Dugong Bughaw, Dugong Assumptionista: Block Representatives On Stage

By CZARLENE BAUTO

Dugong Bughaw, Dugong Assumptionista is what Blue is Best stands for. “Besides wanting something different, gusto namin na ang school spirit since we saw na ‘yun ang kulang sa student body” said Lauren Chavez, ASC President. The reason behind its Filipino theme is to create an impact to the students. As Chavez shares, “Gusto namin sa title pa lang may dating Filipino” . Blue is Best focuses on showcasing the talent and skills of all the organizations and activities of Assumption College. However, this school year, a new set of people have been given the spotlight - the block representatives. Blue is Best part II serves as the welcoming event of the year which signals the official start of the second semester last January 15 at the Mother Rose Auditorium (MRA).

Students, staff and professors gathered in the Mother Rose Auditorium to attend the Holy Eucharist. The mass was long and filled with inspiring words from the presiding priest which not only enlightened the people but also made us understand how God wanted us to live our lives, to take our time and to realize that He will never fail us. The mass ended with everyone receiving a beautiful glow from God.

As soon as the mass ended, the staff started to set up for the event which is followed with the giving of glow sticks to the students that gave them a feeling of excitement of what’s about to happen. The hosts came out and the audience started screaming. But before the main event, Sister Anna Carmela Pesongco, College Dean, gave an inspirational message. It was addressed to each and every student, staff and professors. After Sister Ana’s opening remarks, the different performances started.

One of the most anticipated performances was from the Assumption Dance Company (TADC) with selected students from the College of Psychology, who burned the stage with their moves, both in hip hop and jazz. While the Assumption College Pep Squad showed a teaser of what they will be performing for the upcoming Women’s National Collegiate Athletic Association (WNCAA) and Assumption College Athletic Association (ACAA) also prepared a dance number to present while advertising their wins and upcoming games. Other performers were from the Taekwondo team, Volleyball team, Swimming team, etc. Assumption College was awarded a few medals from the athletes, which was another reason to celebrate during the event.

One of the unexpected acts would be from the block representatives of each block from 1st year to 4th year. The purpose of Blue is Best is to also give due recognition to the block representatives because they too give their time and effort to keep their blockmates well informed and updated about their block schedules and activities. Alongside the block representatives were the Assumption Student Council (ASC) who are dedicated students who make most of the events in school possible. They prepared a short number and speech.

The students were cheering and screaming throughout the duration of the event. This was one of their ways of showing support for the student leaders, dancers, pep squad and athletes. The whole event ended earlier than expected, which left the students wanting more.

Last March 13, 2016, all athletes coming from different universities and colleges...
Christmas was just around the corner; this was the reason why the Assumption College (AC) faculty and staff decided to hold activities that will bond students, parents, faculty, and staff of the Higher Education Division (HED). It was the first time that AC conducted this event, which also served as a fundraising event for the Solidarity Program of Assumption (SPA). According to Ms. Joy Villaluz, President of the HED Faculty Association, since it was too early for Christmas, the event was entitled as “Give Thanks a Fair to Remember”. This is the Assumptionists’ way of giving thanks since Filipinos are naturally grateful to God.

Last November 13, 2015, there was a Palarong Throwback which included Filipino children’s games such as Chinese garter, piko, kadang kadang, sipa and hampas palayok. The Palarong Throwback was participated by the HED block representatives, staff and professors. Each of them was randomly distributed to different teams. Then the winning team received gift certificates from Jollibee.

After the exciting throwback of games, everyone was invited to join the boodle fight which was held at the Atrium. The lunch included rice, salted egg, atchara, and the all-time Filipino favorite – chicken and pork adobol, which were all prepared by the staff of Urban Chef and students from block 2V1 spearheaded by Professor Reuel Ruiz.

On the second day of the college fair, a bingo, raffle, and auction happened at the Atrium. They gave away chocolate cakes (courtesy of Urban Chef), a blender bottle, an electric stove, and other times. The bingo, raffle, and auction were open to everybody; the Atrium was enjoyed by AC students, faculty and staff, together with their friends and family.

When the bingo game was over, an hour was given to everyone to prepare for the Variety Show that showcased the talents of the AC community that was held at the Mother Rose Auditorium (MRA). The variety show started with the National Anthem followed by a prayer from Sister Mary Ignatius. The Assumption Dance Company (TADC) performed and then after, dance productions from the faculty and staff. The Dean of Marie Eugenie School of Learning (MESHL), Dr. Angela Regala, had her welcoming remarks on behalf of Sister Anna Carmela Pesongco. Several performances followed and it was a surprise when guest artists Mico Aytona, Alex Medina, Aron Mapa, Dane Hipolito, and the BAE Dancers performed on stage.

Pop the Balloon, Dance Revolution, Photo Booth, Videoke Booth, and Jail Booth were some of the activity booths during the college fair. AC also invited food concessionaires that offered food for sale in the Atrium.

In an interview with Ms. Joy Villaluz, the President of the HED Faculty Association and also one of the organizers of this event, she mentioned that their main purpose for the Variety Show is to involve the students, faculty and staff, together with their families in the performances. When asked about making it an annual event, she said that they still have to evaluate if the students liked the said activity. “But if you ask me, it was worth all the effort. We practiced for more than nine Wednesdays; everybody was happy, no one was complaining and when we performed and heard the applause, wow. It’s either the girls loved the show or they’re just making fun of us,” Villaluz stated this with a huge smile on her face.

Last November 26, 2015, a momentous event occurred in the grounds of Assumption College’s Atrium; it only comes once a year, but its impact on those who experienced it may last a lifetime. This event is called Paskong Assumptionista or popularly known as “Paskong A.” This year, the aim of this Paskong A was to provide an intimate atmosphere by making the participants feel a “sense of true belongingness” shared by Ms. Marita Adams, Student Activities Coordinator.

This year’s theme is “Toys to the World”; Paskong A aimed to spread the true spirit of the season to children who are in need. This event was in collaboration with the school’s organizations, the student Council, and the Center for Social Concern (CSC) by preparing different game booths, which gave the students a chance to actively interact with the children, while Scholars and Grantees of Assumption (SAGA) as well as the National Service Training Program (NSTP) students provided the food. This year’s Christmas package included hygiene-related products such as face towels and combs in lieu of the school supplies we use to give in the previous years.

The partner communities that were involved were from Punta Sta. Anna, Rosario Cavite, La Veriza, and the Jubilee Learning Center. Children’s ages range from four (4) to nine (9) years old coming from the partner communities, including the children of the TDEVS who also attended the event. However, the young ones were not the only ones who experienced Paskong Assumptionista, but also the children’s parents, guardians, and as well as teachers, as they listened to talks coming from the Assumption College Parent’s Council (ACPC) and the Center for Social Concern (CSC).

AC’s yuletide tradition as mentioned by Adams started in 2007 with the main purpose of Assumptionists to give back and to express their gratitude towards Assumption’s partner communities and the auxiliaries (janitorial and security personnel). In SY 2009-2010, AC decided to include children as beneficiaries which led to the launch of Paskong Assumptionista: Kids. Throughout the years, Assumption College sustained the concept of giving the children and a partner communities not only gifts, but also something that would last long.

By CLARINSE AMBRAY

Give Thanks A Fair to Remember: College Fair on its First Year

By LAURA YUPANGCO NAKPIL

Toys to the World, Paskong A Has Come
After a year of absence, Business Week featuring the theme P.U.S.H; Persevere. Sustain. Uplift. was back again with a variety of activities and events last February 15 - 19, 2016.

"Managing Sustainability" was this year’s theme and its first day started off with a ribbon cutting ceremony followed by EntrePinoy, wherein the senior Entrepreneurship and Tourism students showcased different products and innovations. They also joined the students, faculty and staff alike to play Pinoy games such as pabitin and darts. Enactus Philippines brought the Food and Ambassadors Festivals to the campus through Europe to AC with their Food Carnival; the girls also had a crash course on make-up courtesy of Mr. Jason De Los Reyes, 2014 Professional Artist (PAC) grand champion, and AC students were introduced to an internship program that promotes social entrepreneurship.

The Business students experienced the food and culture of France, Italy, Greece and Spain as the first year to fourth year International Business students brought Europe to AC with their Food Carnival; the girls also had a crash course on make-up courtesy of Mr. Jason De Los Reyes, the 2014 Professional Artist (PAC) grand champion, moro so, Fine Arts Students visited AC to introduce an internship program that promotes social entrepreneurship.

By that represented the different festivals in the provinces of Cebu (Sinulog), Bacolod (Maskara), Baguio (Panagbenga), Pampanga (Giant Lantern) and Vigan (Binatbatan).

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The week ended on a Friday with the continuation of Organically in Love product launch, business simulation modules for the juniors and seniors of Entrepreneurship and Tourism, and the much awaited Awarding Ceremony.

In preparation for the ASEAN integration, Assumption College (AC) will increase its tuition fee by 4% which will be implemented this coming school year 2016-2017. Sr. Anna Carmela Pesongco, President and College Dean of AC, discussed this matter during the Tuition fee increase consultation held last February 19, 2016, at D’Alzon. Members of the Assumption Community were present during this consultation, such as the members of the Assumption College Council, Staff Association, Alumnae Association, Parent Council and Student Council.

According to Sr. Anna Carmela, the tuition fee increase is due to the need to increase the salary and benefits of the employees, as well as the rising cost of entrepreneurship operations. Since there will be grades 11 and 12 in the Basic Education, a new building is being constructed for these students, as well as four levels of parking space in the same building. Many of AC’s faculty members have attained their specialization through their maternal and doctoral degrees. Hence, AC needs faculty members who will be qualified to handle college subjects for grades 11 and 12. There is a need to give the right and just compensation. “We need salaries that benefit them to be upgraded… the moment these professors get their MA or PhD, the rank goes automatically higher and their salaries also” says Pesongco. The cost of school electricity continues to challenge them as all the cables for internet and wifi are being fixed, as well as adding more lights. “As we upgrade the buildings, we also upgrade the people” Pesongco added.

The students can attest that for the past years, AC has improved its facilities in the as guest speaker. During the CyberSmart talk, she talked about being a smart user of the cyber world given that our generation are active social media users. To sum up her talk, she provided an acronym for SMART; Security, Modesty, Accountability, Respect and Time.

February 22 was a day for relaxation for the batch council. There was a screening of the movie “The Intern” starring Anne Hathaway and Robert De Niro among others. As the batch week came to an end, the final activity was the juniors’ batch night which served as a time to relax. During the CyberSmart talk, she talked about being a smart user of the cyber world given that our generation are active social media users. To sum up her talk, she provided an acronym for SMART; Security, Modesty, Accountability, Respect and Time.

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Seniors 2016 Reaches Their Home Run

By CYRIL PASCUAL

The seniors’ last general assembly was held last January 26, 2016 at the atrium where all the seniors gathered together for a farewell convention. According to Ms. Lyca Diesta from the Guidance Office, there are three ways to reach our home run: first is to focus on our strengths rather than our weaknesses, second is to have fun because we cannot go back to the days that we just think of the simplest things and laugh everything out even if we are stressed in school papers, thesis, exams, and projects. Thirdly, we need to have faith and we should put our hearts into it because if we are not happy with what we are doing, we can never finish our tasks. After the farewell speech given by Diesta, the officer in charge from the Education Department, Ms. Clarisse Bartolome, left a powerful message to the seniors, sharing that “academically you’re almost there, but nurture your relationship with God”. She shares that everything has an end but our relationship with God is never ending. She also added that “Maturity is your peace of mind from negativity and weaknesses”. If we take all our weaknesses and negative thinking to a positive attitude, we are ready to take the responsibility maturely and positively then we are one step to success. The Assumption Student Council and Performing Arts students guided the seniors for the chant for closing the program, as they sung one of High School Musical’s song “We’re All in this Together”.

What better way to start the month of February than celebrating Second Year Student’s Batch Week. A whole week from February 1 to 5 filled with fun events dedicated to the 2nd year students.

The opening of the event started last February 1 with the Intercontinental Fiesta held at the Atrium. Before starting the pageant, there were games led by the ASC, Game 1: Kantarritr, and followed by Game 2: Catch It If You Can. The games were ice-breakers to hype the students before starting the main event which is the Ms. Intercontinental Fiesta Runway Ramp. There were several contestants that competed for the pageant; popular names are Ms. Spain, Ms. America, Ms. Egypt, Ms. Panama, etc. The event also had booths for every corresponding contestant. The booths were decorated accordingly to their country. The booths showcased famous foods known from the various countries. After the runway, students, staff and professors went around the booths and tasted the delicacies that each country prepared.

