The Official Student Publication of San Beda College Rizal

Junior Bigh School

FEBRUARY-JUNE 2017

ACADEMIC THRUST A.1. 2017 2010. BEDAN EDUCATION: SOCIAL TRANSFORMATION THROUGH BENEDICTINE ACADEMIC EXCELLENCE

ACADEMIC THRUST A.Y. 2017-2018:

BE THE BEST BEDISTA ■ Kirsten Zulaybar and Jason Rodrigue:

we welcome the new school year with the theme, 'Social Transformation through Benedictine Academic Excellence," we also welcome in a new set of opportunities for us to become better versions of ourselves. To some, the new school year signifies a renewed sense of hope within themselves; the hope to outdo their achievements from the previous year, while to some, it may signify a new starting point, in which they learn from their last year's mistakes in order to become the person that they truly wanted to be in school. We may all have different meanings or goals for

There will be things that may end up being an obstacle that might hinder you from being able to perform your best this school year. Here are a few tips before you step into this new school year.

this school year, but one thing all

students want to do for sure is to

be able to come up with the best

output in all activities.

1. Use Your Time Wisely

Very easy to say but very difficult to do: Do not procrastinate. Even though a task seems very easy to do and isn't due the next day, do it. If a project

next month, don't push the task efforts too thin, take a break aside and only bring it up when Everyone has their limits, and the deadline is fast approaching. you should know when to just Start on it as soon as you receive

2. Remember to Take Breaks Even though the first tip stated is to use time wisely, it doesn't necessarily mean that you'll study **3. Surrou** and work non-stop. If you think **od peers** you've already stretched your Meeting new people in a brand 2018!

you should know when to just sit back for a moment to refresh your mind. Resting may seem like a waste of time, but if you don't rest, your mind may burnout and your output might be lackluster 3. Surround yourself with go

new school year is a must and is definitely inevitable as new school year means new sections. And another school year means more Summative tests, Performance Tasks and the like. This is where our classmates come along. It's good to find friends who can help you become a better person for yourself and serve as motivation deportment-wise and academically.

4. Put Yourself Out There

Cliché as it may sound, be confident in what you do and put yourself out there. Participate more often, learn new things, join extra-curricular activities, or even pick a new club. Don't worry too much what people may think of you. If something doesn't work out too well for you, don't stress it, people will forget about it and move on. Have an open mind and be willing to explore new things because opportunities never run out.

Each new school year is a fresh experience always bring about a fresh experience, and amidst all the new teachers, students, classmates, or even lessons you'll meet, don't forget to strive to meet a newer and better version of yourself. Good luck to all JHS students this upcoming AY 2017-









SBCR celebrates a victorious 92nd NCAA Season

Cromwell Ocay

San Beda held a cel- iyon para s ebration to recognize the Back-to-back hard work of our Bedan din ang nakuha at isang hard work of our Bedan athletes. Their hard work eventually paid off because they managed to win the Overall Championship for the Juniors of the NCAA Season 92.

diff dig flaktified at Isafig napakalaking achievement iyon para hayean nilang hindi mapansin." said Keenan Trevor Agquiz, Bedan swimmer for 3 years. continued on page 15

****Siyempre kapag naipanalo ng bawat team ang NCAA, so-ast March 28, 2017, brang laking bagay na San Beda held a cel- iyon para sa school. overall

ADEMICS

Naomi Torcita and Lizzy Visco

academic entire ten months of co-curricular challenges, student body of San Beda the College Rizal.

the school's It was year first academic year that SBCR's JHS student 1 2016-2017 was an included a Senior High body without a doubt took School department, which numerous hits academic, curricular, and means that the curriculum heavier burdens than othof the JHS had been ers, but at the end of the which has certainly tested and modified in year, the Bedans were able the Junior High School order to align itself with to withstand the school student body of San Beda the K-12 curriculum life s challenges, may it as prescribed by the be academic or otherwise.

Department of Education. continued on page 11.







Warm Greetings to all!

Educating the young is a mutual responsibility of the home and the school. Our dear parents, you are the first teachers of our students, and San Beda educators, second. It is vital that we collaborate in all aspects for the education of our children.

This academic year 2017-2018, we are fully set for the full implementation of the K to 12, especially the Senior High School in Grade 11 and Grade 12 of both Manila and Rizal campuses. Great opportunities and challenges are awaiting all of us.

It is my great belief that an active and solid partnership between San Beda and you, our dear parents, highly impacts the character and scholastic formation of our students.

Let us work together for a fruitful and meaningful academic year as I welcome you all. Let it be a year of jubilation for our children, our homes and the school.

Thank you for the trust that you entrusted to our beloved San Beda!

Welcome to San Beda! Welcome to your new home!

Alogin Ma A. Maranan VI

Rev. Fr. Aloysius Ma. A. Maranan, OSB



MESSAGE FROM THE VICE-RECTOR

Our beloved Bedan students,

I extend to you with great joy a very warm welcome!

You expect new challenges going along your way, hopefully though, the experiences of the last academic year made you better persons.

You will not be left alone. The administrators, the faculty members, the personnel and even your parents are ready to help and guide you. May you respond positively.

May you succeed in all your endeavors; your goals and dreams will be realized. This is our prayer for you.

Goodluck! God bless you and your loved ones!



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

MESSAGE FROM THE PRINCIPAL

Peace!

It is with immense joy that I welcome you all for Academic Year 2017-2018. We praise the Almighty God for bringing us together as one Bedan family in the Integrated Basic Education Department, San Beda College Rizal. I share with you the feelings of excitement, joy, and pride to put into life the Catholic Benedictine education and spirituality.

The new school year is full of surprises, challenges and opportunities especially with the Senior High School. We push together our dream towards academic excellence and the integral Christian formation of the different sectors of the school community.

