The (AC)ademic Calendar Shift
By: LAURA YUPANGCO NAKPIL

This upcoming school year of 2015-2016 onwards, Assumption College, along with many other schools such as De La Salle University and University of Santo Tomas will follow the academic calendar shift that will synchronize with the international schedule. Schools following this will have the traditional schedule of June to March changed to August to May. The 1st semester will now be from August to December, December to May will be the 2nd, while June to July will be summer just like the other Asian countries due to the Association of South East Asian Nations (ASEAN) Integration 2015. The creation of the ASEAN is for the institutionalization of the various participating countries in order to strengthen many factors such as their social, economic, and educational states.

The ASEAN 2015 follows three pillars namely: political and security, economic, and socio-cultural. This globalized education could fall under the third pillar: ‘socio-cultural’ since the new shift opens many opportunities for Asian higher educational institutions to become more globally competitive in a sense that their reputations will be enhanced so that it could attract foreign students. Since the schedules sync, it could thus facilitate relationships with other foreign schools with regards to student exchange programs, seminars, and conventions that could be made possible. According to an interview with Ms. Angela Regala, the academic calendar shift is implemented to create exchange programs between schools so that there would be greater accessibility for foreigners who want to study here, thus promoting a more diverse set of students.

With the change of the academic calendar, the summer period for SY 2014-2015 will be longer. To adjust to this change, the school planned to introduce two summer sessions. Summer 1, which will be from April until the end of May, will be the regular summer session wherein the classes available will be the ones that are usually offered. For Summer 2 which will be from June to July will offer subjects that would give irregular students the chance to catch up with the regular curriculum. Despite the advantages the new calendar shift could bring to the students and to those taking either of the two offered summer classes in SY 2014-2015 as well as inbound and outbound exchange students, according to Ms. Regala she mentioned that the start of the school year will fall under the rainy season. She adds in her concerns that “In the past we have missed many school days due to typhoons coming in so when we start smack in the month where in rainy season is going strong then it might have an effect on school days.”

However, beyond the concerns regarding the weather, Ms. Regala remains “for it” and supports the idea of the calendar change. She explains how she had difficulty in arranging exchange programs for the students in the past, and when ever the students were ready to go, the foreign schools had never the students were ready to go the foreign schools had summer, their schedules never matched. She therefore said, “For that purpose, for exchange programs for the students in the past, and when ever the students were ready to go, the foreign schools had never the students were ready to go the foreign schools had summer, their schedules never matched. She therefore said, “For that purpose, for exchange programs, seminars, exchange programs between schools so that there would be greater accessibility for foreigners who want to study here, thus promoting a more diverse set of students.

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The August to May schedule does not only match the ASEAN schools, but also the ones in the western countries.

AC Times Welcomes the New Editorial Board for the A.Y. 2015-2016!

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Congratulations to the graduates of batch 2014-2015! Farewell, Assumptionistas!
AC Goes to the Senate
By BIANCA ISABEL P. ANGCO

Throughout the years, Assumption College has provided students with numerous opportunities to learn and let their knowledge grow outside of the classroom setting, usually in the form of field trips. Last January 28, 2015, Political Science students were fortunate to have received the opportunity to visit the Senate of the Philippines at Roxas Boulevard in Pasay City. Spearheaded by the Assumption Debate League, a total of 96 students and 3 professors rode two buses to the GSIS Building and arrived an hour before a Senate Session. The students were briefed on the rules of a Senate Session and were led to a holding room where a sit down with a senator was to be held.

The senator present at the sit down was Hon. Senator Paolo Benigno Aquino IV, the chair of the Committee on Trade, Commerce and Entrepreneurship, and Committee on Youth. He began the session with a brief background on how a bill is passed and how it becomes a law. Three students were given the chance to ask the senator questions about the Senate or any other concerning issues. Senator Aquino gave informative answers to questions relating the ASEAN Integration, the Papal Visit and the 2016 Presidential Elections before ending the session with a picture with the students.

After the sit down, the students were led to the session hall to witness a brief moment of the Senate Session, which was also attended by other schools, namely the Philippine Christian School of Tomorrow, Roots of Learning, and Silliman University. The session was also attended by the members of the National Assembly of the Republic of North Korea, led by President Choi Kyung-Suk of the Korea-Philippines International Parliamentary Friendship Association, as well as the Korean Ambassador to the Philippines, Mr. Hyuk Lee, who were thanked for the generous efforts of the Republic of Korea in the development of the Philippines and the rehabilitation of the Typhoon Yolanda victims.

The students were only able to listen to the privilege speech of Hon. Senator Loren Legarda, who celebrated her 55th birthday that day. She spoke about the existing environmental laws in the Philippines and enumerated examples of how she has implemented each one of them, and encouraged the members of the Senate, the students and other people present in the session to do the same.

By row, the students left the session hall and were led to the Senate Museum, wherein painted portraits of past Senate Presidents and photos of past Senators were displayed, as well as valuable and priceless documents and items important to the history of the Senate. Gifts from other countries given to the senators were also displayed in numerous glass casings and shelves.

A number of students said they enjoyed the trip. Alyanna Coleen Silang of 2B1 said, “The highlight of the trip for me was the interview with Senator Bam Aquino, although the time was too short and he was only able to entertain 3 questions, one will have an idea on what he knows and what his intentions are based on his answers. It just implies that he really has a vision through taking small steps that will contribute to nation-building.” Nicole Almoite of 2A1 shared her own sentiments by saying, “The senate trip was beyond seeing the history of our government. It was also an eye-opener to us students that we could be part of the so-called politician life too just by being aware citizens.”

It’s not everyday that students get an inside look on how the Senate operates, especially without the controversial headlines and the hateful social media posts. This 4-hour field trip was only a glimpse of the inner workings of this legislative body. Truly, a visit to the Senate of the Philippines is an opportunity not to be missed. Hopefully, this has inspired students to be more aware of local and global political issues, and spread this awareness towards others for a more informed society.

The Assumption Student Council
General Elections 2015
By MARGARITA NICOLE S. PANTALEON

It’s almost the end of another school year and this signals the mark of electing a new set of officers, be it in your own respective organizations or the officers for the whole college. The school is lined up with a whole lot of hopeful leaders that are willing and ready to offer their services for the benefit of the students and the school.

To decide to run for a position in the Assumption Student Council is a big step for a student to be a part of a legacy. The council not only provides guidance for the students but also the enjoyment that college life brings. These women that have decided to take part in the council proved themselves worthy that they have the capacity and the heart to be of service to their fellow Assumptionists. Studio, AC Times, AIMMS, ACBS and ACAO are among the few student organizations that are holding openings for different positions for their new set of officers.

The list of aspiring women leaders who will officially take part in the Assumption Student Council 2015 are as follows:

President: Lauren A. Chavez
Internal Vice-President: Camille Antoniette N. Barretto
External Vice-President: Nicole Anne Louise M. Almoite
Organizational Vice-President: Charlene Marie U. Erfe
Information Committee Head: Justine Elaine E. Arguelles
Legal Committee Head: Ma. Samantha Jaboli
Finance Committee Head: Ma. Samantha Jaboli
4th year Level Representative: Vania F.
3rd year Level Representative: Coleen Silang
2nd year Level Representative: Krisha Marie S. Pabalain
1st year Level Representative: Mariane Angeli T. Falcis
2nd year Level Representative: Shane Marie C. Joaquin
3rd year Level Representative: Andrea L. Cura
4th year Level Representative: Abstain
4th year MSIL Representative: Jovielle Andrei L. Gara
3rd year MSIL Representative: Amandi Lina B. Angon
2nd year MSIL Representative: Angee Yolanda C. Case
1st year MSIL Representative: Chanelle Helena S. Monzon
3rd year MSIL Representative: Pierre Nicole Patriarca

Congratulations to the newly elected officers of the Assumption Student Council!
Assumption College Dormitory: Fully Upgraded!