The second day consisted of a talk held at the Prieto Hall entitled Logged On. The event featured personalities who talked about their careers. First guest was Dana Decena, a student who is also a blogger and vlogger. Her talk focused on skincare regimen, which included the dos and don’ts concerning skincare. She also shared make up tips that are appropriate for daytime and nighttime. Decena also demonstrated quick make up tips for people with oily faces to look fresh and how an individual can highlight ones cheekbones better. Another personality who came for the talk was RJ Pineda. Pineda is a musician mainly in the genre of Jazz and Classical music. He shared about the struggles of his hand as well as the pros and cons of being a musician during this generation.

The next event which happened last February 4 was a talk held at the Prieto Hall entitled Drug Awareness Talk. The talk started with the opening remarks and a prayer before proceeding to the speaker’s discussion of drugs, how it affects people, what it looks like, the aftermath of doing drugs, and how to stop it. Second year students filled the Prieto Hall, listening attentively and interacting with the speaker.

The final event of the second year batch week, entitled Slumber Fest, happened in the late afternoon of February 5 at the Atrium. The event started with the hosts’ fun opening activity which hyped the people and followed by a prayer. There was also a throwback video presented, which was dedicated to the alumnies of Assumption.

People were dressed in their pajamas which made the event more cozy. After the video presentation, there were some games prepared by the Assumption Student Council. The first game is entitled Omamotopoeia, followed by the next game entitled Heads Up. After the games, the awards were given for the Best Booths, Best Dressed or Pajamas, Complete or Best Attendance for the 3 days and the Bibo Awards. After which, there was a Jamming session. The Jamming consisted of different students from different courses who showcased their talents. Closing messages followed by the closing prayer signaled the end of the second year batch week.

PAPJA Convention 2016

By ABBY GOMEZ

The Psychological Association of the Philippines Junior Affiliates (PAPJA)’s 28th annual convention was held last January 22-23, 2016 at the SMX convention center on the first and second day. PAPJA consists of undergraduate Psychology students from different academic institutions. One of its missions is “To provide an avenue for the exchange of ideas in order to promote further understanding in the field of Psychology”. The PAPJA convention comprised of plenary sessions with psychometricians and psychiatrists as guest speakers, and workshops. Assumption College’s delegation was composed of senior and junior students of AB and BS Psychology. Three Assumption Psychology students namely: Mary Mendoza Duran, Nickie Sta. Maria and Candazrea Castaneda described their experiences during the convention as exciting and filled with fun because of the workshops given to them. Meanwhile, Charlene Erfe, 4th year student of AB Psychology shared an important lesson that she got from the convention. “The importance of change. Change will always be a part of our lives; it is just a matter of how well we accept and make it a positive one. We, as future psychologists, were primed for changes that come with the ASEAN Integration. With our training and background as a helping profession, we can be influential in aiding people through the changes and work towards producing positive outcomes amidst these changes” she shared.

Assumption College actively participated in this year’s convention as they had representatives for the different competitions namely: the Transcendance Dance Competition, Inter-School Psychology Quiz Competition and the PsyCips Competition.

The Psychological Society of Assumption’s President, Mary Duran, explained a significant difference between the 2014 and 2015 convention. She stated that this year, the PAPJA has its own set of board members that is composed of student leaders. This was made possible through a leadership training. The PAPJA board of members was said to be under the supervision and support of the Psychological Association of the Philippines (PAP) as headed by its President, Assumption College’s very own, Dr. Angela Regala.
"February is the month of love," says Ms. Lea Samin, Chairperson of the Communication Week. Held from February 9 to 13, MESIL week with its theme "Confidently beautiful with a heart" was made possible through the collaboration of all the MESIL departments, Communication, Psychology, General Education and Education.

The week began with a surprise flash mob at the atrium where professors, TADC, and all the MESIL students performed the dance that they have been secretly practicing for. A short talk about love was then given by guest speaker, Ms. Chanel Abelo-Adaba, a wife, a mother, a writer and a model. "During the 2nd day (Feb. 10), we wanted to exhibit the love for God wherein we celebrated this with the observance of Ash Wednesday Mass," says Samin. On February 11, it was all about showing love for our country. Atty. Kriselle Balmes of the Commission on Elections talked about the May 9 elections and demonstrated the voting process using the new vote-counting machine. Professor Dindo Manhit of the group, Democracy Watch, shared some insights about choosing the right leader. Meanwhile, organized by the Young Communication Professionals of the Assumption (YCPA), former MESIL students alumnue visited their alma mater. Each of them shared their experiences on what it's like to work outside of Assumption College. The last day of MESIL week was a fruitful Kwentuhang Pag-ibig with special guests from the Virlanie Foundation.

FEATURES | Story continued from Page 12
See "REASONABLY DISTURBED: Ayala Young Leaders Congress 2016" by Nicole Anne Louise Almoite

"Mas mabuting mabigo sa paggawa ng isang bagay kesa magtagumpay sa paggawa ng wala..."
- Bob Ong -

CAMPUS NEWS | Story continued from Page 3
See "Assumption College will Increase its Tuition Fee by 4%" by Patricia Melliza

"For the global movement, we want our girls to be prepared," Pesongco claims. Masterplan 1 is almost finished as this includes the development of the Mother Rose Auditorium (MRA), Sports center and the Provincial Community Formation Center (PCFC), which is the newly risen building located near the gate. Masterplan 2 will comprise the parking building located in the Ponce gate and the same building which is for grades 11 & 12. In addition to this, the cafeteria is also part of the Masterplan 2, since the second floor of Milleret building is currently being renovated.

done for change in our nation and even to my co-delegates; the determination they have for our country definitely lifts up my spirit that there is hope. There is a chance for you to be reasonably disturbed because by being disturbed of reasonable motives, you are then seeking for possible changes that might have never been thought of before. You are young, you are capable, and you are able.

KABATAAN: SABAY-SABAY SA BAYAN

Tunay nga na kabataan ang pag-asa ng bayan ngunit nasaratan din ang kapakaran para magsagawa ito sa parang makabuluhin at maaktao. Bawat isa sa atin ay may tungkulin at sa dulo ng bawat araw, nararapat lang na tanungin natin ang ating sarili, ano na nga ba ang nagawa ko para sa bayan ko?

"Mas mabuting mabigo sa paggawa ng isang bagay kesa magtagumpay sa paggawa ng wala..."
- Bob Ong -

Photo Source: Laura Nakpil

Photo Source: Nicole Anne Louise Almoite
Freshmen Celebrates their First Batch Week

By CLARisse AMBRAY

The week started with a general assembly which was highlighting inspiring messages from the role models of the Assumptionists. The first was the Dean of Student Affairs, Atty. Maria Armeen Javeliana, who shared her experience with a big smile on her face. “When I attended the WNCAA Cheerleading Competition, the host referred to AC as where the beautiful girls come from. I was proud but also cautious because representatives from other schools were beside me. She also mentioned that she finds the first-year students very talented. She gave the microphone next to Ms. Christine Stefanie Alcala, the Millenial Advisor of Business Management for Women Coordinator, who advised the students to meet new friends and professors and to participate in school activities. After this, the freshmen took part in the icebreaker called ‘Bring Me (With a Twist)’. The twist was those that brought the things asked by the hosts shared their talent to everyone.

Dean of the Marie Eugenie School of Innovative Learning, Dr. Angela Fabiola Regala, gave her message for the freshmen as well and she reiterated that despite all our differences, we are all beautiful in our own way. “You are all different. You all have different talents. I am good at something; you are good at something. We are not here to compare but to discover.” This was her last statement before she returned the microphone to the hosts who later on introduced the next speaker, Ms. Charity Orenze, the Psychology Department Chairperson. She shared a short message telling the girls how important it is to be beautiful with a heart. She hoped that everyone present will be collectively beautiful and kind.

Ms. Elaine De Lemos, General Education Department Chairperson, shared her insights to encourage the students to be comfortable with themselves. “Always give your best effort; be your best. Be you-tiful!” she shared.

Ms. Lyca Diesta, the Guidance Counselor of the third and fourth-year students, spoke in behalf of Ms. Gigi Gonzalez, the Guidance Office Head. Diesta made an acronym for the girls to remember. “Believe that you are capable of doing great things, be YOUrself, give Time to discover yourself and be YOUrself, give Time to discover yourself and be YOUrself.”

The last event was a movie night at the Atrium. The first-year batch gathered to watch The Devil Wears Prada. Cotton candies and popcorn were distributed by the ASC and unlimited use of the photobooth.

Pista ng Mahal Na Poong Nazareno: Testing the Filipino Faith and Spirituality

By MARGARITA NICOLE PANTALEON

This is celebrated by young to old devotees. Some of these devotees would carry with them their children as they would want to pass on the devotion to their children and to let them start at an early age. This is actually one of the biggest procession where thousands of devotees join every year.

The Black Nazarene is a sculpture of Jesus sent to Manila that is believed to be miraculous. It is said that anyone who touches the image will be healed from their illness. This is why thousands of Filipinos devote their lives in going to Quiapo to pray and to ask for guidance.

Last January 9, 2016 at 5:33 a.m. was the Traslacion or the Solemn Transfer of the image of the Black Nazarene to Quiapo after the Liturgy of the Hours. The traditional ‘Dangaw’ took place at the San Sebastian Church, where the image was brought to the statue of Our Lady of Mt. Carmel at the balcony. After which, the procession of 800,000 devotees started and after 20 hours of parading the image, it once again reached Quiapo Church. This year’s procession was shorter than last year which lasted around 22 hours.

According to the Philippine National Police (PNP), at least 150 people were recorded hurt. One sustained a head injury while trying to get near the carriage carrying the Black Nazarene image. Meanwhile, the Philippine Red Cross Secretary General, Gwendolyn Peng, reported that 27-year-old male devotee named Alex Fulyedo from Blumentritt Manila died during the Traslacion. The Philippine Red Cross all in all assisted a total of 1,578 patients.
The Influx of European Immigrants

By ALYSSA DENISE SANTOS

It is known that during the 18th and 19th centuries, Europeans populated the world, but now the world is populating Europe. Countries such as Libya, Sudan, Pakistan, Nigeria, Kosovo, Iraq, Iran, Dufair, Somalia and other countries are hoping to have better lives in first-world countries like Germany, France or the United Kingdom. They would rather risk their lives fleeing the war than to suffer in it, says BBC News. The significant influx of migrants and refugees from the Middle East and Africa is nowhere near stopping. The scale of the crisis put huge pressure on some countries namely Greece, Austria, and Hungry. It has been recorded that over 350,000 migrants across Europe’s borders in January-August 2015. It has greatly increased as compared to just 280,000 for the whole year of 2014. The recorded 350,000 migrants do not even include the many that crossed the border undetected, according to Organization for Migration (IOM).

According to the IOM, majority of the migrants are using a direct route through the Mediterranean, which is a route that is known not to be safe. It has been observed that a little over 2,600 people have drowned trying to cross this sea just for this year alone. All of them tried to reach Greece or Italy using only fragile dinghies or unsafe fishing boats with a large majority of them voyaging to Greece in order to venture a short trip heading to islands of Kos, Chios, Lesbos and Samos from Turkey. These refugees are all risking their lives to reach the said islands. There is virtually no infrastructure on these small Greek islands that are capable to accommodate the thousands of people arriving, with only the local volunteers left to provide vital assistance to the increasing number of migrants.

They are all jeopardizing their lives in the hope of having a better life far from home. They chose to take this road to reach the ‘promised land’ than to sink in the consistent, non-ending war in Syria. Now entering its fifth year, Syrians are now losing hope. They see no end to this war but instead chose to leave than to fight for nothing, said Gideon Rachman, columnist for Mail online. The deepening poverty for refugees in Lebanon has left them with no choice than to endure the high cost of living that they could never afford. This is also affecting the refugees from Egypt and Lebanon and the majority of them chose to leave. According to many Syrians in Jordan, Lebanon, and Egypt, there is a struggle to make a living because of the legal restrictions when it comes to finding a job. With the increase in the competition because of the refugees, a lot of people, native or migrant are left jobless. With aid in healthcare and education hitting rock bottom or struggling to keep oneself afloat, it has left migrants and locals struggling to survive.

