

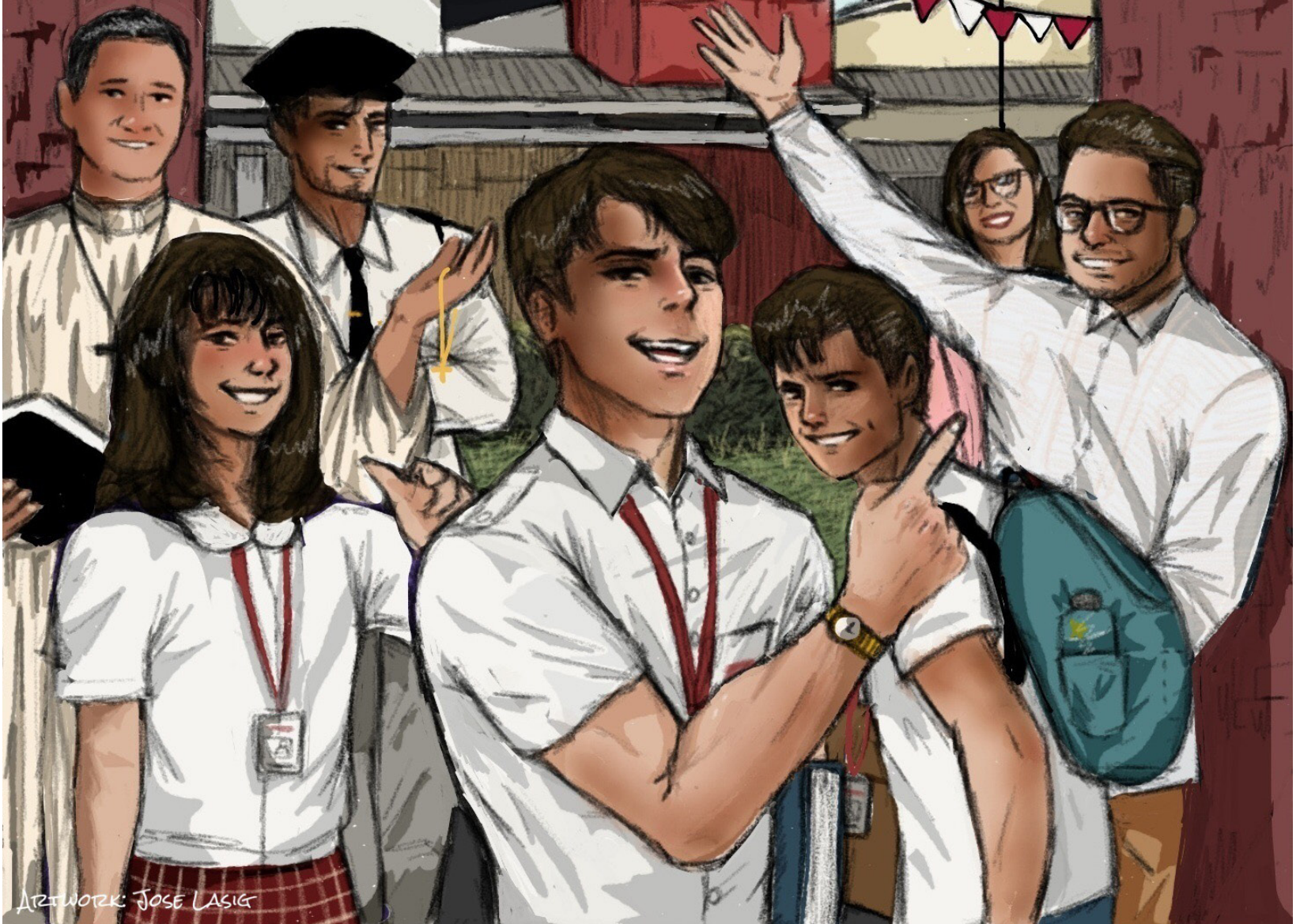
Cub Recorder

VOL. IX ISSUE: I

Academic Year: 2018-2019

San Beda University
-RIZAL-

WELCOME, BEDANS!



ARTWORK: JOSE LASIG



A MESSAGE FROM THE OFFICE OF THE *Rector-President*

Greetings!

Making a choice is a critical phase in life. If you make good choices, you can blossom and set yourself up for success later in life.

To our beloved pupils and students, I warmly and deeply thank you for making the Integrated Basic Education Department of San Beda University your best choice to assist you in honing your God-given talents and in molding your personhood as capable, responsible and God-fearing individuals.

To all our parent-stakeholders, thank you for entrusting your children to our care. I always believe that our relationship is extremely vital in creating and maintaining a positive and safe school culture and climate. It is therefore imperative that we are on the same team in raising our children to achieve excellence in all aspects of learning, with great emphasis on character formation. Mutual and sincere collaboration is a must in this partnership. In this way, we become faithful stewards to our children, the best of God's creation.

Welcome back to all our returning pupils and students. Your responsibility now includes nurturing, guiding and supporting all incoming pupils and students of San Beda family. I am confident that you will inspire all new members of the institution to embrace wholeheartedly the hallmarks of St. Benedict and the ideals of St Bede, by helping us create a thoughtful and supportive school community.

I wish you all a productive, successful and meaningful school year 2018-2019!

Animo San Beda!

Aloysius Ma. A. Maranan OSB

REV. FR. ALOYSIUS MA. A. MARANAN, OSB
Rector-President



A MESSAGE FROM THE OFFICE OF THE *Vice Rector & Chaplain*

His Holiness Pope Francis in his Encyclical Letter "LAUDATO SI, MI' SIGNORE" - "Praise Be to you, my Lord" laments to us because of the serious harm we have inflicted to our common home, our mother and sister, namely, our beautiful "Earth".

We plunder our planet earth at will. We do violence in the soil, in the water, in the air and in all forms of life.

His Holiness reminds us that "our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters."

Thus, it is very appropriate and very opportune time that San Beda University has adopted this Academic Year 2018-2019 the theme "STEWARDSHIP TOWARDS GOD'S CREATION."

There's now an urgent call to care for the earth and to take concrete steps to save the global degradation of planet earth.

Fr. Paul Ma. De Vera, OSB

Fr. Paul Ma. De Vera, OSB
Vice-Rector/Chaplain



A MESSAGE FROM THE OFFICE OF THE *Principal*



My Dear IBED Bedan Family,

As we open the Academic Year, AY 2018-2019, we praise and thank the Almighty Father for bringing us together as one BEDAN family in the Integrated Basic Education Department of San Beda University.

While we all take pride of San Beda University, we join the whole Bedan community in pursuing Academic Excellence, Quality and Relevant research, High Involvement in Extension Services, External Linkages and Efficient Student Services.

Furthermore, we push together our dream towards the integral Christian Formation of every member of the IBED family and the BEDAN community as well.

Let us join the university in the journey to growth and transformation. In particular, we call each one to focus more relentlessly toward one direction to the fulfillment of the IBED major tasks this Academic Year such as the following:

- A. The continuous alignment of Academic and Co-Curricular Programs and Activities with the school's VISION-MISSION, goals, objectives and the 10 Benedictine Hallmarks.
- B. The preparation of the upcoming PAASCU resurvey of the department.
- C. The active participation of every member on nurturing environment to realize the AY 2018-2019 Theme: Stewardship Towards God's Creation.
- D. The continuous and effective implementation of the K-12 Program to all grade levels.

We hope and pray for the realization of these major tasks as we strive to become fully human, wholly Christian, truly Filipino and globally competitive.

To the students who were with us last year, welcome back to your second home. To the new students, thank you for choosing San Beda University as your second home.

Ut in Omnibus Glorificetur Deus!


TERESITA T. BATTAD
IBED Principal



A MESSAGE FROM THE OFFICE OF THE *Vice-Principal/Prefect of Academic Affairs*

Warm welcome, dear Bedans! After a long summer break, we are now back to school. San Beda campus is a fresh environment to all new students, and a second home missed by the current ones.

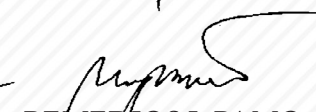
This academic year, our theme is "Stewardship towards God's creation". While we are focusing on this theme, we are also giving emphasis on other Benedictine Hallmarks to guide and enlighten us.

We are starting a new school year and it means that we will be facing new challenges towards achieving our academic goals. The path may not be that smooth and easy to tread on but with *Ora et Labora* in mind and in heart, we will certainly succeed. As Theodore Roosevelt once put it, "Believe you can and you're halfway there."

My dear Junior High School students, dream! Set your goals. Work and pray. Love and enjoy what you do. Remember that the best preparation for tomorrow is what you are doing today. Accept all the challenges with courage and faith. After all, the entire Bedan Community is always here to support you!

Again, we are pleased to welcome all of you, Bedans! We look forward to a great academic year to ensure the fulfillment of your dreams through the Vision-Mission of San Beda University!

Pax! Ut in Omnibus Glorificetur Deus!


REMEDIOS I. PAMO
Vice Principal/Prefect of Academic Affairs





A MESSAGE FROM THE OFFICE OF THE *Prefect of Student Affairs*

Dear BEDANS,

I am delighted and privileged to welcome everyone to the beginning of the Academic Year 2018-2019. This is another year for us to set renewed aspirations to continue the journey of learning. Yes, everyone perceives a unique and beautiful future to achieve and San Beda University is determined to enforcing essential means to make that goal reached.

This new academic year is also a time of calling and responding. We are called to be the best students, parents, educators, and staff that we can be. We make that invitation realized by responding through the objectives of the Benedictine education anchored in the spirit of Ora et Labora. Our theme for this year is, "Stewardship towards God's Creation." We are called to care! This means that we should walk towards academic excellence that is responsive to the value of oneself, of other people, and all of God's creation. For me, this is one of the reasons that makes this year exciting. We are on the course of greater learning as we deepen our conviction that "we, human beings are not only the beneficiaries but also the stewards of other creatures," as Pope Francis puts it.

Fellow BEDANS, this is our call, this is our challenge, but this is itself our response. The Office of the Prefect of Student Affairs (OPSA) welcomes you and will always be here to work with you.

That in all things, God may be glorified!

Sergio A. Paganao Jr.
Prefect of Student Affairs



A MESSAGE FROM THE OFFICE OF THE *Student Council President*

A dream— it is the spark that ignites the dormant minds of visionaries among the youth, from where the liberal ideas of change emerge and take its first few steps in becoming a reality. It is this dream that led 22 candidates to accept the duty and to join the Office of the Student Council in the recently held elections at the end of the previous academic year. It is a huge honor to be elected as the Student Council President this A.Y. 2018--2019.

I welcome you, not only for the new academic year, but also for this new age. This year, it is the goal of the Student Council to usher in a new era— a time where everyone is stronger and more confident, most especially in expressing the struggles of their school life. Expect that the projects, activities, and programs this year revolve around the central idea, "Change through Empowerment and Innovation". We set out to provide you with things that are new and will involve you more in the process. The journey towards the ambitious goals of the Student Council has never been easy, something I gained understanding of with the years I have been affiliated in the organization. Nevertheless, the necessary foundations have been placed in the past— these stepping stones of the subsequent councils aid in climbing the downwards spiral we have been traversing for the recent few years.

You, the student body, have put your trust in us, and we will surely not disappoint as throughout the summer, we have conducted meetings to ready the blueprint of our entire operation for the duration of our term. It is our privilege— both the Executive and Board Committees— to lead you into the future, with this hope— this dream— of becoming a better school for the coming generations of junior high school students.

JUSTIN VINCENT O. ALTUBAR
Student Council President





Ms. Sophia C. Estabillo
Science Coordinator

Bedans, welcome to the new academic year. Be positive and face the year with a smile!

Mrs. Cristina B. Llaban
Asst. Prefect of Discipline
Grade 9 & 10

Ang aking mainit na pagtanggap mga Bedista, magpakabuti at husayan sa darating na taon.

Mr. Philip M. Beltran II
Asst. Prefect of Discipline
Grade 7 & 8

A new school year means new opportunities to learn and improve. Welcome to the new academic year, Bedans!

Ms. Ma. Theresa F. Navales
Asst. Prefect of Activities

Make this school year a memorable and a fruitful one! Welcome back to school, Bedans!

WELCOME BACK, JHS STUDENTS!

STEWARDSHIP TOWARDS GOD'S CREATION

Mula sa Tanggapan ng BMS, Maligayang Pagbalik sa inyong ikalawang tahanan, ang San Beda!

Mrs. Noemi Yepes
Head, BMS



From the Central Office, welcome to the new academic year! We wish you the best, break a leg!

Ms. Mylene H. Domdom
Central Office Staff, JHS



Welcome Back, Bedans! Stay focused, mentally alert and maintain your grit!

Ms. Dazel Ann Raquid
Math Teacher, Grades 9 & 10



From Our Clinic, wishing you all the best this academic year! Stay healthy!