We set our gaze toward one direction to see the fulfillment of the IBED major tasks this academic year:

- A. the intensive character formation among the different sectors of the school community aligned with the school's vision-mission, goals and objectives
- B. the continuous implementation of the K to 12 Program and the preparation of the first graduates of Grade 12
- C. the continuous alignment of the academic and co-curricular programs and activities with the school's vision-mission and goals and with the AY 2017-2018 theme: Servant Leadership and Governance.
- D. the greater involvement of the IBED Community in extension services.
- E. the strengthening of the research culture among the students, faculty, and administrators.

We hope and pray for the realization of these tasks as we strive to become fully human, wholly Christian, truly Filipino, and globally competitive through the well integrated curricular and co-curricular programs and activities.

We stretch forth our arms to the greater fold of the department. I ask therefore everyone to be a role model, a source of inspiration, and a driving force so that the goal of the IBED will be attained.

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 College Rizal as your second home.

Once again, my best wishes to all as we usher in the first full school year of the "Year of the Parish".

That in all things, God may be glorified.





THE VICE-PRINCIPAL MESSAGE FROM



MESSAGE FROM THE PREFECT OF STUDENT

Warmest greetings of welcome, Bedans!

The new academic year has just started and just like any beginning, you are bound to discover new people, experiences and challenges. Let the teachings of Saint Benedict be your guide as you venture in this academic journey you are yet to embark. Take risks, discover new things, and venture to be wise. Remember that your success will depend on how much courage and determination you are willing to employ as you work towards achieving your goals. As Zig Ziglar, an American author, once said, Success means doing the best we can with what we have. Success is the doing, not the getting; in the trying, not the triumph. Success is a personal standard, reaching for the highest that is in us, becoming all that we can be." We must remember that intelligence is not enough. Intelligence plus character - that is the goal of true education.
- Martin Luther King, Jr.

Welcome dear Bedans to Academic Year 2017-2018! Welcome to the Lions' Den - your second home.

We thank God for giving us another chance to journey together with Him. The school's thrust for this year, Academic Excellence and Social Transformation through Benedictine Education is very appropriate with the call of the times. We will respond to it by doing our best. Let's dream, pray and work together. Ora et Labora.

Set your goals. Believe that you can do it. Pray. Work hard. Make it happen! As you go through each day, don't forget to ask yourself: Is what I am doing today is getting me closer to where I want to be tomorrow?

The school's Vision-Mission Statement will be our guiding light in this wonderful journey - that is being fully human, wholly Christian, truly Filipino and globally competitive. Know it by heart, live it!

Rest assured of our full support in your endeavour. Again, welcome! Animo San Beda! That in all things, God may be glorified.

Remedios Infantado-Pamo Vice-Principal, JHS

Be certain that the Office of the Prefect of Student Affairs will always be around to assist and guide you in your voyage towards a productive and exciting school year. May we all have a blessed year ahead of ús!

That in all things, God may be glorified!

Irwin-II E. Edillor Prefect of Student Affairs, JHS



MESSAGE FROM THE STUDENT COUNCIL PRES



Greetings!

It's been two months since we parted ways to enjoy our summer vacation with our family and friends but that time has finally come to an end. Summer is over and school will once again take over.

Welcome dear Bedans to Academic Year 2017-2018, another chapter of our school life!

We are here once again to meet new faces, teachers, and friends -- a new

classroom that will serve as our battlefield in facing the challenges ahead of us and new names to be memorized, issues to be tackled, discussions for us to take note, tests that will measure our capabilities and many more.

Let us dedicate all our future works to our dear parents, who in one way or another contributed so much for our welfare, to our beloved teachers who molded us into becoming a strong educated person, and especially to the Lord Almighty, who is always on our side to guide us in our everyday lives.

On behalf of the Student Council, I wish all of us the best and strive hard to push through the limits to have a fruitful and remarkable academic year.

God bless us all!

"Ut in Omnibus, Glorificetur Deus!"

Keane Dwight S. Sulit Student Council President

San Beda College Rizal Annual Retreat: A Reminder of Teaching as a Calling

hroughout the decades, rie. has long been conducting teachers telling us to keep qui- ers. He teaches not only things community, a family, which us an advice, or to simply be by faculty retreats at the Mont- et, to settle down, or to lessen that could provide us with a continues to grow and flour- our side. serrat Center for Religious the noise. Yet, as we try to do deeper understanding of the ish, and each passing day, we Knowing that we have some-Formation in Silang, Cavite these things, sooner or later world but also the virtues that continue to thrive in strengthwithin the school year. It has we find ourselves fidgeting - could lead us to an everlasting ening it. continued to live up to its aim tapping tables, moving chairs, life. For these teachings to be Faced with numerous chalof Christian formation of the clicking pens, and whatnot. We spread towards His church, He lenges and setbacks, it is no ward and to hope for the better. Bedan community. Thus, it is do anything and everything willed His disciples to follow surprise that we often find no surprise that Bedans never just to fix our uneasiness, not Him and share His teachings ourselves pondering of how fail to acknowledge God as the realizing that we are taking si- to the world. primary player in the efforts, lence for granted. But have we "To be a disciple means being a of strength within the comaspirations, and hopes for the ever tried to ask why? Why do student - to be humble, docile, munity throughout the years. our rector-president, has never upcoming year. These being we need silence? said, one may say that having Fr. Marty Dela Cruz Marcelo, all these require discipline, not revealed the answer to us. So, the Bedan family, especially, the retreat at the starting line of this year's retreat facilitator, for Christ's sake, but for our how did we really do it? How to the heart of it, the students, school year, despite the moun- once said that silence is our own; not to make Him happy, are we to continue doing it? tain of work, is no coincidence way of finding peace within but to allow us to share in His nor accident, rather it is God's ourselves. It is a means of en- happiness," said Fr. Dela Cruz 1. Strengthen ONESELF with providence.

face the days ahead, not only ied in our hearts. These are the vited to go beyond the call of result, it weighs us down, thus pear to be disruptive, for most mentally and physically, but storms we somemost importantly, spiritually.