By COLEEN ANNA NATALIA C. RODRIGUEZ

The Assumption College Dormitory (AC Dormitory) started in 1958, making it suitable and convenient for student boarders who live far away from the school to study in Assumption. The rules and the environment of the dorms were made conducive for learning. In present day, there are a total of 143 residents who are living in the dormitory, 16 from the Basic Education Division and 127 from the Higher Education Division, including 20 professors and other staff members. Ms. Maria Rita Cecilia Lerma Santos, the Dorm Directress, takes care of the lives of these 163 people, as she is the keeper of the house. She started working in the year 2006 and witnessed the improvements made in the dorm. In the year 2006, boarders paid 10,000 pesos a month, but dorm fees have increased up to 11,800 pesos a month as of 2014. As the fees increase, the dorm makes it a point to meet all of the expectations from the said price. From the year 2000, the dorm had evidently pulled its standards up and upgraded the place to be able to meet the student’s needs. These upgrades include the flooring and the walls as what Mrs. Cheryl Ann C. Rodriguez (a former dormer in the AC Dormitory in 1985) said, I remember how the wooden floors were neatly polished and cleaned everyday that you wouldn’t even want to litter yourself out of guilt, last week I was surprised to see the floors tiled.” From wooden floors and wooden walls, the dorm Directress changed the flooring into tiles and the walls with gypsum board to prevent fire. “This change, I believe, is very necessary. We wouldn’t want accidents like fire risk the lives of the students in their stay here at the dorm. As much as possible I make sure to provide safety measures to keep them safe.” She also mentioned the accident that occurred nearly two years ago ‘A student brought an electric fan and accidentally, the curtain was absorbed by the air and a fire blasted from the fan making the curtains, which are burning, to fall into the bed, which burnt it too. Luckily, the backup of the dorm took action immediately and thankfully no one got hurt and the fire didn’t spread no longer.”

Major alterations were also made in all of the three wings of the dormitory. Some walls were taken down to add more rooms. Double deck beds were also added for lower rates compared to the exclusive air-conditioned bedrooms. Since 2000, there have been five new bathrooms, four new bedrooms, a college lounge with a complete kitchen set, three inverter refrigerators, and additional four air-conditioners. The dorm, which has free Wi-Fi and provides study areas, such as Internet-accessible computer rooms and long tables where group studying can be done. During Wednesdays, the dorm directress allows the students to call for food delivery, as they are not able to go outside for any other day for health purposes. CCTV cameras are also on the watch all day, securing all the hallways, entrances and exits. Heaters were installed individually in each cubic for convenience. Everyday the in-house janitresses clean the rooms as well as the hallways and bathrooms. Cabins were also moved inside the room, also for convenience. An in-house laundry is also available for post paid, picking and delivering neat and pressed clothes every morning on Mondays.

These changes also help them gain boarders rapidly every semester. This is also the reason why a lot of parents want their children in the AC Dormitory. It is safe, the environment is conducive for learning, there is a stay in nurse and the dormitory is located inside the school for an easier, safer and hassle-free trip to the class. Ms. Santos also quoted “Yes, you can say that the dorm is fully upgraded but that does not mean we will stop here, but rather I will do everything I can to add more services any and more convenience.” With these improvements, dormers found themselves staying at the dormitory for years and more are trying to acquire AC Dorm slots.

CONTINUED ON PAGE 13
CAMPUS NEWS

RADIATE: The AC College Night 2015
By MA. CHARMAINGE BANZUELO

You know what they say about a party, if it’s messy, it must be fun! RADIATE, this year’s college night of Assumption College, was probably and literally one of the messiest gathering there is, but in a good way. The play of colors and music, black lights and dancing sparked exhilaration and bliss. The stains of Holi powders - in different vivid colors - on everyone’s white shirt painted a psychedelic memory of an unforgettable night. It happened last February 7, 2015 at the Metrotent, Ortigas and hosted by the Assumption Student Council (ASC), it definitely became the brightest color festival in the Metro.

The celebration began with the school’s first ever all-male inter-crew dance competition where talented boys from various universities and from all walks of life stepped up their game to give the screaming girls a good show. The competing dance groups were Clashers from Technological Institute of the Philippines, Red Spot Crew from De La Salle Lipa, O.U.T. (One Unbreakable Team), Conglomerates and Next Ep. While waiting for the result, The Assumption Dance Company gave sizzling hot performances with their mini dance concert and the AC’s very own Dynamic Somatic Motion made a surprising impression. And of course, Legit Status killed it with their undoubtedly awesome routine. After a grueling decision-making from the judges, Conglomerates emerged as the champion.

As if the dancing on the first part was not enough to heighten the spirits, everybody stayed until after midnight to rave. The highlight of the night was the live DJ sets of Brandon Jon, Marc Marasigan and Callum David. This is when everybody started really jumping up and down with water guns loaded and light sticks held up high. Before 12 midnight, the people started throwing holi powders and the whole tent suddenly lit up. Five lucky Assumptionists were even made happier by winning passes to Summer Siren Festival from one of its sponsors, Travel Factor.

RADIATE, however, was not just done for merry-making. ASC partnered with a non-government organization this year, Sulong Pilipinas Patungo sa Kaunlaran as part of its fulfillment of social responsibility. Part of the proceeds was given to Sulong Pilipinas for the fulfillment and implementation of their many programs like scholarships, livelihood programs, medications for hydrocephalus patients and support to different sectors of the society. On that same night, representatives of Sulong Pilipinas headed by Mr. Erick Abad, accepted P20,000.00 cash from the Assumption Student Council and was handed over by its moderator, Ms. Marita Adams with the External Vice President and the Project Head of Radiate, Ma. Charmainge Banzuelo. It definitely marked the seal of the partnership that will continue for the next years to come.

Definitely, the party was able to radiate positive vibes to the almost a thousand crowd, leaving everyone with obvious marks that will stay with them always.

A Week of “COMM-SCIOUSNESS”:
Celebrating Communication Week 2015
By PATRICIA MELIZA

What better way to end the year than to celebrate? Last March 2 – 6, all the Communication students engaged themselves in activities organized by the Young Communication Professionals of the Assumption (YCPA) for the Communication Week 2015.

Notable people such as Jing Magsaysay of 9 News Media Corp., Malou Betco of Publicis, and Cheche Lazaro of ABS-CBN were invited as a guest speaker for the series of talks during the Communication week. These prominent people shared significant experiences from their respective fields, whether it may be in the field of Advertising, or even in the Broadcasting industry. The growth of social media was also one of the highlights during the talks, not to mention how it greatly affects the generation today.

Meanwhile, Coffee Bean was a sponsor of the event and during one of the talks, they gave out free coffee for everyone. Other freebies were also given by the YCPA.

Besides learning from the best and receiving all the free giveaways, there was a lunch/concert called the “COMM-EAT” last March 5. Voices of the Day 1 of Comm Week 2015: A talk with Mr. Jing Mmagsaysay of 9 News Media Photo Source: Bianca Angco

CONTINUED ON PAGE 5
CAMPUS NEWS | Story continued from Page 4
See “A Week of “COMM-SCIOUSNESS”: Celebrating Communication Week 2015” by Patricia Melliza

Assumption, Fifth Solomon, Leanne Mamonong and Naara Aceuoz from the Theater Arts serenaded the communication students as they enjoyed their meals. A dance number was also part of the program, giving way to TADC and one of the movement classes, which performed as well. As the concert finally comes to an end, many students started to get up from their seats and danced to the music performed by Freestyle.

It was definitely a week of simply enjoying as a community of young communicators, and a week of being conscious of the ever-changing environment.

CAMPUS NEWS | Story continued from Page 11
See “7 Simple Tips on how to ace your Internship” by Marinella Letun

If, however, he or she is not treating you with kindness and respect, just continue to treat him with kindness and respect - even if he or she does not deserve it. Your efforts will not be put into waste. Sooner or later, you will reap what you have sown. It may not be through his or her treatment towards you, but it may be channeled in someplace else or through other means, and it will all be worth it.

5. Always make your school proud.

Remember that during your internship, you are not just representing yourself, but you are there to represent the Assumption College name. Whatever you do, your school’s name and pride will be associated with you and with what you do. Do everything with passion and excellence!

6. Always s-m-i-l-e-!

Having a bad day at work? Had a bad wakeup call? Late for work? Bad hair day? Hating the weather? Rough commute? Or are you simply not in the mood to smile? I know it’s not easy. We definitely cannot control 90% of what is happening in our life, but we sure can control the 10%. Choosing to be grateful for the little things or looking at the bright side of life will help us get rid of the bad vibes. It will make us feel lighter, and it will help us work with a great attitude. It will be a lot easier to smile without all that heaviness in your heart. Choosing to be grateful and to smile will echo into your actions - resulting to a better day. And maybe, you could lighten up somebody else’s day just because of your smile.

7. Be yourself and enjoy!

Lastly, be yourself and enjoy!

was not the best burger I’ve tasted. Although the size was extremely overwhelming, the taste on the other hand wasn’t as satisfying as it’s presentation. But overall, it was a very rewarding experience.

