng Poster, Pag-awit, Tagisan ng Talino, Paggawa ng Sanaysay, Pagbikas ng Tula o Spoken Poetry, Dagliang Talumpati, at Sabayang Pagbikas. Bukod dito ay binigyang pansin din ang lahat ng kalahok na nagpakita ng kanilang mga talento at dedikasyon sa mga patimpalak na kanilang sinalihan.

Ang pagsasagawa ng ganitong pagdiriwang ay nagsisilbi paalala sa kahalagahan ng ating Wikang Pambansa.

Ito ay nagbibigay daan tun-

go sa paglinang ng kaalaman at maging kasanayan sa paggamit nito sa modernong panahon na tila nilimot na ng ilan sa atin. Ang ating wika ay sumasalamin sa kung gaano kakulay ang ating kultura at kasaysayan. Dito makikita ang epekto ng pananakop sa atin ng ibang mga bansa kung saan galing ang ilan sa ating mga salita. Kaya mainam na alam natin ang sarili nating pagkakakilanlan at pinagmulan, sapagkat ang wika ang siyang nagbubuklod, nagtatanggol, at nagsisilbing tulay tungo sa pagkakaintindihan, at pagkakakilanlan ng puso ng isang bansa. Ating linangin, payabungin at mahalina ang sariling wikang bumubuhay sa pagkakakilanlan natin.

YOUNG SCIENTISTS: THE AU-EEC'S SCIENCE DAY CELEBRATION

By Gerryldine Marie Bautista and Sydelle Aquino

Arellano University - Elisa Esguerra Campus Senior High School (SHS) Department celebrated Science Day on September 28, 2023, with the theme “Global Science for Global Well-being”. The event was composed of 4 activities namely the Science Quiz Bee, Mini Science Experiment, Science Cosplay, and Science Wordsmith. The event's activities were open to all SHS students on the campus.

The Science Day was hosted by the *Sci-π-ters* Club Auditor for PM shift and *Sci-π-ters* Club Committee member, Ivan Lima and Dave Carcueba respectively. Mrs. Maria Lourdes G. Mudlong, the school's AVP, gave the opening remarks, while Ms. Jennifer Rosales, the school's Principal, gave an inspirational speech to the Chiefs who were watching and participating in the Science-related activities of the day.

The activities of the day soon commenced and the participants set up their booths throughout the campus ground.

The most awaited activity and main highlight of Science Day is the Mini Science Experiment. Students from Grade 11 to Grade 12 from both AM and PM shifts, participated and prepared their booths with their conducted experiment, prizes, and photo booths.

The experiment exhibition included a rainbow halo made from food coloring and milk, dissected frog, an oobleck, an earthquake alarm with light, and many more mind-blowing presentations that were made by the STEM participants.

The celebration ends in the awarding of the winners of Science Quiz Bee, Science Cosplay, and Science Wordsmith, and the Mini Science Experiment. Aside from the winners, all students who participated are acknowledged for their skills, dedication, enthusiasm, and effort in participating in the event.

The event's success showed how AU-EEC Chiefs can innovate, develop, discover, and explore the world through science. May the importance of this event be not forgotten and be cultivated instead. Endless congratulations to all participants. Hail to the Chiefs!



Photo credits to Kathlynn Crisostomo

One Arellano's Student Leaders Goes to Baguio

By Christine Leigh Chan

The student leaders of Arellano University attended TRAC's International Convention on Student Affairs and Services last September 29–October 1, 2023, which was held in Teacher's Camp, Baguio City, with the theme "Accelerating Student Affairs and Services Programs and Services toward attaining Sustainable Development Goals".

The 3-day convention was attended by various student leaders and advisers from Luzon,



Photo credits to Dean Sherwin Punla

Visayas, and Mindanao. Paulyne Dumpit, the secretary of Juan Sumulong campus' Supreme Student Council, Noel Alentajan Jr., Andres Bonifacio campus' Hospitality Management Society president, Hulian Kornacki,

business manager of Andres Bonifacio campus' Supreme Student Council, Christine Leigh Chan, The Standard Jose Abad Santos campus' editor-in-chief, Jacquelyn Lilly Guchone, president of Plaridel campus'

Supreme Student Council, and Lawrence Matthew Santiago, president of Jose Rizal campus' Supreme Student Council, proudly represented the university. They were accompanied by Dean Sherwin Punla, overall OSA coordinator, and Ms. Karla Joan Magdaet, branch OSA coordinator of Jose Rizal Campus.

Insightful plenary talks about quality education, climate action, and good health and wellbeing were delivered by outstanding speakers. The participants also had interactive discussions with the participating non-government organizations. They also met new friends during the solidarity night and were given a chance to show their talents.

MedTech Week: A peek through the lens of discovery

By: Allyza Monique Apolinario

On September 19, 2023, students of Medical Technology (BS-MT) organized the "MedTech Week" in rooms CB107 and CB109 (Medical Technology Laboratory) of Arellano University- Jose Abad Santos Campus.

The event started with an exhibit. The students from the MedTech department showed different kinds of apparatus that MedTech students use. They then proceeded on giving lectures and fun facts related to their course. Right after the lectures, MedTech students asked some trivia questions to test the listeners and watchers if they really did pay attention.

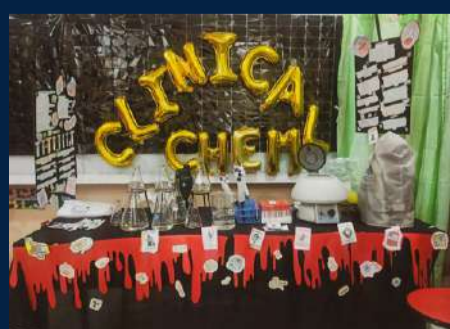


Photo credits to Amri Centeno

Exploring the other side of Journalism with Mr. John Reczon Calay

By: Trisha Ann Dasig

On September 29, 2023, the Standard's first webinar, "When Journalism Meets Art: The Role of Graphic Design in 21st Century Journalism," took place at 9:00 a.m. via Zoom Meeting. The head cartoonist of The Standard, Mr. Cedrik James Cortez, and the literary editor, Ms. Mary Ruth Relator, were the event's hosts. The Standard's adviser, Mr. Jules Argie Santos, gave the opening remarks.

Through his presentation entitled "Layout and Design: Toward Better Student Publications," the guest speaker of the event, Mr. John Reczon E. Calay, discussed the role of graphic design in journalism. He then presented the elements and principles of design; the student publication brand,

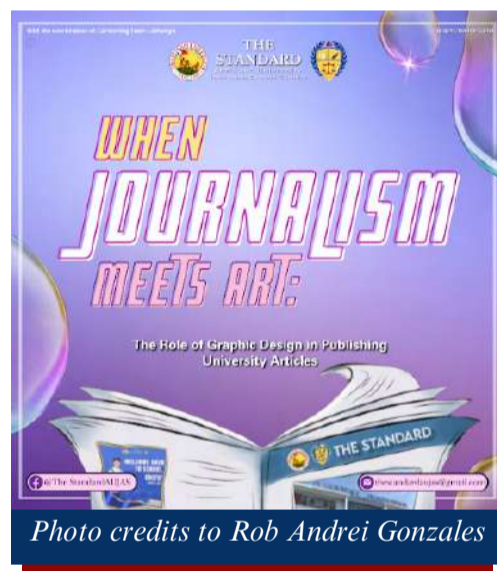


Photo credits to Rob Andrei Gonzales

Which he highlighted as branding in Philippine media visual identity; and lastly, plagiarism in graphic design. He also gave some tips on graphic design for news. He ended his discussion by saying, "Don't get intimidated." Create your own style!"

The event concluded with the closing remarks by the Standard's co-adviser, Ms. Christine Malaca.

ABM Students Shine with Creativity and Passion

By: Khristal Anne Balastro

The Accountancy, Business and Management (ABM) strand week held in the lobby of Arellano University's Jose Abad Santos campus took place on Wednesday, September 27th–29th, and was attended by ABM students as well as students from other academic strands, faculty members and guest speakers.

The event began with a lively quiz bee conducted by Ms. Jeanette Jane Millanes and Mr. Jonathan Gemao Jr., where attendees came to demonstrate their expertise. As the representatives from the ABM strand assembled, the anticipation only grew stronger. With each round, the intensity only heightened, leading to a showdown.



Photo credits to ABM CLUB AU-JAS



Photo credits to Amri Lorayne Centeno

Passing the Torch: JAS Local Organization Induction Ceremony

By Ryan Joshua Guevarra

A momentous event was held last September 27, 2023, on the grounds of Jose Abad Santos Campus from 3:00 to 5:00 in the afternoon, as the new JAS Campus Chief Student Leaders and their advisers had their Induction Ceremony.

This event served as a mark of transitioning the leadership within each student organization, which embodies the essence of torch passing from the previous torchbearers to the new generation of dedicated student leaders.

The Induction Ceremony formally began and was led by the emcee, Mr. Luis Dasalla.

The presence of the guests of the ceremony, including Mr. Sherwin Punla, the Dean of Student Affairs across Arellano University and the President of Philippine Association of Campus Student Adviser (PACSA); Mr. John Jesus Manuel as the OSA College Coordinator, Mr. Jet B. Trinidad as the JHS OSA Coordinator and Mrs. Mazel C. Fadrograne as the SHS OSA Coordinator. After these introductory routines, he formally called the JAS OSA Branch Coordinator, Mr. Edmund O. Palangdao, for the ceremony's opening remarks. Afterward, each

student organization was introduced as the new generation of JAS Student Leaders.

Inspirational messages regarding Induction Ceremonies were then shared by Mr. Sherwin Punla, along with other inspirational messages for student officers from Mr. John Jesus Manuel. Their experiences, struggles, and success stories moved the heart. They lit the passion of each student leader in the induction ceremony, to whom Mr. Punla and Mr. Manuel wanted the inspirational messages to be sent.

Finally, the heart of the Induction Ceremony occurred after that. Once again, Mr. Dasalla, as the master of the ceremony, asked every Student Leader and adviser of each school organization to raise their right hand and pledge their commitment to the new foundation of Leadership within Arellano University Jose Abad Santos Campus. Later, an intermission number from the Performers Guild was performed. After a while, a concluding message from Mr. John Khendrick Llamera, AUSSC President, was stated as the closing remark for the Induction Ceremony.

AUSSN's Blood Donation for a Cause

By Ashley Francine Abordo

On October 19, 2023, Arellano University Society of Student Nurses (AUSSN) held a blood donation event in partnership with Pasay City Health Office and Pasay City General Hospital, in the lobby of the annex building with the students, teaching, and non-teaching personnels volunteering as blood donors.

After donating, they received refreshments and vitamins provided by Pasay City General Hospital.

According to Ms. Rochelle Elarco, the blood-letting activity has been a yearly endeavor of the College of Nursing in partnership with Pasay City General Hospital.

"This kind of activity is part of our volunteerism for our community," she said.

The blood collected would help to address the low supply of blood at Pasay City General Hospital and provide life-saving transfusions to patients in need.

The donors went through a registration process, had their vital signs checked, and were interviewed and physically examined before being allowed to donate.

They then had their blood typed and hemoglobin determined before proceeding to the blood collection area.



Photo credits to Amri Lorayne Centeno

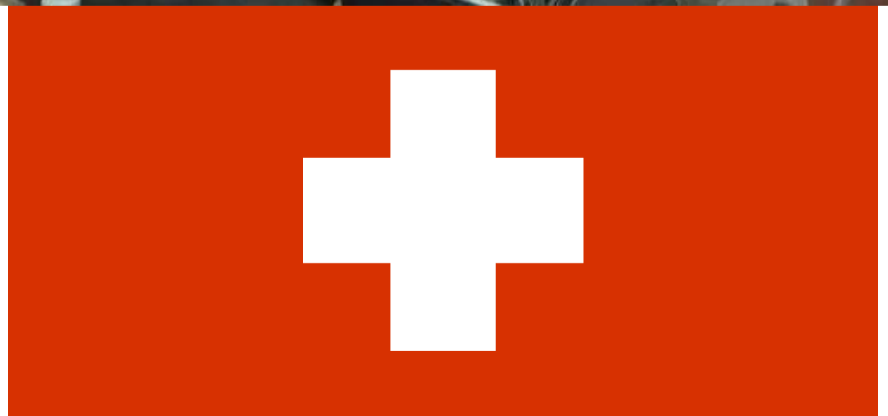




Photo by Zoey Cordero

Student leaders pledge for a stronger OneArellano in induction ceremony

By Shane Nicole C. De Leon and Sophia P. Orayan

In a moment filled with eager anticipation, the Arellano University - Jose Rizal Campus community came together for the highly awaited oath-taking ceremony for student leaders on September 25, 2023.

The guest speaker, Mr. Sherwin Punla, the Dean of the Office of Student Affairs, shared how he came from being President of the Pasig Supreme Student Council to Strand Coordinator of Tour Guiding Services, to being the Dean of the Office for Student Affairs.

"Believe in yourself, Always Act, Believe in God," he remarked as he said

he has been through a lot of sacrifices, hard work, lots of responsibility but his heart has always been in the leadership and in the end he still chose what his heart wanted.

Being a leader is truly a challenging role. It requires making difficult decisions, inspiring and guiding others, and taking on many responsibilities. However, effective leadership can also bring incredible benefits and have a positive impact on people and organizations.

"You are the leaders of today, hindi bukas, hindi sa makalawa, kundi ngayon," Mr. Punla remarked.

Pride of STEM kicks off STEM Week

By Jullian Medina and Camila Hinampas

STEM students and teachers celebrated the STEM Week themed, "DNA in Action: Unlocking the Genetic Potential with Pi-Powered Innovation", organized by the Pride of STEM. The one-week event featured various activities that challenged STEM students and faculty members' intelligence, creativity and teamwork.

Egg Protected

Pride of STEM started STEM week with "STEM Olympics: Eggstronaut Drop" participated by different cluster representatives on September 25, 2023 at the New Building.

Participants impressed the judges by their creativity and teamwork in protecting their egg. Remarkably, 11 Cluster 5 hailed as a champion while 12 Cluster 5 and 11 Cluster 8 placed first and second respectively.

Figuring Big shapes

"CreAUte at First Shape: Human-sized Tangram": A Tangram creation followed where a human-sized tangram puzzle must be solved within a limited time.

Representatives of each cluster brought an anticipating competition in a highly competitive battle, yet, three clusters quelled to be a finisher. The 11 Cluster 4 settled in high ground with their champion title. Meanwhile, 12 Cluster 5 placed first and 12 Cluster 6 landed second.

Making Blueprints

A DNA creation using recyclable materials with a theme "DiNA like dAUti: Building Tomorrow, Blueprint of life", challenged students' competency and artistry on October 3, 2023 at the Central Building grounds.

Despite the time pressure, 12 Cluster 6 secured the first place. While 12 Cluster 5 made it to second and 12 Cluster 8 hit third place.

Challenging selves

The Tower of Hanoi competition themed, "Building Tower, Building Skills, Building the Human of Hanoi", was held at the Central Building (CB) grounds on October 4, 2023.

In the teachers' edition, the winner with 28 minutes and 39 seconds was given to 11 Cluster 8. As for the students' edition, despite the tiring game with 14 minutes and 3 seconds, 12 Cluster 6 won for their teamwork.

To the Fullest

"Scientist-Look-Alike: fAUmiliar Ka!: Recognizing the Forefathers in the World of Science", marked the end of STEM Week 2023.

Cluster representatives portrayed their scientists and walked confidently, supported by their fans and classmates.

The People's Choice Award was given to candidate #5 in female category and candidate #1 in male category. While candidates #6 and #1 in female and male category, respectively, were 2nd Runner up Awardees, candidate #1 in female and candidate #6 in male category were 1st Runner ups.

Unsurprisingly, with 12 Cluster 6 female and male candidate #4's effort, they captured Best Introduction, Best in Talent, and won as Mr. and Ms. Scientist-Look-Alike 2023.

The BeAUsts

In the STEM week 2023, points were accumulated for the STEM Olympics which determines who won overall through the wins of clusters in every activity.

11 Cluster 5 was recognized as the Overall 2nd Runner up while 12 Cluster 6 placed first. Remarkably, 11 Cluster 8 bagged the overall champion on the said STEM week.



Photo by Zoey Cordero



Matagumpay na Ipinagdiwang ang Buwan ng Wika sa AU-JRC

By Paulene Espinas and Jaynie Jasmine Basco

Matagumpay na ipinagdiwang ng mga mag-aaral sa Junior High School (JHS) at Senior High School (SHS) ang Buwan ng Wika na may temang "Filipino at mga Katutubong Wika: Wika ng Kapayapaan, Seguridad, at Inklusibong Pagpapatupad ng Katarungang Panlipunan" nitong ika-26 ng Agosto hanggang Setyembre 7 taong kasalukuyan, sa pagtutulungan ng Kapisanan sa Filipino at Supreme Student Council (SSC) na idinaos sa Arellano University - Jose Rizal Campus.

Dito ay ipinamalas ng mga estudyante mula baitang pito (7) hanggang labingdalawa (12) ng Arellano University - Jose Rizal Campus ang kanilang mga talento at kahusayan sa larangan ng Filipino.

Narito ang listahan ng mga pangkat at baitang na nakakuha ng pagkilala sa selebrasyon ng Buwan ng Wika:

Pag-awit ng OPM para sa Baitang Pito (JHS)

- Unang Puwesto - Zian Kyros F. Reforma ng Pangkat Andres Bonifacio.
- Ikalawang Puwesto - Hazel Jhane Juno ng Pangkat Juan Luna.
- Ikatlong Puwesto - Charmelle V. Jusay ng Pangkat Gabriela Silang

"Pagbigkas ng Tula" para sa Baitang Walo (JHS)

- Unang Puwesto - Zian Kyros F. Reforma ng Pangkat Gumamela
- Ikalawang Puwesto - Mag-aaral mula sa Pangkat Cattley
- Ikatlong Puwesto - Kirsten Venice Basas ng Pangkat Lotus

"Paggomologo" para sa Baitang Siyam (JHS)

- Unang Puwesto - DK Thrall Estrada ng Pangkat Yakal.
- Ikalawang Puwesto - Eunice Ofianga ng Pangkat Narra.
- Ikatlong Puwesto - Phoebe Tolosa ng Pangkat Acacia

"Masining na Pagkukuwento" para sa Baitang Sampu (JHS)

- Unang Puwesto - Stefanie Cleine Domingo ng Pangkat Albert Einstein
- Ikalawang Puwesto - Suzanne Ucag ng Pangkat Galileo Galilei
- Ikatlong Puwesto - Enisha Xyville Gavica ng Pangkat Charles

"Masining na Pagkukuwento" (SHS)

- Unang Puwesto - Baitang 12 Klaster 3
- Ikalawang Puwesto - Baitang 12 Klaster 1
- Ikatlong Puwesto - Baitang 12 Klaster 2

"Pasalitang Tula" (SHS)

- Unang Puwesto - Baitang 12 Klaster 3
- Ikalawang Puwesto - Baitang 12 Klaster 9
- Ikatlong Puwesto - Baitang 12 Klaster 2

Paggawa ng Slogan" (SHS)

- Unang Puwesto - Baitang 12 Klaster 3
- Ikalawang Puwesto - Baitang 12 Klaster 9
- Ikatlong Puwesto - Baitang 12 Klaster 5

Paggawa ng Poster" (SHS)

- Unang Puwesto - Baitang 11 Klaster 6
- Ikalawang Puwesto - Baitang 12 Klaster

"Likhawit" (SHS)

- Unang Puwesto - Baitang 11 Klaster 1
- Ikalawang Puwesto - Baitang 12 Klaster 1
- Ikatlong Puwesto - Baitang 12 Klaster 10

"Tagisan Ng Talino" (SHS)

- Unang Puwesto - Baitang 12 Klaster 1
- Ikalawang Puwesto - Baitang 12 Klaster 3
- Ikatlong Puwesto - Baitang 12 Klaster 10

Binibini at Ginoong Etniko" (SHS)

- Binibining Etniko 2023 - Baitang 12 Klaster 3
- Ginoong Etniko 2023 - Baitang 12 Klaster 6
- Ikalawang Binibini - Baitang 12 Klaster 5
- Ikalawang Ginoo - Baitang 11 Klaster 4
- Ikatlong Binibini - Baitang 12 Klaster 6
- Ikatlong Ginoo - Baitang 11 Klaster 7
- Ikaapat na Binibini - Baitang 12 Klaster 8
- Ikaapat na Ginoo - Baitang 12 Klaster 5



Photo by AU SHUTTERS

AU-JRC celebrates World Teachers' Day

By Kirbey M. Bentoy

The Central Building at Arellano University - Jose Rizal Campus (AU-JRC) came alive in celebration last October 5, 2023, as teachers and students joined together to commemorate World Teachers' Day in a memorable event. The day was filled with heartwarming moments and showcased the strong bond between teachers and their students.

The event commenced with opening remarks from Dr. Emma S. Salumbre, the Assistant Vice President of AU-JRC, who introduced the judges for the teachers' talents.

A touching parade marked the beginning of the day, where each teacher proudly introduced their chosen student teacher, symbolizing the mentorship that is at the core of education.

In addition, students from various clusters delighted the audience with creatively crafted video presentations, expressing their appreciation and gratitude to their dedicated teachers.

The highlight of the day was the "Faculty Got Talent" competition, where teachers from each cluster showcased their hidden talents, leaving the audience amazed and in laughter.



Photo by Zoey Cordero

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Chiefs enjoy at ORG-tober Fest

By Eloisa Lei S. Salita and Sophia Nicole B. Sanchez

October 28, 2023, was a day filled with fun and enthusiasm as 7 college organizations and managements from Arellano University - Jose Rizal Campus organized a joyous ORGTober Fest, which showcased various booths and game activities that exhibited every department’s unique creativity and specialties.

The College Supreme Student Council (SSC) hosted a Marriage Booth, where romance filled the air as they provided each couple with a bouquet of flowers and ring candies to make the activity more sensible.

The Hospitality Management Society featured their “Sea of Hospitality Booth,” which consisted of a food section, as well as games with exciting prizes.

The Tourism Management Society highlighted the event with their Circus Carnival themed booth, which was composed of a festive Photo Booth, “Shoot d Ball” game, and a touch of icy snow cones.

The Society of Business Aspirants showcased their Karaoke Booth entitled “Mic Drop!”, freedom wall, and a hint of chillness with their snow cones.

The Elexio presented their Photo Booth named “Elexio Shots” alongside their freedom wall.

The Computer Science Student Society introduced their “BLACKPINK-tober Booth”, which featured games such as “I-Shoot mo Baby” and “Barilin mo ‘ko Baby.”

And last but not the least, the BS Education Department held a "Question & Answer Booth" where students demonstrated their skills and knowledge in answering various questions prepared by the department.

The College SSC made the event more enjoyable as they introduced exciting games for all the participating departments. At the end of the event, everyone received a certificate of participation along with three special awards:

- First Place (Games): Hospitality Management Department
- Best Booth and Most Visited Booth: BS Business Administration Department



Photo by Zoey Cordero

In two-day STEM booth, students showcase mind blowing experiments

By Eloisa Salita and Sophia Sanchez

On October 2 and 3, 2023, a section from the Grade 11 and seven sections from Grade 12 organized a STEM-related booth at the Central Building grounds.

Students who were interviewed shared their inspiration for their booths, which ranged from interactive art installations to exciting science experiments.

Each STEM cluster showcased their astounding creativity and critical thinking to provide a retrospective and educational science exhibit, embodying and regarding the contributions of all the components of STEM to modern society. Each booth was a unique display of creativity and innovation, proving that STEM education is not just about learning concepts but also about exploring the limitless possibilities of science and technology.





AUPC welcomes AU athletes prior to NCAA Season 99

By Mathew Labrador

The quest for gold begins at Arellano University-Plaridel Campus (AUPC) as athletes prepare for the upcoming NCAA Season 99.

“Confidence is a lot in this game or any game; if you don’t think you can, you won’t,” says AUPC Assistant Vice President Dr. Ponciano A. Menguito.

The AU Chief Squad, four-peat champions, wowed the crowd with a spectacular performance. Team Captain Danielle Kelsey “DKoy” Mallari rallies support, “Please support us for our upcoming games; hail to the Chiefs!”

Ms. Joy Apolonio expressed gratitude for the continuous support: “Th-ank you for the continuous support for our athletes, and for the athletes, your success is our success too.”

Sophomore outside hitter Carl Berdal is confident about the upcoming season, stating that the team is ready to go all-out.

“Kahit na puro rookies, ang pinaka-importante ay 'yung commitment, ilalaban nila ito hanggang sa dulo”, says AU Men’s Basketball Team Head Coach Chico Manabat from the AU-JSC’s interview.

AUPC Marks Success in Celebration of Nutrition Month

By Nelson Del Panos

The Arellano University Plaridel Campus (AUPC) successfully celebrated Nutrition Month on September 6, 2023, with the theme "Healthy Diet Gawing Affordable For All".

Although Nutrition Month is typically observed in July as per Presidential Decree 491 of 1974, the school's celebration was delayed due to the late start of the academic year.

The AUPC Home Economics department organized a variety of activities to promote nutrition and showcase the students' talents and creativity.

These activities included Mr. and Ms. Nutrition Month, Cooking Contest, Table Skirting, Nutri-Tok, Poster-Making, and Nutri-Jingle, all of which received significant support from students, teachers, and non-teaching personnel.

The judges for these activities were Ms. Maegan Prado, Ms. Karen Teodones, and Mr. Marvin Calanoc.

The winners of the various competitions were:

- Cooking Contest: Andrei Sison and Keith Reyes, 11 HE-1
- Table Skirting: Grade 12 HE-1
- Nutri-Tok: Grade 12 HE-2
- Nutri-Jingle: 11 HE-2
- Poster-Making: Jhana Alexia Javier, Grade 12 ICT-2

Bituin ng AUPC Idols 2023, Kilalanin

By Clarissa Dasillo

Sa kabila nang malakas na ulan, matagumpay na naidaos ang AU Idols Local 2023 – College

Department ng Arellano University-Plaridel Campus (AUPC), Ika-5 ng Oktubre 2023.

Mahigit 16 na kalahok mula sa iba't-ibang departamento ang sumali sa paligsahan na may temang "One Arellano: Chiefs Embracing the New Normal-Pop and Show What You've Got".

Ayon kay Bb. Rhodora Thiam, isa sa mga hurado, "Kailangan nila yan para ma-expose sila kasi marami talagang talented na estudyante na nakatago lang na kailangan nating ilabas".

Kampeon si Angelo Ayong (Criminology Department), Ikalawa, Dominic Taculod (Criminology Department), Ikatlo, Kent Carla Escrupolo (Hotel & Restaurant Management).

Si Ayong ang magiging kinatawan sa 'Solo Category' at ang tambalang Taculod at Escrupolo naman sa 'Duet Category' para sa AU Idol Interbatch 2023 Grand Finals sa Arellano University – Jose Abad Santos Quadrangle, Nobyembre. 13, 2023.



Exploring the Potential of Lab-Grown Meat

By Jamina Fellisna A. Culiat



Photo credits to Muscle & Fitness

According to the estimated value of the United Nations (UN), by the year 2050, the world population is projected to reach 9.7 billion. But we currently do not have enough resources to feed everyone in the world.

Sghaier Chriki, a researcher at the National Research Institute for Agriculture, Food, and Environment (INRAE), stated that to satisfy the increasing demand for food by the growing human population, cultured meat, also called lab-grown meat, is presented to consumers who want to be more responsible but do not wish to change their diet.

David Kaplan, director of the Tufts University Center for Cellular Agriculture, has stated that lab-grown meat is about taking cells from animals that typically produce meat and then using the same cells as the stronghold to grow it outside the animal.

Cultured meat was introduced to the world in 2013 when a team at Maastricht University revealed the world's first burger made from cow stem cells. At the time, the hamburger cost more than \$300,000 to produce. However, researchers found two years later that they succeeded in reducing the cost to \$11.36.

The study published by Switzerland-based research publisher Frontiers, mentioned the environmental impacts of cell-based meat production. It could reduce greenhouse gas (GHG) excretion by up to 78% and land use by up to 99%. While lab-grown meat has its advantages, some critics argue its disadvantages. Coming up with the appropriate cultural medium for producing cultured meat remains a difficult task.

According to a prominent Australian animal scientist spoken to by Beef Central, multiplying animal cells to create a form of meat protein in a lab requires the use of a medium based on fetal blood plasma. Fetal blood is produced by slaughtering a pregnant cow, removing its unborn calf from its uterus, and harvesting the blood from it. It is expensive, and the process is against the ethical standards of animal welfare. Moreover, some experts have also stated that cultured meat is relatively new, and health outcomes are still unknown.

But in the recent years, the notion of lab-grown meat has received enormous attention as a potential solution to the global challenge of food shortages. Two countries, in particular, Singapore and the United States of America, have already embraced the potential of lab-grown meat and have taken significant steps towards its integration into the market.

In December 2020, Singapore became the first country in the world to approve the sale of cultured meat. The Singapore Food Agency (SFA) approved the San Francisco-based startup Eat Just for its laboratory-grown chicken. Finally, in June 2023, the Agriculture Department approved the production and sale of cultivated meat in the United States, opening the way for two California companies to sell chicken produced from animal cells.

As we continue to learn about this new technology, we step into an era of innovation and discoveries, uncovering the potential of new technologies made from science.

Chiefs of Climate Action! How well-aware are Grade 11 STEM Students in the Environmental Issues of the 21st Century?

By Aron Danielle S. Rivero

In a groundbreaking survey conducted at Arellano University-Andres Bonifacio Campus, the students of Grade 11 STEM (Science, Technology, Engineering, and Mathematics) demonstrated strong commitment in the fight against climate change. The survey that gathered insights from 60 Grade 11 STEM students revealed their keen awareness, commitment to action, and willingness to take responsibility for climate-related issues.

96.7% of the surveyed students demonstrated a high level of awareness regarding climate change, with an overwhelming consensus attributing it primarily to human activities. This aligns with the widely accepted scientific consensus that human actions, including the burning of fossil fuels and deforestation, are the principal drivers of climate change.

Furthermore, 95% of the respondents acknowledged the dire consequences of climate change on various aspects of society and the environment. They recognized the severe impacts on human health, ecosystems, and agriculture, underscoring the urgency of addressing this global challenge.

These Grade 11 STEM students stand out not only for their awareness but also for their readiness to take action. The survey found that they are not passive bystanders but enthusiastic participants in climate change mitigation efforts.

When asked about their willingness to adopt sustainable practices, the response was overwhelmingly positive. An imp

-ressive 96.7% expressed their interest in recycling, demonstrating a clear commitment to reducing waste.

Furthermore, 95% of the respondents voiced their determination to minimize their usage of plastic products, showing a strong inclination toward reducing plastic pollution, a significant environmental concern.