A VISION FOR THE FUTURE it is to accept, there A lot has been going on lately are inevitable mothat we tend to lose sight ments that these of what's really important, storms cannot resomehow blinded by the ever- ally be controlled changing world we live in. We nor hushed. Thus, unnoticeably have our visions we rely on the eye crowded that we no longer of our storm - SIknow where we are headed LENCE. However, to—no longer aware of the an- the mere idea of it swer to the questions: "What is being the solution my vision as a teacher? What is is my vision for my students?"

to be the molders of the future, again faced with the tempest. life of happiness with God. the architects, and engineers of Nonetheless, silence allows us who sculpt the life of our stu- us, the path that God has given DISTA COMMUNITY dents; for if we fail, they fail.

SILENCING THE STORM

"What is it with silence that makes everyone uneasy? This is one of lines that struck

- the movie, Tuesdays with Mor- DISCIPLINE TOWARDS DIS- hearts."

tering into the spirit of prayer Marcelo. Though we are still at the be- and to be one with God.

times fail to calm, and as difficult as actually what

to surpass the storm and never As Rev. Fr. Aloysius A. Maface it again.

CIPLESHIP

San Beda College Rizal Most often than not, we hear God is the teacher of all teach- faith, have built ourselves a stranger, to listen to us, to give

Being members of the Bedan Baggage—we all have lots of He reminded everyone that, as ginning, it already reaped a lot We all have these ideas inside community and a part of its it, things we did wrongly that their second parents, we are to of great and positive results. It our heads, stresses crammed in foundation, we are called upon might've disappointed others see the goodness of everyone, provided everyone guidance to our bodies, and burdens bur- to live a life of discipleship; in- or, worse, failed God, and as a especially the students who ap-

another and with God in our Whether we like to admit it

we are able to have such kind DENTS

God

down as well. gal, OSB, and Fr. These are only but a few of the

As a part of this ministry - be it wards it, because as most peo- done through complete disci- nity to reconnect ourselves for us of being a strengthened a teacher, administrator, librar- ple know, the eye of the storm pline, for it is through this that deeper with God, and to use community, who with a vision, ian, counselor, we are expected will pass, and hence; we are we are to lead our students to a his presence in us to affect oth- provide inner silence to the

Bedan family, can accomplish As cliché as it may sound, anything with the help of one no man is truly an island.

or not, sometimes all we need We, as a ministry of Catholic is a friend, sometimes even a

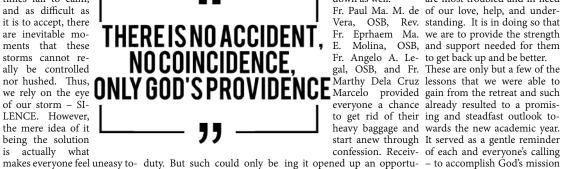
one to lean on at the end of the day is enough to have the strength we need to move for-

Strengthen OUR STU-

Rev. Fr. Aloysius A. Maranan, teachable, and attentive. And Somehow, having the retreat failed to be the guiding light of which was proven when he made an effort to attend this year's faculty retreat despite his busy schedule.

> we weigh others of time they are the ones who are most troubled and in need Fr. Paul Ma. M. de of our love, help, and under-Vera, OSB, Rev. standing. It is in doing so that Fr. Eprhaem Ma. we are to provide the strength E. Molina, OSB, and support needed for them Fr. Angelo A. Le- to get back up and be better.

to get rid of their ing and steadfast outlook toheavy baggage and wards the new academic year. start anew through It served as a gentle reminder confession. Receiv- of each and everyone's calling students and lead them to a life "With confession, we remove of discipleship. It is a reminder the world to come, for it is us to see the stillness surrounding STRENGTHENING THE BE- our baggage. Without it, we that we are not here by accident work light and we influence or coincidence, but because others to work light," said Ms. God willed us to, because this is his Divine Providence.



ranan, OSB said, "We are al- Krisel Dorado, CL teacher. ways faced with challenges, but we, as a community, as a 2. Strengthen OTHERS





ANG LIHIM NA PARAISO NG ZAMBALES

ang magagandang malayo sa karaniwang ng pasyalan, at bahay- m a s i g l a , bakasyunan ang nagkikislapang kung dahilan

Mainit ang naging Subic. pagtanggap sa buong walang bakas ng komunidad ng San maluhong kultura Beda IBED ng Sitio ng siyudad, Beda IBED ng Jus Ing Nombangon sa Subic at simplering Tambales. Tandang-pamumuhay pagbaba namin ng *Bus*, daigdig ng mga isang malaking pangkat batang ito.

ng mga batang Aetas Matatagpuan ang naghihintay amin sa isang simpleng iyon bulwagan ng kanilang malit na paaralan at tahanan na nagsis Aminado akong hindi ako sanay na makakita, dormitoryo Halong Center buhok.

pangamba, takot, at aral at mapagtapos mabuting layunin ay ang mga Aetas. Hinatikasabikan ang namuo ang mga katutubong naipagpatuloy nila hati namin ang mga kasabikan ang namuo ang mga katutubong naipagpatuloy nila hati namin ang mga kanilang misyon pangambaladan.

DARAISO kung ituring ng marami ang Zambales dahil sa taglay nitong ng arabalasing ng mga batang Sa unang araw Ayon pa sa kanya, presentasyong magnabighaning dagat. Ngunit napalitan nagbigay ng mensahe pangamahal ng pangamaha

bakit liwanag sa gabi, maituturing na paraiso at nagtatayugang ang bayang ito.