We even had leftovers and brought them home!

The Verdict

Dining at Silantro is really good value for your money. For P600 pesos, you and a group of 4 can split those 3 meals evenly and still feel like you’re in a food coma after. Parking is very limited but they have security guards that willingly help you.

Trust me, your Silantro experience is guaranteed to change your life.

FEATURES | Story continued from Page 17
See “Food Review: Silantro” by Catherine Mabini
Many people create a list of a New Year’s resolution which is a way to start forming new habits to improve ourselves. But in the end, majority fail to do it. According to Maxwell Maltz’s self-help book, Psycho Cybernetics it takes twenty one days to form a habit. The truth is that the success of a resolution is really about habit, and there is not much point in “resolving” to change a habit. Have you to know how to physically change it. And that’s where we all struggle. Because we are creatures of (bad) habit.

For teenagers of our generation, most of us were asked by our parents to write New Year’s resolution. And most probably it has something to do about spending too much time online. And in relation to that, it has been a wake-up call for us since President Noynoy Aquino challenged the youth in his speech for the Youth Summit last December 2014. “Kung puro page-selfie at papapalakasan ng town ‘a Clash of Clans’ naman ang aatupagin, siyempre talagang mage-game over ang mga pangarap natin,” Aquino said.

Technology is changing the world we live in so radically, and in ways that are so difficult to anticipate, that it’s easy to run after the next big thing, only to arrive out of breath and disappointed that it affects our lives.

Forming habits can be tough. Habits are something that are deeply ingrained in our behavior, which is why quitting a bad habit is so hard. Similarly, starting up a good habit is going to take a lot of work and conditioning before it becomes something automatic. If you try to take on too much at once, you are probably setting yourself up for failure. So focus on just one good habit for now—even if it’s a small one—and move on to the others later.

It pays to start early and form a small habit now. Since our teenage years can be crucial since it plays a big factor in the latter years of our life. If only teenagers could be more aware of what is happening around us and have an initiative to do something about it. Not just by liking a photo but going out in the real world and involving ourselves in the community. Change starts with YOU. Be the change you want to see in the world. For in the future we will become the next leaders in our country. And it is a challenge for each one of us to start involving ourselves with what is happening to the society and forming a habit for our own future.

Editorial by LARISA ACOP

It’s not just a Habit

Recently, I’ve been impulsively spending my funds on food, and things that I didn’t necessarily need. Ever since the series of college events began, and all these “food cons” and bazaars set up their own booths at the Atrium, the pesos inside my wallet began to gradually disappear. I realized how upsetting this is, and perhaps, every college student feels the same way.

All of us have our own moments of being in-control of ourselves; yet, there are also moments when we would be lured by the mouth-watering food right in front of our eyes. However, this may, in fact, not be the only time when we are allowing ourselves to be drawn by the habit of impulsiveness. For instance, how many times have you been tempted to cut class since you were “too lazy” to go back to school after being in Glorietta? Or, how many times have you chosen to scroll through your lengthy news feed instead of finishing your lengthy work?

Even amongst the realm of our corrupted politicians, the simple habit of impulsiveness happens. Just imagine the number of times that our politicians were tempted to corrupt society’s money. If we hate them doing this to us, why do we also do it to ourselves in our own little ways?

It’s so easy to submit ourselves to the impulse that’s taking in control of our minds. We may think that this habit can be very superficial, but in reality, this may greatly affect our lives in the long run. A habit of buying a lot of unnecessary things, may lead to excessive credit card debts in the near future. A habit of excessively wasting all your cuts for those lazy days, may lead you with no cuts left when time would come and you would genuinely need one. It’s always crucial to take time to think, and to not easily make decisions without thinking of its consequences.

Yes, I am aware that it has already been a few months away from New Year’s eve, and frankly, all the “New Year’s resolution” hype might have been over. Yet, there is never an expiration date on when you can start changing. You can start today.

Illustration by ANASTASJA VARGAS

CONTINUED ON PAGE 7
What if one day, someone finally creates a machine that would be able to take you back to the past or push you further into the future? Would you take a ride, take a risk, and reminisce in the world of memories or peek into the world of the unknown? Time machines. What is it with humans and time? Why do we keep asking for it to slow down? And in the rarest moments, why do we want it to stop? Why is time never on our side?

Marty McFly went to the year 2015 once with the use of Doc Emmett Brown’s flying DeLorean time machine. The 1980s were hoping to see in their near future. We have seen some of the innovations mentioned in the movie that take over our world such as video calls and flat screen TVs but we still have a long way to see cars hovering above our heads. Nevertheless, every second, someone in this world thinks of a new idea or a new concept that might shake the world.

Last year, Apple released the iPhone 6. This year, Samsung will release the Galaxy S6. And year after year, these companies will keep giving you new smartphone make-overs, adjusting their screen size, adding infinite features to make them more functional, improving every little thing they could just to make these seemingly small material things hold a person’s whole life. These tech companies keep trying to improve for the sake of making our lives a little easier (that or they might just really be doing it for the money) they think they are successful in doing so. But why don’t we do what they do? Why don’t we reinvent ourselves once in a while?

Whenever created New Year’s Eve must be laughing out loud somewhere in heaven. Here is a time when most of us think back on what had happened in the last year and what we promise to do better in the coming year. It’s the same thing over and over again. So on the last minute, 11:59 PM, of December 31, 2014, what was on your mind? I think it is safe to say that the majority of us wished for 2015 to be different.

To be better, to be happier, to be life-changing, to be something more than just ‘another year’? Maybe 2014 was so tough on us that we just kept on praying for miracles to happen since January 1st. It is not wrong to ask for a miracle, to cling onto hope, to wish on a shooting star but as one of the quotes by the famous John Green goes, ‘The world is not a wish-granting factory.’ Deus ex machina does not exist in real life. No one will just suddenly come out of nowhere and fix your seemingly-impossible-to-solve problems for you. And never rely on your smartphone; it is just a device.

Of all the pieces of advice I have heard from the people around me, there is one that always stands out: Take risks. When opportunity knocks on your door, make sure to answer it and welcome it with open arms. Be daring and be bold; do not succumb to fear. And if things go wrong, well at least you tried and at least, you have learned something. So when the time comes and a crazy scientist finally has invented a time machine, you will not want to go back to the past to correct the wrongs but instead realize that the wrongs were actually lessons you needed to learn and the rights and the actual results you took with your head held high.

Time machines... let’s leave that to the fictional plots. We do not need time machines; we do not need blue fairies with their wands and their magic. We need to start living.
THE CINEASTE
Blanca Isabel Anco

Old Habits Die

A Year before the 2016 Elections
By SEPHRA MONTAJES

Do you know what’s coming up this May 9, 2016? I’m here to talk about the event that will take place on that day: the next presidential and vice presidential elections.

For most teenagers, anything related to politics would usually be disregarded. Whether it’s watching movies, talking about it, or bypassing the news, it’s too complicated, political conversations have never been a light conversation topic. Most of the time, talking about it would lead to an endless debate, which is based on one’s individual perception. Before you start talking about it, I want to ask you: do you know that the leaders we have here in the Philippines? Are you aware that as long as you’re a Filipino citizen and not disqualified by the law, you are officially entitled to vote, the right to choose for your own leaders? I bet you do! But then, I also know that the thought of going through registration and voting is considered a hassle for you. If you want to exercise your right to vote (and I highly encourage you to do so!), the Commission on Elections (COMELEC) will open the registration of voters from May 6, 2016 to October 31, 2016.

Instead of having a negative mindset about the elections, I want everyone to think of it as a privilege because we Filipinos are given the right of suffrage. According to Section I, Article V of the 1987 Philippine Constitution, the right to vote may be exercised by all citizens of the Philippines who are at least eighteen years of age, and who shall have resided in the Philippines for at least one year and in the place wherein they propose to vote for at least six months immediately preceding the election. Every citizen, property, or other substantive requirement shall be imposed on the exercise of suffrage.

Assumptionists should be good examples by being honest voters. You must be aware of likely practices and irregularities that often happen in the Philippine setting during elections, such as bribery, intimidation, and various forms of cheating, particularly:

• Registering in several names and/or several precincts
• Voting twice or voting for several candidates
• Voting in the name of other persons/dead persons or relatives
• Threat to supporters, voters, and members of election inspectors
• Lanzadera/ballet-switching and ballot box snatching
• Marking ballots and other election documents to make it invalid
• Baggage bags during counting and canvassing

Voters must also consider the background of the candidates, such as doing a little research about them. If you know who you are voting for, it would be easier for you to weigh your options more carefully. You should not just go for who seems “nice” or who had the most creativity in campaigning (i.e., those who are endorsed by celebrities, those who have the catchiest jingles, etc.).