Dr. Glizeria Ramirez
School Physician



ACADEMICS



1. Sean Henric. Ortiz

2. Perri Poleen M. Pangilinan
3. Julianne Ashley Z. Villena
4. Wilfred Lance A. Dela Rosa
5. Luigi Miguel C. Centeno
6. Fiona C. Gareza
7. Suzette Leila D. Beltran
8. Sophia Bianca S. Alcantara
9. Patrick Danel G. Alejandrino
10. Andrienne Bielle G. Kuizon

1. Elvin Henrik S. Elum

2. Kyria Andrea L. Servando
3. Charlise Cassandra R. Alagon
4. Keanna Elise c. Azanion
5. Miguel Nathan M. Padrigon
6. Gayle Ayette C. Barrera
7. Ylec Juriel T. Tabara
8. Cedrick Joshua F. Lano
9. Michael Ray F. Loyola
10. Astrid Ilyse S. Medina

1. Eriko B. Suzuki

2. Rondel Christopher C. Bautista
3. Justin Vincent O. Altubar
4. Joy Ciarra Mae C. Arcigal
5. Czarina Anne P. Napa
6. Marcus Gene R. Ancheta
7. Ann Dannah L. Del Mundo
8. John Exequiel A. Corpuz
9. Karylle Eunice C. Apolinario
10. Mark Ethan D. Esguerra

MEET THE TOP CUBS

The previous school year has undeniably been a rollercoaster, filled with ups and downs, laughter and confusion. Each of us is gifted with a talent; some may be in the field of sports, arts and music, or academics.

Here are the top students who have excelled in academics and department in the Junior High School Department. Truly, their hard work and determination have given them this honor to be known as bright and responsible students.

1. Julianne Ashley Z. Villena

2. Patrick Danel G. Alejandrino
3. Jack Vincent L. Atienza
4. Ravel Vincent S. Bartolome
5. Sean Henric M. Ortiz
6. Wilfred Lance A. Dela Rosa
7. Abidave P. Hernandez
8. Fiona C. Gareza
9. Perri Poleen M. Pangilinan
10. Julianne Rose O. Altubar

1. Ylec Juriel T. Tabara

2. Elvin Henrik S. Elum
3. Gayle Ayette C. Barrera
4. Charlise Cassandra R. Alagon
5. Aldrin O. Paltao
6. Ciara Jane I. Abugan
7. Kristine Ann H. Pante
8. Christian Matthew G. Capi
9. Philip Joshua F. Lee
10. Alice Joanne DC. Paranas

1. Darryl Miguel B. Abueg

2. Ann Dannah L. Del Mundo
3. Karylle Eunice C. Apolinario
4. Czarina Anne P. Napa
5. Joy Ciarra Mae C. Arcigal
6. Eriko B. Suzuki
7. Maria Esteliza C. Beran
8. Jason Rafael R. Rodriguez
9. Shajerah Jireh P. Mama
10. Justin Vincent O. Altubar



DEPARTMENT

Liderato



STUDENT COUNCIL '17-'18



PRESIDENT: Keane Sulit
EXTERNAL VP : Leigh Sario
INTERNAL VP : Reychel Panganiban
SECRETARY GEN.: Tien Tiamzon
ASST. SEC. GEN.: Joy Arcigal
TREASURER: Mitzi Leonardo
AUDITOR: Marian Lituanas
PR.O.: Michael Garaygay

GR. 10 BATCH REP.: Aki Guanzon
GR. 9 BATCH REP.: Faith Loque
GR. 8 BATCH REP.: Leonardo Nicolas
GR. 7 BATCH REP.: Lianne Villena

BOARD MEMBERS:
 Perri Pangilinan Rigel Evangelista
 Keanna Azanion Miguel Valdez
 Vincent Landicho Sofia Alforte
 Ellinor Galang Justin Altubar
 Jex Corpuz Matthew Fernandez
 Jason Rodriguez Allyana Patrimonio

Moderator: Irwin II E. Edillor

Consultants: Ma. Theresa F. Navales, Remedios I. Pamo & Teresita T. Battad

HUSAY AT DANGAL

BY JASON RODRIGUEZ

With a new school year upon us, we welcome in a renewed sense of hope; hope that will allow us to learn and grow since the previous year.

With this, we introduce the new line of excellent and dedicated Bedans who shall serve as the voice of the Junior High School student body.

Let us get to know the new members of the Student Council, and what we can expect from them this A.Y. 2018-2019.

Justin Altubar, PRESIDENT



Through empowerment and innovation, I will bring change and progress in our school to bring us forward as a whole community towards our unified goal- to become a better San Beda; to become a greater university.

Improvement of Facilities & Additional Rides during Frolics

Faith Loque, INTERNAL VP



I believe that communication is an important factor towards building a harmonious university.

Student-Teacher Dialogue

Vincent Landicho, EXTERNAL VP



I will push myself to the limits for a better school year for the Bedan Community.

Improvement of Battle of the Bands

Joy Arcigal, SECRETARY GENERAL



My colleagues and I are enthusiastic to work on the upgraded Lend a Hand Tutorial that has been reviewed for a whole year to ensure that academic excellence of the Bedan community will be attained through unity and hardwork.

Lend a Hand tutorial

Lizzy Visco, ASST. SECRETARY GEN.



I promise a higher quality sound system compared to last year's Battle of the Bands' equipment

Improved Battle of the Bands: Sound System

Marty Barlisan, TREASURER



I swear to make myself fully involved and to bring my all-out dedication as an officer of the Student Council, despite the obstacles that are to be encountered.

Building Bonds & Improving Alliances

Joelle Lim, AUDITOR



I will strive hard to make this platform an event that will promote openness and sense of community among Bedan members

Color Fest

Juliane Reyes, P.R.O.



I will be able to contribute new ideas in making San Beda a better place not only to practice our academics but to enjoy one of the most memorable part of our lives, high school.

New Food Stalls in Canteen

Tatjana Deocareza GR. 10 BATCH REP.



I am very dedicated to pursue my platform in order for students to gain more knowledge about mental health, and help them speak up about this issue.

Mental Health Awareness Symposium

Kyria Servando GR. 9 BATCH REP.



I aspire to improve my leadership skills by taking on bigger responsibilities and to inspire others to work on their own betterment as well.

Cafeteria Improvement

Lianne Villena GR. 8 BATCH REP.



I will do my best to provide my batch a school year that is tailored to their common wants and needs by fostering a sense of inclusivity and unity.

Batch Inclusivity

'SERENO LACKS INTEGRITY'

Supreme Court ousts its Chief Justice

BY NAOMI TORCITA

INTEGRITY - The Supreme Court said that Maria Lourdes Sereno lacks one of the four qualifications that any member of the judiciary system should have, in a historic ruling that ousted its Chief Justice on May 11.

In a 153-page decision written by Associate Justice Noel Tijam, it is stated that Sereno was found "ineligible to hold the Chief Justice of the Supreme Court

position for lack of integrity." The said decision was signed by seven other justices, and was voted against by six more.

Written in Article 8, Section 7 of the Philippine Constitution, "a member of the Judiciary must be a person of proven competence, integrity, probity, and independence."

The Supreme Court defined integrity as "a qualification of being honest, truthful, and having steadfast adherence to moral and ethical principles. It connotes being consistent - doing the right thing in accordance with the law and ethical standards every time."

Sereno's 2012 appointment as Chief Justice was abolished by the Supreme Court by an 8-6 vote, on the basis of her failure to file some Statements of Assets, Liabilities, and Net Worth (SALNs).

By law - under Article 11, Section 17 of the

Philippine Constitution and Section 8 of Republic Act No. 6713, the "Code of Conduct and Ethical Standards for Public Officials and Employees - the Statement must be submitted upon assuming office and then every year thereafter on or before April 30.

Failure to file SALNs

According to the Supreme Court, Sereno "chronically failed to file her SALNs and thus violated the Constitution, the law and the Code of Judicial Conduct. A member of the Judiciary who commits such violations cannot be deemed to be a person of proven integrity."

Solicitor General Jose Calido's quo warranto petition - a legal writ where an individual's right to hold office is questioned - against Sereno also used this same argument.

However, in her 147-page memorandum submitted to the Supreme Court on April 21, Sereno maintained that only the Judicial Bar and Council (JBC) is the rightful body to determine her integrity as a public official.

"The issue of whether the Chief Justice was a person of proven 'integrity' is a political question

which only the JBC could answer," she said.

Requiring the submission of all SALNs as an "absolute requirement" would be tantamount to creating new qualifications for the Chief Justice, Sereno added.

Associate Justice Noel Tijam, along with seven other justices - Teresita De Castro, Diosdado Peralta, Lucas Bersamin, Francis Jardeleza, Samuel Martires, Andres Reyes, and Alexander Gesmundo - voted for ousting Sereno; convinced that she failed to file nine SALNs during her two decades of teaching at the University of the Philippines, and that she submitted only three out of ten required SALNs to the JBC upon application for her post.

Senior Associate Justice Antonio Carpio agreed that Sereno violated the Constitution by failing to file her SALNs, but dissented from ousting her, insisting that impeachment is the only way to remove a Chief Justice from office.

Carpio added that the Supreme Court could have instead launched an investigation and filed the proper recommendations before Congress.

KOREAN WAR MEETS PEACEFUL END

by CJ Abugan

North Korea's leader, Kim Jong Un, and his South Korean counterpart, Moon Jae-In, met on their infamous parallel border lines last April 27, 2018.

They shook hands and hugged with big smiles on their faces, a gesture that implies their agreement to end the 68-year Korean War.

After this, unprecedented meetings in Pyongyang lead to an announcement from Seoul, South Korea that North Korea is willing to talk to the United States to discuss matters with the denuclearization of the said countries.

North Korea also promised that they would stop holding nuclear and missile tests while conversing with South Korea, as said by Seoul's national security

chief Chung Eui-yong after their talks with Kim Jong Un.

North Korea clarified that it had no reason to keep the nuclear weapons if the threat aimed to their country is resolved. A startling statement from the leader of the country who is said to hate the United States to the core.

The White House responded to the willingness of North Korea to surrender their nuclear weapons with a statement saying that "there is a brighter path for North Korea if it chooses denuclearization."

As of now, North Korea has yet to take action in fulfilling their promises in having talks with the US and tackling their said willingness in surrendering their nuclear weapons.



Du30 signs EO, ceasing illegal contractualization

by Ann Dannah Del Mundo

President Rodrigo Duterte signed an executive order (EO) that will end illegal contractualization, subcontracting of workers, and will give Filipino workers security of permanent employment.

A form of "endo" or "end of contract," "555" refers to the practice of contracts in which workers will not be regularized by employers as their contracts will be terminated or even renewed before five months of work - a violation of the labor code as it hinders employees to receive benefits such as SSS, PhilHealth, and overtime month-pay.

"I remain firm in my commitment to end 'endo' and illegal contractualization," says President Duterte in his speech in Cebu City last Labor Day, May 1. However, some labor

groups found the EO useless and believe this is just a cover up of the President for the angry workers, who said that they most likely protest again as they aim to cease all forms of contractualization.

The signed EO only covers the cancelation of illegal contractualization, not the legal, which allows seasonal employees, meaning some employees will not be regularized as they are hired only for a specific occasion, project, or season.

Followed by the signing of the EO, the President urged the congress to revise the "outdated" labor code.

"I believe that in order to implement an effective and lasting solution to the problems brought upon by contractualization, Congress needs to enact a law amending the labor code... An executive order is not enough," Duterte said.



“
The issue of whether the Chief Justice was a person of proven ‘integrity’ is a political question which only the JBC could answer
”

LTFRB announces upcoming entry of 3 new TNVS in PH, following Uber-Grab merger

BY NAOMI TORCITA

The upcoming entry of three new transport vehicle services (TNVS) was announced by the Land Transportation Franchise and Regulatory Board (LTFRB) last March 28.

Three new local ride-sharing companies - Go Lag, Hype, and Owto - are in the process of completing their accreditation before the government agency, according to LTFRB board member Atty. Aileen Lizada.

The announcement followed two days after ride-sharing company Grab confirmed its purchase of competitor Uber's operations in Southeast Asia (SEA), securing its domination over the TNVS industry in the region.

Senate President Aquilino "Koko" Pimentel III also asked the board to ensure the entry of new TNVS players in the Philippines so as to prevent Grab from monopolizing the industry, in a statement last April 11.

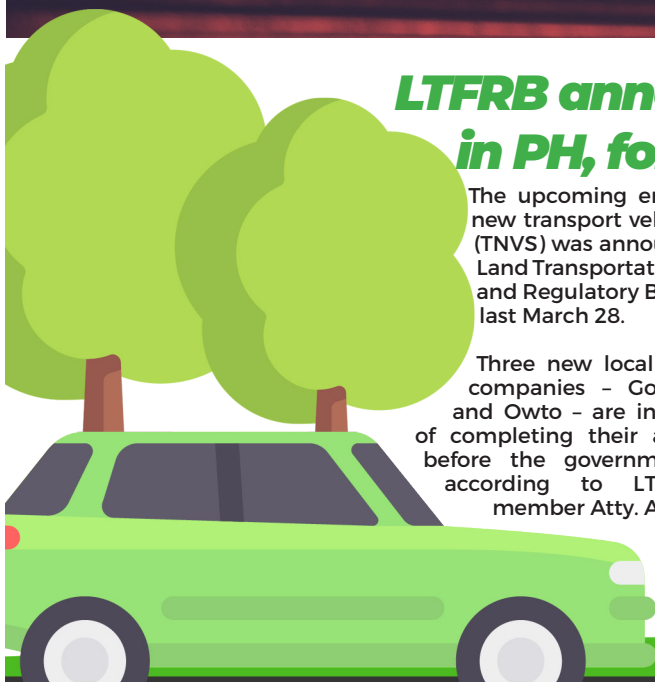
"There is a legitimate fear among regular TNVS users that Grab's acquisition of Uber's operations in the country will lead to higher fares, which

is the natural consequence when a player monopolizes a particular industry," Pimentel said.

