

Bahaghari

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**SPEAK. WRITE.
BE TRUE. BE FREE.**

ABOUT THE COVER



BAHAG-HARI

It is the desire for power that makes human a wolf to another. Power has been the sole reason for the chaos that arises among leaders, but regardless of the overwhelming power, cowardice still sprouts from deep within.

It is a matter of perspective on where we are viewing things that let us know the truth. Who we thought was our leader may not be leading on his will. A greater force might be holding his neck and inflicting fear all-over his being.

Cowardice is being covered with the glimmer of the crown and the extravagance of the clothes and jewelries. You might be blinded by the mask he's using to cover what he is lacking or be oblivious of how a stronger force is manipulating his actions.

It is not enough that you see things from the front view. Look closer and explore the different points where you can see things. The king may not be as tough as you think he is.

Your king might be a coward covered with steel---- be vigilant.

Concept by: Editorial Board
Photo by: Lloyd Dafydd San Pedro

EDITOR'S NOTE

As humans, we are born natural leaders. We lead our lives on the path that we have chosen, but there are also humans who are born to be the pacesetters for others. They are destined to sit on the throne and be looked upon by their constituents.

However, as humans, we also seek for power. We desire for things that can make us stronger. We quest to acquire things that can put us on the top of the pyramid. This greed over great power turns a leader into a coward one.

Cowardice comes in many forms, a leader who is afraid to lose his power and follows other's orders; a leader who is overshadowed by his right-hand and is controlled by the whispers of the sly wolf. They are the examples of a coward leader.

If you are a leader, be reminded that you have the free will to choose between being a leader that fight for his people or a leader who is kept silent, controlled and afraid.

Yet, as ordinary students of this College, we are entitled with the power to observe and criticize. We are entitled with a voice to speak for what we believe is right. A single voice may not be enough, but as we concentrate our voices to a single purpose--- to speak the truth--- we can be unbreakable.



BIANCA GAIL D.C. GONZALES
Editor-in-Chief

TABLE OF CONTENTS

EDITORIAL 6



FEATURE

16



31



LITERARY

OPINION 8



37



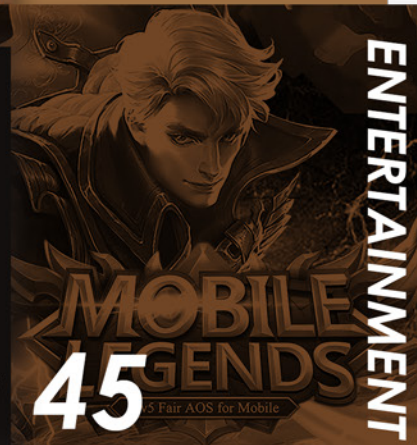
DEVCOMM

43



LAMPOON

45



ENTERTAINMENT

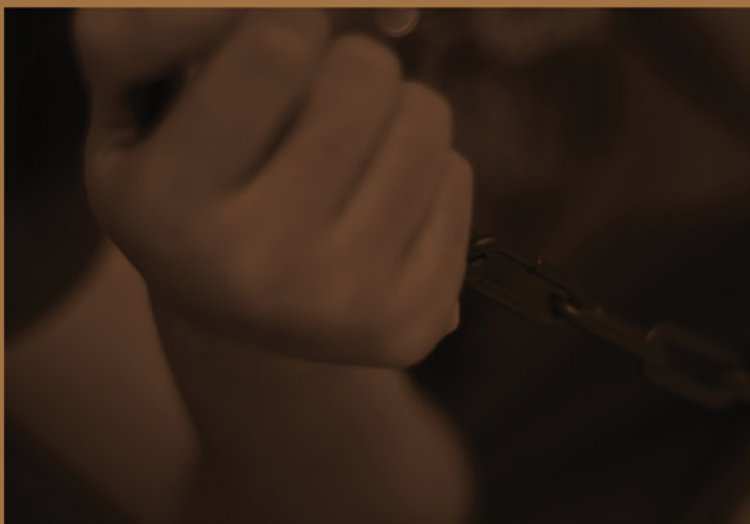
48



NEWS

SPORTS 54







CEASE COWARDICE: REVITALIZE ROOTS OF TRUE LEADERSHIP

Cowardice of leaders of different sectors from the national government down to this institution overshadows the true colors of competence in leadership. This weakness brings non-reformative actions on governing one's territory and accentuates the mode of reigning in the Philippines, hence rotting the roots to its branches.

From over a hundred million Filipinos in this country, down to the thousands of students under this institution, all are under the sway of people we called "leaders", who, by the virtue and power vested upon them, shall do the duties and responsibilities they vowed to fulfill. A leader is the one that convinces other people to follow rules. The scope of leadership may vary depending on the capability of the one that governs. But how can we prove that the frontrunner is bent to bridge the gap to the end line instead of lengthening the distance being travelled to reach the progress?

Issues among the sectors of the national government started from the controversy over the arbitration case of West Philippine Sea against China. Philippine Foreign Secretary Albert Del Rosario delineated the claim of the basic arguments regarding the dispute of the sea wherein Philippines vowed to smash China's argument on the said matter. Hence, President Duterte has been unobtrusive on the issue to maintain a soft relationship and avoid a war against China. Filipinos stand a protest apropos to Duterte's statement showing cowardice and fear against the opposing country which is not expected of him and as the right thing to do given the current situation of the Philippines.

As we expect for the uprightness of this country and unveil the tyranny over the authority of President Duterte, the same is expected in this institution for there are still minor influential and leader-pretenders that can be quoted as co-ward for their timidity in this campus. The problem is not only caged in the national government. Among the walls of the institution, students' dissatisfaction to the mode of ruling of the current leaders reigning inside this institution is dominantly being felt.

This institution has been conducting an annual leadership training program spearheaded by the Supreme Student Council (SSC) being attended by different leaders from among various campus organizations. The problem is, those trainings are not enough to bring out the potentials of the student leaders because of the administration's inability

to provide sufficient financial support and the inappropriateness of the chosen topics in the seminars to the needs of the students.

Leader-pretenders are also in high position within our institution that continuously betray the whole studentry by defying the institution's mission that the college shall *"provide for and address ever-changing educational needs and services for those seeking to expand their intellectual horizons."* The measures presented by the oppressors are hiding within a sheep's cloth.

As students' trust bestowed to student leaders to lead the way and find the best possible means to cater and provide for the students' welfare, good results are still hanging in the air. Instead of clearing up the situation, clamors are actually shrouded and just pacified. Leaders pledged to formulate a solution for the problem and a plan for progress and not to collect materials to create the perfect throne.

Nevertheless, to conform to what is being ordered by the administrators is right, but to be unable to raise the concerns of the students will never be acceptable. Student-leaders, being the voice of the student body must be tough enough to amplify the plea of the minority of the studentry. The appeal of the students to enjoy a college wide activity or to have a genuine recognition by all of the professors to the purpose of an excuse letter must be given an action. Issues as little as these shouldn't be solved by intimidating others of their power as student-leaders. Tears shouldn't be dried with whip but rather with solutions.

Student-leaders from the institution become voiceless due to the control of higher authority. Inferior leaders are being set to shoulder the boulder consuming the weight of those pretenders who rule without a clear view of progression. As the truth is spoken to the majority, the ones who govern the studentry might take silent, yet destructive actions to shut the strike of criticism gunned by the press. But, as everyone aims for the righteous act for the institution, no one will waiver to divulge the facticity within the walls of the institution until this call shall be a knock for the cowardice of those leaders.

Filipinos have outlaid and unveiled the dimness of cowardice that is being concealed by those who hold the power. Truly, it is only when the dullness of cowardice will be outshined by various colors of proficient leadership that the true change will be attained and shall water again the roots to nourish its branches.



RULERS OF POWER: SMITTEN LEADER

CATAPULT

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Over millennia, power has been the greatest desire of man. Almost everyone seeks for power and fight over the rights to sit on the throne and rule. Most have been smitten over the bedazzling glimmer the top of the hierarchy radiates. They are too enticed that it blinded them, but as you get hold of the power you have been hankering over, have you been a good ruler?

We, humans, categorized our rulers into two: A leader, connoted to a positive meaning and a boss, depicted as the other way around. But inspite this division there are still some who relish for the taste of overflowing power.

The boss with its denotation of a person who exercises control of authority is rather elucidated by man as a self-centered person, who only thinks of how to be an eye candy. Overshadowing the efforts and turning ears deaf over the complains of the group, and using others as means for their desired end. This reasoned the revolt of the constituents. Regarding journalists, it has always been the reason why we are opposing the views of the rulers. It is not an assault to throw dirt over your clean slate but rather an act to unfold the truth hidden under your lies. An act to uncover the veil of ignorance that has been hindering our views.

Every coin has its other side which in this case we termed as the "leader". Denoted simply as someone who leads but translated with our words as an effective and efficient head who knows how to listen, lead and act. It is the complete opposite of the aforementioned. A leader has the authority and power, and looks at everyone equally. He accepts his own faults and shortcomings.

Equal treatment must be given to all, isn't it? But to us journalists, isn't it too idealistic to be treated equally as others are treated? Aren't we most of the time deprived of the right to introduce ourselves as we were already tagged with all negative connotations one could ever think of? We are deprived to be us, when an image is created on their mind.

I am an education student, an aspiring future educator. As what I've learned, educators must see each individual as a person who has his/her own strengths and weaknesses. No individual is exactly the same as another, that is what they stressed. Presumably, those in the field of education supposed to end the stigma and the stereotyping, but I guess it isn't the case for now.

However, another type of leader existed due to the addicting taste of pure power. I would describe it as a wolf resting under a sheep's clothing. Making a façade of a perfect person but hiding the truth. You've been uttering sugarcoated insults that can make a kitten looks like a tiger. You've been complaining to others about a simple misbehavior as you describe but you willingly accepted our company. You act as if you are finding a way to resolve, but actually seeking dirt to throw at others to make you look pure. You, who constantly block our freedom to speak the truth.

To weave a perfect trap for your prey to easily be caught is your forte. You've already stirred up perfect schemes but we're seeing every loose end you left. We've seen you in smiles but we dig deeper than their naked eyes could see. We are not looking at the calm surface of the river but rather, battling under the chaotic level of the water. You have your principles like everyone, but not because it did not pass your ideals, it is already wrong. Remember, even success does not come in a single form. As freedom has its limit, power has its limit as well.

We are journalists. We oath to uphold the truth and serve the studentry and no matter what kind of ruler we will encounter, we will always abide to our sworn principles. We have the freedom, yet we aren't entitled the way you think we are. We are innocent until proven guilty so don't act guilty when the trial has not started.

FIFTH SHADE OF CONVEYANCE

FIFTH SHADE OF CONVEYANCE



DIVULGE, SCARLET

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Hues entailing Maroon, Green, Blue, and Violet were founded the institution wherein they were led by their own influencer. A system of non-stop interactions was established under the reign of the queens and a king who have built their own nation and tradition inside the barriers of this school. As we speak about the essence of leadership and being a leader, can we really say that the models whom we have elected are truly molded to perform their tasks efficiently during their terms as we quoted them "Governors"?

Entering the Maroon Tribe.

People entitled as wizards of diverse application of letters and numbers reside within the territory of the Maroons. Waving their proud elite flag, the tribe is being reigned by a sophomore who was issued being overpowered by her subordinates. In which we speak ruling a tribe, it was a big gag to consider the term that they have equal rights starting from the lower station to the main ruler of the kinfolk. The demands of their course was not enough to fulfill their academic performance on what day time can provide, and what more if being a leader is put to a test? The stresses brought by the institution's contests greatly contributed to the dispute of the folks on position which lead to great arguments affecting the students under their commands. This tribe is "perfectly" giving in life Bentham's idea on utilitarianism, in which the quantity of those who share satisfaction and happiness is momentarily significant than the quality of the spearhead.

Running through the Field of Greens.

As we chase the essence of what a leader should be, we are now crossing the field of the instinctive tamers and crop reapers being led by their all-powered Queen. A powerhouse realm that continuously dominating each contest in our institution is now governed by a crowned head, packed with things that everyone seeks to have. Taking aside the material possessions that the world can provide, will the students from this institute constantly obey her if primarily words are the only rake to tame them? Due to the unceasing increase of the reaper's population, it is an enormous question to ask if the proceeding ruler will handle the institute as firm as the current leader can grip. Nonetheless, the next generation of tamers and reapers will conclude this vital query of the majority.

Drenching to the Blue Sea.

Resilient waves of intelligence and discipline will now hit us as we swim to the endless sea of the Blue educators. Being led by their compassionate sophomore maiden trained by the latter governor since her freshmen year, her rigid decisions were leading the clan into a new mode of unity. She is indeed, trusted by her subordinates that aid her through the judgment of decisions for the institute. Hence, the softness and flexibility that she shows as a leader will certainly drained her since she started her career at the young year. If we were ought to seek for the capabilities of Blue's leader, it is truly hard to see her true potential at this early stage. The only thing that is sure for the future educator is that, they are now enjoying the benefits of a well-rounded leader who guides them towards the success of the institute. But, there is this thing that we can challenge to the leader of the Blue. These days, the case of students from their institute having a public display of affection is strictly observed due to their constitutions as students, now, more than ever, is the right time for her to take an action regarding this issue. Will she take the challenge?

Into the Forest of the Violet.

A sophomore King who is constantly being compared to the previous monarch. A silent ruler with caring consent for his brethren, yet strict mode of deciding for the institute. Those are the things that we can easily access to the current leader of the Violet. Chiefs of pure managing and distinct accountability, they are proclaimed having the second largest population in our institution. Is he really suited for the crown? Or is it just a play for him to participate? Many of his subordinates are putting stabs behind their leader's back, but he can't do a thing about it for he is also new in this post.

Being a leader, you should work with your subordinates to reach a certain goal, not being your fellow student's servant that will feed them everything. Caring is sharing. If you care about your brethren, you must share with them the work that is needed to be done, in order to expose them into the reality that life does not only gives what you want. Everyone must work hard and give effort to receive what we deserve. That was the challenge that the rulers from the Maroon, Green, Blue, and Violet must take for the improvement of their respective institute.

UNHEARD VOICES UNHEARD VOICES

APHY DA VINCI

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My parents raise us with fair and equal love.

It is indeed an edge to be cultivated by this kind of family which enables me to be honed with wisely generated decisions. Taking into consideration all of their children's thoughts before imposing a disciplinary action when argument arouses between me and my siblings is one of the values worthy to acquire. With the principles being kindle in my intellect, grew in me the ability to perceive things in an equilibrium perspective.

With the courage to attempt, I venture into leadership through journalism. Being a student leader and a journalist made me able to view the multiple angles in every situation. I was able to incorporate my parents' values and good principle. I've seen diversity and have heard different screams of different sectors, tyrants and marginalized groups. Through those times that voiceless screams were disregarded and only those in power are taking into account, it is something that needs an action. Everyone desires to be treated fairly and every voice covets to be heard. A coherent and efficient leader knows how to listen to his member's feedback, knows how to take those tip-off if it's favorable and beneficial for the majority. A great leader is an analogy of a route that gives a sense of direction and take initiative to stride. In a team, everyone should perform conforming to their roles. All sectors should work one's finger to the bone to achieve their main goal. Are you one of those few coherent leaders or are you only after your thoughts?

During the Marcos dictatorship, students who raised their voices were arrested, the freedom of the press had been removed. Many cases from then on remain as a mystery until today. Students who fought for their rights were never seen again. Sad to say, even we do not experience violence, there is still unequal treatment towards the eleutheromania or the intense and irresistible desire for freedom, of today's journalists. As the cementing of dictatorship is continuously happening, I rise above it with my freedom to uphold the truth.

If journalists wouldn't be dauntless enough to be the foundation of the truth, who else will? If I will not use my voice as a journalist, no one will hear us. We always encounter an unequal treatment and we are accountable to discern who we can depend on. Not all leaders know how to listen to the truth. Not all leaders consider the journalists' views because it is already impose on their minds that we are against them. But shouldn't they take it constructively when we are throwing criticisms upon them? We write according to their actions.

As a part of the publication, we are taught to aim on one goal. It was imposed on us to abide to our sworn creed to be unmoved by pride or opinion, or greed of power and be unswayed by the appeal of privilege. So it is a must to be an open-minded leader, for us to take into consideration the concerns of our substituents.

Judging without analyzing is the dilemma some leaders are continuously practicing. The unwillingness to change this practice will distort the progress. We must exercise a fair judgement and impose unbiased decisions. Make a goal supported by the whole institution because the vision build by multiple minds is greater than the vision of your favorite staff.

ACHILLES HEEL

ACHILLES HEEL

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Leadership is a revolutionary platform that can alter one into a person with a purpose. Delving into the deepest trench of leadership is a pleasure to behold the essence of being a leader, which is to empower the soaring generation of leaders.

To be an empowerer is a courtesy to serve. As the BASC studentry named their chosen one to be their voice in the last year's Supreme Student Council Election, the most favored candidate was emplaced under a pile of great expectations due to the different ruling and discordancy of the previous student body. A higher standard is set upon his shoulders, not to burden him, but for him to bear as he builds his character. As he is deeply-seated on his throne, did he justify his crown to the great mass of student population who have confided their votes on his hands?

Being entrusted of holding the premiership in the Supreme Student Council should never cease just to be entitled of the power and authority it offers. A year of tenure given to the SSC President is a year not to be paralyzed of the power, but to substantiate his worth to the crowd of students who lend their trust upon him. To lead under the pressure and callous left by the preceding student council, requires a leader with an enduring passion and selfless advocacies to bring back the council to its mission and endeavors. Is he still worthy of the crown?

Taking half-turn from his service, his performance were scrutinized. It was observed that he has constructed a great facade of accomplishments, but during the planning, preparation and execution of every event they spearheaded in the institution, in which part did he function pursuant to his purpose as the supreme of the council? Did he move with the team or did he just command the team to move? Be reminded that the essence of leadership is influence, not authority, and leading is different from plainly imposing commands. A student leader must embody interdependency, or being someone who seeks for help when needed but knows how to extend help to his teammates as well and most importantly, knows how to do work on his own.

Being the SSC President, his tremendous responsibility is to be the representative of the studentry which depicts standing up firmly for their concerns to be raised on the administration. Yet, there are circumstances that students' concerns are not being well-represented. This is why the mandate from the administration always prevails over the concerns of the students. In my opinion, he is not equipped with the courage to vindicate the students' rights and oppose the views of any authority, a fear he should challenge himself to overcome. To oppose someone with power is not a sign of disrespect, it shows that as a leader, you perceive how to stand for your constituents. To disagree is never a misdeed, sometimes we have to agree to disagree, as we uphold the right.

As we speak about clout or the power to make decisions or influence events, it is a strength and a firepower for a leader to utilize it fearlessly, progressively and responsibly to be an efficient empowerer, but in what extent, does he exercise power in the ground of leadership? His way of governing has no basis of stability and therefore, insubstantial; it can be easily broken and bent, and lack strength and solidity. Being unable to embody the characteristic of having a firm, rigid and unshaken stand is a bridge he has to cross in compliance to the requirements of being a great leader. Having no firm decision as well, is something he needs to work out. A leader should not be a rootless wanderer.

Promulgated in the SSC Mission under its Constitution and By-Laws (CBL), "The SSC shall strive to provide opportunities where the students' rights and privileges are concerned and trained them in leadership and promote camaraderie." As they are tasked to promote camaraderie, is there a sense of solidarity burgeon among them? Are they having no dispute in the internal? He, being the foundation of the council, does he rear a firm foundation of relationship within? His constituents are the beholder of the fragility of their supposed-to-be pillar as they are vigilant enough to catch sight of him practicing indolence. Inclination to slothness is a clear manifestation of negligence of duties and responsibilities, and therefore must not be concretized. This could be a seed to schism and breach, generating a barricade among those who supposed to cement unity pertinent to their sworn creed.

If leaders are performing their duties and responsibilities as leaders, they have nothing to be afraid of. If they are leading their people towards their vision for them, then they are a leaders. If the boat is sinking and the leaders manage to put the safety of their people before themselves, then they embody the characteristics of a great leader. But if they don't, might as well leave the throne.

The essence of being a leader is to venture conforming to one's duties and responsibilities, to earnestly pursue the leader's mission, to bear influence as a holy grail of one's leadership and to empower the aspiring generation. As we take route to the path we have chosen, always bring with us a good character, because after all, ability might take us to the top, but character will keep us there. The crown of a leader should not lay above the head, it should reside in the leader's soul.

DISTORTED PROGRESS DISTORTED PROGRESS

CERBERUS

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Are we are living up to the mission of BASC which is "To strive for excellence in Agriculture and allied discipline and to provide for and address ever-changing needs and services for those seeking to expand their intellectual horizons?"

The administration is the highest governing officials selected to address the problems arising during their term of service. Their duty is to establish policies for orderliness and implement solutions that will eventually lead our college to holistic development. But how can we continue in stepping forward if they keep on imposing short term medication to a wound that needs a long term cure?