While the students displayed exceptional awareness and willingness to act, their self-perception regarding personal contributions to climate change was more nuanced. Half of the participants (50%) agreed that they play a role in contributing to climate change, while 48.3% disagreed with this statement. This indicated that while they recognize the gravity of climate change, they may not fully grasp their impact on the issue.

The survey highlighted the importance of ongoing environmental education and engagement to effectively channel the students' awareness and willingness into action. By bridging the gap between awareness and action, educators and policymakers can empower future scientists, engineers, and innovators to develop sustainable solutions and actively contribute to addressing the climate crisis.

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Climate Change: Evaluating the Perception of STEM Students Towards the Environmental Issues of the 21st Century, a Survey Report in English for Academic and Professional Purposes



Vape Escape: Clearing the Air with Realities

By Aron Danielle S. Rivero



Photo credits to Philstar.com

Electronic cigarettes' rapid ascent as an alternative to traditional smoking has generated both intrigue and controversy. As vaping popularity surges, concerns regarding its health effects become increasingly pointed out.

E-cigarettes or Electronic cigarettes, created by Chinese pharmacist Hon Lik in 2003, have witnessed a meteoric rise in popularity. By 2021, global vape users numbered 82 million, with 2.7 million in the Philippines.

Vaping's allure among the youth is partly due to enticing flavors. Approximately 85% of young e-cigarette users prefer flavored products ranging from fruity to candy-like, menthol, and mint-infused varieties.

While the device exposes users to fewer toxic chemicals than traditional smoking, it is not risk-free. Long-term effects remain uncertain, but immediate health concerns exist including nicotine addiction, elevated blood pressure, and health risks to the heart and oral health. Nicotine, commonly found in e-cigarettes, plays a central role in these risks.

About 99% of e-cigarettes co

ntain nicotine, and users can adjust their concentration, potentially fostering addiction. Withdrawal symptoms may also occur once the user decides to quit vaping.

Vaping poses risks beyond the respiratory system. Nicotine can raise blood pressure, increasing the risk of cardiac issues, including heart attacks and coronary artery disease. Chronic vaping may also harm oral health, leading to conditions such as smoker's melanosis, which causes darkened gums.

As vaping's popularity continues, informed decision-making is essential. While some have successfully used vaping to quit cigarette smoking, it's not a universal solution.

To safeguard health, quitting smoking and vaping, guided by evidence-based methods, offers the best path to a healthier future.

In an era of uncertainty, prioritizing scientific inquiry, education, and personal responsibility is vital when navigating the vaping landscape.

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A Modern-Day Tool: The Role of AI in the Academic World

By Trisha Ann Dasig



Photo credits to RyanKing999 @Canva

The use of artificial intelligence, also known as AI, has become a new trend for students today. It helps students with their academic tasks, especially in their written work. It is said that AI can produce written tasks faster and easier, but first, what is artificial intelligence?

According to Stanford Professor John McCarthy (1955), artificial intelligence is "the science and engineering of making intelligent machines." It is a machine program that behaves cleverly like a human. One of the best features of AI is its ability to rationalize and execute actions to achieve a

given goal. This AI feature allows students to use it as a powerful tool for their education.

There are different kinds of AI applications, but the most popular is OpenAI's ChatGPT. According to Sabrina Ortiz, the editor for ZDNET, who specializes in the intersection of technology and everyday life, "ChatGPT is a natural language processing tool powered by AI technology that enables you to have human-like discussions with the chatbot and much more. The language model can answer questions and help you with tasks like writing emails, articles, and code." ChatGPT is free to use, including for writing,

coding, and much more, which is why it encourages students to use ChatGPT in their schoolwork.

The use of artificial intelligence applications has become prevalent nowadays, considering the significant changes it has brought to the academic world. The role of AI in the academic world has opened up a lot of potential for students to enhance their academic tasks in a faster and easier way.

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AI Technology: An Opportunity or Threat?

By Alisson Louise E. Bandalaria

Technology is continuously evolving in today's time. As we know, it is already prevalent in our lives and daily routine, ingrained deep within our way of living that it's almost easy to overlook this fact. If we could take a look around for just a moment, you will realize just how heavily we rely on technology as we try to function and get through each day. We would not be able to make food, prepare hot baths, wash our dishes, or clean our laundries without our house appliances, nor would we be able to come to work and get our job done. Even shopping for our necessities, down to how kids navigate through their everyday studying, is furthered by technology. This only proves how technology became essential to us and how we, in turn, are currently adapting to it as we live.

In regard to technology and its advancements, it is needless to say that it has been progressing quite faster than we could think of. With the continual emergence of AI Technology along with its capabilities, almost everything seems possible. And for us students, these can come in many forms.

ChatGPT, Grammarly, and QuillBot—surely as students, we might have already heard of these or even used them at some point. These are AI-powered tools that are responsible for generating texts and are useful for improving the quality of any written content inputted by the user. Through the use of these AI tools, time spent in writing is cut short, and they save a whole lot of effort in paraphrasing and editing. Its efficiency in terms of providing help with academic writing has left quite an impact, which eventually led to its popularity among people. In fact, according to OpenAI, the company behind the viral productivity tool ChatGPT, the chatbot has amassed a million users within five days since it was launched in November 2022. The chatbot's features and functionality are what made it famous, with its versatility and wide range of usage aside from having human-like conversations with the bot. The same goes with QuillBot and Grammarly, whose purpose is to also help with making writing less difficult to deal with. They assist the user in analyzing grammar, spelling, sentence structures, and tone; they also help in writing, editing, and paraphrasing texts, and allow them to check for plagiarism and do citations as well. They can even go as far as detecting whether a text is AI-generated or made by a human. These are all possible thanks to the language-based AIs that are trained and fine-tuned in order to produce well-written content a user could ask for.

Aside from the academic purposes of AI Technology, it is also useful for other stuff such as generating images or art, performing text-to-speech tasks, and even creating videos (text-to-video function). Generative AIs do it by studying and learning the gathered pre-existing data in order to carry out the task that is being asked of them (or what they call 'deep learning'). One

great example of this is by using AI Technology in generating digital art. This is one great way to attain the art you are looking for without even exerting any effort, especially if drawing is an area that you lack skills in. It works by simply typing in what you want it to create. It also comes with various styles and options to choose from before they generate the final illustration for the user. It's quick, easy, and convenient to use, making our work less hassle. AI can also assist us with our daily tasks and schedules, making them reliable virtual assistants as well. From composing emails to scheduling appointments and reminding us of any upcoming important events in our calendar, the possibilities with AI are endless, so to speak.

Now these things barely scratch the surface of what AI Technology can do, and with its development growing further and further, one can only imagine just how innovative and ambitious AI is going to be in the future. Well, technological progress is a good thing in itself, yes—however, with pros also come cons.

While it is true that AI Technology can do so much for us, there are also downsides to it if we think about it. With how fast the AI is learning—or even self-learning—through data, patterns, algorithms and machine learning, we might not realize how it can also pose as a threat as others say it is, even if we benefit from it.

It was only recently that there has been several discourses and debates online about AI. People have voiced their opinions about AI regarding its disadvantages towards many factors that affect us and that they are against the use of it completely.

One of the reasons why is that it can be a tool that could be used to propagate misinformation through the internet. With how advanced AI Technology has gotten, it is no wonder that it can also be used for harmful purposes. One example of this is the deepfake technology. Deepfake is a type of media that manipulates facial features and voices to create one's likeness. With the power of deepfake technology, it is undoubted that it can be used to set up someone to spread unreliable information and be used as leverage for a smear campaign. It can also be a tool used for phishing and could be a threat to someone's cybersecurity, putting people in compromising situations. According to Deeptrace, the number of video deepfakes has doubled since 2018, and it only continued even in 2021, reaching about 14,678 in total. It is stated that there is also an increase of 84% in deepfake creation models from 2019 to 2020, according to CSO Online. From these statistics alone, we can already see the significant increase in usage of deepfake technology over the recent years.

These also bring us to the concerns regarding AI Technology and the user's safety and even their data privacy. Admit it or not, most of us, if not all have been sharing a lot about ourselves online, whether they're pictures of us or the places we've been to, who we're with and what we've been doing.

Every information of ours that is shared online could be at risk with the advancements of AI Technology and its way of learning (deep learning and machine learning). These could be used as data for the AI to utilize later on, and even without our consent if they are used for malicious purposes. If we think about it, it is a lot scarier when we do not have any idea of how they are going to be used at all.

Another concern that the people are worried about is the job displacement. With AI now being able to do most of our work for us, people have seen it as a threat to their jobs as it takes over the things that we used to do. On July 14, 2023, a strike took place pushed by the SAG-AFTRA or the Screen Actors Guild-American Federation of Television and Radio Artists, an American labor union. The members consist of writers, actors, dancers, recording artists, voiceover artists, singers, and other media professionals. This strike happened due to their jobs being jeopardized as the industry has started considering using AI for their services, which could mean people losing their jobs to technology. A day before the strike officially began, a press conference was called upon by the SAG-AFTRA as it announced its strike in a speech shared by the president of the said labor union.

The strike is aiming to fight for better pay and work conditions in the industry, and it also expresses the concerns of the union's members regarding the use of AI on their work, of how it exploits the performers' craft by using their work and likeness to train AI. In fact, this has already happened in our local industry. If you can recall, in October 2023, GMA had introduced their new AI sportscasters Maia and Marco for the NCAA Season 99. This was followed by mixed reactions from the public, especially from those who work in the reporting industry, though GMA Network has clarified that this does not mean that they would replace their seasoned reporters and broadcasters that they have worked with for a long time.

Aside from SAG-AFTRA, there are also other labor unions who have already started a strike for the same reasons as well (*e.g. Writers Guild of America strike*). Those reasons bring us to yet another point, which is the intellectual property rights over preexisting works and media. Since AI is trained by learning through the use of data that it could gather online, this raises questions regarding consent from the creators and whether they could or should benefit from the later output. This also concerns the legalities when it comes to the use of media and contents in training AI, whether they're images, videos, audios, music, traditional and digital arts, literatures and books, etc. Amidst the calls from many media creators and strikes that they are pushing through, where does the law stand here?

Though it is still unclear as of this time, this is a good moment to ponder about our opinions about this matter. Admittedly, all of us benefit from the advanced technology of AI. It can not be denied that it is a great tool to help us improve, progress, and elevate our work and creativity in everything we do. And with AI Technology now redesigning our whole system, should we really continue using it to its advantage completely? Or should it be disregarded to preserve the creativity, depth, and soul that only humans can cultivate? Most importantly, *where is the line drawn with its use?* After all, AI may be more advanced than us, but essentially, we are the sole creator of this kind of technology. It is up to us whether to view this as an opportunity, or as a threat to our industry.



PLARIDEL HALL

PEP RALLY 2023



Unleashing Pusong pAULaban: AU Chiefs Unite and Honor the Athletes in the Grand Pep Rally 2023

Photo credits to Anne Galimba

By Rayne Angelo J. Mesias

After years of conducting the Grand Pep Rally virtually due to the pandemic, the Arellano University - Juan Sumulong Campus (AU-JSC), together with the Chiefs, gathered in the Grand Pep Rally 2023 held at the AU-JSC Quadrangle on September 8, 2023.

The Grand Pep Rally 2023 showcased the student-athletes, their teams in their respective fields, and their coaches, who would representing the university in the NCAA Season 99.

The event was also to show the sportsmanship and camaraderie in the university and to express the school's gratitude, honor, and support for the student-athletes.

The Pep Rally was hosted by the Arellano University Supreme Student Council (AUSSC) Vice President, Ms. Allyana Aniag, and the Adviser of the Arellano University Multimedia Club (AUMMC), Ms. Carlette Peronilla.

Starting the event on a high note, the Arellano University Drum and Bugle Corps performed the opening theme song of the hit fantasy series Voltes V and the iconic Jopay of Mayonnaise.

The AU Sining Sanghaya maintained the energy of the crowd as they showcased their talents, followed by the games conducted by the hosts.

The main feature of the PEP rally came next which was the introduction of Arellano University's sports teams in their respective sports fields.

The event concluded with the jaw-dropping routine of the cheerleading four-peat champions, the AU Chief Squad.



Photo credits to Angel Abatayo

"This is a big event for all athletes... para naman 'yung mga students ay malaman nila kung sino ang mga athletes [na mag-rerepresent ng ating] school..." according to Jerwin Paquibot, Team Captain of the AU ChiefSquad.

Coach Lucky San Juan, Head Coach of the AU ChiefSquad, also reiterated that besides recognizing the student-athletes and the coaches of the different AU sports teams, the PEP rally is a way for the university's sports teams to feel the support of the Arellano community.

Laika Tudlasan, a sophomore of the Arellano Lady Chiefs, said that they very much appreciate the Grand Pep Rally because it is a boost to the morale of the women's volleyball team.

Coach Obet Javier, Head Coach of Arellano Lady Chiefs, expressed his gratitude to the students for their support to the teams. He also thanked the AU management for the opportunities, and benefits they gave to the players.

"To the AU Community, thank you so much for supporting us; we promise to make you guys proud," Danielle Mallari, Team Captain of Arellano Chiefs, stated.

It has been a truly remarkable event for this school year. The AU Chiefs always bring out the best in the university and are always ready to show their support to the student-athletes, boost their morale, and banner the school pride in NCAA the Season 99.

"To the AU Community, thank you so much for supporting us; we promise to make you guys proud,"

DANIELLE MALLARI
Team Captain, AUMBT



Ms. Carlette Peronilla (AUMMC)



Ms. Allyana Aniag
(AUSSC)

CHIEFS



NCAA Season 99: Arellano sank to the 9th spot after the first round

By Rayne Angelo J. Mesias



Photo credits to official AU Sports page

The Arellano Chiefs wrapped up the first round in a blowout loss as the JRU Heavy Bombers bombarded them with an offensive attack, 72-88, in the NCAA Season 99 men's basketball tournament, at the FilOil EcoOil Centre, Saturday, October 21, 2023.

Team Captain Danielle Mallari displayed his leadership as he led the team with his season-high 15 points, on top of 7 rebounds, four assists, and two blocks. Meanwhile, Jade Talampas and Lorenz Capulong tallied 14 and 12 points, respectively.

Marwin Dionisio headed the ambush against the Arellano Chiefs, as he fired 21 points, along with four rebounds, three assists, and two blocks. Adding to the damage were Agem Miranda and Shawn Argente, who contributed 15 points each.

Appalling first half

The Arellano Chiefs experienced a rough road to start the match in the hands of Shawn Argente, who scored five points from a drive and a beyond-the-arc shot in the first minute of the game. JRU continued their good start, which gave them an early 8-to-nothing lead. Joshua Abastillas gets on the scoring board first on the side of the Arellano Chiefs as he buckets a perimeter shot. Felix Villarente stole the ball from JL Delos Santos, then continued with a fastbreak, creating a fantastic play as he passed the ball to Danielle Mallari, who was all alone for a layup, 4-8.

JRU's Argente continued to show a stellar performance, scoring double digits midway through the quarter as he released another one from downtown, 4-13.

Jeadan Ongotan stole the ball from a predictive pass trailing a fastbreak and scoring a foul counted on Marwin Dionisio; however, he missed the free throw shot, 18-25. Unfortunately, the Chiefs

couldn't stop the raging offense and fast play of the Heavy Bombers, creating another 8-to-nothing run and ending the quarter, 18-33.

Joshua Abastillas, who scored first for the Chiefs in the first quarter, did it again in the second quarter via a perimeter shot. With the Chiefs trying to catch up, Lorenz Capulong got fouled, and he bucketed two from the free throw. Nevertheless, the raging offense of the Heavy Bombers was on top as they created a 7-to-nothing run in the last minute to close the second quarter, 36-54.

Trailing Chiefs

A series of missed shots, turnovers, and steals started the third quarter. In the halfway of the quarter, the Chiefs were trailing and made a 7-0 run, started by two straight baskets on the free throw of Lorenz Capulong and the final point of the run by the followup of Danielle Mallari, 43-54.

Despite trying big time to cut the lead, the Heavy Bombers continued to blast baskets, challenging the defense and the offense of the Chiefs. The third quarter ended still with a big gap, 53-67.

Falling Short

From the perimeter, Ernest Geronimo fires as he starts the fourth quarter of the match. The game transitioned to aggressive and fast-paced as both teams wanted to end the match on a good note for their teams.

As the game downs to the last 2 minutes, Bryan Ros-alin launches a beyond-the-arc shot, but it's still too big of a lead to cut it down, 68-85. Jade Talampas added another bucket from a rebound straight to a drive and layup shot against three at the 1:26 marker, 70-85. Arellano's Rosalin baskets another one with 23 seconds left in the match, 72-88. With 20 seconds more left, the

Heavy Bombers just bought their time, having possession of the ball on their side to end the game at 72-88.

Heart-rending Position

The Manabat-led squad settles at a very low note 1-8 standing and at the second-to-the-last seed after the first round. Unexpectedly, the three-time defending and reigning champion, the Letran Knights, joined the Chiefs and stood at the bottom of the tournament.

Mapua Cardinals, the 7th seed last season, hold the number one spot with an 8-1 record. Semifinalists from last season, the San Beda Red Lions enjoyed a solo second spot after the first round.

With a strong bounce back, the second-to-the-last seed from the previous season, the JRU Heavy Bombers, shares a 6-3 record with last season's runner-up, the LPU Pirates.

In the 5th-6th standings, the bottom team from Season 98, the EAC Generals, is tied with last year's finalist, Benilde Blazers. Followed by the 7th-8th are the Perpetual Altas and SSC-R Golden Stags, who both hold a 3-6 record.

Outstanding Players from the Blue and Red

Arellano University's Big Man Lorenz Capulong ranked 8th together with Mapua Cardinals' Warren Bonifacio averaging 3.71 2 pt field goals in the first round.

Legarda's Clutch King, Jade Talampas, climbed to rank 4 with his total of 15 successful shots out of 44 attempts and averaging 2.14 3 pt field goals made along with JRU's Shawn Argente.

Arellano Chiefs' Lorenz Capulong also made his presence felt as he tallied a total of 19 offensive rebounds and averaged 2.71 as well as EAC Generals' Jc Luciano and Perpetual Altas' Christian Pagaran.

Striving for a stronger second-round journey

The Arellano Men's Basketball Team will open the second round of the NCAA Season 99 Men's Basketball Tournament action as they face the SBU Red Lions on October 27, 2023, at 2:00 p.m.

The Legarda-based squad will cross swords against the JRU Heavy Bombers on Sunday, October 29, 10:00 a.m.; the CSB Blazers afterward, Saturday, November 4, 9:30 a.m.; the UPHSD Altas on November 7, Tuesday, 1:30 p.m.; the EAC Generals on November 11, Saturday, 9:30 a.m.; the CSJL Knights on November 14, Tuesday, 1:30 p.m.; the MU Cardinals on November 17, Friday, 3:30 p.m.; the LPU Pirates on November 19, Sunday, 12:00 p.m.; and the SSC-R Golden Stags on November 24, Friday, 1:30 p.m.

All games will still take place at the FilOil EcoOil Centre with live spectators.

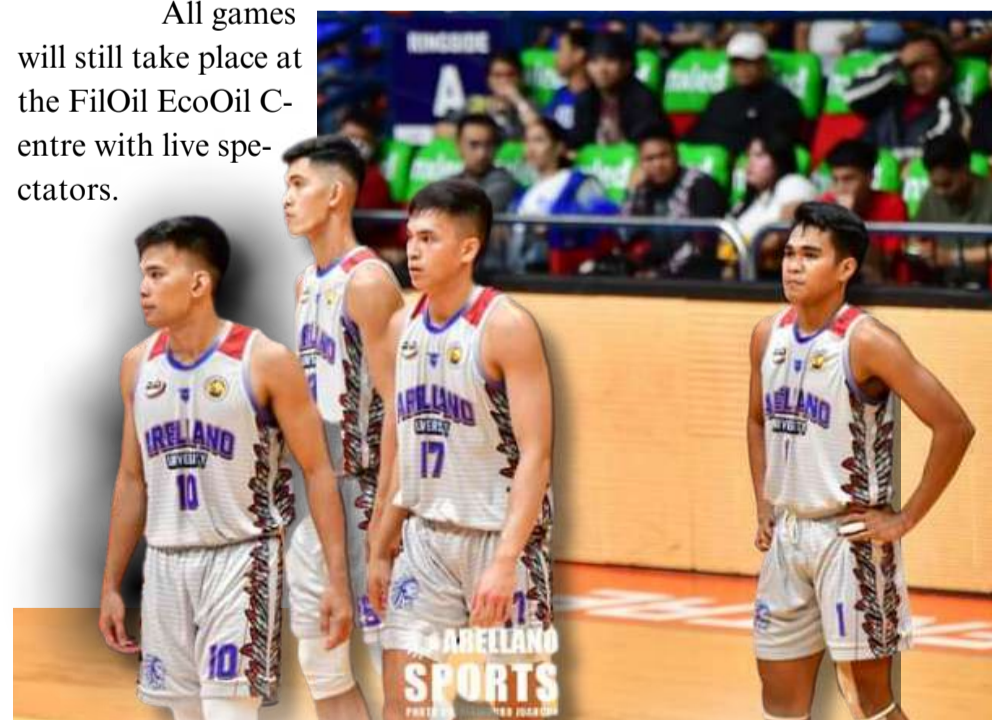


Photo credits to official AU Sports page



ARELLANO TAEKWONDO TEAM



Regaining One's Footing: Arellano Taekwondo Team Brought Home 17 Medals

Photo credits to Mervonne Nicor

By Philip Alton Abaring

After years of participation through online tournaments, the Arellano Taekwondo Team has resurfaced as they reignite their passion for their sport for this year's season. The team kicked off their way as they secured 17 medals in the already concluded 2023 SMART-MVPSF National Inter-School Taekwondo Championships, held from September 30 to October 1, at the Ninoy Aquino Stadium.

The Philippine Taekwondo Association (PTA) hosted the two-day competition, which featured top bets from various schools across the country, including Ateneo, UP, UST, La Salle, and UE.

17 athletes from Arellano managed to clinch podium finishes in the tournament. With the team ending on a 3 gold, 3 silver, and 11 bronze tally, the team showed their perseverance, forging onward through adversaries as the tournament comprised 4,000 budding taekwondo jins.

Proceeding on, here is the list of the 17 medalists from Legarda.

Gold

- Senior Men's Division - Gian Andrew O. Gatchalian (Lightweight)
- Senior Men's Division - Jamero Alzalman (Heavyweight)
- Junior Women's Division - Mitch Princess Salaguban (Welterweight)

Silver

- Senior Men's Division - Josh Dionio (Heavyweight)
- Junior Men's Division - Lyanri Calabroso (Welterweight)
- Junior Men's Division - Lloyd Francis T. Sarmiento (Middleweight)

Bronze

- Senior Men's Division - Matt Kevin Gentiroy (Flyweight)
- Senior Men's Division - Ramcess R. Bautista (Middleweight)
- Senior Men's Division - Simon Regalario (Bantamweight)
- Junior Men's Division - Philip Abaring (Lt. Middleweight)
- Junior Men's Division - Jeiune Aston (Lightweight)
- Junior Men's Division - Prince Cee Jay Baldera (Flyweight)
- Senior Women's Division - Alexandra Nesle (Bantamweight)
- Senior Women's Division - Paulene Gaye C. Rey (Featherweight)
- Senior Women's Division - Kezia A. Eustaquio (Heavyweight)
- Senior Women's Division - Beverly Michelle Bandiola (Middleweight)
- Junior Women's Division - Sheean Rigel Dumat-ol (Lightweight)

"We are far in progress compared to where we started and continue to develop to get what we want to achieve," Paulene Gaye Rey, Senior Women's Team Captain, stated.

Ramcess Bautista, Team Captain of the Arellano Taekwondo Chiefs, said that the team made significant progress in terms of their preparation. They have shown great dedication and commitment to their training, putting in the time and effort they have to improve their skills.

The AU Taekwondo Chiefs had found it challenging to regain their footing after the pandemic. Nonetheless, bringing out their all and providing a satisfactory performance is the team's center of attention as they set their sights on bringing home the glory in Legarda in the upcoming NCAA Season 99 on November 15 to 16.

Arellano Lady Chiefs Marks an Incredible Performance at the Shakey's Super League Pre-Season Championship

By Cat Fernandez and Rayne Mesias

The Arellano Lady Chiefs displayed a stronger and much improved volleyball team in the Shakey's Super League Pre-Season Championship. AU was drafted in Pool B along with UAAP podium finisher Adamson Lady Falcons, the familiar LPU Lady Pirates, and the SBU Lady Red Spikers.

Coach Roberto 'Obet' Javier and his squad shut down the LPU Lady Pirates and the SBU Lady Red Spikers. However, the Adamson Lady Falcons carved out their claws against the defense of the Lady Chiefs, resulting in a 2-1 record after Round 1.

In the second round of the tournament, they were grouped with UST, NU, and Ateneo for the second. They gave an impressive sweep win to the Ateneo Blue Eagles but became falling prey to both UST Lady Tigresses and NU Lady Bulldogs

The Lady Chiefs showcased their strength and determination by securing a notable victory over the formidable Ateneo Blue Eagles, as they made them wingless in a dominant straight-set win, 25-21, 25-18, 25-21, at the Rizal Memorial Coliseum, October 14.

Marianne Padillon emerged as a standout performer for the blue-and-red squad, contributing nine points solely from powerful attacks, while Laika Tudlasan scored seven points. Their exceptional performance played a pivotal role in securing the convincing win for the Lady Chiefs, showcasing their

offensive prowess and ability to overpower their opponents.

Despite the shocking loss of the Blue Eagles, Sophia Buena tallied 10 points, while Lyann De Guzman chipped in 8 markers.

However, the journey in the Shakey's Super League also presented a formidable obstacle for the Lady Chiefs in the form of the dominant NU Bulldogs, as they bowed down in straight sets, 25-17, 25-22, 25-13, on October 21. The Arellano University Lady Chiefs still showed a commendable performance at the Shakey's Super League after falling to the UAAP Champs.

Sophomore Laika Tudlasan paced the loss as she showed off her prowess, scoring 11 points via ten attacks and a block.

On the other side, Alyssa Solomon has shown why she became the league's first Most Valuable Player. NU's Solomon poured in a total of seven points from six kills and an ace that made her the best player of the match.

Before the tournament started, "Marami kaming prepare especially yung blockings namin pinaghandaan namin ngayon, pinalakas natin yung opensa saka yung blockings natin," Coach Obet Javier, Head Coach of the Lady Chiefs, stated. He also added that a lot of players will show up in the Shakey's Super League. This experience will surely bring a lot to the table of the Arellano Lady Chiefs as they prepare to conquer NCAA Season 99.



Photo credits to Flavius Studios



Reevaluating Resilience: A Closer Look at Financial Challenges Faced by Filipino Athletes in Pursuit of Glory

by Carlo T. Arsula

In the realm of Filipino identity, it is an indisputable fact that resilience is a treasured emblem of honor, one that our people wear proudly. Even our most celebrated athletes, such as Manny Pacquiao and Hidilyn Diaz, bear the weight of this emblem on their shoulders as they bring glory to our nation. They, like many other national athletes, have weathered the same storms, enduring the inevitable financial setbacks.

Undoubtedly, Filipinos have witnessed the trials and tribulations our athletes face to such an extent that it has become a crucible one must endure to represent our nation. It stands as a testament to their resilience—the ability to overcome adversity and hardships before basking in the glory of victory. However, as this issue continues to be a recurring point of contention whenever our flag is raised, it is high time for us, as Filipinos, to reevaluate our perception of the challenges our national athletes confront in their quest for gold.

Evolving Disputes Between Athletes and the Government

"I contemplated quitting." These were the words shared by EJ Obiena in an interview with Esquire in November 2022, where he opened up about the challenges he faced during his international stints. He underscored the greater difficulties in

representing the Philippines on the global athletic stage compared to other nations.

The basis of his statement was, in large part, the fallout he experienced with the Philippines Athletics Track and Field Association (PATAFA) in January 2022 while recovering from knee surgery in the same month. PATAFA publicly accused Obiena of financial impropriety and fabricating reports, demanding restitution of the funds allocated to him.

Consequently, PATAFA declined to support Obiena in the four major tournaments he had lined up. Obiena vehemently refuted these allegations and even highlighted that he personally shouldered the bank transfer fees to settle his obligations. It was only in March of the same year that the Philippine Sports Commission (PSC) announced the resolution of this dispute through mediation. By then, Obiena had admirably staged a remarkable comeback, securing 17 medals across various international competitions, 12 of which were gold.

The True Worth of a Gold Medal

Another unforgettable instance of a Filipino athlete's public plea was seen in weightlifter Hidilyn Diaz's Instagram posts before her bid at the 2020 Tokyo

Olympics. Her posts declared her struggles and need for financial support. These appeals led to a discussion with the PSC, which eventually granted Diaz P4.5 million to support her overseas training.

Fast-forward to the 2020 Tokyo Olympics, where Diaz etched her name in history as the first Filipino Olympic gold medalist. However, the homecoming of a gold medal does not translate to immediate financial prosperity, as the medal itself is non-negotiable. During a media roundtable hosted by Under Armour in October 2022, Diaz revealed that her budget at that time was inadequate to fund her future endeavors, including the 2024 Olympics, which would be her fifth and final appearance on the prestigious stage.

The Bare Minimum

Following Diaz's triumphant victory, the then-Presidential Spokesperson, Harry Roque, openly acknowledged the government's inadequate support for its national athletes. He even drew a comparison between the allowances provided to Filipino athletes and the minimum wage. This acknowledgment by Roque validated the poignant testimony of Eumir Marcial, a Filipino boxer and Olympian.

In a Facebook post,

Marcial disclosed that his monthly allowance of P43,000 from the government fell far short of covering his training expenses for the 2020 Tokyo Olympics, especially since he was training in the United States. He stated, "Now, my question is, have we never had an Olympic gold because Filipino athletes are weak, or do we simply lack support from you?" The PSC swiftly countered that Marcial's financial struggles were due to the Alliance of Boxing Association of the Philippines' failure to endorse him, showing no remorse even after Marcial grappled with the recent loss of his brother and father in Zamboanga. Butch Ramirez, then-chairman of PSC, even argued that such trials built character among athletes, a more valuable outcome than any medal or accolade. In the end, Marcial declared his intention to no longer engage with the PSC's statements: "I want to just focus on my Olympic training." At the 2020 Tokyo Olympics, Marcial secured the bronze medal. One cannot help but wonder if more substantial financial support from the PSC could have transformed that bronze into gold.

If Worst Comes to Worst

Wesley So, a Filipino native chess prodigy, who has been the talk of the town in 2021, has decided to pursue an American citizenship and officially became one because he lacked the necessary "connections" to be able to thrive in the Philippines.