Concerned commuters

Following Grab's announcement of its merge with Uber, concerns regarding a possible price hike in the now single-playing company's services arose from the riding public.

Lizada allayed these concerns saying that Grab would first need to secure the LTFRB's approval on a price hike, "Grab on its own, just like any other public utility vehicle, cannot increase its fare on its own."



SAN BEDA COLLEGE NOW A UNIVERSITY

By Ms. Claire Dianne A. Lagac

San Beda College, through the leadership of Rev. Fr. Aloysius Maranan OSB, was finally granted a university status by the Commission on Higher Education (CHED) last February 6, 2018 under CHED Memorandum Order No. 46, Series of 2012.

The said memorandum requires an institution to prove its excellence in the areas of instruction, research and extension before naming it a University, which San Beda University was able to comply with despite the long and tedious process it underwent.

To celebrate the momentous event, San Beda University-Rizal Campus gathered at the Senior High School Gymnasium for a thanksgiving mass presided by Fr. Paul Ma. De Vera, OSB, which was followed by a celebratory

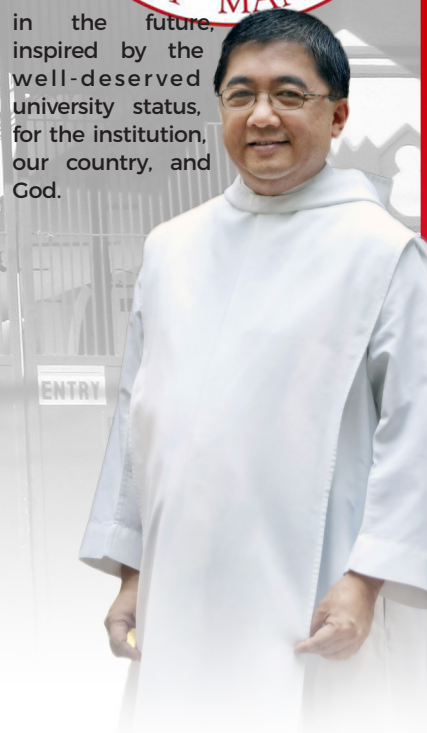
program hosted by Ms. Samantha Chrychelle O. Remo and Mr. Daniel De Guzman, where the Bedan community recited the Vision-Mission Statement for the first time as a University.

As per CHED's statement, the university status entails bigger responsibilities and challenges for the institution in sustaining the high standard of education such as the innovation of knowledge and skills through research and development, provision of highly-specialized educational experiences to train experts in various technical and disciplinary areas, and production of experts, knowledge, technological innovations that can be resources for long-term development processes in the globalized contexts.

However, through its Five-Year Smart Plan (2017-2018), San

Beda University is prepared to accept the challenges the university status offer using different strategies such as the improvement of faculty excellence by boosting the research office, benchmarking the current organizational structure against that of the top four Philippine Universities, boosting partnership with 24 local, regional, and international academic institutions, and the like.

Truly, the granting of the university status to San Beda is a historic event for the Bedan community. This time, the main responsibility lies on how the institution will be able to live up to the name entitled to it. But, through the help of all its stakeholders, San Beda is sure to achieve many more milestones



CUB RECORDER, ISINAGAWA ANG TAON-TAONG PALIHAN

BY ABIDAVE HERNANDEZ

sinigawa ng Cub Recorder, ang pang-estudyanteng publikasyon ng San Beda University-Rizal, ang (S)ulat Seminar-Workshop on Basic Campus Journalism noong Abril 18-20.

Sa loob ng tatlong araw, dumalo ang iba't ibang mga resource speakers, tulad ng sikat at kilalang tagapagbalita at mamahayag na si Julius Segovia, sa seminar upang ipahayag sa mga estudyante ang kanilang kaalaman tungkol sa mga aspeto ng campus journalism.

Ang Layouting, Photojournalism, at Editorial Cartooning ay itinuro sa mga estudyante noong ika-unang araw nina G. Marlon Nombardo, G. Kenneth Roland Guda, at G. Jhon Rel David, ayon sa pagkabanggit. Ipinaliwanag naman ni Bb. Claire Dianne Lagac, isa sa mga moderators ng publikasyon, ang mga tungkulin ng mga mabibilang sa Editorial Board. Nang matapos ito, hinati sa mga pangkat ang mga estudyante, at nagkaroon sila ng kani-kanilang mga pagpupulong upang mapag-usapan ang kanilang magiging sariling pahayagan.

Ipinahayag naman noong ikalawang araw ang mga nilalaman ng Feature Writing, Editorial Writing, Sports Writing, at ang Broadcasting nina G. Julius Anthony M. Sogovia at Bb. Shannen May S. Dean.

Nagkaroon ng presentasyon ng mga pahayagan na ginawa ng mga pangkat noong ikatlong araw, at dito rin ikinagawaran sa mga estudyante ang mga sertipiko. Naganap rin ang lunch out ng pahayagan, at inanunsyo na ang mga bagong mabibilang sa editorial board. Sa huli, pinagplanuhan na ng lahat ang mga ilalagay sa pinakaunang edisyon na ipapalabas sa unang lingo ng pasukan.

"Talagang masaya ako na masarami ang dumalo sa workshop ngayon kaysa sa workshop dati," sinagot ni Bb. Lagac nang siya'y tanungin ukol sa nagtapos na seminar-workshop.

Ang Cub Recorder ay maglalabas ng iba't ibang klaseng mga pahayagan sa susunod na taon, at gagamitin ng mga estudyante ang kanilang mga natutunan upang mailabas ang kanilang tunay na mga galing.

EDITORIAL BOARD



RONNEL BAUTISTA
Editor-in-Chief

ISFP

Inquisitive. Savvy. Fearless. Productive.

We are editors, but we can write.

I, along with the Cub Recorder, vow to create the new in NEWSwriting through well-researched, just, and relatable articles for the Bedan community.



LIZZY VISCO
Opinion Editor

ISTJ

Inquisitive. Sanguine. Thorough. Justificative

"I believe in freedom of expression. Everyone has a right to offend and be offended." -Talisma Narin

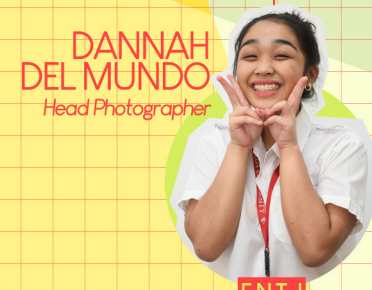


LARA GONZAGA
Literary Editor

ENTP

Ethical. Nimble. Tenacious. Passionate

I will uphold and encourage creative freedom, as well as dignify self-expression.

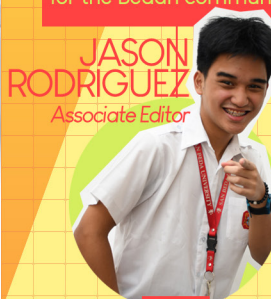


DANNAH DEL MUNDO
Head Photographer

ENTJ

Endangered. Nostalgic. Tolerant. Judicious

"You do not write your life with words. You write it with actions. What you think is not important. It is only important what you do."



JASON RODRIGUEZ
Associate Editor

ESTP

Excellent. Smart. Tenacious. Passionate.

The truth shall always prevail, and with our articles, it shall withstand any hurdle that stands on its way.



NAOMI TORCITA
News Editor

INTP

Intuitive. Nosy. Thoughtful. Persevering

I aim to contribute to the growth of our community, and through campus journalism, that is what I will do.



FRANCIS DE UNGRIA
Sports Editor

INTP

Enthusiastic. Sporty. Fearless. Passionate

"Writing well means never having to say, 'I guess you had to be there.'" -Jef Malett



JOSE LASIG
Head Cartoonist

INTP

Enthusiastic. Sporty. Fearless. Passionate

As a cartoonist, I won't make any promises, but I will make sure to do my best in bringing stories and articles to life through art.

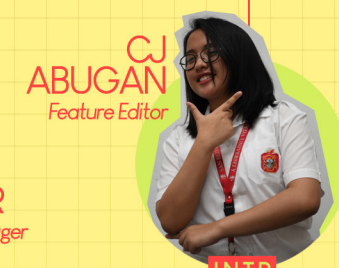


PAULDREN GAYTANO
Associate Editor

ESTJ

Exhaustive. Skilled. Trusty. Jaunty

A better school year is ahead of us, we will go through it TOGETHER.

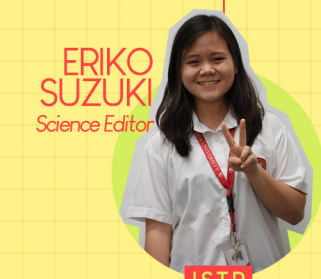


CJ ABUGAN
Feature Editor

INTP

Intuitive. Neat. Tough. Positive.

"You will regret someday if you don't do your best now." -Jeon Jungkook, BTS



ERIKO SUZUKI
Science Editor

ISTP

Impartial. Sensible. Trustworthy. Prepared

I will strive to showcase these traits in every article I compose now and in the future.



ADRIAN MATIAS
Head Layout Artist

ESFJ

Empowered. Sincere. Firm. Judicious.

Journalism offers the struggle to fight for our rights and to separate truth from fiction.

SENIOR STAFFERS

Ylec Juriel Tabara
Patricia De Vera
Keanna Azanion
Kayla Marie Balneg

MODERATORS

Mark Ian B. Magallano
Janet Bisco-Mejos
Claire Dianne A. Lagac

CONSULTANTS:

Teresita T. Battad
Remedios I. Pamo
Sergio G. Paganao Jr.
Ma. Theresa F. Navales

june

HOSPITALITY

- Opening of Classes
- Eid'l Fitr
- Gr. 7 Batch Rep. Election
- Career Guidance Month

july

PRAYER

- Pep Rally
- Feast of St. Benedict
- Pre-Integration Dess-Up
- Integration
- Opening of BCM

august

OBEDIENCE

- Ninoy Aquino Day
- 1st Quarter Examinations
- National Heroes' Day
- Buwan ng Wika

september

STEWARDSHIP

- National Teachers' Month
- Community Engagement/Benedictine Mission week
- Rector President's Day
- Semestral Break
- Science Week

october

DISCIPLINE

- Linggo ng Araling Panlipunan
- International Linkages Week

AY 2018-2019

SCHOOL CALENDAR

THEME:

"Stewardship towards God's Creation."

december

HUMILITY

- DACSA
- Feast of Our Lady of Immaculate Conception
- Panunuluyan
- Christmas Party

january

COMMUNITY

- Pista ng Sto. Nino
- 3rd Quarter Examinations
- Opening of TLE Week

february

LOVE OF CHRIST & NEIGHBOUR

- University Week & Quality Assurance Week
- Teachers' Love Day
- Opening of TLE Week
- Career Exploration (Gr. 9)
- EDSA People Power Anniversary

march

STABILITY

- A.Y. 2019-2020 SC Elections
- 4th Quarter Examinations
- Recognition Day
- Research Presentation (Gr. 10)

april

- Junior High School Completers' Ceremony (Gr. 10)

INFINITY WAR: MORE THAN AN AMBITIOUS CROSSOVER

BY LIZZY VISCO

Opening your movie with chaos, and death is most certainly a bold move, especially within the first five minutes. Marvel once again takes the world by storm with their newest blockbuster hit, Infinity War.

Joining their forces to stop Thanos from collecting the Infinity Stones and wiping out half of all life has brought unlikely characters together, like the comedic combination of Thor and the Guardians of the Galaxy, the amusing pair of Spiderman and Doctor Strange, and the Wakandan warriors defending their home country alongside Captain America and his allies.

Believe me when I say that Marvel was not afraid to take

artistic risks when it came to directing and writing for this movie, and believe me when I say that one of those risks is essentially making Thanos the protagonist of the film. This brings me to a few of my points on why Infinity War deserves to be called as a Marvel masterpiece.

Character development is an essential part in writing a good story, and Infinity War developed Thanos's character exceptionally well. This was done through giving depth to his motivations but not necessarily in a form of justification. In some point in the movie, we begin to



understand his warped view on the universe, that it is corrupted and needs to have its slate wiped clean. We begin to empathize and understand his character beyond him being a surface-level "Marvel" villain.

Character chemistry was another instrument of storytelling that was well executed, because there was never a dull moment between characters. Though some scenes and subplots seem insignificant, it certainly adds to the entertainment value of the audience.

Finally, the "deaths." The heartstring-pulling, tear-jerking, soul-crushing

deaths, when placed at the end of the film, leaves a bitter taste in most fans' hearts. The movie ends with another Thanos scene, solidifying his character as one that will impact and has impacted a large part of the Marvel Cinematic Universe.

In conclusion, Marvel has its fanbase on the edge of their seats in anticipation for the continuation of Infinity War. Managing to bring a large fandom and more people to despair and sorrow through one movie is a great feat for any studio, and is manageable by cinematic giants. One could even say that it merely proves that Marvel's Infinity War is a superhero movie masterpiece.