Even if you repeatedly hear this, I want to emphasize that as a youth, your vote counts and it deeply matters. Go for the candidates who are different; the ones who you think are capable of changing the Philippines for the better. The people you vote for will define and represent the country for the next six years. Choose your leaders wisely.
FEATURES

We are a publication that strives to uphold the truth through professional and dedicated journalism. In doing so, we are guided by the values integral to our Assumption education, our training, and sisterhood.

WRITERS

Mariela Marden Santiago
Margarita Nicole Pantaleon
Larisa Felice Acop
Ma. Charmainge Banzuelo
Patricia Melliza
Eunice Anika Madrinan
Anna Morales
Judith Basco
Marianne Falcis
Katrina Alyssa Torrefranca

CONTRIBUTORS

Karen Conducto
Portia Luzande
Laura Yupangco Nakpil
Bei Montenegro

Email: actimes2014@gmail.com
Facebook: AssumptionCollegeTimes
Twitter & Instagram: @AC_Times

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NEW YEAR’S RESOLUTION

By DANELLA ALVAREZ

How every student will “break free” from college

The day of defense...
...I should be stronger than
I did before...

During thesis writing...

Thesis... The part when I say
I don’t want it...

After thesis defense...

Thesis... The part when
I break free cause...

During graduation...

I can’t resist it
no more!!!

Comics by ANASTASJA VARGAS
Real world. They always tell us to prepare for it. It means, seriously? As if where we live in now is only a mock-up. If this is not yet it, then why does the crunching over our thesis, paper works, video productions and marketing campaigns while juggling our extra-curricular activities so hard? The struggle is definitely real! So... real world? This is still not you? Tell me more about it, please!

Senior year goes by so fast that we may not even realize when it is already done. Graduation day may be all exciting and super fulfilling, and it may be the perfect time to have our selfies with our togas and snapchat of everybody having fun. But whatever your friends? When you wake up, the next day is the real struggle, or break you.

Remember that you are the Struggle of Living in the Real World is Real

By MA. CHARMAINGE BANZUELO

asked pieces of advice from two successful Assumption alumnae batch 2014, Ms. Danielle Grace Salcedo or Ate Dane, a former Human Resource major, ASC president 2013-2-14 and now an accomplished Treasury Sales Associate at Metrobank Card Corporation, and Ms. Karen Toyoshima or Ate Karen, a former Theater Arts student and now a full-pledged actress, DJ and Music Producer, known as the “bless” in the duo Curse and Bless.

1. Remember that you are a fresh graduate.

Fresh means raw and new. Therefore, being a fresh graduate means you are also raw and new in the real world. Ate Dane suggests that we should not expect to get an officer level job immediately and to get high compensation at once. We actually have no working experience and our OJT experiences do not really count according to her so being choosy is a no-no! Be sure to always put your best foot forward, be willing to start at the bottom, and present yourself in a way that you can be easily trained.

2. Confidence = Comfort = Good Appearance

“Your value IS NOT in how you look, but looking your best does make a big difference in how you feel and how you present yourself to others,” says Ate Dane. True enough, our confidence level will surely increase when we know that we look good. In a corporate setting, Ate Dane suggests that corporate attire should fit us really well, make-up should be light and we should also wear the right kind of heels so that it will not appear big ganda. On the other hand, in a more creative and artistic setting, just like in Ate Karen’s realm, wearing more hip and stylish clothes is a plus. In her talk during last year’s College Week with Mr. Jared Celemin about Electronic Dance Music (EDM), I can still remember how they explained that in rave parties, the outfit of the people can really get crazy at times because it becomes a sort of self-expression. So when you decide to take on the same route, remember to wear what you feel like wearing as long as, and the most important of it all, you are comfortable in it.

3. Social Media can make or break you.

Social media has already become part of our daily lives that we update our accounts almost every hour. Modern-day diary? It could be. But it is time to realize that a change in behavior relative to social media should already be in order. Your accounts would say a LOT about you. Today, Ate Dane affirmed that most of the companies usually include checking their potential employee’s social account in the background investigation, so unless you want your future employers to divulge into your personal life, you may want to save that hate tweet for your call with your best friend later! Watch the pictures and statuses you post because it may bounce back at you. On the other hand, if your future career is more like Ate Karen’s, then being really active in social media is the way to go! Posting about your gigs and blogging about your experiences can help you raise your following. Also, people may see that you are reachable and devoted, hence even possible talent agencies, event or party organizers, and the media will want to get in touch with you.

4. Stand out and step up.

Update your resume (use a decent photo or no photo at all), include all your achievements and skills, and upload it on Jobstreet or e-mail it to different companies. It is better if you already have a target company but it is always safe to go for all your options because imagine, thousands of college students are graduating each year! New college graduates are competing with seasoned veterans for job openings. Ask yourself how can you break through the chaos of applicants and make a positive and lasting first impression. Ate Dane urges that for starters, do research on the company before your initial interview. Be prepared to ask informed questions about the organization - “di lang ikaw dapat yung tatanungan. At the end of each interviews, the recruiter will ask, “so do you have any more questions?” It is important to ask questions. When you ask, it does not mean you do not have any knowledge on the company nor the job, but it actually shows your humility, eagerness and interest. Develop your communication skills because it is an important quality associated with professionalism.

5. Know your passion and discover your niche/s.

Is it writing? Then writing what? Poetry, screenplay or news? You really have to be specific in what you think you can do best because as related to advice number 4, knowing your edge makes you unique and more admirable in the cut-throat competition. Being jack-of-all-trades is one thing but being a master of one is another. An exception to the rule however is that unless you are really good at all of it then you do not have to settle for just one line of work, just like Ate Karen who manages to be an actress by day and a DJ by night. When you are passionate about something or at many things, work hard for it because it only can lead you yourself to greater heights.

6. No free cuts. Everyday is exam day.

Definitely, there are no free cuts. Everyday at work is crucial. It also applies if you are not in a corporate setting. Every shoot, every social events are unacceptable. Remember how we use the line ‘The show must go on?’ The show must go on whatever your excuses may be. There will be times that even if you are sick, you really need to be there so the only thing that you can do is to make sure that you are healthy. Also, in the workplace, everyday is exam day. The sad truth is, there will be no free periods aside from coffee and lunch breaks so you always have to
7 Simple Tips on how to ace your Internship

By MARINELLA LETUN

In just a few months, junior students will be having a taste of what life is like in the real world. They will be taking learning into another level – learning that is not bound by the pages of their textbooks and the four walls of their classroom.

I asked Sonia Mansukhani, a 4th year Advertising student in Assumption College and VCDA's President, about her experiences during her on-the-job-training (OJT). Along with that, I asked her to give some advices for those who will be having their practicum this summer. Here are a few tips on how to have fun and to maximize your 200-hour internship program with your desired company:

1. Make sure your resume is complete with all the information needed.

Your resume is like an appetizer in a full meal course. It sets as a taste or a glimpse of what awaits in the following meals. So make sure that every ingredient you need in that appetizer is complete. Don't worry about the length of your resume. As long as you have inserted every important piece of information in your life and you've accompanied it with a good first impression in the interview, then that would be fine. Remember that a simple appetizer can be a good set off to a full meal course journey, so don't lose hope.

2. Identify where you are good at and where you want to go.

Maybe some of you are still not sure where you want to work in the future - in what field or which industry. Here's a tip: Identify your passion. What do you want to do? What would you do for free just to be doing it? What is it that you do that you gives you joy and a sense of fulfillment?

If you still can't identify what your passion is, then identify what your talent is? What is it about what you do that you, PRAY.


"Don't show how much you know; show how much you want to learn."

In a job interview or during your internship proper, you have to practice humility. I repeat, humility - not humble bragging or false humility, but h-u-m-i-t-y. First, you have to let go of your pride. If your boss does not like what you did or is not satisfied with your performance, or if you committed a mistake, be open. Accept it. Use it as a stepping stone to make yourself better. In the end, those corrections and constructions are not meant for the betterment of your boss or for the people around you, but for your own betterment. Love corrections; be wise.