Last August, a late mandate was released in response to an approved collegewide activity conducted by the Supreme Student Council (SSC) and Samahang Panitik which is the "Buwan ng Wika". Why does it have to be called college wide, if it is not mandatory to all? The mandate states that only students who have Filipino subject must participate to the event while the rest will proceed to their respective classes, due to the inability of the gymnasium to accommodate all of the students. This action earned complains from the majority of the studentry because it was unacceptable to ignore equality. A day before the event, the Institute Student Councils (ISCs) raised their voices to hear the concerns of their co-students while the Supreme Student Council (SSC) tried to settle down the issue, yet the command from those in authority still prevailed.

Rather than limiting the number of attendees, why not change the venue? A place that can accommodate collegewide events, considering the ascending student population. We can also allocate budget for the renovation of our multipurpose gymnasium for present and future purposes. Slow process that carries a long term effect, small steps yet big leap.

The action that was taken showed inconsideration for some. Imposing this kind of sudden prohibitions rather than a resolution is a clear manifestation of being a fallible leader.

Aiding is different from curing. First aid can never heal a deep wound. Immediate but inefficient move can't resolve a tremble that demands a solution which effect can last for a long time.

Admittedly, decision-making is a crucial part of one's life. It demands time to put a lot of things into consideration. In decision-making, we should foresee the repercussions and consequences of our decisions towards our constituent. It is a matter of weighing the right thing to do. It is a process of prioritizing which will benefit the majority, and knowing which is better than just good, and everlasting treatment. A leader should have this decision-making skills because some are unequipped of it.

To live up to the mission of the school is to fulfill the everchanging educational needs of its students. For us to achieve its mission, we should evaluate each step we take and take into consideration the predominance. Be wise in making decisions.

SENTIDO CONTRARIO SENTIDO CONTRARIO

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Teachers exude flexibility; they can adjust to situations in accordance to students' educational needs. They are indeed the epitome of excellence and versatility, but is it an adequate justification to designate teachers in subjects that do not belong to their areas of expertise? This might appear as a minor problem in everyone's perspective, but be reminded that the smallest bomb holds the largest explosion.

Any higher education institution which endeavors to produce maximum quality of students should conform with the Minimum Faculty Qualifications (for Undergraduate Programs) set on Article VIII, Section 35 under the CHED Memorandum Order No. 40, s., 2008 which asserts that an instructor should be a, "Holder of a master's degree, to teach mainly in his major field and where applicable, a holder of appropriate professional license requiring at least a bachelor's degree for the professional courses. However, in specific fields where there is dearth of holders of Master's degree, a holder of a professional license requiring at least a bachelor's degree may be qualified to teach. Any deviation from this requirement will be subject to regulation by the Commission." To be able to arm students with knowledge, skills, cognitive ability and drive to elevate our productivity and improve our competitiveness, the institution should take into consideration getting the right instructor suited to the educational needs of the students.

In college, it is evident that there are courses being handled by teachers whose specializations are not aligned with the students' needs. This may prove that teachers are flexible and can perform multiple tasks, but this kind of system is not always acceptable. The view of this issue into the legal standpoint is being projected as off the line, since teachers should possess knowledge and proper trainings to be able to disseminate course contents. Do not let the teacher's designation to be disarranged to the point that this matter can cause a wide array of negative consequences.

Students do not need to pass the subjects plainly; they need to receive what are substantial for their growth as future professionals. Majority of the students are pushing themselves beyond the limit for them to reach their goals. Frequent sleepless nights were experienced, countless cups of coffee were consumed, and money were spent to pass their subjects. These are students' responsibilities, but is passing the subjects plainly enough? How about lessons that students need to learn through professional approach such as Arts, Science, Mathematics, Business, Social Science, Physical Education and other subjects, whether it is a major or minor. These are required to be taught by specialized teachers. Students are also striving for excellence not just the school itself, but how excellence can be attained if "verticalization" is not as concrete as a rock? What is the purpose of their years spent in college specializing in a particular field, if those will be stocked? If there's a reason, is it justifiable?

As a higher educational institution, we should strive for excellence in different disciplines. But how can we achieve quality education, if those who guide students lack expertise themselves? Even the secondary school teachers are being appointed away from their majors. We are not only seeking to build basic educational foundations, we are after professionalism.

Soon, this school will produce numerous professionals that will perform their respective duties as functional subordinates of our society. Do not let them spread erroneousness. Let us start fixing the problem by taking the first step of progression by providing solutions relevant to this issue, with the help of students, faculty and administration. If we don't, Master's and bachelor's degree might be brought into futility.



EFFECTUATING PEACE IN LIEU OF CONFLAGRATION

EFFECTUATING PEACE IN LIEU OF CONFLAGRATION

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"Braveness is not a form of troublemaking but promoting peace and cleanliness is."

They are holding up signages to voice out the complaints of the students about the school's unjust rules. Starting up riots which sometimes lead to a bloody ending. They believe that running around naked in and out of the school is worth doing. They undergo brutal initiations to prove eagerness to be in the brotherhood. They also fear no one but their Chancellor. These are usually tagged with the word "fraternity". That is why everytime I see or hear that a member is around, the fear of witnessing chaos arises.

Upon all these descriptions tagged with fraternities; let us focus on the brutal initiation rites. Hazing, apparently, is an act where someone is forced to do unpleasant things or play tricks on them. Other fraternities still practice the brutal hazing where paddelization is included. If you can endure all the pains, then you will be accepted as a new member.

The most controversial hazing case at present is the death of Darwin Dormitorio. He was a student of Philippine Military Academy (PMA) who was reported to die because of continuous vomiting, but according to PMA's report, Dormitorio's death was due to "Blunt Force Trauma."

The Anti-Hazing Act of 1995, also known as Republic Act No. 8049 is "*a national legislation in the Philippines regulating the act of hazing and other initiation rites in fraternities and sororities in the country. It prohibits and penalizes physical harm and violence in such practices.*"

In our College, fraternities and sororities are also present. As far as my knowledge had brought me, deaths caused by hazing is nowhere to be heard in the college. They may seem to be trouble makers for some, but they are serving the studentry. They can also be seen walking along the vicinity of our college picking up trashes left by irresponsible students. They are way too different from other State University and Colleges' fraternities who really seek trouble.

In my two-years of stay in BASC, I have witnessed them doing nothing but to help other students. They sometimes do collaboration with other school organizations to hold programs such as bloodletting, optical mission, medical mission and providing trash bins for the school.

Looking for trouble seems brave and cool, but promoting peace, cleanliness and helping others can make you look admirable.

ARTISTIC FREEDOM

ARTISTIC FREEDOM

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Nobody should be set as a marionette. Our freedom to express should not be barricaded. Art is a great way and opportunity to express and bring into existence what has been imprisoned in your deepest and innermost. To finally take it out of the cage and turn into a work, either in the form of painting, literature, music, dance, photography, films or others.

I admit that I'm just an amateur in the form of art I'm in line with, which is literary writing. Nevertheless, I do not need to be a professional to say strongly that art with restrained expression has no essence, because what is art if we are just repeating what the other artists already did. If we are just showing what is obvious? If we limit our artistry? If we are afraid of tackling sensitive topics just to play safe? Maybe, it is not an art anymore.

As an expression and at the same time creation, arts belong to our freedom. We are free to imagine, create and distribute artistic expression, yet, we have to recognize laws and regulations. There is no reason to despise someone who practices artistic freedom responsibly, yet there are people who do it.

I have experienced some people in profession throwing irrational criticisms to an article for its content. They argue that it is inappropriate and obscene for students to read. Why are they complaining if the article is written in a journalistic way? Besides, it has no issue of libel and plagiarism and has only the intention to let people or students see and be aware of the unseen real happening inside the campus. It seems that they were triggered and provoked by the content of the article because it might affect the image they protect, or they are just not open minded with arts.

It is the freedom of the artists to choose the subject of their arts, so do not dictate them. Do not override artistic freedom; it should not be restrained from the artist by the government or other superior and authorized people, because it violates our freedom of expression. Furthermore, we, as part of the student publication who uses arts to bring service to the studentry through graphics, photographs, layout and especially in the section of literary and feature, should be free from the administration's censorship. No one is allowed to filter the content of what we release as long as it is rational.

Now, to all kinds of artist with a purpose, beginners or professional, you should not be afraid of showing the reality to expose a mess. Do not stop with your passion just because of criticisms, instead learn from what you think is right and make their judgements as motivation to continue. Always have courage, integrity and pride to do your art. With arts, we can do things to a greater extent. Do you remember the Noli Me Tangere and El Filibusterismo of Rizal and the Spolarium of Juan Luna? In the modern time, do you remember the "Upuan" of Gloc-9? These are the perfect examples of Filipino arts proving that it can promote patriotism; make people conscious of social issues; and lead to a good change—a peaceful revolution against rotten system and injustices.

Be reminded that true artists do not visualize what people only want to see. Musician does not make music for people only want to hear or write what people only want to read. It is how we give essence to our arts and to ourselves as artists; opening minds and hearts, and awaking consciousnesses with the power of artistic freedom.

Takipsilim

MGA ULAT SA BAWAT TILI NG PAGSISIKAP

Isinulat nina: Hazel Asuncion at Marinella Cruz

Sa modernong panahon, tila patay na ang paniniwalang lihis sa reyalidad. Ito ang mga paniniwalang naaabot lamang ng ating mga imahinasyon. Dito kung saan kabilang ang iba't-ibang nilalang tulad na lamang ng bampira. Isang nilalang na patuloy na nabubuhay sa kadilimang lumulukob sa paligid. Sa paglubog ni haring araw, ang diwa'y sumisipa sa pagiging aktibo upang humanap ng kanilang ikabubuhay.

Naniniwala ka ba sa bampira? Kung oo, tama ang paniniwala mo! Sa katunaya'y hitik ang ating dalubhasaan sa ganitong uri ng mag-aaral, ngunit kalimitang napapansin dahil sa mga kilalang estudyante na pumupukaw sa atensiyon ng nakararami. Kung titingna'y mga tipikal na mag-aaral lamang, mga tauhan sa bahay at eskwelahan. Ngunit lingid sa kaalaman ng karamihan, sila ang klase ng mga taong

isinasantabia ng salitang pagod sa kanilang bokabularyo makahanap lamang ng ipangsuporta sa sariling pangangailangan. Kung minsa'y mapapansing nakikipagbuno ang mga ito sa antok habang nakikinig sa inyong guro. Ang mga mata'y mapupungay, at kung minsa'y mapuputla rin ang balat. Minsa'y mapapaisip ka na lamang, "*Ano kayang ginawa nito kagabi?*" Halina't tunghayan ang kwento ng mga bampira ng ating dalubhasaan sa kauna-unahang pagkakataon.

Mula sa linya ng pag-iinhinyero't matematika ay mababatid ang kwento ni Artchie, isang mag-aaral sa kursong Geodetic Engineering. Ang pagtunog ng orasan sa gitna ng dilim ay siyang hudyat para sa muli niyang pagbangon upang simulan ang panibagong pakikipagsapalaran. Si Artchie ay isang trabahador sa isang

letsunan at katayan ng baboy. Sa loob ng kulang-kulang limang oras na pagpupuyat at pagtapat sa mga nagbaba-gang uling ay masasabing napakahirap nito para sa isang binata lalo pa at kumukuha ng isang mahirap na kurso. Kung iisipi'y masyado pang maaga para magpawis at magpagod, ngunit hindi niya ito alintana kumita lamang.

Alas singko, kasabay ng pag-aagawan ng dilim at liwa- nag ay ang paghubad ni Artchie sa kaniyang panibagong anyo. Bagamat kulang sa tulog ay pinipili pa rin niyang pumasok sa paaralan sa kabila ng nararamdamang pagod. Sa dyip na lamang niya iniraraos ang pagtulog upang kahit papaano'y makabawi sa kulang na pahinga. Kung ang mabigat na trapiko ay perwisyo para sa karamihan, ito nama'y malaking biyaya para kay

Artchie. Ito lamang kasi ang kanyang pagkakataon upang dugtungan ang kanyang pagkakahimbing.

Sa eskwela nama'y patuloy siyang nakikipagsabayan kahit batak sa trabaho't kulang sa pahinga. Batid kasi niyang mahirap mapag-iwanan sa klase.

"Minsan naisip ko na rin ang mag-stop na at magtrabaho na lang dahil nga sa hirap ng buhay. Pero naisip ko naman may mga kapatid ako, pamilya na kailangan kong pagsumikapan na maiahon sa hirap. Kaya mas pinili ko pa ring mag-aral, dahil ito lang ang alam kong maitutulong ko sa kanila, sa kanilang sakripisyo para sa akin 'pag ako ay nakapagtapos,'" pahayag niya.

Para sa ating estudyante ng kolehiyo, ang tulog ay isang napakahalagang bagay lalo na't nakatutuyo ng utak ang sunod-sunod na mga gawain. Ngunit para kay Syra Mae ng Business Administration, ito'y isa sa kaniyang pinakama-bigat na kalaban. Sa loob ng nakamamanghang limang taon ay nagawa nitong pagsabayin ang pag-aaral at pagtatrabaho, ngunit minsang hindi pa rin ito sanay at kalimitang dinadatnan ng antok tuwing oras ng klase dala ng puyat at pagod.

"Kapag sobrang inaantok ako sa klase, hirap pigilin. 'til 12:30 kasi sa work palagi," wika niya.

Sa dami ng gawaing pampaaralan ay hindi na niya alam kung ano ang uunahin sa mga panahon ng kanyang patay na oras. Ngunit sadya yatang mabigat kalaban ang antok sa- pagkat ang kanyang planong nakalaan sana upang magbalik-aral sa nalalapit na pagsusulit ay nauuwi lamang sa tulog. Kaya't ang kahihinatnan ay sa dyip na lamang siya mag-aaral kinabukasan.

Tulad ng karamihan, ang oras ng mga idinaraos na pagdiriwang ay biyaya para sa kanya. Ngunit sa halip na magpahinga ay pinipili na lamang nitong magtrabaho upang kumita. Sa kabila ng mga ito'y hindi pinababayaan ni Syra ang kanyang pag-aaral, mas ginigusto pa nitong mahuli sa trabaho kaysa lumiban sa klase.

Walang duda na kay hirap ng ganitong kalagayan. Sa murang edad niya ay nakamamanghang isipin na nagawa nitong itaguyod ang sarili sa mga taong nagdaan. Siya'y nananatiling matatag at ni minsang hindi pumasok sa kanyang hinagap na huminto sa

pag-aaral, bagkus ay mas inuuna niya ito at pinag-bubuti. Hindi siya sanay nang hindi kumikita sa sariling pamamaraan kaya naman hindi niya maiwan ang trabaho.

"Mas okay 'yon kaysa umasa sa magulang," ani niya.

Tunay ngang kay hirap hawakan ng oras. Ngunit kung alam mo kung para saan at para kanino mo ito igugugol, hindi magiging mahirap ang mga bagay na ninanais mo sa hinaharap.

Kilalanin si Rey John, isang mag-aaral mula sa Edukasyong Pang-elementarya. Sa mahigit isang taong pagiging working student ay tila batak na ang kaniyang katawan sa mabigat at pisikal na mga gawain, ngunit hindi pagod kung hindi oras ang kaniyang kalaban. Bagaman may "schedule" na sinasandalan ay hindi nito maiwasang magkagulo-gulo buhat sa tambak na gawain sa eskwela. Ang pagiging subsob sa trabaho't pag-aaral ang siyang dahilan kung bakit hindi niya mabigyang pansin ang kanyang sarili. Tila nga naman nakatataranta't nakapanlalambot ang pagtatrabaho lalo na't sasabayan ng mga gawaing magpapasakit ng iyang ulo.

"Yong pagpasok ng alas-kwatro ng umaga at minsan [ay] mayroong kailangan na ipasa na assignment kinabukasan, nawawalan ako ng time sa sarili minsan," wika niya.

Tila naging simbolo na si Rey John ng salitang "tiyaga", sapagkat sa kabila ng hirap na dinaranas ay hindi siya dumating sa puntong mamimili sa pagitan ng pag-aaral at pagtatrabaho. Sa katunaya'y nais pa nitong makahanap ng pangmatagalang trabaho na may malaking sweldo, ngunit dahil na rin sa pagiging estudyante ay kanya pa ring nililimitahan ang sarili upang kahit papaano'y may pahinga ang kanyang katawan.

Tunay ngang kakila-kilabot ang mga bampira ng ating kolehiyo, ngunit hindi buhat ng takot bagkus ay sa pagiging ehemplo ng pagsisikap. Hindi man katulad ng mga kilalang mag-aaral, o 'di kaya ay katulad ng ating mga nababasa, ay kaya nilang magkintal ng bakas sa ating mga puso't isipan na kailanma'y walang makapagnanakaw. Sa murang edad ay namulat na sila sa reyalidad ng buhay at natutong tumayo sa sariling mga paa. Suot ang mga pangil na hayok sa tagumpay at mapupulang matang nag-aalab sa determinasyon ay patuloy nilang susuungin ang kadiliman upang liparin ang rurok ng pagpupunyagi. Ang sipag at tiyaga ang magsisilbing pakpak upang maging matayog ang kanilang mararating. Ikaw, isa ka ba sa kanila? Hindi pa huli ang lahat, tara na't magsikap!



JUANITO X:

ANG DALAWANG MUKHA SA IISANG PAGKATAO

Isinulat nina: Kimberly Tecson and Ralph Deneil Mangalino

Kuhang larawan nina: Lloyd Dafydd San Pedro
at Reynaldo Gumabon

Si Juan at Juanito,
ang dalawang katauhan na
gumugulo sa pagkasino ng isang
tao. Si Juan ang masayahin, nililok
sa ugaling maligalig, tagapayo
sa mga kaibigang nagigipit,
suportado ng kagalakan,
nakasiwalat sa liwanag at
puspos ng kabanalan. Si Juanito,
nakatago sa dilim, nag-aamok
kung siya'y nagagalit; laging
nag-iisa, walang kasama. Ito
ang dalawang personang
aking sinisikreto at ngayo'y
handa ko nang ibunyag.

Oras sa Bawat Gunita

Mulat ang mata,
nakatingin sa kawalan, iniisip
ang kasarinlan, kalayaan
sa mga bagay na
tumatakbo sa isipan.

Alas dos ng madaling
araw, oras na ng paglakad
patungo sa pridyder. Hahanap
ng maaring makain habang
nakapikit. Pupunan ang
inaakalang gutom at 'di titigil
hangga't 'di nabubusog.

Alas tres, oras na ng
pagbabalik, mahihiga na ulit at
uumpisahan na ang walang tigil
na pag-iisip.

Alas sais ng umaga, tapos
na ang mga pantasya. Oras na
ng pagbabalik sa reyalidad, oras
na ng pagpasok sa paaralan.
Isusuot na naman ang maskara
ni Juan. Magkukunwaring masaya
sa harap ng buong pamilya.
Sasabay sa pagkain at
kunwaring makikitawa.

Alas otso, ang oras ng
pagpapanggap sa mga kaibigan.
Kunwari'y humahalakhak, at akala
mo'y nakikiisa. Nandito ang pisikal
na sarili ngunit naglalakbay ang
emosyonal at mental na
katauhan.

Alas dose, iniisip na siya'y
banal at ito na ang huling hapag,
"Last Supper" kumbaga. Malalim
ang iniisip, nakatingin sa pritong
isda at sisig. Nagmamasid at
tumititig sa kusinerong may hawak
na kutsilyo, wari bang inaakit siya
nito. Sa isip ni Juan "mamaya ka
saken".

Alas kuwatro, oras na
ng pag-uwi, panahon na ng
paglakad habang nakayuko
at nakakubli. Oras na ng

pagtatago. Panahon na ng
walang kapagurang
pagpapanggap.

Alas diyes, ang pinaka
kritikal na oras, ang panahon ng
mga masasalimuot na alaala,
oras na ng pakikinig sa mga
bulong at guni-guni. Ayaw
mang tanggapin ngunit
kailangan nang magpaalam,
oras na ni Juanito. Paalam Juan.

Pakikipaglaro sa Kalungkutan

"Tagu-taguan maliwanag
ang buwan pagbilang kong
tatlo nakatago na kayo."

Isa. Kasalukuyang
naglaro si Juan ng isa sa mga
pinakamahirap na laruin sa
mundo, laro ng buhay. Talo
ka kapag bumitaw at ika'y
sumuko.

Dalawa, hinahanap
niya ang liwanag sa mga
pinakamadidilim na bahagi
ng kanyang pagkasino.

Tatlo. Pilit niyang
nilalabanan ang digmaan sa
pagitan ng dalawa niyang
pagkatao na sanhi ng
depresyon. Ngunit, ano
nga ba ito?