Earlier this year, Jaja Santiago—arguably one of the best volleyball players the

Philippines has produced—received an offer to become a Japanese citizen and potentially represent the country in international tournaments like the Olympics.

Moreover, a multitude of basketball talents, including Thirly Ravena, Kobe Paras, and Juan Gomez de Liaño, have chosen to take their talents overseas, joining the Japanese B. League where teams offer monthly salaries as high as \$20,000, a figure approximately seven times more than what a rookie in the PBA earns.

The Need to Abandon Romanticization

The stories of Obiena, Diaz, Marcial, and other Filipino athletes serve as just a few illustrations of the government's shortcomings in financially supporting our athletes. What exacerbates this issue is the Filipino expectation that our athletes must overcome financial hurdles before bringing pride to our nation. As the saying goes, "No guts, no glory." Nonetheless, it is high time that we put an end to romanticizing our athletes' resilience as a prerequisite for their hard-earned success.

Furthermore, our athletes require more than our admiration and appreciation. The Philippine Sports Commission (PSC) must explore avenues to finance our athletes' endeavors. While establishing a financial system that truly supports our athletes will take time, the government can, at the very least, work on being transparent and accountable about its present limitations to prevent controversies from undermining the aspirations of our athletes.

“ Have we never had an Olympic gold because Filipino athletes are weak, or do we simply lack support from you? ”

Photo credits to Philippine Sports Commission



AU-ABC Caps Off Pep Rally 2023 for NCAA Season 99

By Amanda Julienne G. Roque



Photo credits to Andrea Pagsugiron

Indeed, the odds were in favor of the Chiefs of Arellano University—Andres Bonifacio Campus (AU-ABC) as they capped off the Pep Rally 2023 series on the 22nd of September, 2023. Amid the looming postponement of the said event and inevitable class suspensions, as many parts of the metropolis were engulfed in smog because of poor air quality associated with emissions from heavy vehicular traffic, students from the junior and senior high schools and college departments all congregated at the quadrangle of AU Pasig.

This did not stop the Chiefs of AU-ABC from supporting all the members of the AU Varsity Teams and the Chiefsquad, extending one of the heartiest and most energy-filled send-offs for NCAA Season 99 competitions.

One of the event highlights was a brief interview with three of the members of different AU athletic teams. They are Christian Dave Tayrus from men’s taekwondo (speed kick); Carl Justin Berdal from men’s volleyball; and Danielle Kelsey Mallari from senior men’s basketball, respectively.

When asked, “Many fellow Chiefs look up to you and aspire to fill your shoes someday. Do you think playing on the varsity team is for everyone, or for only a few who are worthy?”, Danielle Mallari answered, “Yes, it is for everyone. No one and nothing should stop anyone from dreaming, from getting to where we are now. However, with aspiring come hard work, responsibility, and dedication.”

“How do you maintain a sense of balance between being a student and being an athlete? How do you

deal with times when you have to choose between your academic goals and your ambitions as an athlete?” Here’s what Carl Berdal had to say: “Discipline [really] and time management should be balanced, alongside proper training. If it gets to a point where one must choose between athletic and academic priorities, it should be the latter. After all, we are students first before athletes. What we can accomplish academically, we can someday use to help us in pursuing a career outside sports.”

“The student body is

sometimes divided because of our differences, particularly those that tackle gender issues. How does an athlete’s gender orientation and role affect their performance during competitions, and how can sport connect us despite our differences?” Dave Tayrus carefully remarked that playing a particular sport is not about labels and identity. “In taekwondo, for example, it is expected that one’s biological status, strength, and capacity will eventually manifest when competing. In addition to this, when it comes to engaging in different sports events, we athletes go and play out there not just as an individual, not just for ourselves, but for the school and fellow students that we are representing. The rest of the school community cheer as one and give us the boost that we need. This is being united despite our differences.”

The AU Pep Rally 2023 series ended on a high note, as the Chiefs chose to see the brightness in an otherwise gloomy and dismal day.

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SUMMER LEAGUE

Written by Bryne Ryan Arriola

The summer league is a chance for players to showcase their talents and impress the coaches. It allows them to be known not just by the coaches but also by the other players and other students. For the Apolinario Mabini Campus, the summer league was held on July 13, 14, and 20, 2023, within the campus gymnasium. It included basketball, volleyball, and Mobile Legends.

The majority of the participants in both basketball and volleyball were grade 11 students, while some were grade 12 students. For Mobile Legends, only grade 11 students were allowed to join the event.

On the first day, basketball had 26 students sign up to join, while volleyball had 15. The first day was all about training. This training allowed the participants to display their skills and get to know the other participants as well. During



Photo credits to Aliah Guinmapang

the interview with one of the participants, he expressed that the summer league was an opportunity for him to cultivate and foster friendships. During the training, the coaches kept an eye on the players to see how good they were and how they behaved.

The second day was also training, but this time there was a scrimmage between the players. The matches were short, but the players displayed their skills as they were competitive with one another. During the two days of training, the performance of the participants was

carefully evaluated by the coaches.

On the third day, the matches were officially underway. Both basketball and volleyball had four teams. In both volleyball and basketball, three teams were composed of participants. The fourth team, however, consisted of faculty members, including coaches and teachers, who joined the competition to engage in friendly rivalry with the students. In both sports, the most outstanding players during training were separated, and a total of two matches were played in both sports. For basketball, there were four quarters, and each quarter had 10 minutes. For volleyball, it was a best-of-three format. After each game, the best player is named the MVP.

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SYREEN PROJIO: THE PRIDE OF AU-EEC IN THE 63RD PALARONG PAMBANSA

By Perl Be John Lilo-An

Arellano University-Elisa Esguerra Campus (AUEEC) sprinter, Syreen Angelique Projio, was called up to reap 5th place in the 4x100 relay in the 63rd Palarong Pambansa 2023 on August 3, 2023, that was held in Marikina Sports Center, Marikina City.

The young Chief competed with the other firepower runners along the country in hopes of winning a medal. However, she was eclipsed and was unable to salvage a podium finish, clocking 52.60 ahead of Region II, the fourth placer who checked 52.57 with a close run.

Throughout the competition, Projio's coach, Camille Fulgencio,

constantly reminded her to not get nervous and sustain a positive mindset throughout the game for better execution. This gave her the mindset and determination to give the race her 100% in spite of the challenges.

"Masaya naman, may malungkot din. Pero nagawa ko naman ang best ko, napakita ko naman." Projio said after overcoming an unfortunate experience in Palarong Pambansa after being tripped in her foot before the game, resulting in her not being in the condition to perform well. In spite of the result of the race, Projio shows true humility and sportsmanship as she shows her gratitude in joining the competition.

The pride of Arellano University-EEC also reveals her preparation before exhibiting in the game; which begins with stretching to fuel itself for gearing up, a prayer for guidance, and a hitch-free performance.

"Magtiwala lang sa samalungkot din. Pero nagawa arili. Hindi naman habambuhay mahina ka, kaya nga may training." Projio advised the future athletes who aspire to play in Palarong Pambansa.

As for the whole AU-EEC Community, win or lose, Syreen Projio will remain one of the pride of the school as she embodies the school Core Values in her chosen sports. Hail to the Chiefs!



Photo credits to Syreen Angelique Projio



Photo credits to Syreen Angelique Projio

AU-EEC SHS TEACHERS IGNITE THEIR ATHLETIC SPIRIT ON WORLD TEACHERS DAY 2023

By Perl Be John Lilo-An

The Senior High School (SHS) teachers at Arellano University - Elisa Esguerra Campus celebrated World Teacher's Day on October 11, 2023, by showcasing their athletic skills and sportsmanship. The event featured two ball games, basketball, and volleyball, which drew a large crowd.

In the volleyball match, the teachers triumphed over the school varsity (MALPRISSA player/The V

arsitarian) with a score of 25-19, 20-25, 23-25. The basketball game ended with a final score of 111-109 in favor of Sir Jerrick Quimson's squad, he was named the player of the game after outlasting a formidable performance and securing the championship title courtesy of his mighty squad.

The event displayed the Core Values of Arellano University, emphasizing a competitiveness and sportsmanship.

The celebration of World Teacher's Day is a significant occasion that holds great value globally.

It serves as tribute to recognizing and valuing the contributions of educators across the globe, highlighting their unwavering dedication, tireless effort, and boundless enthusiasm in shaping the future by imparting knowledge and skills to students.

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School Spirit, Team Spirit: The AU-JAS Pep Rally 2023 Ends In Triumph

By Gabrielle Kae Vero

The Chiefs of Jose Abad Santos Campus welcomed this season's athletes with vigor during the 2023 PEP Rally held on September 20, Wednesday, from 2:00 p.m. to 4:00 p.m. at the AU-JAS Quadrangle.

AU-JAS very own Mr. Angelo Ray Dela Vega and Mr. Luis Dasalla hosted the event with high spirits and overflowing energy. Speaking of energy, the audience from all year levels to faculty members enthusiastically showed their love and support to the event with loud and energetic cheers despite standing under the blazing heat of the sun.

Before the event had officially started, the Chiefs heard some very moving and inspiring words from



Photo credits to Jeann De La Paz

the Branch OSA Coordinator, Mr. Edmund O. Palangdao. Followed by the two amazing performances from guest singer Samantha Isabelle who won the Inter-branch singing competition in the School Year 2022-23 and the back-to-back champions from the Chiefs Dance

Company.

The Senior Assistant Athletic Director, Ms. Joy Apolonio, introduced the team that would be participating in the upcoming NCAA Season 99, with representatives from the Men's

Taekwondo team, Men's Swimmingteam, Men's Track and Field team, Men's and Women's Volleyball team, AU Drums Squad, Chief Squad, and the Senior Basketball Team.

What many students considered to be the highlight of the event were the special performances by the AU Chief Squad as well as a charming dance number by the Men's Senior and Junior Basketball teams. In addition, the men's basketball team showed high hopes for the upcoming basketball tournament of the season. "Our expectation for this season is to compete at the highest level in every single game." says Team Captain, Danielle Mallari. The hosts and athletes expressed their gratitude for the Chief's continued support as the grand event came to an end.

Arellano Busts Out of a Rut and Knocks Letran into a Dilemma

By JR Concepcion

The Arellano Chiefs put an end to its losing streak after overcoming the Letran Knights, 87-80, in the NCAA Season 99 Men's Basketball Tournament on October 8 at the FilOil EcoOil Centre.

After dropping 15 points, 6 assists, and a steal, Felix Villarente led the Chiefs to their first win and was hailed as the Best Player of The Game.

The Chiefs progressed to a 1-4 win-loss record, while the Knights stumbled to a 0-5 start.

The Letran Knights concluded the first quarter with a two-point edge, 27-25, and ended the second quarter with a 3-point lead, 50-47.

A ridiculous sequence near the end of the third results in a Kurt Reyson logo three as he releases the ball just in time before the clock in the third quarter expires giving the Letran a 1-point lead, 65-64.

Troy Valencia drove to the basket with a tremendous finish as the Chiefs' advantage expanded to six, 81-75, with 2:08 left in the clock.

The Letran Knights made an attempt to close the gap, but with 25.2 seconds left in the game, a corner three from Dominic Dayrit gave the Chiefs a comfortable 84-77 lead.

The Arellano Chiefs will try to get their second win of the season against the EAC Generals on October 13, 4:00 p.m.



Photo credits to GMA Sports PH





AU-JRC welcomes Pep Squad, AU Drum and NCAA athletes

By Charlynn Jhoyce Nuyda and Stefani Abelida

As the NCAA season came by in a breeze, the Arellano University - Jose Rizal Campus PEP Rally was in full swing as line up the chiefs began at the school grounds to enthusiastically welcome the AU CHIEFS Athletes, AU Drum Chiefs, and AU Cheer squad on September 21.

Despite the blazing heat of the sun, it did not deter the Chiefs from showing tremendous support for the AU PEP Squad as they performed their cheerdance for an intermission number as well as the Arellano Chant, which they conducted to be followed by the Chiefs' "A-RE-LLA-NO, Arellano Go!"

The new season themed "New Heroes of the Game" brings the AU athletes a great deal of excitement and joy, given that the players put in all of their time and efforts to prepare for the match with their teammates.

Repeating the chants with the boom of the drums, hyping up the PEP Rally to a whole other level.

After the opening ceremony and heartfelt messages from the school admins who have made the event possible, they presented the men's taekwondo team, the male and female swimming team, the track and field team, the PEP squad, men and women's volleyball teams, and the men's basketball team.

Energy filled the grounds as the hosts Mr. Paulo Geremiano and Ms. Epiphany Condino conducted games to bring fun to the PEP rally such as a talent showcase and a contest where the chiefs will make their own rendition of the AU cheer. Also, a question and answer portion was conducted wherein players were asked by students to share their secrets on how they prepared for the NCAA games and their journey in the sports that they play in.

Later on, the students were introduced to the 4-peat cheerleading champion, the AU Chiefs Pep Squad, and the AU Drum Chiefs. The basketball team and the PEP squad also prepared a dance performance earning loud cheers before they could even start. As they danced, hype from the audience was unmatched, ending the events on a high note.

Ms. Joy Apolonia closed the PEP rally together with Mr. Dani Mallari, the team captain of the basketball team, invited Chiefs to watch their games who were delighted to have met the players and anticipated their upcoming performance for the NCAA Season 99.



Photos by Zoey Cordero



AU-JRC SSC holds Mobile Legends tournament in commemoration of Teachers' Day

By Amber Vixen A. Parungao and Sherene Claine C. Villeno

In celebration of Teachers' Day, the AU- JRC Supreme Student Council (SSC) has held a Mobile Legends tournament open to all Senior High School (SHS) students and their Teachers.

The tournament took place in the school's computer lab from October 2-4, 2023 and was organized by the officers of the SSC with support from the school's SHS Faculty. A total of twelve teams, each comprising five players from the same cluster, participated in the event.

In opposition to one another, each team showcased their prudent skills, astute abilities, and expedient strategies. Only three teams emerged victorious from the Mobile Legends Tournament, out of all the teams that engaged in competition. The TVL squad from 12 Cluster 7 attained the status of being the CHAMPION showing that they truly conquered the Land of Dawn by their exceptional skills.

As follows, the 1st Runner Up from Grade 12 Cluster 2 and the 2nd Runner Up, Team CFIVE from Grade 12 Cluster 5 who continuously exchanged blows with other teams and fought consistently throughout every challenge. Leading them to well-deserved achievements and a celebration for triumph.

The success of this tournament emphasized the of incorporating esports into academic curricular and events. It is not only a great way to foster a sense of competition and teamwork, but it also allows the students to participate in a fun and enjoyable activity while showcasing their skills.



Photo courtesy of AU-JRC SSC' FB Page

AU-JRC Students on NCAA 99' Men's Basketball Game Experience: Slam Dunk or Letdown?

By Lovelle Santos and Sherene Claine Villeno

The Mapúa Cardinals secured a resounding victory over the AU Chiefs, led by rookie guard Clint Escamis, the Mapúa Cardinals dominated the AU Chiefs at the FilOil Flying V Arena in San Juan City on October 18, 2023, extending their winning streak to five games leaving the audience in awe, including the AU Jose Rizal Students' who had the opportunity to watch the game.

The first half of the game between the AU Chiefs and the Mapúa Cardinals was marked by high tension as students passionately cheered for their respective schools. In the third quarter, the AU Chiefs scored 45 points, while the Mapúa Cardinals responded with an impressive 65 points, clearly asserting their control in the game.

As the final quarter got under way, the AU Chiefs managed to score 65 points, but the Mapúa Cardinals maintained their dominance, ending with 79 points.

Even though AU chiefs lost, they still cheered for their beloved Arellano University. It was a thrilling experience for both universities. Students from Jose Rizal Campus had the privilege to witness remarkable displays of skill, determination, and excitement from both universities.

We interviewed a few of the students who attended the NCAA Season 99 game, and these are some of their feedback and overall thoughts.

Reece Vidal, a Grade 11 HUMSS student, enjoyed watching the match even though AU Chiefs lost to Mapúa. "They played well against them, and I found it to be entertaining. It was a really close match, so the atmosphere was intense. It was also a great experience to be able to watch NCAA with friends, it was fun." He added.

"Magagaling naman, masaya," a Grade 12 GAS student. She adds, "...and maraming pogi."

Despite a few wins and losses, the efforts, hard work, and sportsmanship of each individual should not be overlooked. A Grade 11 STEM student, Nathaniel Abonales, observed there was teamwork.

"Especially involved in passing the ball. It seemed as though they trusted one another with it. Additionally, I could see the clear strain of pressure on their faces. On the other hand, I could see and feel all the support the crowd was giving." He added based on his insights on the game.

There is nothing quite like the excitement and energy of being in the stands during an NCAA basketball game. The atmosphere is electric, with students decked out in their team, chanting and cheering their hearts out for their beloved University.

Being a student fan is more than just watching the game and cheering for victories, it's about being there for our team through the highs and lows, through every game and every season.



Photo credits to Arellano University Sportrts - Official



Ulan

Ni Pearl Zinfadel Antoine

Ala-singko na naman ng umaga, kailangan bumangon upang umabot sa tamang oras bago magsimula ang unang klase sa linggong ito. Dalawang oras ang kinakailangan sa pagbyahe. Hindi na naisipang sumubo sa inihanda ni Inay dahil mas kinakailangang maabutan ang paglilista ng mga estudyanteng umabot sa oras bago tumunog ang kampanang maghuhudyat ng bagong panimula sa araw na ito.

"Inay, alis na po ako," huling mga salitang sinambit bago kumaripas ng takbo papunta sa sakayan ng traysikel upang makahabol sa punuan at hindi na kailanganin pang maghintay sa mga susunod na pasada.

Ilang segundo pa lang ay biglang naramdaman ang mga patak ng ulan, kulang na lang ay takpan ang paningin dahil sa basang lente ng aking salamin.

"Hala! Inabutan pa." Malalim na buntong hininga bago ilabas ang payong na halos hindi mawari ang itsura sa sobrang pagkagamit nito.

Kasabay ng pagbuhos ng ulan ang di mapakali na pag-upo sa likurang bahagi ng drayber dahil basang-basa ang pantalon, at maputik na puting sapatos. Tila isang delubyo ang dumating dahil hirap makasakay sa dyip, agawan ng maupuuan at nilalamig na pakiramdam. Halos maubos ang dalawang oras na nilaan sa sarili upang makaabot sa kanyang pinakamamahal na pamantasan.

Mayroon na lamang siyang apatnapu't limang minuto bago magsimula ang klase, ngunit hindi pa tumatapak ang mga paa sa kalsada patungo sa sakayan ng tren.

"Lagot na," sambit sa sarili habang paulit-ulit na binabantayan ang oras sa kanyang hawak na selpon.

Patuloy ang pagpatak ng ulan, nagmistulang isang basang sisiw, iniisip ang sasabihin ng propesor lalo na't madalas nitong napapansin ang kawalan ng enerhiya sa klase upang makilahok sa talakayan. Ano ba ang dapat gawin sa sistema na kinabibilangan?

Alas-otso ang unang klase at kinakailangan umalis ng ilang minutong mas maaga sa ala-sais; habang nagtatapos ang klase ng ala-singko ng hapon kung saan sumasabay sa rush hour ng mga iba't ibang mag-aaral at empleyado, minsan ay nakakauwi na ng alas-nuwebe ng gabi, at kailangan pang mag-aral kundi babagsak sa susunod na araw.

"Sayang. Na-late pa," bulong sa sarili habang naglalakad mula sa pangunahing tarangkahan ng pamantasan, paakyat ng ika-apat na palapag ng gusaling kinabibilangan ng kanyang silid-aralan.

"At bakit ngayon ka lang?", bungad ng kanyang propesor na nababalot na naman ng inis dahil sa tagal ng kanyang pagliban sa klase.

"Pasensya na po, Sir. Biglang buhos po kasi ng ulan."

Photo credits to Nophie Blue @DeviantArt

CAPTIVATED

He's a mystery,
A captivating presence,
Indeed, he's my man



CAFE



And at a cafe,
I wonder if you miss me
Like how I miss you

STAR-CROSSED

And for I weep here,
As the sky split us in two,
Far away from you

n ang itsura niya nang ibigay ko ang damit na hanggang ngayon ay suot niya.

Siguro, nagiging mabuti lamang ang mundo kapag inosente pa ang isang tao, gaya ng mga batang wala pang muwang sa tunay na ugali nito. Marahil, may sapat na kasiyahan naman talaga sa mga bata ang mga simpleng bagay na para sa ating mulat ay wala pa sa totoong kailangan at ninanais nating makuha. Sana ay dumating na sa puntong tayong may kakayahan nang umintindi, na ang pagkakaroon ng anak ay hindi basta-basta, na ito'y pinaglalaanan nang sapat na panahon upang paghandaan at tiyakin ang kanilang magiging kapalaran dahil wala naman sa kamay nila kung sino ang kanilang magiging magulang kapag sila'y isinilang na.

Lalo lang tuloy lumakas ang pagnanais kong makita ang nakapagsabi sa akin na mabuti ang mundo para sa mga bata noong natagpuan ko si Princess. Dahil kung mali ang pagkakakilala niya sa mundo, marahil ay kagaya rin siya ng mga bata sa lansangan o baka sapat ang pribilehiyo niyang makamit ang mga ito noong bata pa lamang siya.

Photo credits to Lychen Gahuman

Mabuti, Mabuti

Ni Mark Josefh Mondoñedo

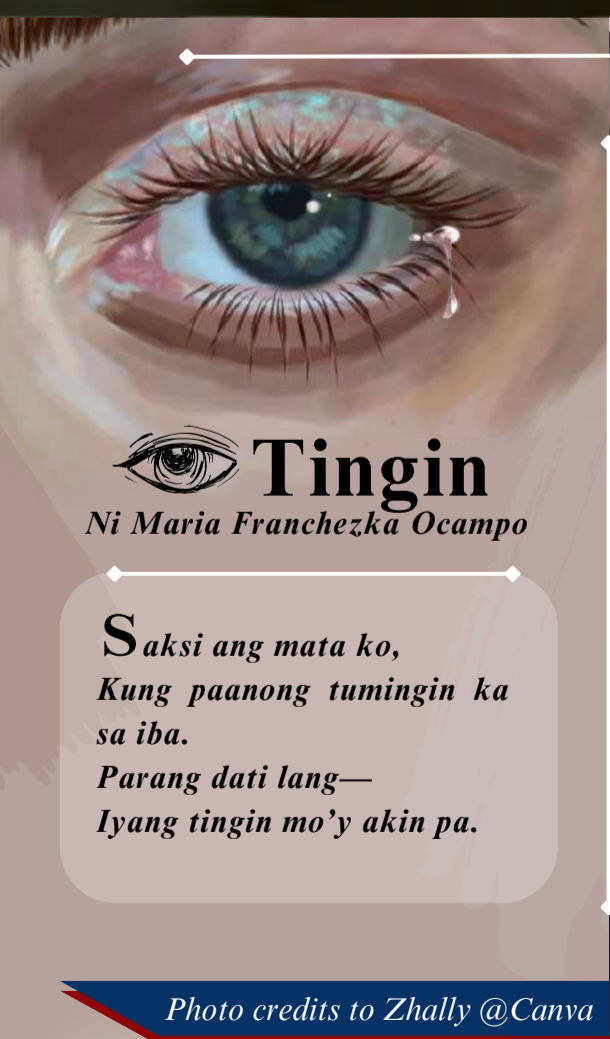
May nakapagsabi sa akin na mabait daw ang mundo para sa mga bata at palagi silang may puwang para sa kasiyahan. Ngunit noong napadaan ako sa Divisoria, naisip ko na gusto kong tanungin ang taong nagsabi sa akin niyan.

Gusto ko sana siyang tanungin kung limitado ba ang kabutihan ng mundo sa batang umakyat ng dyip noong nakahinto ito at nag-abot ng sobre sa lahat ng pasahero. Tatanungin ko rin sana kung kasama ba sa karapatan nila ang makipag-patintero sa mga sasakyan sa gitna ng kalsada. Puno kaya ang kapayapaan para sa batang babaeng nahihimbing sa ilalim ng tulay? Masaya kaya iyong batang gusgusin na buhat nung ale sa gilid ng sikat na

mall habang ngumangawa, marahil ay nais nang makatikim ng gatas?

Nakita ko na naman pala si Princess, iyong batang namalimos sa akin sa gilid ng simbahan sa Quiapo noong biyernes. Suot pa rin pala niya iyong binili kong 'Hello Kitty Shirt' para sa kanya. Kinumusta ko ang kalagayan niya at sabay ang pagkalam ng kanyang tiyan na tila naging sagot sa aking naging katanungan.

Lumalalim na ang gabi kaya naisipan ko na ring iwanan si Princess noong sandaling iyon. Bago ako umalis, kitang-kita ko sa mata niya ang saya at pasasalamat para sa bigay kong kendi at dalawang ensaymada, na sana'y pasalubong ko rin sa pamangkin ko. Ganoon di-



Tingin

Ni Maria Franchezka Ocampo

Saksi ang mata ko,
Kung paanong tumingin ka sa iba.

Parang dati lang—
Iyang tingin mo'y akin pa.

Photo credits to Zhally @Canva



Was it Worth it?

By Margaret Murillo

Was it worth it?

The struggles, the sleepless nights, the skipped meals, the thousand worries, the unsurpassable self-doubt

All of those for this, this singular piece of circular metal that hangs low and heavy in my neck

Was it worth it?

Every day I wake up to do the same routine, walking the same path again and again

The path is full of sharp rocks, cliffs, and thorns

With every step, thorns, and whatnots cut through my skin, drawing blood

The blood I use to ink my quill

Was it worth it?

Perhaps, yes

Because seeing their happy faces, their proud joy

I make myself believe I am happy, too

Make myself share their smiles and laughter

Despite the cuts, the bruises that no one will ever see

Was it worth it?

Perhaps, no

Because every step is filled with doubt and worry about failure

With every wrong step, death awaits

With every wrong step, I could fall easily onto the cliff of disappointment

Achievements no longer excite me

SAKAY

Ni Mark Josefh Mondoñedo

Walang humpay na pagod ang sumusubok sa akin araw-araw.

Bitbit ang mga pangarap at inspirasyon, patuloy pa rin ang paglakad.

Binabagtas ang daan tungo sa lugar ng pag-asa, karunungan at pag-ibig.

Patungo sa istasyong pumapadyak ayon sa mga payo't pangako.

Walang tawad na problema ang bumabagabag palagi.

Naiipit sa trapiko ng mga pambabatikos at panghuhusga.

Kinukulong sa magulong direksyon at pulgada ng pangamba.

Gasolina ang natutuhan mula sa mga bagay na nais patunayan.

Sasakay ako sa libro ng iyong pagkadakila—tamis ng iyong turo.

Ipagkakatiwala ang higpit ng sinturerang marahil ay sasagip sa kamangmangan.

Iikutin natin ang Legarda at mananalig sa gulong at manibela.

Hindi pa man pumapara pero rito na ang padpad ng byahe nating dalawa.

Ah, sa gitna ng mga sasakyang nag-uunahang tumakbo, ikaw ang nasulyapan ng aking mga mata.

Lalo kang gumaganda sa suot mong asul at pula, sinta.

Nabihag mo ang alab sa puso kong makamit ang laman ng iyong plataporma.

O Arellano Pamantasan kong mahal, handa nang pasukin ang iyong hiwaga.

Photo credits to Beatriz Ann Gallo

Just feel relief that it's over, that I did not disappoint them

Was it worth it?

Sacrificing my social life, friends, relationships, health, mind, and even myself fully

Was it worth it?

Is this all that matters?

This medal in my neck, the praises, and the applause?

Was it really worth it?



Photo from Freepik.com

Old Friend

By Angela Nicole Bonayon

A coming-of-age bedside wall poster, And the days in early October.

When uneven smiles surrounded by, Are much more visible than in mid-July.

We were like children marking trails on a tree.

Hoping I carved deep enough so you'd still remember me,

For I have found love and good friends,

Even when our days are numbered and it's about to end.

Old familiar names are heard as we speak.

As we pass what was once a home with a kiss on the cheek.

A deep-seated desire to step foot in all the places you've been.

You are an old friend, tender and loving.

In May, we'd be adults by then.

Having an unfair distance felt like the world would end.

The air would be filled with the same old familiarity.

Constant longing for the warmest of blue and sweet gaiety.

Love Language

By Pearl Zindafel Antoine

Should I call this a love language? When he reminds me of the lectures I missed, and the schedules of exams for the upcoming week.

Is it something to do with love?

The moments he chooses to sit across the table by the hall while listening to the words of each lesson I am trying to review.

Can I consider it as an indirect I love you?

At times he would carry food whenever I preferred not to leave the area inside our classroom because of the number of deadlines rushing towards me.

On the days he insists on carrying my bag, flask, and papers while my shoulders drop dead because of the exhausting day we had.

Times when he decides to pay me a visit at home as I study, instead of

asking me out for a date because of how much I value the idea of better grades.

Seasons of the month, and he stands eager to understand the mood swings and stress all piled up, as the paper works are just not being friendly as it used to be.

Should I call this a love language?

Or maybe I was just never prepared to be treated in pastures like this.



THE MIRROR



Photo Credits to Regina Freidy @Pinterest

The Mirror

Ni Margaret Murillo

It has been a while since I had looked in a mirror. Traumatized by the horror films that haunted my nightmares, I feared seeing some distorted figures of paranormal apparitions on its smooth, crystallized surface. My grandfather used to tell me that mirrors are portals connecting our world to the world of spirits; Their passageway to our world. And ever since, I detested looking at mirrors.

But today, despite my repulsion against mirrors, I looked at one by accident when I visited my old friend in their old-styled house. They had an antique mirror embedded in the living room wall. Age was evident in its dusty wooden frame and by the chips and cracks on the mirror itself. It was captivating. It was the first thing that caught my eye as I entered the room. I didn't know why, but I fell into the haunting allure of the mirror. It was calling to me.

I answered its call and approached it with careful steps, each step echoing against the wooden floor mingled with the eerie feeling in my chest. The details became clearer. There were words, perhaps, engraved in some strange script along its curved frame. Nothing could be seen from the mirror's fogged surface. Out of curiosity added to its irresistible charm, I wiped off a portion with my fingertips to reveal a reflection, not my reflection, or maybe that was only what I wanted to believe.

The mirror was not haunted by any sort of paranormal horror but of real-life horror. I saw a ghost —the ghost of my past self who was long dead and gone. She was not murdered nor killed like those ghosts in horror films who were seeking justice. She simply perished. Morphed into someone else she was forced to become. She became me —the person they and she always wanted her to be.