Mainif ang naging subject Tahimik noon, lamang

> Matatagpuan sa sa lugar na añg gusali nagsisilbing

na balat, bilugan ang mabuting layunin ng instrumento mga mata, at kulot St. Francis Learning panginoon na

pamayanan. Isang madre na magtayo pagkain sa mga Aetas. kumanta at sumayaw.
Ngunit hindi lang malawak na lupaing ng paaralan sa kabila Disiplinado ang mga Ngunit ang mas katotohanang bata.

Nag-umpisa kiñagiliwan ko ay ang pagtatanqhal inila ng kanilang katułubong sayaw na nakaugat kañilang matindinğ pagpapahalaga at pagyakap sa kalikasan.

Sa mga mata ng mga batang ňakita ko kahulugan ang buhay, ng kasiyahan ang at tagumpáy ay hindi nasusukat sa pagtatamasa ng

Ša pag-uwi namin, na pumalahaw sa palihim kong iniluha buong komunidad ang mga alaala at upang ihudyat ang kuwentong nagbigay oras ng pagdarasal. Sa ng kulay sa isang araw isang malit sa silid ay pamina papanati sa isang maliit na silid ay naming pananatili sa nagsiksikan ang mga lugar na iyon ng Subic katutubo at mga guro sa Zambales. Akala kon ng San Beda sa sabay- nagpunta kami roon sabay na pagrorosaryo upang tulungan sila na pinamunuan ngunit higit pa pala ang ng mga batang maiaambag nila sa amin Aetas. Kamangha- bilang mga guro at anak manghang nakatimo ng Diyos. May maiuuwi sa kanilang mga kaming kayamanang puso at nasasalamin maipamamana namin sa kanilang kilos ang sa aming mga magmaging aaral. Sa susunõd gawaing naming pampananampalataya. sana'y muli kar Matapos magdasal ay makabalik doon,

muli kaming



AT ANOMANG ATING HINGIN AY TINATANGGAP NATIN SA KANIYA. SAPAGKAT TINUTUPAD NATIN ANG KANIYANG MGA UTOS ATGINAGAWA NATIN ANG MGA BAGAY NA KALUGOD-LUGOD SAKANIYANG PANINGIN JUAN3:22

Aminado akong hindi paaralan at ang iba'y wala silang sapat na akong humanga sa lahat ng ating nasa at ako sanay na makakita, dormitoryo para sa salapi upang magawa kanila, at sa kung pangarap, kundi sa kung mga gaya nilang sa sa tulong ito. Ngunit ayon sa papaano sila hinuhulma papaano payayamanin sa tulong ng mga kaniya, sa tulong din ng pamunuan ng at pahahalagahan ang telebisyon at aklat ko pribadong sektor ng pananalig sa Diyos, paaralan.

Sektor ng pananalig sa Diyos, paaralan.

Tagsistionig pagalatinasa ng pagalatinasa ng magawa kanila, at sa kung pangarap, kundi sa kung pangarap, sa tulong din ng pamunuan ng at pahahalagahan ang pangarap, sa pagarap, kundi sa kung pangarap, kundi sa ku vunin ng instrumento ng pinatunog ang batingaw Learning panginoon upang na pumalahaw sa mapag- alalayan sila sa kanilang buong komunidad



MATH HONORS' SOCIETY,

Jors' Society sa Metro- apat na puwesto sa bank-MTAP-DepEd Challenge Division Team Fi- gantimpala sa Team Finals. nals na ginanap sa Casimiro noong Marso 17, 2017.

pampublikong sumailalim Eliminations Division Orals Team Finals.

ng San Beda na karapat- goal na maging first place". dapat silang mapabilang Hinui IIII nagpuncu 2 dalawampung baitang siyam na nagtapos pinakamahuhusay Division

Masinsinang pagsasanay ang pinagdaanan ng mga kalahok.

"Pinaghandaan namin ito husto. Nagsasanay kami tuwing Activity Period, unti-unti, dahan-dahan. Mas binigyang tuon namin ang Eliminations". Pahayag ng isa sa pamumuno ni G. Dante develop sa mga tagapagsanay na si Salazar maging sina G. April skills Gng. Joanrae Macarandan.



Cub Recorder Presides Summer Campus Journalism-Seminar for Selected Students

Del Rosario

Atole

for

Additional activities were

editorial

Kirsten Zulaybar

was held last April 17-21, five days. 2017 at San Beda College Rizal to the avail of carethe administrators of the for news writing, Ms. Elvira Theresa Navales, Cub Recorder.

The said seminar was Brian B. Tutor for editorial hosted by Mrs. Jo-Ann writing, Ms. Bernadette Morales, Ms. Ma. Theresa M. Songalia for sports Navales, and Mr. Mark lan writing, Mr Edwin C. Tutay Magallano who acts as the for photojournalism, Mr. Cub Recorder's moderators Marlon J. Nombrado for for academic year 2017- layouting, and Mr. Melvin

Students who partici- cartooning. pated in the said seminar underwent several discussions which were followed held during the first day

Jason Rodriguez Gregorio ng baitang pito umahok ang Math Hon- matapos makuha ang pang-Math Eliminations

Natatangi ang talino at: Ynares Memorial National diskarte ng mga kalahok High School, Taytay, Rizal mula sa baitang walo na Rizal held the TLE acquired, SBC-R was sina Marcus Ancheta, Fredric week with the theme, Siyamnapung pribado Mayuga, at Hart Valdesancho paaralan dahil parehong nilang nakuha lalawigan ng Rizal ang ang unang gantimpala sa in TLE.' mailalim sa Division Written Eliminations at at Team Finals.. Ayon kay Hart: s. Valdesancho "masaya kami: Pinatunayan ng Kolehiyo na-achieve naman namin ang events that let the stu-

na sa pansampu sa Written: Livelihood Education. paaralan matapos makausad Eliminations at pampito sa: Written Team Finals na binubuo nina Eliminations noong Pebrero Allyana Patrimonio, Keane provide opportunities Sulit, at Ellis Caluag.