Nakaugnay ang
depresyon sa mga pagbabago
sa *bio-chemical* sa utak.
Nagpapadala ang utak ng
mga senyales mula sa isang
selula ng utak patungo sa isa
pa sa pamamagitan ng mga
kemikal na tinatawag na mga
neurotransmitter. Kabilang sa
mga *neurotransmitter* ang
serotonin, *noradrenaline* at
dopamine. Responsable ang
mga ito sa pagsasaayos ng
iba't ibang pisikal at sikolohikal
na paggana, tulad ng lagay ng
kalooban, pag-iisip, pag-uugali
at iba pa. Ang mga *neurotransmitter*
ay walang balanse at
hindi gumagana nang maayos
sa mga taong may depresyon.

Estudyanteng kabataan
karamihan sa mga biktima
nito. Ayon sa *World Health
Organization*, lima sa 10
kabataan ang nagkakaroon
nito, lalo pa't iba na ang mga
kabataan ngayon. Mabilis
mahikayat, mabilis tamaan at
mabilis din tumumba.

Disclaimer. The person in the photo is not the
subject of the article.



Sa mga Mata ng Nalulumbay

Sa sala sinisikap ni Clarissa, ang ating makabagong Juan na maging masaya sa harap ng pamilya. Inaako lahat ng pighati at dusa. Ayaw ibahagi ang mga problema, lahat dinidibdib, lahat kinikimkim. *"Masaya at masigla na parang walang problema!"* pahayag niya.

"I feel na mag-isa lang ako sa mundo walang mapagsabihan ng lahat ng sakit. Madalas naiisip ko na magpakamatay, I feel useless," dagdag pa niya .

Sa kuwarto, iniisip ang mga bagay-bagay. pinakikinggan ang mga boses na nagsasabing tapusin na ang kanyang buhay. *"Oo naisip ko nang magpakamatay lalo na sa mga panahon na sobrang down na 'ko,'"* mga naiisip ni Juan sa tuwing nasa kuwarto, nag-iisa at walang kasama.

Sa kusina, hawak ang kutsilyo, nais makaramdam ng kakaibang sensasyon. Nais maramdaman ang pag-agos ng pulang likido sa kanyang pulso. Kasabay ng pagdikit ng malamig na metal sa kanyang pulsuhan ay siya ring pagpatak ng kanyang luha.

"Kapag masaya ako at 'di ko iniisip ang problema iniisip ko na magiging success (successful) ako sa buhay na masaya ako at nabibili ko lahat ng gusto ko." Ito ang naiisip ni Juan kapag dumadating sa utak niya ang pagpapakamatay. Unti-unting si Juan ay naglalaho at si Juanito'y pilit na nagpapakita.

Ang Paghinto ay Hindi Nangangahulugang Pagsuko

Kasalukuyan na ang paghahanap ni Juan sa mga nakatagong bakas ng kanyang pagkatao. Hinahanap ang mga bagay na maaring makatulong sa dalawang pagkataong lumulukob sa kanya.

"Umiiyak ako tas iisipin ko na kailangan ko mabuhay, kailangan ko lagpasan lahat, kasi may pangarap ako na ako lang 'yong daan para umunlad pamilya ko. Naghahanap ako ng tao na magbibigay ng advice para malaman ko kung ano 'yong dapat at 'di dapat gawin."

Sadyang mahirap kalaban ang lungkot. Darating ang mga panahong lalamunin na tayo ng kahihyan ngunit hindi palaging ganito. Bilog ang mundo, patuloy lang ito sa pag-ikot at darating ang araw na mababago ang lahat.

Saved by the Bell

Ayon sa World Health Organization (WHO), halos 800,000 katao ang namamatay dahil sa pagpapatiwakal ng isang indibidwal sa loob ng 40 segundo.

Sabay sa pag-iyak ni Juan ay ang masasaya niyang mga alaala kasama ng kanyang mga kaibigan at pamilya. Nakalimutan niyang ibahagi sa kanila ang kanyang dinadala. Nakalimutan niyang maaari niya pala silang pagkatiwalaan, nakalimutan niyang may kasama pala siya, nakalimutan niyang 'di siya nag-iisa.

"It's so difficult to describe depression to someone who's never been there , because it's not sadness. I know sadness. Sadness is to cry and to feel. But it's that cold absence of feeling that really hollowed out feeling "- JK Rowling

Sumusuko na si Juan, hindi sa kanyang buhay ngunit sa palaging pagtatago sa dilim. Napaluhod siya sa labis na pagsisisi, umiyak at tumangis, sabay ng paghubad sa maskara -ang mukha ni Juanito. Tumakbo siya paitaas sa kuwarto ng magulang, niyakap niya ng mahigpit. Ito na ang huli at ang simula. Huling pagtatago at simula ng buhay na bago.

Basag na Salamin ng Nakalipas

ANG LIHIM SA BAWAT HALIGING KASAYSAYAN

Isinulat nina: Ashley Pangilinan at Daniel Luis Verona
Kuhang larawan ni: Lloyd Dafydd San Pedro



Sa pagpatak ng oras ay patuloy ang pagdaloy ng mga kaganapan sa bawat sulok ng sistema. Lahat ay nagbabago na tila isang pagong na napag-iwanan ng oras. Isang mamahaling bato na patuloy sa pagtaas ang halaga kasabay ng paglipas ng dekada. Ito ang patunay na imortal ang oras ngunit hindi nito kayang patayin ang nakaraan. Mga istoryang pinagtibay at pinatingkad ng panahon, tila mga bulaklak na namukadkad sa kalupaan ng Bulacan.

Ang lalawigan ng Bulacan ay talaga namang hitik sa mga istorya ng nakalipas. Mula sa mga makasaysayang lugar na naging bahagi upang makamit natin ang kasarinlan, hanggang sa mga lugar na may madilim na kwento. Isang Bahay na Pula – malakulay dugong bahay sa gitna ng luntiang kapatagan.

Ang naturang bahay ay ipinatayo ng isang mayamang kastila na nagngangalang Don Ramon Ilusorio sa barangay Anyatam, San Ildefonso, Bulacan. Sa kasagsagan ng ikalawang digmaang pandaigdigang, ito'y nagsilbing piping saksi sa kalupitang dinanas ng mga kababaihan sa kamay ng mga dayuhan. Paulit-ulit na pinagsamantalahan at inabuso. Ganito kasakit ang kanilang sinapit sa loob ng kulay dugong bahay.

Dumaan ang maraming henerasyon, pikit matang kinalimutan ang mga nangyari. Naiwan ang bahay nang mag-isa, pinangingilagan at kinatatakutan. Isang bukas na libro sa gitna ng kasalukuyan na pilit isinisigaw ang kasaysayan.

Taong dalawang libo't labing-walo, ang makasaysayang Bahay na Pula ay tuluyang giniba. Ayon kay Tata Kulot, ang anak ng katiwala ng may-ari ng bahay, ito'y pinagiba sapagkat siya'y pinaadlis na sa lupang kinatitirikan. Ang lupa ay 'di umano'y inaangkin ng bayan ng San Ildefonso upang gawing treasure heritage. "*Ayaw naman nilang bayaran,*" saad niya.

Ang mga dingding, sahig at kagamitang naging testigo ng nakaraan ay tuluyan nang namaalam. Tanging ang apat na haligi na lamang ang nananatili upang suportahan ang natitirang piraso ng kasaysayan. Ngunit paano kung hindi lang ang mga pundasyon ang natira? Paano kung nandiyan pa sila? Silang dahilan kung bakit patuloy na kinatatakutan ang bahay.

Ayon kay Tata Kulot, hindi totoo ang mga kwentong may kakaiba rito. "*Diyan ako lumaki, walang multo diyan,*" mariing pahayag nito.

"*Meron nga daw diyan lumalabas nariyan lang sa bakuran,*" saad naman ni Aling Kristy, isang tindera sa harapan ng Bahay na Pula. Ayon pa rito, may mga pangyayaring magpapatayo ng iyong balahibo at hindi kayang ipaliwanag ninuman. Ang nasabing bahay ay pugad umano ng mga nakapanghihilakbot na pangyayari kung



saan maririnig mo ang isang tunog ng tila tanikalang kinakaladkad at mga kaluluwang nagpapakita sa bakuran ng bahay.

Dala ng kuryosidad ay sinuong namin ang kadiliman ng gabi at nanatili sa tinaguriang Bahay na Pula.

6:00 – 7:00

Kasalukuyang nag-aagaw ang dilim at liwanag nang tumapak ang aming mga paa sa bakuran. Mabigat sa dibdib, nakatatakot at nakakikilabot. Sa entrada pa lamang ng bahay ay agad kaming sinalubong ng isang lapida na may nakaukit na Mariquita Tiangco de Ilusorio. Sino siya? Ano ang kanyang koneksyon kay Don Ramon? Ano sa tingin mo?

7:00 – 9:00

Napakapayapa ng paligid, kay sarap pakinggan ng mga kuliglig. Kapayapaang binasag ng isang kalabog, mga yabag na tila papalapit sa aming kinaroroonan. Nakapanlalambot ng tuhod ang mga pangyayari, ang bawat isa'y nilukob ng takot.

9:00 – 12:00

Bumuhos ang ulan na sinama-

han ng nagngangalit na hangin. Nakaantabay ang lahat pati na rin ang iba naming kasamahan sa kani-kanilang tahanan kung ano ang mga susunod na pangyayari. Nanatiling mataas ang tensiyon sa paligid.

12:00 – 3:00

Tumila ang ulan at muling nahimlay ang paligid sa nakabibinging katahimikan. Walang anu-ano'y tila isang tanikalang kinakaladkad ang gumising sa aming mga diwa. Tuluyang nanginig ang bawat isa sa takot at kabang nararamdaman! Ang tensiyon ay dumating na sa sukdulan!

Pagtuntong ng alas tres impunto tuluyan naming nilisan ang bahay, baon ang mga kahindik-hindik na karanasan, karanasang kahit sino'y kilabutan. Ngunit bilang mambabasa, kayo na ang bahalang humusga kung ang mga ito'y totoo o gawa-gawa lamang ng ating isipan.

Tunay nga na kakaiba kung paano isigaw ng Bahay na Pula ang kanyang nakaraan. Taliwas sa mga naggagandahang anyo ng mga makalumang imprastraktura, ang kababalaghan ang nagsisilbi nitong boses upang patuloy na ipahayag ang panaghoy ng kadilimang nagdaan.

Iba-iba ang kuwento ng bawat kanto. Lahat ay may sikreto, lahat ay may itinatago. Pisikal na anyo man ay nasira, ngunit kasaysaya'y mananatiling salita.



Once Upon a Star

STORIES TO BE TOLD

Written by: Melanie Hizon, Joshua Castillo, John Marf Gumafelix, and Elijah Mangulabnan
Illustration by: Raphael Policarpio

We are the author of our own story. Possessing the power to write every letter of our own destiny, we are the stars of our own table. Blood, sweat and tears were invested to write every chapter of our lives. Through the development of the story, everyone witnessed the ups and downs that swirl our emotions. It made us laugh, feel angry, cry and be inspired. As writers, we should continue to scratch our pen on every page, even if it costs our own happiness. Unlike a typical story, our life is full of countless surprises and plot twists until our last breath. Our ink is permanent and there's no turning back, we don't have any option but to be persistent in writing.

Sometimes, witnessing other's stories awaken the eager souls inside us to strive for more. Let these stories drag your worries away and be motivated to continue your own story. This is the story of...



Leading astray to her childhood dream, Pamela G. Clemente traced the remnants of her footsteps to her past holy grail where she departed from, before enticing her substitute goal. Taking the unconventional route to a big hit is a major turning point of her life where actualizations and epiphany moment struck her being —setting back her feet to what her heart truly desires.

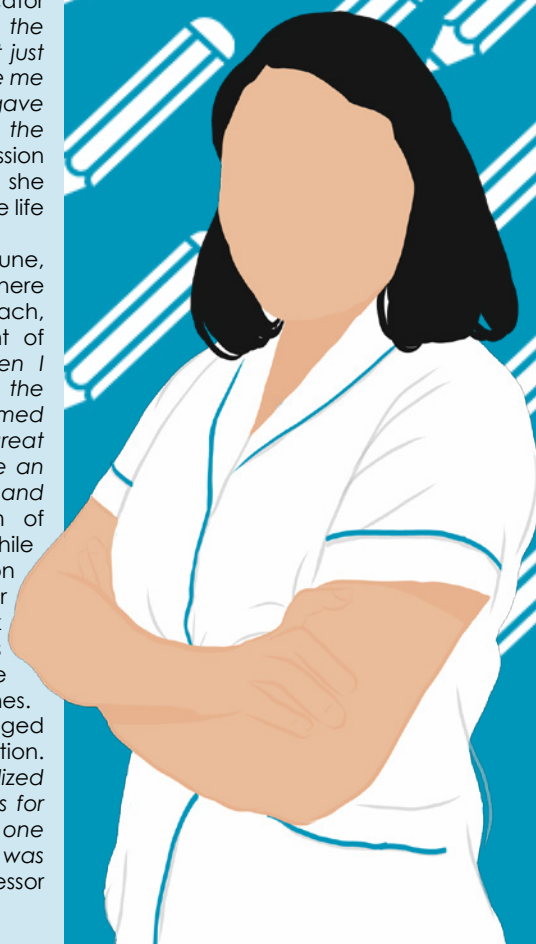
Started off as a typical student who was not fond of burning midnight oil, the aspiration for teaching was reared in the heart of a 22-year-old woman, who is mindful enough to grasp her greatest dream at the early age of eight. Helping her two younger siblings and cousins with their homeworks was the sole reason why she hanker to educate. *"As a child (back then), I've always thought that teaching is merely teaching a topic"*, she said as she reminisced her perspective for teaching when she was a child. Being a typical student, she wanted to enjoy and chill, and not force herself to be a paragon of perfection, but rather to be someone who learns and grows in progress without complying to the standard set by the world. She is raised in a family without pressure and weigh dumped on her shoulders.

Out of life's plan, 2008 was a twist-and-turn for Pamela. A golden opportunity paved way for her to migrate abroad and hoarded her secondary schooling at The Philippine School —a school that address the growing Filipino community in Dubai, UAE and provides values-based education and advanced technology programs. The educational allowance that his Dad acquired as a benefit for being an employee in a chemical company was allotted to her educational expenses in TPS. Extending almost six years of her life at Dubai, harmonizing with the drastic changes and oddity of the place and people was never a challenge for her. *"I have adaptability skills. I have always loved learning about cultures and traditions of different races, so I really enjoyed the privilege of studying at UAE. I got to meet different nationalities which widened my perspective in life."*

As she moved to Dubai, she had her dreams inside her pocket. The desire to go for extra mile chasing her dream to be an educator was still intact. *"Honestly, God dropped the desire in my heart to teach. I believe it isn't just my dream, but it is His dream for me. He gave me the skills to do what He wants me to do. He gave me the heart to widen the perspective of the crowd I'd be facing."* Equipped with compassion and ability to see the potential in people, she intended to produce a massive impact to the life of the youth of this generation.

However, due to reverse of fortune, there was a short period of time in her life where she abandoned her burning passion to teach, and that was the time when she dreamt of having a high-paying job. *"I was 15 when I did a research about 'high-paying jobs in the Philippines', and some of the results claimed that telecommunications companies give great salary and most jobs under this field require an applicant to be a graduate of Electronics and Communication Engineering."* The dream of becoming an educator was gone for a while when she decided to walk her journey on another road far away from the route to her childhood dream. She trailed another track by taking Bachelor of Science in Electronics and Communications Engineering at the Technological Institute of the Philippines. Unfortunately, a sudden incident stung Pamela's heart reminding of her old ambition. *"I was already two years in ECE when I realized what I really wanted, and what God wants for me. I realized that, when I wanted to teach one of our professors how to teach because he was very traditional and rude."* Having a professor

THE Educator



who was not concerned with the background story or why a student behave the way he did, and uttering impertinent comments against a student, served as a wake up call to her dormant heart. She knew afterwards that it was God reminding of her childhood dream. In spite of the realizations, she did not stop because she valued the investment of her parents for her education instead, she continued pursuing ECE until she graduated last 2017.

As life taught her a lot of lessons, she did not contemplate and consider it as a stumbling block. *"I only saw it as a way to earn money; I did not see it as a passion. I believe that you are living your dream life if you are doing what you're most passionate of."* Pamela utilized her degree as an outlet to payback for the blood, sweat and tears dropped by her parents. She worked as a freelancer who also do online jobs, and get paid after delivering the required service. She also helped in their family business as they were a canteen concessionaire in a chocolate factory in Malolos. *"I would manage the canteen from four am until six pm, and then work at night."* The eager beaver character is evident in her being with her diligence in laboring and putting extra effort in completing multiple tasks.

Returning back to what she had left years ago as she promised to listen to her heart's desire, she found herself enrolling at Bulacan Agricultural State College two years after graduating and working. Back to her conventional lane allows her to pursue Bachelor of Secondary Education Major in English. She believes that everyone can be an educator even outside the academe. She just wanted to take a formal education to have a background of the psychological being of the different learners she will be handling. Back then, she raised for herself a standard of a good educator which she lives by until today. *"A great teacher makes or breaks his students. A great teacher grooms his students to become ten times better than him. A great teacher always go for the extra mile and is not satisfied with 'Pwede na.'" It is her principle for teaching that keeps her to go through lengths. Seeing the education course as a fulfilling and a challenging one, she learns how a good teacher should be: having the heart and passion to teach is one thing, but having a unique connection with her future students is another thing.*

There is something strange about teaching stringed at her heart. She will always view it in a different angle where no one has ever tried to look at. *"Doctors, nurses, engineers, lawyers, government officials, businessmen and other professions can have the same compassion, patience, love, understanding and all the characteristics. But an outstanding educator will always have the biggest capacity to accommodate a lot of people (especially the difficult one to deal with) in his heart and still have the ability to understand, to love and be patient —and that's what makes him different,"* she said with no doubt.

In spite of the winding road bent, her first course pushed her through a big leap of her childhood dream. Through the alternative path, she was able to measure the intensity of her love for teaching. Thereby, she is now a working student who supports her education. One who sets her feet one step backward to pick up what she've lost and to prepare for a major coup in the future. She is a living proof that the sky is the limit.

"If I hadn't took ECE, I wouldn't be able to support myself financially. If I hadn't took ECE, I wouldn't be able to learn the things I know now. If I hadn't took ECE, I wouldn't be as mentally matured as I am today. If I hadn't took ECE, I wouldn't appreciate the privilege of fulfilling my dream profession —which is to be an educator."

"Kuya gusto mo ba mag-aral?"

A dim lightly statement that paved the way for Sherwin Bringcola Correa from nethermost towards the peak of triumph.

His life after high school might be the equinox of his existence. Trailing the rail of his roller coaster, Sherwin kept on holding to reach the end where there was no tremor or uneven surface. He waited until he can travel smoothly without any worries of falling.

Hauling his dream as weapon, Sherwin finished his secondary education carrying the diploma as his gun against the real war outside the institution where the taller obstacles and barriers awaited. Finishing high school was a step forward to create a foundation for him to reach what he strives for, and he knew it but he had to make a sacrifice for the sake of his loved ones.

It was an unfortunate fate that hindered him to step his feet into tertiary institution. He had to close his door for opportunities to support his sibling in his study. He worked to earn money to shoulder his sibling's and family expenses.

As a thread maker, Sherwin entered the field of work lasting for five years (2005 – 2010) in Solid Development Corporation, San Ildefonso, Bulacan. He also spent three years (2010 – 2012) of working in Hangine Ship Yard as a welder.

In the past seven years of working, Sherwin pushed himself beyond the limit. Investing his own sweat and blood, he showed what a brother can do to a great extent. He portrayed the image of a selfless individual, disregarding himself and considering others. A true hero on his own way, he sacrificed his chance to finish his study to give way to the younger one.

Year 2010 is a big turnover for him, as all his sacrifices were paid off after his sibling graduated as Bachelor's Degree holder in Accountancy. The twists of events unexpectedly reached the farthest boundary, as his brother returned the favour of offering him to pursue college. Sherwin was shocked due to a big opportunity catered in front of him. Who doesn't want to study in college? It is a sudden flash of light after the reign of the dark era.

In 2014, he entered the world of college at the age of 26. It was not beyond his consciousness that he has a large age gap compared to others, but he chose to continue studying despite of it. He is taking up Bachelor of Science in Agricultural

THE Engineer

and Biosystems Engineering holding his determination as his ace to put a period to his hanged chapter. *"Nag-search muna ako ng opportunity local and international about ABE at maganda pala ito kasi bakit ako papasok sa kurso na 'di ko alam."* Truly, Sherwin is well-prepared to the new battle that he will face.

In his junior years, he encountered a lot of difficulties because it was new for him to study again after ten years of inactivity. He also planned to quit due to excessive stress that he experienced. Lack of sleep, lack of hygiene care, and inadequate diet, that's how he described his life.

As he approaches another chapter of his life as student, his world is shaken for the second time after he have failed to surpass one of his difficult subjects (Differential Equations) due to lack of concentration, making him feel that he did not give his best.

Despite of all hardships, obstacles and difficulties, Sherwin remains standing and firm as he goes along his way. He uses his failures as motivation to strive more as he continues to fight against all odds.