Her face was, like the mirror, cracked and tainted with long-forgotten care. Patches of discoloration were visible against her pallid skin, perhaps bruises from the beatings of stress and the marks of expectations of other people —and worst of all, her own expectations. I saw a singular tear fall from her left eye. Those eyes which were once full of innocence and color, are now just a hole into the abyss and devoid of colors and emotions.

I had not looked in a mirror in ages. I had forgotten her. I had forgotten who I was, who I truly am. I was living the life of an impostor, for the true me had long been gone.

"You found my mirror," said a voice from behind. I saw the speaker's reflection in the mirror as they approached me. "No, no, you're wrong —absolutely wrong, dear. She is not yet dead, she is still there deep inside. Look closer —my mirror never lies."

Is she truly gone? Or is she still somewhere deep and hidden in me? Maybe she is still there, but the modifications she had undergone to impress others and in order to fit in this society we are forced to live in changed her —fueled her metamorphosis. That was probably the reason I hated looking at mirrors, I hated to see myself become someone else. And now I ask myself, is she truly dead or still living as someone else in a life of lies? Had I killed her?

Then, I suddenly remembered the name of my friend, Truth. The script engraved along its frame became eligible to me, it read: The Mirror of Truth.

Sa Uulitin

Ni Mark Josefh Mondoñedo

"Sa uulitin"

Mabango ang salitang ito na tila ba'y inaakit ka sa amoy ng kanyang imbitasyon. Kumakatok nang marahan na para bang isang mahinhin na tiklado. Mahirap tanggihan ang ganitong paglalambing.

"Sa uulitin"

Para bang bata, nag-aayang magtampisaw sa baha, lulunurin ka sa pagtanggap, at wiwiskan ng muling pagsama.

"Sa uulitin"

Malugod na iniaabot ang kamay. Parang isang panalangin na nawa'y muling dinggin. Humihingi ng permisong sana'y palarin at muling piliin.

"Sa uulitin"

Walang bakas ng pagkukunwari, puro at dalisay.

"Sa uulitin."



Sa Uulitin <3

Photo Credits to Cameraroll123 @Pinterest



Entry no. 130

By Ashleigh Dado



Photo credits to New York @Pinterest

Why do we trust people we barely met?

It was a question someone asked.
I am a book. I keep my pages close together
and yet, I yearn to be read.
I doubt the face I see. Still,
words spill out of my mouth like
a broken faucet I try so hard to fix.

Why do we expose ourselves to people who
don't deserve to know us?

Maybe because we grow blind when someone
whispers, "You can trust me."
Maybe because we are a volcano and a single tap can
cause an explosion.
Maybe because we feel that the person who sits
close to us, lends an ear, and shares the same story, the same pain.
Maybe because we just wanted to be heard, the ghost
inside our bodies wanting to be recognized
Or maybe we just don't care at all.

Our Teachers, Guiding Us to a Better Tomorrow

By: Jamina Fellisna A. Culiat

Teachers;
The pillars of knowledge in the temple of education.
A bright torch that illuminates the dark.
A beacon of hope, for the young souls and hearts.
Our eyes see the wisdom of time.
Our hearts echo a song of gratitude in rhyme.

Today, on this joyous occasion,
We offer appreciation and hearts full of emotion.
For all the effort, for all the care,
For shaping our young minds and making us aware.
A standing ovation, on this day of celebration.

The love of learning. The gift of knowledge.
How can a teacher's dedication be measured?
For all the long hours, for all the tireless effort;
Teachers are not given all the glory that they deserve.

In their hearts lives a passion for shaping the next generation.
A dedication that cannot be measured or replaced.
They are the true heroes of our world,
Who dedicate their lives without hesitation.

Let us honor our teachers,
With our hearts full of love and adoration.

I AM A BEING

By CJ Ezekiel E. Cruspero

I am a being, a part of the universe, who receives its flow.
For I am such a matter that completes itself.
Transcending into a higher and kinder soul
To risk, grieve, and live on oneself.

I hold the universe in my hand, and
Awaken; I am tremendously more.
Like sorrow that wanders in the midst of winter, I have been
traveling to reach the pain
For I am meant to grow, and accept what the world has to offer.

I possess nothingness which contradicts the ability of a star to live,
As it fills the void, for I am evolving throughout time,
Which has the power to match time itself—an unlimited potential.
Producing an endless loop, in an infinite dimension, where I am
supposed to experience freedom.

Embracing the feelings and cherishing every moment, every second
that passes by;
I am indebted to my own existence.
For I have to live with eternal love, chasing greatness and;
The stronger version of myself—for I am meant to be kinder, and a
gentler person.

Secret Lovers

By: Dave Ramacola



Photo credits to Adam Pride Rainbow hands

You are a moon by sight;
A moon that glares in the starry night,
My heart was caught up by the moonlight.
Like a lone wolf at night, you'll hear me howling and crying.

The moon cast an ethereal glow up above the night sky.
You shine down on me and make me feel the butterflies.
The sun nearly shows up, and the moon is about to fade
—Why will our eyes only meet at night?

When the evening comes, I'll hold you in my arms.
I will never let go. We will never hide.
I will shout out your name, even in the daytime.
It's never a secret at sunrise; my moon will still shine.

The silhouette of society may be unfortunate.
But tonight, my hands will hold the moonlight.
I will soar above the sky and embrace you so tight
—I am the lone wolf. And the moon is mine.



A Breadwinner's Ode

By Ashleigh Dado

Melody that I offer to my future self so that she will live a stable life, fulfilled, a life that we both dreamed. "Ayoko na," I mumbled with blurry visions as the water in my eyes, which I tried so hard to keep, tried to escape. They drop along with the clicking of my keyboard as I type down all my notes from an irate caller. The pounding of my heart still reached my ears, so I considered doing the breathing exercise they taught me. In and out, seven seconds, eight seconds, three.. two.. one. hold... "Ayoko na." I blinked my eyes, tucking in these unwanted tears so I would not seem so pathetic at work. Unconsciously, I looked up. I thought that gravity might put them back in their rightful place and pull everything down. All the heaviness resting inside my chest. Still, I am overwhelmed by all these emotions projected onto me by a client who has not even seen my face. I was cursed and shouted at every day by strangers who did not even speak my language. "Ayoko na." I do not deserve this. I know. Solving problems that are not mine; solving problems while leaving mine behind.

Sitting on a cold floor for a fifteen-minute break, I texted my mother, "Pagod na ako." Working in graveyard shifts to support my studies and to help my family. All sweat and tears to afford mother's medication. "Tiis-tiis nalang muna nak. Pasensya na." She replied. I feel numb, and I can sense every limb of this body is about to give up. I have only slept for four hours and remembered: I have a midterm examination tomorrow after my shift. I want to cry. This seems to be a legible situation for me to crash down, but I cannot. The tears dried along with my will to stand up after fifteen minutes. "Nakakapagod na talaga." I typed it, but I did not send it this time. I deleted every letter, hoping every pain and fatigue I felt would go along with it. My mom was probably as tired as I was.

No matter how often I wish the world was fair, it will never be the case.

Every time I walk by myself towards my alma mater, every time I ride the jeepney to get there, with my ID lace hanging from my neck-I wonder if all of these are worth it. Piles and piles of work to finish. Red marks of deadlines fill up my calendars. I don't have time for myself anymore. It could be that I don't have the proper time management, but what is there for me to manage? My back grows heavy, arching forward the uncertainties ahead of me. What happens next? Perhaps another weight to carry. I started to question everything, that all the paths I tried to build for myself grew so fragile, I could only hear cracks of glass and anticipate the time it would fail me, falling out into a faceless void.

"breathe" I can hear a child inside me.

"breathe" My mother?

"breathe" My voice.

"Padayon lang." I read the words written from a vandalized wall on my way from work. As far as I remember, that meant -to continue. Surprisingly, this phrase appeared in the middle of my torture. I laughed, questioning my sanity or if God did this to remind me of my journey, my purpose. I am slowly awakened from the sea of hopelessness that I am slowly getting drowned in. The cold air of it, craving for my envelopes, but I want to fight it. I reminded myself of the essay I wrote six years ago, "Me in 10 years." It was a childish essay the teacher made us write, having us draw down our dreams in color. I remember wishing I could be an astronaut, a ballerina, or a dinosaur, and even being inside the television so my mama and papa could see me, and I could proudly tell them. "Kaya ko 'to. Kinaya ko 'to noon, at kakayanin ko ulit." This is why I started, why I enrolled, why I worked to

support myself, and why I continued.

It's funny how I sometimes forget this. Maybe it is my body's way of telling me to stop or slow down. I should listen though. I am tired and close to giving up.

The world may throw blows and blows of reasonable excuses for me to back down, but it will never outnumber all the drives and motivation I have kept in my pocket. My loving mother, my hard-working father, my annoying little siblings that I want to shower my love with, my supportive partner and our future, and my undying dreams of being someone someday doing what I love, fulfilling my greatest potential. It is an ode to myself. Every step I take, every school work I accomplish, every shift I finish, and every tear and sweat I

wipe down is a lyric, a melody that I offer to my future self so that she will live a stable life, fulfilled, a life that we both dreamed.



Photo credits to Aleck's eyes @Pinterest

Ligaw na Pangarap

Ni Allysa Mae Dy Guazo

Lahat naman ata tayo rito ay may pangarap. Pangarap na kung saan musmos pa lamang tayo ay atin ng ninanais. Mga pangarap na kung saan ay ipinapangako sa sarili na ikaw ay maipagmamalaki. Matanong kita, nakamit mo na ba ang pangarap ng musmos na ikaw?

Nagmamasid sa paligid habang humihigop ng manit na kape sa teresa. Isip ay nasa kawalan. Nagising na lamang isang araw na pagod at gusto ng sumuko. Pagod ang katawang lupa at isipan kakaisip kung paano magpapatuloy sa buhay. Buhay na salungat sa pinapangarap noong musmos pa lamang. 'Di ba sabi sa sarili ay pagtungtong ng ika - 25 taong gulang dapat may sariling bahay, mga ari - arian at nabibili pa iba pang mga luho. Makamit ang diploma sa kursong ninanais ngunit salungat sa buhay na dinaranas ngayon. Landas na di aakalaing mararanasan. Mga responsibilidad na hindi dapat pasanin. "Sayang ka," isang salitang nagpamumulat sa aking kaibuturan. Napabuntong hininga at pinagpatuloy ang pagmamasid sa magulong paligid, tila walang pakialam ngunit sa isipan ay naghari ang mga katanungan at kaisipan. Paano kaya kapag natupad ang lahat ng pangarap? Kung hindi sana tumigil sa pag - aral sana ay nakapagtapos na sa kolehiyo at lisensyado na sa propesyon na ninanais. Nilunok ang pait na naramdaman. Ang mga magulang hindi naman sila nagkulang sa paggabay. Sadyang naligaw lang ng landas. Naimpluwensuyahan ng mga bagay na hindi dapat, hanggang sa nakalimutan na ang pangarap na minsan na ring pinursige na matupad. Ngayon napagtanto na tama silang lahat. Sayang, dahil ngayon ko lang napagtanto ang lahat. Kung alam ko lang na ganito ka ikli ang buhay, sana'y sinunod ang nasa puso. Hindi sana pagsisisi ang mararamdaman sa bawat pagpikit. Mahigpit na yakap sa musmos na ako. Pasensiya na kung nabigo kita, babawi ako.

Sa buhay, may mga pagkakataon na tayo ay nadadapa at naliligaw ngunit hindi iyon nangangahulugan na tapos na ang laban. Sapagkat ang bawat pagkadapa ay may kaakibat na aral - isang aral na magiging gabay natin sa buhay.



The sky was black like a perfect storm. Rain poured, and with each drop, my wailing had been shrouded as I drowned myself into the abyss I had yet to escape. It was a usual day for my family, but the crushing weight of my parents' bickering flooded my thoughts, and I needed to ruminate on the life the heavens destined for me. After I had burned my eyes and drought came to it, I decided to open my Facebook app, and there I read a post with a graduation picture captioned, "I WISH YOU DIDN'T GIVE BIRTH TO ME."

"What a disturbing caption," I uttered, trembling in my voice. Though it really suits the situation I was dealing with since the Almighty breathed life into me, knowing that others had to experience what I endured disheartened me. After reading the whole post and being moved by his words, I've gathered the courage and motivation to write out my version of this story.

Growing up, I didn't have shoulders to place my head on. A role model was a word not written in my dictionary.

A big brother, too, was just defined as a male sibling born earlier than you and not someone to look up to.

This put me in shambles, as I have little sisters who solely rely on me. I had no idea how to be the reliable big brother that they deserved.

Despite these circumstances, I have a mother. One that is caring and loving. But, to be blunt, the attention I have longed for, like a kid wanting to play with her

"I Wish You Didn't Give Birth to Me"

Written by James Cedric Naces

mother, wasn't bestowed upon me. Lending both her hands to my father was her first priority, not knowing her second child was tormenting himself day and night, silently, thus resulting in the cruel mess he is now in.

While I shared what troubled my little mind with grownups, I often received phrases such as "You have a family; that's the important thing" or "As long as you and your family are happy, you don't have to worry about it".

To be honest, I was never happy, and I bet my family wasn't either. I cannot think of anyone who manages to maintain their joy at

heart while enduring things that make kids like me curse themselves for the rest of their lives.

"Family is supposed to be our safe haven. Very often, it's the place where we find the deepest heartache." I've always asked myself, "Why is he always like that?" referring to my father. Is it because of the proper childhood he never had? Is it because of how his father left them? For years, that one question haunted my very being.

Yes, the noises I've always covered my ears with implored me to be exceptional, but that simple question made me look so naive.

It was as if you were facing a ravaging river, but instead of water, it was questions and uncertainty that flowed.

I wake myself up in the night; I pace like a lost ghost. His lips were the match, and his voice was the flame that burned down my room. As the moon lit up, his anger burned the brightest. Each night, each curse he uttered was conveyed to me: "You are so proud of yourself! You haven't even reached anything yet." A curse that chained my soul in an unending hall, unable to move on to life.

As the person explicitly declared to his parents that he wished not to be born, I pale in comparison to him.

My anguish cannot be expressed in words. I cried at night when solitude was apparent. By morning, traces of my vulnerability had been blown away like the ashes of the tobacco my father used.

Though, if I am to be asked, "Do you wish not to be born? Why?" I might answer with a clear yes, and as per the reason? It's simple. If I wasn't venturing into this realm, I wouldn't have had to tumble for a long time, like a stone, but never be able to shine like a jewel, and just as roses may bear thorns, I wouldn't have blossomed into the person my younger self vowed never to be. Nevertheless, do not bear a child if you know for yourself that you aren't physically, mentally, and financially capable of bringing another life into this cruel world. Your children will be the ones to suffer for the bad decisions you have made.



Photo credits to Shemiah Velasco

"BOX"

Written by: Shanw Ayessa
Castanaees

In the luminescence of her glistening eyes lies an etched scar she deeply recognizes.

At her foot, she was again struck by the chain of pain and lies.

The depths of her mind were plagued with a bloodline of memories, nerves, and emotions that never left.

That shatters her shards of bravery in bidding her final rest.

It seemed heaven was mourning the loss of her innocent love as its tears drizzled upon the sky.

While heavily heaving a series of agonizing sighs.

She wrote their love in the course of her delicate veins.

Deliberately neglecting the blood that stains

Her heart's afresh with the malignant daze of your treachery.

Like a cocoon that swathes her soul in hopeless vanity,

Of her taunting past that seems to last for a vast eternity,

I am waiting for Aletheia to take her back to reality.

Inside the box, a girl wrestles with an inescapable war in the land of nostalgia.

Silently praying, hoping, and pleading on her knees, feeling myalgia

She whispered before the mirror, "When will I ever break free?"

My thoughts mirror hers; she is me.



IN SILENCE ECHOES LOUDEST

Written by: Sarah Daniela Falorigan

In the silent chamber of a heart so deep,
A student strives where shadows weep.
Not the weight of voices, nor demands so clear,
But the silent drumbeat only they can hear.

Mountains of hope, valleys of fear,
Wandering alone, year after year.
No force from outside, no pressing plea,
Only an inner voice, whispering to be free.

Paper and pen, books piled so high,
Tears in the night, the endless sigh.
Chasing a vision, a standard so grand,
Carved not by others, but by their own hand.

The world might see ease, a path without strain,
Yet inside a tempest, a soul's private rain.
For the cruelest judge, the sharpest critique,
Is the reflection they face, each time they seek.

"Why this struggle?" the onlookers say,
"No one expects this; come out and play!"
But a fire burns, in the student's core,
A need to be more, to always explore.

While many find peace in the world's soft glow,
The student battles an internal foe.
A personal Everest, a peak so steep,
Climbing their best, while the world's asleep.

But through every trial, and moments of doubt,
Emerges a spirit, both fierce and devout.
For in self-set goals, in dreams self-contained,
Lies the magic of growth, and wisdom unchained.

So here's to the student, with expectations so vast,
May they find joy in the journey, and peace at last.

DISTANT STAR

*Written by: Shane Ayessa
Castanares*

You're the distant star,
That I try to swear every night.
You're the distant star,
That I couldn't reach no matter how hard I tried.

You shine so bright that I almost got blinded out.
But I didn't mind being blind as I saw your luminous light.
Oh!, You might be a distant star but Sirius should envy the way you shine.
How lovely to hold you by my side, binding myself to a heinous crime.

As I embark on this lonely path,
On this cold, dreary night of mine,
Your light sent warmth down my spine,
Calming monsters full of wrath.

It's kind of gut-wrenching to think of distance.
Wondering if you ever recognize my existence.
A bittersweet interaction, in this fleeting dream of mine,
Waiting till the string finds its way to intertwine.

But when the blazing flame of the sun appears,
And I wake up to reality, chaos, and fears.
Moment of passion seems lost in the depths of agony.
Can't find the possessor of these struckful, sweet melodies.

The night anew, and the moon looms,
peeping through the clouds,
Hailing new blankets of stars, wishing they'd hear my pleading sounds,
To abide by a mindless dream that's crushed,
Our love story in the timeless memory of dust.

Unnattered Insights

Written by: Dianne Teopiz

In the depths of my mind, a storm starts brewing,
Overthinking, my thoughts are constantly stewing.
Every decision, every word I've ever said,
Is analyzed, dissected, filling me with dread.

My mind becomes a labyrinth, where I wander lost,
Every scenario played out, at an exhausting cost.
The what-ifs and maybes, they fill the air,
Overthinking consumes me, it's so unfair.

I ponder on the past, the mistakes I've made,
As regrets and doubts start to masquerade.
The smallest of tasks become mountains to climb,
Overthinking steals away every ounce of my time.

I question every intention, every motive portrayed,
As my mind searches for a hidden charade.

The truth becomes blurry, tangled with fear,
Overthinking whispers lies, it's so clear.

Sleepless nights consumed by worries and doubt,
As overthinking spirals, causing my soul to shout.
I long for clarity, peace of mind's embrace,
To escape this prison, this overthinking maze.

But amidst the chaos, a glimmer of hope appears,
A gentle reminder to release and let go of my fears.
To trust in my instincts, to silence the noise,
And find solace in simplicity, to find my own joys.

Overthinking may plague me, but I will not surrender,
For in this battle, I'll emerge, stronger and tender,
With patience and practice, I'll create a new rhyme.
A harmonious balance, in this complex mind of mine.

A Journalist

Written by: Janelle Macalalad

How fair would you be?
How sharp must you see?
Being deaf and silent was never an option,
You must loudly scream all credible information.

A writer writes,
They write what their heart desires
A journalist delivers carefully,
They voice out their audience's curiosity.

Being a journalist is quite scary,
You must speak even if your voice is shaky.
You must write even when you're scared,
You must stand even if the others stay seated.

However, being a journalist is truly an opportunity,
You have the power to voice out your sincerity.
You are given the chance to be the loudest,
When everything seems blurred, your information can be the clearest.



LAMÁNG, HINDI LÁMANG

By Aya Denise B. Faustino

Babae. Hindi babae lang.

Kadalasan ay tinitingala at tumatanggap ng sandamakmak na karangalan sa iba't ibang larangan. Inaasahan sa tahanan, sa paaralan, at sa bayan. Tila talang nagniningning sa kalangitan, may kapukaw-pukaw na kagandahan, puso ay dalisay tulad ng tubig, at may tapang tulad ng alon.

Pagkalakas-lakas na akala mo ay may kapangyarihan. Sino ba naman kasi ang may kayang magdala ng bata sa sinapupunan ng siyam na buwan? Sa kahit anong bagay rin ay kayang makipagtapatan dahil kahit sila'y nakabibighani at kaakit-akit, sa arm wrestling ay kaya kang patumbahin.

Ngunit sa kabila ng mga hindi kapanipaniwalang gawaing kaya nilang gawin at mga problemang kayang-kayang lutasin ay mayroong mga taong ipagsisigawan ang mga katagang, "Babae ka lang!" "Huwag masiyadong mataas ang iyong lipad." "Masiyado kang sensitibo." "Mahina ka." "Hindi mo kayang mamuno." Sa dami ng kanilang ibinabatong negatibo, tinta ng pluma ay maghihingalo.

Pero sa bayang patriyarkal na puno ng misogynistang takot maungusan at lantarang ipinakikita ang diskriminasyon sa kababaihan, ang babae ay patuloy na nagpapakita ng katapangan. Dahil walang ordinaryong babae, kaya nilang mamuno, magsilbing huwaran, at lumaban sa abuso at katiwalian. Kahit ilang beses mong harangan ang daan, gagawa at gagawa ng paraan, ang babae ay patuloy na lalaban.

Patuloy sa pag-abante, Babae!

THE LONGED FREEDOM

By Ivan Z. Lima

On those days, we stood barefoot,
We united, we fought.
When our pens and voices became our weapons,
We broke free from the world's gripping oppressions.

This day is the value for those dark ages,
When we broke free from the shackles and cages.
We stand as the victor of our proclaimed land;
As we guarantee the influence, we bring our voices
and hands.

As we utilize the freedom bestowed,
We promised and vowed—
Until the last drop of ink and the last word we utter.
We'll fight to capture these moments with a single
click shutter!

We write, we speak, we realize!
The opened eyes will never shut again.
From East to West, from North to South,
Our voice will remain even when we have a shut
mouth!

CRY FOR EQUALITY

By Francesca Venice Santos

As dust and ashes form darkness;
As the twine of union burns from flame,
The shadow of immense change
Nowhere to be seen within the mess.

Whispers of the voiceless through our ears,
The yearning peace they seek for years,
Thriving to reach and grasp for equality.
Let us commence their validity.

For Justice with inclusivity,
Ability of everyone to feel and to be free,
Beyond bursting tears owing to diminutive,
May we all leak acid rain 'cause of a more
diverse society.



Photo credits to Venice Asbell



BOSES NA NAGMULA SA ILALIM NG LUPA

By: Mary Ruth Relator

"Ingat ka itay!", aking sigaw tuwing umaga habang papasok si tatay sa kanyang trabaho, siya ay isang manunulat at mamamahayag ng mga balita. Bukod pa ron, ang aking inspirasyon sapagkat hanga ako sa kanyang dedikasyon at tapang.

Ngunit siya rin ang dahilan ng aking huling paghinga.

Pinaslang nila, pinagbabaril at pinatahimik ang mga nakasaksi. Subalit hindi ako sasabay sa pagtikom ng kanilang bibig.

Dahil sa bawat paglingon ko, kita ko ang kanyang anino, dinig ko ang kanyang boses, at alam niyang pinalaki nya akong matapang. Inaasahan nya ang tapang kong magpapatuloy sa paghatid ng katotohanan.

"Hindi kami titigil na maihayag ang katotohanan! Hindi nyo kami mapipigilan!", Ang aking sinisigaw ngayon. Malabo man na ang aking paningin mula sa pagtulo ng aking luha, ngunit aninag ko pa rin ang paghugot nila ng baril mula sa kanilang bulsa.

Hindi mapapa tahimik ng bala ang boses ng mga mamamayan. Hindi titigil sa paglitaw ang katotohanan sa pamamagitan ng pagpaslang. Dahil ang paghayag ng totoo ay isang kalayaan na nararapat sa bawat pilipino. At ang malaman ang totoo ay isang karapatan na dapat ipaglaban.

Bumagal ang paligid nang marinig ko ang pag pitik ng baril, lisensyado ng gobyernong baril na nakatutok sa akin. Sa sandaling iyon, nagbalik lahat ng aking alaala, mula sa pagpapaalam ko sa aking ama hanggang sa pagpapatuloy ng hangarin nya. Sa sandaling iyon, sinigurado kong bago ang aking paglisan, wala akong pinagsisihang desisyon na nagdala sa kung saan man ako ngayon, sa kung saan man ako naidala ng boses na nagmula sa tatay ko.

Sa muli, isa na namang mamamahayag ang natikom. Ngunit pinapangako ko, na sa bawat pagbawas ng mga boses na sumisigaw, mas lalo lamang lalakas at aalingawngaw ang mensaheng hindi na mapipigilan pa balang araw.

I Love You Mahal Kita?

By: Mary Ruth P. Relator

I'm never good at writing in Filipino.

I come up with ideas in English thoughts, and I write pieces penned in Western words. Creating poems in Filipino is ironically my mere nemesis.

However, I still give it a try.

Thus writing in our own language will always be worth a try. Hindi man perpekto ang bawat tugma, ang mahalaga ay iyong sinusubukan.

Sapagkat walang sulatin ang hihigit pa sa liham na gamit ang sariling wika, para sa pagtala ng nadarama. At walang awit ang hihigit pa sa harana't kundiman, para sa paghayag ng pagmamahal sa iyong paraluman.

Maaaring mas ginagamit na natin ang salitang I love you sa ating sinisinta. Ngunit ang mahal kita ay kailanman hindi mapapantayan.

Ika-40 na Araw

By: Allyza Monique Apolinario

Sobrang pagod ang nararamdaman mula sa eskwela, alas diez na ng gabi nang ako'y maligo. Napakarami rin kasing pinagawa sa amin. "Ma, 'yung tuwalya ko po pa-abot" sigaw ko sa 'aking nanay na nasa kusina, mukhang naghahanda ng aming hapunan. "Hay nako bata ka, pati tuwalya ay nakalimutan mo na ring dalhin", Panenermon niya sa akin.

Sa loob ng aking kwarto, bagong bihis at ligo. Inaayos ko na ang aking mga gamit pang eskwela para bukas ay wala nang masyadong iintindihin. "Mayiell, baba na at kakain na tayo!" Sigaw ng aking nanay mula sa unang palapag.

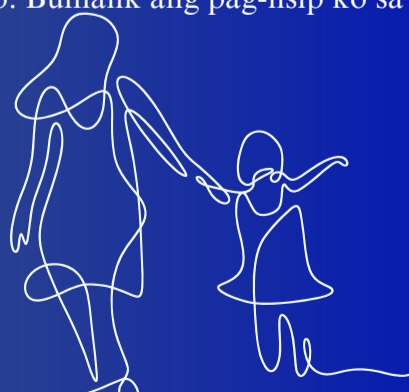
Dali-dali akong kumaripas ng takbo pababa. Dahil sa sobrang pagod, ay sobra rin ang aking gutom na nararamdaman. "Oh iyan, pinagluto kita ng paborito mo, dalian mo kumain para makapagpahinga ka agad, alam kong pagod na pagod ka galing eskwela", Ani ng aking inang nag-aalala.

Matapos kumain ay umakyat na ako sa aking kwarto. Bumungad ang aking ina na nakahiga sa aking kama, tila'y komportableng nakahiga na parang pagmamay-ari niya.

"Oh halika na, kakantahan kita para ika'y makatulog agad", sambit ng aking ina. "Hmmm, Hmmm, Mayie ko", Mahina n'yang pagkanta habang haplos ang aking ulo. Halong pagod at antok, nang muntik na akong makatulog.

Ngunit hinila ako pabalik ng reyalidad. Napatulala sa aking kwarto, habang dinig ang tubig na naiwang tumatagas mula sa banyo, at amoy sunog na ulam na naiwang niluluto. Bumalik ang pag-iisip ko sa aking katinuan.

Ika-40 na araw mula ngayon, nang maaksidente at masagasaan ng isang malaking truck. Ika -40 na araw mula ngayon, ang kamatayan ng aking ina. Ako nalang pala ang gumagabay sa aking sarili, namumuhay na lang pala ako mag-isa.



Kape

Ni: Adrian O. Delos Reyes

Huminto ka para mag kape, pakinggan mo ang iyong paligid, Pagmasdan mo ang iyong tinahak na daanan, Kaibigan malayo na ang iyong pinagdaanan.

Sa basong hawak ay isang kaagapay, Paalala na pwede palang magpahinga sa gitna ng hamon ng buhay, Hindi maantala ang mga bagay na ninanais sa kinabukasan, Mga bagay na pinangarap na unti-unti ng makakamtan.

Kaya huminto ka kaibigan, Huminga ka sa kaharap mong dalampasigan, Hindi pa huli para magpahinga, Tara kape tayong dalawa

Exhausting NIGHT

By: Erdy Neil Ballesteros

After this long and tiring night pass by, Not knowing what to do as I cry. Balancing each of them in my mind, I wish I only had more time.

Cool breeze in the night, I'm inhaling, I must not stop what I'm currently doing. Echos of screams in my ear ringing, Fear of having regrets and failing.

Every time each hand on the clock moves, Know the worth, I have nothing to lose, In my fantasies, which is true. But, the truth is unlike what I view.

Every moment I finish a task, One step closer, as I shout at last. Tired, never been before in my life, Is enough time for me to close my eyes.





INSIDE THE BATTLEFIELD

By Christine Joy Calixterio

The roaring sound of an explosion wakes up the crowd once more.
Symbolizes the start of another day,
Welcoming the unceasing chaos,
Damage can be seen in civilians who are harmed.

Each collapsed barrier illustrates an endless battle and a broken dream.
It will tell the story about what it cost Israel and Palestine.
Individuals were hurt, and families were shattered.
Structures are ruined, and the city is damaged.
Nations are divided, conflicts arise,
Many helpless people are dehumanized.

This war carved out trauma and fear.
To the minds of the victims who witnessed its killings.
The rageful battle between the countries growled.
As loud as the empty stomachs of the hopeless people.

The economy fell, and courage was tested.
In a land where bravery and cruelty coexisted,
Each wall is painted dark gray and red.
Where grievance is written with bloodshed.



AN IMMEDIATE CEASEFIRE

By Juliana B. Cabungcag

As the 11th month of the year 2023 approached,
Warfare between Israel and Palestine appeared.
Thousands of people have been killed, in a relentless strife,
Their joyful eyes are now obscured by sorrow and life.

Trembling hands and quivering breaths abound,
A recurring nightmare, in this perilous battleground,
Running, fleeing, not knowing where they're heading,
Forcing themselves to distance from the suffocating and choking.