4. Respect those who are placed above you.

In the real world, we cannot pick our bosses. If you were placed under him or her, you have to adjust according to his or her terms. Do not act as if you are more intellectual or more experienced than your boss. Remember that he or she is more experienced than your boss and he or she has been in that industry far longer than you have been, and he or she is more experienced than you are. Respect, and in return, you will be respected. It is something that you earn.

CONTINUED ON PAGE 5
A message from AC’s Magna Cum laude: Charmaine Banzuelo’s graduation speech 2015

By MA. CHARMAINE BANZUELO

Sr. Anna Carmela Pesongco, our President and College Dean, members of the Administrative team, Ms. Luli Heras-de Leon, our guest of honor, our dear parents, faculty and staff, fellow graduates and friends, good evening!

If there is one take-away lesson in all my Media Production classes that I will bring with me when I come face to face with the bigger world, that would be the power and importance of STORY.

Donald Miller, an American author and Christian spirituality public speaker said, “If you have a beautiful story, it has to have conflict. If you don’t have conflict, it can’t be a good story.” It reminds us that life is nowhere near perfect, that challenges and struggles are part of life and oftentimes if we allow them, they can draw out the best in us!

Our Mother Foundress, St. Marie Eugenie definitely had a rich story. At a very young age, she already experienced so many losses - fortune and family. Her father lost all his money and their estate, her parents separated, her mother died of cholera when she was only 15, and she lived alone. She had her own failures but was able to rise above all these, used all her life lessons to mature, chose a vocation greater than herself, founded the Assumption family when she was only 21 that until today, we can claim that we are what we are because of her vision of transformative education.

Just like her, we all have a unique STORY to tell. My own story started when I was 14, when I realized that I can never get everything I want and the sense of loneliness, of being incomplete will always be there. I learned from experience that I can use my pains to lead me to fulfill my passion for telling stories so that people who face the same challenges and pains may be encouraged and find hope to move on...

From the start, I did not intend to study here. It was like an impulsive decision I made. But today, I can claim that I never regret my stay because I have seen and witnessed stories of transformations unfolding before my very eyes! I know how some of my friends struggled to fit in as they learned to adjust to a new environment: from a co-ed high school to an all girls’ college! I even have a friend here, sitting in front of me right now, who experienced so much difficulty adjusting especially on her first year. During her high school, she was bullied and she did not know how to fit in. But just like what the priest presided said during the Baccalaureate mass earlier, just like Jesus Christ, we don’t really have to fit in, we have to stand up and stand out. Now, she is my co-awardee for the Mother Maria Esperanza Award, Christine Trinidad, a leader and an inspiration to all of us, just like her, little by little, our fears and apprehensions dropped as we learned to enter into our school community which has become our second home.

Our batch motto: LEAD, Leading by Excellence, Action through Discipleship challenges us. How can we use our stories to lead? Our personal stories and journeys here in Assumption will guide us. Our four years have indeed transformed us to become better persons, equipped with knowledge, values and skills that we will bring with us as we journey on through life… The three pillars of Assumption education which immersed us to aim for academic excellence for service, the formation in faith and spirituality and social responsibility will give us the inner structures from where we can draw our strength from as we make choices and decisions that will shape our lives.

We carry with us our Assumption story that molded us into becoming leaders, designers of our future and the generations after us…

Our stint in Assumption may be short but it is one of the many defining moments that we can call back. We will have right now, we believe in exciting endings as we allow our stories to unfold! We just have to remind each other that the power to decide is in our hands...

Who will you become in your story? Let us add some spice as we go the extra mile. We can all be superwomen… as we allow our faith to enable us to soar high! We can be Carrie or Katniss Everdeen. We can also be Merida in Brave or Vianne in Chocolat!

With our Assumption education, we are more equipped to fight our own battles for self-respect, for justice, for peace! Above all, we can lead! In our life stories, we can be whoever we want to be and since our batch was the first to have MMEI as part of our formation, we shall recall St. Marie Eugenie’s reminder: “Our life must be a constant YES to God”, and align our plans with His plans who knows what is best for each one of us.

As we include the many characters in our stories, the characters are the very people sitting beside you right now, those around us, those who will help and will help us, we can gain a clearer picture of our life direction, find the perfect resolution, and in no time, our stories will become box-office hits and inspire the whole world.

Thank you, Assumption College. Thank you to all the mentors, faculty, staff, TDEVS, who made our stay here worthwhile. Thank you to each and every one of you, my fellow graduates. I am sure that we will always have a place for each other in our hearts. Our parents, to whom we owe everything, thank you. We will surely miss our school community, we will miss each other but we shall move on…

Our stories will continue to unfold as we explore more opportunities and make a difference out there. We live and breathe for the stories we are told and we tell. Every single day we meet people who we share stories with, may it be a simple chit-chat over our favorite iced coffee or kwek-kwek when there are food concessionaires, a random sweet “hi” or “hello” from Kuya Marvin and Ate Baby, or a stressful rant with our friends in the Student Lounge while typing a paper that is due an hour later, or an emergency prayer asking for the Lord to make the rendering of the video in Adobe Premiere a little bit faster.

Nonetheless, these stories, our stories, keep us alive. Thank you for being part of our stories! We shall move on… Most of all - We shall be the story that we want the world to hear: women leaders who are women of faith.

CONTINUED ON PAGE 13
"We were really close to seeing the Pope because the stage was in front in the side left of our position." 

On seeing the Pope in person and listening to his moving messages for the youth, Hernandez said, “He was just smiling the whole time and very compassionate, especially to the boy and girl [that] bravely shared their past. He enlightened everyone.” For Pablán, she said, “When we saw Pope Francis, we were amazed. His smile was just smiling the whole time. When he saw us, he just said ‘God loves us first. God awaits us to surprise us. Let us allow ourselves to be loved by Him. [...]. God is a God of surprise because He loved us first. God awaits us to surprise us. Let us allow ourselves to be surprised by God. Let us not have a computer psychology that makes us think we know it all. The challenge of love. God reveals himself through surprises.”

The Philippines, being a predominant Catholic state with 81% of its population belonging to this religion, has shown influence all over the world. With its variety of celebrations like fiestas and processions in honor of saints, it has been known that even if everyone had to get by their faith, their love, and their hope.

In relation to Catholicism, here is a man who not only shares hope to the people, but also shares a new way of living for everyone; a man who chose to accept every type of belief instead of judging them, a man of pure and sincere words of honesty, and a man that gave a new light for each of us to follow. This man has taken the word interaction into a new and different meaning that has been more personal for all those who believe in him. On March 13, 2013, at the age of 76, Jorge Bergoglio was named as the 266th pope of the Roman Catholic Church with a name that he took after St. Francis of Assisi of Italy; he is now named as the 266th pope of the Roman Catholic Church with a name.

The moment came wherein we got to finally see the Pope up close and right in front of our eyes. In that moment, different emotions were felt and shared the whole place. Some cried, some smiled, some ran towards the center, and some just stayed in their place but continue to feel the strong presence of Pope Francis. This is how people reacted, differently but all were blossoming there and being able to witness this great moment in history, everything about this humanity, and even Christianity has been restored and I can truly say that it was one of the most glorious experiences any person could live by.
8 Tips to Remember to Score that Dream Job

By EUNICE ANIKA A. MADRINAN

As graduating students, we will soon be getting into several job interviews before we finally decide on our first job. Here are a few tips to remember that I have gathered from my professors, parents and based from my own experience. I hope these tips will still be there as you have them to be.

1. Your resume should be 1 page at the minimum and 2 pages at the maximum.

Your CV or resume is usually the first impression of the employer about you. Make sure you have all the right information. Remove unnecessary experiences that do not really add value. At the first glance of your resume, the goal of Assumptionists have been quite some effort to capture this year’s job fair, and it takes companies out there besides internship might not yet be the recent Job Fair 2015, but your guide to an internship-hunting journey!

2. Become beauty and substance

More than dressing appropriately for an interview, it is also as important to dress comfortably. No matter how good you look in those 5-inch heels and fitted high-waist pants, your discomfort will most probably show through when you are answering the questions of the employer. If you are comfortable with what you are wearing, you will also feel more confident and enthusiastic during your interview. You will be able to listen intently to the questions of the interviewer, and answer them properly while making eye contact. This interviewer will see that you are paying attention to him or her, not on your unsettling strapless bra that you keep pulling up throughout the interview. Besides dressing the part, do not also leave your brain behind. Review your achievements and experiences and recognize your capacity to do these things. Your chances are your employer will ask about them down to the minute details. Sometimes you think these things are just at the back of your mind, but they are actually back at home—under the dusty pile of your notebooks, or inside one of the many folders scattered on your computer desktop.