LOVE UNBLINDED

BY VLEC TABARA

Holding up the universe means holding up the world that revolves around us without falling and letting go.

This exhilarating fictional love story teaches us a thing or two about acceptance and seeing through others despite their shortcomings and insecurities. It is a book suitable for teens and adults who can connect with the story itself.

REVIEW

The story is about two broken teenagers who struggle to fit in certain social circles. Everyone thinks they know Libby Strout, also dubbed "America's Fattest Teen", who wants to be the girl who can do anything by improving her confidence. After her mother unexpectedly passed away, she tried to pick up the pieces and deal with her own and her father's grief. For now, she's ready for every possibility life has to offer, even if she has to worry about her weight countless times. Jack "Mass"

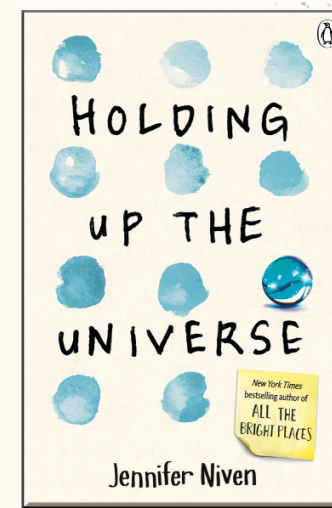
Masselin is no stranger to all but everyone is a stranger to him. His reason is Prosopagnosia: an inability to recognize the faces of familiar people, typically as a result of damage to the brain. His motive now is to master the art of fitting in and playing cool.

The two met because of a cruel high school game which leads them to a punishment that surprisingly brought them closer. The more time they spend together, the less alone they feel. They realized that if

you meet someone, the world you're holding up changes, theirs and yours.

This book is much more than an anti-bullying campaign. Holding Up The Universe enumerates the realistic imperfections of the characters yet gives them a reason to embrace it. It gives us endless possibilities that there will be someone, may it be family, friends, or a significant other, who will accept you for who you are. It doesn't matter when others don't appreciate

"He sees her for who she is. She saw him back."



you, as long as your own universe is held with the one who can look beneath those flawed parts of you.

I strongly recommend this book to people who have yet to accept themselves and wants to learn how to stand up for him/herself, because this anecdote is uplifting, inspirational, woeful, and hysterical at the same time.

This is one of those stories worth reading, savoring, and learning. A must-read for everyone.

SILENCE IS SURVIVAL

Shhh. Don't make a sound.

"If they hear you, they hunt you."

Deafening. Thrilling. Suspenseful.

Directed, acted and written by John Krasinski the movie 'A Quiet Place' has left its viewers in a daze, bringing the audience in an atmosphere of utter silence.

Set in a post-apocalyptic like Earth plagued by sound sensitive

creatures, a family has to live in silence in fear of the said creatures.

The movie highlights the family consisting of characters acted by John Krasinski (the father), Emily Blunt (the mother), Millicent Simmonds (daughter), and Noah Jupe (son) as they try to go through their lives despite the fear of the surrounding creatures. The actors were able to portray the said characters despite being limited to actions and minimum vocals.

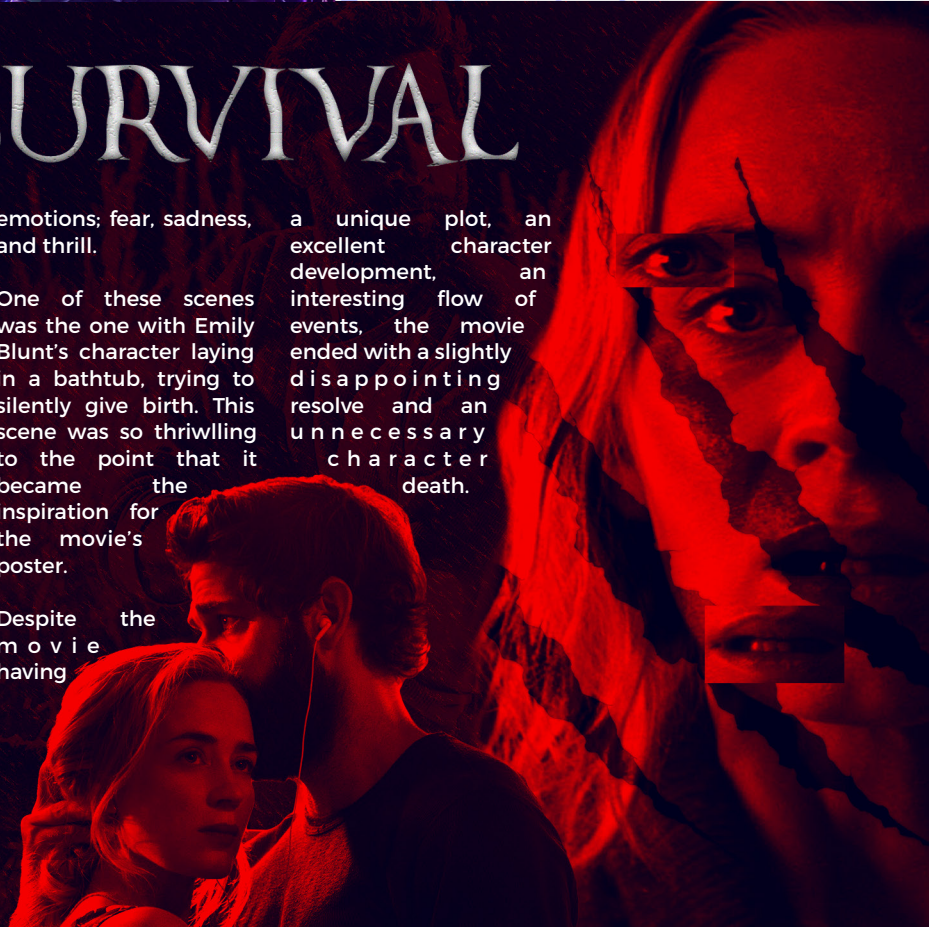
The film served multiple heart-stopping scenes that provided the viewers with mixed

emotions; fear, sadness, and thrill.

One of these scenes was the one with Emily Blunt's character laying in a bathtub, trying to silently give birth. This scene was so thrilling to the point that it became the inspiration for the movie's poster.

Despite the movie having

a unique plot, an excellent character development, an interesting flow of events, the movie ended with a slightly disappointing resolve and an unnecessary character death.



ELYXION 2018 OUT OF THIS WORLD BY CJ ABUGAN

Upon the rise of the Kwave (Korean Wave), various kpop artists rose into the spotlight such as Wanna One, BTS, Momoland, Stray Kids, Seventeen, and more.

Before the rise of the aforementioned groups, there were groups that gave the world notice of the kpop genre. One of which is EXO, who recently showed their out of this world music here in Manila with the fourth concert in their Elyxion world tour.

With tickets sold out on the very first day of ticket selling, the group surely delivered with top notch performances, amazing video presentations, and their sweet fan interactions.

EXO performed 30 songs and opened the concert with an introductory video presentation followed by The Eve; a fan favorite song from their album: The War. The group did not allow any of their fans to miss out on

any part of the concert due to a language barrier. They had provided subtitles and a translator to be able to give their fans an experience worth remembering.

Fans supported the group throughout the event, showing them love through actively participating in fan interactions, and screaming the fanchants at the top of their lungs.

Despite the wonderful experience, the event started later than the supposed time. The desire for it to be as organized as possible provided a challenge for the event organizers, with the majority of the attendees and the disregard for their respective queuing numbers. The event itself also consisted of pushing and discomfort for others due to the desire of being closer to the idols.

Overall, the event was a once-in-a-lifetime experience but not void of negative scenarios that affected the final reaction of each attendee.

TOP 10 SONGS BEDANS WILL NEVER GET TIRED OF LISTENING

BY ANN DANA DEL MUNDO

Although there is a new wave of OPM artists, these OPM songs will always be in the heart of a Bedan. You'll always hear them whenever Bedans have the chance to hold a guitar or request songs during IAC and FROLICS.

1. Huling El Bimbo - Eraserheads

Magkahawak ang ating kamay, at walang kamalaymalay... "Ang maalala mo sa Huling El Bimbo ay ang first love mo na hindi naging kayo. At kahit na hindi naging kayo, nakabuo ka ng mundo na umiikot lang sa kanya." - Sir Daniel De Guzman, former Filipino Teacher

2. Pare Ko - Eraserheads

Masakit mang isipin, kailangang tanggapan... "The song is about a guy who likes a college girl but in the end was left hanging in the air. Some Bedans may relate to this, because they might have had the same painful experience." - Dylan Evangelista, Grade 10

3. Harana - Parokya ni Edgar

At sa awitin kong ito, sana'y maibigan mo. "Para sa akin pinapakita nito ang makalumang paraan ng sincerity na dapat paring taglayin ng mga nagmamahal" - Sir Mark Ian Magallano, AP Teacher

4. Magbalik - Callalily

Talad ng mundong hindi tumitigil sa pag-ikot... "It's a song about love that teaches us that no matter what happens love always wins, love conquers all." - Enzo Manaligod, Grade 10

5. Kundiman - Silent Sanctuary

Nandito lang ako laging umaalalay, hindi ako lalayo... "pag mahal mo yung tao, as a friend or someone special, matapos ang lahat ng pinagsamahon niyo, kahit magkahiwalay man kayo o magkaproblema, hanggang dulo, aalalayan n'yo ang isa't isa." - Mark Esguerra, Grade 10

6. Tadhana - Up Dharma Down

Ba't di pa patulan... Ang pagsuyong nagkulan... "Senti siya for me, parang sinasabi ng kanta na pinagtagpo pero 'di itinadhana." - Akhriel Cahiwat, Grade 9

7. Walang Iba - Ezra Band

Ikaw pa rin ang gusto ko... "Most people fail to realize this, but a relationship that lasts involve a lot of forgiveness. You'll do everything just to be with the person you love." - Marion Manosca, Grade 10

8. Migraine - moonstar88

Do nga pala, hindi nga pala tayo... "Relatable yung kanta na ito mostly sa mga umaasa kasi sa unang pasok ng lyrics agad na ipinapakita na umaasa siya sa taong gusto niya." - Nadia Silva, Grade 8

9. Huling Sayaw - Kamikaze

Paalam sa ting huling sayaw. May dulo pala ang langit... "Ita'y nagbigay sa akin ng isang magandang alaala dahil isa ito sa mga kantang tinugtog sa natalabing araw noong huling araw ng klase bilang pamamaalam sa sampung buwan naming pinagsamahon." - Ms. Dazel Raquid, Math Teacher

10. Tayo Na Lang Dalawa - Mayonnaise

Tayo na lang dalawa, tayo naman talaga... "Darating din ang panahon na may makikilala tayo sa buhay natin na gusto na natin makasama habang buhay. Pero wala tayong magagawa kung ang taong iyan ay hindi pa handang pumasok sa isang seryosong relasyon." - Justin Altubar, Grade 10

Philippine music is not dead. Up to this generation, OPM is still the trend for high school students alike. Listening to these songs remind us of our happy and painful experiences and our bond as one Bedan community.

These songs unite us. In every beat, strum, and lyric of the songs, we somehow become one. Let's keep supporting OPM and make more memories with these songs.

YOUTH VOICED OUT

K-12 : A SPARROW IN THE FIST



“We have said it before and we will say it again, the K to 12 program will not solve the rising unemployment rate in our country,” France Castro, ACT Teachers Representative, said.

The Department of Education (DepEd) has stated that the K-12 system is capable of producing a job-ready and life-ready batch of students.

However, today, most firms are looking for more skilled and knowledgeable workers that can help them enhance and broaden their business.

Along with the statement of DepEd that Senior High School (SHS) graduates are job-ready are criticisms from different prestigious organizations and personalities. It has been a concern to Alberto Felix, “The president of the Human Resource Development Foundation of the Philippine Chamber of Commerce

and Industry (PCCI), the lack of hours for the On the Job Training (OJT) that is done during SHS which only is limited to 80 hours is concerning,” Felix Said. Therefore, is the Senior High School program enough to label students “job-ready” and if it may be true, is it a great step to gearing towards economic development?

The last report of Philippine Business for Education (PBE) shows that approximately 93 percent of the skills needed in the service sector are taught to SHS students. However, even if this may be the case, college graduates still have an edge over SHS graduates because college graduates have more mastery over their chosen course. In addition, college graduates can still pursue a master’s degree and a doctor’s degree which can further give them higher chances of being hired compared to SHS graduates; thus, a higher percentage of SHS students would remain unemployed which

would be increasing the country’s unemployment rate. “It only pushes the youth to become skilled laborers working for foreign companies instead of educating them to become professionals that would help build national industries,” he added.

A separate PBE survey also shows that only 20 percent of 70 of the country’s leading companies are inclined to accepting senior high school graduates. This pushes most SHS students to study college, serving as an increased burden to the families of impoverished Filipinos.

The K-12 system is not to be blamed for this issue, but rather, the impact of hiring “work-ready” SHS graduates to the economy. The problem in our country is that the government is creating “work-ready” students but there are significantly little amount of job opportunities that are available for them. Another case may be,

the only available opportunities for them are those that offer low salary that will not be enough to feed their families — a common reason why many Filipinos refrain from finishing their degrees and resort to working at an early age.