> Team Finals ang pinatunayan nina Roland Bassig, Pierre Yanga, TLE teacher. Saldajeno, at Eliza Domingo pawang mga baitang sampu.

Naging posible

> Gonzaga, Bb. later of Jurnida Hidakan, real-life guro sa Junior products. High School.

> > the TLE week brought to the students gave the required skills set to enable them to further expose themselves interschool competitions, proven by selected junior high school students.

NAGHARI SA MMC DIVISION TEAM FINALS Greater Opportunities: TLE Week 2016-2017

Ellinor Galang

ast February 2016, 'Greater Opportunities

The event featured Webdesign. dents showcase their

Sulit, at Ellis Caluag.
Pang-apat na pwesto
sa Written Eliminations at prepare for a career,"
ikatlong pwesto naman sa said Miss Barbara

ang that the events held petition during the TLE Team Finals dahil may isang tagumpay na ito dahil na rin during the TLE week Week: buwan kaming paghahanda sa mga naging tagapagsanay helped the students matapos ang Written mula sa Mathematics Area develop certain that could Bb.: later on be used in situations Bb. Dazel Raquid, Bb. Angelica Aragones mga workshops and selling

The development that

With the new skills San Beda College that the JHS students able to join TechnoKids ITCUP 2016, a competition that challenged students' knowledge in ICT, Robotics and

"Nag-print pa ako ng Hindi rin nagpahuli ang knowledge in ICT and basic codes, binabasa ang siyam na nagtapos pansampu sa Written inations at nampito sa "The various activities of the participants and the champion for the Webdesign Competition, pertaining to the preparation that she Barbara had undergone.

Here are the other students who exceled Miss Yanga added in the different com-

> Embroidery Contest Abigail Joan Lorenzo Silver. Janna Reigh Racho Bronze: Lian Iñigo Prejula

<u>Jazz Up Your Cookie</u>

Gold: Justinne O. Bonalos Tricia E. Oblepias Ellyza M. Salatandre

John Exequiel Corpuz **Eunice Apolinario** Mikaela Ponte

> Kirsten Zulaybar Justin Guiab Nicole Palmares

Digital Art Competition Denise Macaraig Silver: Lara Gonzaga Bronze: Manuel Lasig

Sumobot Challenge

Miguel Valdez Mikhaela Tuliao Angelo Valenzuela John Darryl Salunat

Silver: Phoebe De Leon Tommy Lee Lantano Jonas Bryan Bohol Francis Angelo Sanduco

Bronze: Sofia De Castro Dana De Leon Allyson Leigh Reyes Andre Philip Rosal

T-Shirt Printing

Carlos Guanzon Jhohaira Mocsin **Austin Saito**

Silver: Kenneth Dabuco Francis Palma Kevin Fulgencio

Stephen Roan Judette Mortillo Dorothea Garcia

A seminar-workshop on by a writing workshop of the seminar such as the Mr. Mark Ian Magallano, a glimpse of the world of Campus journalism from 7:30am to 4pm for leadership training headed and the briefing of the journalism. [It is] also to by Ms. Ela Deniega and responsibilities of the prepare them for the challong at San Beda College.

Ms. Gleselle Ramilo, the editorial board by Mrs. Jo- lenges of the next aca-The lecturers were Ms. overview of what campus Ann Morales. fully chosen students by Jonna Bernadine P. Lacerna journalism is by Ms. Ma. Reyes for discussion about the code ducted this seminar] is

the "[The reason why we confeature writing, Mr. Richard of ethics in journalism by primarily to let them see



demic year," Mr. Magallano explained.

Mr. Magallano added that it is better to enrich the 'inner future journalist' of the selected students for the improvement of the club. He said that campus journalism requires a lot of skills, patience and hard work, that is why the students need to imbibe those qualities through the seminar-workshop.



PUSO AT SERBISYO: SC 2017-2018

Ellinor Galang

kakamay han, may iilang nag-aasam lang subalit bilang silang may lakas ng loob at puso makapaalinakod lamang."

2017 arso ana baitang pito, walo, at siyam ay nagkaroon ng pagkakataong pumili at makaboto pinunong ng maglilingkod Junior High School.

Ngayong pasukan atina lang kilalanin. Patutunayang kaya nilang mabilang muno Student Council ngayong Taong-Panuruan 2017-2018 San Beda College-Rizal.

Narito ana iba't ibang katangian ng isang epektibong pamumuno:



#1 Makiisa

Sa kabila ng pagkakaiba-iba ng bawat mamamayan sa lipunan, kailangan nating magtulungan at magkaisa tungo sa hinahangad na layunin.

KEANE SULIT resident



Mahalaga sa sinomang namumuno ang pakikinig sa mga saloobin at pangangailangan ng kanyang nasasakupan ngunit higit na mahalagang umaksyon upang masolusyunan ang suliranin.

> LEIGH SARIO & REYCHEL PANGANIBAN External & Internal Vice-Presidents



#3 Pantay na Pagtingin

Binibigyan ng sapat na pagkakataon ang bawat isa upang sabay-sabay na matamo ang pag-unlad at pag-angat ng kanyang pagkatao.

TIEN TIAMZON Secretary General



Nararapat lamang maging responsable ang isang pinuno sa kanyang mga kilos at handang panagutan ang anumang magiging epekto ng kanyang mga naging desisyon.

> JOY ARCIGAL Assistant Secretary General



#5 Mahusay at Maparaan

Kakayahang matugunan ang anomang pangangailangan sa kabila ng balakid sa limitadong resorses upang maging mabisa ang implementasyon ng mga plano.

MITZI LEONARDO



Paraan ito upang maipabatid sa kanyang pinaglilingkuran ang mga gawain, plano at hangarin sa ikauunlad ng komunidad. Epektibong pama-maraan ito upang maibigay at makuha ang kanilang pagtitiwala.

MARIAN LITUANAS Auditor



#7 Pagtugon

Nararapat na ang isang pinuno ay may kakayahang maitama ang mali at gumawa ng hakbang para sa ikabubuti ng lahat.