How can one's homeland turn into a battleground stage?
Where patients exceed the current healthcare space.
And the morgues are swarmed with lifeless forms, a blood of sea,
When will they reach a safe destination and finally be free?

How can such horrendous occurrences unfold?
Victims and people all over the world are desperate and bold,
To halt the chain of agony and terror, their voices rise,
For an immediate ceasefire, under tear-filled skies.



Sailing Through the Turbulent Waves of Knowledge: A Tribute to our Captain

By Justin Hio

In this vast sea full of knowledge and uncertainties, they act as the captain. Much like a ship captain who skillfully steers the wheel through the turbulent waves full of adversities, teachers guide their students through challenges.

Just like the lighthouse who guides the ship through the foggy sea, teachers illuminate the path of knowledge for their students. They offer guidance, helping students find their way through treacherous coastlines.

However, just like the sea, education can also have its weathering storms. Teachers grips their hand to the steering wheel, helping students weather these storms, providing them the unwavering support they need when the going gets tough.

On this teacher's day, we raise a toast. To those who inspire us the most. In the sea full of mysteries, you light the way. Guiding us towards success everyday.



TATLO, ISANG DAAN

By Alyanna A. Flores and James Andrei R. Donato

Hindi pa sumisikat ang araw, akin nang iniayos ang gamit na s'yang kailangan para sa eskwela. Naghanda't isinuot ko na ang uniporme upang mabilis na makagayak.

Bihis na't handa ng umalis ng tawagin ako ni lola. "Apo, baon at pamasaha mo," pagtawag nito saakin sabay abot ng isang-daan.

Papalabas ng bahay sa aming bakuran, aking natanaw ang mga kaibigan na sina Eloisa at Sophia. Masaya't magiliw ko silang binati. "Uy! Eloisa at Sophia, sabay na tayo pumasok." Pag-aya ko sa kanila.

Agad naman ay pumayag sila, kaya't kami ay nagtungo na sa sakayan ng mga dyipni. Hindi katagalan ay aking naaninag ang ilaw ng paparating na dyip.

"Pasakay po!" Sigaw ko sabay hawi ng kamay sa kawalan, "Ayun, tara sakay na tayo," tugon ni Eloisa.

Pagpasok ng dyip ay agad kaming umupo at nagbayad. "Bayad po, paabot salamat po!" Pagsuyo naman ni Sophia.

Maya-maya pa'y binalik samin ang binayad na s'yang pinagtaka namin. "O, mga iha wag na kayo magbayad at libre ko na," wika ng kung sino. "Mang Manuel!" Gulat na sagot namin.

Ang drayber ng dyip, si Mang Manuel! Ang dyip n'ya pala ang nasakyan namin.

Marahil maraming nagtataka kung bakit gano'n nalang ang galak namin ng malamang si Mang Manuel ang nagmamaneho ng dyip na sinasakyan namin, bakit nga ba?

PAGBABALIK-TANAW....

"Ba-bye lola, aalis na po ako." Paalam ko kay

lola, trenta minutos na lamang kasi ay mahuhuli na ako sa klase.

Agad naman akong sinalubong nila Eloisa at Sophia, "Andyan ka na pala, tara alis na tayo."

Sa 'di kalayuan ng paglalakad ay nakita na rin namin si Mang Manuel, naghihintay at nagtatawag ito ng pasahero.

"Mga iha, andito na pala kayo, sakay na't lalarga na tayo." Pagbati nito sa amin.

"Magandang umaga po, Mang manuel!" Sabay-sabay naming sabi habang umaakyat sa dyip.

Si Mang Manuel ang drayber ng dyip, ang "hari ng daan" kung tawagin. Matagal na namin itong kilala sapagkat bata pa lang kami ay pumapasada na siya ng dyipni.

"Bayad po!" Turan ng pasahero. Naging malapit naman ako pati na ang aking mga kababata na sila Eloisa at Sophia sa kaniya ng minsang magkulang ang dala naming pamasaha at sa kabutihang toob ni

Mang Manuel ay nilibre n'ya nalang ito saamin.

"Para po!" Sigaw ng pasahero. Kilalang matulungin at masipag ito sa aming baryo, kaya't hindi narin kami nagtaka sa pa minsang minsang paglibre ng pamasaha n'ya saamin na s'yang pinagpapasalamat namin sapagkat bilang mag-aaral ito ay malaking tulong saamin.

Kaya't hanggang ngayon ay malapit pa rin kami sakaniya ngayong kami'y nasa kolehiyo na.

"Malapit na tayo, para po Mang Manuel Salamat po!" Rinig kong sabi ni Sophia na ikinabalik ko sa eksena.

LUMIPAS ANG MGA ARAW NG GINAGAWA NAMIN ANG NAKAGAWIAN...

Ngunit ngayon ay naiiba sapagkat hindi nagtugma ang iskedyul ng aming mga klase.

Si Sophia ay kaninang umaga pa umalis at si Eloisa naman ay mamaya pang hapon. Ako naman





ay ngayong tanghalian ang klase, kaya't ako'y nag ayos at nagbihis narin.

Paglabas ng bahay ay narinig ko agad ang bulungan. "Uy! Alam mo ba mag we-welga daw ang mga dyipni drayber," wika ni aling Eba.

"Kaya pala'y walang pasada ang mga dyip ngayon," sagot naman ni aling Tina.

"Ito pa, ang balita daw magtataas pa ang pamasaha sa dyip," si Mang Alvin.

Marami pa akong narinig na iba't ibang opinyon at suhestiyon ngunit ito'y hindi ko na pinansin at nagpatuloy na lamang sa paglalakad.

Nang makarating sa sakayan ay aking napansing wala gaanong dyip ang dumaraan, at sa aking pag mamat'yag ay nakita ko si Mang Manuel na nagpupunas ng kanyang dyip, at tila nakabihis ito upang gumayak sa kung saan.

"Mang Manuel! Bakit hindi po kayo pumasada ngayon?" bati at tanong ko rito.

Bago ito saakin sapagkat kahit may sakit sya'y pumapasada pa rin.

"Iha, ikaw pala. Mag we-welga kami sa gobyerno ngayon."

"Hindi mo ba nabalitaan ang ipapatupad na paglabas ng modernong modelo ng mga dyip?" Balik na tanong nito saakin.

"Gano'n po ba, hindi ko po alam. Papaano na po kayo ngayon? Kailan po kayo papasada ulit?" Nag-aalalang tanong ko.

"Hindi ko pa alam iha, sa pagpasada lang ng dyip ko binubuhay ang aking pamilya. Kaya't ito susubukan naming gumawa ng paraan, nawa'y dinggin kami ng pamahalaan." Malungkot nitong sagot.

"Kailangan din kasi ng malaking pondo sa pagbili ng modernong dyip at hindi namin kayang makipagsabayan sa kanila." Wika pa n'ya.

Dumating na ang grupo ng mga drayber kaya't agad ring nagpaalam sa akin si Mang Manuel, habang ako ay nag-iisip.

"Paano ako makakapasok sa eskwela?" Tanong sa aking sarili.

Pinilit kong maghintay ng ilang sandali kung mayroon bang daraang dyip ngunit ako ay nabigo, tila lahat ata ng mga drayber ay kasama sa welga kaya lahat ay tigil pasada.

Wala ibang pagpipilian kaya't ako ay naglakad para makarating sa eskwela, s'yang ang kinalabasan ay isang oras akong na huli sa unang paksa ng klase.

Kinabukasan naman ay aking nakasalubong sila Eloisa at Sophia. "Uy! Kumusta? Paano kayo nakauwi kagabi? Ako kasi naglakad ulit, sinabayan pa ng malakas na ulan kaya ayun nabasa ang bag ko," reklamo kong kwento ko sa kanila.

"Ayun nga, dahil sa tigil-pasada ng mga dyip ay nalate ako at si Eloisa naman hindi na nakapasok." Sambit naman ni Sophia.

"Kailan kaya muling papasada sila Mang Manuel? Naayos na kaya ang problema nila ukol sa binalitang papalitan na ang mga lumang labas na dyip?" Tanong ni Eloisa.

"Ayun din ang katanungan namin, kanina ay may nakita akong modernong dyip at kwento sakini ni hanz ay maganda't malamig daw sa loob nun." Sagot ko naman.

"Tila paunti-unti na ngang pinapalitan ng pamahalaan ang dyip na pinapasada nila Mang Manuel, ano kaya ang maari nating maitulong upang hindi mawala ang makasaysayang hari ng daan?" Wika ni Sophia.

"Maaaring magbigay kaalaman tayo sa iba patungkol sa kahalagahan ng makaluma o sinaunang modelo ng mga dyip upang makita nila na ito ay may malaking parte na sa kasaysayan natin na s'yang hindi nararapat na alisin." Suhestiyon ni Eloisa.

"Aba, oo nga magandang ideya 'yan!" Pagsang-ayon namin ni Sophia

"Malapit na tayong magtapos sa pag-aaral at malaking parte ang

tradisyunal na dyip na pinapasada ni Mang Manuel duon, kung wala ang dyip n'ya ay nahihirapan tayo sa pagpasok at hindi naman kasya ang modernong dyip na panukala sapagkat ang daan natin sa eskwela ay masikip, tanging ang maliit at lumang dyip lang ni Mang Manuel ang kasya don." Biro ko na s'yang kinatawa namin.

"Atsaka tanging dito lang sa Pilipinas mayroong tradisyunal na dyip ha, kaya nga ang mga dayuhan ay dinarayo pa ito at tila mangha pa pag nakakita nito." Sambit naman ni Sophia.

PAGTATAPOS NG BALIK-TANAW...

"Mang Manuel!" Gulat na tawag namin, "Bumalik na po pala kayo sa pagpasada?" Sabay naming tatlong tanong.

"Oo, ito lang kasi ang pangunahing pinagkukunan at pinagkakakitaan ko ng pera na aking iuuwi para sa pamilya ko."

"Nangangamba pa rin ako at aking mga kasamahan sa nilalayong pag-alis sa amin sa daan, ngunit hindi kami maaring tumigil sa pagpasada sapagkat papano na lang ang aming pamilya kung kami ay hindi kakayod sa pagmamaneho?" Wika pa ni Mang Manuel.

"Ngunit ganon pa man, salamat sa hakbang na inyong ginawa marami akong natutunan sa aking tinahak na trabaho at sana nga'y makita't malaman ng iba na kami'y mahalaga hindi lang sa kasaysayan kundi sa

Hindi lang dyip ang mawawala, kundi ang drayber nito na s'yang ito lang ang ikinabubuhay.



pang-araw araw ng mga kababayan at sa susunod pang henerasyon n'yong mga estudyante." Pasasalamat ni Mang Manuel.

"Walang anuman po, o s'ya tanggapin nyo na po itong bayad namin aba't magtatapos nalang kami sa pag-aaral hindi pa kami

nakakabayad sa inyo." Biro ni Sophia.

"Ito po, tatlo yung isang-daan sa unibersidad lang." Pag-abot bayad ni Eloisa.

Elementarya palang ay sumasakay na kami sa tradisyunal na dyip ni Mang Manuel, makalipas ang ilang

taon ngayon ay kolehiyo na kami'y sakay nya pa rin. Kasabay ng pagtahak namin sa hakbang ng buhay ay s'yang pagpasada ni Mang Manuel sa daan tungo sa aming pangarap.

Hindi lang dyip ang mawawala kundi ang drayber din nito na

s'yang ito lang ang ikinabubuhay. Bilang estudyante ay mahirap kapag wala sila, paano na ang kinabukasan kung wala ang hari ng daan?

Ako si Angel, isang mag-aaral na tutol sa pagtanggap ng hari sa daan. At ito ang ang aking kwento.



LIGHT

By Safnisa Abdulwahab

It was hard for me to learn,
Yet, you still told me to have fun.
I wanted to quit just like everyone,
But you showed me your plan and won.

It was dark and cold,
But you gave me a coat to hold.
It was too heavy to control,
So, you told me to be bold.

You're our greatest hero,
I wish for you to shine and glow.

Thank you for helping me grow,
Even when the process was slow.

I wish you all the best,
But please, don't forget to rest.
I have only one request:
Don't be hard on yourself, lest.

Happy Teachers' Day,
To the one who showed us the way.
Like a guiding light, you stay,
Leading us through every fray.

CLINGING TO THE KID LEFT IN ME

By Patricia Joecel Ombi-on

Her soul has escaped from a body of fallen meteors that has failed every single time, but once, her wish came true, and it spilled with regrets. The gap between her teeth was a light year away, and the bleeding knees felt like a string pulling the tears out of her eyes. Once there were rainbows and bells of ice cream, summer was a blithe—she kept the stained carpet of 2012. Her hair grows, and every time she picks up scissors, the world will stop rotating for a moment, and then it will spin again. A prayer will never be enough to cease what's inevitable.

Once, her wish came true, and she wanted to swallow it all back. Her fingertips brought hell to life from constant pleading to take back what has been done, yet the gods' too busy for their own; they'll never listen. The summer became too hot, and ice cream melted quicker. Rainbows envied the hues in her hair.

Once, she wished to be standing along with tequila-scented women, praising each other's lipsticks. She wished to run around with a suitcase in hand. She wanted to grasp the world barehanded. She demanded too much of everything.
And when a fallen star waves at her, all she will ever yearn for is to exist on her mother's lap once more.





Music from the Heart to the Chiefs

By Jeserie Joy Ilao

Arellano University (AU) is one of the well-known universities in the Philippines, not only as a prestigious institution for learning but also as a home to great athletes.

However, during sports matches, what would the athletes do without the lively crowd to cheer for them? This is where the importance of the AU Drum and Bugle Corps comes in.

The Arellano University Drum and Bugle Corps (AUDBC) is the band that cheers for the campus teams during matches. Coach Jaysen Duarte, 33, has been coaching Arellano University's band members for almost ten years, with his Co-coach, Alexander Estiller, who has been coaching since 2011.

Consisting of 70-80 members, including the graduated alumni members who still support the band whenever they have important events, the band comprises of around 45 Brass Musicians (including the tryouts), 20-25 Percussionists, and almost 25 Color guards.

The AU band coach from Sampaloc, Manila, has shared that one of the pros of being a member of the AUDBC is the scholarship granted by the university. Jayvee Ortiaga, 21, a 4th-year BS Criminology student from Manila, has supported this idea, stating that he used his talent to get a scholarship by being an AU band member and lessen his family's financial concerns.

Jomari Dela Cruz, a 19-year-old Criminology student from Quezon City, has expressed his 'most unforgettable highlight' about being a member of the university band being the "memories na nagagawa namin while we're playing music." (*memories that we create while we're playing music*)

Daisy Marie Sario, a 20-year old third year AB Arts Student, has shared that even though being a School Band member has its perks, there are also downsides and challenges alongside it. She states that she had thought about quitting as a Color Guard as she is also a member of three other school organizations. "May [time] din na sabi ko na, 'I want to quit na'". (*There was also a time when I said, I want to quit already.*) Her reason for this thought, according to her, is due to time management problems; however, she fought hard to ignore her negative thoughts about leaving the band, "... pagiging member ng isang

banda is passion ko na since elementary". (... being a band member has been my passion since elementary).

Coach Duarte has also shared his concern about the safety of his members because, according to him, he and the band members are not like the athletes who get to live in dormitories. Transportation issues and crises added to their struggles as school musicians. "As a coach, ayon yung pinakaworry ko lagi everytime na matatapos yung training. [Kung] safe bang nakakauwi yung members ko sa kanila." (*As a coach, that's my biggest worry about them every time we finish training. Do my members get to go home safely?*)

From Manila, the 3rd-year BSBA Marketing Management student Arianne Rose Susulan has expressed that although being a band member has been challenging, quitting is still not the easiest thing to do. As per the 21-year-old, the bond and memories that she and her band members hold makes it hard for them to leave each other despite the different challenges that they all face. Brass Musician and 3rd-year BS Criminology student Charwin Urisam Cruz has supported his co-band member's idea by saying, "minsan 'pag walang training... yung araw [ko] kulang" (*sometimes, when there's no training, [my] day seems incomplete*), which is also the reason why he hasn't thought about leaving the band.

The 2nd-year BSBA Marketing Management student, Mark Luel Nacional, 22, has expressed dedication towards pursuing his love for music as a school musician despite his responsibility as a working student and an expecting father of his unborn baby. He shares how his wife asked him if he could continue despite their situation, to which he replied, "Magtiwala ka lang sa akin dahil kaya ko namang imanage to." (*Just trust me because I can manage this*). He has also showed his persistence for his passion despite being busy by his statement, "sa pagpapahinga naman po, kahit naman po umupo lang ako sa gilid, makapagpapahinga naman po ako". (*as for rest, even if I sit on the side, I can rest*).

The band members also encourage their fellow Chiefs to pursue their possible interest in joining their organization. According to the 20-year-old, 2nd-year BSBA Financial Management student Denisse Nicole Cabucos, "if your [fellow students] want to join our organization, sinusuggest ko po na magtry kasi there's no harm in trying naman. Marunong ka man o hindi, willing naman kaming lahat na magturo sa mga bagong miyembro..."

(*if your [fellow students] want to join our organization, I suggest you try because there's no harm in trying. Whether you know it or not, we are all willing to teach new members...*)

The 4th-year BS Business Administration student, Rannzel John Pornelos has added how important it is to give oneself a chance to develop self-awareness and discover talent within self. "Para sa mga... try out students, na sasali sa band namin, bigyan muna natin yung sarili natin ng chance para itry or [tignan] kung magiging passion ba nila ang music." (*For the... try out students, who will join our band, let's first give ourselves a chance to try or [see] if music will be your passion.*)

Cruz, the Radio Bass Player and 3rd-year BS Computer Science student Lance Angel Lyne Macapagal, emphasized how important it is not to let the scholarship granted by the campus blind oneself into not prioritizing what reason matters when joining the band, which is the love and passion for music.

Julliana De Lumen, a student from Grade 12 STEM B-11, stated, "Being part of this organization means everything to me. Sa pagpasok ko dito sa band... lahat sa akin nag-improve. Yung socializing skills ko mas nsimprove ko kasi yung teamwork po namin dito is lagi po naming wino-work". (*being part of this organization means everything to me. When I entered the band... everything about me improved. I have improved my socializing skills more because the teamwork here is what we always work for.*)

As per Coach Duarte, their future exposure as a band would mean a lot as he wishes for music to be a sport in the Philippines so that they may get more recognition and credit for their intricate and honest work. "Isa lang naman 'yung hinahangad namin... sana sa susunod, 'yung music ay maging sport. Ayun 'yung hinihintay namin na mangyari na sana makita naman nila kami". (*There's only one thing we're longing for... hopefully next time, music will become a sport. That's what we're waiting for to happen so they may see us.*)

A little credit for the ones who give life to every sports match will mean the world to the AU Drum and Bugle Corps. Aside from the athletes who provide honors for the prestigious Arellano University, the AUDBC also deserves to be given recognition and exposure as their high determination and spirit-uplifting presence in every game give life to athletes and the crowd for them to always keep their energy high and their spirits even more elevated.

Photo credits to Galimba & Abatayo



The Lives of Those with Two Purposes: A Story of Working Students

By Juliana Venice Golez and Jeserie Joy Ilao

A life lived in monotony, doing the same routine over and over, going to school, listening to discussions, passing requirements, and worrying about various things. Is there anything that the students could add up to make it even harder? Being a working student could be one. Despite the struggles that come with it, somehow, they keep going.

Mark Luel Nacional, a 2nd-year BS Business Administration student, has worked for 12 years. He helps in managing their family's barbecue business. At a young age, Nacional has already wanted to help his parents out because he has seen their struggles especially in sustaining his two younger siblings' education. Being aware of their financial status, he pushes himself to work while studying even though it is tough.

Nacional has mentioned that now that the learning modality is blended and face-to-face, one of the struggles he faces is the inability to focus during classes. "Yung puyat – may klase, hindi maiwasan na present ka pero nakakatulog ka pa no'n..."

Christopher Gabay, a Grade 12 Sports, Arts and Design student (SAD), started taking part-time jobs when he was still in Grade 9. Before the pandemic, whenever he needed something, he could ask his parents for money. But due to the quarantine, his parents lost their jobs. Gabay's mom could only do part-time manicure services, meaning they had to budget their money for food and other necessities at home. This led him to look for a various jobs to provide for his needs, especially in school. Most of the jobs that he has done were photography, videography, and tattoo services.

Gabay's parents are not against him working, but they always remind him not to spend too much time working and still prioritize studying. Two of his brothers have stopped studying to put work first, so they don't want that to be the case for Gabay, too.

Gabay has to divide his time between school and work responsibilities. "Yung sa'kin kasi yung work ko, magwowork ako ng 5 to 6 hours.

Straight 'yon. Tapos pag-uwi ko, kailangan ko pa i-review yung mga photos ko, yung mga videos ko. And yung photos na 'yon, hindi lang siya isang daan or 200. Umaabot siya ng mga 5000 photos, tapos i-checheck ko pa yo'n kung ano yung mga maaayos do'n. Tapos i-sosort out ko siya sa pinaka-maaayos and yo'n yung ipapasa ko sa clients ko..."

This takes up a lot of his day, which leaves little time for his school requirements; that's why some end up being passed late.

Being a working student is a different story for Frances Dianne Endaya, a 3rd-Year AB Political Science student. She currently works for a Local Government Sector under the office of a counselor who's also a lawyer. She has shared that, unlike most working students' purpose of working, which is to help their family's financial concerns, she applied for a job because of "katakana lang" (for fun only). Endaya was hired by the Department of Labor and Employment's (DOLE) Special Program for Employment of Students or SPES.

The 21-year-old signed up for a 20-working-day-contract, and after her contract ended, she decided to apply to be a volunteer for the counselor, which, according to her, is a "win-win situation" as she got to work for a counselor and her boss got to have an additional human resource. "Katuwaan lang siya nung una pero parang minahal ko na rin yung trabaho ko."

According to her, being a volunteer is "not a walk in the park." She stated how hard it is for her to work while studying even once a week and shared her sympathy for the other working students who work for five days a week.

Regardless of the reasons these determined working students have, being a working student is not easy at all. It would be great to give some compassion to these people for their dedication, hard work, passion, and willingness to juggle studies and work alongside other responsibilities.

ARELLANO UNIVERSITY
A STUDENT

&

A WORKER

Photo credits to Jae Golez & Beatriz Gallo



Behind A Teacher's Smile

By Jian Krizete Parreño

We often see our teachers smiling and laughing to lighten the mood and atmosphere inside the classroom. They always wear jolly expressions that will surely make you feel safe and comfortable. But behind these surface-level expressions are hardships and sufferings that shaped them to be who they are at the moment.

If you were to ask Mr. Rhenier Baquiran, an 11th-grade Komunikasyon at Pananaliksik sa Wika at Kulturang Pilipino Teacher, "What lies beneath your smile?" He will simply respond, "My past struggles and experiences during my student years have shaped the person I am today."

As an educator, he is known as someone who is always fun and chill. But what others do not know that Mr. Baquiran's college self was the total opposite of who he is today.

Entering college with an average life and status has its fair share of difficulties. Mr. Baquiran is one of those people who can prove this statement accurate.

Before graduating from high school, his dad informed him right away that it would not be easy to provide for his college expenses.

With his mother being a housewife and his two other siblings studying as well, his father's salary from working as a company driver would not be enough. But despite the financial challenges that lay ahead, Mr. Baquiran has remained determined in his pursuit of higher education.

To fund his college expenses, Mr. Baquiran embarked on a relentless journey of employment. He eagerly took on his classmates' requests to complete their projects and assignments in exchange for financial support. Additionally, he received an allowance as the dean's assistant, engaged in gardening, and did various odd jobs to supplement his income. The commitment of Mr. Baquiran to education knew no bounds, even leading him to become a "sabayang pagbigkas" instructor for children. He then became a band member; he attended gigs to ensure his financial stability.

Remarkably, he managed to balance his working hours while continuing his studies uninterrupted.

But because of these multiple jobs, he lacked the rest that his body needed. During his last years in college, he exceeded his body's limitations to the point where his full mouth and tongue were flooded with wounds. These wounds did not make it possible for him to eat or even talk. He was even put in a dextrose because of how disadvantageous his situation had gotten. For Mr. Baquiran, this moment was something he'd never forget because he believed it might be the end of the road for him.

But his determination pulled him through, proving that resilience can conquer the darkest moments. "The most fulfilling aspect of being a teacher is the opportunity to leave a lasting mark or influence."

Looking back, Mr. Baquiran has always believed that taking the Bachelor of Secondary Education was an accident. It was not what he was aiming for, and it was not

his main priority as well. However, as the years went on, once he had become a teacher, he fully understood that everything occurs with a purpose. Teaching allowed him to put into practice all the valuable life lessons he had acquired during his college years. In the end, Mr. Baquiran's unexpected journey into education turned out to be a purposeful path, allowing him to leave a lasting legacy and inspire generations of students.

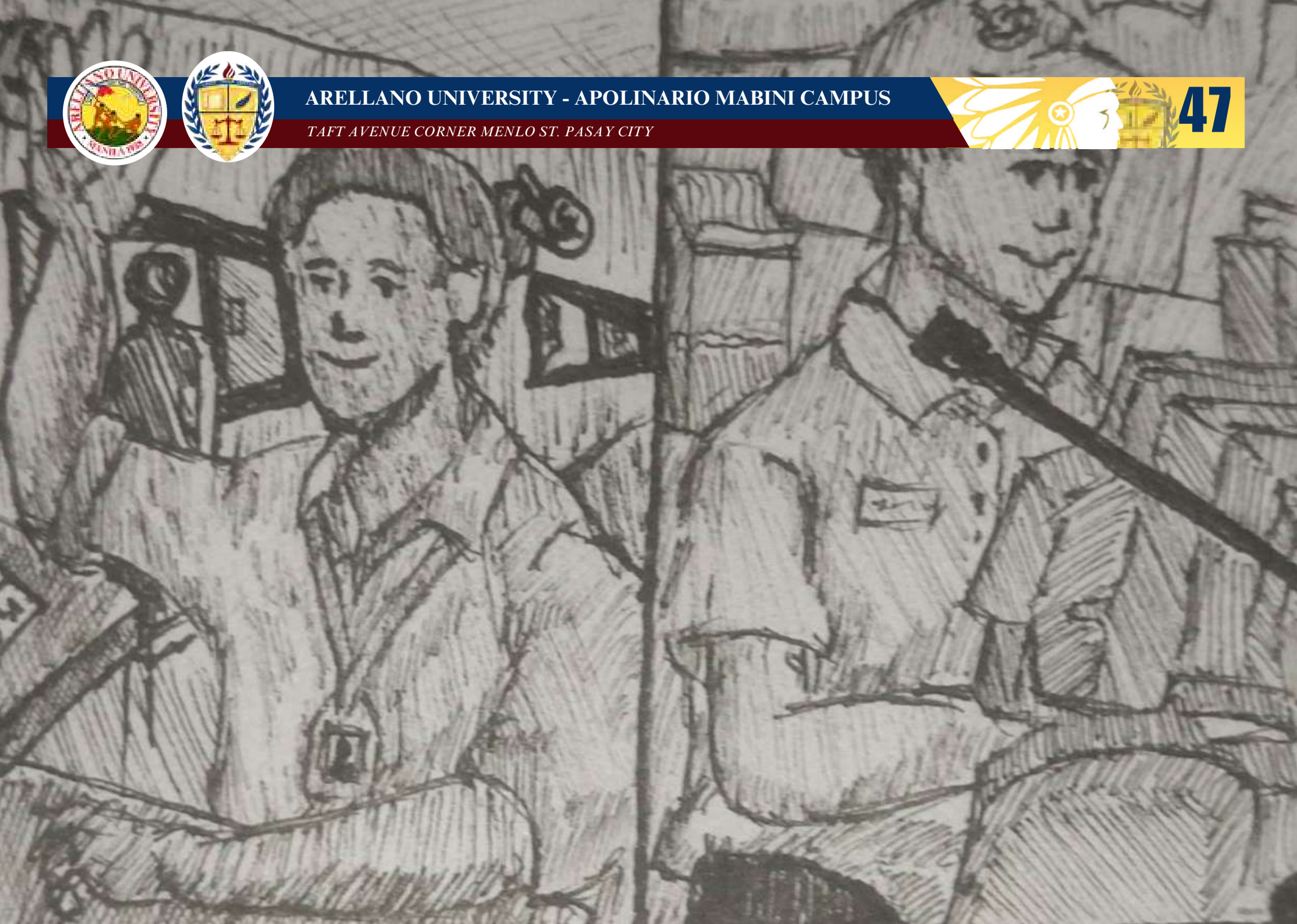
Mr. Baquiran reminds us that every teacher has struggles and victories. It shows how teachers can make a difference in students' lives, giving them hope and determination. When a teacher smiles, it's not just happiness in the classroom. It is also a sign of his/her strength to overcome the challenges of life.

“My past struggles and experiences during my student years have shaped the person I am today.”

Ms. Rhenier Baquiran
Guro sa Komunikasyon at Pananaliksik sa Wika at Kulturang Pilipino



Photo credits to Rheneir Baquiran



SPES: Lighting the Path to Education and Empowerment for Students

Written by Nathan Andrei Villamor

The Special Program for Employment of Students (SPES) stands as a big support for the community, illuminating a path to education and empowerment. Beyond financial aid, the program enriches the lives of students by providing valuable work experience and instilling a sense of purpose. As SPES continues to change lives and inspire dreams, the nation moves closer to a brighter future, led by a generation of empowered and resilient youth.

In the Philippines, where access to quality education can be a challenge for many students, the Special Program for Employment of Students (SPES) comes in. Aimed at providing financial assistance and valuable work experience, SPES has become a go-to for thousands of students.

For numerous students, financial limitations often stand as formidable barriers to pursuing education. SPES, a joint initiative of the Department of Labor and Employment (DOLE) and the local government units, steps in to create a bridge over this gap. By offering employment opportunities during summer and semester breaks, SPES encourages students to be able to pay off educational expenses while equipping them with real-life work skills.

SPES does not just end with financial assistance and job exposure; it leaves an immense impact on the lives of young people. By encouraging the development of their potential, the program instills a sense of purpose and confidence in students. As they navigate the challenges of their academic journey, they are given a push to dream big and reach for a better future.



AU-EEC HOSTS FOUNDER'S 131ST BIRTH ANNIVERSARY CELEBRATION

By Aya Denise B. Faustino

Arellano University-Elisa Esguerra Campus commemorated the 131st Birth Anniversary of our beloved university's founder, Florentino Cayco Sr. on October 16, 2023. The event was attended by the members of the Cayco family, the University's AVPs, Principals, Asst. Principals, AU-EEC Senior High School and Junior High School Faculty, and students.

The celebration started with the singing of the national anthem. To express gratitude and to celebrate the life of Mr. Florentino Cayco Sr., Chairman, Mr. Francisco Cayco, along with Arellano University's ROTC offered flowers to the Founder.