Before The Elections: An Update on the Running Candidates

By ALYSSA DENISE SANTOS

On May 9, 2016, the Philippine national elections will be held. The future leaders of our country will be chosen once again by the Filipino people. The candidates for Presidency are all qualified and they have their own advocacies to live out once they win the highest office position. Before the Commission on Elections (COMELEC) declared their final list of candidates from president, vice-president to the senators, a vast number of controversies were made public. One of the most popular was about the Presidential candidate, Grace Poe, on her non-Filipino roots that should disqualify her from running and another is about our current vice-president Jejomar Binay’s corruption cases. All of the presidential candidates have fought for their spot to run for the presidency, each with their hopes and dreams for the country.

The final lists of presidential candidates and vice presidential candidates are as follows, Jejomar Binay, Miriam Defensor Santiago, Rodrigo Duterte, Grace Poe and Mar Roxas for president; for vice-president, we have Alan Peter Cayetano, Francis Escudero, Gregorio Honasan, Ferdinand Marcos, Jr, Leni Robredo, and Antonio Trillanes.

Last February 21, GMA Network and its media partner, Philippine Daily Inquirer, televised a live debate for the presidential candidates aforementioned above. While TV5, in partnership with Philippine Star and Business World hosted its own on March 20, 2016. ABS-CBN, in partnership with Manila Bulletin, will have it on April 24, 2016. All voters are highly encouraged to watch the debates in order to give them an insight of the candidates’ advocacies.

During the first presidential national debate last February 21, it was Mar Roxas who ranked the highest number of points in the said debate. During this exchange, the candidates were bombarded with questions that a lot of people have been wanting to ask. No concrete answer was ever given, and because of this, the competition heated up among the candidates. Seeing this on national television, the voters could now have a basis for their votes, especially for the first time voters. With the national elections coming soon, there is nothing more to say than to ask all voters to vote wisely.

The Comeback of the Double Decker Bus

By CYRIL PASCUAL

December of 2015 was a comeback for double decker buses in Manila, Philippines. The double decker bus is operated by Froehlich Tours Inc. It is an air conditioned bus that has fifty three reclining seats on the upper level and fourteen seats in the luxury lounge. The first level has a flat screen television set, a refrigerator and a comfort room. It also has a circuit television camera, GPS, automated electronic display, public announcement system and an engine fire protection system.

There are six clustering routes to three packages, first is from Fairview to Makati and Ortigas, for the second route, from Katipunan to Makati and Libi to Makati, and lastly, Alabang to Makati and Alabang to Ortigas. There would also be additional package for holidays. A normal bus fare ranges from 20 to 30 pesos, while for double decker buses, it would be double the price. For pregnant women, persons with disability, senior citizens, or a group of more than five, they will be charged with discounted rates. There would be advance weekend tickets which cost 125 pesos each that would qualify for unlimited rides from Saturday and Sunday according to Christophorus Bauer, Froehlich tour Chief Executive Officer. So, who would not want to have a comfortable and easy ride after a stressful day?

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By CYRIL PASCUAL

December of 2015 was a comeback for double decker buses in Manila, Philippines. The double decker bus is operated by Froehlich Tours Inc. It is an air conditioned bus that has fifty three reclining seats on the upper level and fourteen seats in the luxury lounge. The first level has a flat screen television set, a refrigerator and a comfort room. It also has a circuit television camera, GPS, automated electronic display, public announcement system and an engine fire protection system.

There are six clustering routes to three packages, first is from Fairview to Makati and Ortigas, for the second route, from Katipunan to Makati and Libi to Makati, and lastly, Alabang to Makati and Alabang to Ortigas. There would also be additional package for holidays. A normal bus fare ranges from 20 to 30 pesos, while for double decker buses, it would be double the price. For pregnant women, persons with disability, senior citizens, or a group of more than five, they will be charged with discounted rates. There would be advance weekend tickets which cost 125 pesos each that would qualify for unlimited rides from Saturday and Sunday according to Christophorus Bauer, Froehlich tour Chief Executive Officer. So, who would not want to have a comfortable and easy ride after a stressful day?

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AIrpocalypse: China and the Environment
By MA. JESSIECA SORILLA

China's environmental crisis is one of the most pressing challenges to emerge from the country's rapid industrialization. Its economic rise, in which their Gross Domestic Product grew an average 10 percent each year for more than a decade, has come at the expense of its environment and public health. China is the world's largest source of carbon emissions, and the air quality of many of its major cities fails to meet international health standards. December 7, 2015 marked the highest possible warning for pollution that lasted for four days in Beijing, China. Schools in Beijing were closed; outdoor constructions and activities halted as the Chinese capital's first ever pollution "red alert" came into effect. Operations in some factories have been ordered to stop operations and limits have been placed on car use in which they are only to be operated in alternate days with the day depending on whether a car's number plate ends in odd or even number. It was said that it was the first time for China to declare a red alert under the four-tier alert system which was adopted not long ago and that winter in the year was awful. The city has been repeatedly blanketed in throat-choking fog. According to the U.S. embassy in Beijing, one weekend in January, the level of airborne fine particles classified as Particulate Matter (PM) 2.5 which was harmful to health and it briefly rose to almost 40 times above the acceptable limits set by the World Health Organization (WHO).

The root cause was said to be Coal-powered industries and heating systems, as well as vehicle emissions and dust from construction sites that all contributed to the smog which has been exacerbated by humidity and lack of wind. The smog effects have been worsened by weather conditions due to industrial areas that generate pollution to the north and west by mountains that trap it which cost China's environmental concerns to be costly having $11 trillion plus economy. It dings China's GDP about 6.5 percent annually, according to RAND Corporation as reported by CNBC. Those costs are mainly driven by lost productivity, since factories are shut down on bad air days to avoid the dangerous health effects of breathing the dense and toxic air. High levels of pollution are linked to serious chronic illnesses, like heart disease and lung cancer, which are costly to treat and in return also affects its tourism and outdoor recreation.

Although Beijing isn't alone, it is one of nearly 300 cities in China that badly failed air-quality standard measurements in 2015, according to data collected by Greenpeace. The effects are devastating resulting to over 1.6 million deaths each year in China because of breathing toxic air. China's leaders have been on tough war on pollution by rolling out new technologies, using more renewable energy such as solar and wind power. Air quality is being strictly monitored by the government as well, and in 2016 they are launching carbon-tracking satellites to help track and reduce carbon emissions. Even fireworks have been controlled for their contribution to air quality.

Air pollution truly is a severe problem; it is mostly the one thing that we ignore at the sake of our health and our economy. China's current environmental situation is the result of not only policy choices that were made today, but also of attitudes, approaches, and institutions that have evolved over centuries. At the COP21 summit last November to December of 2015 in Paris, leaders of China have made some significant pledges to close its coal-fired power plants which were a huge contributor to the poor air quality. They have received credits for its ambitious efforts to curtail its own environmental crisis; however, its economy speaks that it cannot be assumed that Beijing will follow through on its promises.

Easing Tension
By MA. JESSIECA SORILLA

Saudi Arabia has cut diplomatic relations with Iran on Sunday, January 3, 2015, over the storming of the Saudi Embassy in Tehran following the kingdom's execution of Shia religious leader, Nimr al-Nimr. Nimr was put to death with 46 Sunni Muslims convicted of terrorism charges. The dispute between the two Middle Eastern nations has deep religious, historic and political roots. Iran and Saudi Arabia have been on opposing sides on a more than 1,000-year-old argument between Sunnis and Shia. It was said that Sunnis and Shia have fundamental Islamic beliefs, and have co-existed for centuries. However, the animosity between Iran and Saudi Arabia has been better understood in terms of a power struggle in the Middle East and beyond.

Crown, Prince Mohammed bin Salman, told a British magazine that the kingdom would not go to war with Iran. Salman, who is also the defense minister said that an Iran-Saudi war would mean catastrophe for the Middle East and that the rise of what he called terrorism was a major threat to peace, security and stability in the region.

It seems unlikely that the tension between Iran and Saudi Arabia will ease anytime soon. Taking a backward step is apparently difficult for Riyadh because such act will be perceived as a weakness by the Saudi people. Also, if Saudi Arabia ignited this crisis deliberately, it would not be likely that it will take any steps to end the crisis without achieving its intended goals. Saudi Arabia's main target is to break Iran's influence in the region. And as for Iran, while it relaxed due to the nuclear deal with the West and is making major calculations on a large territory from Iraq to Syria, from Lebanon to Yemen, it also seems unlikely for it to take a backward step to ease the current crisis with Saudi Arabia. It is apparent that 2016 will be a tougher year for the Middle East than 2015.
If one travels from north to south and vice-versa on a daily basis, the hours of commute or ride have always been a burden. We are no strangers to traffic. In fact, the traffic in Metro Manila just keeps getting worse. Based on a global evaluation conducted by Waze, which is a GPS-based navigation app, Manila on a city level has the “Worst Traffic on Earth”. It has been years since we are under the Aquino’s regime, and it may not be fair to put all else to blame on these people. The government alone will not work without its society’s cooperation. However, it is crucial that we must not remain passive towards the problems we encounter, as it will only make our lives a lot dreadful.

How has traffic affected our lives? And how much improvements have been made to solve this? Double decker buses were recently tested in EDSA, which aims to provide comfort and security as well as “point-to-point commuter service” for the commuters to arrive at their destinations quicker. Buses now have their own two lanes along EDSA, in which private vehicles cannot pass through it. Having said this, did it help ease the traffic? Or did it only make it worse?

Meanwhile, a new unified ticketing system has been implemented for MRT and LRT stations, in order to provide a “tap and go” ticketing process for passengers. Public transportation is a part of our daily lives, regardless whether we ride the MRT or our own private vehicles; moving from one place to another is inescapable. Presidential candidates like Duterte, Binay, Roxas and Poe have been making their own set of proposals to solve this matter. We can only hope that soon enough, traffic will eventually lessen. Giving enough attention or priority to public transport reforms can help majority of the Filipinos, especially the youth and the working class. Yet alongside these struggles, we often only complain too much and not offer rational solutions to the problems. The challenge now is this: what do you think can help solve these problems?

I'm Not Fond of Spreading Jam on My Toast, Especially Traffic Jam

Laura Yupangco Nakpil

With every problem, there is a root cause. The common “targets” in peoples’ figurative dashboard would be to pinpoint the blame on the ineffective role of the government’s stand on this issue, the negligence of the traffic enforcers, or what would be called a “bad driver”. If people would look into the rational perspective, although the previously mentioned causes contribute to Metro Manila’s dreadful traffic, a major cause could be the case of overpopulation. Metropolitan Manila, despite being highly populous as well as being considered as a prime business area with an estimated population of over 12 million and counting, has only around 1,032 kilometers of roads or 3.5% of the 39,370 kilometers nationwide according to Manila Standard Today. In addition to this, Metro Manila has about 1 kilometer of road per 424 vehicles.

However, there is an expansion occurring, and that would be the increasing number of cars that people are purchasing. Nowadays, with the existence of down payments and installments, buying a car is much easier. Having a car may do well for the convenience of an individual, but when it comes to the traffic condition, having too many cars on the road may overcrowd the streets. As an effort to remedy this, President Benigno “Noynoy” Aquino III proposed to revive the Odd-Even Scheme in which a vehicle’s plate number ending with either an odd (1,3,5,7,9) or even (2,4,6,8) would be restricted on certain days. This was supposedly PNoy’s idea to alleviate the congested traffic, however, several people related to this proposal such as Rene Santiago, the former president of the Transportation Science Society of the Philippines. Santiago posited on how the Aquino Administration was recycling the failed ideas of the past, adding to his argument that this scheme would encourage people to buy more cars; following this trend of thought, it is true that people might buy a secondary car, which possibly would have a number that is contrary to what they own (if they have an odd number, they would buy an even one) since only one would be used on a certain day; that premise of such scheme to be ineffective becomes moot and academic.

When it comes to the condition of the MRT and LRT compared to other countries, our train systems are rather rudimentary as it would be common to hear someone talk about how late the train came, or how it broke down as it further delayed the pace of people’s demanding and fast-paced life. Such occurrences further make people resort to using vehicles as a mode of transportation thus further cramping the roads. A possible way to control the number of vehicles on the road could be to improve the quality of public transportation in this country. A better commuting system would hopefully be the “Biofuels” in treating Metro Manila’s traffic congestion.
Traffic has always been the Philippines’ utmost problem alongside crime and corruption. It is a known fact that the traffic condition here has only worsened. The tiny attempts of solving it did not help alleviate poverty.