MICHAEL GARAYGAY Public Relations Officer

#8 Pagtalima

Ang kakayahang makinig at tugunan ang mga pangangailangan ng lahat na sumasang-ayon sa tamang moralidad.

AKI GUANZON Grade 10 Batch Representative



#9 Pakikiangkop

Kakayahang umangkop sa mga hindi inaasahang sitwasyon at abilidad na bumuo ng panibagong plano.

FAITH LOQUE Grade 10 Batch Representative

#9 Pagpapatupad ng Batas

Patas na paghuhusga sa mga pangyayari na naaayon sa batas.

LEONARDO NICOLAS Grade 8 Batch Representative



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MANAGING EDITOR Lizzy Robyn Visco CIRCULATION MANAGER Ellinor Galang **EDITORS**

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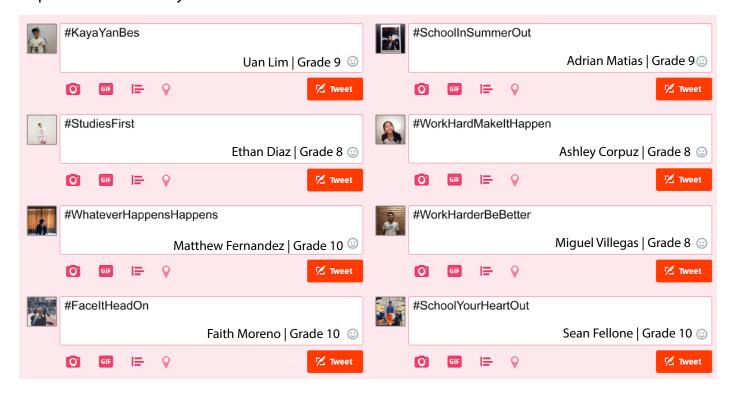
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WHAT'S #HASHTAG THIS A.Y. 2017-2018?

What's your mantra this year? We've asked students from different grade levels what they expect this academic year 2017-2018:





The Cub Recorder is the offical publication of the student body. They are the ones who help make the student's voice be heard throughout the whole Bedan Community. In line with this, here are the members of the Editorial Board this A.Y. 2017-2018.



KIRSTEN ZULAYBAR Editor-In-Chief

POLITICS It's our right and responsibility to be aware of the decisions made by the government we voted for.



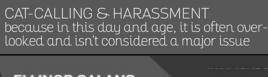
MENTAL HEALTH Not all illnesses are seen by the naked eye

SOFIA ALFORTE Associate Editor (Grade 10)



JASON RODRIGUEZ Associate Editor (Grade 9)

GENDER EQUALITY To showcase the capabilities of the opposite sex. that society tend to downgrade



LIZZY VISCO Managing Editor



ELLINOR GALANG Circulation Manager

MUSIC Music is always evolving, and that is what I adore the most about it. I want to expand my knowledge in both music and journalism.



NAOMI TORCITA News Editor



STELLA SUZUKI Opinion Editor

SEXUAL ORIENTATION DISCRIMINATION I want to change what I believe is unfair judgement and prejudice towards this topic.



ERNEST TUAZON Sports Editor

UNIQUE CULTURE To emphasize different beliefs for every country es-pecially on superstitions and manners because that is what defines a country. CHARLISE ALAGON

Science Editor

CLIMATE CHANGE & GLOBAL WARMING To deepen my knowledge on this topic in order to be able to share what I know & in that way, raise awareness to this deadly crisis.



SPORTS
So I can venture into sports I'm not familar with and to develop my knowledge about sports other than basketball.

MEDICINE AND HEALTH ISSUES so as to help encourage a healthy lifestyle for the members of the Bedan community.

CROMWELL OCAY Head Photographer INEQUALITY & INJUSTICE
I don't want to write about a sugarcoated reality,

about it

LARA GONZAGA Head Cartoonist but rather to impose and expose the harsh truths



KEANNA AZANION Head Layout Artist

HISTORY I believe it's something victors, hopefully us journos write about



LIONS ROAR IN ACADEMICS

Naomi Torcita & Lizzy Visco

The following are the top ten students who have excelled in academics from each batch of the JHS department, and the top fifteen academic achievers from the grade six level, who amidst the struggles and adjustments were able to reap what they have sown throughout the school year.

All of their hard work earned them their spot at this prestigious list of diligent, responsible, and brilliant students.

As they are all moving up a grade, it is to be expected that the next school year will always be harder than the previous.



GRADE 6 TOP FIFTEEN

- **1.** Perri Poleen M. Pangilinan
- 2. Sean Henric M. Ortiz
- **3.** Julianne Ashley Z. Villena
- **4.** Sophia Bianca S. Alcantara
- **5.** Vic Exequiel M. Maristela
- Luigi Miguel C. Centero
- Wilfred Lance A. Dela Rosa
- 8. Paula Althea V. Trajano
- **9.** Jack Vincent L. Atienza
- **10.** Leira Gale D. San Sebastian
- **11.** Andrienne Brielle G. Kuizon
- **12.** Julianne Rose O. Altubar
- 13. Wesner III C. Almin
- **14**. Patrick Danel G. Alejandro

GRADE 7 TOP TEN

- 1. Elvin Henrik S. Elum
- **2.** Miguel Nathan M. Padrigon
- 3. Kyria Andrea L. Servando
- **4.** Charlisse Cassandra R. Alagon
- 5. Ylec Juriel T. Tabara
- **6.** Keanna Elise C. Azanion
- **7.** Aliyah Francesca R. Santiano
- 8. Astrid llyse S. Medina
- **9.** Gayle Ayette C. Barrera
- **10.** Erin Dominique H. Gondra

15.