To round out the event, a doxology was performed by the Sining Alay Performing Arts Club.

Mrs. Maria Lourdes Mudlong, AU-EEC AVP, gave the opening remarks saying that the occasion is a reminder of the shared visions and values that inspire the Arellano community to continue working toward their goals together.

She then commended the joint efforts of the campus' teaching and non-teaching personnel, as well as the students to guarantee the success of the program.

Shortly after that, Hiraya Chorale performed a song titled "Sampaguita".

This was followed by Chairman Francisco Cayco who talked about the life and works of the late founder, Mr. Florentino Cayco Sr.

Next, a theater play called "Ang Pamantasan Ko" starring Martin James Manuel, Mark Andri Orlandez, Niño Guades, Jhamira Azzriel Palaypay, Marc Figs, Grethrine Soliven, and John Ezekiel Lipaopao, students from different Senior High School strands, began.

The play showcased how Arellano University helped a group of friends named Martin, Baya, Yana, Buton, and Jan-jan to achieve their dreams no matter what their circumstances in life were.

The event ended with a closing remarks from the AU-EEC Principal, Ms. Jennifer Z. Rosales

where she referred to the celebration as

“A day of remembrance, a day of honoring, a day to celebrate what has been achieved, and the day to look forward to what is yet to come.”

Ms. Jennifer Z. Rosales
AU-EEC Principal



Photo credits to Venice Asbell



DEFENDING THE CAMPUS PRESS: 4TH NATIONAL CAMPUS PRESS FREEDOM DAY

By Gerryldine Marie Bautista, Mitsumi Buñi, and Liana Aquin

The 17th Congress of the Republic of the Philippines approved the National Campus Press Freedom Day on August 28, 2019, observance of July 25 every year. Known as Republic Act 11440 or “National Campus Press Freedom Day”, it contains five sections to promote and protect the press in all educational institutions across our country.

The National Campus Press Freedom Day first became House Bill No. 6024 and was passed by the House of Representatives on August 17, 2017. Rep. Carlos Isagani Zarate of Bayan Muna Partylist and Rep. Ann Hofer of 2nd District, Zamboanga Sibugay, principally authored it. The act was then adopted by the Senate of the Philippines as Senate Bill No. 747 on June 4, 2019, and was authored by Senator Francis Escudero. It was then transferred to the Malacañang Palace for the President's approval.

The declaration of Republic Act 11440 was held in Metro Manila. Section 1 pertains to the title, which is: National Ca-

mpus Press Freedom Day Act. Section 2 vowed to guarantee the press their right to freedom of expression and speech. Section 3 stated that the "National Campus Press Freedom Day" shall be commemorated on the 25th of July every year. Subsequently, in Section 4: all educational institutions must give their support and guidance. Last but not least, the act should take place fifteen (15) days after publishing.

The establishment of the act serves to acknowledge the right of campus journalists and the campus press to express their ideas and thoughts freely. It sets out to remind people of the importance of defending and advocating their rights that often encounter oppression. Also, it aims to give responsible and standard campus journalism by extending support and resources to help the campus press publish high-quality journalism.

However, in contrast to the act's purpose, journalists and media staff are still facing the continuous rise of accusations, red-tagging, harassment, and attacks on different types of media platforms.

According to the Commission of Human Rights Spokesperson, Atty. Jacqueline de Guia, a year after the National Campus Press Freedom Day declaration, the condition of press freedom is still receding. Under the Duterte regime, more than two hundred (200) cases of press freedom violations and silencing of the press happened, which sounds odd since the act was signed under its administration.

In Pres. Marcos Jr.'s regime, disinformation is still a challenge with no visible action to lessen it. Journalists are under threat; and 75 attacks and threats against media staff from June 30, 2022 to April 30, 2023 happened. [Center for Media Freedom and Responsibility (CMFR) and National Union of Journalists of the Philippines (NUJP), 2023].

In commemorating the 4th National Campus Press Freedom Day on July 25, 2023, the government, together with all educational institutions, must support and protect every student's right to be empowered, exercise their rights, and be heard safely without fear by all means.

We, campus journalists, must face the unfair and unjust system by using our burning passion to tell the truth as a weapon, promote it, stand with it, and let it be the light of a veracious future. We thrive because as we said, “*Truth conquers all things.*”

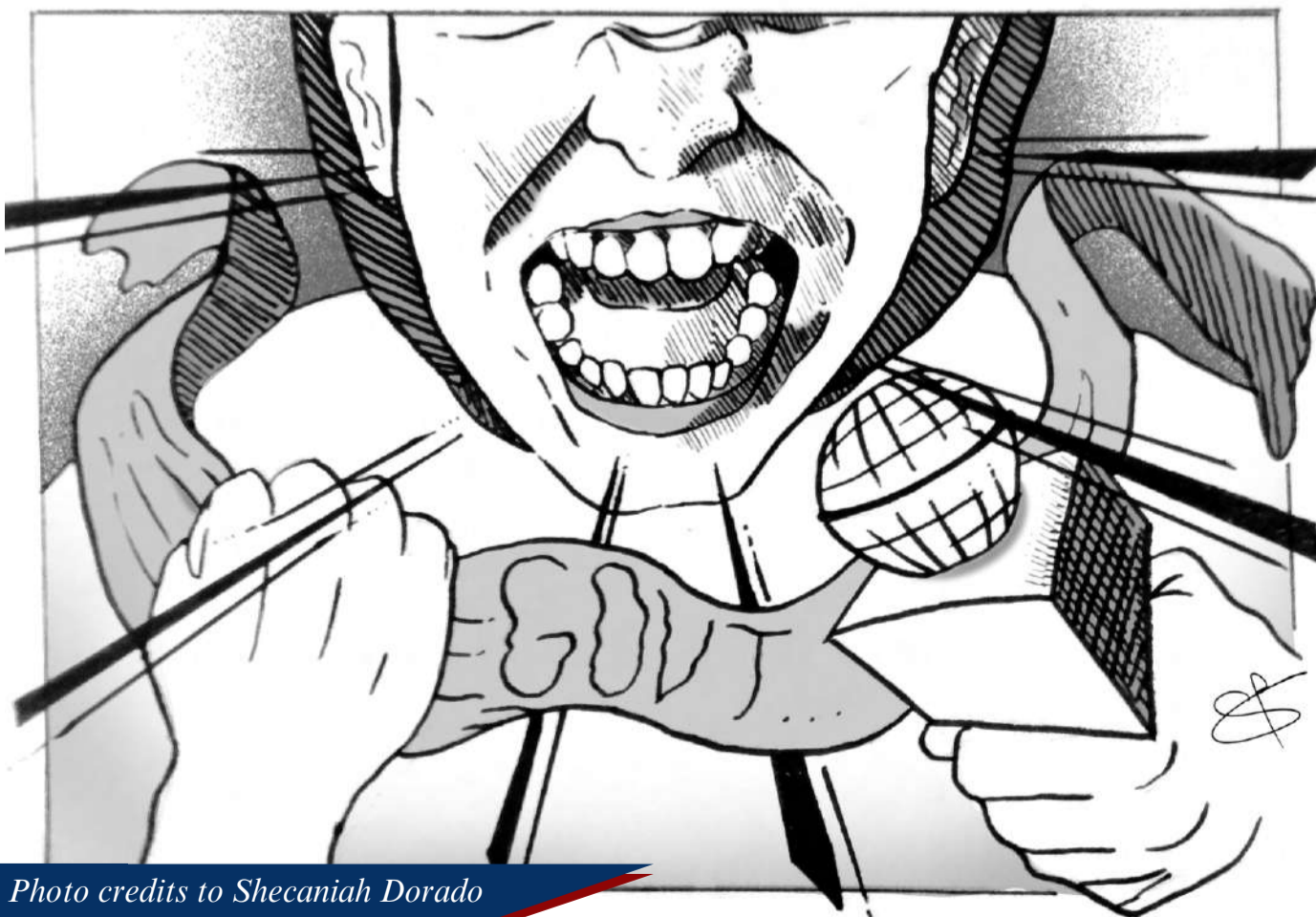


Photo credits to Shecaniah Dorado

“**Truth conquers all things**”

The Standard
The Official School Publication of
Arellano University



The Pencil That Sketches a Nation's Hope

By Jaire Michael Diaz

In the sacred rooms of learning and knowledge, where ambitions start and dreams take flight, there exists a group of architects. Those architects do not design towering structures of steel and concrete; instead, they mold the very essence of humanity, shaping the minds of the students into future leaders and innovators.

On the days of October 3–5, the Arellano University Jose Abad Santos Senior High School Community united under one banner to pay tribute to these amazing architects of dreams, the teachers, who constructed the foundation upon which our society stands. This celebration, much like the weather, is a mix of sunshine and rain, symbolizing the diverse experiences teachers undergo. In the heart of this contrast, the Teachers' Day event unfolds, a testament to the unwavering collaboration of students and teachers, not just in class but also to continue the very important celebration. When the sun showed up for the event, the atmosphere was filled with enthusiasm and heartfelt smiles from the officers, students, and teachers ready to do their role for the event.

But sometimes the heavens weep, and the few tears let out by the cloud on that day reflect the sentiment expressed by the messages and emotions of gratitude felt throughout the event. In those days, the students made their own ways of surprising their teachers, from giving cakes to throwing a small salo-salo with their teachers. Aside from that, the SSC hosted an event at the quadrangle. In that event, the teachers showcased their great talent in dances; the students also gave their heartfelt speeches to the teachers, and the teachers' gave their own, showing that they made their connection.

In this celebration, under the changing sky, the Arellano University Jose Abad Santos Campus Senior High School Community celebrated more than just Teachers' Day. They celebrated the very essence of education—a partnership between teachers and students where knowledge is shared, dreams are nurtured, and gratitude becomes the foundation upon which future successes are built. In this unity and celebration, the architects of the future were not just honored; they were cherished, reminding everyone present that education is not just about imparting knowledge; it's about forging connections that last a lifetime.



Photo credits to Gwyneth Nuñez



Hubris and Humanity: A Frankenstein Review

By Eujille O. Madridano

What responsibility does a scientist have for his creation? And what could ever happen to a being if it's left alone by its own creator, rejected, and feared?

Frankenstein is an eerie gothic narrative written by Mary Shelley, published in 1818. It is one of the most captivating literary works of the 19th century. The novel uncovers profound exploration of scientific advancements, which earns it its title as the statue of science fiction. It shows a horrific plot written in an exquisite writing style that successfully delivered a unique sense of madness, purposelessness, and self-loathing to its readers.

The first frames of the novel lead us to the early life of Victor Frankenstein, a student from the University of Ingolstadt who had a huge interest in uncovering the mysteries that lie between life and death, and soon became a mad scientist driven by unethical obsessions. As the story goes by, Victor

successfully brought life to a monstrous being, whom he assembled from different raw materials and deceased body parts. After completing this experiment, an immediate sense of horror and regret engulfs him, and seeing his creature's grotesque appearance leads him to reject his own creation. As a result of this, his creation wandered through the woods, away from civilization, searching for a place to belong. And as the searching progressed, the monster encountered numerous unkind interactions with mankind, leaving him with grief and resentment toward its own fate.

"I am malicious because I am miserable. Am I not shunned and hated by all mankind? You, my creator, would tear me to pieces and triumph." - The Monster

The nameless monster that was brought into existence became a tragic figure created by society's rejection. Despite the monster's unnatural appearance, the creature closely reflects human intrinsic characteristics, as it effectively shows the desire for companionship, love, and acceptance — the qualities that capture the empathy of the readers. The story prompts us to reflect on the duties associated with creation and the consequences of societal exclusion, and the novel also adheres to the potential dangers of pursuing the thirst for knowledge without considering the broader implications and the moral repercussions of one's action.

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The story prompts us to reflect on the duties associated with creation and the consequences of societal exclusion.

Cartoon credits to Nick Gowman



Mathematics anxiety among young Filipino learners

By Dale Dominic Domingo

Have you ever found yourself immersed in a situation where a bunch of infinite numbers, complex equations, or even mystifying formulas take your mind into a place of confusion? While some are able to cope with this type of scenario effortlessly, others might find themselves isolated, grappling with the challenges of how they can manage to solve a specific problem mathematically.

Mathematics is considered the universal language; it is an indispensable part of education. However, others scrutinize it as a subject of complexity. Math has become one of the most prominent issues when it comes to anxiety. It can cause various negative effects on a person's mental health and simultaneously decrease a student's academic performance.

Majority of students are suffering from this psychological phenomenon. But is math really a complex subject? Or is it just the heedless students making it impossible to work out?

Unraveling the equation

Math anxiety has become an overall issue in this world. Since academic success is highly valued, especially in the Philippines, the significant role of mathematics is undoubtedly expected.

Mathematics is a key to opening a door of countless opportunities; while others seem to consider it that way, others reckon it as a barrier to missed opportunities, unfulfilled potential, and a cause of anxiety.

These leading misconceptions are the reasons why most young learners get intimidated by the subject even before it commences, when a learner draws significantly more attention towards the substandard performance and unsatisfactory critiques that other students unveil, they peer each other so much that the child has started to develop a sense of cease with regards to the subject.

Since academic perspective based on other students' experiences is continuous, this interminable viewpoint shouldn't become the cause of sudden controversy, which will drag students away

from the importance and possibilities the subject has to offer; instead, it should be a rightful genesis that would stimulate all learners minds and embolden their general self-confidence.

Beyond the numbers

Learners exhibit different intellectual abilities, so a student experiencing math anxiety is most likely to occur. This phenomenon does not only transpire in young learners; even adults interfere in this mathematical issue.

Math anxiety is commonly caused when a learner is neglectful towards the subject; they're likely to ignore its overall content, since they are unsatisfied and disinterested in it. We can say that some students are able to cope through this course without experiencing any sort of anxiety. On the other hand, most learners confront it as an unsurpassable threat.

But with the right approach and support, those students who initially peek at math as a gnarly phenomenon can develop a better understanding and liking for the subject. Math is not really that

complex, but rather a skill that can be mastered with time and effort.

May the math be with you

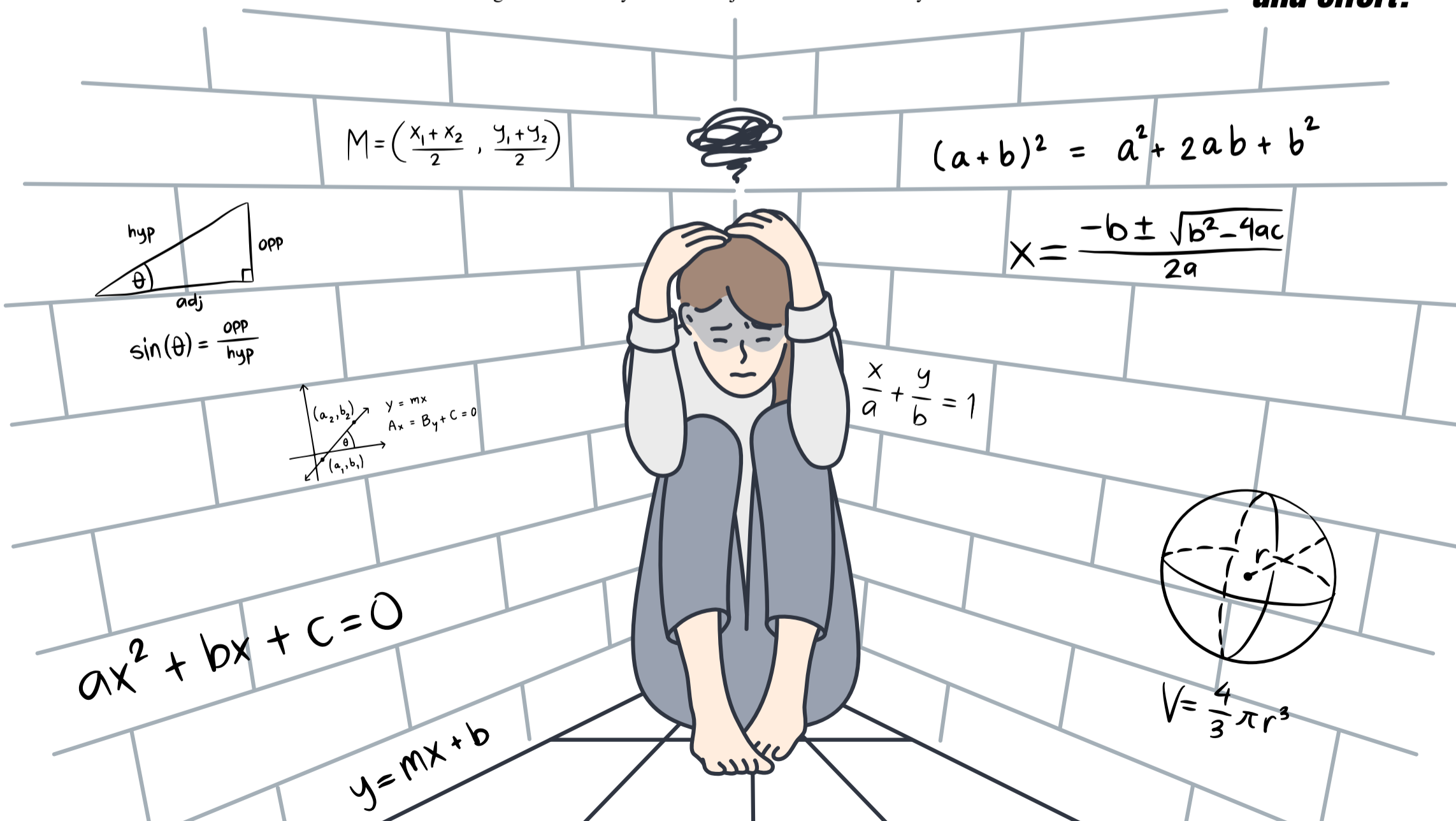
In the battle against math anxiety, remember that every student's journey is unique, and the struggle is real. The scars may not be visible, but the pain is genuine.

Yet, within this struggle lies incredible strength and resilience. The power to conquer math anxiety is within each learner's grasp.

With the right guidance, support, and educational strategies, we can ensure that "May the Math Be With You" becomes a reality, empowering our young learners to thrive in the exciting universe of mathematics and beyond.



Math is really not that complex, but rather a skill that can be mastered with time and effort.





LEGACY

Unveiled

By: Skyla Kirsten

“Success is not a secret, but a recipe. It’s a blend of preparation, hard work, and learning from failure,” said General Colin Powell. This recipe has been the cornerstone of Arellano University’s 85-year journey in molding young minds.

Arellano University, founded by Florentino Cayco, Sr., on February 27, 1938, is a testament to the power of perseverance. Born into poverty, Cayco’s path to education was not paved with gold but with grit. Despite the hurdles, he completed his high school and college education, eventually establishing the Arellano University School of Law in 1938. The institution, named after Cayetano Arellano, weathered the storm of World War II and emerged as a beacon of hope, reopening its doors in 1945 under the name Arellano Colleges.

The university’s namesake, Cayetano Arellano, also has a tale of over adversity. Raised in a church in Binondo, Manila, after being given up by his father at the age of 2, Arellano worked his way through college, earning a degree in Philosophy and Theodicy. His dedication led him to re-establish the Audiencia as the Supreme Court during the American Civil Government, and he served as the first Filipino Chief Justice from 1901 to 1920. The past is not just a ghost of time but a teacher of life. The inspiring stories of the founder of Arellano University and its namesake serve as a compass for students, guiding them towards their future. These tales remind us that it’s not the prestige of one’s background, but the strength of one’s spirit that shapes their destiny.

Arellano University stands as a sanctuary of inspiration, continuously nurturing the future leaders of society. The real learning doesn’t lie in the pages we read or the paragraphs we write, but in the openness of our hearts and minds. As the saying goes, “The mind is like a parachute, it works best when it’s open.” So, let’s keep our minds open and absorb the lessons life has to offer.

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THE REST OF THE WORLD
WAS BLACK AND WHITE...



...BUT WE WERE IN
SCREAMING COLOR

Out of the World

By Luis Alfonzo A. Calpito



Confidential Funds

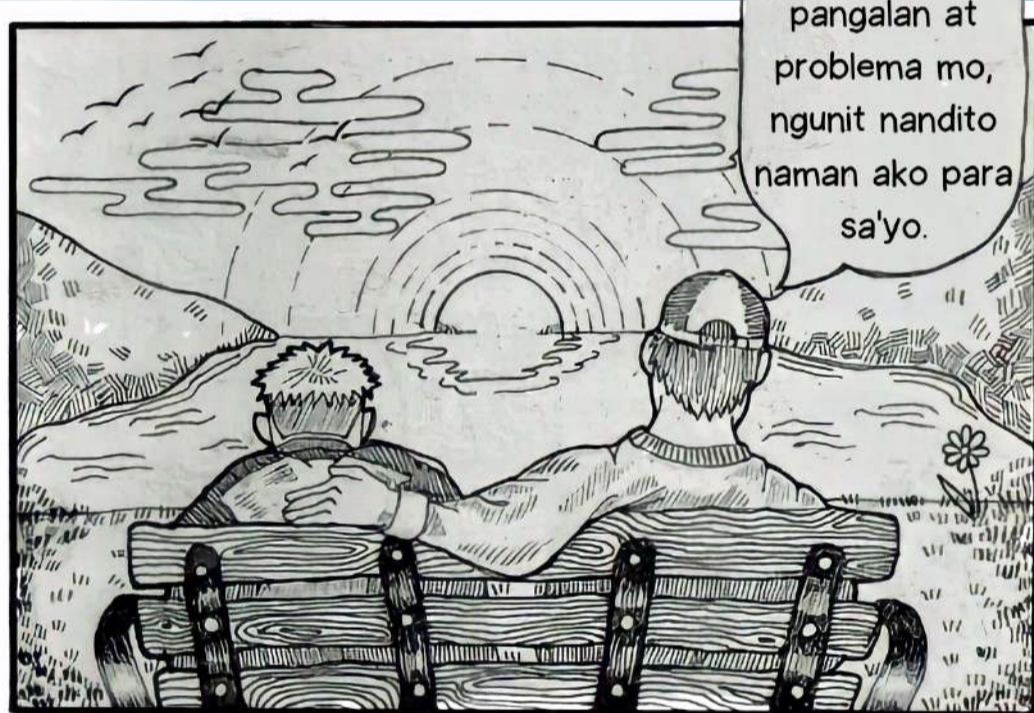
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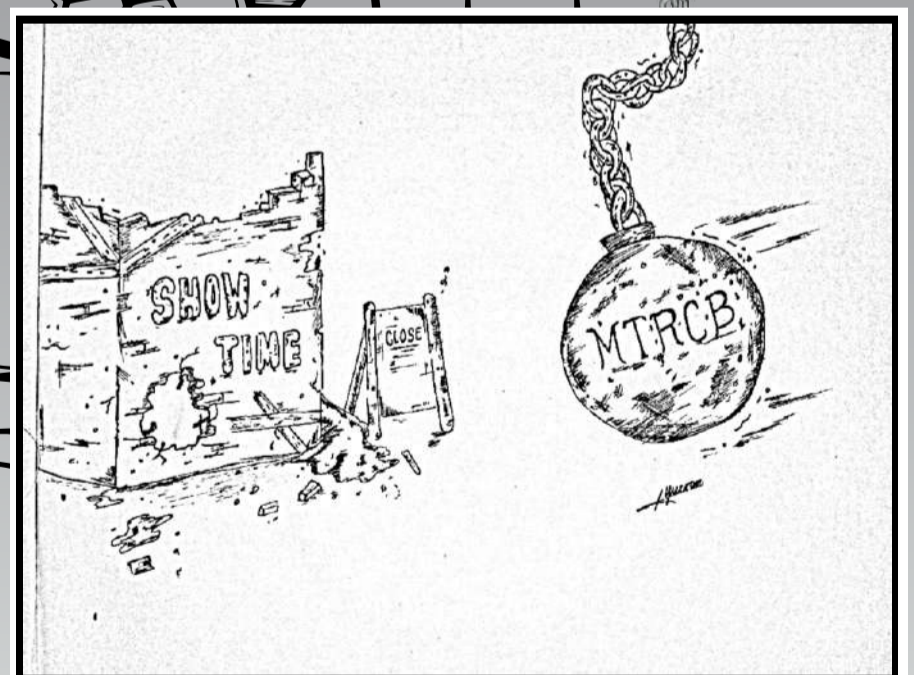
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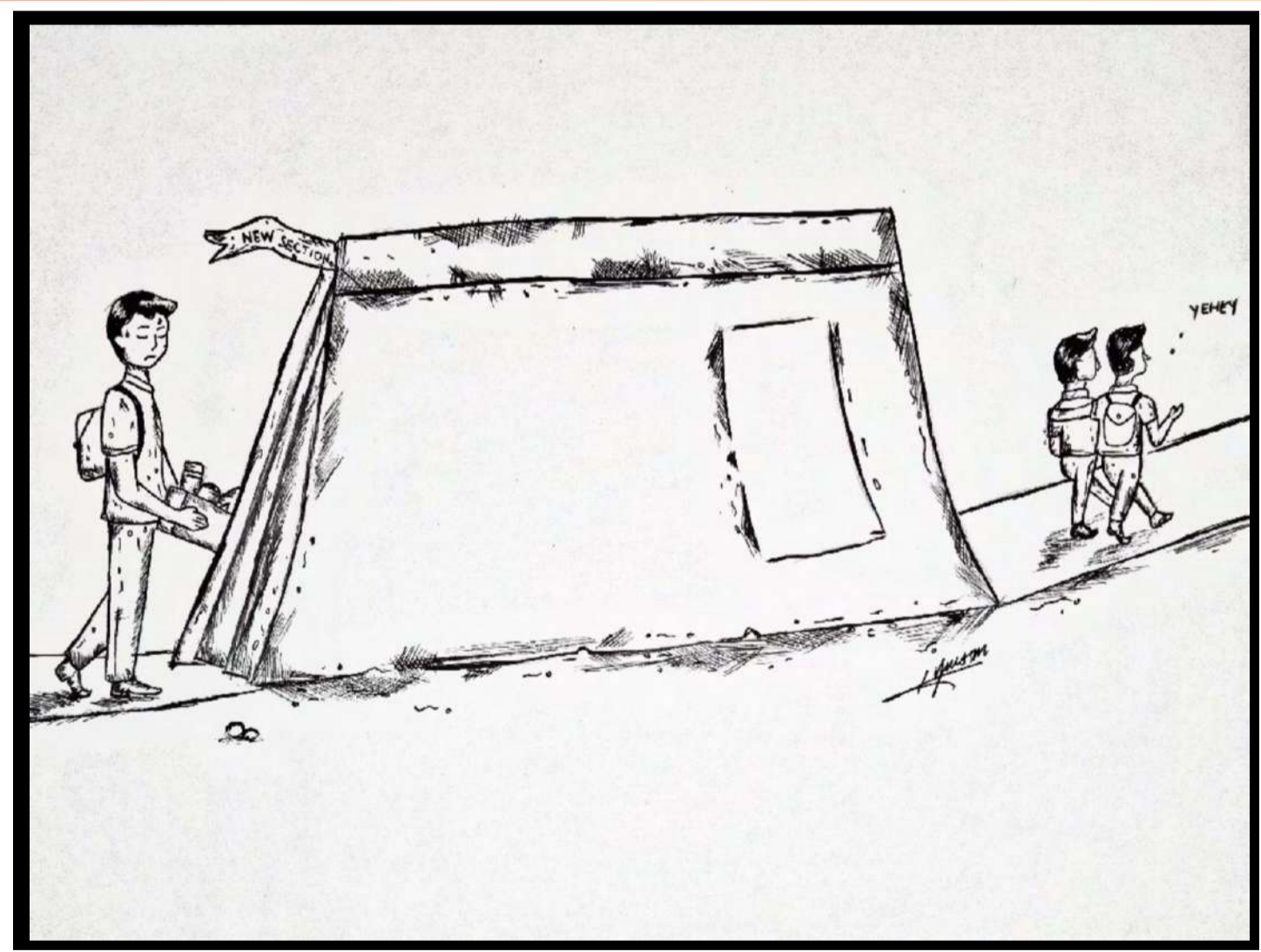
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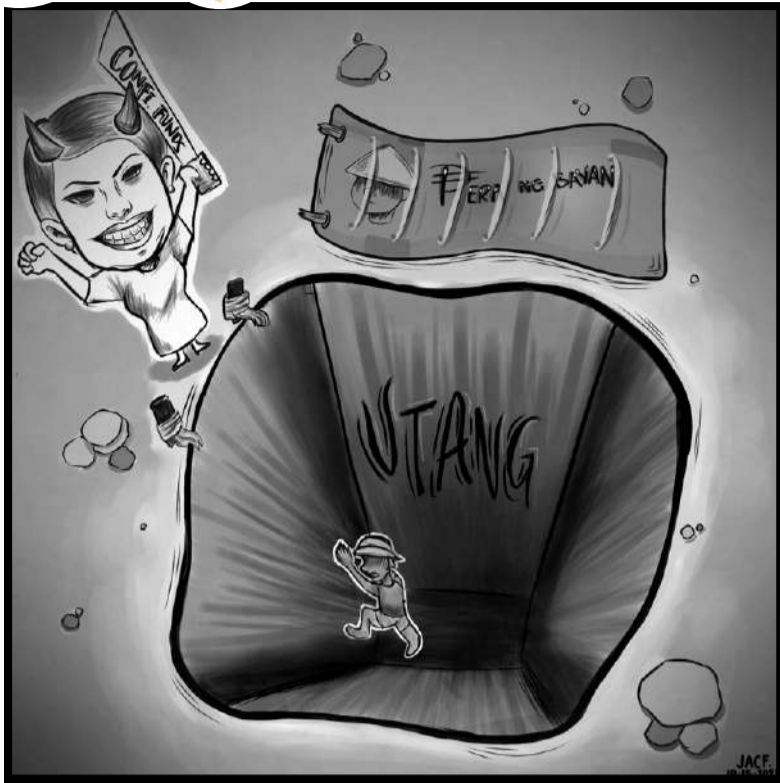
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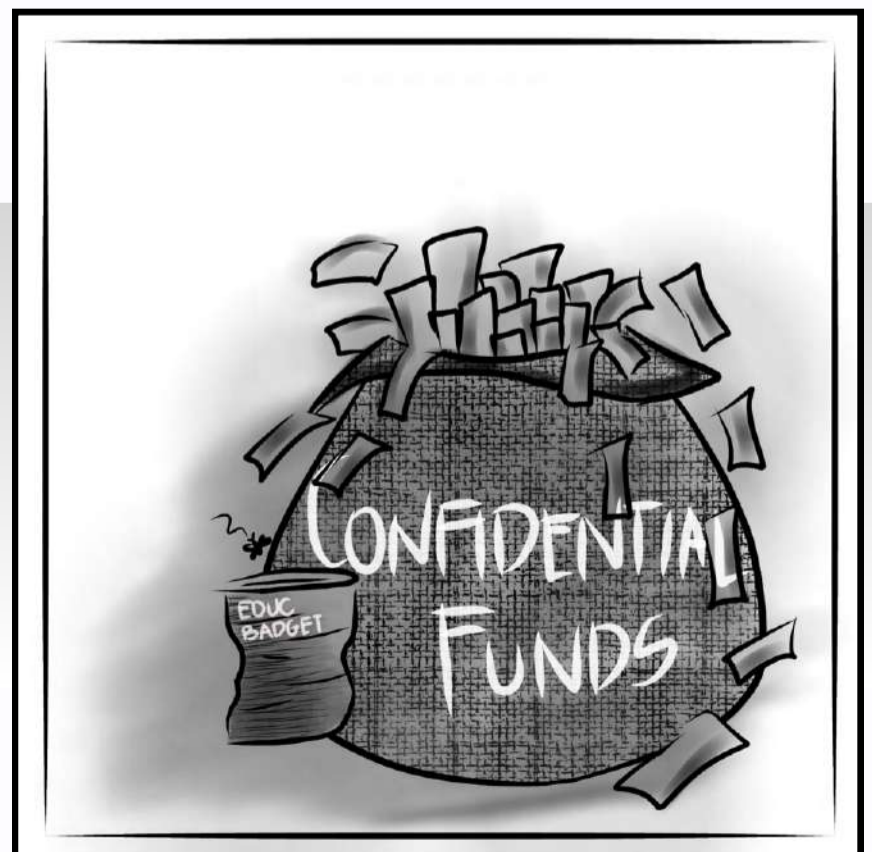