Now, Sherwin is a graduating student at the age of 32. He is almost there, few steps away from achieving his dream. He is a living proof that every happiness and sorrow we experienced can make us a better person.

He also wants to relay a message to his fellow students, for them to be motivated and to drag them up away from the quicksand that continuously engulfing their whole being and hopes. *"Una, mahalín mo kung ano ang ibinigay sa'yo. Pangalawa, 'yong opportunity nandiyan na huwag mo nang pakawalan. Pangatlo, huwag maghatakan [bagkus ay] magtulungan."*

Studying is a big responsibility rather than a simple task. We should endeavour beyond our limitations, going outside the box, giving our best whatever it takes. But we have to remember that striving does not only mean to continue what we are fighting for. Sometimes, taking a step backward is not an indication that you already lose, but rather a preparation for a big leap forward.

Age will not define you as a student.

Education is a fundamental right of every individual. Finishing a degree later than the usual doesn't mean that you're weak, but you are strong enough to make sacrifices. Despite all of these, there's a way to solve a problem.

"Kung gusto may paraan, kung ayaw may dahilan," he ended.

Running out of ink while writing her chapter, Maria, 25 years of age continuously form the letters of her destiny while carrying a big responsibility in her shoulders. She encumbers one of the heaviest, yet, most important load in her lifetime, none other than being a mother to her children.

Struck by a family conflict, Maria was forced to move out of her parent's house and be independent at the age of eighteen. At a young age, she already experienced to be enveloped by the dark side of life, bringing her fresh mind and heart into heavy circumstances.

It was a sudden burst of colors in her adorned world when he met a man who would be the father of her first child. The shine didn't last long as she was dragged into the vast darkness. In the span of five months living with her partner, Maria experienced the hardships of being a parent and a wife in a toxic relationship where she was engulfed by pain and adversity. Despite of being abused emotionally and physically, she still chose to live with him.

Three months had passed and the plot twist of her story began. After they decided to move to Calumpit, Bulacan, Maria hit rock bottom after her husband was sent to jail. She has no one to lean on while carrying all the responsibilities in her back; she has a child and a husband to feed. It looked like every letter of her chapter tear apart, but as a brave woman, being jobless and away from her parents didn't stop her to trace her way along the thorny road to support her family.

Months after her turning point, she was offered a stable job. This was where she made a big decision which was to move out and leave her partner. She continues her journey as a single parent who gives her best to fight for her child. She spent her years working, doing her duties as a mother and a father to her child. She did not let the absence of her husband to be her handicap in supporting their baby.

Years after, she met another man in her life who is her current

THE Entrepreneur

husband. They got married and she bore child in her womb. This looks like the end of her life's dark chapters where happily-ever-after can be witnessed, where Maria has a husband to lean on and children to treasure. Who would have thought that Maria still won't arrive on the denouement of her story? It is just the beginning of another turning point.

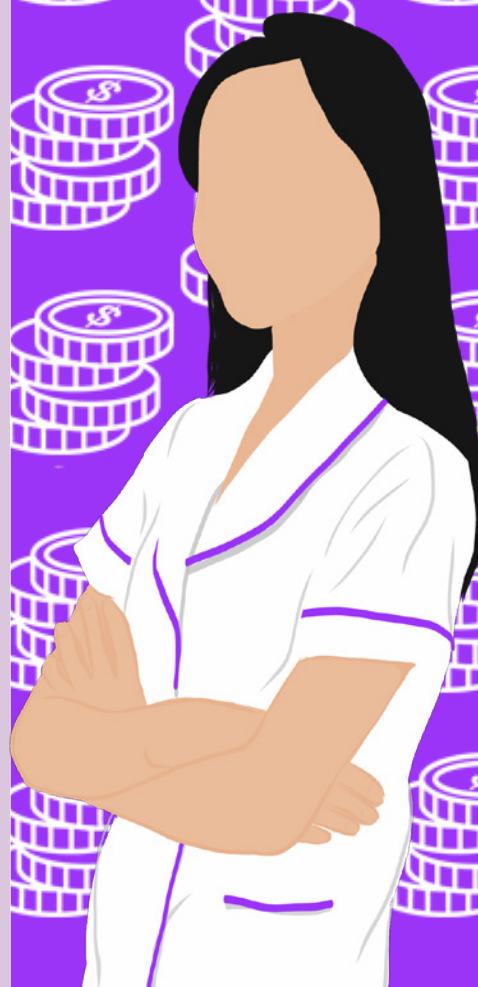
The baby inside her womb died due to over fatigue. At this point, she was judged by everyone for having a deceased infant. Instead of catching other people's sharp and heart-tearing opinions, Maria continued to fight with her husband while holding each other's hand. After a year, another blessing came to her family that served as another reason to strive.

At present, Maria is a student from the Institute of Management. She is using her opportunity as an elder to remind teenagers to be careful with their decisions. "*Gusto ko rin mag-inspire, kaya pinagsasabihan ko 'yong ibang bata diyan kung ano 'yong pweding mangyari,*" she stated.

As a parent, her children serve as a source of strength to pursue studying. She is doing this for the brighter future of her family. "*Natatapos din ang trabaho, nauubos din ang pera. Gusto ko paglaki ng mga anak ko may mapupuntahan sila.*" In her point of view, she does not see her duties of being a mother as a hindrance to her study because her kids are her inspiration on the first place.

After all the hardships and difficulties that she experienced, she still manages to soar for her dreams. Now, she is a working student who's also taking care of her family. She used her worries and problems to be inspired, and turns it into good things and keeps them in mind to be a reminder of what she doesn't want her kids to experience.

Maria is a living proof that we have the power to write our fate, a woman who will continue fighting until the end. This is not the end of her story, but rather the resolution of a chapter. She will now proceed to another chapter with the confidence to say that she made it.



Meet Joshua Santos, an epitome of a man-of-steel from the College of Agriculture, a fearless driver who's not frightened to gamble his life in the dark streets, traveling the route towards his dream.

A typical student who always maintain time into balance, Joshua never fails to save time to perform his duties as a student and a worker.

To start his daily routine, Joshua wakes up as early as five o'clock in the morning to help his parent with household chores. After that, he prepares for another exhausting day as a college student. His day will be filled with lectures, laboratory activities, and field works. Unlike other teenagers who spend their time into leisure after class, he chooses to make an effort to earn money to provide for his necessities and other expenses.

"Pag-uwi ko galing ng eskwelahan diretso agad ako sa paradhan para mamasada. Para magkaroon ng baon para sa kinabukasan kahit naka-uniform pa ako." He spends his time in driving a tricycle until ten o'clock in the evening. Aside from being a tricycle driver, he also has alternative source of income for being a construction worker and working in a poultry farm.

At a young age, he is not only working for himself. He also intends to support his family in their household expenses. "[Ka]pag marami [a]kong kinikita nagbibigay ako sa magulang ko, tapos minsan bumibili ako ng bigas para makatulong sa family ko." Truly, he is a carabao on his way, striving without taking a break and holding on to the hopes that someday life will spark a change.

Joshua never ceases to push himself to his limitations, giving his best to create milestones towards his goals. Although he is a hardworking individual, he's still a human who fall into the depths of weakness and on the verge of raising the white flag. He arrived at the sudden point where he almost gave up to everything and thought of just being practical because the circumstance did not favor him. "Minsan iniisip ko nalang na huminto sa pag-aaral at magtrabaho na para makatulong na 'ko sa magulang ko," he said.

THE Agriculturist



Holding determination as his weapon, his heart was set in blazing fire of perseverance. He chose to continue what he has already started, driving his own fate once again and hoping for a glimpse to a brighter future. Through his powerful dreams and ambitions, the fire inside him continuously ignites to strive for more.

Joshua is a great driver of his life; he maintains a great balance making him able to do everything. He is only thinking of school matters inside the college placing all his problems at the back of his mind. Doing his projects, activities and assignments after working or sometimes reading his lectures while on duty, let him study while working. Time is not a huge obstacle for him to climb; instead he uses its height to reach his goals.

Joshua, a hardworking student is a role model and inspiration to all of us. He's a reminder to everyone that beyond towering barriers towards our goals, we should still fight and continue dreaming for our future.

"Set your goal; make your weaknesses as your strength. Inspire yourself and always focus on what you've started for."--- Joshua Santos.

Now that you have witnessed the inspiring stories of these individuals, let your problems be your inspiration. Just sit back, relax and ask yourself, "What should I write for the next chapter?" After all, we don't have any other choice but to continue writing our own destiny until our own characters shine. We endeavor to reach our goals, we dream to live, and we strive to survive.

Juvenile Gestation



Written by: Rand Cristian Hagad and
Jayson Ocampo
Graphic Illustration by: Raphael Polcarpio

Those who walk fast do not always succeed. There is a time for everything. Anything happens on an opportune way, either planned or unplanned. It may result to untoward consequences that you might regret for the rest of your life.

Those young-aged bodies trapped in the vast void of responsibility where there is no escape. A lot of them stopped from schooling that makes them unable to fulfill their dreams. They are continuously living doubts with no more hopes. Little stars lost their shine as they face another chapter of their journey.

It is heartbreaking to say that being miserable is what other young mothers are facing. Their lives were ruined as they took the wrong path in exchange for pleasure. According to the Philippine National Demographic and Health Survey, 22.4 % of those who suffered from early pregnancy were 19 years old, 12.8 % were 18, 4.9 % aged 17 and 0.5 % and 3.7 % for ages 15 to 16 respectively.

Having a child in a premature stage of life is an early peril to one's dream. It is not a curse; it is just a time and life wasting mindset! Now let's hear the story of Alex.

A girl who lost her way in the middle of her teenage life. She used to be a "happy go lucky girl" who does what she thinks will satisfy her. A girl who became a mother and gave birth to a baby boy at the age of sixteen.

At first, she thought schooling was no longer for her and she even lost her interest in studying. *"Wala na nga 'yong tatay ng baby ko. So, pamilya talaga 'yong tumulong sakin noon. Mahirap nung una, syempre madaming adjustments, 'di lang sa katawan, pati na din sa paligid."* She also believed that difficulty is alright because it's now part of her destiny, so she decided to work for almost a year to feed her baby.

Unlike other women who were dragged by this problem to the pits of sorrow, she made herself an exemption as her insights turned things to something good and matured. Despite of the antagonistic judgement against her, she continued living and decided to think only of what is best for her son. *"Di ko naman makakain 'yong mga sinasabi sakin, kaya binalewala ko lang 'yon."*

Through the encouragement of her family, the young mother decided to continue to study despite of what had happened that tested her fortitude as a person. She is doing this not only for her future but also for her son's.

"All I can say is, whoever is facing problems right now, they have to be strong. They need to learn how to pray. Especially for the youth like me, they should avoid doing it because it's not right. There's a time for everything, you need to wait for it. But if it's already there, then we should face the consequences of what we did, because God will not give us a burden, it's actually a blessing." Alex's words of wisdom.

Escape your mind from the corner of being naive as you make your heart strong enough to catch all the heavy stones that life will throw on you. Assure that you will be able to leave golden footmarks that your future offspring can follow. Wait until the day comes that you're stable in all aspects of your life and fitted to enter the world of parenthood. You don't have to rush!

A new life from her own blood and flesh may be the greatest blessing a woman can receive as she takes one of the crucial roles in life, being a mother. However, a mother is not just a woman who gave birth to a child she carries for nine months; she is also someone who defines profound love by her commitments and deeds and ready to sacrifice everything for her family.

Start again with a little spark; let it relight your whole world! You're not a failure! You're a mother! Perhaps, you are carrying this kind of weight that is not yet suitable for your young shoulder. Don't let it pull you down; instead make it a motivation to ascend to the summit! Refuel the extinguished fire, revive your dreams! You might have reached fast but you may still succeed.



AN OPEN LETTER TO THE ROOTLESS WANDERER

*Angelica

You have the power to take control and not to be controlled. You have that title to be followed, and not to follow them.

In the time of your pledge, I was there watching you from afar. I saw how vibrant you were and how you look so emotional, standing and looking at those people you want to serve. As you delivered your speech, I was the proudest because you looked so passionate as you uttered every word as your promise, as you told them that change would happen because you have the authority already. I smiled as you continuously showed them how great their choice was. As the speech ended, you graciously walked down from your platform to give your hands to this nation. You brought change as you promised that things would get better than they were before. You make the society's status level ascent. You properly accomplished all of that, so I was still there from afar, smiling so proud. As times passed by, greater achievements have been made, a lot of projects have been introduced. But unlike before, as you walked down, I followed you and I saw how you degraded yourself for your title. I have nothing else to do but to encircle you with my arms and hear you blame yourself for not being an effective one. It brought me into emotion as it broke me seeing this leader to be a follower of someone who was not worthy to be followed. As I asked how it ended up like that you just said, *"To keep my title. I need to bow my head down to them. I still want to be the change I promised them that I would be."*

After hearing that remarks I cried, not for him, but for this society because their leader is such a coward. He brought changes without noticing that in the process he lost his worth.

You've lost your principle. You don't say the words that will bring knowledge into this nation anymore. The greatest person I know has changed into a funny puppet being controlled, and that is the most disappointing thing you have done, to be a follower of someone who you should have given command to.

You achieved the title you always wanted to have, but in the process you lost your label as the human of this nation.

Haring King King

*horizone

Sa magarang kastilyo, makikitang nakahanay sa unahan ang mga kabalyero. Handang sumugod sa kung sinumang magtangkang sumakop sa palasyo. Kasunod ang mga kawal na handang pumrotekta sa mga mamamayan.

Ikaw na naluklok sa kaitaasan, ang may suot ng koro-nang ginto at nagbababa ng utos sa iyong mga kawal ay isa lamang ding utusan.

"Malapit na ang mga mananakop, ano ang aking gagawin?"

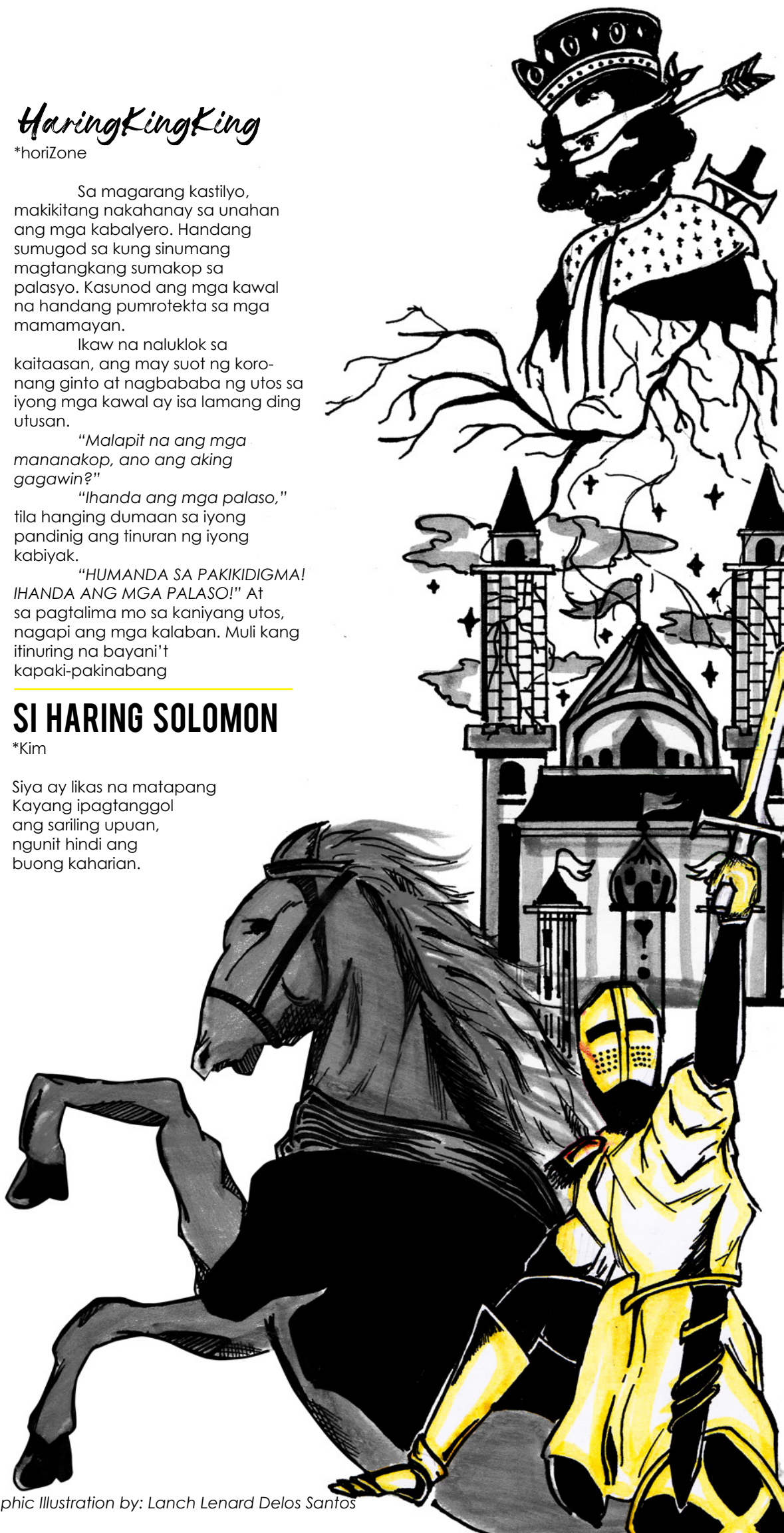
"Ihanda ang mga palaso," tila hanging dumaan sa iyong pandinig ang tinuran ng iyong kabiya.

"HUMANDA SA PAKIKIDIGMA! IHANDA ANG MGA PALASO!" At sa pagtalima mo sa kaniyang utos, nagapi ang mga kalaban. Muli kang itinuring na bayani't kapaki-pakinabang

SI HARING SOLOMON

*Kim

Siya ay likas na matapang Kayang ipagtanggol ang sariling upuan, ngunit hindi ang buong kaharian.



Graphic Illustration by: Lanch Lenard Delos Santos



Aking Pagsusuma

*Jayson

Sa kasalukuyan,
Lampas nang tatlong milyon
Ang mga lahi nilang nakapasok na rito
At hindi pa tumitigil sa paglaki ang numero.
Sa pagsusuma ko,
Bale kulang pa ang halos tatlumpung libong
Pinatira sa sementeryo ng kontra-droga
At pasimpleng kontra-demokrasya.
Kaya marami pang itutumbang Pilipino
Ang rehimeng patago ang
lantad na pamamasismo
Upang lumawak ang espasyo
Para sa pagrami ng mga Tsino.

**Ang mga datos ay base sa kasalukuyang panahong isinulat ito.*

WHISPERER

*Bianca

Taas noong nakaharap
Talim ng bawat salita'y
nakasugat
Bawat pagpatak ng dugo'y
pahiwatig ng tagumpay
Ngunit ang lobong nanlilisik
ang mata
Sa isang salita ng amo'y
nagiging maamong tuta.

Bagong Disenyo

*Jayson

Ang asul at puti ay unti-unting
nilalamon ng pula
Sinaskop nito ang buong bandera.
Ang araw ay dahan-dahang nabubura,
At ang tatlong bituin kalaunan ay
magiging lima.

OUTCAST

*Nathaniel

If the blinds were not
able to see colors
They can feel palette of emotions
Simply, people cannot be played
The fire sure not mess with
Thru the dark scheme
Shadows shear shattered hearts
People often filled foolishness
Rather rotten river of reeks
Soaking something silly
Over oppresing opacity
Seeing sort of squishy
Why wheels whipping wide
Taking thy tailing thoughts
Poor paramount premonitions
Circling cuts of cringing colds
Baits brought breezes
Sweating and swearing
Dripping down discerning dumps
Scattered slanting slumps
Stop, stand straight,
No, not never,
Live life to leap leaches
Suffer shallow stitches
Even everyone else erodes
He just jinx the judged
Alright, sold some shame again
Prime and his Prince Pretend
Latter lap, lingering laughs.

KAHIT NARIYAN KA, 'DI KO ALAM KUNG NASAAN KA

*horiZone

Sa unang kabanata ng iyong pagkakaupo, tila mga basang-sisiw mong hinuhuli ang mga makasalanang. Dugo'y dumadanak sa kani-kaniya nitong tahanan. Hindi alintana ang edad, mapa-bata man yan o matanda, inosente o nagkasala.

Bakit napakadali para sa iyo na kalabanin ang nasasakupan mo? At tila sa paglaban sa mananakop ng ating bayan ay hindi mo maitaas ang iyong sandatang pinangkitil sa buhay ng mga maralita.