Traffic is not a threat in the eyes of the government, as to why there has been no immediate solution and action. This selective blindness from them has increased even more due to the focus of the national elections. With traffic comes the problem of public transportation. If there has been a delay on the road, best believe that scarcity of public transportation will happen. These vehicles will get stuck in traffic causing commuters to either be late going to school and work or going home late.

Even with recent innovations in solving the problem of congestion through the help of private services like Grab, Uber and Easy Taxi, commuters are still having a hard time because of the pickiness of the drivers due to the location and also because these private service vehicles get stuck in traffic too. Traffic does not pick any time of the day or any day of the week; there is always going to be traffic somewhere.

As a student of Assumption College, I have the opportunity of living in the same city as my school, Makati. But do not be fooled, even a resident myself do experience the horrors of traffic and public transport problem. From Monday to Friday, my class always starts at 9:10 a.m. and my routine is to wake up at quarter to 7 a.m. and leave the house at 8 a.m. I always make it a point that I have to leave home before 8:00-8:10 a.m. because if not, it would now be difficult to ride a jeepney. I have seen not only students but also employees fighting for a seat in the jeepney since my time going to school is the same time as most employees also travel to work. I would then reach school around at 8:30-8:45 a.m. It surely isn’t easy to stand beneath the scorching sun as I wait for a ride to come and endure the tramp in a jeepney full of people with the heat getting to you. And mind you, this is my everyday experience.

Sometimes I’ll get lucky to ride an empty jeep before it loads up with people and I can freely choose my seat. At times, when I get furious with the intensity of the traffic, I stop and think that others have it worse than me. I’m fortunate enough to only need one type of public transportation to get to school, whereas others have to deal with multiple rides from buses, MRT and LRT and have the potential to come in late.

The question now is, when will this nightmare come to an end? When will there be a feasible solution to give this problem some progress and eventually come to a conclusion? The government and its citizens must now learn to walk hand in hand and not just play the blame game and do nothing.

What we need now is change. Change in the system and change in the ways of thinking of every Filipino. We are all responsible for this country and it is our duty to make the things we hope for turn into a reality.

Watching YouTube videos of foreigners’ experience in the Philippines has recently become a habit of mine. Hospitality, kindness, and incredible energy are the top things that they associate with our country. Indeed, we Filipinos possess abundant positive characteristics that make us stand out in a sea of other races. As a matter of fact, Filipinos are ranked 5th among the happiest people in the world. However, as much as we have characteristics worth celebrating for, we also have our own share of negative characteristics. In several videos I have watched, foreigners have stated that the Philippines has the worst traffic to date and these came from people who have travelled to many countries. What’s even more alarming than that collective statement was the fact that some of these foreigners have compared the Philippines to its neighboring countries like China, Singapore, and Japan.

That makes me think, what actually went wrong with our transportation system? Were we already hitting two birds with one stone? How amazing is that? However, of course, it won’t lessen traffic that easy. But if we would all cooperate to do this, then it would be a big help. Remember, every huge thing was once small, so it’s not impossible that this little thing would actually solve the country’s traffic problem.

I encourage the youth to do the same – whether it’s walking, cycling, or any other means as long as you’re moving. Let us not always rely on automobiles, most especially when our destination is just around the corner.

Try moving, and you might actually like the results – for the community and eradication of traffic congestion in Metro Manila but none of them were actually successful. Traffic congestion in Metro Manila doesn’t only affect drivers, but commuters, and passers-by as well. Years from now, Manila may become uninhabitable. Lately, I have been so interested in Japan’s history and culture. The Japanese are famous for their cuisine, anime, and futuristic fashion. But the one thing that I really noticed from watching numerous videos and reading books about Japan is how disciplined the people are. They live by the principle of “rule of law” which is evident in the orderliness of their cities and streets. This has been making me wonder for a while; perhaps our problem of traffic is not rooted in the government’s strategy or the geography of our country itself but is actually the product of our lack of discipline. A lot of citizens still jaywalk despite seeing a number of MMDA traffic enforcers scattered around and there are still reckless drivers who think they’re the kings of the road. Discipline is something that should be inculcated in each Filipino. We’re not still young, and quite frankly, there are still many Filipinos who are ignorant of its concept. If we can’t follow a law which seems trivial to us, how are we going to let ourselves and other people thrive in our own country? What are laws supposed to be for, then? Traffic congestion is a serious problem that may result in the downfall of our country’s economy. Maybe the best thing we could do to contribute to its eradication is to actually look within ourselves and reflect. What could I be doing wrong? What could I do to be more disciplined? We’re not alone in this thing or two from Japan. If citizens there could help each other to make their country a better place everyone in Japan, then why not we Filipinos who are known to be hospitable, happy, and fun can also do it. Let’s move beyond these characteristics and actually learn how to be disciplined.

It is quite impossible for a person who lives around the Metro to arrive at his or her destination without struggling through traffic, most especially during rush hour. Whether you ride a public transportation or your own private vehicle, you experience traffic. Traffic is one of the most despised things in the Philippines, especially in Metro Manila, and mind you, it’s getting worse each day.

Nobody likes traffic. It’s been causing us so much stress, hassle, and even health problems because of the air pollution it causes. The government addressed this perennial problem through road widening, the implementation of coding, double decker buses, and a “tap and go” ticketing process for MRT and LRT. However, I believe that’s not enough. As a citizen of this country, we must also do something to contribute to this enduring problem.

As an athlete, I’m built to move and to perspire. My day will not be complete unless I get to sweat off some of the toxins in my body. Of course, there are days when I also get lazy to work out. And so as much as possible, I make sure that I get to do some physical activities daily, even if it’s as simple as walking. As a matter of fact, I travel by walking. I walk to school, I walk when I go to the mall, and I walk when I literally move and to perspire. My day will not be complete unless I get to sweat off some of the toxins in my body. Of course, there are days when I also get lazy to work out. And so as much as possible, I make sure that I get to do some physical activities daily, even if it’s as simple as walking. As a matter of fact, I travel by walking. I walk to school, I walk when I go to the mall, and I walk when I literally move and to perspire. My day will not be complete unless I get to sweat off some of the toxins in my body. Of course, there are days when I also get lazy to work out. And so as much as possible, I make sure that I get to do some physical activities daily, even if it’s as simple as walking. As a matter of fact, I travel by walking. I walk to school, I walk when I go to the mall, and I walk when I literally move and to perspire. My day will not be complete unless I get to sweat off some of the toxins in my body. Of course, there are days when I also get lazy to work out. And so as much as possible, I make sure that I get to do some physical activities daily, even if it’s as simple as walking. As a matter of fact, I travel by walking. I walk to school, I walk when I go to the mall, and I walk when I literally
THE CINEASTE
Bianca Isabel Angco
Stop Complaining and Just Do It

Since the start of the new year, new information about the condition of Metro Manila traffic has already been circulating on the internet for people to read. As Waze declared, we have the worst traffic on Earth. According to John Forbes, a senior advisor at the American Chamber of Commerce, Metro Manila may become uninhabitable in the next four years if nothing will be done to resolve the issue. Japan International Cooperation Agency has estimated the capital losses at around Php50.6 million a day “due to time wasted on traveling, reduced work hours and money spent on fuel.” That amounts to roughly Php2.6 billion. We may not be government officials or working class citizens yet, but this huge problem is our huge problem, too, and we need to do something about it.

As a student, we may not realize how we are contributing to the traffic congestion, given that a majority of us commute. According to an article by Rene Santiago for inquirer.net, “an estimated 18 million trips are made daily by 13 million people. This excludes walking.” When we have a carpool, the trips are to and from school, and about 70% of the trips use public transportation. That’s 2.7 million trips to and from school, and 12.6 million using transportation if the numbers look a little too small for you. Even students using private vehicles contribute greatly to the congestion, as the historical trend of car trips continue to grow from 3.3% since 1996 and by 2020, the annual car growth will increase by 500,000. In the next five years, an additional 1.8 million daily trips will worsen the nightmare that is Metro Manila traffic.

There are plans being made to improve infrastructure and public transportation in order to remedy this seemingly unfathomable problem. The government is finally doing something about the one problem that instantly ruins our mornings. We may finally wake up a little later because we won’t have to consider the traffic in our estimated travel time, which would shrink from hours to minutes. All of these sound peachy, except there is no guarantee that these plans would even be carried out properly. Case in point, MRT upgrades like new trains haven’t even been implemented, and people have been waiting years for a better railway transit to meet the demand of so many people taking the train.

We have to face the facts: we can’t completely rely on the government to fix this issue. This problem has become too great for a government and a nation that don’t take the initiative to stop complaining and actually do something. However, as students, what can we possibly do to help lessen the traffic?

Unfortunately, the traffic is so bad that even avoiding peak times and taking public transportation have done nothing or more damage to the situation. One of the simplest solutions we can do is carpool. According to the Inquirer article, if 10% of school trips shifted to carpooling, nearly 300,000 car trips can be avoided. If many of you live in the same area and you know someone with a private vehicle, try suggesting you travel together. Everyone chips in for the gas and toll, and you’ll be able to save more time and money instead of waiting for an hour for the bus, the jeep or the shuttle to arrive.

If you’re the one who owns a private vehicle, one of the ways you can help reduce traffic is following the rules of the road. Not many think these rules are important to follow, but one of the main reasons why our traffic is as bad as we say is because a majority of drivers do everything they can to get to their destination faster. The changing of lanes, making of new lanes and overtaking of other vehicles aren’t just done by a few; they are done by almost all. If drivers remained in one straight line, there would be lesser delays in the movement of vehicles because they wouldn’t have to wait for the overtaking vehicle to finish maneuvering ahead of him, or the new lane wouldn’t be a hindrance to those taking a different direction. A little driving etiquette could go a long way, and by being a good example and helping raise awareness, we could make traffic jams a little more bearable.

Also, if cost isn’t a problem, staying in the dormitory inside the campus of Assumption or renting a condo nearby could also help lessen daily trips. There is the downside of being away from your family, but at least, you get to practice some independence and you won’t have to worry about the 2-hour travel you used to take. Being in close proximity to the school, you’ll be in and out of the road with the snap of a finger.

If you can think of even the smallest things to help alleviate the problem, I say stop complaining and do it. If we rely too much on other people, especially the government, we’ll get nowhere. Instead of reliving the glory days of commuting in less than an hour, I say do everything you can so it becomes normal again. Hopefully, by doing our part, we may inspire others to do the same, and in turn, spark bigger changes that will have a bigger impact on solving the problem. If we show the government how serious we are about the traffic problem instead of pressuring them into making hasty solutions, then maybe we can inspire them to make the best solutions the country deserves. We should take back our power to make a change, and it should start now before the damage becomes irreparable.
Back to Freshman year...

A clear and vivid memory that I still keep up to this date is the memory of my Freshmen Orientation when I met Ms. Crystal Calinawan, the former Student Activities Coordinator. Her presence and experience-filled words enlightened and inspired me to reach and go far during college. The energy that flows in her body for leadership just captured my attention and it made me see how leadership can do great things in the right ways. At that same day, she mentioned to us the Ayala Young Leaders Congress. I fell in love with her stories of leadership—her stories of how her experience was, and her stories of her journey to go that far. It opened up my eyes to the bigger picture of what a leader was but I can’t say it all in words. Service comes in many forms and one that I am very proud to talk about is service for leadership or as what people coin it nowadays as servant leadership.

The journey...

The road was not easy to where I stand now but it was a journey filled with lessons. As cliché as it may sound, it had bumps, stoppers, and even breakdowns because of the many factors that influenced the kind of heart for service I have earned now. Starting from freshman year as a block representative, to being the Information Committee Head of the Assumption Student Council, and until landing as the External Vice President—it always didn’t come with the title. It was always backed up with hard work and sacrifices to do what is just for the love of service. Even with this sounding like a rant, I tell you, it’s not at all. This is more of how I explain that through the process, I grew, through the mistakes, I learned and through the journey, there were great outcomes. One of these is when I got in for the 18th Ayala Young Leaders Congress.

Pre-congress...

In a sea of leaders, how do you make your mark? That is one question I had with me before the congress proper on February 9 – 13 at Lima Park Hotel, Malvar, Batangas. I was thinking of it as a prestigious congress that paves the way for young leaders to learn more about their craft and to make new connections that would help them in the future. The congress was important to me and I thought I would be able to share something to the co-delegates whom I’ll be spending a week with. There was always a question in me on what was it about this congress that makes it an “AYLC magical experience” as to what I heard before. Of course, I was truly thankful for having been chosen. Yet, what was God’s reason for getting me through the screening and panel interviews when there are 800 of us who wanted to get in?