3. A little punctuality never hurt anybody.

It is already a given that you must be on time on your interview. If possible, be at least 15 - 30 minutes early. This does not only show a good impression, but it also gives you enough preparation for any last minute mishaps. Imagine getting to your interview on time because you were frantically running to the venue. You are, in front of your employer—disoriented, sweaty, and all over the place. That is not really a good sight to look at. There are simply no excuses for being late on your interview (although honestly employers can easily get away with being late). When you have already been hired at your job (and I hope this is everyone’s goal), the easiest impression to have is “that girl who is always early.” You can be that girl who is always 30 minutes early for 2 hours of the interview. After maybe you can give yourself a break and just be 15 minutes early. Kids, Categories, and your punctuality.

4. You cannot expect to sell anything if you cannot sell yourself.

Even if you are not necessarily going into business or advertising, you must know how to market yourself. In job interviews, I believe that you always try to sell an idea to a client or boss. There must be no room for doubts. That boss, employer, or client will sense your doubts, and will simply not be convinced with what you are saying. Of course, we cannot always be right, no matter how convincing we can be. We are all bound to fail, but what matters is our failures should not decrease our value, but more of the complete opposite. Failures should only teach us to make wiser decisions, which can hone us to become better individuals. So, start giving yourself that pep talk. No matter how ridiculous it may be talking to yourself in front of the mirror, you will need to build that firm conviction and unwavering confidence once you get into the real world.

5. Do not oversell yourself.

Yes, I also notice that this may appear to be contradictory to my previous point. However, this is completely different because this explains how you will not overexpose yourself. If you have already been hired at your job, you will realize how there is a thin line between being confident and self-absorbed. There is always a humble way of answering the job questions and experiences. It may entail stating how you have faltered but continued to persevere. It can also be sharing how you have gained a lot of learning and insights from them. Employers can sense if you are exaggerating the extent of your achievements. Do not lie or dramatize scenarios in your life. Bottom line is, just be real. I said so many things, and I ended up just saying one of the most cliché sayings in this planet, which is just be yourself. I cannot deny that it is true. Let your personality and companies that may give you a high pay check, but there is no assurance for career growth. You may have a rich bank account, as a poor growth and future. It is fortunate if you could find a company that guarantees you growth as well as high salary. However, when it boils down to make a decision between the two, it is advisable to go for the best training or experience. As young as we are, we need to get as much experiences as we can in order to build our resume so that we will eventually become deserving of checking the things we have been long to brag on our wish list.

6. Look for the best experience, not the highest paying salary.

This is difficult to grasp for soon-to-be fresh graduates. We are all hungry for that first pay check when we finally get paid for our hard work. Then again, it is not just all about the money (my second cliché statement). In gaining the best experience that would contribute to your overall growth. There are some companies that may give you a high pay check, but there is no assurance for career growth. You may have a rich bank account, but a poor growth and future. It is fortunate if you could find a company that guarantees you growth as well as high salary. However, when it boils down to make a decision between the two, it is advisable to go for the best training or experience. As young as we are, we need to get as much experiences as we can in order to build our resume so that we will eventually become deserving of checking the things we have been long to brag on our wish list.

7. Set long-term goals.

As we keep the four walls of Assumption and get a head start in the real world, we must keep in mind the goals we have set for ourselves. It is easy to get lost in the noise, and be distracted by the material things we will soon be able to afford. Before you know it, you are working at the same job for 10 years with a salary that has only increased 10% from your last pay check. Therefore, we must constantly ask ourselves: “Is this my growth and long-term goal?” It basically keeps us on track in achieving our goals in life. These goals are also reflections of our dreams. Remind yourself constantly why you do what you do. This goal or dream is essential because it will energize you in the morning and motivate you to exert your 100%. Soon, your dreams will only be a few steps ahead of you.

8. Evaluate your self constantly.

Always find ways to improve yourself and your craft. When your skills and qualities are no longer much and praised by many, we can forget to evaluate ourselves. It is wonderful to magnify our strengths, but we must also be humble enough to admit our weaknesses and flaws. Do not wait for that annual evaluation at work. If you think that there is something that must be changed or improved in you, take the initiative already. Evaluating oneself enables us to set our minds on our goals once again. Our constant improvement moves us closer towards our dreams. As we evaluate ourselves, it is easy to always identify how far-reaching our goals are, but we must also be grateful of the paths we have trodden. Do not look at how far we have come, but how far we have already gone. Thus, go enjoy the journey towards your awaited destination!

Your guide to an internship-hunting journey: Get tips from your fellow Ate’s!

By PATRICIA MELLIZA

Last February 20, several companies opened its doors to the Assumptionists during the recent Job Fair 2015, but the fact that your desired job internship might not yet be over. There are still more companies that have been interviewed by those that were present during this year’s job fair, and it takes quite some effort to capture their interest. Several Assumptionists have been interviewed about their on-the-job experiences last summer, and their answers might just save you from your worries and fears. From tips on resume writing to short motivational advices, here are nine top advices that you may need along your job-hunting journey!

WERE YOU NERVOUS DURING YOUR INTERVIEW? IF YES, HOW DID YOU OVERCOME?

“Of course! I pulled it off by wearing a big smile on my face and a very good greeting! I assure you, it works! But then I was never intimidated and I just did my best. The Ate from Rustan Coffee, Starbucks Philippines under Execution and Corporate Communications Department.

“Yes, because it was first time to be interviewed in a super formal setting. I just believed in myself, had a positive attitude, and smiled.” – Nancia Mansukhani, Coca-Cola Philippines

WHAT ARE THE COMMON QUESTIONS THAT WERE ASKED DURING THE JOB INTERVIEW?

“Tell me about yourself? What do you know about the company? What knowledge, talents and skills can you share to the company? What is your edge, why will I hire you? What are your extra-curricular activities and how did it help you as a person? What are your strengths and weaknesses? (Make sure that if you find a way that this could also be your strength) Are you a leader or a follower? What makes you uncomfortable? How do you handle stress and pressure? How do you evaluate success?” – Bianca

“The questions I had during my interviews (not only with Rustan Coffee) are all personal and situational. By situational,
Stupid is Forever: Wit in the Midst of Hysteria

By MARIANNE FALCIS

"Kaisog kag kaalim" is a Hiligaynon phrase that translates into fearless and intelligent, two adjectives that are synonymous to the name Miriam Defensor-Santiago and now her recently-released book "Stupid is Forever." Though this is not the first time the Ilongga senator has authored a book, she still brings the freshness and vibe of a novice writer, and the experience and wisdom of a veteran in her little book published by ABS-CBN Publishing and illustrated by the country’s top young illustrators CJ de Silva-Ong, Marix Alpera, Elbert Dr. Rob Cham and many more.

Politicians aren’t really known for their comic relief especially when people usually associate them with seriousness and boredom. However, the Lady Senator is an exception, as she brings her sense of humor with her wherever she goes may it be in the senate house, forums, parties, universities and colleges, etc. In fact, Stupid is Forever is a “collection of jokes, one-liners, pick-up lines, comebacks, and speeches delivered and/or curated by Senator Miriam Defensor Santiago.” The comical paperback is divided into six sections:

1. Wicked – this chapter is dedicated to her political enemies or villains, as she calls them, but the chapter also contains other jokes regarding politics and other things related to it.

2. Asukal ka, ako ay sago – Corny, cheesy, and sweet. This chapter focuses on MDS's popular pickup lines, witty comebacks, and quick quips about love.

3. Death Threats for Breakfast! – Sarcasm and wit at its finest. The hilarious and fierce intellect gathers here her famous comebacks, insults and excerpts of her interviews, conferences, forums regarding politics, elections and campaign.

4. Out of the Notebook Experience – This chapter centers on the senator’s teaching experience and includes laugh-out-loud gags regarding education and teachers.

5. The Worst Thing about being Married – The iconic senator brings in to light the ironies and stupidities of marriage, divorce, men and women, in this chapter.

6. Miriam on Miriam – Here the senator lets her readers know her more and expresses her thoughts and opinions. Even making fun of herself, she expresses her quirks and her honesty.