With this, the government should also consider conducting job fairs for SHS students, helping industries to create more jobs, and broadening employers’ perspectives through industrial relations laws (which the government can do to improve employer-employee relations).

In addition, senior high school should be a pathway towards preparation for college and not for immediate work. Students should be learning in school, not working; and in the worst case, but hopefully not, they could still juggle work while studying. A sparrow in the fist is better than a pigeon on the roof.

TURNING POINT

Grab@Yon!

JASON RODRIGUEZ
LIZZY VISCO

With Grab’s purchase of Uber, a US based ride-sharing company, in the Southeast Asian market, they have enforced monopoly over Transport Network Vehicle Services (TNVS) in the region. This gives them the chance to dictate whatever price they are charging the masses in the Philippines, which can gravely affect the everyday life of the Filipino commuter.

To balance this issue, the Land Transportation Franchising and Regulatory Board (LTFRB) accredited five new TNVS companies. This then brings in new competition against Grab which takes away their control over the industry.

These five companies are MiCab, OWTO, GoLag, HirNa, and Hype. Even though

these companies have their own systems and guidelines, the service they provide are still similar to Grab’s, and can give the Filipino people more options when using TNVS.

The right to choose different types of transport and its quality is beneficial to Filipino people who are deserving of better transport methods, given the poor quality of the public transportation system of the Philippines, such as the constant breakdown of the train systems, irresponsible driving of jeepney drivers, and the unfair rates of taxi drivers.

Certainly, only a number of people would even consider

taking these five alternatives to Grab, mostly due to their unfamiliarity with these certain services and because of its only recent introduction in our country. However, we should be open with trying these alternative services even though they may not meet some expectations that Uber once did.

Expanding the different aspects of public transport can be steps to improving the overall experience of traveling within the country. Introducing these five new companies is certainly an advancement to a Philippines where we can choose a method of transport within reason, and

we hope that the LTFRB will be taking more innovative steps similar to this.



PUNTO DE BEDISTA!

Baybayin

BAYBAYIN ANG SANGA

NI RONDEL CHRISTOPHER BAUTISTA



KAPAG WALANG SANGA, MAMAMATAY ANG PUNO.

“Ang sinumang walang kaalaman sa kanilang kasaysayan, pinanggalingan, at kultura ay parang punong walang sanga,” ika nga ni Marcus Garvey, pinuno ng black nationalism movement, dahil hindi lamang ito nagpapakita ng pagmamahal sa bansa kundi makabubuti rin ito sa ating mga sarili.

Inaprubahan ng House Committee on Basic Education and Culture ang House Bill 1022, o ang National Writing System Act, na nagdedeclarang ang Baybayin ang magiging pambansang pamamaraan ng pagsulat, ngunit sa ngayon, tinitingnan pa kung magiging batas ito.

Sa kabila ng pagtuligsa ng mga mamamayan, may ilang rason din upang tuluyang maipatupad ito

Una, mahirap mang intindihin sa simula, madali naman itong matutunan at isa ring epektibong pamamaraan ng komunikasyon.

Mahirap ba talagang intindihin ang Baybayin? Maaaring “oo” ngunit, magkasabay naman ang pagpapatupad nito at ang pamamahagi ng iba’t ibang learning materials sa mga paaralan at antas ng edukasyon, pati na rin sa mga ahensyang pampamahalaan na makatutulong sa pagpapakalat ng kaalaman tungkol sa Baybayin.

Napakadali pa nitong maintindihan dahil 17 lamang ang titik ng Baybayin; 3 ang patinig at 14 naman ang katinig. Ang isa ngang estudyante ng anthropology na si Ileana Cabochan, ay nagawang pagsabayin ang pag-aaral ng kaniyang kurso at baybayin.

Isa ring pamamaraan ng mga Pilipino noon upang magkaisa ang lahat bago sakupin ng mga Espanyol ang Baybayin, tulad ng Filipino ngayon. Dagdag pa rito, hindi na rin bago sa ating mga Pilipino ang magpalit-palit ng sistema ng pagsulat.

Kung madali tayong nakausad mula sa Baybayin patungong Abecedario nang sakupin tayo ng mga Espanyol, hindi rin ba’t madali rin tayong matututong magsulat ng Baybayin?

Ikalawa, nagpapakita ito ng pagkakakilanlan ng ating sariling kultura.

Malinaw na ipinakita ni Don Pedro Andrés de Castro, isang manunulat sa panahon ng Espanyol sa Pilipinas, sa kaniyang librong Ortografía y reglas de la lengua tagalog na nararapat na ipaglaban ang lenggwaheng Baybayin upang matigil ang panghihimasok ng kulturang Espanyol sa wikang Filipino.

Isa pa, salungat sa ilang mga komento, lubhang tagalog-centric daw ang Baybayin, o mas nagpapakita ng kultura ng katutubong Tagalog. Totoong tagalog-centric ito ngunit maaari pa ring magamit ang ibang wika sa pamamagitan ng pananalita at sa komunikasyon gamit ang cellphones na walang mga titik na nakasalin sa Baybayin.

Ikatlo, makabubuti ito sa atin at sa ekonomiya ng bansa.

Isang halimbawa ang Filipino-American na si Kristian Kabuay na gumamit ng baybayin upang makalikom ng pera sa pamamagitan ng pagtuturo ng Baybayin lalo na’t nagiging libangan na ng mga tao ang pagsusulat ng calligraphy. Mayroon din siyang sariling kumpanya na nagbebenta ng mga custom art, libro, at damit na nagpapakita ng Baybayin.

Ang punto, ang Baybayin ang ating “sanga” at isa pa, napakalaki ng pagkakataong maipatupad ito bilang batas kung kaya’t yakapin na lamang natin ito dahil bahagi naman ito ng ating kultura. Maaari pa natin itong pagkakitaan at hindi lamang ito makatutulong sa ating sarili kundi rin sa ekonomiya ng ating bansa. Matinding patunay rin ito na bilang mga Pilipino, marami ring alam at may pagmamahal sa bansa, hindi lamang puro Ingles.

Sa pamamagitan nito, mabubuhay tayo muli at maituturing punong may sanga.

<https://www.philstar.com/headlines/2018/04/23/1808717/house-panel-approves-use-baybayin-countrys-national-writing-system>
<https://cnnphilippines.com/incoming/2018/04/24/Baybayin-bill-netizens-Twitter.html>
<http://kwf.gov.ph/wp-content/uploads/2016/04/Baybayin.pdf>

SANGGUNIAN:

CUB RECORDER

UP ASSOCIATION OF POLITICAL SCIENCE MAJOR SCHOLASTIC CUP

1ST QUIZ BOWL JOY CIARRA MAE ARCIGAL JOHN EXEQUIEL CORPUZ	5TH POSITION PAPER JASON RAFAEL RODRIGUEZ ERIKO SUZUKI NAOMI TORCITA
4TH EXTEMPORANEOUS SPEAKING IZRIE PHILEO PAGALA (FILIPINO) ANDRE PHILIP ROSAL (ENGLISH)	5TH ORATORICAL ALETH DOMINIQUE LUMBA
5TH POSTER MAKING REGIS MAXIE MEDESTOMAS	5TH 613TH ESSAY SOFIA ALFORTE & ELLINOR GALANG

CUB RECORDER

ATENEO DE MANILA UNIVERSITY

1st Martial Law Museum Awards

TOP THREE FINALIST OUT OF 91 PARTICIPATING SCHOOLS IN THE INFOGRAPHIC CATEGORY

Kayla Marie Balneg | Kobe Allen Vitug | Adrian Marco Matias

BEAUTY TIPS ON DIFFERENT SKIN TYPES

BY PATRICIA DE VERA

Aren't you sick of regularly treating your skin over and over, but nothing ever seems to work? You've spent hundreds on trying out every skincare product that would suit you yet, nothing is effective! The thing is, skincare items are not one-is-to-all. Not because your favorite YouTube blogger uses it, you should go for it, too. We all have different types of skin.

OILY

Confused between sweat and oil? People with oily skin constantly deal with a shine on their face and terrible acne breakouts. Blotting sheets and oil-absorbing powders are great, but its results are short-lived. Drying ingredients from products that promise a drier skin may only trigger the skin to produce more oil. Exfoliate lightly but regularly as oil can trap dead skin cells in pores and eventually become acne. Never resort to abrasive cleaning techniques, as your skin's natural moisture may strip off. Lastly, wearing of weekly face masks after exfoliating may help in absorbing excess oil.

NORMAL

Normal skin type, A.K.A., the skin type which is most coveted. Generally, this skin is not described as oily or dry. If the skin presents oiliness or dryness, it would be rare and easily to get rid of. Normal skin doesn't usually have an excessive shine on the face, nor flakiness of the skin. Nonetheless, normal skin is not the same as perfect skin. People who characterize their skin as normal have dealt with acne blemishes or other skin issues. Products that make the skin feel overly greasy or causes excessive dryness must be avoided. While normal skin types require less maintenance, have a skincare that is tailored to keep your skin vibrant and healthy.

The next time you pick a skincare product, check if its ingredients are the right one for you. Do not be reckless in purchasing anything you think is pretty. Things might not turn out the way you want it to be. Have a skincare routine that will bring out your natural glow, but always believe that your skin is beautiful no matter what.

DRY

Itchy face and dry patches? This may be a reaction to an allergy, or a symptom of dry skin. A skin that is dry causes problems such as flaking or tightness in the skin, premature wrinkles, and regular irritation to the skin. As we grow older, skin sheds dead cells at a lower rate, making the skin look dull and dehydrated. Dry skin ages the fastest among the other types. In cleansing, avoid harsh cleansers as these diminish the amount of oil our glands produce. Choose the creamy ones that are alcohol-free, with no added fragrance. Moisturizers that contain more oil is much beneficial for dry skin types, as it breaks through the skin's barriers and help hydrate the tissues.

COMBINATION

As the name implies, combination skin type features both skins with excessive oil, or flakes on portions of the face. This skin type is very common, yet hard to identify and treat. A person with a combination skin type has a shiny T-zone, which includes the forehead, nose, and chin. These areas have more active oil glands than the cheeks. It is hard to find a skincare that will target your oily areas, while simultaneously hydrating your skin. Better find a heavy moisturizer for the dry areas of the skin and a light one for the oily parts. Also, be sure to exfoliate; this helps a lot in taking dead skin cells away and unblocking clogged pores.

THE 5 Step-Stress-Less-Process

BY ERIKO BELLEZA SUZUKI

For majority of the student body, stress is the one thing in our life we can't seem to leave behind, no matter how hard we try. However, through the years, I've learned a few tricks that have actually worked for me. A few of them may sound a bit weird at first, but trust me, I can scientifically back them up. So keep an open mind, and read on.

Make A Date:

Plan out your tasks one by one on a sheet of paper. Once you've completed a certain output, cross it out. This is a great way to manage and maximize your time, to hopefully avoid the dreaded cramming we're all too familiar with.

Work It Out:

When we engage in physical activities, our brain releases chemicals known as endorphins; basically, your body's natural happy pills. Once emitted, they trigger a lighthearted and more relaxed response from within. You get a clear head, a happier feeling, and get fit all at the same time. What's there to lose?

Just Let Go:

Sometimes, you have moments where your brain physically hurts and your frustration's at max level. It's fine. Don't push it. If you keep kicking against a brick wall, at some point you'll just burst into tears from all your wasted effort. A study has proven that breaks in between studying are essential in preventing our brains from going into information overload.

Move On:

Is working it out not doing it? Then focus on a different task instead. After you've finished your other school tasks, head back to the one you were stuck on. Chances are, you'll feel more level-headed, and ready to finish the last of the assignments.

Call-A-Friend:

Physically, mentally, and emotionally, human beings aren't capable of handling everything alone. Keeping all the stress and worries to yourself can actually kill you. Sometimes we forget that it's perfectly fine to open up to someone. To have them give you advice, or something as simple as a much-needed laugh.

Bottling it all up is never a solution, and having said that, hopefully these tips can get you geared for the upcoming school year.

APParently, Your Apps are Making You Depressed



BY ANN DANNAH DEL MUNDO

"You're road," "Agik," "Ganda ka," "Nu ginagawa mu."

If you understand the context behind these lines, it just proves you're a Filipino youth who's had too much of the internet. Nonetheless, it's a common fact that it is normal for us youths to use social media applications such as Facebook, Twitter, Instagram, and Snapchat. These apps allow us to stay connected to people and somehow share our daily lives, thoughts, interests among them, and help us in our studies as we are also able to connect to our classmates easier. Ironically, a new study suggests that spending too much time on social media can make you feel lonelier.

Seeing how luxurious the lives of social media sensations are, like the Kardashians and Jenners, we think, "Why am I not rich and successful as they are?" Seeing K-pop stars or models on your feed with unrealistic body structures and extreme diets, you ask yourself, "Why am I so fat?" Sadly, these are the things that can get into us as we tend to compare our lives with others in social media.