And here comes the congress...

On the first day, I met 79 other passionate leaders who came from different parts of the Philippines. We were all divided by dialects, schools and regions, but all came together and united for a passion and that is for service; a passion that serves not only for our schools but some for their respective communities. The feeling was overwhelming and priceless, as I was surrounded by people with the same passion and with the same drive. It was like finding a piece of you in other people. Each person had the vision for themselves and for the whole nation.

At around 8 A.M., the president of the Ayala Foundation, Sir Ruel T. Maranan, officially welcomed us. It was both an honor and privilege to be able to hear how he was able to reach the height of his career and still be able to give back to his nation through the various works of his people. As his welcoming remarks ended, our journey for Batangas began. The official bags and jackets were given to us and at that moment when I laid my eyes on the jacket, it gave me that feeling of responsibility. Having that jacket meant that you have a mission for society that you are capable of fulfilling. You are set out on a mission and that mission only starts after the congress.

Throughout the congress, there were a lot of quotable quotes that are also applicable as life mantras and it is my pleasure to share with you some of these. As you read along my AYLC journey, I hope I knock on your hearts to awaken the love for nation that all of us innately have.

"You can’t remake the world without remaking yourself..."  
- Ben Oki -

According to Mt. Simon Mossesgeld or as we call him “Tatay Monchito”, the congress director, there is a leadership framework which stressed on seven points.

1. Awareness

2. Inside and out expression of who you are

3. Who you are in action

4. Find and speak with your own voice

5. Appreciate yourself and your limitations

6. Passion gives you joy and meaning

7. Life purpose and what impact you want to make

However, this framework will only be useful when you know how to start within yourself. It always starts within yourself because your personal passion to work hard and for service will manifest to the people you work with. Inspiration truly happens when you manifest it naturally and other people will do the same as you strive for success. Remember, change starts from within your own vision that is evident through your actions. Once you’ve realized how much you are worth, your true passion will emanate more than you could possibly imagine.

According to Sir John Philip Orbeta, the program director, experiences will happen but we shouldn’t also predict what would happen because this will restrict us from the possibilities we can achieve. We should always believe that out of every hardship, there is an end that will define the work we have done. As said by Senator Bam Aquino, nothing beats hard work and determination but truly, humility will get you far from where you have imagined yourself. We have to accept the fact that our heads are filled with our own propaganda, but it is important for us to open our minds to new perspectives because at the end of the day, it won’t just be our opinion that will matter. Remember that in this part of the world, working together with people will always be both a challenge and an experience to enjoy.

"Dream big and take your nation with you...”  
- Prim Paypon -

As you are a servant leader, never forget that your responsibility does not stop within the four walls of your school. It will seek its way throughout your nation. You will be reasonably disturbed with what you can do because you know that you are capable.

In Prim Paypon’s sharing of his life journey, he mentioned five things that could help us build our nation once we have found the nation-builders in us and these are:

1. Fall in love with our nation
2. Give and share what you have
3. Make yourself continuously relevant
4. Initiate a cause bigger than one’s self
5. DREAM BIG AND TAKE YOUR NATION WITH YOU

People nowadays are so used to dreaming big but it only contains themselves and the people they care for, but did we ever think about dreaming big for the nation to be better? In that simple way, you don’t only improve the life of your family and the ones close to you but you improve the Filipino as a whole and initiate a national effort that can permanently change the lives of many people.

“What is your story and what is your difference?”  
- Ezra Valido -

There are three powers that you can attain as early as now, the power of a clear purpose, the power of an idea in the hands of a passionate person, and the power of inexperience. This is a world filled with responsibilities but it is your decision if you are up for the challenge. Once you accept this challenge, this is where the powers come in. You are capable and able and nothing should ever stop you from pushing to the infinite changes you could do.

Post-congress...

As I conclude this article, I would like to emphasize on the main thing I learned from the whole congress. One should always think big, start small, but in the end, always start from all the things I’ve heard and been exposed to in the congress, I was extremely overwhelmed with what the speakers have...
Once a Wildcat, Always a Wildcat

By MARIANNE FALCIS

"Someday you're gonna thank me for this...or not." That was the High School Musical opening line from the employee in the ski lodge resort that single-handedly changed our world forever. Yes, we can't be more thankful to him for bringing Gabriela and Troy together and into our lives 10 years ago, and unless you're living underneath one of Lava Spring's boulders, you'd know that High School Musical, Disney's greatest gift to our generation and their most successful movie franchise ever, has turned a decade old already.

Haywire over the chance of reliving their childhood and making Throwback-Throwback-Thursdays and Flashback-Fridays into a reality. The 10-year reunion went live last January 20, 2016 and the whole cast, sans Zac Efron, were all present to reminisce their past experiences, share behind-the-scenes secrets and footage like their audition clips, and mostly go back to their roots and thank their fans for the love and support.

Here are 10 things in HSM that you might have forgotten or never noticed in HSM before:

1. Chad's the pioneer of the silly graphic tees trend.

Chad Danforth was always the class clown and even in the way he dressed, he stayed true to that title. In the three HSM films, he continuously wore graphic tees that had various witty or comical statements such as "I come with my own background music" and "I majored in vacation." And if you watched the pop-up edition of the film (of course, you did), you would know that Corbin Bleu came up with the statements on his shirts, really making him deserving of this title.

2. Troy was addicted to baseball shirts.

Ironically though, Troy Bolton was a basketball player, but he loved to wear his baseball tees all throughout the film franchise.

3. Gabriela loves her kindergarten references.

It's not a shock that Gabriela loves school, even when she was in kindergarten. But she keeps on making references to it like, "Do you remember in kindergarten when you'd meet a kid and know nothing about them then after 10 seconds later you were playing like you were best friends? I still can't believe I didn't have to be anything but yourself... singing with you was kinda like that."

4. Ryan and Kelsey clearly had a hot obsession.

Ryan and Kelsey's outfits were never complete if they didn't wear hats. Ryan's hat went through the first movie from a baseball cap to 12-13 in the second film.

5. Troy loved trees.

Troy loves trees. Well, he loves to climb trees especially the boulders. Even in detention he and Chad painted trees. No wonder Gabriela once called him a spider-monkey.


Nothing can outshine Sharpay, may it be in terms of talent, looks, or her rhinestone-bedazzled outfits and stuff.

7. Sharpay is the original Scream Queen.

Sharpay's screams have turned iconic. The actress have become one of the most memorable signature screams even that I'm sure it can break a leg. She is the original Scream Queen.

CONTINUED ON PAGE 16
Ever experienced chasing after a guy who does everything just to avoid you? Fret not, ladies, Shakespeare’s got your back. All’s Well That Ends Well is about Helena, a girl madly in love with a snobbish man who does everything to escape from her. This year, Metta produced this heart-melting show and you might be asking if you’re going to love the story. “I think a woman who has loved will like the show,” said Ms. Ana Vales-Lim, director of the show.

TO CHOOSE HELENA

Despite the play’s original Old English setting, Metta brought something new to the story. “This production is unique because we used Tagalog and English songs, and the clothing is modern, but we are not geographically specific so we don’t name any specific culture and country so we are kind of Global-Ast,” Ms. Ana explained.

Don’t deserve them. But that’s explained.

The play had a couple of songs that most of us know. “I thought about the character and I thought about the singers and what would match their voice and what would match that moment in the play.” Ms. Ana included songs like Kailan Don’t Know Why by Norah Jones.

When asked why she chose to direct this play, Ms. Ana said, “Because of Helena. First, because she loves. Second, she is manipulative, ambitious and she goes for what she wants. But she is shamed in the process. So rather than give up, she rises above. That’s a tremendous opportunity for an actress to go through those colors. So I thought, ‘We should do this play to give the person a chance to act all these colors.’”

TO BE HELENA

Helena, the main character, was portrayed by Leanne Mamongong. Nica Baquilod and Reena Del Rosario. “Aside from our training with Ms. Ana, we had our training at home. We also did research on the role we’re playing. We also watched videos of the play, the different versions of it. Also for the characters, we looked for characterization.” Leanne explained, detailing how it was not an easy preparation for them.

It’s really challenging to watch a play in an old English language but it was harder on the performer’s part. “When they first read the play, it was monotonous. I was reading a recipe book. There was no sense and it was very hard to listen to but when we ended, it’s very expressive; they talked as if they were really speaking that language. What was really a difficult script, they made it come alive,” the director expounded as she spoke about how the actors had a hard time at first.

Even the cast admitted that they had a hard time playing Helena first. “It was absolutely very challenging to play this character,” said Reena. For a person like Nica Baquilod, it was hard for her to portray Helena. “It was a bit hard for me to play Helena because, in the first part of the play, she was shy and modest, which made it difficult for me to separate myself from the role because we have the same personality.”

As for Leanne, it was a challenge for her to play a character as multifaceted as Helena. “At first, it was really hard to be Helena because she is really a complex character and you couldn’t play her with a snap of a finger. You have to find out where she’s coming from. Well, of course, it’s easier to be myself because this is the skin I’m comfortable with but I would not say that I would rather be myself on stage. I loved playing Helena because I got the chance to experiment on the different sides of a person.”

You may say that this play wouldn’t be relevant today, considering it was written hundreds of years ago, but the truth is, All’s Well That Ends Well is a very timely play. Helena is the perfect representation of what a woman is today. “When in spite of all of Bertram’s faults, in spite of the fact that he was not honest, he got caught. He did not come through and be honest, Helena still loves him,” says the director. “That’s so normal and typical of the world because so many women forgive their men. And then Helena says, ‘Will you be mine?’ Still, she hasn’t given up on this guy and how many friends, girlfriends and even I, are saying, ‘Really? Why don’t you just dump him? Give up on him."

Forget him. No, but we have to support our friends who really love these men who sometimes don’t deserve them. But that’s love because love is uneven. It’s not like the movies where love is even. In this play, love is uneven.

“One more thing about Helena, she’s special in a way that she’s the one pursuing the guy instead of the other way around. That was very unusual, especially during the time when Shakespeare wrote the play.” Nica Baquilod said, explaining that Helena is very timely today because some women pursue the men they love.

TO CONNECT WITH HELENA

If you’ve ever fallen in love, gotten hurt, gotten rejected, you can definitely relate to this character. Even the cast had their fair share of connections with Helena. “The times Helena gets kilig over a boy and how she becomes so sensitive because she gets hurt is how I am as well, as a person. I was able to relate to her during the scenes Helena was rejected and when she was kilig with the thought of Bertram,” said Reena, one of the Helena’s.

“For me, I am like Helena in a way that when I do things, I don’t really pressure myself. I’m not worried if some people are going to think badly of me. When I know I’m in the right, when I know that what I’m doing would be good for me and as long as I am not stepping on anyone, it’s okay,” Leanne Mamongong felt that there was a little Helena in her.

For Nica Baquilod, she felt that she was Helena in her way of planning and sorting out things. “Before I do anything, I plan it carefully, like Helena when she planned on winning over Bertram’s heart. Also, I weigh the pros and cons of my decision and find out what is the best way possible to achieve my goal.”

Helena is not a typical girl who loves and then gives up when rejected. You can’t imagine how brave she is for fighting and standing up for her feelings. She even told the mother of Bertram, the man she loves, that she is in love with him. Not everyone would have the guts to confess something like that. Even the three performers playing Helena were taken aback by that scene. “But then it turned out that she got the blessing of the mom when she confessed,” said Leanne.

TO LEARN FROM HELENA

Indeed, Helena has taught us a lot about love. “That it’s okay to be vulnerable,” Reena said. But for Leanne, it’s different. “What I learned from Helena is that you should never apologize for loving because these days, once we get hurt or rejected, we tell ourselves ‘Okay, I got rejected. I won’t do anything about it anymore. I’m okay being alone. I can do this. I got myself.’ But the beauty in Helena is that she never gives up no matter how many times Bertram rejects her. She doesn’t care if people will tell her that she’s a fool for chasing after Bertram”. Leanne adds that if we really want something, then we should fight for it and never apologize for wanting it. However, despite the drive we should have to get what we really want, we should know our limitations, especially when the person disrespects you.

Ms. Ana got schooled by Helena as well.

“I’ve learned that a woman can be great even if she loves a man lesser than herself. He doesn’t really deserve her.”