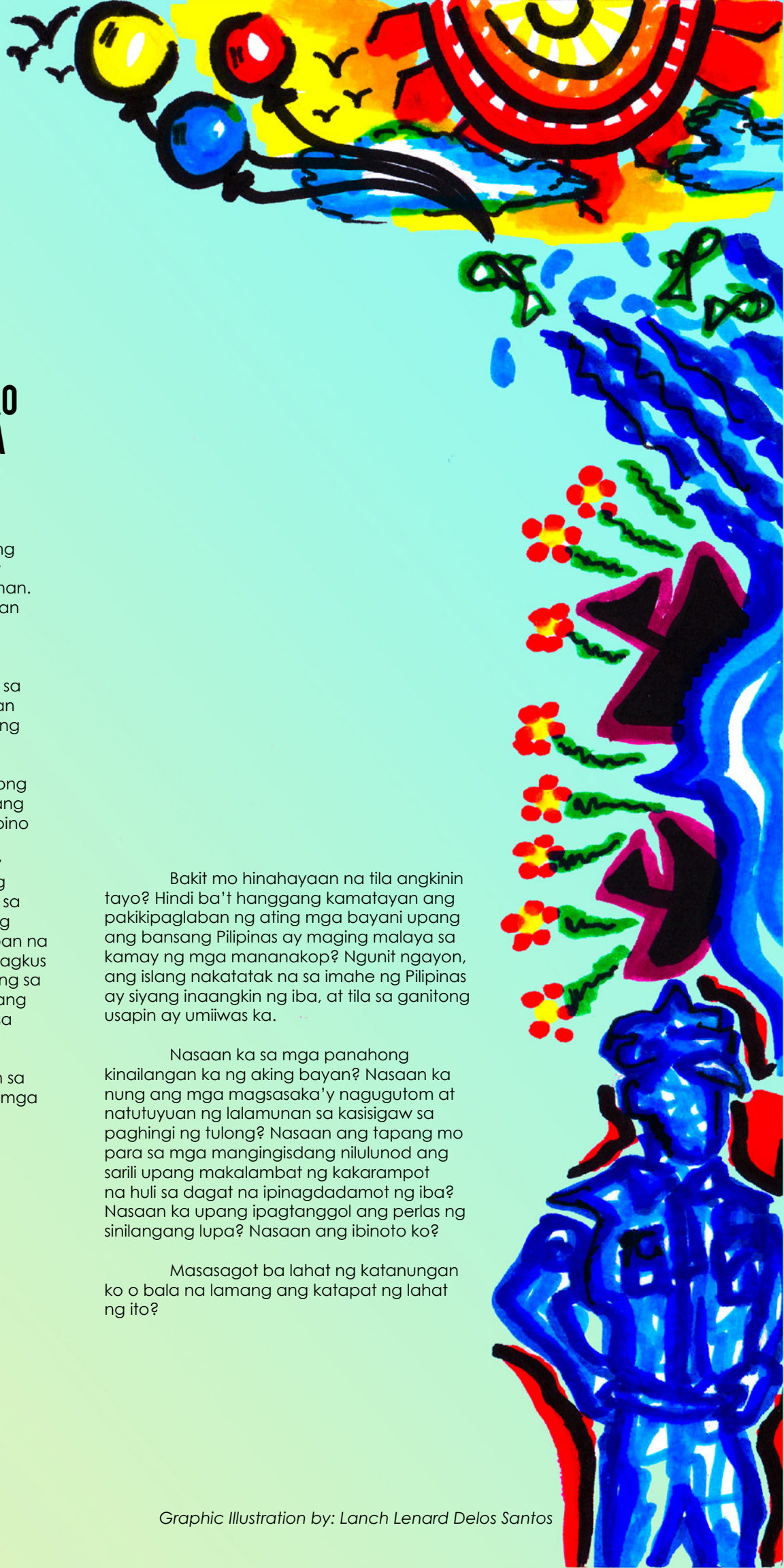
Pilipino lamang ba ang kaya mong ipatumba? Pilipino lamang ba ang kayang tutukan ng baril ng iyong mga pulis? Pilipino lamang ba ang dapat na maghirap at masaktan habang ang mga banyaga'y unti-unting kinukulimbat ang mga isdang sana'y bubuhay sa mga taong nakatira sa gilid ng dagat at nag-aalaga rito? O ang mga magsasakang pilit itinatanim sa isipan na ang binhi ng buhay ay hindi na palay, bagkus ay ang pag-aangkat ng mga bigas galing sa karatig-bansa. Hindi na makatarungan ang bawat oras na ginugugol ng gobyerno sa pagpapasa ng mga batas na hindi kapaki-pakinabang sa mamamayang Pilipino. Nagmistulang nagpapaligsahan sa katangahan ang mga mambabatas sa mga batas na kanilang naiisip.

Bakit mo hinahayaan na tila angkinin tayo? Hindi ba't hanggang kamatayan ang pakikipaglaban ng ating mga bayani upang ang bansang Pilipinas ay maging malaya sa kamay ng mga mananakop? Ngunit ngayon, ang islang nakatatak na sa imahe ng Pilipinas ay siyang inaangkin ng iba, at tila sa ganitong usapin ay umiiwas ka.

Nasaan ka sa mga panahong kinailangan ka ng aking bayan? Nasaan ka nung ang mga magsasaka'y nagugutom at natutuyuan ng lalamunan sa kasisigaw sa paghingi ng tulong? Nasaan ang tapang mo para sa mga mangingisdang nilulunod ang sarili upang makalambat ng kakarampot na huli sa dagat na ipinagdadamo ng iba? Nasaan ka upang ipagtanggol ang perlas ng sinilangang lupa? Nasaan ang ibinoto ko?

Masasagot ba lahat ng katanungan ko o bala na lamang ang katapat ng lahat ng ito?

Graphic Illustration by: Lanch Lenard Delos Santos



Tripulante Bente Dos

*Jayson

Kasing-alat ng luha at
umaayon sa kulay ng kalangitan
Bughaw at dalisay na tila 'di
magagawang manakit,
Ngunit kaya nitong lumunok
ng bangka, barko at buhay;
At walang ibang isusuka at
palulutangin kalaunan,
Kundi katawan na wala
nang kaluluwa.

Isang gabi, doon sa pusod
ng laot at dilim,
Nakababad ang F/B gem-vir 1 sa
piling ng mga alon,
Ngunit sa pagdaiti ng
isang malakas na nakaw na halik
Mula sa bapor ng mga lintsik na
naglaho matapos ang lahat,
Nawasak ang likuran
kaya't isinubo ito ng karagatan,
Ang lulan nitong dalawampu't
dalawang tripulanteng kayumanggi
Ay naipit sa pagitan ng
'kamatayan o manatiling buhay',
Ang kanilang bawat bukas ay
nakasalalay sa bawat mahuling isda
Kaya't pinilit nilang isalba ang
kanilang hininga,

Alang-alang sa asawa't
anak na nag-aabang sa pampang.
Bagamat nanginginig sa yakap ng lamig,
gutom at takot,
Kanilang nilabanan ang
paghatak pailalim ng karagatan;
Kumapit sa mga lumulutang
na kawayan ng nawasak na bapor.
Dalawa ang buong tapang na sumagwan,
Lulan ng dalawang maliit na reserbang
bangka na kayang lamunin ng alon.
Humagilap sila ng sasagip sa
kanila sa gitna ng kalawakan ng tubig,
Hanggang sa naaninag nila
ang liwanag ng kaligtasan,
Sa bapor ng mga Biyetnamis
na busilak ang kalooban.
'Di man kabalat ay inabutan
sila ng kamay at pinagbuksan ng palad;
Inagapayan na mabalikan,
ang mga naiwang katripulante.
Naiahon ang F/B Gem-vir 1 at di tuluyang
nalunok ng Recto bank;
Nalampasan ang bangungot
at nakabalik sa pampang.
Bitbit ang traumatikong karanasan
ay sumigaw ng hustisya,
Ngunit...
"Iyon ay maliit na aksidenteng
pandagat lamang."
Pinatay ang hustisya.



2030: ALAALA NG NASA PIITAN

*Prince Hyun

Nakakandado ang bahay mandirigma
Nakahawak sa rehas ang mga kamay
Nang gunitain ang labing-isang taong
pagkakabilanggo
Ng isang kasaysayang
matagal na panahong namuno.

Taong dalawang libo't labing siyam
mula sa kaniyang panunungkulan
Nang pasukin ng mga Tsino ang ating
munting karagatan
Malayang naglayag nang walang
pahintulot sa kinauukulan
Wala siyang nagawa sapagkat
mayroong pinanghahawakan.

Naibenta na rin ang kilalang isla sa pitong
bilyong halaga
Kung saan mahigit sa dalawampung
libong mga Tsino na doo'y titira
Upang magtrabaho at dungisan
ang sariling lupain ng ating Ina
Sampal sa kasarinlan ng ating kasaysayan
na sa Kawit, Cavite unang idineklara.

Mga daing ng mangingisdang
Pilipino ay hindi pinakinggan
Ang sariling atin ay hindi man
lang natin napakinabangan
Matapang ka ngunit takot kang
lumaban at piniling maging sunud-sunuran
Dahil ayaw mong saluhin ang ilang mga
bombang dudurog sa mahal mong bayan.

Mula sa agawan ng teritoryo ay
tuluyan ng nakamkam ng mga dayuhan
Malalawak na lupain ay naibenta
na rin ng pamahalaan
Naipatayo na rin ang mga gusali,
mga negosyo at pasugalan
Ang dating tatlong milyong Tsino
sa Pilipinas ay umabot na ng sukdulan.

Pinatalsik ang gobyerno at tuluyan
na ngang naghari ang mga Tsino
Pinapatay ang mayayaman at
ginawang alipin ang mga Pilipino
Ginahasa ang mga kababaihan at
ipinagiba ang mga simbahan
At kaming mga nanlaban ang
siyang nakulong dito sa piitan
Kasa-kasamang lumuluha at nagdurusa
sa sinapit ng ating mahal na Inang Bayan.

Graphic Illustration by: Lanch Lenard Delos Santos



Lusaw na Bakal

*Exsem

Pagkatapos pamunuan ang nakaraan
Nang isang kalbong
mandirigmang dilawan
Gamit ang hintuturong hala bira
Pumili ang mga tao ng bagong
mamumuno sa kanila.

Isang lalaking tangan lamang ay kamao
Galing sa isang bayan,
sa malayong dako
Tikom-palad na nagnanais
ng pagbabago
Sa kaniyang sariling paraan
ay kaya niya raw gawin ito.

Lahat ay gustong supilin
nitong bagong pinuno
Mga nagpapahayag ng
katotohanang mga Obispo
Mga manggagawa at
pangkat ng mga tao
Pati na rin ang mga kabayong
mahilig sa damo.

Lahat ay kinalaban, lahat sinigawan
Pinalo ng kaniyang mala-bakal
na mga kamay

Pinagtaasan ng boses na
animo'y aliping sigaw ay aray
Katulong ang kawaning daig
pa ang mantikang tulog.

Ang lahat ng nasasakupan
ay kaniyang pinagmalupitan
Ngunit nang dumating ang
mga sakim na katunggali
Ang kaniyang kamay na bakal
ay nalusaw nang paunti-unti
Hindi nakakilos at siya ay halik sa
lupang nasawi.

PARA SABAYAN

*Jayson

Makikipagsabayan para sa bayan.
Handang mamatay na tila kahit sisiw
ay sasabong sa tandang na may tari.

Palagi bang dito nasusukat at dumidiretso ang katapangan
ng pagmamahal sa ipinaglalaban? Kung may alternatibong
'di madugong ruta ay hindi kaduwagan ang lumiko.
Mahirap lumusong sa larong alanganin dahil ang maaaring
maipatalong taya ay mas malaki kaysa sa maaaring
mapanalunan. Tila magbabato ka ng isang butil ng
buhangin at pagkatapos angabalik sa'yo ay isang
malalaking kongkretong bato. Iwasang mapaso sa
sariling init; minsan taktika ang pagpapakitang kalmado.
Marami ang tuluyang mamamayapa sa 'di payapang
pakikipaglaban. Patunay ang mga katawang humiga sa
hukay nang ibinabangon ang ating lupang minsang
nahimlay sa kolonyalismo. Salamat sa mga nag-alay ng
dugo na nagbunga ng kahit papaano ay matatawag na
kalayaan. Nagtagumpay ngunit hindi sa lahat ng tagpo ay
nagwawagi ang bida.

Kung may tamang ipinaglalaban, maghamon kung saan
lyamado —magdoble-ingat kung dehado. Kailangan din ng
talino at lakas, hindi sapat ang tapang lang na puhunan.
Suriin ang kalagayan, kung hindi naman kailangang
mamatay, mabuhay para sa bayan.

Graphic Illustration by:
Lanch Lenard Delos Santos



Viewpoint of Youth

BEHOLDING THEIR TESTAMENT



Written by: Daniel Luis Verona
and Princes Josephine Latuja
Photos by: Lloydd Dafydd San Pedro

"Grade 7 na po ako eh, 'pag grade 8 ko magtitinda pa rin ako, pagtanda ko magtitinda pa rin ako, hanggang pumuti buhok magtitinda pa rin," Jasmine said with a genuine smile on her lips.

"Article 137. Minimum Employable Age. —(a) No child below fifteen (15) years of age shall be employed, except when he works directly under the sole responsibility of his parents or guardian, and his employment does not in any way interfere with his schooling. (b) Any person fifteen (15) and eighteen (18) years of age maybe employed for such number of hours and such periods of the day as determined by the Secretary of Labor and Employment in appropriate regulations. (c) The foregoing provisions shall in no case allow the employment of a person below eighteen (18) years of age in an undertaking which is hazardous or deleterious in nature as determined by the Secretary of Labor and Employment." Labor Code Provision on Young Workers.

It is specified on the Philippine Program Against Child Labor (PPACL) vision that Philippines is a child labor-free country. However, is it really possible to happen?

Being a child is a once in a lifetime opportunity given by the Divine Power thereby, we must enjoy our youth with our family, friends and other people in our society. At the young age, we shall improve our relationship with other people to discover our interests and ourselves. Aside from taking care of our environment and respecting other people, the only responsibility of children is to study for future's success.

Anticipation of Reality

A child is a precious gift that every parent is praying for, a dearest treasure and a blessing from God. In fact, children have lesser roles than adults, but due to poverty this fact seems to become only a dream for some children.

While we were walking around the Bulacan Agricultural State College (BASC) main campus, we have noticed and met two children who were carrying a basket full of goods, shouting "*Turon po! Shanghai po kayo dyan,*" namely Reinalyn B. Guevarra, 13 and Jasmine P. Custado, 14. They are spending their time walking and selling turon and shanghai. Aside from those foods, they are also selling bottled water, empanada and sandwich during ROTC training to add in their little earnings, some money they get to support their study.

The journey of the two every after class is not easy; to walk, to talk and to sell their products under the heat of the still bright sun. It seems not to bother them just to notch up for another sale. We joined them as they walked and



marketed their homemade empanada, and we asked how often they sell it inside BASC. Jasmine said that they do it every day and added, *"tuwing Linggo lang kami sa bahay bahay."*

A few minutes of walking is really exhausting yet they do it consecutively in a week.

Small Amount that Counts

Many of us complain about the value of the allowance we get for school. Apparently, we tend to foolishly act if we get small amount of money to support the things we desire to have, whereas these children value the juice of their hard work to spend it in a very practical way.

"Minsan po nakaka-tig-150 po kami, minsan tig-200 (at) minsan tig-50." Jasmine answered as she was asked about the amount of money they get from marketing turon, shanghai and empanada.

"Kaya po kami nagtitinda kasi balak po ni lola sa pagbebenta po na 'to 'yong perang kikitain namin ay kakalahatiin po namin, tapos kakalahatiin pa namin, tapos kakalahatiin pa at kakalahatiin pa", she said with conviction.

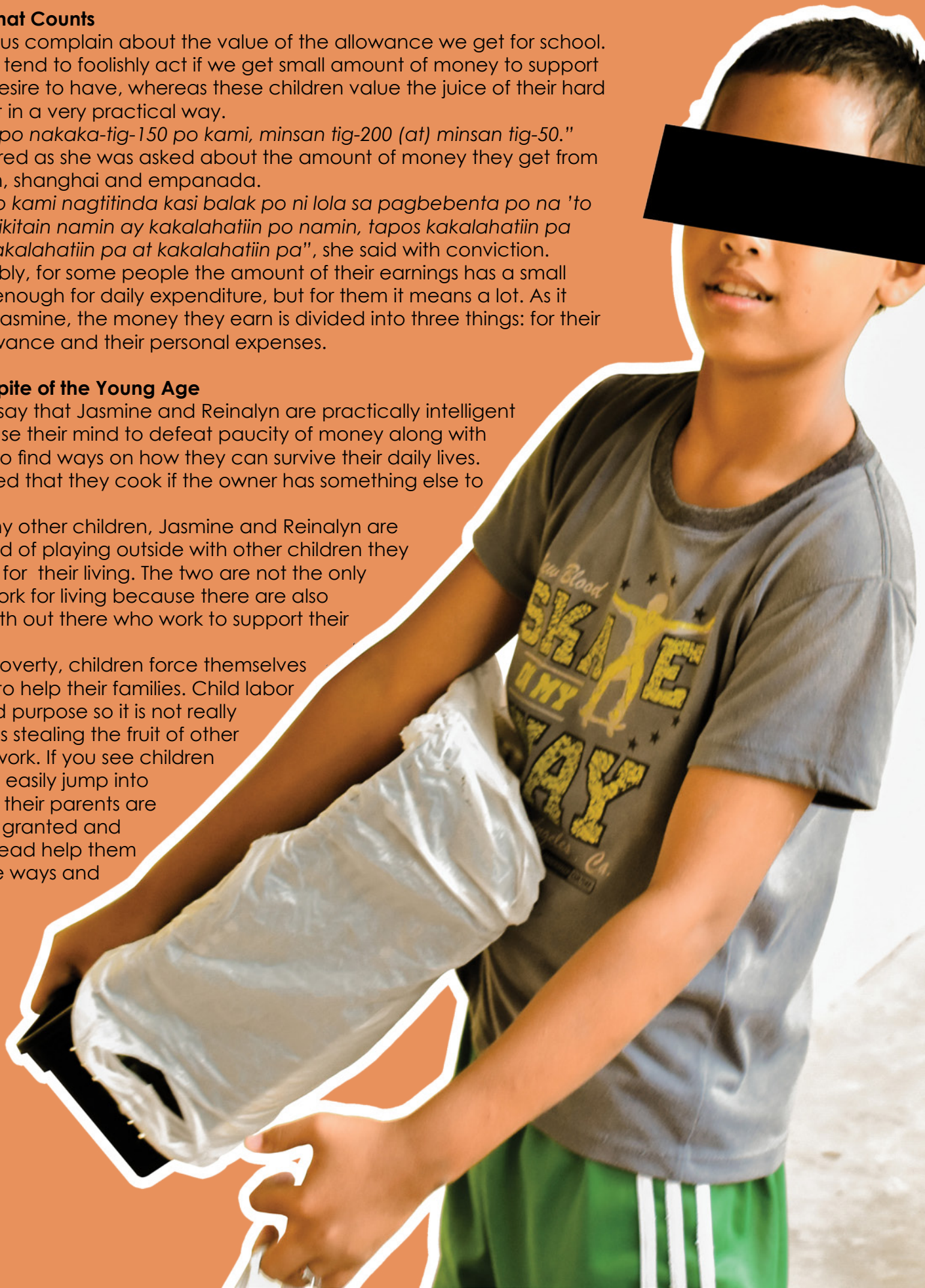
Presumably, for some people the amount of their earnings has a small value and not enough for daily expenditure, but for them it means a lot. As it was stated by Jasmine, the money they earn is divided into three things: for their food, their allowance and their personal expenses.

Cleverness Despite of the Young Age

We can say that Jasmine and Reinalyn are practically intelligent because they use their mind to defeat paucity of money along with their tiny body to find ways on how they can survive their daily lives. They even shared that they cook if the owner has something else to do.

Unlike any other children, Jasmine and Reinalyn are different. Instead of playing outside with other children they choose to earn for their living. The two are not the only children who work for living because there are also numbers of youth out there who work to support their needs.

Due to poverty, children force themselves to look for jobs to help their families. Child labor may have good purpose so it is not really bad. The worst is stealing the fruit of other people's hard work. If you see children working, do not easily jump into conclusion that their parents are taking them for granted and using them, instead help them in your own little ways and be the catalyst of change.



Tariffying Truth

Written by: Ashley Pangilinan, Rand Cristian Hagad and Lloyd Dafydd San Pedro
Photos by: Lloyd Dafydd San Pedro



"Minsan maiisip naming lugin-lugi na kami, kaya lang kung itigil kami mas kukulangin 'yong magsasaka sa bansa," Mr. Larry A. Domingo said with certitude.

Being a farmer demands sweat and blood as investments. Before the sun rises, farmers must prepare themselves to supply the necessities and to earn money as well. In an archipelagic state where the majority of rural communities are developed by agriculture, as its main sector of the Philippine economy, the local farmers are giving their all to help their fellow countrymen.