At the price of P175.00, the Iron Lady of Asia’s entertaining compilation is exclusively sold at National Bookstore and Power Books. Also, the book can be considered as a good investment, bringing you laughs and smiles while not putting a frown on your wallet. I guarantee, this book contains at least one joke that will surely bring a beam or a grin on your face. You can use the book’s jokes to bring laughter to your friends, to lighten up the mood in awkward situations or to just to relax and distress after a really hard test. Note, to those who will read this comical book, either read and laugh with friends or don’t read in public because the book is bound to make you roll on the floor and laugh, enough for people in public places to wonder if you’re crazy.

Stupid is Forever topped National Bookstore’s Best Seller’s list and sold 110,000 copies in less than a month, making it the fastest and best-selling book for 2014. Arguably the most popular senator in the Philippines whose fame and influence span from the young ones to the young ones, Senator Miriam Santiago brings spunk and humor like no other senator. The senator stated that she enjoys putting humor in serious situations because this is a way for Filipinos to bond since laughter is something everyone, no matter what age, gender or status, in life can relate and understand.

Exceeding Expectations

By NICOLE ANNE LOUISE ALMOITE

The Assumption Dance Company, or TADC, has been exceeding and reaching the expectations of many people both inside and outside of Assumption College. From a very steady disposition last year to now pushing the crowd out of their seats, what has TADC got in store for us? And how are they now with their recent success as finalists in the latest Crissa Dance Synergy competition?

In a recent discussion with TADC’s president, JT Sunga, she mentioned that the team has more to give; not just with dancing, but also with showing everyone that this team is also a family. With their growing endeavor to expand this family, the group continues to show our Assumption community that their unity and love for their craft is what they use to continue their mission in bringing only quality performances on each stage they get to dance on. JT says that the team dreams bigger and now with the professional Marix Alpera and Elbert Dr. Rob Cham as two distinct coaches, namely Mr. Vicente Miguel Rivera and Mrs. Susan Desena, the team is exceeding expectations in two genres they ought to master:

TADC, being only 7 years young, has been blessed with two coaches that both gave their time and passion for the team. With their personal desire for this art, they impart their knowledge to these young girls and help them improve themselves both as persons and as performers. Knowing that talent is not enough without commitment, these girls are students too with academics, co-curricular activities, and even external affiliations but they never fail to say “yes” to every training after class hours. They never say “no” to a performance, and they never think twice to give their very best. These girls, though still very young as a team, have without a doubt captured the respect of their audience when it comes to their performances.

Their moderator, Ms. Marita Adams, has also supported the team all throughout the things they need to go through at their training, costume matters, and even competitions. Her guidance has nevertheless proved that sincere supervision has helped the girls in expressing their craft in their own perspective too. As she has once said about the team, “This school year is the rebirth of TADC. We started with fresh ideas and a lot of innovations. I’m very much happy to handle this organization even though it’s my first time this year. The team and coaches are very much open to make the organization bloom and soar high. As the organization continues to evolve and show their passion for dancing, I will be their number 1 supporter who will always be proud that they’ve exceeded expectations! Continue to breathe, live, and dance all for His greater glory. Love and guidance from your Moderator.” It just proves that these girls have the right people guiding them all the way.

With the tough challenges the team have faced in the past, their endeavor to grow stronger is never ending. Publicity is on the start for brighter opportunities for these girls and seeing how they give utmost attention to their craft, their team could possibly stop them. How about you? Are you ready to exceed expectations with this passionate set of ladies? We might just call out an audition soon so you better watch out!
Leadership is a challenge to which few are called and even fewer choose to respond with integrity and sincere passion. More than the pride that comes with being one of the 81 student leaders across the country who was chosen to participate in the most prestigious leadership summit hosted by Ayala Group, it was the experience of inspiring and being inspired by other young leaders’ stories that has challenged my perspectives and paradigms.

It was humbling to be part of the 17th batch of the Ayala Young Leaders Congress (AYLC) and to carry the name of the school to which I owe what I have become today. The four-day congress has allowed me to get in touch with my deepest self and to ask my "why’s" in life. These "why’s" define my truest intention to lead, echoing this year’s theme "Authentic Leadership: Being True, Leading True." Featured plenary sessions, outdoor activities, talks and workshop group discussions primarily focused in honing my leadership skills, reflecting on how true to my life is my passion to lead. It instilled me principled leadership as I take on bigger roles in my school and community.

I am more than blessed to be guided by such dedicated mentors, inspiring AYLC Alumni and influential executives of Ayala Corporation. Even more nurturing was being given the chance to hear from honorable leaders from the government, civil society, business, media and arts. These leaders, in their respective fields of expertise, have redefined what it truly means to become servant-leaders; leaders who are sharply awake and reasonably disturbed thus allowing them to work towards answering the calls of their own time. Speakers include retired CNN Beijing Bureau Chief and Correspondent Jaime FlorCruz, Ramon Magsaysay Awardee Randy Halasan, CCP Chairperson Emily Ara, Damulong City Mayor Romy Tiongco, USAID Project Chief Party Marissa Camacho, BaguioRiches Co-Founder and President Reese Fernandez and film maker Pepe Diokno. These highly respected leaders, together with the people behind the congress, have expressed their hopes and confidence in us that we were chosen for a reason and that we are more than capable in rippling change in our spheres of influence.

As I head back to reality, the most significant take away that I carried with me where found not in the tangible things or in the frills of the congress, but in the new learning I instilled and the growth I have experienced within myself through the presence of other student leaders. Listening to their "why’s" and finding out, more powerfully expressed in Filipino, "para kanino sila bumabangon," I found myself overwhelmed with how I was moved by their beautiful stories of discovering and living out their "why’s". Truly, it was a life-changing experience and such realization challenges me to allow the learning to become life changing for others as work towards leading others to become leaders as well. With my resolve to lead strengthened, with my self known deeper and truer, and with my passion aligned to my "why’s", the challenge now, as a young leader, is to rise to the expectations and exceed them.
I mean that they will ask you several situational and assess based from your answer. They like to get your perception on how you view things.” – Nica

“First is to just talk about yourself then it follows with the question on why applied for the internship, is it because it is required or to hone your skills before getting into the real world. Other questions were how you found out about the internship program, why you think you are capable of the position, what can you contribute from your field, and of course they will ask what is your edge among the other applicants for them to hire you.” – Kate

“Why do you want to enter the company? How many hours of internship is needed? What can you contribute to the company?”

HOW CAN YOU BE DIFFERENT FROM THE REST WHEN APPLYING?

“First, be early. Not on time but 30 minutes before the time. Second, be confident about yourself. Third, you are made in Assumption, be proud to be one!” – Bianca

“Dress well for the interview. Bring the best fitting corporate attire that you have out of your closet. A little make up and tie up your hair. A good sleek look for yourself. Like, create a trademark that you can say that is you. For example, Nicaela Puno Aviles, Graphic Design Enthusiast and Brand Aficionado (This will be an advantage to how you can market yourself and at the same time how you can make your mark).” – Nica

“Always include the co-curricular activities specifically the organizations you have joined or if you are currently an active officer of the student council. It is always a plus because they will have an impression that you are responsible.” – Kate

“Just be direct to the point and make sure all the information’s are complete and true.” – Sonia

WHAT CAN BE THE OTHER THINGS THAT WE INCLUDE IN OUR RESUME? (BESIDES THE POSITION IN ORGS & NGO, INTERNSHIP, Talks)

“You can include something that will make you at par from the others. What makes you unique? Maybe you can do 3 things at the same period of time (eg. DL, Org Officer & Varsity player) that is a wow factor for them.” – Bianca

“Include personal interest/s aside from academics. Include things that you are passionate about. If you’re into writing and making reviews, you can include your blog site. If you have interest in photography and digital design, I suggest you start your online portfolio. There are online websites you can use as a platform.” – Nica

“Other things to include would be contests that you have won specifically those course related competitions.” – Kate

“Your skills, eg: event management” – Sonia

IN YOUR OWN OPINION, IS IT BETTER TO HAVE YOUR INTERNSHIP IN A SMALL COMPANY COMPARED TO A BIG COMPANY?

“I suggest that you have your internship in a big company so you get to experience what real work is. You’ll meet the big bosses and understand corporate ethics. There’s also a higher chance of getting a job in the same company after you graduate. So make sure that you do your 101% in everything that you’ll do.” – Bianca

“It doesn’t matter whether you are affiliated with small or a big company. What matters most is the experience that you have gained, you will gain the accomplishment. As long as you think you will be able to apply everything that you have learned or you have a direction on what field you really want to take, then grab the opportunity to have it.” – Nica

“Although I was part of an internship from a big company, being in a small company is better. You are more hands on and focused. You will learn a lot from a small company because there are few employees.” – Kate

“Well I think it depends on the company. It might be good to go anywhere as long as you learn something.” – Sonia

DO YOU HAVE ANY SHORT MESSAGE FOR THE THIRD YEAR STUDENTS?