Rebisyon

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Hush Money Chronicles: The Confidential Funds

By Angela Faye Dellomas



Conflict in the Sands: Israel-Hamas

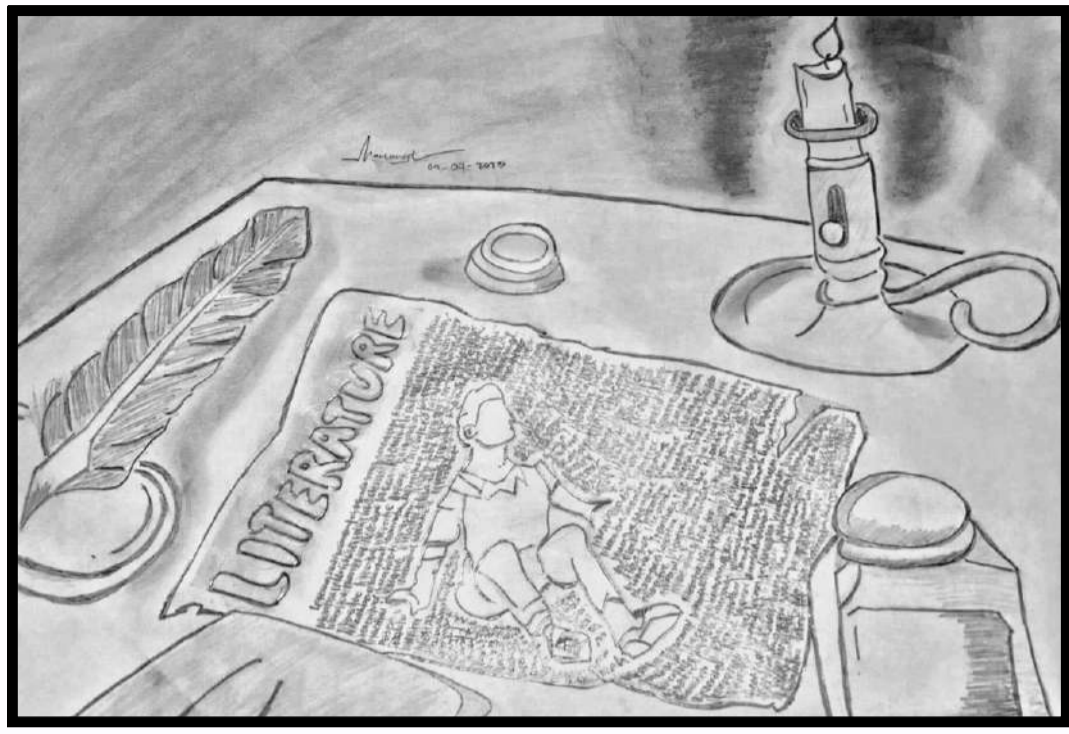
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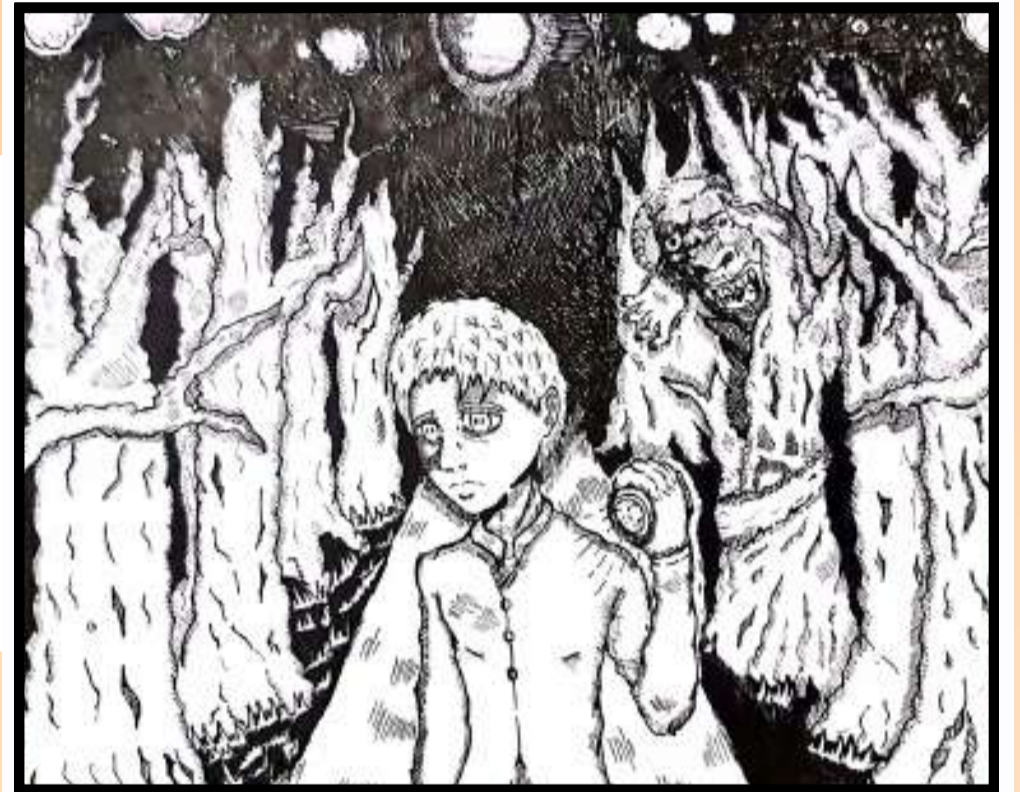


Unleashing the Power of Expression

by Angelica Manlangit

A Dance with the Forest Entity

by Nathan Andrei Villamor



Pagtaas ng mga bilingin: Golden age o golden prices?

by Jayferson Kuddo

How to keep it all inside and just keeping it all inside

by Shemaiah Velasco





Farewell to Kapuso, Mike Enriquez': A Broadcasting Legend's Legacy

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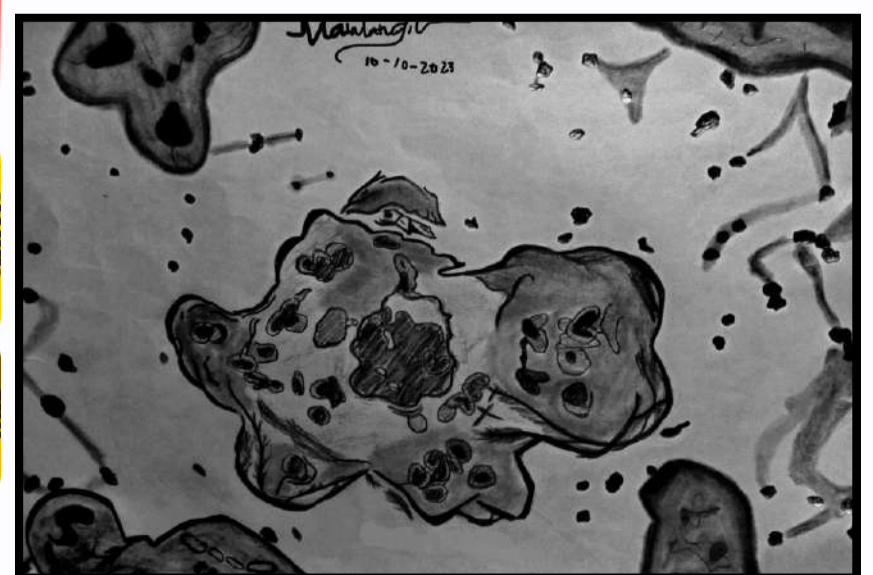


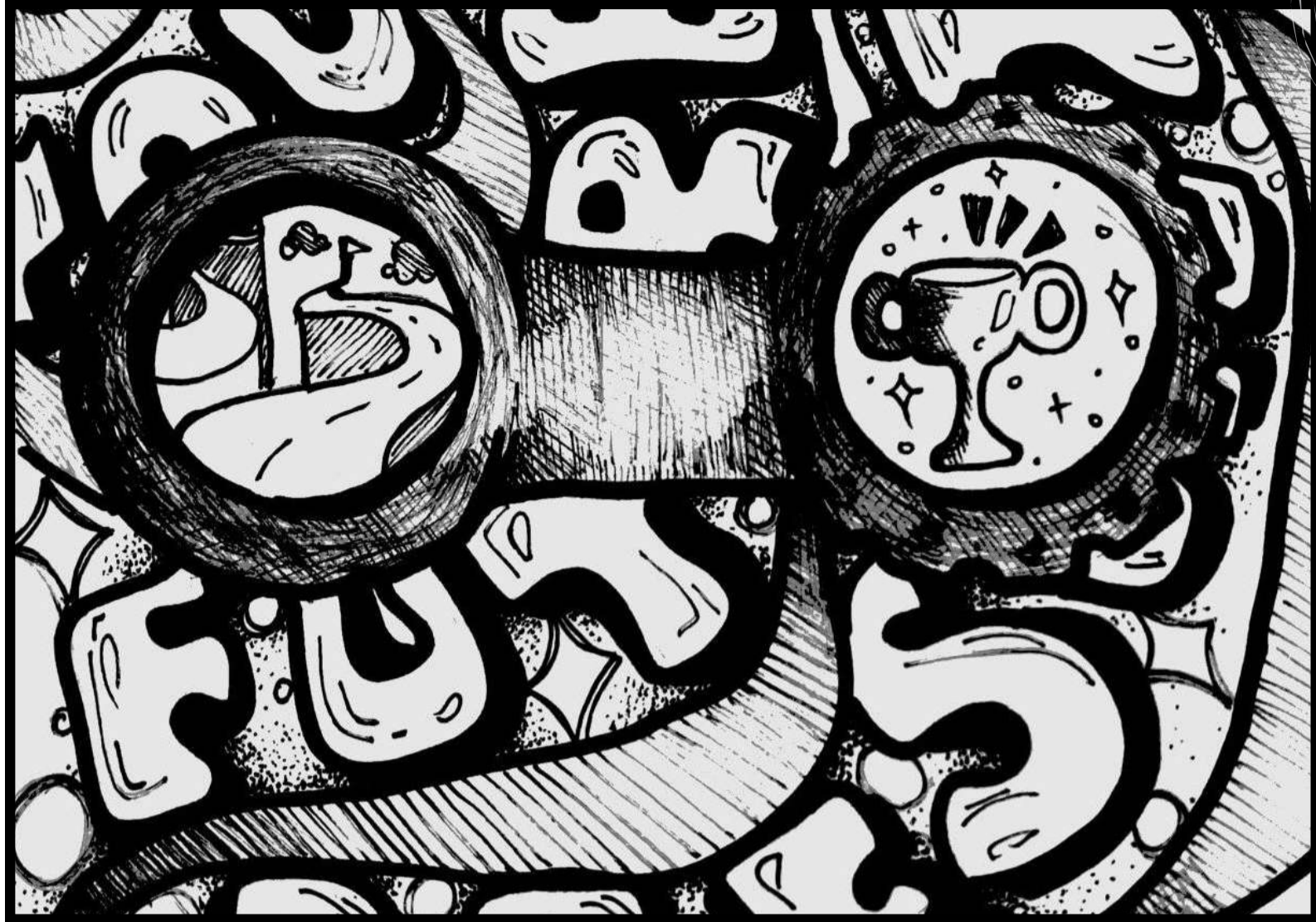
All that you've questioned

by Jedrus Nigel Salinas

Danger Lurking in Water: Naegleria Fowleri

by Angelica Manlangit





Chiefs, How Do You See Yourself in 10 Years?

by Shemiah Velasco



She Wants to Get Older

by Nathan Andrei Villamor



Clock is Ticking

By Angel Trisha C. Abatayo

Hazel, a senior high school STEM student, wasted no time as she reviewed her printed academic notes for their 1st-day examinations, even during her transportation to school on October 24, 2023, at the LRT2 train bound to Legarda station.

Potokapi

Ni Marianne Joy R. Galimba

Larawan ng isang aparatista na abala sa paggawa ng maraming kopya ng papel na kinakailangan ng mga guro at mag-aaral sa Arellano University-Juan Sumulong Campus noong Oktubre 23, 2023.



Limos

Ni Lychen Denise G. Gahuman

Tatay Alvin Soleman, 35, habang nanghingi ng limos sa tapat ng simbahan sa Bustillos St., Sampaloc, Manila noong ika-22 ng Oktubre.



Guardian of the Gridlock

By: Kryss Megan D. Envidiado

Green... Yellow... 3...2...1-Stop! On Monday, October 23, 2023, at 11:54 AM, a security personnel was captured on Legarda street, in front of Arellano University - Juan Sumulong Campus, ensuring the safety of the university's students while crossing the road.

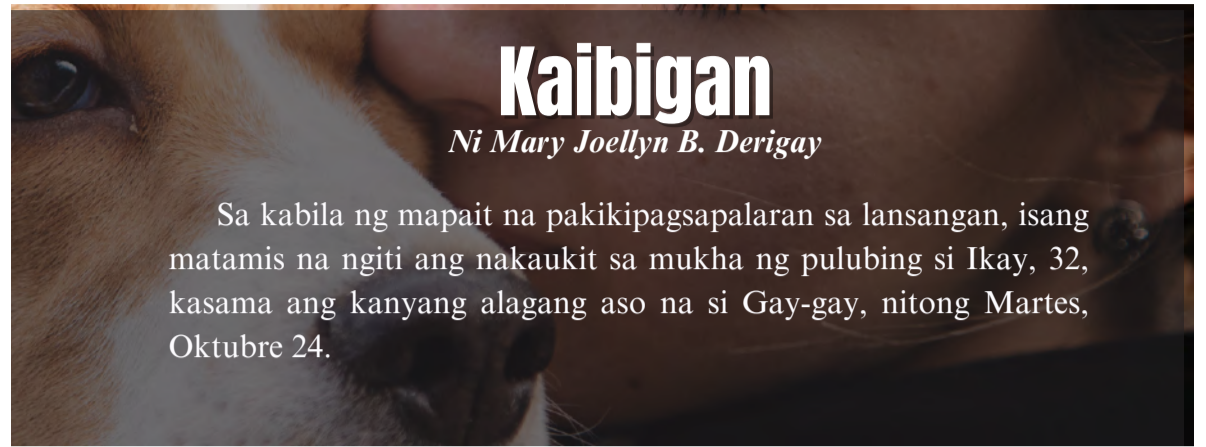


A Diligent Sweeper

By: Marianne Joy R. Galimba

A school utility doing his duty to keep on sweeping the floor to lessen little floods and and maintain cleanliness and safety even at the height of continuous rain in the Arellano University-Juan Sumulong Campus Quadrangle, last October 23, 2023.

Background Photo credits: Pexels, Pixelshot, StasV., snoopytkd, pixabay



Kaibigan

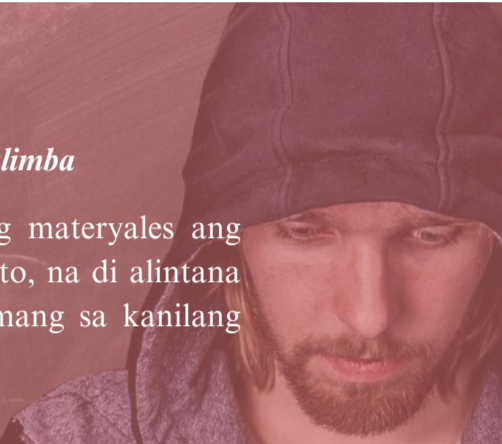
Ni Mary Joellyn B. Derigay

Sa kabila ng mapait na pakikipagsapalaran sa lansangan, isang matamis na ngiti ang nakaukit sa mukha ng pulbing si Ikay, 32, kasama ang kanyang alagang aso na si Gay-gay, nitong Martes, Oktubre 24.

Kayod

Ni: Marianne Joy R. Galimba

Pangongolekta ng bote at resiklong materyales ang ikinabubuhay ng mga mangangalakal na ito, na di alintana ang anumang panahon may mailagay lamang sa kanilang sikmura.



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A match in afternoon time

Ni Zoey M. Cordero

Two fellow citizens spend time playing a casual game of checkers during the day as they relax and enjoy each other's company.



A Dog's Trip Through the Canopy of Nature

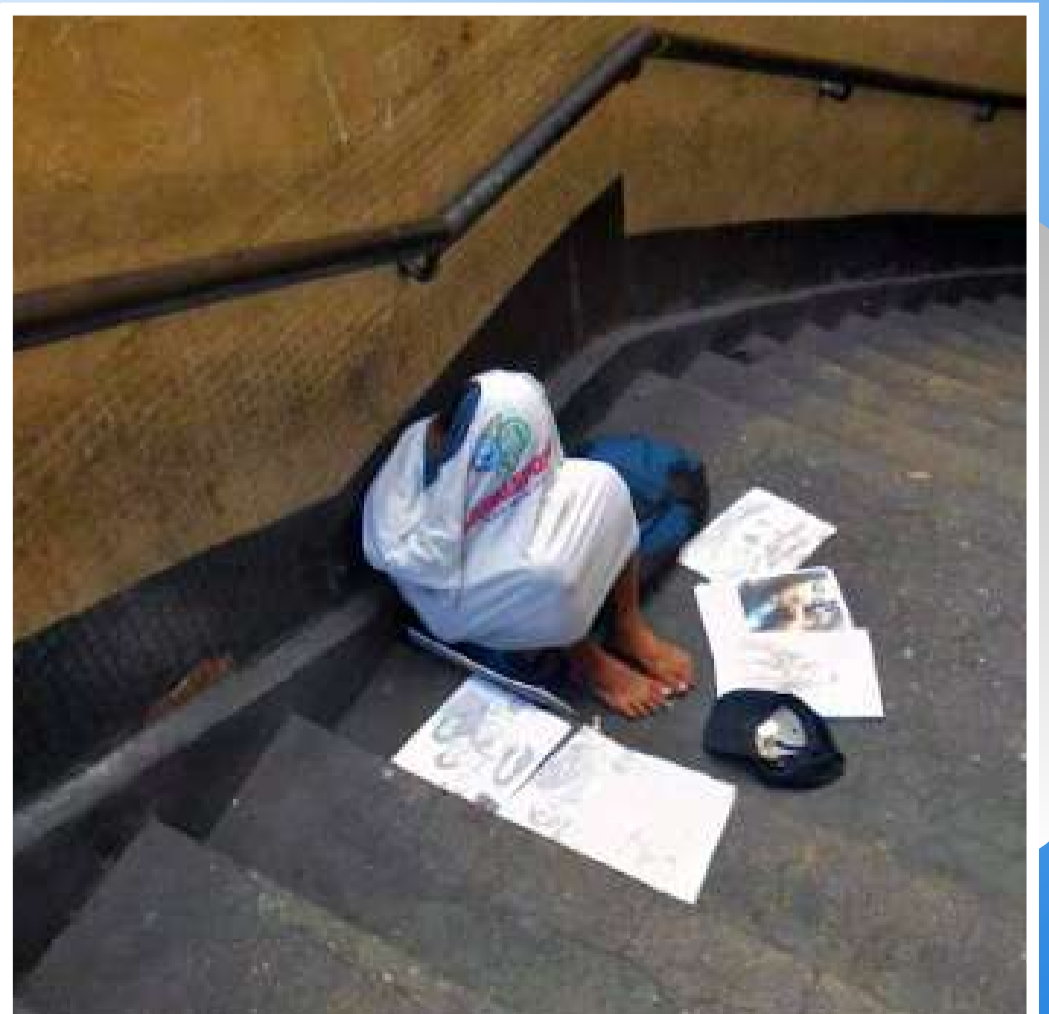
Ni Zoey M. Cordero

A doggy explorer sets out to explore the branches of trees, taking a trip through the captivating covering of nature.

Overlooked talent

Ni Zoey M. Cordero

The Filipino child is evidently talented in the arts, yet those who pass by tend to ignore him.





Pagkamulat ng Isang Babaeng Supling

Ni Venice Asbell

“Ang babae ay pwedeng makihalubilo at makipagsabayan sa lalaki, dahil ang kasarian ay hindi batayan ng lakas o kapangyarihan.”



Life Is Like Living in a Bubble

By Karyll Ann Charlize Belino

Living in a bubble is like avoiding life's challenges and ignoring harsh realities. It's a protective shield that keeps you from new ideas and different environments. While some see it as a weakness, others view it as a brave choice to navigate life without succumbing to negativity. The key is to live fully, take risks, and resist the urge to hide in a bubble, regardless of what others think.



At Rest Booming Voice Across the Street

By Je ann De La Paz

While seeking for possible passengers who will get off the route of Libertad, Pasay Palengke, Blumentritt LRT, and MRT EDSA, the dispatcher of a Jeepney (Jessica's Pride) is patiently waiting to call the attention of the commuters in front of Arellano University Taft Avenue, Pasay City on the afternoon of April 17, 2023.



Green and Red Traffic Light

By Je ann De La Paz

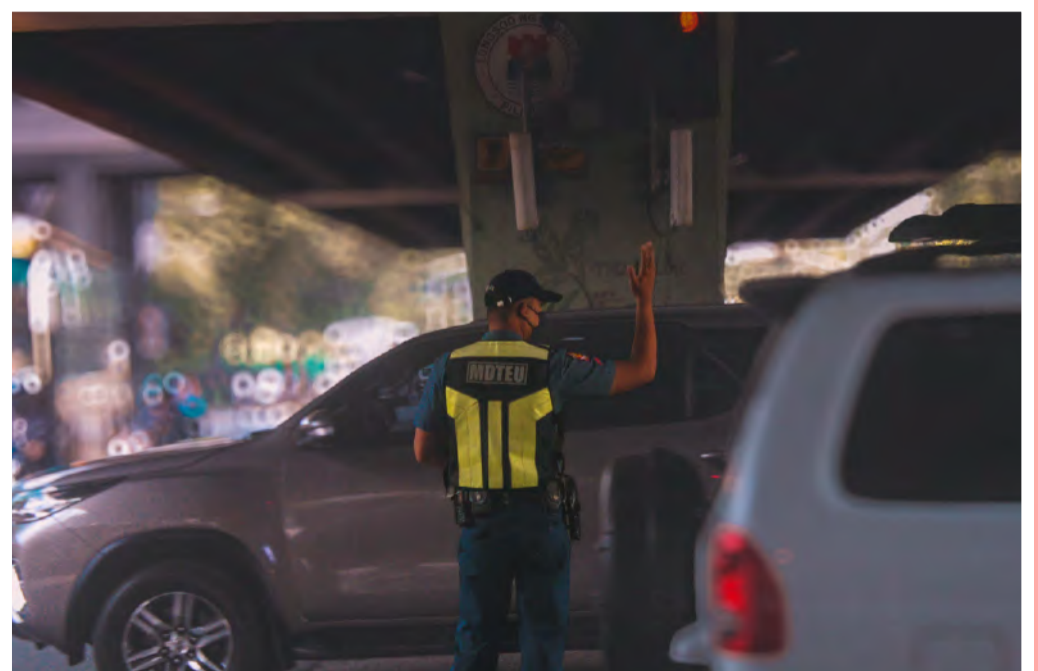
On the morning of September 25, 2023, a fried peanut and mineral water vendor carried his merchandise on the edge of a pedestrian crossing—waiting for all the vehicles to pass through, while glancing at the traffic lights to turn red under United Nations Avenue Station, Ermita Manila.



Under The Canopy

By Adrian Delos Reyes

Finding solace in the shade on a scorching day: A Foodpanda Rider and a Grab Rider took a well-deserved break as they waited on to their next book in Santa Ana Grove, Parañaque Sucat Road – Wednesday, October 11, 2023.



The Unsung Heroes of UN Avenue in the Heart of Manila

By Adrian Delos Reyes

Amidst the Chaos: Dedicated Traffic Enforcer maintains order during the rush hour at the busy traffic under the intersection in United Nation LRT Terminal 1, Philippines October 17, 2023.



Taimtim na Pagpupunyagi

By Gwyneth Angela Nuñez

Calmly sitting at the corner side of the pedestrian lane while holding the 20 pesos each Sampaguita in her hand, with the reinforcement of the ticking seconds mark of the traffic stop lights on the evening of October 25, 2023, at the road of Diosdado Macapagal Blvd, Pasay City.



Every step they take

By Amri Lorayne Centeno

Shoeless kids wander around the University of the Philippines Diliman on Wednesday, October 11, 2023.



No Age Required

By Adrian Delos Reyes

Lolo Ben takes a brief respite while continuing to hustle on the bustling streets of United Nations, Manila, at 1:43 PM on October 18, 2023...



Kandidato Ako, Responsable Ako

By Shein Tercero

A candidate briefing entitled "A.I.S. (Alamin, Sundin, Intindihi) para sa Responsableng Kandidato" took place on September 13 and 15 at the Taguig Convention Center. As part of the City of Taguig, the Barangay of Embo was also invited to attend the event.



CONFIDENTIAL FUND IN QUESTION

By Shania Heart G. Tumala | Jose Rizal Campus

Since then, people fear corruption in the government, especially now that the executive offices seem to make the country's standing worse. With demands up, the people demand transparency on confidential funds.

Confidential funds are for civil government agencies' actions in support of peace and order and national security.

It may be used to buy information, rent, and fight crime for national security.

In August 2022, Vice President Sara Duterte requested P403.46 million in

additional funds for the Office of the Vice President (OVP). It was not an issue until Rep. Edcel Lagman gave the media a copy of VP Duterte's letter, where there is a P250 million confidential fund request in September 2023. Upon the Office of the President's approval, the Department of Budget and Management gave the OVP P221.424 million.

Ever since the amount of confidential funds was released to the public, the Filipino mass has been asking, "For what?" The Department of Education released an official statement stating the funds will be used on "pressing issues on safety and security" such as recruitm-



Photo credits to Czar Jhn Aquino

ent to terrorism, criminal activities and scams, all forms of violence, graft and corruption, child labor and pornography, and involvement in illegal drugs by earners and personnel. But how? It is left untold.

However, there's no law that restricts the exercise of the people's right to information on disbursements and liquidation of confidential

funds, according to retired Senior Associate Justice of the Philippine Supreme Court, Antonio Carpio. As Carpio said, "the funds are public, and public funds, being raised through taxes paid by the public, can be spent only for a public purpose."

Moreover, in 2022, the Commission on Audit confirmed the OVP spent P125 million in 11

days. Due to the controversy, all agencies and departments were stripped of confidential funds.

At present, the House of Representatives has removed the proposed P650 million budget of the OVP for the 2024 confidential and intelligence fund and gave it to the security forces that secure the West Philippine Sea.

Sources: https://www.deped.gov.ph/2022/09/19/on-the-issue-of-confidential-funds-for-deped/?fbclid=IwAR34sxMBVteDe9BNbDUoYA3Q61W4Psnjdk5OBmR0DVJpksnD--Zq2_vKaJw
https://www.rappler.com/voices/thought-leaders/analysis-fundamental-constitutional-requirements-for-confidential-funds/comment-page-1/?order_by=comment_date_gmt&order=asc#rappler-comments

FUNDAMENTAL FLAWS

By Ricky Caballero | Plaridel Campus

The allocation and utilization of funds always stir up discussions in the political world. Recently, the Office of the Vice President (OVP) in the Philippines has come under scrutiny for its request for a large sum in confidential and intelligence funds (CIF). This leads to a debate on the need for and transparency of these funds.

The OVP's request for a CIF amounting to P2.385 billion for 2024 has raised eyebrows. The Vice President, Sara Duterte, defended this request during Senate finance subcommittee hearings, stating that these funds would help the office work faster as they would not depend on other national government agencies for questions



Photo credits to Clau Jochelle Doroha

on threats and securities.

On the other hand, this statement was criticized by Senator Ana Theresia "Risa" Hontiveros as she pointed out that the OVP's proposed CIF is larger than the combined confidential budgets of top security agencies. She argued that there is some-

thing fundamentally wrong when the OVP alone has a confidential fund of half a billion pesos while the National Intelligence Coordinating Agency (NICA), the government's primary intelligence arm, has confidential and intelligence funds of only P341.2 million.

In a move that further stokes

the controversy, the OVP was found to be utilizing its 2023 CIF for projects that bear no relation to security. These included the establishment of a museum dedicated to vice presidents, the construction of a permanent OVP office, and the provision of free bus rides, tree planting initiatives, and feeding programs. These initiatives do not fall under the exclusive list of programs in which confidential funds may be used, as laid out in CoA-DBM Joint Circular 2015-01.

This controversy underscores the importance of transparency and accountability in government expenditures. Confidential funds, while necessary for certain operations, must be allocated and utilized judiciously. Filipino citizens are entitled to know how their tax money is being used.

Senator Hontiveros is pushing for



more information on the OVP's confidential funds and the agency's primary responsibilities. She wants to understand the OVP's priorities and how it intends to use these funds. This demand for transparency is a positive move, ensuring that government expenditure is judicious and in the best interest of Filipino citizens.

Vice President Duterte,

responding to these concerns, emphasized that the CIF is designed for the safe, secure, and successful execution of her office's programs, projects, activities, and engagements. However, this statement prompted further questions. What are these programs? How do they benefit Filipino citizens? And most importantly, how does the OVP ensure judicious use of these funds?