"Dati ang benta namin Php18.00, Php 17.00 isang kilo sa sariwa. Ngayon pinakamataas na nakuha Php 12.00 lang, Php 10.00 ganon ang sistema. Maganda na 'yong Php 12.00, magandang palay na 'yon." Mr. Domingo, a 52 year-old farmer from Sitio Malapajo, Sta. Rita (Bata) San Miguel, Bulacan, narrated his insights and experiences on his job.

He may not be only the farmer in this country, but seeing how he works everyday, we can understand that this job is not as simple as how the word spells it out. Time, effort and skills are the basics of this work. However, last 2018, Filipino people struggled to sustain their basic needs, as rice reached its peak as one of the most expensive products in the household substantial. As a backwash against the current ravaging of price, government came up with the decision of formulating a law resulting to the emergence of Republic Act 11203.

The Rise of Tariffication

As the farmers are investing their own blood and sweat, the government couldn't see the challenges and difficulties that the farmers are facing. Instead of recognizing them, a law was implemented that aims to provide an urgent solution against the price hike issue last year, as it reached the peak up to Php70.00 per kilo. The *Republic Act No.11203 or The Rice Tariffication Law* was signed by President Rodrigo Duterte last February 15, 2019 and introduced to the public on the 3rd of March.

Imagine, the government established a law and introduce imported rice. The act serves as a tool for government to liberalize the cycle of exchange inside and outside the country but then, it is unfair for our local farmers that their product is not hitting the market while the imported rice is rising. The quotas and restrictions with regards to quantity of rice imported are being abrogated. Economically, this prevents the price to spike as foreign products enter our country and immediately reach public



markets as affordable one. The price of grains started to fall into a great extent.

Due to removal of restrictions, National Food Authority (NFA) lost its power to control the international trade of rice and only concerned into stock for calamity preparations. Kilusan ng Mambubukid ng Pilipinas (KMP) estimated that 2.4 million rice farmers will be affected considering that imported rice can wipe out local workers because of large price differences.

The problem now is, how will the farmers find the solution for them not to fall but to rise and not only would the tariffication.

Behind the Law

Academically, tariff is defined as price charged on a particular good as it entered a country and paid by the importer. Thus, this serves as protection to limit importation, providing a fund to support mechanization and other aspects of farming.

"Nakikisaka lang ako, sa 100 kaban, 20 kaban ay napupunta lang sa may-ari ng lupa."

For over 20 years of farming, this is the part for Mr. Domingo that he considered the hardest. He is more likely imprisoned of his commitment to the owner than to his work. Passing to the said law is a big

adjustment for him and to the other farmers that was proven by the law of economics or principle of supply and demand.

The more investors enter our country, the more intense the competition becomes; causing the Filipino farmers to make their price of grain lower by hook or by crook.

"Mas maganda ang binhi mas sakitin, kaya nababawi lang din 'yong kinikita sa pambiling gamot." The hybrid grains can range from Php12.00 to Php15.00 per kilo. They are risking everything to survive and to sustain our needs. Nevertheless, this law is implemented for the sake of Filipino community. Not now, but time will come for us to realize what is the true essence of tariffication.

Tired but not Satisfied

Our local farmers must receive what is necessary; they are investing and sacrificing everything to satisfy us and give our needs, the rice. Our government must then give what is due for them, payback and recognize their contribution in agriculture.

"Iniisip namin 'yong kapakanan ng produkto ng bigas na ilalabas sa palengke, sana maisip din ng gobyerno 'yong para sa amin, 'yong hirap namin."

They are not just farmers, but heroes that nourish our needs.



Annyeong pakiramdam nyiz mga newang people ng Vi-Ey-Esh-Shi? Shofokwels ago, we humans of eskulembang ay nawindangers ng hot na hot na Da Hu from Princess Zuleyka ng Vatuvalani issue, now we run run on the run sa fresh na fresh na mga annyeong taong may mavuvuting ekswenoh ditiz sa iskulembang! Ready no bwa kayiz? Wit na nating idelayiz tong mizwang tea! Oh, okeh keyoh?

OKEH KEYOH?



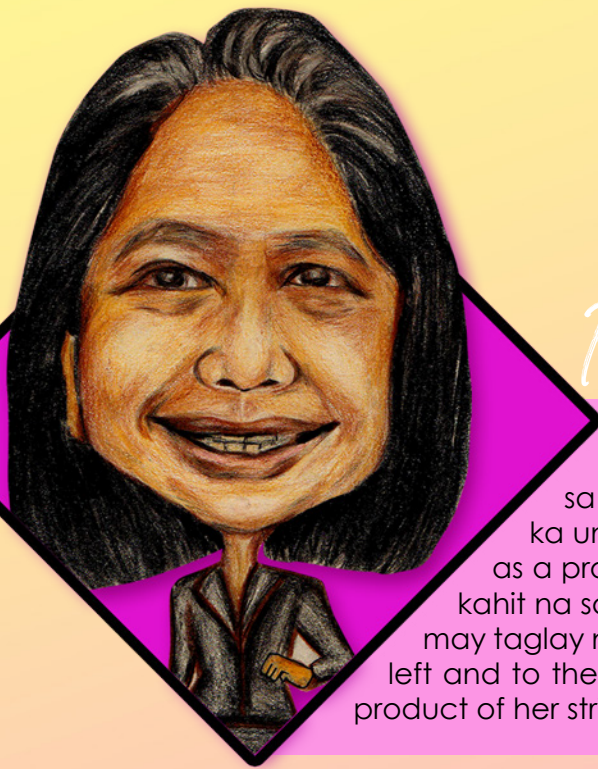
Ur Light in Twilight

Para sa first tea, sinetch itey na superz fast magteach, u may gez na para shuang chinechase ni Edward Cullen ng twilight magtuwo but wait! Aba yiz nga katunog nemern pala ni Bella Swan, at super kind naman ni sizder dahil wiz niyang pinavavayern ang kanyangers fifol, ihiheal niya ang iyereng malarocky dila para itiz ay lumambert! Brrrrttt! Just don't make her mad becoz fifol with good hartu can be hardu too, kentey? Skkrrttt! Ghorl, nasagap din ng aking chikadoreng radar na nanapak ang kenyang achievements, ay nasa kanya na nga ang crown! Kind na, sharp pa ang breyn! Keye nemern ikaw ay behave all the time so wit kang masipa papuntang impyerniz kasama ng mga bad Volturi! Nyuzto mong malamern kung sinech itech? Kuha kang visa palipad sa Paris to see the EIFFLE tower.



Queen of Da Generous

Sa huling chika, kavibes ba kamo? Here ka na sa sizter mong happy kasama. Like the second chika ang thought ng iba ay masungit siyang talagey but naaaawp! I heard sa mga chikadora nating kafatid na mabait ang titzer na itiz! Knowang mo ba na inaapproach niya ang mga studenz niyang nasa laylayan para matulongang nakaabot sa kotang grade wit lang mashuluyang mategi at makick sa course program? Ay atiih, you should knowiz! Sa sobrang considerate ni madame ang power niyang good vives parang chicken joy ng Jollibee, nalalanghap ang sarap lalo na at galante rin itong magbigay ng grade. Kilala mo ba? Kilalanin na lang natin sa alias na HELLEN De Generous.



Rooting - Looking for Goodness

Fresh ba kamo? Ay wit itiz na magpapaluz kahit na medj a lot na ang experiences ng mader mo sa wonderful life in earth! Istrikta itiz sa loob ng lab but wit kang ilelet na nag suffer sa kashongaan, icecare ka until ikaw ay magfruit ng disciplina to be prim and proper, and to stand as a professional sa iyerng field! Bet mo yern? Gora ka na sa kenya cyst!—na kahit na sa eyes ng others siya ay nagmamasungit na momma, si mader mo ay may taglay na golden heart! Mapapa Lion Heart ka na lang sabay kendeng to the left and to the right with pannyeong annyeong we are the beautiful and effective product of her strictness. Knowang mo na? UY nafind out na niya!



Da Breaded Ice Prince

Bravo! Bravo! For some eztudens math ay nakakashokot at nakakatruema but wit! With kyah mong helf nafafadali ang buhay este ang math! Sinech itech na math teacher na fresh na fresh from the bath? Rawr sa pabeard ang fafi mong malamig. Ay siz medj nakakashokot ang feyzlak nya and ang aurey lalo na kapag iyong makakaface-to-face passing by the bottom of the ceiling fan maggugoosebumps ka! But ang smile nitiz ay nakaka-contagious kapag nabreak mo ang ice sa kanyang heart. Maiisip mong nangangagert if you do note na itiz ay makulit din kapag naknowang mo na. Once upon a time, na drop by ang aking mala-Dorang espiritu sa room nitiz eyy holala, bet niya ang oldies na kanta. Getzung mo na kung sinech itech? Sobrang DARIUS lang bes!

DARLINGS

So ayern, sila lang muna para sa aking mainit na chikang kaganapan sa loob ng eskwalembang. luupdate ko na lang kayo becoz we have so many newang mamzer! Until sa susunod na release, babush! Sluuurrrppp! Ako nga pala ang iyong annyeong lupang oppa, Okeh Kehyoh!

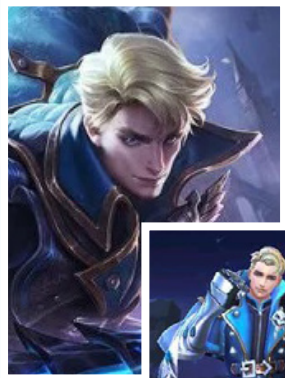


MOBILE LEGENDS

5v5 Fair AOS for Mobile

MOBILE LEGENDS

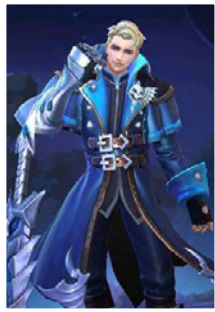
CHARACTER REVIEW



ALUCARD
FIGHTER/ASSASSIN

"Nothing lasts forever, we can change the future."

In life, we face different problems and challenges that might affect not only our physical but also our mental and emotional aspect, yet, trials are made to mold us to become a better one. Come to think of it, if you are not going to move forward, there will be no changes because you're still in the traditional. So as a student, as how the earth rotates on its axis and technology now is continuously changing, you should also move forward and change the way you act now because there's no permanent on earth, everything will change.

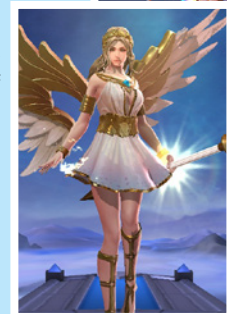
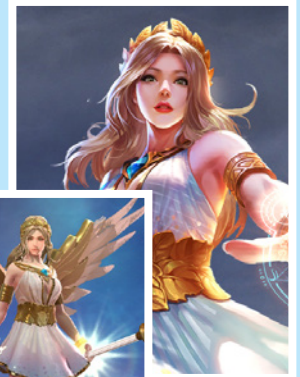


RAFAELA
SUPPORT



"Knowledge and faith are always my companion."

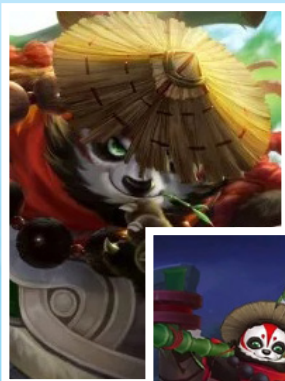
Rafaela echoes students who strive hard to excel, that knowledge alone was not enough to pass all her/his subjects but also need faith or prayers. Usually, they're the type of students who aims to have high scores in everything, the one who review all night with coffee and complete set of pens for highlighting. Students who resembles Rafaela tend to be the support of the class to regain willingness to proceed academically.



AKAI
TANK

"I understand. It's my pleasure to take part in the battle."

Akai has a very positive attitude despite of his physical appearance. Just like other normal students which feel and experienced discrimination because of their physical appearance, they still tend to be positive like Akai.

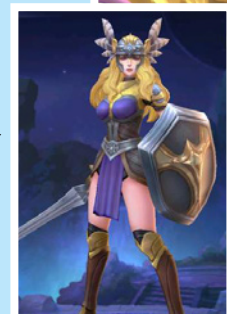
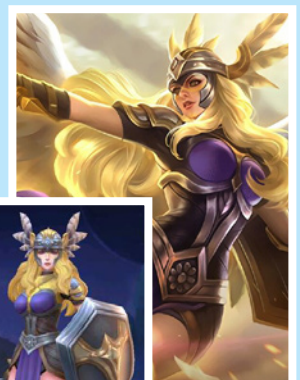


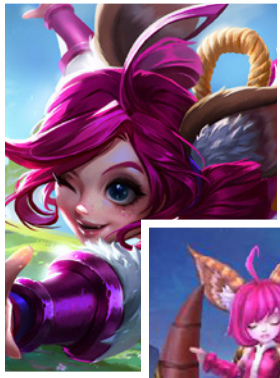
FREYA
FIGHTER



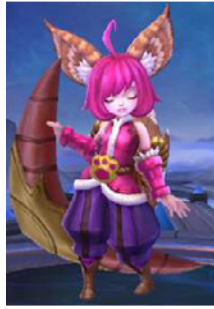
"What you need is to believe, you have to believe it."

Life is a wide range battle ground itself. Most relatively to the college students like us. It's a given and a must for us to take the tasks and challenges head's on and to tackle it wisely. In some exaggerated manners, we oftentimes face it with wide wings of faith opened just like Freya. Freya, as a fighter, has moderate sets of attacks and defences. These strategies are similarly with what we aim and what we have had as college students. We are able to play our part, flexible enough for our all-around effective roles. Whether we go forth, or we took a little step back, just like as how Freya can take and deliver reasonable amount of damages to the enemies.





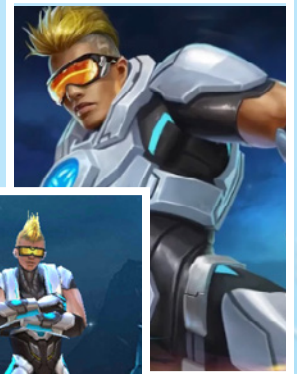
NANA
SUPPORT



"Adventure's waiting for us!"

Nana is a race of cat-like elves known as the Leonins, that resides in the Enchanted forest. However, Nana is special among those Leonins due to her bright and adventurous personality, she is also full of curiosity to new things and hopes that lead her to leave her home to explore and see the world. Adventures and risks make our life worthy, valuable and meaningful, so everyone should try and ponder adventures at least once in a lifetime. It is essential since it is a way of learning and experiencing what truly life is. Through exploring and adventuring things, it helps people to get out of their comfort zones and create new and lasting relationships with the world and those around them. Staying on your safe zone doesn't make any sense of your life; it only hinders you to grow. What Nana did is that she left her home for to her to do adventures and to learn new things at the same time. Let's all enjoy and embrace the detours in our life since detours are made for us to be more persistent and knowledgeable to the things around us and it also serves as a pathway to our success in the future.

BRUNO
MARKSMAN

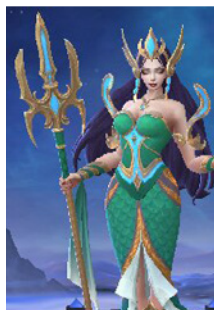
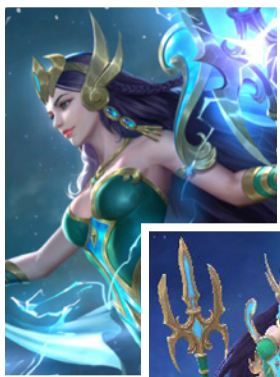


"I'm on top of the world!"

Many students have experienced getting failed grades. It's like their legs have been cut off, made them cripple, unable to walk towards their dreams. Maybe it's the most terrible situation that student could experience, but it is always best to be like Bruno in that situation. He lost both of his legs in the past due to a tragic incident but he did not give up; he found his own second chance. He is able to stand and run again using his mechanical legs. As a student, you might be damaged emotionally if you get a hurting grades, but fix yourself as early as possible. You might be stumbled in your studies, but find a way to stand up again then continue your journey. Be the hero of your own life.



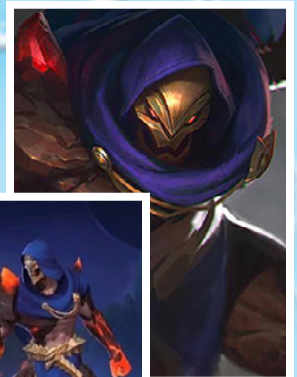
KADITA
MAGE



"All of these beautiful bodies, shattered by ocean waves."

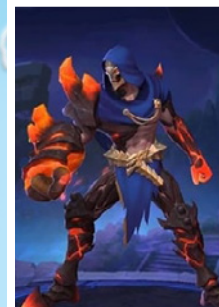
Kadita was the princess of a small island nation, she was admired by everyone as she considered by all to be genuine, intelligent, and kind-hearted though, fate often times finds its way to hit people with strife. Kadita was no different. As apparent to the king, a member within the royal family grew jealous of Kadita and conspired ruin to here. When you reach or achieve something, there is someone who pulls you down because of his/her envy. Being excellent or low class might give people the chance to discourage you, yet, as a student, it is necessary for you to be like Kadita who happened to be the princess who never failed to love herself.

ALDOUS
FIGHTER



"I always refill my contract."

Life is a game they say, just as how it goes, there are certain difficulties, different challenges and gaining experiences, all for levelling up. Every people are the Aldous of their own path. At first, struggles are real, everybody hates struggle, even how hardly they try to avoid hurdles, and it will come as it is. Surrendering is a choice of a hopeless and helpless person, being lost in the road by viewing its fissures and not its destination is the most frightful among everything. Moreover, obstructions would stick until middle ages or adulthood, it will never stop coming but looking what person have you become because you fight before is an answer in why you must continue fighting.



Dr. Guillen: “Enjoy life, enjoy BASC, spread the news!”

*Nathaniel Hizon

GATHERING the youth of Bulacan Agricultural State College (BASC), Dr. Lino Fe Guillen of Nueva Ecija University of Science and Technology (NUEST) piled personal experiences to reach literacy upon Republic Act 9262 at the Cayetano Hall, October 2019.

Students were engaged in a socialistic knowledge empowerment promoting societal-related issue awareness pertaining to R.A. 9262 or the Violence Against Women and their Children (VAWC) Act of 2004 which aims to protect women and their children against broad sketch of violence.

Dr. Guillen believes that the behavior of a person is dependent on the kind of his family and through making a more compacted connection is the effective way in side-stepping unwanted business.

Generally, the event revolved around true cases of people handled by Dr. Guillen as a Psychologist, deep diving the depths of R.A. 9262; Who are the people that could take the responsibility, R.A. deviations, the beneficiaries or the protected, the proper process to be taken when engaged in and why violence emerges and how to deal with it.

Dr. Guillen also emphasized the reality of what the students have been facing since then and the things they have to be tangled within their schools. According to her, they have to resist temptations during their adolescent stage.

Dr. Guillen also said that it was a definite foe to brawl as of their age right now. She also insisted to not be involved and abuse VAWC Act as it is one of the concerns faced by the law.

At the latter part of her discussion, Dr. Guillen mentioned that family, as the basic unit of the society and its deterioration could lead to unacceptable implication of the subject discussed, diverted in frequent bottomline which was the wide mishandling of adverse underlying circumstances.

Dr. Guillen said, *“The youth of today is the builder of tomorrow.”* ***



AWARE AND RESPONSIBLE. Dr. Lino Fe Guillen while filling the students of BASC's minds with knowledge regarding the Violence Against Women and their Children (VAWC) Act of 2004 during the VAWC Seminar. Photo by Lloyd San Pedro.



PINAG-IGTING NA WIKA. Sa larawan ay mga opisyal at gurong tagapayo ng Supreme Student Council (SSC), gurong tagapayo ng Samahang Panitik, ilan pang mga guro sa Pilipino at si G. Vidal S. Mendoza Jr. (gitna) na muling pinaigting ang kahalagahan ng sariling wika kaalinsabay ng pagdiriwang ng Buwan ng Wika. **Photo by Lanch Lenard Delos Santos.**

Samahang Panitik, SSC: Agosto, muling Pinaingay ng Wikang Katutubo

*Melanie Hizon and Rand Cristian Hagad

MULING nabigyang-kahulugan ang kahalagahan ng Wikang Pambansa sa pakikipagtulungan ng Samahang Panitik sa Supreme Student Council (SSC) na idinaos sa bulwagan ng Dalubhasaan, Agosto 2019.

Sa temang *"Wikang Katutubo: Tungo sa Isang Bansang Filipino"* ay ipinagdiwang muli ang Buwan ng Wika sa Pambansang Dalubhasaang Pansakahan ng Bulacan matapos ang tatlong taong pagliban.

"Naisip ng SSC at Samahang Panitik [na namumuno sa Panitikan] na buhayin ang Buwan ng Wika bilang pagbibigay-halaga upang maalala ng bawat isa ang mga taong nakipaglaban para sa sariling wika ng ating bansa," ani Jomar G. Rosario, Pangulo ng Samahang Panitik. "Upang malaman din ng bawat isa na ang Buwan ng Wika ay mahalaga sa mga Pilipino para na rin maging tulay ito upang mahalin pa natin ang sariling atin," dagdag pa niya.