In 2017, a study conducted at Ateneo de Manila University by Maria Therese Ocampo and Queena Lee-Chua revealed that Social Media Envy is a moderate significant predictor of symptoms of depression among Filipino high school students. It was also stated in a recent study at University of Pittsburgh that, "The more time a young person spends on social media, the more likely they are to feel socially isolated."

These findings are alarming knowing that social media can trigger depression. Here in the Philippines, the rate of teenagers who are diagnosed with depression are surprisingly high and can possibly increase as Filipinos are the number one social media users, spending 4.17 hours daily. If this continues, this will not just affect one's household or a group of friends, but also a wide range, such as the economy and the country. Yearly, 1 trillion US dollars are lost in the global economy due to unproductivity due to depression. Worse, if depression is not treated immediately, it may lead to suicide; one of the leading causes of death. Over 788,000 people globally died from suicide alone in 2015.

Indeed, social media made our lives more convenient in communicating and gave us more entertainment. However, relying our emotions and beliefs to what social media shows and dedicating so much time to apps will hinder us from being the best versions of ourselves. Let's challenge ourselves to limit the use of unnecessary apps that can trigger depression – apps that have nothing to do with our welfare – and see how much more productive we could be.

CUB RECORDER 2017 2018

Accomplishments

GENERAL LAYOUT: PAULDREN GAYTANO, KIRSTEN ZULAYBAR

Magazine covers shown include:

- Issue No. 1: February-June
- Issue No. 2: June-November
- Completers' Magazine
- Christmas Special
- Paskong Bedista



SAN BEDA RED BOOTERS HAVING FUN IN ROARING THEIR CHEER TOGETHER

STUDENTS CHEERING FOR THE SCHOOL ATHLETES DURING THE PEP RALLY



CANDIDATES ENJOYING THE PARADE IN FANCY COSTUMES AND BEAUTIFUL SMILES

ENGLAND'S MUSE GIVING A BIG SMILE TO THE AUDIENCE



UN REPRESENTATIVES FOR CHINA HAPPILY WALKING DURING THE UNITED NATIONS PARADE.



MRS. CHULVO AND MS. RAQUID AT 9-12'S PROGRAM FOR TEACHER'S LOVE DAY

ENGLISH TEACHERS TRYING TO FORM A HEART SHAPE DURING TEACHERS' LOVE DAY

NIGHT SHIFT ON A DAY SHIFT FOR TEACHERS' LOVE DAY



GRADE 7 POSING AT THE ENTRANCE OF MANILA CATHEDRAL ON THEIR FIELDTRIP



TEACHERS ENJOYING THEIR TIME TOGETHER AT THE UPSIDE DOWN MUSEUM



GRADE 9 STUDENTS EXPLORING AT INTRAMUROS



INTEGRANTS FROM DIFFERENT CLASSES WAITING FOR THEIR TURN TO PRESENT THEIR PIECE

THE BEDAN COMMUNITY WELCOMES NEW HS STUDENTS AS A PART OF THEIR TRADITION



BEST DRESSED INTEGRANTS FOR THE GRADE 10 LEVEL DURING THE PIDU

INTEGRANTS PERFORMING FOR THE INTEGRATION PROPER

RETROGRADE: FLASHBACK TO A.Y. 2017-2018

SHOTS TAKEN BY: Patricia Ann Devera & Ann Dannah Del Mundo



JUNIOR RED CORPS LIFTING UP THE BEDAN SPIRIT DURING HALFTIME OF SBU VS. UPSHD.

SBU-JHS BAND WAITING AT SAN JUAN ARENA



STUDENTS POSING AFTER WATCHING THE FIREWORKS DISPLAY



SBU-IBED GATHERS IN PREPARATION FOR THE HOLY ROSARY



ELI ADUCAL FIERCELY STRIKING A POSE FOR THE AUDIENCE

RIVALS IN BASKETBALL GIRLS APPROACHING ONE ANOTHER AFTER A FAIR GAME



GRADE 7 PERFORMERS ADDING COLORS TO THEIR CHEERDANCE

ZED MONTERUBIO WAITING FOR THE OPPONENTS' NEXT MOVE BEFORE THROWING THE BALL



BEDANS SINGING THE ALMA MATER HYMN AFTER A BASKETBALL GAME



JUSTIN ALTUBAR LEADING THE PRAYER OF THE FAITHFUL DURING A MONTHLY MASS

CHEAP EATS

KIRSTEN ZULAYBAR

Calling all students, foodies, and kuripots alike! School is back, our allowances are back, and so are our sad attempts to save up our money for our weekend gala with friends. Worry not, say hello to hassle-free budgeting with these beautiful cafes that you and your wallet won't regret spending money on!

You don't have to starve yourselves for lunch. Why? Because here in Taytay, we bring you beautiful cafes that serve exciting dishes that aren't only good for your soul, but also our pockets!

1. JAMIE'S CAKERY AND KITCHEN

₱20-₱150

Grab your cameras and hit Taytay's pastel pretty cafe that caters to your sweet needs such as cakes, milkshakes and ice cream. The best part? Their menu mostly cost less than P100. The fun starts with their bestseller, Ube Galaxy Cheesecake (P95 per slice). You might want to try their Birthday Cake Milkshake (P90), crowned with sprinkles and waffle cone. They also have other flavors like the Galaxy Milkshake and S'mores.



Jamie's also serves sandwiches, pasta, and main entrees. They also have group meals and combos good for your friends and family.

2. PALARO BOARDGAME CAFE

₱40-₱150

You know what goes well with good food? Good friends and great boardgames! First of its kind here in the east, Palaro Boardgame Cafe showcases all of the essential free-to-play boardgames that everyone loves such as the classic Monopoly, Giant Uno, and Game of the Generals. Open from 3pm to 12am, Palaro offers all sorts of new twists to pica-picas for us to snack on, such as Wicked Oreos (P85) and Dynamite (P99). The cafe also serves heavy meals such as Bacon Beef Burger (P125) and Grilled Liempo (P99), and also desserts like their Nutella Triple Milkshake (P150) and Blueberry Waffles (P95).



You can find more of their boardgames and food on their Facebook page.

3. JILL & POPS

₱70-₱150

Formerly called Frank & Charles, this place is the cafe-embodiment of the word 'IG-worthy'. Jill & Pops is home to the famous Bubble Waffle, where you can customize your own with different toppings like your choice of icecream, syrups, and other add-ons for only P129. The cafe also serves other goodies to share such as their bestselling Cheesy Lava Fries (P159) and Otan's Overload Pizza (P149). You'd also want to take a sip of their beverages such as their creamy selection of milkteas (P79) and Frappops (P89).



They are open from 2pm-11pm. Filipino Filipino favorites, pasta, and chicken wings are also offered by Jill & Pops

And who said you can't find quality cafes with student-friendly prices? Here in the east, we can have it best of both worlds. Like they say in Parks and Recreation, "Treat. Yo. Self." every weekend!

4 MUST-HAVE APPS TO AID YOU IN SCHOOL

BY PAULDREN GAYTANO

Our vacation is unfortunately over. Then again, after surviving yet another school year crammed with stress and pressure, it's time to face anew. Advancing onward to the next grade level means there would be more challenging encounters for us to face. Most of us have a hard time in coping up with the stress we're experiencing but each of us can actually make our lives easier. With another school year ahead, here are some apps to help you get by.



PHOTOMATH

TIRED OF SOLVING MATH PROBLEMS BY WRITING IT DOWN?

Photomath is an application developed to have an easier approach for solving math problems by just using the camera. It is developed by the Photomath Inc. for both Android and iOS systems. It supports many mathematical concepts such as arithmetics, algebraic expressions, trigonometry, logarithms and more.

- Camera calculator
- Handwriting recognition
- Step-by-step instructions
- Smart calculator



REALCALC SCIENTIFIC CALCULATOR

NO BUDGET FOR A REAL SCIENTIFIC CALCULATOR?

RealCalc Scientific Calculator is an application utilized as an actual scientific calculator. It is developed by Quartic Software for Android only. It mostly has the features as a physical scientific calculator would provide.

- Traditional algebraic or RPN operation
- Unit conversions
- Full built-in help



EVERNOTE

DO YOU LIKE YOUR NOTES TO BE DIGITAL AND EASILY EDITED?

Evernote is an application designed for effective note taking, organization of ideas and creating task lists. It is developed by the Evernote Corporation for both Android and iOS systems. It can be used for business, education and personal situations.

- Attaching of Microsoft Office docs, PDFs and photos
- Taking notes in a variety of formats
- Camera capture to easily scan and comment
- Writing, collecting and capturing ideas



VOCABULARY BUILDER

LEARN NEW WORDS IN AN ENJOYABLE WAY.

Vocabulary Builder is an educational mobile game intended for learning words in an entertaining way. It is developed by the company Magoosh for both Android and iOS. It contains 1200 vocabulary words with audio pronunciation included so that you can possibly use it for the next time you write literary works.

- Definitions and example sentences for every word
- Basic, Intermediate, and Advanced vocabulary sections
- Beating levels to unlock new words



Overall, keep in mind that these apps should be used to correct levels. Though these apps can be really convenient for school, using them to cheat is STRICTLY prohibited. One must consider the appropriate time for making use of these apps.

SBU-IBED 2017-2018 FACULTY AND ADMINISTRATOR'S OUTING: A SymBOHOLic Experience

Claire Dianne Lagac

Every Benedictine Hallmark is equally important to the Bedan Community. However, for the academic year 2018-2019, the spotlight falls on the value of Stewardship as San Beda University welcomes another school year with the academic thrust, **Stewardship towards God's Creation.**

The said Benedictine Hallmark is also highlighted in a recent papal document, Laudato Si: On Care for Our Common Home, which talks about caring not only for the environment, but for all of God's creations, big or small. The said encyclical was also one of the topics during the 2018 In-Service Training for teachers to help them inject the values it teaches to their everyday lessons.

These things were greatly considered in San Beda-University-Integrated Basic Education Department's (IBED) much-anticipated outing last April 26-28. Through the efforts of the Faculty Club A.Y 2017-2018 and the administrators, the outing was set to not only ease the stress from the previous academic year but to also help everyone to commune with nature and put their being Catholics into realization at the same time.

This year's outing was held at what was often termed as the Jewel of the Philippines—BOHOL, which included a three-day itinerary.

The first day featured a Country Side Tour where the group got to explore historic places such as the renowned Blood Compact Site and Baclayon Church. The tour also allowed a glimpse of the Loboc Tarsiers, Bilar Man-Made Forest, Butterfly Garden and the world famous Chocolate Hills. The highlight of the day was the Loboc River

Cruise, where they experienced a taste of Bohol's delicacies while onboard a floating restaurant.

The second day left everyone in awe with Bohol's vast and colorful marine life in the waters of Balicasag and Virgin Island, as different activities like snorkeling, dolphin watching, and island hopping were made available for them. Though the Marine Tour proved to be tiring yet fulfilling, everyone was still excited to prepare their best summer outfit for the Gala Night held at the Bohol Tropics, where the community was treated to a wonderful dinner. The night was made more memorable with a mini-concert staged by the Loboc Children's Choir that truly warmed the hearts of the audience, proving yet another time that the place would never run out of reasons to render tourists speechless.

The vacation was concluded with a City Tour, which included a visit at Dausi Church and Hinagdanan Cave. Lastly, the group went to Bohol Bee Farm for another informative tour and grabbed the opportunity to buy some of Bohol's signature treats for their families back home.

Except from the fact that the IBED community truly enjoyed the whole journey, it is, perhaps, pertinent to mention that more than the recreation and relaxation everyone experienced, the group was able to put the trip's official hashtag #SymBOHOLicTrip into realization for a number of reasons, which is what everyone is mostly after.

The experience was able to deepen everyone's spiritual and historical knowledge by enabling them to witness the Boholanon's love for history and profound religiosity, and helped promote appreciation and awareness of the Filipino culture and traditions. Most importantly, the journey strengthened the community spirit and camaraderie among everyone as it was not only for the sake of having fun, but also for the sake of helping people in need as proceeds from the said outing will be received by the Oblates of Mary Immaculate Scholarship Funds and Indigenous People of Barangay Romongaob, South Upi, Maguindanao.

With all these being said, the IBED community, renewed and inspired by the whole experience, is now ready to face the new school year ahead. Cheers to more symbolic events for SBU!



The JHS Family are all smiles after enjoying a sumptuous meal at Loboc River Cruise.



WOW Philippines, indeed! The JHS Team members are in awe of the Chocolate Hills' beauty!



IBED FAMILY with the Loboc Children's Choir

MAY PAGLAYA SA PANANAMPALATAYA

Janet Bisco-Mejos
Maylene Beltran

Madarama ang tunay na paglaya ng mga kaluluwang gapos ng pagdurusa sa pamamagitan ng pag-ibig ng Diyos.

Ika-30 ng Abril, 2018, isinagawa ang taunang Outreach Program ng Universidad ng San Beda sa Correctional Institute for Women, Mandaluyong, Metro Manila. Naghanda ng iba't ibang gawain ang Faculty Club. Masayang isinagawa ang programang nagsimula sa nakaaaliw na paglalaro ng volleyball kung saan ipinamalas ng mga Persons Deprived of Liberty (PDL) ang kanilang kahusayan. Nagpakita rin ng natatanging talento sa pagsayaw at pagkanta ang ilang guro at administrador. Namahagi rin ng mga toiletries ang mga guro sa PDL dahil batid namin na isa lamang ito sa mga pangunahin nilang pangangailangan.