CONTINUED ON PAGE 11
The trend for a healthy and fit lifestyle has been one of “the goals” for most of us. I mean who wouldn’t want to have a healthy and fit body? From celebrities and even ordinary people, the craze for a healthy lifestyle has paved the way for the rise of healthy and organic restaurants. Now, a wide range of restaurants offering healthy food options are attracting and even encouraging people to eat greens and leafy veggies that can be alternatives for some of those high calorie and of course, unhealthy food that are rather hard to give up. To start off, here are two healthy joints that are worth the try.

If you’re looking for a light meal that’s zesty yet savory, then Chimara’s vegan menu would be the right thing to hold right now. Located at Greenbelt 3, Makati City, Chimara offers a variety of healthy food choices ranging from pasta, salad, soup, pita wraps, pita romana, and even dessert.

If you’re a Tofu lover, then their tofu pesto (Php 150) would be your new best friend. The tofu pesto is filled with tomatoes, peanuts, tofu spread and of course wrapped in a delicious pita bread.

Under their salad menu, I selected the orange chicken salad (Php 180) and it is now one of the best salads I’ve ever tasted. The greens are mixed with cucumber, raisins, corn, almonds, and grilled chicken, topped with oranges and a creamy yogurt dressing, and it comes with a side of tofu chips. It’s a light yet fulfilling meal that is ideal for brunch, and it will leave you with the feeling of being full the whole day!

They also offer the healthiest snacks in town with their wide assortment of chips such as tofu, fruits, veggies and even corn. Eating chips has never been this healthy.

And believe or not, in addition to their healthy menu, they also offer vegan popcorn with organic flavoring of your choice. It indeed tops the list of everything you’re looking for in a healthy restaurant. Not only is the food affordable, but it’s also a great place to buy and eat a quick healthy snack.

Chimara is a great place to have a quick and healthy bite and since their sole branch is located only in Greenbelt 3 (near the cinema), they actually deliver the food straight to your cinema seats.

Juju Eats—located at Chino Roces Ave, Makati—is a modern, quiet and cozy place perfect for health enthusiasts. From the place that brought you Juju cleanse, Juju Eats now offers a new spin on salads. With a wide selection of greens, you can customize and even create your own preferred salad combination. Not only that, they also have an online delivery service that will bring your meal right in front of your doorstep, so you definitely can’t miss out on your diet.

Once you enter the place, you’ll be greeted by the smell of greens and spices. It’s a place great for having brunch or a quick bite. It’s also conducive for studying, holding meetings and eating out with friends, with their nice minimalist interior, quiet vibe and pleasing ambiance.

I ordered their newest Summer Salad (Half-Php 180) partnered with Juju Eats’ cucumber quench (Php 165). This minty, light and refreshing salad, topped with sweet tomatoes, corn, shallots, really just befriended your tongue. Other signature and sought after salads are the crispy catfish salad (Half-Php 145, Regular-Php265, Wrap-Php 165) and Inasal Salad (Regular-Php 265, Half-Php 145, Wrap-Php 165).

The vibrant flavors go well with any Juju cleanse drink of your choice. From the assortment of their pure detoxifying beverages, I tried the cucumber quench because I’m a cucumber lover myself, and it certainly didn’t fail to meet my expectations. The taste was very light and refreshing, perfect with any salad combination.

Chimara
4/F Greenbelt 3, Paseo de Roxas, Ayala Center, Makati
Phone: (02) 757-5652
Open Hours:
11:30AM - 12:00MN

Chimara located at 4/F Greenbelt 3
Photo by Eunice Dione Flores

Tofu pesto (Php 150)
Photo by Eunice Dione Flores

Orange Chicken Salad (Php 180)
Photo by Eunice Dione Flores

Juju Eats
G/F, BCS Building
Chino Roces Avenue, Magallanes, Makati City
Phone: (02) 5513968
Opening Hours: 10AM - 9PM

Summer Salad (Half for Php 180)
Photo by Eunice Dione Flores

Cucumber Quench (Php 165)
Photo by Eunice Dione Flores

Photo by Eunice Dione Flores

Photo by Eunice Dione Flores

Photo by Eunice Dione Flores

[Image of orange chicken salad]

[Image of tofu pesto]

[Image of cucumber quench]
Cara Delevingne, Lily Collins, and the Kardashian-Jenner sisters are just a few of the women that are popular when we talk about perfectly-blended contour and ‘fleeky’ eyebrows. They (or at least their make-up artists) have mastered the art of applying make-up seamlessly.

As women, we are known to be very conscious of how we look and how we present ourselves to other people. That is why we tend to be meticulous with the products that we apply to our bodies. Most of us want to look presentable, and one of the ways we can make sure we look that way is through make-up. Unlike the celebrities mentioned above, we don’t have to go to school and attend our classes with a full face on.

Here are some tips and tricks to take into consideration when shopping for your next beauty item.

Prior to putting on any make-up product, one must make sure to apply some moisturizer on the face to prime it. For those with marks, blemishes, problem areas on their face, they can opt to use blemish balm creams (BB Creams) instead of full coverage foundations, as they are lighter and more suitable for an everyday school look.

On the other hand, for those who have little to no problem areas, they can just drop the creams or foundations altogether and just apply a press powder to mattify the face and act as a base.

Let’s be real, up until a few years ago, we were fine with walking around, our brows unkempt despite how we almost resembled Tarzan’s adoptive mother. That is, unless you’re a celebrity who needs to be in top shape 24/7. In the present time, most women wouldn’t be caught dead with unshaped and unfilled brows. The same thing goes for contouring—the shadows and highlights of our faces then didn’t matter unless we were headed some place special. Sometimes, even then, women would just go for a light blush, rather than contour their entire face. Now, bronzers (and highlighters, for some) have basically become a part of our daily routine. So, for the others, how does one achieve a perfectly contoured face and eyebrows that are on fleek?

1. For eyebrows, the first step to getting that perfect shape is all in grooming. You have to get rid of the excess hair that makes you look untidy and is keeping you from getting your brows to form a beautiful arch. Some women prefer to shave off the unwanted hair, while others choose to pluck. If you want to have the best amount of hair to remain on your brow while making it look tidy and good, with (over-plucking prevention), the optimum choice is to visit brow-grooming salons and have professionals thread your eyebrows for you.

Due to the demand of the service, lately there has been an influx of salons that cater to women’s brows. If you have enough eyebrow hair and there are little to no sparse areas, you can drop the shaping and filling when attending a normal school day. Revel in your natural brows! However, if you have bald spots and sparse areas, you will need to fill them. Which leads us to the next step: you have to find the perfect product to use.

2. There is a relatively wide range of type of products that people can use to shape and fill their brows: there’s the pencil type, the powdered type, the pomade type, and the gel type. Each woman’s choice of weapon for their eyebrows will vary based on their comfort and how practiced they are at applying the product. There are women who choose to use the pencil type because it’s the easiest to handle, while professionals prefer to make use of the pomade type. The best way to find out which type works best for you is to try each of them, and feel it out for yourself which one you’re most comfortable using.

3. Moving on, we have two options for our cheeks: blush or bronzer. For a typical school day, it’s always best to go for a more natural look than a chiseled one. Therefore, cheek tints or a light blush is the best way to add color to your face. However, if you would rather accentuate your features, you can pick up a bronzer that’s in a shade slightly darker than your skin tone and apply it lightly under your cheeks and swipe it until a little bit after where the apply of your cheeks end. If you would like to add more detail while still looking fresh, you can apply some highlighter on the high points of your face where the light would naturally hit, such as the cheekbones, the brow bones, and along the nose line.

4. Now, just swipe on a tinted lip balm of your choice, coat your lashes, et voilà! You’re ready to brave another day in school without being obvious about the fact that you pulled an all-nighter just hours before!

Of course, these are all tips and how-to’s found all over the Internet, and are further explained by beauty gurus on Youtube. If you would like to know more about how to apply make-up, which products and tools to use, and what make-up look to go for, you can always refer to the tutorial articles and videos online. Also, remember that all these are just suggestions in enhancing what you already have. These are not mandatory for you to fit in, and these will be put to waste if you don’t feel comfortable about doing it. The bottom-line is that it’s always best to do what you feel comfortable with and not force yourself into doing something you don’t want to. When it comes down to it, confidence will always come from that.

### FEATURES | Story continued from Page 13

**See “Once a Wildcat, Always a Wildcat” by Marianne Falcis**

Queen, after all. The Channels of Ryan Murphy’s Scream Queens got nothing on Sharpay’s high-pitched diva scream.

8. **Taylor loves her trolley-bag.**

Taylor never wore a backpack like a normal high school student. Monique Coleman explains that Taylor is a genius; she’s smart enough to know that backpacks are had for your back and spinal column, hence the trolley-bag.

9. **While Chad has an abundant variety of watches, Troy likes to have an invisible watch.**

In one scene of the movie where Chad pretends to be a Charlie’s Angel, he had on more than 4 wrist-watches because Carlin Blau couldn’t choose and thought that Chad wearing a bunch of watches would be funny. Meanwhile, Troy Bolton’s signature move is to look at his wrist as if he has a watch on (which he doesn’t). Maybe Chad could do it too and watch two or three to his best bud?

10. **KENNY ORTEGA IS THE MAN!**

Kenny Ortega is a film genius. Not only did he give us the beauty that is HSM, he has also directed and choreographed some of the most successful and iconic films ever made, such as Pretty in Pink, Dirty Dancing, Newsies, Hocus Pocus, Cheetah Girls 2, Michael Jackson’s This Is It, and The Descendants.

Without Kenny, HSM would be nothing. The man directed, choreographed and produced the movie after all. He also brings with him the magic that makes the actors and crew love what they are doing and the audience love the story they are telling, so all the honor and gratitude must be given to this awesome man.

HSM was the one that taught us about being ourselves, following our heart, breaking the status quo and valuing friendship. The movie was more than just “brainiacs” that could dance hip-hop, jocks that loved dance hip-hop, jocks that loved skateboarding, and jocks that loved hockey. They brought with him the magic that HSM made being the one true self a banner. It’s more than just a film of finding and knowing yourself, but it also accompanied us in our journey of learning, growing up and letting go.

If you ever find yourself needing a shoulder to lean on, remember, “If you didn’t stick to the status quo but got your head in the game, you could break free and find what you’re looking for and hop your way to the top and start something new because at the end of the day, we’re all in this together.”

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**Features** Assumptionists Guide to Everyday Make-Up

By ANNA PATRICIA GEOLEUGE
**Exploring the World of Non-Fiction**

**By SEPHRA MONTAJES AND DAPHNE CANDOLIDA**

"I have chosen to no longer be apologetic for my femininity. And I want to be respected in all my feminality, because I deserve to be."

**We Should All Be Feminists** (2012)

"Trying to understand feminism in the 21st century but still can’t quite get a grip on it? Nigerian writer Chimamanda Ngozi Adichie’s We Should All Be Feminists is the perfect read for you. This book was adapted from her inspiring TEDx talk, and her points are mostly focused on awareness and sexual politics. A portion of her speech was even featured in a Beyoncé song, Flawless (It starts at 1:26!) This book will start with one thing."

**Year of Yes (2015)**

"Lucky implies I didn’t do anything... Lucky implies that I was handed something I did not earn, that I did not work hard for. Gentle reader, may you never be lucky. I am not lucky. You know what I am? I am smart, I am talented, I take advantage of the opportunities that come my way and I work really, really hard. Don’t call me lucky. Call me badass."


"Our bent postures show us the unfeeling habits we’ve fallen into – sedentary, weighed down, collapsed over the laptop. We’ve given in to gravity. We’ve forgotten how to move through life with grace."

By MA. JESSICA SORILLA

"In a busy environment such as ours, we often take grace for granted. Sarah L. Kaufman, a Pulitzer Prize-winning dance critic at The Washington Post, voices one of the most important things to civilized living: grace. Kaufman emphasized that in order to be graceful, you must be comfortable in your own skin and you must illuminate physical empathy to everything and everyone around you. The Art of Grace talks about the elegance and gracefulness that are found in sports, movies, dance, fashion and music."

**Big Magic (2015)**

"The universe buries strange jewels deep within us all, and then stands back to see if we can find them."

Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert, the woman behind Eat, Pray, Love. The book talks about living life without borders, accepting ourselves for who we are and just living in the moment. Big Magic tackles various topics about ourselves, our hidden fascinations, the things holding us back from living the creative life we want, bringing out our courage everyday and moving on from life’s disappointments. It has helped millions of people in changing how they perceive life; Big Magic will be an amazing read for you, whether you’re unsure of the path life is leading you or you simply want to spice up your life.