Ipinarating naman ng panauhing pandangal na si G. Vidal S. Mendoza Jr., Professional Lecturer, sa kanyang talumpati ang mensahe niya para sa mga kaguruan sa larangan ng Filipino. "Lagyan mo ng essence ang pag-exist mo. Baka kasi hanggang d'yan ka lang nakatali sa propesyon mo, may essence ba ang propesyon mo? Bilang Filipino Major, sinasangkapan po natin ang esensiya ng ating propesyon," wika niya.

"Dumating ka sa mundong ito ng walang dala, sikapin mong umalis ng may naiwang halaga," pahayag pa ni Mendoza.

Bukod sa adbokasiyang mapaingting ang

paggamit ng Wikang Filipino, ang naturang pagdiriwang ay nagsilbing entablado para sa mga mag-aaral ng Dalubhasaan na may talento sa dagliang talumpati, pag-awit ng Original Pilipino Music (OPM) at madamdaming pagtula (spoken word poetry). Ang mga patimpalak na ito ay nilahukan ng mga mag-aaral sa iba't ibang instituto.

Ayon kay Clarisse Ann Asuncion, BSEd 2-A, nagkamit ng unang parangal sa Spoken Word Poetry, matinding paghahanda ang kanyang pinagdaanan upang epektibong maipahayag ang damdamin ng kanyang piyesa.

"Kaya pala nagbago, kasi may bago. 'Yan 'yong pamagat kaya iisipin talaga nila tungkol sa pag-ibig kaya makukuha [ang] atensyon nila. Pero habang tumatagal naiugnay ko na siya sa katutubong wika," ani Asuncion.

Sa kabilang banda, nanaig naman ang tinig ni Claire Ivy O. Lacsamana, BSEd English 2-A sa larangan ng pag-awit ng OPM.

"Hindi basta pagmamahal ang meron ako sa wika, mayroon din akong dedikasyon na buhayin at ipaglaban din ito. Nabigo man akong kumuha ng kursong Edukasyong Pang-sekondarya na Major in Filipino, ito pa rin ang isa sa iniisip kong inspirasyon sa patimpalak na iyon," wika ni Rodney Darren Dela Cruz, BEEd 1-A, nagkamit ng ikatlong pwesto sa dagliang talumpati.

Sa kabilang dako, bilang pag-alala at pagkilala sa kadakilaan ng Ama ng Wikang Pambansa, ang pag-aalay ng bulaklak sa bantayog ni Manuel L. Quezon ang naging hudyat sa pagsisimula ng pagdiriwang.***



EQUIPPED TO LEAD. Gathered are the student leaders of BASC with new tools cultivated and courage strengthened during the Leadership training 2019 at the Farmer's Training Center. **Photo by Reynaldo Gumabon.**

Student leaders soar high, celebrate SSC's 30th founding Anniv

*Reynaldo Gumabon and Daniel Verona

IN line with the Pearl Founding Anniversary of the Supreme Student Council (SSC), BASC's student leaders participated in the two-day, one-night annual leadership training and seminar at the Farmer's Training Center (FTC), September 2019.

Christian Jay Porciuncula, SSC Vice President said that the purpose of the said event is to enhance the leadership skills of every student leader and promote camaraderie.

Tess Miguel, Municipal Mayor's representative said, *"Being a leader may be present during birth, but others just developed it."*

"Being a leader depends on how we act as a follower," she added.

Mr. Christian E. Jordan, Director of Center for Guidance and Counseling, Baliuag University (BU) was the speaker for the first day of the seminar. He shared that sometimes it's hard for us to see the real value of what we are doing when we are giving all our focus on it. *"It's okay to step back to see the clear picture,"* he said.

He added that we must be a positive leader who disconnect from the virtual world, re-connect to the real world and love to serve the studentry.

Mr. Ricky Dela Cruz, former SSC President served as the keynote speaker for the second day. Mr. Dela Cruz discussed about the qualities of a leader and left an acronym CHIEF which stands for C-Competent, H-Honest, I-Inspiring, E-Excellence and F-Forward-looking. *"Leaders are doing and getting more than the [expected] result,"* he emphasized.

"What I learned during the two-day seminar was to fight and be a brave leader," Aljohn Gimeno, Institute of Management Student Council (IM-SC) Vice Governor stated. According to Gimeno, the event taught him how to socialize.

Moreover, according to Linneth Santos, Secretary of the Chosen Generation Youth Revolution (CGYR), her fingers would not be enough to count what she learned. *"Leadership seminar somehow molded me not just to become an effective and efficient leader but also as a simple student. Through this seminar, I learned to value and appreciate little things that we students ignore nowadays,"* she mentioned.

Meanwhile, activities which promote teamwork and leadership such as the amazing race and pass the message were held.***

Faustino raises rational mindset on HIV/AIDS issues

*Rachelle Hipolito

"There's nothing wrong with having sex, because without sex there will be no man on earth. Sex is a God's gift for creation."

This has been the words of Ms. Julie Ann C. Faustino, RPh during the Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS) Conference.

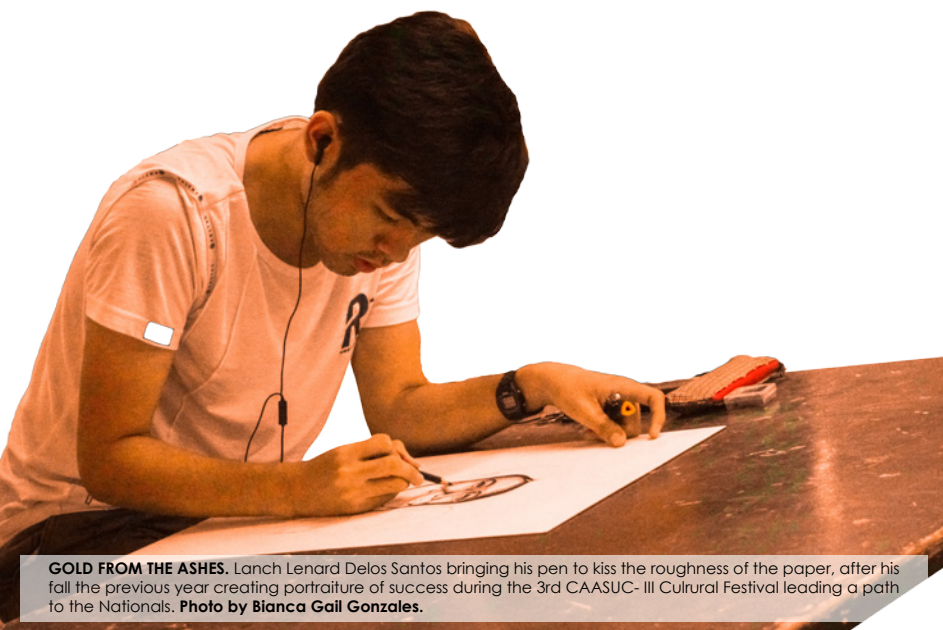
According to Faustino, there were three things to be considered to assure that you will not regret what you will do, namely; right time; right place; and right person.

Ms. Faustino discussed the different stages of the said illness as well as its symptoms. She also lectured about the mode of transmission of the virus and how to prevent acquiring it.

During her discussion, Faustino also mentioned that according to the Department of Health (DOH), there were six cities in the Philippines that reached an uncontrollable rate of cases of HIV/AIDS. Cebu City was recorded with a 7.7% rate, Manila with 6.7%, Quezon City with 6.6%, Caloocan reaching 5.3%, Davao with 5.0% and Cagayan De Oro with 4.7%.

She led the campaign which aims to raise a sensible and a rationale mindset with regards to HIV and AIDS issues.

She stressed that there is still no cure for HIV infection and the antiretroviral (AVR) drugs can only control the virus which helps in preventing its transmission and not eliminating it. ***



GOLD FROM THE ASHES. Lanch Lenard Delos Santos bringing his pen to kiss the roughness of the paper, after his fall the previous year creating portraiture of success during the 3rd CAASUC-III Cultural Festival leading a path to the Nationals. Photo by Bianca Gail Gonzales.

Delos Santos leads BASC to CAASUC Nationals

*Bianca Gail Gonzales

REAPING gold over the pile of Lead, pencil sketching contestant of Bulacan Agricultural State College (BASC) brought honor to the institution during the 3rd Culture and Arts Association of State Universities and Colleges III (CAASUC III) Cultural Festival, November 2019.

Lanch Lenard Delos Santos, second year student taking Bachelor of Science in Agricultural and Biosystems Engineering (BSABEn) seized the gold under the coaching of Mrs. Edna Mae Cruz during the said event at Don Honorio Ventura Technological State University.

It has been a comeback triumph for Delos Santos as he returned empty-handed during CAASUC III 2018. *"Hindi ko naman din inexpect na mananalo ako noong nabanggit na 'yong 3rd. Saka dahil nga rin natalo 'ko last CAASUC, 'di na ko nagclaim ng place. Pero dahil din siguro nilaban ko yung forte ko which is portraiture, kaya siguro nanalo,"* he stated.

Meanwhile, BASC Liping Tagalog Folkloric Group (LTFG) placed 4th runner-up on both Indigenous and Folk Dance Competition together with their coach Mr. Regulus Caibigan. Christian Capulong claimed 2nd runner-up spot on photography Contest with the guidance of his coach Mr. John Edward Cruz, while Arvhic San Diego climbed up to the 2nd runner-up spot from his 5th place on the previous year on Charcoal Rendering Contest together with his coach Mrs. Cruz.

The said event was bounded with the theme: *"Keeping the fire of Unity Burning Amidst Cultural Diversity"*. ***

LTFG konsyerto, binuhay ang Kulturang Pilipino

*Hazel Asuncion

KAALINSABAY ng pagdiriwang ng Buwan ng wika ay ang unang konsyerto ng Bulacan Agricultural State College – Liping Tagalog Folkloric Group (BASC-LTFG) sa bulwagan ng dalubhasaan, Agosto 2019.

Sinalubong ng mga magtatanghal ang mga manunuod suot ang samu't saring makukulay na damit hango sa tradisyonal na pananamit na sumisimbolo sa mayamang kultura ng Pilipinas. *"Ang nakaisip na magsagawa kami ng concert ay si Tatay o mas kilala natin sa pangalang Sir Regulus Caibigan,"* panayam kay Aljhon Gimeno, pangulo ng grupo.

Ayon pa kay Gimeno, ikinagalak nila ang naging anunsyo ng kanilang gurong tagapayo. Pinaglaanan nila ng oras at tunay na pinaghandaan ang konsyerto. *"Pinagbutihan namin ang bawat practice para maging maganda ang aming concert kahit nga minsan dumadating na sa point na kahit walang pasok nagpa-practice kami at nae-excuse kami sa klase,"* dagdag niya.

Hindi naging hadlang ang pagkakaroon ng bagong mga miyembro ng grupo upang matagumpay na maitaguyod ang kanilang konsyerto bagkus ay

maiging hinasa ang mga ito upang makipagsabayan sa mga dati ng kasapi ng grupo.

Ang naturang konsyerto ay naging isang daan upang maimulat ang kabataan sa mga tradisyonal na sayaw at pananamit ng bansa na unti-unting nililipas ng panahon. Ayon kay Cherry Mae Pacudan mula sa Bachelor of Science in Agribusiness Management (BSAM) 1, dulot ng konsyerto ay nadagdagan ang kaalaman niya ukol sa kulturang Pilipino.

"Di ko alam 'yong karamihan sa ating kultura lalo na sa pagsasayaw, dahil po sa LTFG nagkaroon ako ng kaalaman at naintindihan ko ang halaga ng ating kultura sa pagsasayaw," pahayag niya.

Isa sa layunin ng nasabing konsyerto ang makalikom ng pondo para sa iba pang pagtatanghal ng grupo sa labas ng dalubhasaan.

"Malaki ang pasasalamat namin sa inyo [mga manunuod]. Kaya ito naging successful dahil sa mga palakpak at sigawan ng mga tao na ipinadama nila sa amin na sobra naming ikinatuwa," mensahe ni Gimeno para sa mga manunuod. ***

Licensure Examination for Agricultural and Biosystems Engineers (LEABE) (October 2019)

Engr. Aira Nina Valderama
Engr. Ana Ruth Cruz
Engr. Christopher Japones
Engr. Glenmar Enriques
Engr. Jim Dela Cruz
Engr. John Arvin Dela Cruz
Engr. Joven Santos
Engr. Mariver Valmocina
Engr. Nikko Louis Gandeza
Engr. Paul William Wakefield
Engr. Trishia Flores

BASC Passing Rate: 52.38%
National Passing Rate: 37.7%

Licensure Examination for Agriculturists (LEA) (November 2019)

Alba, Siermarl
Awitan, Mark Airon
Bautista, Judith
Calderon, Cesar
Calderon, Edmar
Dela Cruz, Rosalyn Sto. Niño
Dela Cruz, Yujiner
Dela Fuente, Zenon Gian
Domongdong, Krizzanie
Esguerra, Hannah Joy
Espiritu, Kent Melville
Evangelista, Rondon Neil Cyrus
Fajardo, Lorie Ann
Flores, Mark
Gutierrez, John Kevin
Maniquiz, Princess Nhicka
Milarpiz, Jade
Moria, Lea
Polka, Chona
Rañola, Vina
Rivera Alvin
Salvador, Joselle Mae
Salvador, Manilyn
Sanchez, Mariane
Santos, Oliver
Santos, Randy
Sapiendante, Jeric Angelo
Sayco, Jestoni
Tayao, Veronica
Ulidan, John Lester
Ursua, Jewel Keih Cheysser
Valino, Richmond
Valmeo, Ralven
Verayo, Regine
Vergara, Melanie
Vero, Virgilio

BASC Passing Rate: 40.52%
National Passing Rate: 41.05%

Licensure Examination for Geodetic Engineers (LEGE) (October 2019)

Engr. Jhon Victor Acuña
Engr. Jenka Reign Acuzar
Engr. Brian Christian Africano
Engr. Christopher Gian Bernabe
Engr. Hendrickson Co
Engr. Angelo Marlo Domingo
Engr. Jeserine Gutierrez
Engr. Carlo Pascual
Engr. Earl John Ramon
Engr. Jesline Reyes
Engr. John Emmanuel Sacay
Engr. Jasmine Sibulo
Engr. John Patrick Ubaldo
Engr. Arvic Viñas

BASC Passing Rate: 66.67%
National Passing Rate: 54.84%

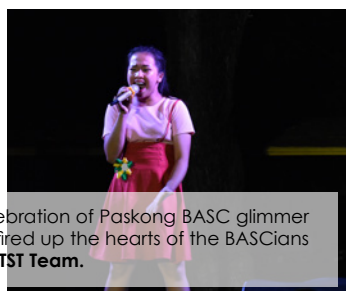
Source: prcboard.com

BASC embraces Christmas spirit after a year of vacancy

*Melanie Hizon



ILLUMINATING THE DARK SKY. Highlights of the Celebration of Paskong BASC glimmer through the darkness, spread Christmas spirit and fired up the hearts of the BASCians despite the breeze of the Christmas Air. **Photos by TST Team.**



REKINDLING the annual tradition and overcoming a year of dimness of the December's light, the lighting of Christmas Tree headed by the College President restored the spirit of Christmas and signaled the starting point of the three-day commemoration of Paskong BASC held at the College's Park, December 2019.

"Naisip namin na ibalik 'yong celebration ng Christmas sa BASC, kasi hinahanap-hanap 'yon lalo na ng mga higher years na students, at para na rin maranasan ng mga bagong estudyante ng BASC," said Christian Jay Porciuncula, SSC Vice President. Porciuncula aforementioned that the purpose of the said event is to acknowledge the four institutes well-represented with students with great potentials.

Dr. Roberto C. Wagan, Director for Student Affairs and Services, formally blasted off the event with his opening remarks. "This is the formal opening of the Paskong BASC and we are very fortunate and lucky enough to have this occasion, since the opening of this Pasko ng BASC coincides with the celebration of the feast of the Immaculada Conception," said Dr. Wagan. "Kaya kapistahan ng paglililihi ng ating Birheng Maria sa ating Panginoong Hesukristo, na Diyos na totoo at taong totoo. At naniniwala po ang

inyong lingkod na magiging matagumpay at masaya ang pagdiriwang ng ating Pasko sa taong 2019," he added.

Students from the different institutes showcased a powerful match of talents by illuminating BASC in Christmas Area Competition, serenading the crowd through Christmas Vocal Solo Competition, championing the night with great harmony in Christmas Chorale Competition, exhibiting fierce in Christmas Dance Competition, igniting the lights in Christmas Lantern Competition and bringing the roof to ground in Street Dance Competition.

Despite inconvenience due to its night celebration, numerous students still managed to attend to witness a one-of-a-kind celebration. "Sobrang nag-enjoy ako mula una hanggang sa huling araw. Kasi iba-iba 'yong mga palabas na ginagawa talagang 'di ka maboboring, sulit kahit gabihin," shared Bal Ryan Evangelista, (BSABEn) 1A.

Moreover, winners for the different competitions on the duration of the said celebration are as follows:

Student Organization Christmas Area Competition

1st place - Society of Managers and Entrepreneurs (SME)
2nd place - English, Speech and Dramatic Club (ESDC)

3rd place - Future Hotel and Restaurant Managers Society (FHARMS)

Christmas Vocal Solo Competition

1st place - Danny Lyn Tabirao (IEEd)
2nd place - Claire Ivy Laxamana (IEEd)
3rd place - Marvi Gungab (CA)

Christmas Chorale Competition

1st place - Institute of Education (IEEd)
2nd place - Institute of Engineering and Applied Technology (IEAT)
3rd place - Institute of Management (IM)

Christmas Dance Competition

1st place - College of Agriculture (CA)
2nd place - Institute of Education (IEEd)
3rd place - Institute of Engineering and Applied Technology (IEAT)

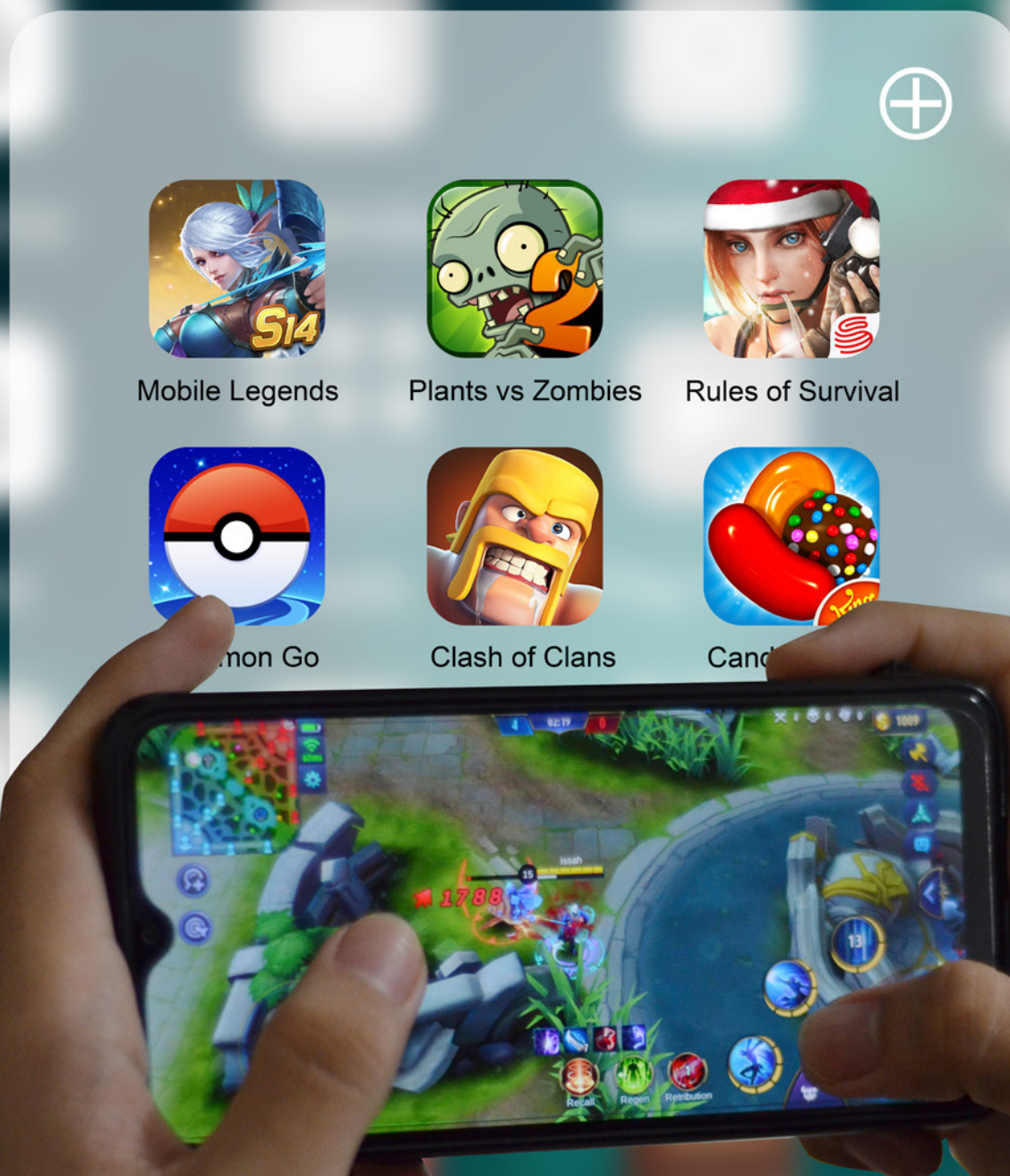
Giant Lantern Competition

1st place - Institute of Engineering and Applied Technology (IEAT)
2nd place - Institute of Education (IEEd)
3rd place - Laboratory Highschool (LHS)

Street Dance Competition

Best in Street Dance - Institute of Management (IM)
Best in Showdown - Institute of Management (IM)
1st place - Institute of Management (IM)
2nd place - College of Agriculture (CA)
3rd place - Institute of Engineering and Applied Technology (IEAT)***

COMMENCING E-SPORTS: *Depiction of Escalating World*



Written by: Rachelle Hipolito and Nathaniel Hizon
Photo by: Lloyd Dafydd San Pedro

From Fingers to Fame!