GRADE 8TOP TEN

- 1. Ann Dannah L. Del Mundo
- 2. Joy Ciarra Mae C. Arcigal
- **3.** Justin Vincent O. Altubar
- 4. Eriko B. Suzuki
- **5.** Cleorine Faith C. Loque
- **6.** Marcus Gene R. Ancheta
- 7. Hart Roel M. Valdesancho
- **8.** Christian Thomas Soriano
- **9.** Czarina Anne P. Napa
- **10.** Jason Rafael R. Rodriguez

GRADE 9 TOP TEN

- 1. Allyana Jeisey Q. Patrimonio
- 2. Ethan Richard F. Lee
- **3.** Miguel Antonio A. Bernardo
- **4.** Keane Dwight A. Sulit
- 5. Faith Anne C. Moreno
- 6. Sofia D. Alforte
- Michael Abram A. Garaygay
- **8.** Carlos Antonio Guanzon
- **9.** Hans Miguel S. Salazar
- **10.** Austin Christian R. Saito

12 — cub recorder -



BEDANS CUNFOLD THE MYSTERIES OF ASTRONOMY

Ced Fernandez

an Beda College -Rizal held its first Stargazing activity on March 3, 2017 at the school's Mendiola Hall. Members of the BIOSCICHEMPHY, Bedan Research Organization, and Science Enthusiasts' Society, along with the administrators, got the chance to witness and learn about the different heavenly bodies through the activity sponsored by the Grade

• • • • • • • • • • •

Dead

School and Junior High School Science teachers spearheaded by their coordinator, Ms. Sophia Estabillo.

"We came up with the idea of organizing a Stargazing activity with the hopes of not only deepening our students' knowledge of Astronomy but more importantly, building in them better appreciation of God's wonderful creations," Ms. Estabillo said.

Mr. Pablo Cajigal

a Senior High School teacher from Beda College-San Mendiola, was guest speaker invited by the Science Area to guide and assist the participants of the event. His brief lecture explored the Earth's moon, the planets of the Solar System, and various celestial objects. Through his telescopes, studentparticipants got the chance to view the various heavenly bodies in the sky. The gloomy weather did not dampen the spirits of the participants; rather, it enticed them to peer into the telescopes because it was the only way to see the moon.

Angela Pamo, a member of the Pre-Medicine class and one of the participants of the event, said, "I have always been a big fan of the heavenly bodies and I was amazed at how the telescopes amplified my love for

them. I was especially astounded at how I can see the surface of the moon from this distance."

After the stargazing activity, students went home with a deeper understanding of the characteristics and behavior of the celestial bodies they were able to observe outside the four walls of a classroom and beyond the pages of their books.

Great Barrier Reef: Dead or Approaching its Last Breath?

■ Charlise Alagon

The Great Barrier Reef in Queensland, Australia is the largest living thing on earth, so big that it can be seen from outer space.

Named a UNESCO World Heritage Site in 1981, this reef is home to countless species of colorful fish, mollusks, starfish, turtles, dolphins and sharks. However, will this 2,300-kilometer-long ecosystem be called "living" for long?

> Is the Great Barrier Reef still living, or should it be otherwise

known as the "largest dead thing on earth"? While a lot of sources claim that the Great Barrier Reef is dead, some other sources say that some parts of the reef are still alive.

To clear things up, the answer to the mighty question is NO – the Great Barrier Reef isn't dead, but it is dying.

What causes coral reefs to die anyway? The answer is 'coral bleaching'. Coral bleaching takes place when ocean temperatures are warmer than normal. This causes the algae in the coral to leave, which causes the coral to be stressed.

Algae is vital for a coral's survival and without it, it loses its major source of food which turns the coral white or very pale and leaves the coral vulnerable to disease. If coral stress is prolonged because of algae loss, the coral eventually dies.

Luckily, algae can come back to the coral if water temperatures cool down and make it healthy again, but with the earth's rising temperature, coral reefs experience difficulty in regaining algae.

Reefs have experienced mass bleaching throughout the years, but what happened in 2016 was by far the worst coral bleaching the Great Barrier Reef experienced so far.

In 2017, the Great Barrier Reef was hit again which left it at a terminal stage.

Recently, researchers shared that hundreds of miles of the reef's northern sector were found to be dead, killed by the previous year's overheated waters.

"In the north, I saw hundreds of reefs — literally two-thirds of the reefs were dying and are now dead," said Terry P. Hughes, an Australian Research Council Laureate Fellow and Director of the Australian Research Council (ARC) Centre of Excellence for Coral Reef Studies.

More southerly sections of the reef are now bleaching and are at risk of dying.

"We didn't expect to see this level of destruction to the Great Barrier Reef for another 30 years," said Professor Hughes.

Other researchers such as Dr. Andrew Hoey, and Dr. Anne Hogget also shared their devastation saying that what they've seen was far worse than what they thought.

As global warming continues to threaten not just the world's coral reefs, but the whole world itself, researchers, environmentalists, and the like continue to warn us about its consequenc-

With the continuous emission of greenhouse gases, it's not impossible for the Great Barrier Reef to completely die, but with the international effort to put climate change to a stop, the Great Barrier Reef may be given a chance to be great again.

How DEAD is the GBR?



WELCOME. NEW TEACHERS!

s part of the Bedan tradition, we welcome the new members of our community with much hospitality. We are Avery excited to see the new faces of those people whom we will meet everyday and will impart learning to our explorative minds. Cub Recorder will present new teachers by batch in every issue. Here are the first six educators:

We ask them the question: What should be the main goal of education?



NUMBER RULES THE UNIVERSE.

- PHYTAGORAS

Ms. Rio Jane Diaz **BSE Mathematics** University of Santo Tomas

Ms. Joanna Mæ Diga BSE Mathematics Ilocos Sur Polytechnic State College



ANSWER:

To help the students not only to be a man of success but also to be a man of values

ANSWER: To be able to serve the common good of our community



THE GREAT HOPE OF THE SOCIETY IS IN INDIVIDUAL CHARACTER.