As the discussion progresses, Senator Hontiveros has pledged to continue pursuing this issue during the period of interpellation and amendments. This suggests that confidential funds will remain a contentious issue in the days to come.

While confidential funds are essential for certain operations, their allocation and utilization must be

carried out with maximum transparency and accountability. The government must ensure that these funds are used judiciously and in the best interest of its citizens. After all, in a democratic society like our country, the Philippines, it is the people who form the core of governance.

Let us remember that it's not the strength of the

structure that matters, but the integrity of its foundation. It is upon this foundation that we build our society, and it is upon us to ensure its solidity for generations to come. And we must face and fix the **FUNDAMENTAL FLAWS** in the system.

Source:

<https://www.manilatimes.net/2023/09/05/news/national/senate-panel-oks-ovp-confidential-fund/1908592/amp>

TRANSPARENCY IN GOOD GOVERNANCE



Photo credits to Maville Carascal

By Jade Nicole P. Gopio | Elisa Esguerra Campus

“We can live without confidential funds.” says Vice President Sara Duterte, who is also the Secretary of the Department of Education, regarding the Office of the Vice President (OVP) and the Department of Education (DepEd).

This statement was made after the OVP's proposed budget for the year 2024 was approved at the subcommittee level. The statement caused a strong debate and discussion within the legislative branch as it prompted significant questions regarding the necessity and purpose of the Confidential and/or Intelligence Funds (CIF) in government agencies.

The first thing we need to ask is, “What is the Confidential and/or Intelligence Fund?” According to the Commission on Audit, Department of Budget and Management (COA-DBM) 2015 Joint Circular, the confidential and intelligence funds are

lump sum amounts provided for expenses that involve surveillance and intelligence gathering information.

The Confidential Funds are for “confidential expenses related to surveillance activities in civilian government agencies that are intended to support their mandate or operation.” (PHILSTAR, 2022)

On the Other hand, the Intelligence Funds are for “intelligence expenses related to information gathering activities of uniformed and military personnel and intelligence practitioners that have direct impact on national security.” (PHILSTAR, 2022).

Therefore, as Senator Francis “Chiz” Escudero clarified, the CIF has a specific use for a particular purpose and not a secret fund subject to the whim of the DepEd Secretary as other people assume.

The 2024 Proposed budget of the OVP, amounting to P2.385 billion, was approved at the subcommittee level thus marking a notable point in the budgetary process. However, Vice President Duterte's

remarks concerning the CIF have drawn attention and provoked conversations about the function of these funds in government activities. In the hearings, Duterte supported the inclusion of confidential funds into the budgets of both DepEd and OVP, amounting to P150 million and P500 million respectively. Her rationale was that these funds are necessary for the OVP and the Vice Presidential Security and Protection Group to work effectively to ensure the safe and successful implementation of the offices' various programs, projects, and activities. When asked for specific examples of how the OVP has utilized its CIF, Duterte pointed to the liquidation reports submitted by the Office of the Senate President and the Office of the Speaker of the House of Representatives as reference.

On the other hand, Senator Ana Theresia “Risa” Hontiveros, while agreeing with Duterte's statement that the OVP could live without the funds amounting to P500 million, also pointed out that there is no valid reason for the OVP to have confidential funds larger than the combined

budget of the top security agencies such as the Department of National Defense (DND) and National Intelligence Coordinating Agency (NICA). She further questioned the need of the DepEd for the CIF. She also stated that the OVP's initiative does not align with the specific programs outlined in the COA-DBM Joint Circular 2015-01, in which the confidential funds may be used.

Subsequently, Senate Minority Leader Aquilino “Koko” Pimentel III raised questions about including the CIF in the 2024 OVP budget. VP Duterte cited Sections 3 and 7 of the Joint Circular 2015-01 as the foundation for the confidential fund. However, this legal rationale is grounded in the necessity for expenditures related to security and intelligence, which must be clearly demonstrated.

These arguments raise questions about whether the OVP follows the rules that govern these funds. It also raises questions



if the confidential funds are fairly shared and used in government agencies. Consequently, the lack of transparency has fueled the controversy concerning these funds.

As the discussion continues, it highlights the importance of knowing how the government agencies use the confidential funds. It must be transparent and in line with established regulations. It is also essential to

discourse on the CIF emphasizes the necessity for transparency, responsibility, and accountability of our national leaders in their projects and fundings. It also emphasizes vigilance and awareness of its citizens in ensuring that our leaders remain transparent and accountable for their actions. It shows how good governance can be achieved when the nation's leaders and citizens check and balance each other in transparency and accountability.

active branch of the government check and balance each other in terms of responsibility and accountability.

On the other hand, it emphasizes the need for awareness of the people in terms of the utilization of public funds. The discussion on the CIF shows us the importance of vigilance and awareness of how our government officials utilized the taxpayers' money and national funds.

This ongoing figure out why each agency needs these funds and make sure they are used in the right way. It serves as a reminder of the accountability and responsibility of the government in budgeting and spending public funds, which are principles of good governance, thus ensuring that each peso contributed by taxpayers is used wisely and in a way that benefits the country. It also highlights how the executive and the legis-

Sources: (1) <https://www.manilatimes.net/2023/09/05/news/nationalsenate-panel-oks-ovp-confidential-fund/1908592/amp> (2) <https://philstarlife.com/news-and-views/421575-sen-risa-hontiveros-yp-sara-duterte-word-war-confidential-funds?page=5> (3) <https://www.philstar.com/headlines/2022/10/05/2214494/confidential-intel-funds-national-budget-what-you-need-know>

OVP'S CIF ALLOCATION: IS IT A MATTER OF NATIONAL INTEGRITY OR MORAL ETHICS?

By Jon Averiel Reolada | Juan Sumulong Campus

For the second consecutive year, the Office of the Vice President (OVP) was asking for half a billion pesos in Confidential and Intelligence Funds (CIF), in which the Senate's panel, at the subcommittee level, gave its approval.

At the time of its proposal, the office did not insist on the allocation of the funds and even stated that the office could live without it.

Although the senators gave a nod to this proposal, it did not appear to pass in the eyes of the opposition. There was a clear need for proper justification as the skepticism surrounding its secretive nature calls for transparency and accountability.

To understand the purpose of the OVP's use of the CIF, we must first understand what confidential and intelligence funds are. As per Joint Memorandum Circular (JMC) 2015- 01, CIF refers to the lump-sum amount provided in the appropriation for local government units and in the corporate operating budgets for their confidential expenses. Generally, these funds are used for surveillance activities that support the operation or the mandate.

The confidential nature of these funds can pose challenges as the auditors could only rely on the certifications the national agency reports, further fueling the need

for transparency.

Vice President Sara Duterte previously said in a statement that while her office can operate without confidential funds, given the flexibility offered by its enormous amount, they could utilize it to make their work "much easier".

In clarifying the true purpose of the OVP's use of the CIF, one could only ask: how will the OVP utilize its enormous allocated CIF?

Senate Deputy Minority Leader Risa Hontiveros questioned this, as it was unclear what mandates the OVP would pursue with regard to the CIF allocation. Duterte replied that her office would engage in a number of projects and programs that include the OVP's three permanent projects as well as other initiatives, namely the free bus rides, tree plantings, and feeding programs, all of which the office hopes would be implemented in a "safe, secure, and successful manner" as she puts forth. However, Hontiveros pointed out that, under the joint curriculum, the set of programs and activities mentioned by the vice president does not involve national security, and as important as they are, Hontiveros said that "it can be

funded by the regular funds of the agency."

There is also a significant difference between the two of the top defense agencies and the OVP's CIF allocation. When compared, the combined total of the allocated CIF of the Department of National Defense and the National Intelligence Coordinating Agency (NICA) amounts to P438.2 million. Should a civilian agency, with the primary purpose of the funds is to "ease" their work, worth more than two of our defense agencies combined?

No. The confidential funds of NICA alone only amounted to P341.2 million, not to mention that it is the government's main intelligence agency—which led Hontiveros to say, "There is something fundamentally wrong."

Other opposition lawmakers, for instance, Albay Rep. Edcel Lagman, also expressed their concerns about the OVP's budget allocation. He stated that the OVP is "not a surveillance agency and has no jurisdiction over matters of national security". But as of the budget's approval, he could only suggest that the P5.768 trillion General Appropriations Bill should include provisions for CIF utilization and reporting, with the main objective of promoting transparency and establishing accountability among

government agencies. Given that the aforementioned mandates of the OVP do not compromise national security, Lagman's suggestion can only prove to be helpful as the public must have access to how their money is being utilized by the OVP.

Senate President Juan Miguel Zubiri, who has also asked for more transparency among proposed CIF's, revives the Senate's select oversight panel on CIFs. Under this committee, the select oversight panel will have the task of evaluating the said funds' utilization to secure its proper use based on the guidelines set in the JMC 2015-01. If found that agencies failed to justify their spending, Zubiri proposes to have a "vote," and if the selected agencies lose or have a decreased amount of CIF, budget cuts from the CIF, will be used to realign funds, primarily for the Philippine Coast Guard (PCG) and the Philippine Navy, to provide them with "full logistical and operational support," particularly in light of the ongoing dispute in the West Philippine Sea.

Transparency, accountability, and clarity—these are three different words that skeptics are all looking for not only in the OVP's CIF budget but also in other government agencies that have joined the list. The commonality they call into question highlights the mystery surrounding the highly questionable use

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of the funds. Its secretive nature allows for little to no disclosure of how the taxpayers' money is used, which can foster abuse of their hard-earned wages. As citizens of this nation, it is our main duty to stay vigilant, be informed, and demand accountability, as ignorance may result in endless loopholes of exploitation and abuse.



Photo credits to The Standard AMC

CONFIDENTIAL FUNDS: THE FUNDS FOR “SAFE, SECURE, AND SUCCESSFUL IMPLEMENTATIONS OF PROGRAMS”

By: Janelle Macalalad | Apolinario Mabini Campus

“There is no good reason why the Office of the Vice President should have confidential fund allocations that are larger than the combined confidential budgets of our top security agencies,” stated Sen. Ana Theresia "Risa" Hontiveros.

Confidential and Intelligence Funds (CIFs) are expenses that are exactly what the name suggests. These are confidential or hidden payments that will be given as a budget for activities that will require surveillance and further observations. The budget that will be given will be used to spend on some decided projects that will not require any announcement or further explanation of why the transaction has been made. However, during times like these, when the country is in need of good budgeting and the Filipino people will need the correct distribution of funds, it is nerve-wracking to see such a large amount of funds being requested for things that aren't even certain.

During a meeting with the senate at the subcommittee level on Monday, September 4, 2023, the Vice President of the Philippines, who is also known as the secretary of the Department of Education, Sarah Duterte, claimed that the Office of the Vice President (OVP) “can live without” the CIF. The Senate gave the vice president a green light on their proposed budget of ₱2.385 billion for 2024, along with the proposed ₱758.69 billion budget for the Department of Education.

During the hearings, multiple questions of proof and reasons for the large budget were asked of the Vice President, but she dodged all questions by keeping the reasons for it confidential. When asked about samples or occasions where the CIF was spent, she answered, "It is in the liquidation report on the use of confidential funds, which was submitted by the OVP at the OSP (Office of the Senate President) and Office of the Speaker of the House of Representatives." However, she has not named any kind of specific program or activity that the CIF was indeed used for.

Vice President Duterte has claimed that the large budget would help not only the OVP and DEPED but also the Vice-Presidential Security and Protection Group because the said money will help them move smoothly and easier because they don't depend on any other budget or government agencies. Discussing the same argument, the Vice President admitted to also using the OVP in unrelated security matters, which only contradicts some of her statements. When questioned by both Senate Minority Leader Aquilino "Koko" Pimentel and Sen. Hontiveros, the Vice President has not shown any proof or specified any activities that support her argument about having the CIF for security-beneficial reasons.

As the younger Duterte kept on pressing that the purpose of the confidential funds is "safe, secure, and successful implementation of her office's programs, projects, activities, and engagements”, there wasn't a single proof of this statement, as all the questions about this were either avoided or judged because of the budget being confidential, and so on.

As confidential as it is, the impact that it will have on citizens will be public and observed. A large budget has been asked for the implementation of the programs that would develop areas in this country. However, no improvements can be observed, nor can there be any evidence that the confidential budget was indeed used for development and improvement.

The aim of the Confidential and Intelligence Budget is to seek improvement through programs that will be spent so that there will be necessary changes that can be observed as a result, but how will this budget be beneficial if there are no recorded results? Not only will the budget cause the other budgets to be tightened in some areas, but it will also negatively impact the country and its citizens if not used correctly.

Source: <https://www.manilatimes.net/2023/09/05/news/national/senate-panel-oks-ovp-confidential-fund/1908592/amp>



THE LACK OF TRANSPARENCY WEIGHS HEAVILY ON THE SHOULDERS OF THE FILIPINO CITIZENS

By Kyle Angela D. Evangelista | Andres Bonifacio Campus

In September 2023, during the senate hearing, the Vice President of the Philippines, Sara Duterte, stated that the Office of the Vice President (OVP) "can live without the confidential and intelligence fund (CIF)" ...but then again, only if they have the flexibility of the confidential fund, their work would be much easier. Of course, don't we all dream about such cases in regard to our workloads?

Is the term confidentiality a pseudo-title for theft in the world of politics—one that is happening in plain sight? If so, is the confidential fund entwined with the expenditure of the Filipino taxpayers' money?

Sara Duterte, endearingly referred to as Inday Sara, rose to power in politics when she was voted as Davao City Vice Mayor in 2007; succeeded her father, former Davao City Mayor and then-President Rodrigo Roa Duterte, as the Mayor in 2010; and later attained the status of the second-highest official in the country when she won as the Vice President of the Philippines. A feat in itself in a world of male-dominated environments where misogyny is rampant, she's the third female leader elected to the Office of the Vice President (OVP), along with Gloria Macapagal Arroyo and Leni Robredo.

Though it might have been a jest when the older Duterte warned the public about her daughter, Inday Sara, stating to "be careful of that woman" as "she can do everything," it may not be far-fetched—the warning sign. Known to be dominating during her service in Davao City, where she has been fully in control, it is not a shock when it slips out in her new post. Cashisking—what better way to be in control than with money?

The need to be in control, for it heightens one's esteem to dip their toes in and further test the water; to see how deep they can submerge in without drowning. Despite the tough persona she portrays, there are intentions behind the crutch known as confidentiality.

In the Senate hearing concerning the Confidential and Intelligence Fund (CIF), Vice President Sara Duterte was given the platform to defend their proposed budget of ₱500 million in confidential funds, including the proposed ₱2.36-billion funds for 2024, which the senate panel had given a green signal already. Position-wise, is it a necessity that a higher salary equates to a hierarchy if the quality of work is in the equation? The lack of transparency with respect to taxpayers' money, similar to the lack of coherence and substantial remarks befitting that of a Vice President of the country during the discourse, is astonishing in itself.

The economic status of the country is already raising eyebrows, growing by 5.6 percent this year as per the Organization for Economic Cooperation and Development. As a government servant meant to serve its country and the citizens who put them in power, to use the hard-earned taxpayers' money in disguise for the benefit of the majority is deceitful. The ₱500 million and ₱2.36 billion confidential funds will supplement concerns and confusion due to the vague and poorly defended hearing, fueled by greed and malicious intentions.

One of the reasons established was related to the education system, asserting that education goes hand in hand with national security. The support for the salary increase for o-

ur educators' is very much welcomed, but it will take time as they are still analyzing the details. On the other hand, the hearing in the matter of the confidential funds was terminated and deemed suspended by Representative Sandro Marcos after 15 minutes. Most were even quick to dismiss another representative and were muted in the middle of speaking as to why it is of the utmost importance to elucidate a significant amount of budget.

The deficient classrooms and the alarming rate of dropouts (The Philippine Star) are among the many issues in line with the system. As the matter progresses, it only alludes to priorities: one's interest vs. the nation's. They ask for a "slight" increase for the 2024 budget without stating its purpose, and yet, Special Needs Education, or SPED, was not given the urgency as stated when it was announced that there were no funds for it, classrooms continued to be limited, and now it was stripped bare of any semblance of friendly and engaging conditions. The removal of distractions in classrooms, such as visual aids and other learning materials, deprived students of their capacity to keep up, seeing that learning styles vary from one student to another. Some students learn better using visual aids that textbooks cannot offer.

I vaguely remember when the former presidential spokeswoman of then-President Rodrigo Duterte, Harry Roque (Manila Bulletin), remarked that "(Sara Duterte) is still the apple of his (Rodrigo Duterte) eyes." In interviews about her plans as the Secretary of Education, her answers, ones that display her sense of nationalism, stem from her strict and rigid upbringing, putting education at the top of the list over anything else. To grow up in such an

environment only to stay stuck in the same place where an image of toughness plays a role is a catalyst to make due to a twisted perception blinded by money.

The illusion that anything coming from the government is free, knowing that it's from taxpayers' money, is anything but. Don't forget that you cannot gain something without exchanging something of equal value.

In this case, however, even the value is not equal in terms of the results of the service when it is poorly executed. How can someone propose a confidential fund of half a billion using people's money and justify why and how it will be spent when given the time to expound on it, fumbling the bag in the process? Reasons such as "for the safe, secure, and successful implementations of the programs. And not limited to..." will only feed dissatisfaction. It was a briefing for a reason: to clear the looming gray clouds before it turned dark. And yet, it was left to develop into storm clouds, leaving the Filipino citizens drenched—submerging them in workloads even more. If it's for good, then why must it be labeled as confidential funds?

What was shown during the seemingly heated exchange of words between Senator Risa Hontiveros and Vice President Sara Duterte was the unveiled inconsistencies and contradictions from the Vice President's end, evading questions pertaining to the budget's transparency and accountability by redirecting the matter to be answered by the people around her. It demonstrated inadequacy, prompting personal attacks and addressing criticisms as "a flair of drama" to conceal the shortage of s-

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kills needed to properly do a job. Free bus rides are considered the bare minimum, a necessity people should not even beg to begin with. If someone sitting on the second highest throne can easily splurge on ₱125 million in 11 days, as confirmed by COA, surely they can effortlessly reproduce the same value towards helping its people lessen the burden they carry and the future generation—an accumulation of burdens caused by the people elected into power, to begin with.

TRANSPARENCY DEPRIVATION: AN OPPRESSION TO THE NATION

By Matt Jaolo T. Hile | Juan Sumulong Campus

Filipinos were left fazed by the unfathomable P650 million Confidential and Intelligence Funds (CIF) proposed by the Office of the Vice President (OVP) and the Department of Education (DepEd), both of which the vice president happens to oversee. Vice President Sara Duterte first pleaded for P500 million of CIF as a part of her 2024 budget then, requested for P150 million for DepEd, asserting that “education is intertwined with national security.”

The request of the OVP appears to be leaning towards transparency deprivation and vague ramifications, as the utilization of the country’s funds pleading to be granted to them pursues to be discreet from the public eye. Senate Deputy Minority Leader Ana Theresia “Risa” Hontiveros begs the question about the sourcing of information, as of the legal purpose of CIF according to the CoA-DBM Joint Circular 2015-01.

Duterte, however, responds with “These are confidential matters which we cannot divulge in open session.”

During the budget hearing with the Senate panel, Hontiveros asked the VP about the primary mandates of the OVP with regard to the said funds. Duterte responded that her office will pursue the successful implementation of her proposed projects, including the construction of the vice presidents’ museum and an OVP permanent office, as well as numerous initiatives that include free bus rides, tree plantings, and feeding programs. However, the legal purpose of the CIF and the aforementioned projects seem to fall into different places.

Hontiveros pressed that the set of mandates to be pursued by the OVP is not included in the list of executive programs that are legally implied and specified in the CoA-DBM Joint Circular 2015-01. It became unclear what the true



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purpose of CIF is, following the statement of the senator. The VP should further justify her proposal as it is half a billion of the people's money that is on the line.

Furthermore, the Vice President claims that “the OVP can live without confidential funds but work would be easier if given.” Given the situation, Hontiveros pointed out that the primary mandates can be appointed by the agency’s regular fund.

As one deeply scrutinizes the claim of the VP, the same conclusion is often drawn fabricated — The OVP can live without confidential funds. If the VP only pursues providing service to her country with the mandates she mentioned, she should at least do it with transparency. Alongside the faith of the citizens in their elected VP is their aridity in accountability, as it is, after all, their hardships that fund the expenses of the government. Both Confidential and Intelligence Funds are used primarily to gather information about the threats and dangers to national security. Hence such please would have more significance if sectors

involving security and defense, like the Philippine Coast Guard (PCG), made them, considering the persisting conflict at the West Philippine Sea. Compared to DepEd, PCG only asks for P144 million of CIF, which is strikingly less than what the education sector proposes.

House Deputy Minority Leader and ACT Teachers Representative France Castro stated, in her opposition to the proposed CIF of DepEd, “Is the DepEd now a police or military agency that it is conducting surveillance operations on students and teachers? Dapat pala siguro Department of Surveillance na ang tagaw dito at ‘di Department of Education (Maybe it should be called the Department of Surveillance instead of the Department of Education).”

The budget allocation for DepEd alludes to the fact that Duterte is standing on the borderline of her authority as the secretary of the sector. Moreover, having that huge amount of CIF in the education sector may pose an idea that teachers and students are indentations to threats to national security.

Confidential and Intelligence Funds, according to their legal definition, are fundamental to the country's defense.

Hence, its purpose must serve its rightful place so that those who are authorized to do so will not take advantage of its confidentiality and exclusivity. Resting upon a lack of transparency and minimal amounts of accountability can be an access to the wealth of the people.

In a democratic republic like the Philippines, the exclusion of the people’s entitlement to participation and transparency from any work of any trusted leaders is basically a contradiction to the democracy of the nation. The people trust the salvation of their minimum wages by laboring twice as hard each day. As working Filipino citizens, pleading for transparency is only ethical to their values and purpose in the economic system of the country, while depriving them of it would not be an act of authorization, but rather a sheer act of oppression to the nation.

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PANGANGALAMPAG SA KUMPIDENSYAL NA PONDO NG BANSA

By Luke Kenneth B. Macalawa | Jose Abad Santos Campus

Ang tanggapan ng presidente ay tinutulak na maipasa ang P4.5 bilyong alokasyon para sa kumpidensyal na pondo sa loob ng Tanggapan ng Pangulo, katulad ng nakaraang pangulo na humiling din ng kaparehong halaga sa kanyang huling badyet. Samantala, ang Tanggapan ng Bise Presidente ay humihingi ng limang-daang pisong milyon para sa mga kumpidensyal na pondo. Ito ay higit na mas mataas kumpara sa nakaraang administrasyon ni Bise Presidente Leni Robredo, na hindi humiling ng anumang halaga para rito.

Ang alokasyon at paggamit ng kumpidensyal na pondo para sa inirekumendang pambansang badyet sa taong 2024 ay mga isyu na nangangailangan ng agarang atensyon. Ang malaking halaga na hinihingi ng tanggapan ng Pangulo at Bise Presidente ay nagpapakita ng pangangamba sa madla kung saan nga ba gagamitin ang pondo na ito. Hinggil dito, umusbong ang kahalagahan ng isang masusing imbestigasyon.

Ang mga kumpidensyal at pang-intelihensiyang pondo ay may malaking bahagdan ayon sa nakasaad na pambansang badyet. Ang mga ito ay itinakda para sa mga aktibidad ng pagkalap ng impormasyon na may layuning mapabuti ang seguridad ng bansa at panatilihin ang kapayapaan at kaayusan. Subalit, ang kamakailang

kaganapan ay naglagay ng pagdududa ukol sa tamang paggamit at pangangasiwa sa mga ito.

Bagama't mahalaga ang mga pondo na ito sa pagsasagawa ng mahahalagang layunin tulad ng pagkalap ng impormasyon at pagsugpo sa iligal na aktibidad, mahalagang bigyang-pansin din na may posibilidad na abusuhin ang mga pondong ito, na nangangailangan ng masusing pag-aaral tungo sa tamang pangangasiwa.

Datapwa't may mga patakaran na ipinatupad upang limitahan ang paggamit ng pondong ito, ang mga pangyayari kamakailan ay nagdulot ng pangamba na nagtulak sa hindi kanais-nais na pagkumpara at paggunita sa tinatawag na "pork barrel."

Sa kontekstong ito, mahalagang maiigiit ang pangangailangan para sa ganap na pagkakaroon ng aninaw at nang mabigyang-buhay ang mahigpit na pananagutan sa mga namamahala ng mga pondong ito ukol sa wastong paggamit nito. Ang joint circular na na-isyu noong 2015, bagama't naging isang hakbang ito upang magbigay ng patakaran para sa paggamit ng pondo, ay napatunayang hindi sapat upang maiwasan ang pangangamba ukol sa posibleng korupsiyon.

Ang mga kamakailang pahayag ng Bise Presidente na ipinagtanggol ang alokasyon ng

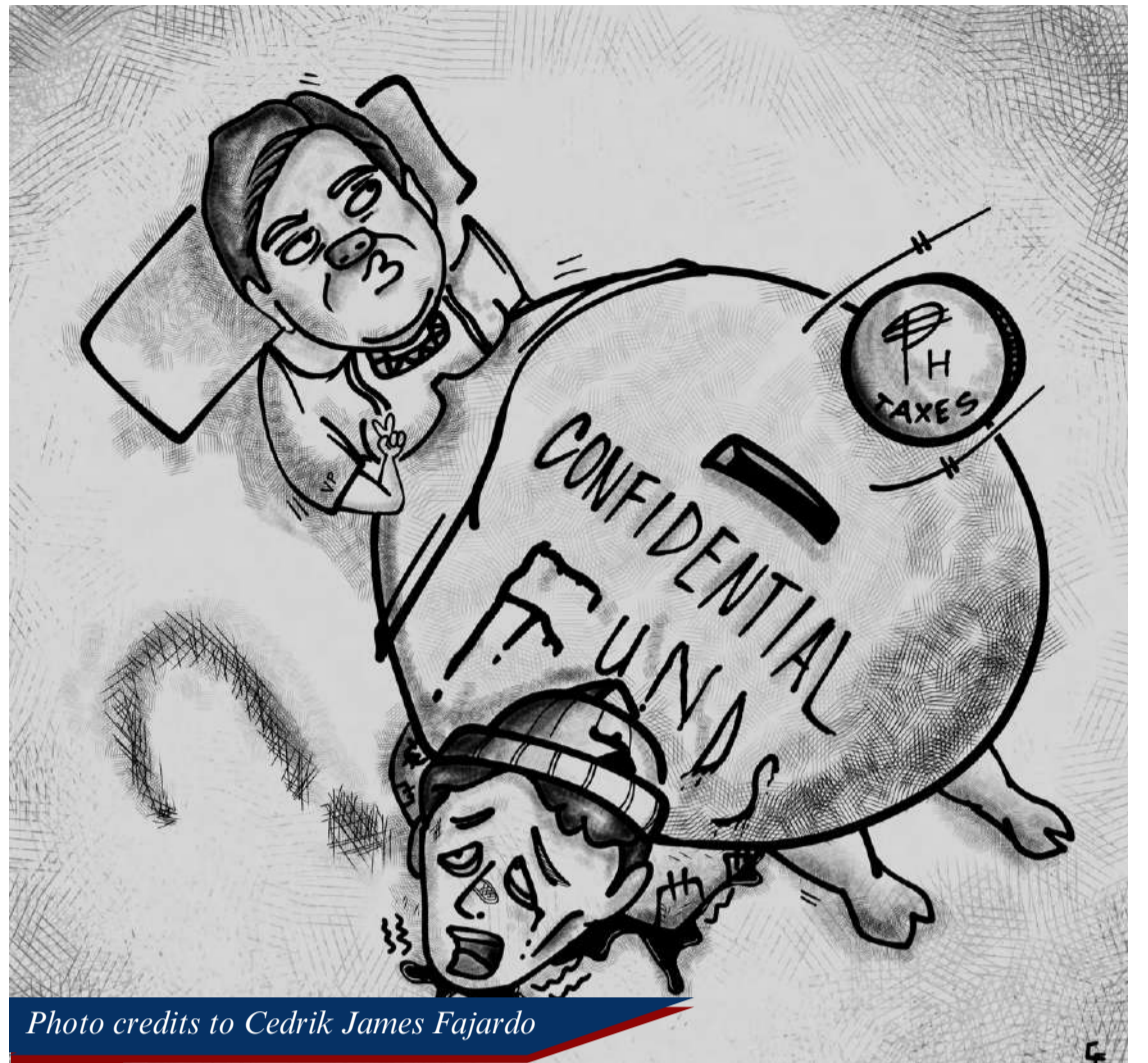


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mga kumpidensyal na pondo ay nagbibigay liwanag sa itinaturing na mahalagang papel ng mga pondong ito sa pagtugon sa mga kritikal na isyu tulad ng terorismo, krimen, at pangangalaga sa sa seguridad ng bansa. Binigyang-diin niya na ang seguridad at pag-unlad ay nagpapakita ng isang maunlad na bansa at ito ay hindi dapat hadlangan.

Gayunman, nararapat na mabigyang-diin na rin ang pagtugon sa iba pang mga kritikal na isyu tulad ng terorismo, krimen, at maging ang pangangalaga sa kapayapaan ng bansa ay trabaho ng pulisya at hukbong sandatahan ng bansa.

Dapat din bigyang-pansin ang unconstitutional na paglipat ng kumpidensyal na pondong nagkakahalaga ng isang-daang limang milyong piso mula sa tanggapan ng presidente patungo sa tanggapan ng bise presidente noong 2022 na batay sa artikulo 6, seksyon 25 (5) ng konstitusyon ay malinaw na ilegal. Sa ilalim ng panukalang batas na ito, binibigyang-diin na ang kapangyarihan sa pag-laang ng pondo o appropriation ay natatanging hawak lamang ng kongreso. Ayon na rin kay Albay Rep. Edcel Lagman ito ay paglabag sa konstitusyon sa ilalim ng nabanggit na seksyon at masasabing

ilegal.

Sa gitna ng mga rebelasyon hinggil sa isang-daang limang milyong pisong gastusin mula sa Tanggapan ng Bise Presidente noong 2022 at ang inirerekomendang limang-daang milyong piso para sa 2024, ang alokasyon at paggamit ng mga kumpidensyal at pang-intelihensiyang pondo ay lumitaw bilang sentro ng alalahanin at pagkabahala. Ang mabilisang paggastos ng isang-daang limang milyong piso sa loob lamang ng labing-isa hanggang labing-siyam na araw ay bumuo ng mga katanungan kung saan ginagamit ang pondo. Ang mabilisang paggamit sa mga ito na walang detalyadong paliwanag o kumprehensibong paglilista ng gastusin ay nag-iiwan sa publiko ng agam-agam kung saan napupunta at kung ano ang layunin sa likod ng mga pondo na ito?

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