E-sport is just waiting around the corner.

Electronic game is a game where height and weight are unnecessary; where age and gender cannot measure how good you play; where race and social status are factors that may outdistance the game; and where hard work, talent, determination, passion and playing persistently can possibly bring you to the top. However, it's undeniable that we, the Generation Z, known as the youth of today seems no longer fond of enjoying and spending our leisure time through reading books, watching television and playing outdoor games just like how it used to be before. But rather, we choose to spend our free time with our phones, laptops and gadgets, in our bare hands. Satisfying ourselves through playing electronic games.

In line with the perspective brought by Jenny from the Department of Public Health, Slippery Rock University of Pennsylvania, Electronic sports, cybersports, gaming, competitive computer gaming, and virtual sports are all synonyms for the term eSports. Commonly, the delineations for gadget gaming were far from what it is called "programming" today. Looking back to the past, people see the gaming community as a pale flame for the one who belongs inside; lack of discipline, harsh environment, trash talking which involves swearing; making eSports darken its image, frequently spending the whole night in the internet café and where children whom dragged-in were normed that they are the ones that do not have plans for their tomorrows.

Looking at the side mirror, this type of community, before it was marked as a hurdle for the people specially the youths, was a low light shot in the abyss that shines towards the depths of gaming, which made its way to outburst from mislead connotation when it comes to the word eSports. Many do not know that there is an offered path to greatness from this new crop of sport. Nowadays, it provides not just for personal satisfaction, but a more socialistic-activity that turns into form of competitive and international tournament.

Is there somebody who would not try to enter another door when it comes to unceasing opportunity?

Philippines and its people are now supporting this community, through continuous noise that Filipinos are making in the land of eSports. For an

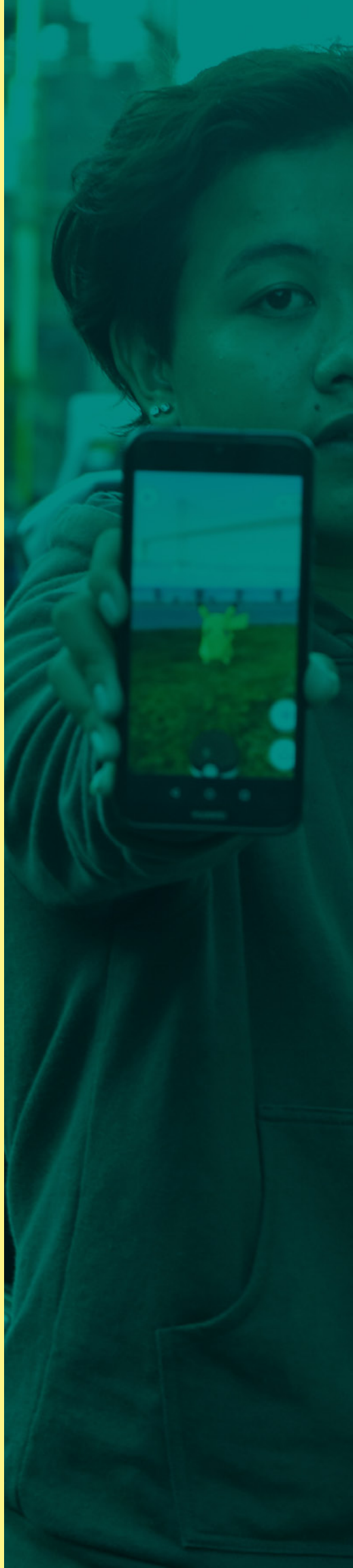
instance, Championship appearances even yielding the Gold in world tournaments, roughly because the transition of accessibility is way much easier comparatively identified before. From renting into cyber cafés, to desiring personal computer and now popular Personal Computer games make their way to come-up into something user-friendly mode, and that is the diversion of their game into mobile phones. Daren Vitug is the Commissioner of The Nationals, the country's franchise-based e-sports league. He is also the secretary general of e-sports National Association of the Philippines (ESNAP), a non-profit organization which aims to mold Filipino e-sports athletes.

Reaches the Battlefield

Cutting-edge in an instant.

Remarkably, the rapid collision of technology results to the occurrence of vast virtual world, whereas there are underlying cultures that have been growing and continuing to construct pavements for their global identification. Through the disseminating acceptance for gaming community as a form of formal and organized competition, eSports now are on their way to popular recognition and has reached schools providing such programs that promote eSport immersion. In fact, there is apparent value and several potential positive implications associated with the addition of eSports, hereby exemplified in intercollegiate athletics and other organized sporting events like the Olympic Games, said Jenny. As of now, part of some school's extra-curricular activities are not just into physical sports and academically inclined students. In contemporary education institutions, they are now bestowing limitless instances by conducting local eSport programme. Giving chance for those students who were in passion for gaming to showcase the brawlers of the new world.

Sport also involves some types of competition which deals with the struggle between individuals or teams. Sport has conflict in it that usually tends



to end with winner(s) and loser(s). Sport is defined by conflict and by fostering competitive nature in individuals that results in the division of winner and loser after the game is played. Game is also a central idea to sport, according to Matt K., student of Liberal Arts College in Northeast, whereas e-sports can comparably interconnect to the novelty of traditional sports. In a typical variety of eSports there is the existence of the game mechanics, rule that two teams had to compete in fair set of players (e.g., 5v5 Massive Online Battle Arena Tournament), and customized set of rules for a special battle event. Adjunct, eSports is described as "a catchall term for games that resemble conventional sports insofar as they have superstars, playoffs, fans, uniforms, comebacks, and upsets. But all the actions in [eSports] occur online, and the contestants hardly "move" Segal (2014). This implies how e-games could possibly influence the people who belong to this spectrum and how this could make the same intensity and passion for the people yet in a different mode of entertainment.

Science and technology development brought a lot of changes in society. These changes include the form of popular games among the students. The traditional games such as tumbang preso, patintero, luksong baka, piko and agawan base that are famous before have been replaced by the modern games like online video games known as eSports.

Global-wide Trend

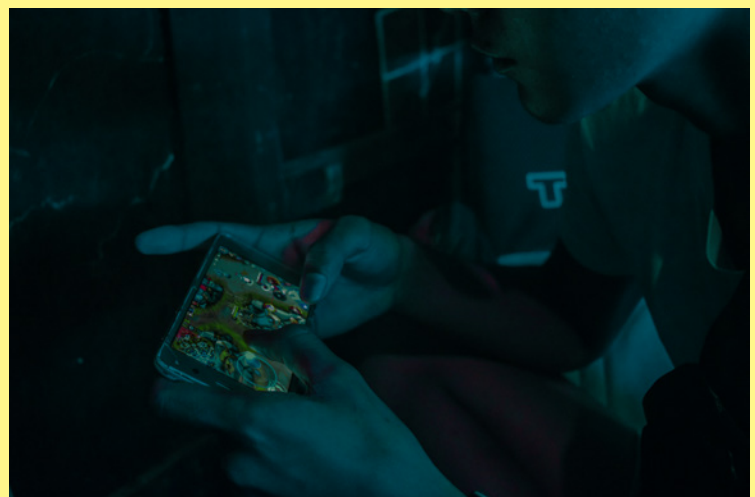
The branching passion for eSports.

Some countries had embraced this type of sport and had shown support for this so-called new era of "Sport Culture." Furthermore, when talking about prevalence,

South Korea is one of the countries that are showing full-hand assistance to this new generation of growing community and hereby now unceasingly dominated by this new-found room. The recent popularity of competitive video gaming has spawned from Asia. According to Wingfield (2014) a technology correspondent based in Seattle for The Times, South Korea may be considered as the most involved country, in fact it has a television channel devoted largely to eSports. This may be the glimpse for different possibilities the country could enter for creating and finding out more such activities that would drive the participants in an effective and conducive aspiration as well as debunking connotations when the laymans hear e-games.

These days, International competitions such as the SEA games are now offering opportunities for "Gamers" to showcase their technology-wise skills. Aforementioned, last December 2019, Filipino [e-sport] gamers did not step in the arena as mediocre player but rather considered as an athlete. They represented the pride of our country as they fought not just in one but in five different categories, in different gaming platforms and in different roster of gamers; such as Mobile Legends Bang Bang and Arena of Valor; for Smartphones, DOTA 2 and Starcraft II; for PC and on gaming consoles (e.g. Sony Play Station, Micorsoft X-Box) is Tekken 7. This is an evident repercussion of gaming community in terms of rampant widespread nowadays. This culture shoots exponentially where the people involve provide extreme conviction whether a fan or the player.

Meanwhile, according to Batucan D., one of the author of the SunStar publication, Philippines has its



very own eSports school, indeed it is located at Mandaue City, Industrial Capital of Southern Philippines the school is known as the University of the Visayas New School (UVNS). The UVNS is under the supervision of School Director Mr. Genesis Raña. This university offers eSports and game development through its Senior High Arts and Design Track with its core values of mechanics, strategy and game awareness. Aside from those students may also learn game design, branding, shoutcasting and entrepreneurship.

Truth behind the screen

Entering the cyber-world.

Players' adhesion to their respective games brought fluctuating outcomes; being too indulged could result into unpleasant endings. On the other hand, everything in moderation is an absolute positivity. Admit that Filipinos

were too caught-up in traditional sports foremost the basketball while this may undeniably true, they should just see that Filipinos perform better in other aspects whereas in a sport specifically height is irrelevant [physiologically Filipinos in general are not given enough height to tangle other nations]. The time is now. It is the advent of diving different type of sport which notably they are good at. Weightlifting, Athletics and this, eSports; something that height is irrelevant. Apparently, focusing on eSports, Filipinos experience the good drops of it including international recognition.

What sets eSport apart from traditional sports is that

eSports and its titles evolve and adapt in a way it becomes easier to hop-in. This process lets the eSport game industry acquire new players year-by-year. So despite gaming and eSports in the Philippines rising in popularity, certainly that the best is yet to come. They may have reached a lot of milestones, but they are only starting the journey at the moment and not crossing the finish line already.

The sudden emergence of high technology and gadgets in our society is undeniably in just a quick snap, indeed it create a big impact on our society particularly to the expanding populations of online gamers here in the Philippines. However the popularity might have seemed out of nowhere for some, but still online games or known as the eSports has been steadily and continuously booming and getting attention for a while now.



Students Corner

Revealing the true value.

Giving another angle of perspective to why eSports are on its rampage in poking its name in the scene is directly connected to the option of the players. Why do they still wanted to continue playing or participating such game; "Kaya lang naman ako naglalaro para pampalipas oras tapos nakakasama ko pa mga kaibigan ko syempre minsan naisip ko baka isang araw makasama na ko sa professional league tapos ma represent ko 'yong bansa natin," Jonsen Dela Cruz BSBA 1-D. Embarked from simply finding cause of personal satisfying leisure, peer influences and into an out-of-nowhere sudden turn to the awakening of the hidden passion of the players in gaming, eSports now are not only for burning time and attention but a remarkably convenient platform for people's enthusiasm in showcasing their talent and skill.

"Bata pa lang ako meron ng cellphone yung mga ate at kuya ko tapos hinihiram ko yo'n para makapaglaro. Naaalala ko pa nga yung "Space Impact" na kina-adikan ko" Aarone John Pelayo BSAM 2-B stated that fact where children not only of today's but also those in range of rising era of technology are growing inclined to the relationship of gadget in their daily living.

E-sport is a unique experience for everyone. It was also a form of social interaction as much as it is for personal satisfaction. Players and students were spending most of their money and time just to satisfy their hunger in playing online games. Khen Mathew de Dios, student of BSABEn 1A stated that he was in his 4th grade when he was exposed to gadgets and electronic games. Nonetheless, he has no way for spending his leisure time at those moment that's why he played online games and through time, he adopt playing online games as a form of socialization and he enjoys it as well.

Conclusively, it is a true module of bridging or introducing eSports by means of their early exposure to gadgets. The clasping gap between people and technology is pouring its obsolescence, today more and more engagements are happening. Thus, gadgets are inheritance that naturally insisted as a wholesome part of human life and consequently the birth of eSports is on its road cracking immortality towards its continuous background enlightenment.



WIN OVER ATHLETE'S DIET:

HEALTH NUTRIENTS FOR THE SPORTS YOU PLAY

Written by: Reynaldo Gumabon and Elijah Mangulabnan

Athletes exert their full efforts to bag the medals and pride for their Institution. Several factors may affect the athlete's performance such as the kind of diet that they have selected during the competition. Athletes do training and is often exposed to a variety of foods that influence their food selection and later the quality of their diet.

A player's mind and body demands on the basic needs that they supposed to have. Athletes push through and go beyond their limits by working and giving all their best. On year 2013, Sports Nutrition Guidebook expresses that there must be a difference between the food of an active and more sedentary people. In this case, athletes are assumed to be more active individuals.

In doing so, U.S. Department of Health and Human Services and U.S. Department of Agriculture stated that athletes are affected by poor nutrition which can have a significant impact on both their health and physical performance. Hence, sports director or nutrition expert should develop some sort of improvement on the way of catering athletes' meal. In the case of athletes across all levels, a quality well-balanced diet is essential for proper health and achieving performance goals (Nutrition and Athletic Performance, 2016). The population of an athlete's poor nutritional health balance spans worldwide. It is essential for the players to have a proper nutritional supplementation and emphasis on balance diet to execute more and effectively in competition or other level. The study of Moran, et al. supports the idea that nutrients such as protein, calcium, and iron can have significant positive impacts on performance .

Foods intake by the athletes should have an appropriate energy for the foundation of the athletes since it supports body and mind to function properly, enlightened with the capacity to what extent the cognitive and physical aspect of a player will last. *"The importance of the nutrients that I am digesting for the sport I am participating which is Arnis is to pro-*



vide energy that I need in trainings and also to be healthy and fit at the same time to have a healthy mind that I will also use in the play," said Maricar Lyn Santos, BSEd Science 2, Arnis Half middle player.

"Taking nutrients from proper diet helps the athlete to be physically and mentally active. An athlete should have strong immunity and through the nutrients taken by the athlete this all be possible," said Aries Mudlong Ocampo, BSA 2D Animal Science, Track & field athlete.

It is indeed important that a student-athlete must improve their strength as well as their way of thinking. They strive to gain fat-free mass via a program of muscle hypertrophy at specified times of the annual macro-cycle. Athletes continually developing and improving their body weight for their specialized sports. Some athletes aim to gain the suitable weight or body mass and strength in which they can execute their moves decently.

It is important for an athlete to modify power to weight ratios rather than absolute power. The weight and power depends on the sport they will be competing so that some athletes also desire to achieve low body fat levels. In sports involving weight divisions like Taekwondo and Arnis, competitors take the lowest body weight and other athletes strive to maintain a low body mass like in Athletics or the athlete plays on field are required to have this because it is essential for them to increase their speed and agility. In some sports like Basketball and Volleyball players must go beyond through improving and strengthening their muscles and cardiovascular to do well.

Below are the listed Nutrients and percentage needed of an athlete into different sports.

SPORTS	NUTRIENTS NEEDED	PERCENTAGE OF SUSTAINABILITY (per game)
Chess	Protein and Carbohydrates	chocolate (80.5%), fruits (14.6%) and cereal bars (9.8%), water (72.1%), coffee (42.6%), tea (29.5%) and fruit juice (23.6%).
Baseball	Protein, Carbohydrates and Fats	Protein (55%-80%), Carbohydrates (23%-32%) and Fats (45%)
Volleyball	Protein, Carbohydrates and Fats	Protein (30%-40%), Carbohydrates (45%-55%) and Fats (20%-30%)
Athletics	Protein, Carbohydrates and Fats	Protein (15%), Carbohydrates (60%) and Fats (25%)
Taekwondo	Protein and Carbohydrates	Protein (12%) and Carbohydrates (50%)
Arnis	Protein, Carbohydrates and Fats	Protein (19%), Carbohydrates (43%) and Fats (38%)

Source: pakmen.com, e.chessbase.com, ncbi.nlm.nih.gov, researchgate.net

It is critical for the student-athlete or specifically athlete to maintain their healthy and well-balanced diet. As seen on the table, athletes into different sports must have these nutrients like carbohydrates, protein, and fats which carry the nutrients to support their health and wealth.

"Great sustenance can improve wearing performance. A well-planned, nutritious slim down ought to meet most of an athlete's vitamin and mineral needs, and give sufficient protein to advance muscle development and repair. Foods wealthy in foul carbohydrates, like wholegrain breads and cereals, ought to frame the premise of the diet. Water may be a great choice of liquid for competitors to assist execution and avoid lack of hydration." Lara Jhane Duran, BSHM 1A, Taekwondo

"A healthy diet must be maintained for their sport category. Just like their pretty faces they must also be weary of their own body composition, in order for them to properly execute in their given category," Ely Bayani, BSBA 4B, Arnis Open weight player, Alumni.

Carbohydrates provide fuel for the brain and central nervous system to work and support exercise over a large range of level. Protein contributes in developing and enhancing muscles in training. Fats stipulate energy that an athlete supposed to have. Though these nutrients are opposites in terms of the percentage sustained, it is still essential for the players to take and gain the desired and exact amount of percentage needed for their particular events.

Nutrition is essential to all players. Athlete who consumes their time and efforts should be provided with proper diet. Their desires to perform might be affected if they would not be given sufficient meal every day. Student-athletes should be knowledgeable and well informed regarding the suitable use of sports foods and nutritional aids.



Fall back once, stand up twice!

Year 2012 wherein the Sports and Cultural Affairs became two separate offices in accordance to the Administrative Order No. 3, s. 2012. This separation was concluded and brought together, again, as one. Being spearheaded by former Directress for Sport and Cultural Affairs, Dr. Ma. Leonora C. Sta. Ana, the position was again given to Mr. Joseph F. Avellanoza for being appointed by President Jameson H. Tan this year.

LET'S TAKE A LOOK ON HIS BIO

Name: Mr. Joseph F. Avellanoza

Birthday: September 6, 1968

Educational Attainment: Bachelor of Secondary Education
(Major in Physical Education)
: 30 units in M.A.

Name of Spouse: Mrs. Marilou I. Avellanoza

Children: Maureen Trisha, 19 (BSBA 1),
and John Mathew, 12 (Grade 7)

Mr. Avellanoza's experience in Bulacan Agricultural State College

It was in 1994 when he started his journey as an instructor in our institution wherein he was appointed as CAT Commandant on the succeeding year (1995-1998). In line with his current profession, the administration gave him the position as Sports director where he fulfilled his job efficiently for six years (2002-2008).

Despite being demoted in 2008, his loyalty for BASC did not waiver as he continue instructing student with his teaching loads in Physical Education proving that he was suitable for the 20 and 25 years silver service awards. Mr. Avellanoza was known for being approachable and gleeful that suits him as an instructor. Moreover, Mr. Avellanoza was equipped with various experience and knowledge on different sports that become his stepping stone to be reappointed as the Director for Sports and Cultural Affairs.

"I was surprised. I'm not expecting this. Thanks to Dr. Jameson Tan," he humbly stated after being assigned to his position.

Mr. Avellanoza explained that he is still adjusting to the new system of the College. Hence, when it comes to the preparation of Region-wide events that BASC is participating, like CAASUC and SCUAA, he already made a plan to sustain and improve the performance of the athletes and performers. This year's CAASUC proved his efficiency as BASC got five awards out of 10 contest categories last November held at the Don Honorio Ventura Technological State University, Bacolor, Pampanga.

"All students should have self-confidence and be determined in all of their undertakings not only in their academics, but also in their extracurricular activities," Mr. Avellanoza ended.



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