Hindi alintana ng komunidad ng San Beda ang init ng araw sa pagbibigay ng pagmamahal at pagmamalasakit sa PDL sa Correctional.

Tila ba may isang malakas na WI-FI ang nakapalibot sa amin dahil sa bilis ng koneksiyon at agad kaming nakapag--bonding sa kanila. Nagkaroon din ng maikling oras upang magkabahaginan ng iba't ibang kuwento ng buhay. Sa pakikinig sa kani-kanilang mga istorya, hindi mapigilan ng ilan ang mapaluha lalo na't nalaman namin ang mga kadahilanan ng

kanilang pamamalagi roon. Marami sa kanila ang nababalot ng pangungulila sa kani-kanilang pamilya. Sa kabila ng mga kalungkutang nadarama, pinagtitibay na lamang nila ang kanilang mga kalooban at lagi isinasaisip na ito na ang kanilang bagong buhay sa kanilang bagong tahanan... ang CIW.

Maikling oras man kaming nagkasama-sama, bakas sa mga PDL ang saya at pag-asang hatid ng mga Bedista. Tunay nga namang naging makabuluhan ang mga sandaling iyon sa lahat lalong-lalo na sa mga PDL..

Ipinaalala ng mga Bedista na ang pagkakaroon ng pagkakasala sa lipunan at pagkakabilanggo ay hindi hadlang sa patuloy na pananampalataya sa Panginoon. Palagiang magpatuloy sa pag-ibig at paniniwala sa Kanya dahil tanging Siya lamang ang makapagbibigay ng ganap at tunay na kalayaan sa bawat isa.

Mabagal man ang pag-usad ng oras sa bilanguan, batid naming pinabilis ito ng mga taong may kakayahang magmalasakit, magbigay at magmahal. Dahil sa bawat araw na may ganitong klaseng tao silang nakasalamuha mas lalo silang napupuno ng pag-asang "May bukas pa at ang Diyos ay laging nakaagapay sa kanila."

There is definitely something about going on retreat and just stopping, that gives you space. Space to be with God, space to process, and space to think. This often helps us focus on the thoughts that have been at the back of our minds, no matter how unwelcomed, to come to the fore. This also helps us be reminded of sins to confess, promises to keep, actions to avoid, commands to obey and examples to follow in order to feel how great our God is.

San Beda University has long been conducting annual retreats for its faculty and administrators at the Montserrat Center for Religious Formation in Silang, Cavite that is continuously living up its purpose of uplifting Christian formation to the Bedan community. Hence, it is already a given that Bedans never fail to appreciate the presence of God amidst the mountains of work that everyone faces every day.

The experience certainly have gained a more personal relationship with Jesus through the highly personal style of the guided reflections. The resources are consistently rich and insightful, and reading and reflecting on them offered us frequent points of connection with themes of our lives. It especially taught us how to appreciate God's love and acceptance for who we are in all our falli-

DARING YOU TO BECOME THE PERSON GOD DESIGNED YOU TO BE

Celine Magnait

bility, weakness and sin. The three-day retreat challenged us to give greater love, greater service, and more committed discipleship.

In this ever changing world, people tend to forget the value of one's personality as they go on with their lives. We are somehow blinded by the customs set by the society in order for us to fit in. Without noticing it, we already failed to remember our worth. As a part of the ministry of teaching, the administrators, teachers, guidance counselors, and librarians should always remember that everyone who has a name is an important, special, and lucky person. Therefore, we should learn to value ourselves first for us to better and for us to understand the future leaders of the world to come.

#PAC (Providential Arrangement of Circumstances)

As per Fr. Jimmy Carmona, SDB, this year's retreat master, nothing happens by chance. Every condition in different situations happened because God has a reason behind it. We should always remember that if something happens by providential arrangement, we should not be sorry. The more we try to rectify such reversals, the more we enter into the darkest region of materialistic thoughts. As Bedans, serving our country and God is our main reason why we are here today.

#LTO (Love, Time, One Another)

God can do the MOST amazing things at the most unexpected times. In the world we live in, most of us tend to think that material things would make our lives easier and make us happier. But the truth is, we had taken for granted the BEST blessings that each of us receives from God- our family, home and friends.

#SHAPE (Strength, Heart, Attitude, Personality, Experience)

As people in the ministry of Catholic faith, we build not only ourselves but also a community

with a strong faith in Him. God is the teacher of all teachers. He teaches us not only with what could provide us with a deeper understanding of the world, but also the virtues and values that will lead us to an everlasting life. As educators, with God as our mentor, we have to know our SHAPE for us to not only impart the knowledge to the students but to also touch their hearts by making them feel that God is the strongest part of each one of us.

#BenedictineEducator

Rev. Fr. Aloysius A. Maranan, our rector-president, has never failed to be the main source and guiding light of the Bedan community. He reminded everyone that the core of Benedictine education is genuine love. As second parents to our students, we must show that we truly care for them especially the students who appear to be disruptive for they are the most disturbed and in need of our love, affection, help and understanding. Moreover, to truly become a Benedictine educator, we must not forget three things: praying, loving and evangelizing the children entrusted to us.

To start the new academic year right, we should start letting go of our attachments and do what we were created for--to love others, to help others, to act like Christians, and to journey towards God. Everything we have is a gift from God. We should have a deeper understanding that 'everything is a gift'—a gift that flows from the hands of a gracious, loving and merciful God, which is not only meant to be received, but to be shared. God has been so gracious and merciful in His love and forgiveness to us that there may not be enough ways to thank Him. All that we can do is hope and pray that our life, words and actions, in some way, reflect the love that we have received.





HEARTWARMING

REACTIONS

THROUGH SOCIAL ACTIONS

LIZZY VISCO

GRADE 8: TAHANANG WALANG HAGDANAN

where they are from. In multiple ways, it also promotes the value of equality regardless of background, as we all deserve basic and decent education.

GRADE 10: CAREER-BASED COMMUNITY INVOLVEMENT PROGRAM

Your SAP experience as a grade ten student depends on your section. It's about using your skills as a Pre-Med, Pre-Business, Pre-Humanities, or Pre-Eng student to aid the Filipino community in the best way you can. Some examples of these come from the previous years.

Class/Section	SAP Activity
Pre-Medicine	Providing basic health care to shelters, communities, etc. (Health Mission)
Pre-Business	Creating products and showcasing the process of making them as a potential business to communities in need
Pre-Humanities	Teaching and tutoring children in different subjects, observing interactions within court
Pre-Engineering	Painting houses in heavier populated areas that need a splash of color

GRADE 9: HAPAY NA MANGGA

After two years of connecting with the wiser years, the grade nine students get to interact with youthful, sprightly, energetic children from the Hapay na Mangga. Studying in a private school is an inherent privilege, as most Filipino children are not able to study in prestigious schools like San Beda; through this outreach program, grade nine students create lesson plans, PowerPoint presentations, and basic quizzes for the students ranging from grade school to Grade 10.

This outreach program promotes camaraderie among other fellow students, regardless of what kind of school they study in and



NEW BREED OF EDUCATORS



Bjorn Erielle L. Pueyo
"JORN"
University of Rizal System-Angono
Bachelor of Secondary Education
Major in MAPEH
J - Joyful
O - Observant
R - Reliable
N - Nurture



Christian Joni S. Gregorio
"JONI"
Philippine Normal University
Bachelor in Filipino Education
J - Jolly
O - Observant
N - Nostalgic
I - Independent



John Alvin M. Perdigon
"PERDI"
Philippine Normal University
Bachelor of Secondary Education
Major in History
P - Patient
E - Extraordinary
R - Responsible
D - Determined
I - Independent



Christian Jude Wariza
"CJ"
Adamson University
Bachelor of Secondary Education
Major in MAPEH
C - Curious
J - Joyful



Jelly Ann R. Anore
"JELAY"
University of Rizal System- Morong
Bachelor of Secondary Education -
Technology & Livelihood Education
J - Jolly
E - Enthusiastic
L - Loving Child of God
A - Active
Y - Young



Shiena Mae M. Villacarillo
"SHIENA"
University of Rizal System - Morong
Bachelor of Secondary Education
Major in Mathematics
S - Simple Minded
H - Hopeful
I - Incredible
E - Exuberant
N - Nature-lover
A - Approachable



Angela L. Javellana
"JEI"
Siena College of Taytay
Bachelor of Secondary Education
Major in Religious Education
J - Journeyer
E - Emphatic
I - Innovative



Hannah Mae T. Insigne
"SINAG"
Philippine Normal University
Bachelor in Filipino Education with
Certification in Teaching Junior High School
S - Sweet
I - Imaginative
N - Nature Lover
A - Adorable
G - God Fearing



Reyeeen M. Cancino
"REY"
Philippine Normal University
Bachelor in Filipino Education with
Certification in Teaching Junior High School
R - Reliable
E - Empathetic
Y - Young at Heart



Delfin J. Gallardo Jr.
"DEF"
Pamantasang ng Lungsod ng Maynila
Bachelor of Secondary Education -
Social Sciences
D - Diligent
E - Enthusiastic
F - Faithful

"YOU CANNOT TEACH A MAN ANYTHING. YOU CAN ONLY HELP HIM FIND IT WITHIN HIMSELF."

LITERARY

Starbucks Coffee

ROBBIN JENRIC DE LEON

Quietly, I read my favorite book,
As I sipped on my favorite tea,
And though the place was air conditioned,
I was surrounded by the warmth of the coffeeshop.
Fate seemed to hate me.

The warmth suddenly shifted to cool, crisp air
Which hit my skin like sharp blades.

You came in,
Fell in line,
Took your coffee,
And bid goodbye.

You left the shop.
But you came back,

Then withdrew,
Then came back again,
Only to glance my way.

I feel like throwing up.

Crimson Agony

MORDECAI

You said to wait
And here I am waiting
You cried for help
And here I am to stay

But why?
Why are you gone?
I can't do this
Please come back to me

You left without warning
Now there's no one to wipe the tears away
Here I am in front of you
Laying the crimson roses and mourning

Laying the crimson roses and mourning

Save Me From Them

KARVILLE FAMERO

My mind is a prison,
Without any walls,
The harder I fight,
The harder I fall.

My heart is a drumstick,
That pounds rapidly,
Breathe slow all I like,
It beats absently.

Sadness fills all,
Of my broken cracks,
Stealing my light,
My world turns black.

They claw at my eyes,
When I need some sleep,
Whispering words,
That make me weep.

They pin me down,

Then show me my past,
Inflicting pain,
They know will last.

If you are wondering,
Who they may be,
They are the demons,
That live inside me.

Monotone Shade

LIZZY ROBYN VISCO

You gave colour to my life,
through black and white.
A colourful monotone shade
This world of greys you made.

Beauty in simplicity;
this is your essence.
An image you have captured,
with your lenses of wonder.

Complex simplicity.
The concept of details forming to create one image.
An image so humble, yet intriguing.

You have mastered this art,
the craft of black and white.

For maybe your creations are a mirror of you.

Doodles by Kayla Balneg

DECEIT

Fox's words and grins
Made dread crawl up to one's heart
Beneath happy masks.

← Kayla Balneg

THE GREATEST SEARCH

You never truly know your worth as a person
'til you find yourself.

← Lara Gonzaga

UNWANTED LOSS

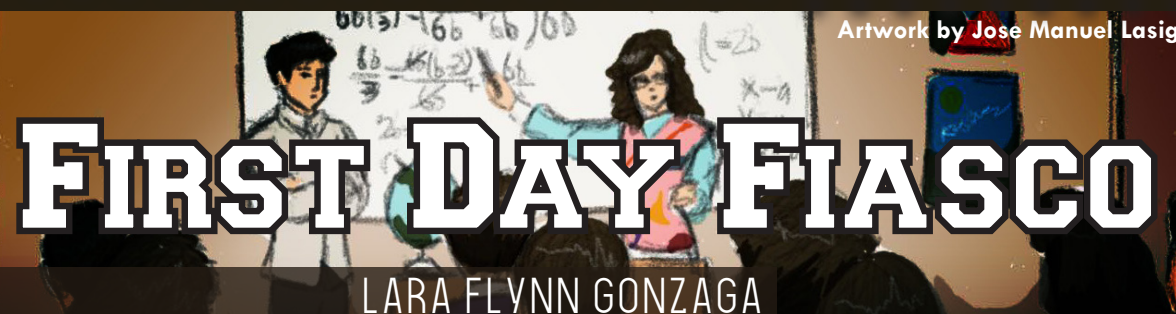
Don't end it now; the world still isn't ready to lose you this early

← Lara Gonzaga

INDIFFERENCE

The heart knows no bounds;
It yearns and waits, just for you
But your heart does not.

← Lara Gonzaga



Artwork by Jose Manuel Lasig

FIRST DAY FIASCO

LARA FLYNN GONZAGA

It's finally today and I'm finally here.

My fist is balled up, tightly clenched with intense sweat coating the palm--there was absolutely no turning back and my anxiety was very apparent with the amount of perspiration I produced. I release my sweaty hand from its tight clutch, my other hand grasping onto the strap of my backpack, shaking oh ever so slightly. With a deep and sharp inhale, I finally power through the mildly dense crowd of students and parents alike. The atmosphere gave me comfort, yet my nerves were still wracked; there was something about the new school year that inevitably gave students this sort of aura.