**Racing Extinction, Racing Awareness**

By MA. JESSICA SORILLA

"Now the world’s largest tourist destination for manta ray watching. The film also shows a restaurant in Santa Monica, California that used to illegally serve meat from an endangered species of a whale before it was shut down by an undercover sting operation that showed the illegal trade in businesses. The undercover investigations of manta ray kill in Hong Kong and China are said to be largest they had ever seen. It was mentioned that these acquired fins were used for making traditional medicines that cost a large amount of money. The film highlights the efforts of regular people, insisting that change can be achieved by getting people involved and asking them to implement small changes in their daily lives."

Racing’s final minutes showcases the NASCAR driver and environmental activist, Leilani Münter, racing a Tesla to fish for manta rays but is now the world’s largest tourist destination for manta ray watching. The film also shows a restaurant in Santa Monica, California that used to illegally serve meat from an endangered species of a whale before it was shut down by an undercover sting operation that showed the illegal trade in businesses. The undercover investigations of manta ray kill in Hong Kong and China are said to be largest they had ever seen. It was mentioned that these acquired fins were used for making traditional medicines that cost a large amount of money. The film highlights the efforts of regular people, insisting that change can be achieved by getting people involved and asking them to implement small changes in their daily lives.

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Put On Your Big Girl Pants: The Dos and Don’ts of the AC Job Fair

By MARINELLA ISABELLE LETUN

Job fair is just around the corner. For juniors and seniors, it’s an opportunity for them to land a position in their dream company, either for a summer internship or for a career after graduation. It’s a great avenue for students to search for job openings without experiencing the hassle of leaving the perimeter of the school. It’s like looking for a job in your own backyard.

To prepare newcomers to the event, here are a few tips from your eTn to help you prepare for the job fair:

**DO** wear an appropriate attire. Wearing a smart casual attire does not have to be plain and boring. Mix-and-match to get the perfect combination that will highlight your assets and fit for the job. You’ll never know how big the doorway is unless you actually take that leap of faith.

**DO** smile. As you visit each booth and hand out your resume, make sure that each application is accompanied by a friendly and confident smile.

**DO** leave a strong first impression. Studies showed that it only takes seven seconds to leave an impression. So, everything falls into place – from the way you look to the way you behave. Personally, I personally believe that in job interviews, you should make them feel that they need you rather than the other way around. Look smart. Talk smart. Act smart.

**DON’T** be late. I know, as Filipinos, we have been accustomed to arriving a bit late from the scheduled time. In fact, it is so prevalent, people have coined a term for it – Filipino time. This time, let’s break the habit. We want to show the employers that we are all set and prepared for what is to come. We can do that by coming on time.

**DON’T** forget your resume. Before going to a battle, make sure you are fully equipped with everything that you might need. In this case, your resume is your weapon. Make sure that your resume is complete with every important detail about you. During the job fair, you will leave your resume with the employer as you sign-up for an application. Without it, how can you even apply for a certain position? Make sure you have sufficient copies with you, so you won’t run out within the course of the fair.

**DON’T** forget to eliminate your bad habits, such as playing with your hair, fidgeting, rocking from side-to-side, rubbing your nose and using filler words like ‘uhh’, ‘like’ and ‘you know’. All of these are hitches in leaving a good impression.

**Opportunities are opportunities, may it be big or small. You’ll never know how big the doorway is unless you actually take that leap of faith.** Don’t belittle the opportunities given during the fair. Bear these tips in mind and I’m pretty sure you’ll have an easier time during the job fair. Oh, and lastly, **DO ENJOY!**

The Best of Alan Rickman

By MARIELLA NACION

Alan Rickman was probably one of my favorite actors in the Harry Potter series, which is why I was devastated when I heard that he passed away already. Professor Snape taught me so many things about life, specifically that there’s more to people than meets the eye. I think Alan Rickman’s other film roles represent the true human emotions and that’s what makes his audience feel this deep emotional connection with his characters. Aside from Professor Snape, here are my top picks of the best characters Alan Rickman has ever played:

1. Harry in Love Actually. I think this has got to be one of my most favorite roles of Alan Rickman. In this movie, he plays Harry, a married man who has been seduced by his secretary. Rickman’s character in the movie plays a loving family man, no one could ever doubt that. I think that’s what made the plot more heartwarming. As the movie progressed, I didn’t doubt that he loved his wife, his children and the life that they had. The only flaw with his character is he entertained his weakness, especially when his secretary made unsolicited sexual advances towards him. His character taught me how easy it is to actually derail one’s marriage or one’s relationship and we should not crumble under temptation.

2. Colonel Brandon in Sense and Sensibility. In this movie, I must admit that I had a lot of expectations since it was adapted from Jane Austen’s novel of the same title. Rickman played Colonel Brandon, a quiet guy in his bachelor years. I think this character accurately represented the saying, “There is a whole lot more to what meets the eye.” The movie opened my eyes about romance and dating mishaps. In the film, Colonel Brandon was in competition with Greg Wise for the attention of Kate Winslet’s Marianne. His character was shown to be loyal, patient and deeply kind. I think we all should find a man who resembles Colonel Brandon—someone who is loyal, patient and deeply kind. He might not be the type to sweep women off their feet but he’s really the jackpot. Remember to lose your heart but always come back to your senses.

3. Eli Michaelson in Nobel Son. The Nobel Son is one of the most cruel and evil movies that I have ever watched in my entire life. In this movie, Alan Rickman plays the role of Eli Michaelson, a brilliant chemist. He’s one of those geniuses who won a Nobel Prize, but was one of the worst family men that I have ever encountered in a movie. Eli Michaelson had a son named Barkley (played by Bryan Greenberg) and in the movie, his son was kidnapped in exchange for his million-prize money. Many would predict that this certain incident would make Rickman’s character change and save his only son, but to everyone’s dismay, he told the kidnappers, “you may keep my son and I’ll keep my money”. However, despite his wealth, he still lost his family in the end. I think this movie tries to tell us that there is much more to life than awards. If you have won something, does it ever amount to anything greater than the love and warmth that your family gives?

4. Karl Hoffmeister in A Promise. This movie is a romance film set in Germany just before World War II. Its plot focused on a married woman who falls in love with his husband’s protégé. Unlike the three movies mentioned above where he played leading roles, Karl Hoffmeister was not given so many roles in the movie. In this movie, Rickman played a prickly and distant man with poor health. Rickman’s character took a keen interest in his employee, Friedrich, later on fell in love with Rickman’s wife. Hoffmeister was really mysterious because his character leaves some questions unanswered. While watching this movie, I asked myself why would he let Friedrich and his wife Charlotte pay, but the answer was the love for his wife. What was he trying to do? Does he want them to become lovers or was he surprised like us that the two have such magnetic chemistry between them?

5. Alex in Snow Cake. This movie is about the friendship of a “high-functioning” autistic woman and a man who was traumatized after a fatal car accident. In this movie, Rickman played the character of Alex, an ex-convict who was on a road trip to see an old friend in Winnipeg. During his trip, he met Vivienne, an eccentric girl who manages to hitch a ride with Rickman’s character. Just when I thought Alex was beginning to open up to Vivienne, they got into a severe car accident that later on killed Vivienne. After this incident, Alex decided to talk to Vivienne’s mother, Lina, whom he discovered to be a “highly-functional” autistic woman. She asked him to stop and to stay with her and as the movie progresses, Rickman’s character met new friends and learned so many things about Lina’s uniqueness while he tries to grieve on his own. This movie basically taught me to stop, because stopping may be the most important part of my journey.

A chameleon on the stage, the silver screen or the small screen, Alan Rickman could play the most despicable villain in the world, but that world would still love him. He has truly touched the hearts of many with his iconic roles, and cinema wouldn’t be the same without him. A master of the craft, he will be missed, always.
Assumptionists are not just confined to the campuses of Ayalas Malls. One day, there were five Assumptionists who were on their way to the gates of San Lorenzo Village and found themselves in a bullet train heading to Hiroshima, Japan. Yes, you read it right, and this is not an urban legend nor an article of a Features writer that has gone insane.

After the 10-day student exchange program in Japan, it is now time for the AC community to hear the stories of one of the five students that was given the chance to experience this kind of adventure. Unlike the common perception of a student exchange program, it was not a typical scenario of Filipino students who were sent to a foreign country, met Japanese schoolgirls and went back to the Philippines. The 4th Year Media Production student and Assumption for Christ President, Blaine Roxas, together with four other AC students namely Danielle Arcilla, Patricia Villanueva, Charlene Erfe and Chelsea Arcilla, went to Japan for a greater purpose and that is to engage in a Peace Seminar—something that is essential and relatable to the global issues happening at this time. If you’re one of the students aspiring to be in a student exchange program, it is a great opportunity for you to take a peek at Blaine Roxas’ diary on the days of this journey.

Ms. Lea Samin, Chairperson of the Communication Department, chose Blaine Roxas to be in the said program based on two criteria: academic excellence and student leadership. At first, I thought that being able to speak the Japanese language is a requirement but according to Roxas it was not. However, she had Nihongo as an elective in high school and it helped her communicate with other Japanese people without having to speak or have little knowledge of the English language.

**Proactive Assomotivistas In Preparation**

Like any other opportunity, there comes an obligation. A month before the program, the five Assumptionists had a meeting to prepare for the travel, requirements, budget, transportation details and other things needed for the trip. Accompanied by Ms. Charity Orense, Chairperson of the Psychology Department, they even had a distribution of tasks prior to the student exchange program. One student was assigned to do research especially on the schedule and price of the bullet train on their route from Fukuoka Airport to Hiroshima, plus the taxi fares and places they would visit. One student was assigned to budget the transportation fares and other expenses for the entire trip. One student was assigned to document their stay in Japan. Of course, great adventures like this really need documentation—notes and pictures for memories and information to share with others after the program. While for Blaine Roxas, together with Daniella Arcilla, were assigned to do a presentation about our beloved country and how the Philippines attained peace. Aside from that, they also had a meet up to get to know each other, given that they came from various departments in AC. Each department also prepared souvenirs to be given to the Japanese and friends from USA that were also participants of the Peace Seminar.

**Konmichiwa: What happened in 10 days?**

For the exchange student aspirants, this will tickle your interest more. Hearing the stories shared by Blaine Roxas, the sleeping exchange student aspirant in me was finally awakened and went screaming, “I want that, too!”

The five exchange students stayed in Hiroshima Jogakuin University. On the contrary to what I had been expecting to happen, which is meeting Japanese school boys, the said university is also an all girls’ school so Blaine did not feel the jitters of much culture shock. According to her, it felt like she was still in Assumption College—only with a bigger campus and more advanced equipment. Aside from its unique culture and heritage preserved for centuries, Japan has also been known for its cuisine. “The food was great and satisfying,” said Roxas. They also shared knowledge about the Philippine culture with the Japanese and American student. It was like a culture exposition wherein students from Japan, USA and Philippines had a casual talk while sharing cultures from their respective countries. Each day was filled with activities related to the Japanese culture. On the first day, they got the chance to wear a yukata, a Japanese piece of clothing that girls wear during the summer. They also learned a Japanese dance, experienced a tea ceremony and the making of ikebana, the art of flower arrangement in Japan. They were taught how to make origami cranes and learned the significance behind making it. They went to Miyajima Island and visited different temples in which Japanese architecture is known for. The program was not limited around the environment of academe; they also experienced Japanese culture through staying with foster families for three (3) days. Blaine’s foster family was so accommodating and caring, according to her. Her foster parents taught her to have a proper Japanese cuisine which was the highlight of her stay with them.

Along with the exposure to Japanese culture, horrifying fragments of World War II history were also the emphasis of the Peace Seminar. Lectures were given on what happened to Hiroshima, Japan after the Americans dropped the atomic bomb and left them with massive destruction that lasted for years. After that, they went to the Hiroshima Peace Memorial Museum where all the memorals of the atomic bomb were located. “When I was in the museum, every one of us tourists was really quiet and the ambiance was really depressing. It was really a humbling experience for me because I was able to reflect and get a grasp of the devastation they had experienced,” Roxas said.

Blaine Roxas’ attitude on sharing stories her experiences were so detailed that it reflects how great the student exchange program had been. Her responses was sincere and commendable. I honestly felt like I was not only conducting an interview but receiving a bonus lecture Japanese culture as well.