“You value every little thing that you experience, build your connections and rise into wider horizons. Remember you don’t become what you want; you become what you believe you can become. Always be an inspiration to other people by being kind, kind and kind.” – Bianca

“If there are things that you don’t know or things that confuse you, always ask for help. It’s okay not to know everything. Ask questions and enlighten yourself.” – Nica

“Enjoy your internship because all of you will learn a lot. Never be scared to explore because this is the only time that you will train yourself to be responsible in the real world!” – Kate

“Be humble because you’re new, accept your mistakes, respect your boss, always make your school proud, be yourself and enjoy.” – Sonia

Food Review: Silantro

Words and Photos by CATHERINE MARIN

If there’s one thing that any Filipino can agree upon, it’s good food. We are known for our tasty viands and far-flung flavors and I do not doubt that among them is it, the infamous Aguirre Food Street, Maginhawa food fare and of course, Kapitaly’s unique grubs. Along these people filled road lie the tastiest, cheesiest, most generously filled nachos you will ever find, and it’s none other than the beef nachos of Silantro Fil-Mex Cantina.

Silantro comes from the English word cilantro which means aromatic herbs that are used for seasoning or garnish. And yes, they do sprinkle some of these herbs on every viand! The restaurant is located at 75 East Capitol Drive, Kapitolyo, Pasig and is the first branch of these herbs on every viand! The restaurant is located at 75 East Capitol Drive, Kapitolyo, Pasig and is the first branch of Silantro Fil-Mex Cantina. Imagine this: you just came out of a back-to-back 3-hour class in school, you’re starving and craving for something really the highlight of Silantro, and the nachos. But if you’re very special. The nachos are so cheesy, that I don’t really love cheese?). On top of that, you’re craving for something that would satisfy your hunger such as a tender beef that doesn’t have too much fat, but enough to make it soft and satisfying. At the same time, you are also looking for something refreshing, and tingly to the taste buds- salsa. Fresh tomatoes and onions in it’s own juices. Gruunuch! It goes well with cooked nacho chips. You’re now off to oblivion, letting your tongue feel the kind of heaven that the Silantro Beef Nachos allows you to experience. But wait! It’s not over yet. Of course, that’s just the beginning, a birth of something very special. The nachos are just an appetizer, but if you’re really hungry and in the mood to average yourself from that quiz you failed, then I’m sure you definitely won’t feel bad paying P110 for this appetizer. While the beef nachos are really the highlight of Silantro, their other viands are also to die for! Because not only are they so affordable, they too are very, very satisfying. During this visit, we ordered and each had one meal for ourselves, their Beef Quesadillas (P160) and the Pancholon’s Burger (P160).

Their Quesadillas were also so cheesy! I don’t really recommend ordering both that and the nachos. But if you’re feeling a little adventurous, go for it! The Pancholon’s burger, on the other hand, continued on page 5
Legazpi Village is the home of new and independent food establishments. Artisanal cafes, international cuisines, sports bars, grill houses, street food – name it, it’s there! So if you’re in for a different but affordable dining experience, it’s time to try the delectable food in One Way Restaurant.

Nestled in the quiet corner of Salcedo and Benavidez streets in Legazpi Village, One Way is the brainchild of Joseph Assad and his friends Louie Ysmael, Dave Vaughan, Ralph Joseph, and Fernando Ortigas. Coincidentally, Dave Vaughan was in the restaurant during my stay so I got to converse with him for a few minutes.

“It started with Joe Assad, one of our partners. He went to San Francisco, ate in a restaurant which served sourdough pizza, and fell in love with it. When he went back to the Philippines, he gathered some friends, and that’s where we got involved,” said Mr. Vaughan. “We’ve been open since March 2014.”

With its black and white interior and the largest one way sign in the Philippines, this restaurant is pretty hard to miss! Upon entering, bossa nova music welcomes its guests which suggest a serene ambiance. One Way is a spacious place which accommodates a large number of people. Guests may notice the black and white themed chairs and walls. It’s because everything in the restaurant is inspired by the one way street sign, as the store is located in the junction of two one way streets. Oh, and don’t be intimidated by its look; it is a fine dining restaurant, but they serve pocket-friendly food. According to Mr. Vaughan, “We’re new, we’re flexible, and we’re learning. We just want to provide good food and service.”

One Way Restaurant offers a continental type of cuisine. They have burgers, pizzas, salad, mussels, sandwiches, pastas, and seafood. What makes this establishment unique is that everything is served with sourdough bread and I must say, it’s really good!

I went to the restaurant with a friend. First, we were provided with two pieces of the special sourdough bread with butter and spread, as an appetizer. We ordered a pasta al tonno (P230) which was a meal that’s good for two. It was a feast both for the eyes and the stomach! I liked how it was cooked perfectly.

After finishing the sourdough bread, we were served with 4 pieces of canapé – black rye bread with shrimp and lettuce on top as another appetizer. It’s definitely worth a try. That combination was almost heavenly! Lastly, we ordered mango jubilee (P180) for dessert, which was one of their bestsellers. It’s crepe topped with mango, orange, rum, fresh fruit and cream. The serving was big and worth it, although it was a bit watery for me.

Though I would love to keep One Way’s magnificence all for myself, the work of Mr. Assad is too good to stay hidden for long. If you want to take a break from the typical fast food in the malls, grab a bite in One Way. I recommend that you try their other bestsellers; Pamplona pizza (P470), cream of wild mushroom soup (P180), and their Mint, Lemon and Herb Shake (P80), among others. I heard that there will be new addition to their menu, so we better watch out for that!

If you’re looking for a place to catch up with your loved ones, a change from your daily routine, or a place to experience good food and music, then you must try dining in One Way Restaurant.
AC Futsal Team, Plate Champs during Globe’s 3rd Invitational Futsal Cup

By NICA LAURENO

Last November 2014, The AC Futsal Team won the Plate Championship during Globe’s 3rd Invitational Futsal Cup that was held at Enderun Colleges, Taguig City. Eight (8) strong teams competed in the invitational cup. The AC Futsal Team defeated San Beda College Alabang with a score of 3-1 to capture the Women’s Plate Championship. It was a morale boosting result for the team after falling short in the WNCAA futsal tournament finishing 3rd for the second straight season. The team is in a great momentum coming in to the next tournament with brimming confidence as they look to win back-to-back trophies and look to finish the 2014-2015 season strong.

AC Taekwondo Team Finishes Strong For WCSA Season 13

By BEIA MATTI

Hardwork really does pay off. As what our coaches would always tell us, “Work hard and everything will follow”.

The Assumption College Taekwondo Team competed for WCSA (Women Colleges Sports Association) Season 13 (Poomsae Event) last December 14, 2014, which was held at San Beda College Alabang. This event was very significant for the team and also for our coaches because after so many years, the AC Taek team finally brought home the gold. Vicky Andot, Mik Dazon, Celine Manlapaz, Nichole Reyes, Bei Montenegro, Alice Endo, Elaine Alfonso and Abby Cuadra were the medalists for the individual event. On the other hand, the medalists for the team event were Kim Domingo, Mik Dazon, Alice Endo, Nichole Reyes, Celine Manlapaz, Abby Bungay, Louella Vizcara, Elaine Alfonso and Beia Matti. All in all, the team bagged 7 golds, 5 silvers and 5 bronze medals. Nichole Reyes, our team captain, was chosen as the MVP (Most Valuable Player). The participating schools were St. Scholastica’s College (1st runner-up), Miriam College (2nd runner-up), Philippine Women’s University and San Beda College.

Assumption College’s Official Team Rankings

By WNCAA Official website

45th WNCAA BADMINTON CHAMPIONSHIP 2015

January 24 & 25, 2015

1. Rizal Technological University
2. St. Scholastica’s College
3. Miriam College
4. Assumption College of San Lorenzo
5. Centro Escolar University
6. Philippine Women’s University
7. University of Asia and The Pacific

45th WNCAA SWIMMING CHAMPIONSHIP 2015

January 25, 2015

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45th WNCAA TAEKWANDO CHAMPIONSHIP 2015

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45th WNCAA FUTSAL CHAMPIONSHIP 2015

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Radiate: College Night 2015

Photos by LUMINA