The crowd dwindles in size as I near the junior high school building, and I begin to spot my mutuals on the other side of Mendiola Hall; their presence made me much more at ease. The bulletin board grows nearer and nearer with each step. I mutter a brief and silent prayer, hoping for the most favorable outcome; God forbid that I be placed in the wrong section, I repetitively chant in my head.

I scan the complete list of sections, 11 to 15, twice, thrice... where was my name?

Again, my hands are soaked; they're no better than a wet rag at this point, really. Beads of sweat roll down my forehead, partly from the heat, partly from worrying. Why wasn't I on the list? Did I not pass the previous grade level? Questions flooded my head, as if I were Doctor Strange analyzing every possible outcome against Thanos himself. Everything around me became surreal as I approached one of the admins, a feat that I was not used to. Sounds in the hall became static to my ears, and I was dissociated with reality. My heartbeat goes off the charts, I feel it's intensity throb through my veins. It's one of the moments in which I wish I had more confidence.

Before I inquire with the admin, my friend halts me with a sudden grasp on my shoulder, shattering the surrealism I had found myself trapped in. My friend grins, and I notice the rest of my friends behind laughing. I turn red, extremely flustered, realizing the mistake I've done. My friend walks with me to our small group, and I refuse to believe what I've just been told.

"Bes, maling bulletin board tiningnan mo!"

TALA

Kayla Balneg

Ayaw ko na ng bago.

Tila may hamog na nakaharang sa mga mukhang hindi pamilyar sa kanya. Paano ba siya makikipag-usap sa kanila? Binaba niya ang tingin at kinagat ang labi. Sana matapos na 'tong araw, isip niya. "Ginoong Dela Cruz, pay attention!"

Iniangat niya ang kaniyang tingin. May narinig siyang humahagikgik sa likod niya. Bagong paaralan, bagong pagti-tripan.

Ayaw ko na ng bago.

Hindi na siya makahinga. Pakiramdam niya ay hinaharangan ng luha ang lalamunan niya. Kinuyom niya ang kanyang kamao at nilukot ang papel na hawak niya. Mag-isa lamang sa bahay kasama ang inang tumatangis sa kaniyang tabi. "Iba na, bago na ang pamilya ng ama mo..."

Ayaw ko na ng bago.

Awtomatikong bumaba ang bintangang kotseng sinasakyan niya. Sumilip siyang unti-unti... upang magpaalam sa dati nilang probinsya. Hindi na niya muling makikita ang mga kalaro niya ng patintero at mga kasama niya habang hinahabol ng aso. Maluha-luha siyang tumingin sa papalubog na araw sa likod ng bintangang nakatatakot isiping magkakaroon na siya ng bagong buhay sa bagong bahay.

Ayaw ko na--

Isang sanggol ang tahimik na nakabalot sa mga braso ng isang babaeng lumuluha, ngunit walang bahid ng kalungkutan ang makikita sa kaniyang mukha. Tinabihan siya ng isang lalaki. "Yun na ba ang ipapangalan natin sa kaniya?" tanong ng lalaki na sinagot ng isang pagtango.

"Sa kislap pa lang ng mata, alam ko na... ang bagong miyembro ng ating pamilya."

"Tala Dela Cruz."

Ayaw ko na ng bago, ngunit alam kong hindi ko dapat sayangin ang apoy na nagbaga sa aking buhay.

TANGLAW

Dilim at ilaw
Humalo sa paningin
Bukang-liwayway.

← Kayla Balneg

HINAHANAP

Titingin-tingin
Sa kaliwa, sa kanan
Saan ang lunas?

← K.P.

TINAPAY

Mabagal siyang umalsa bago siya
todong nag-anyo.

← Lara Gonzaga

MARTILYO

Pok, pok, pok, pok,
pok.
Paulit-ulit tulad
ng aking buhay

← Lara Gonzaga

Mahal

NI JEX CORPUZ

Mahal, mahal pa rin kita
Na kahit alam kong wala na akong magagawa
Na kahit alam kong mas masaya ka na sa buhay ko
Hindi pa rin gising sa katotohanan na hanggang tingin na lamang ako
Hindi pa rin gising sa katotohanang nakuha ka na ng pinakamalapit na tao sa buhay ko
Hindi pa rin gising sa katotohanang habang tayo ang magkasama s'ya ang pinantasya mo.
Pero mahal, mahal pa rin kita

Sa Ating Pag-Uwi

NI DANIEL DE GUZMAN

Na kahit na anong sugat pa ang damhin ko
Mga sugat na dinulot ng paghanga ko sayo
Mga sugat na dinulot ng maaanghang na salita
Mga sugat na dinulot ng matutulis na tingin na
Na kahit anong papansin ko ay meron na na meron nang muling nakabihag sa puso mo
Sa puso mong nauna ko nang nabihag
Pero ako nga lang ba ang nakabihag?
hadlang
Naging hadlang sa istoryang akala ko ikaw at ako lang
Pero ang bida pala, ikaw at ang laging pumapangatlo sa tuwing may lakad tayo,
ang bestfriend ko
Patawad kasi ako lang pala ang extra sa love story na ito.
Kaya ngayon, maghanda ka sa mga susunod na salita:
Sa pagtatapos nitong tula
Na aking nilikha dahil sa matindi kong paghanga
Tandaan mo na hindi na kita mahal at hindang hindi na kita mamahalin muli
Kasabay ng pagputol ko sa mga masasakit na salita sa tulang aking nilikha para sabihing
Mahal, sana kayo ay magtagal.

Ikaw Ang Guguhit At

NI ADRIAN MATIAS

Ako naman Ang Pipinta
Hindi kumpleto ang tropa kung Wala yung biglang hindi susulpot sa gala
Sabay banat ng libo-libong panata
"Pramis, sa susunod na ako sasama"
Pero hindi rin mawawala sa tropa
Yung pakikiligin ka sa mga salita
Papatitan niya *nickname* mo at ikaw naman sa kaniya
At halos araw-araw na ata kayo kung mag-usap
At sa araw-araw na niyang pagbati
At pagsambit
Mga pasimpleng pag-akbay 'pag kayo lang dalawa
Ang *sweet*, ang galante lilibre ka pa niya
Ikaw naman tong kilig na kilig sa mga *extra efforts* niya.
Hinahanap-hanap mo na ang bawat oras at bawat minuto Na kasama mo siya

KICKSTART

Organize and Spread Kindness: Twenty Ways to Start your Year Right!

The first few weeks may be the most daunting part of the school year, especially for new students. I bet even the most confident student in school experiences the “first day anxiety”, with the sea of strangers, too many rules, and things to familiarize yourself with drowning and overwhelming you.

Here are a few things you can do to get through your first week and, hopefully, make you feel more at ease and comfortable. Feel free to mark the tasks your done with so you can feel closer to a more confident you this academic year.

1. Dont overthink.
Get your head up high and be confident!
2. Set realistic goals —
fulfilling them gives satisfaction.
3. Join new students in going around
the campus.
4. Practice self-bussing in the canteen.
5. Take note of the class schedule
this school year.
6. Take time to visit and explore the chapel
and library during breaks.
7. Memorize the Vision-Mission Statement
(English and Filipino)
8. Take note of all your teachers' names
and requirements.
9. Try giving yourself a reward for every
task you've done, you deserve it.
10. Take time to know who to vote as
class officers.
11. Sit with old and new friends
during lunch break.
12. Share your “baon” with your
classmates.
13. Selfie with your squad after class!
(If it's allowed.)
14. Assist teachers in need.
15. Remember five (5) names of school
staff you will meet
16. Familiarize with your Class Saint.
17. Give a kind smile to a stranger.
18. Share feel-good stories to classmates
and friends.
19. Thank the ates in the canteen.
20. Pick up five (5) pieces of trash
before leaving the classroom.



(c) Google Images

BY JASON RODRIGUEZ

San Beda University(SBU) Basketball's various teams roared through the National Collegiate Athletic Association(NCAA) Pacific Rim Championship 2018 held last April 27-29 at the Chulalongkorn University Sports Center, Thailand.

18-under(U18), and against various teams such as Assumption University, Bangkok Christian University, and teams from Japan, Taiwan, and Australia.

They challenged 6 opposing teams in order to steal the crown, and the U13 SBU Basketball Team was able to do this feat, as they defeated Assumption Bangrak in a Finals matchup

SBU competed in the various divisions, 13-under(U13) , 16-under(U16), and

TEAM PILIPINAS-SBC 13-U MEETS WITH PRESIDENT RODRIGO DUTERTE

By Francis De Ungria

After defeating the Thailand Chulalongkorn, 50-40, in a closely fought one-game final of the 2018 Pacific Rim NCAA Basketball Championship, Team Pilipinas-SBC 13-U heads out to meet with President Rodrigo Duterte.

The players were delighted to have visited the Malacañang Palace. “Masayang masaya kami na nakapunta kami sa Malacañang at kaya nung dumating kami dun sobrang galak na galak kami,” said Prince Ray Alao the MVP for the 13-under tournament.

The players, together with their parents and coaching staff had a photo opportunity with President Rodrigo Duterte and Secretary Bong Go. The parents also couldn't keep their emotions as they see their sons visit the President. “We were elated to meet him, na-starstruck kami,” said Rey Alao, Prince's father who could not hide his emotions during the interview with the PNA.

The recent visit will surely leave a mark on their young lives and will give them motivation as they go forward into their young basketball careers.



(c) Google Images

HEAD COACH JB SISON HAS HIS EYES ON THE REAL PRIZE

By Francis De Ungria

San Beda Red Cubs will be looking to reclaim their SM NBTC crown this season. But the chances for a back-to-back looks a bit slim.

The defending champions might face their biggest obstacle yet. Neither key players such as Evan Nelle, Sam Abu Hilleh nor the whole San Beda team who competed in the recently held NCAA juniors season will be suiting up in the 2018 SM NBTC tournament.

“Nagka-conflict kami sa graduation schedule ng Team A, so nag-decide ang school na ang i-field sa NBTC is the upcoming team [Team B] next year,” explained San Beda coach JB Sison in a press conference at the Mall of Asia Arena.

Many had doubts that the Team B will duplicate last year's championship run with its very young and less experienced core.

But no pressure is felt by the team. “Talagang excited sila, halata na ayaw nila mapahiya kasi unang una kasi dala natin ang San Beda, defending champion, so sabi ko 'let's represent it well, malay mo umabot pa tayo sa dulo',” recalled head coach JB Sison.

Indeed San Beda exceeded expectations. Starting the tournament with a win over St. Louis-Don Bosco of Dumaguete by 65 points, 105-40, which was the largest winning margin in that round. Justine Sanchez led the way with 21 points and 8 rebounds.

Carrying the momentum into the Sweet 16, San Beda escaped with a 74-72 victory over their longtime rival San Sebastian led by Jade Talampas with 21 points and 8 boards.

Heading into the next game, the players knew this was their chance to avenge their seniors. They will face La Salle Greenhills the team who ended last year's NCAA season for the Red Cubs in a heartbreaking 3 overtime thriller.

History repeats itself unfortunately as Joel Cagulangan and Inand Fornillos led the La Salle Greenhills to defeat San Beda 69-64.

Even with the loss advancing to the elite eight is no easy feat and doing it with a team full of rookies is something that is impressive.

But for coach JB Sison, bagging home the trophy is not the end goal for the tournament.

“Ibang klaseng experience,” Sison said of the NBTC. “So ang laking bagay ng experience nila, 'yung level nga ng play kasi almost all champions ng UAAP, NCAA, tsaka 'yung Chiang Kai Shek ang nandirito.”

Experience is the best teacher, and this tournament run would be a good experience for the new Red Cubs as they will also represent San Beda in the upcoming NCAA Season 94 juniors basketball tournament.

that went down to the wire.

“Siyempre, sobra akong natuwa at galak na galak na maitaas ang bandila ng Pilipinas,” Prince Alao, one of the players that won the U13 Division Championship, said when asked how he felt about the championship.

Besides the championship, Alao was able to bag the Most Valuable Player Award for their division.

“Sobrang saya ng feeling na maging MVP. Makikita mo na proud 'yong parents mo sa'yo at nagtiwala sayo 'yong coach buhatin ang team dahil as a captain, kailangan natin i-guide tama ang ating mga teammates,” stated Alao.

Nonetheless, the U16 and U18 teams were able to bag their own set of awards, winning 1st runner-up and 2nd runner-up, respectively, in the 3-day tourney that showcased international basketball talents.

“Thankful ako sa kanila dahil sinuportahan nila kami along the way. Sila 'yong naging instruments ni God para ma-serve 'yong blessings Niya sa amin. Sobra rin akong nagagalak sa Team Pilipinas at sa parents naming walang katapusanang sumuporta sa amin. Kahit paos na sila, basta 'pag kami, lahat gagawin nila. Salamat din sa mga sponsors namin, champion po tayo!” Alao said as he gave thanks to those who supported them throughout the whole journey.

Taken from Prince Ray Alao's Facebook page



(c) Google Images



Ut in Omnibus
Glorificetur
Deus



Junior High School
Academic Year 2018-2019