**Good bye is not the Ending, Farewell is**

All great things must come to an end. That would be the most “bitter” saying I have ever heard. But for the Peace Seminar, let’s call it a farewell instead of a good-bye. Guess what? Blaine Roxas is in constant communication with the people she had met in Japan. Before going back to the Philippines, they had a farewell party. According to Blaine, “all of the Japanese students who were with us gave each one of us a letter and it touched me because of the efforts that they did and the message was really heart-warming”. They also remained good friends through Facebook, thanks to technology and social networking. They kept in touch and updated with what’s going on with their lives. She has Japanese friends who are very interested with our culture, especially OPM (Original Filipino Music) songs. Blaine added, “one of our Japanese friends consistently asks me what good OPM songs can she listen to because she really likes it”.

Blaine Roxas, together with her co-delegates, facilitated the “Peace Week” in Assumption College where they shared the learnings that they acquired from the 10-day student exchange program, with emphasis on the value of peace. She stated that the most important learning is “peace cannot be written on a piece of cloth but only be able to pass on the torch to others”.

The moment I asked her how she would want to be introduced in this article, I got not only her genuine response but also realized why she had been chosen as one of the delegates for the Peace Seminar. “I am Blaine Roxas, an Assumptionist who was enlightened that peace can be done in the simplest ways but can have a big impact if you do it extraordinarily well with the guidance of our Almighty Father”. This statement will serve as an inspiration for other Assumptionists who aspire to be in a Student Exchange Program, proving that it is not merely on the thoughts of Filipino students studying in a foreign country, but also showing what we Filipinos have to contribute to universal peace and harmony.
FEATURES

David Bowie: a Legend, a Hero
By MARIELLA NACINO AND FEI DIAWAN

January 10, 2016 — the legendary David Bowie, died of cancer at the age of 69. He was a major contributor to the history of British music. He sold over 140 million albums since his first release in 1967 and still kept on inspiring people through his music up to this day. As a form of appreciation for his brilliance and influence to people around the world, we listed our Top 5 David Bowie songs from 1967 to 2016 to pay tribute to a fallen artist:

1. CHANGES.

We think that this song has got to be the most relatable song of Bowie. As we listen to this song, we find a deep emotional connection with him. It is about a person who is wandering and is afraid to face what is strange. As the song progresses, it tells about how time can change each and every one of us. In reality, the concept of change is already cliché but it’s the truth. Change is inevitable and we must accept how different things are right now from what they were before. Just like what Bowie tries to say in this song, we must turn and face the strange in order to live a life without regrets.

2. UNDER PRESSURE.

A collaboration with the equally legendary band, Queen, this song is about the human condition and how pressure affects individuals. We must try our very best not to crumble under pressure. Even if society watches our every move, we should not be burdened by it because at the end of the day, we are all entitled to do what we want. Ultimately, the love that we receive from the people around us is always greater than the pressures of society, and Bowie encourages us to break free from these pressures and live the uniqueness of our lives.

3. LAZARUS.

Lazarus is one of David Bowie’s newly released songs this year in his latest album, Blackstar. We found this song the most difficult to interpret because of its depth but we think it could’ve foreshadowed his death. The song starts with the lines “Look up here, I’m in Heaven I’ve got scars that can’t be seen,” which could imply that he’s up there and he has gone through things that people might not know about; a story that only he knows. He wanted to tell people that after his death, he would be free of everything. He would be free of life and free from the eyes of many. This song is almost like a parting gift to his loved ones and fans.

4. THE MAN WHO SOLD THE WORLD.

For us, this song is something that all of us teens could relate to because this somehow shows the value of having true people in our lives. This song is about a person who has never lost control over his surroundings. We think that the main message behind this song is that we should never try to control things and people around us if we don’t want to end up alone. It reminds us not to sell our worlds to greed and power; a great feat in our society that values fame and fortune too much.

5. FAME.

Fame is just temporary. One day you’re popular and the next day you’re not. There is a line in this song that says, “Fame, what you get is no tomorrow.” We think Bowie is trying to tell us that being popular is a good thing but it will never amount to a person’s contentment. Fame does not dictate who you really are as a person but it could dictate the things you do to keep your popularity intact.

Throughout the years, people from around the world have continually consumed Coca-Cola products. It is not uncommon to find a bottle of Coke sitting in the center of a family’s dinner table, or in the hands of passersby strolling in the streets. For over 130 years, this brand survived the competitive environment of the market, as one of the reasons for their marketing longevity is due to their iconic advertising campaigns in the past that shook the world. A notable example of Coca-Cola’s recent campaign would be the “Share a Coke“ idea that had a simple, yet groundbreaking concept of having a personalized bottle with one’s name written on the side, with captions such as “Share a Coke with Alex.”

January 21, 2016 marked Coca-Cola’s milestone, wherein a new chapter of their marketing endeavor unfolded. The company hosted an event that celebrated that milestone, which was the globally synchronized launch of their latest campaign, “Taste the Feeling.” The event was held at the lavish grounds of Manila Peninsula’s Rigodon Hall, where the area was filled with people donning outfits with a “touch of red”.

Coca-Cola’s Vice-President for marketing, Stephan Crypionka, was the main speaker for the launch of the campaign as he talked about the significant changes of the advertising approach. He described it as being “really different from the campaigns that we had in the past years,” one of which is by hiring two prominent photographers of the fashion industry instead of photographers who mainly focus on advertising. This change in style of photography gives Coca-Cola the opportunity to present images that are captured in a “very unique and a very distinct way,” he added.

“The product is the hero of our advertising, no story works without Coke being present,” as Crypionka imparted to the audience. In addition, the Vice-President said, “the simple pleasure of drinking Coca-Cola makes any moment special.” This describes the central theme of the “Taste the Feeling” campaign in which the brand is associated with the feelings of happiness and positive emotions. Crypionka then added, “what science says really makes us happy is the sum of all these everyday moments, and Coca-Cola wants to make these moments more special and more memorable.”

The event then introduced the newest brand ambassadors, such as the sensational love team, Alden Richards and Maine Mendoza of GMA’s Kalyeserye. There were also other popular Filipino TV personalities such as Gary Valenciano, Enrique Gil, Liza Soberano, Bailey May, Ylona Garcia, Enchong Dee, Janella Salvador, Nadine Lustre and James Reid.

Throughout the years, the Coca-Cola campaign would be the “Share a Coke” idea that had a simple, yet groundbreaking concept of having a personalized bottle with one’s name written on the side, with captions such as “Share a Coke with Alex.”
Assumption College Taekwondo Team crowned as the 46th Season WNCAA Poomsae Champions, and Second Runner Up for WCSA Competition

By KRISTENDE BENDITH MONTENEGRO

The WCSSA 2015, on the other hand, was held at Miriam College, where the athletes encountered new faces, as well as old participants for the Taekwondo Poomsae only competition. The Titans were ready to give their all and to defend their title. The individual Poomsae event took place before the team event, where Beia Matti and Alice Endo were awarded bronze medals, Rebecca Macareag awarded with a silver medal, and Kristine Montenegro with a gold medal. The team event, held right after the individual Poomsae, was a very tight competition; nevertheless, some of our athletes were still awarded with medals. Among the bronze medalists were the team of Katrina Bantog, Alex Ehrada, and Beia Matti whom are blue belts, Victoria Andor, Rebecca Macareag, and Kristine Montenegro whom are red belts. The silver medals were awarded to the team of Dannie Agacer, Abigail Bungay, and Alice Endo. The participating teams definitely put their best foot forward both literally and figuratively. Our Titans placed 2nd Runner-up, next to St. Scholastica’s College, who won first place, and Miriam College who were awarded champions of WCSA 2015. These athletes never tire of engaging in different competitions and making sure that they do their very best to continue to bring pride and glory to Assumption College.

SPORTS NEWS | Story continued from Page 1

See “Assumption College WCSA’s 14th Season Overall Champion” by Beia Matti

As the saying goes, "Every champion was once a contender that refused to give up." The Assumption College Badminton team brought home a well-deserved champion title in the 14th Season of WCSA. Kudos to the champion who refused to give up, next to St. Scholastica’s College, who won first place, and Miriam College who were awarded champions of WCSA 2015. These athletes never tire of engaging in different competitions and making sure that they do their very best to continue to bring pride and glory to Assumption College.

The badminton, and swimming teams are this year’s champions. The futsal, table tennis, and taekwondo teams placed first runner-up. Lastly, the volleyball team placed second runner-up. As but the hosts announced the overall ranking for this season, we felt typical. We didn’t expect to be a part of the top schools since we haven’t earned a spot for so long. However, to our surprise, the hosts announced that Assumption College is crowned as the season’s overall champion. The whole AC Athletic Organization (ACAO) community, together with Atty. Armeo Iavelaiana Dean of Student Affairs, Ms. Marita Adamsom, Student Activities Coordinator, and Ms. Dody Granada, ACAO’s sports coordinator, rejoiced with pride and joy because of our victory.

"It’s a really overwhelming experience," said Doody Granada, ACAO’s sports coordinator, to embrace every opportunity that comes their way and to give importance to the sport that is important to him. AC women athletes are an epitome of faithfulness. The team never fails to call God for guidance, and when they step on the diving board, they pray for strength and presence of mind as the famous quotation goes, "Do your best and God will do the rest.”

Kudos to our awardees who each bagged gold, silver, and bronze medals: Trish Diretcool, a ACSA MVP, Angel De Vera (WCSA MVP), and Kristine Montenegro as its members. The blue belts composed of Elaine Alfenzo, Alex Ehrada, and Samantha Jaboli. The bronze medalists from the novice division were Pamela Halog, Chelsia Soriano, and Aledea Lutan, a team of yellow belts. And from the advanced category, Abigail Bungay, Mik Dixon and Beia Guevara, who are a team of brown belts. the award for the team event, where Beia Matti and Alice Endo were awarded bronze medals, Rebecca Macareag awarded with a silver medal, and Kristine Montenegro with a gold medal. The team event, held right after the individual Poomsae, was a very tight competition; nevertheless, some of our athletes were still awarded with medals. Among the bronze medalists were the team of Katrina Bantog, Alex Ehrada, and Beia Matti whom are blue belts, Victoria Andor, Rebecca Macareag, and Kristine Montenegro whom are red belts. The silver medals were awarded to the team of Dannie Agacer, Abigail Bungay, and Alice Endo. The participating teams definitely put their best foot forward both literally and figuratively. Our Titans placed 2nd Runner-up, next to St. Scholastica’s College, who won first place, and Miriam College who were awarded champions of WCSA 2015. These athletes never tire of engaging in different competitions and making sure that they do their very best to continue to bring pride and glory to Assumption College.

Back-to-back triumph!

By HELENAE SO

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7-peat Victory: AC Swimming Team

Defending Champs

By HELENAE SO

Hold your breath! The AC swimming team defended again their title as Champions in the 14th Season of WCSA with an astounding seven (7) consecutive championships for our women athletes. Driven by their dedication and fervor, slipping training is not an option. For team-captain, Trish Diretco, trainings show one’s development and improvements in beating personal records/times and strokes which is vital in getting an athlete ready for the major swim meets. They inspire each other to train harder, never to give up and to believe they can. With their will to fight, Coach Donald Gaerlan does not only teach the athletes how every stroke is done properly but also teaches the athletes to embrace every opportunity that comes their way and to give importance to the sport that is important to him. AC women athletes are an epitome of faithfulness. The team never fails to call God for guidance, and when they step on the diving board, they pray for strength and presence of mind as the famous quotation goes, “Do your best and God will do the rest.”

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Dust
By MARIELLA NACINO

When I was just a girl,
You didn’t even know my name
When I was just alone,
You were never there to stay
All these years,
All this time,
Where have you been
I won’t even ask
All that I have,
Is fumes and tears
A heart that’s light as dust
I turn to dust
When do I feel most free,
When do I feel truly special,
Is it when they like who I am
Even if that’s not really me
All this time, all of my heart
Who have I tried to please
Take myself back to where I belong,
Is someone still waiting for me

Deadly Lies
By MARIANNE FALCIS

How deep the earth shall our bodies be buried?
Down beneath the earthly soil that gives life to
the plants,
That beautify the surroundings and bear fruit to
the living.
Shall the world that we longed for be forever
gone,
Faded down into the mist of airy nothingness?
The darkness and the cold cover our soul-less
shell,
Our mortal flesh decaying...
Shall we be turned into nothing more but a pile
of bones?
As we look back at memory lane’s best,
We see our mistakes.
We only saw what we wanted to see,