- W. CHANNING

Mr. Franz Joseph Buendia AB-BSE Social Studies University of Santo Tomas

Mr. Dominic Zarate BSE Araling Panlipunan Rizal Technological College



ANSWER: Education should gear towards social change and development.

ANSWER: To produce citizens who practice good living, who are righteous and God-fearing



A REALLY GREAT TALENT FINDS ITS HAPPINESS IN EXECUTION.

- J.H. VON GOETHE

Mr. Joseph Companero BSE Physical Education Polytechnic University of the Philippines

Mr. Enrique Romeo Martin Bachelor of Music in Music Education Philippine Women's University



ANSWER: To develop students' (Education) should improve each generation over intellectual and spiritual character the preceding one, learn, grow and succeed.

YEAR ROUND CALENDAR A.Y. 2017-2018

Dates are subject to changes.

August 16-18 - 1st Quarter Exams October 25-27 - 2nd Ouarter Exams November 6-Resumption of Classes December 20 - Start of Christmas Break January 3 - Classes Resume

January 17-19-3rd Quarter Exams January 26-28-FROLICS 2018 March 20 - Recognition Day (Grade 7-9) March 21 - JHS Completers' Ceremony (Grade 10)



tial Law in Mindanan

Filipinos scattered PATRIMONIO throughout the Although a lo

ANONYMOUS

Filipinos scattered throughout the globe have their own thoughts and opintial Law, I do believe it issues in the technique and the past through the declaration of Martial Law is one of tution then is different to those who have expenses the most controversial from what we have now. perienced human rights the declaration of Martial Law, I do believe it issues in the terms of why many people don't and makes the democratical law. ions on Martial Law. was the right decision. Pres. Rodrigo Duterte. I want this. In addition, I racy in our country con-People have their our perspective of see it fitting for it to be saw a letter from a cititinue to weaken. Who martial Law has been made. Though, one of zen in Mindanao. It says can stop the decline of messed up due to our the problems that I see that they are ready for democracy in our countrict explanations as but the reality is, there Mindanao. If there already heave is no reason to fear it if would be any reason, a lot of times and they we are a government of the past is would be any reason, a lot of times and they we are a government of the past is would be any reason, a lot of times and they we are a government of the past is would be any reason, a lot of times and they we are a government of the past is would be any reason, a lot of times and they we are a government of the past is would be any reason, a lot of times and they we are a government of the past is would be any reason, a lot of times and they we are a government of the past is would be any reason, a lot of times and they we are a government of the past is would be any reason, a lot of times and they we are a government of the past is would be any reason, a lot of times and they we are a government of the past is would be any reason, a lot of times and they we are a government of the past is would be any reason, a lot of times and they we are a government of the past is would be any reason. it to be so, that at you haven't done any- it would probably be to are prepared. times, it makes us ponder over their opinion and some-fellow Filipinos, should Luzon and Visayas, are The Art of War: "Ap- The declaration of how even change understand the impor- alarmed by this. They pear weak when you martial law in Mindour own. Therefore, tance it will play to re- see this as an opportu- are strong, and strong anao is not exactly the let us look into the different perspectives our follow Potives our fellow Be- what we think is right, are also worrying about a roster of about 200 taken into consider-

are: If the government ed sooner. should never have been feel first.

the people, by the peo-

The declaration of best move but it's not a mistake neither. There Abu Sayaff Group has are many factors to be dans have about we should be unified in any abuse from the mil- to 400 active fighters ation such as abuse of President Duterte's supporting our country itary and the police. Of while the Armed Forces power, abuse of human for it is the best we can course, many of these of the Philippines has rights, and the possible do in times that harmopeople are worrying be- 1,000x larger roster of aftermaths. Martial Law in Mindanao ny is destroyed. Cause the events from active and reserve memis a gamble. There are bers. Unfortunately, the many possible effects bers. Unfortunately, the many possible effects

ASG is in its weakest that may be good or
in its 26-year history. bad. I believe martial
Obviously, the organi- law should have been zation with ISIS-linked avoided in the first splinter groups such place but what is done as the Maute Group, is done. A better action shows strength but is would be to fight the actually weak inside terrorists with full force AFP It's like coating a rust- without implementing "So sa amin, yung spokesperson Colonel in Fidard Areyalo poong it would appear strong best move now would Tarawi City — Ang what's happening in Edgard Arevalo noong but is actually rusting be to completely elimibreak it easily anytime. fast as possible so that so called and a strong force could nate the terrorists as Martial Law may be lift-

This is just a specula-

er, silence critics and It is controversial, yes.

MAUTE KASAPI

Sofia Alforte

Philippines (AFP) na ni Jessica Soho. kinilala ng Islamic

May 23.

grupong ito ay ISIS.

Marawi City — Ang What Shappenng — Ang dating lokal na Marawi kino-consider May 22 teroristang organ- namin they are acisasyong Maute Group knowledged by ISIS." na ngayon ay tinutur- ani ni Gen. Eduardo qroups

Ayon pa kay Pangu- pagpapansin sa long Rodrigo Duterte internasyunal na mang mga nangyayari sa Mindanao ngayon ay "purely ISIS".

Ayon pa kay Pangu- pagpapansin sa long Rodrigo Duterte internasyunal na Sa ngayon ay pinag- with human rights violation. AFP operations should be enough to declare victory against the pagpapansin sa mang atensyon ng ISIS. kung isasama ang should be enough to declare victory against the pagpapansin sa mang atensyon ng ISIS. kung isasama ang should be enough to declare victory against the pagpapansin sa mang atensyon ng ISIS. kung isasama ang should be enough to declare victory against the pagpapansin sa mang atensyon ng ISIS. kung isasama ang should be enough to declare victory against the opposing forces, just like the similar battles should listen to what in the past. Martial Law the people of Mindanae. Maute ay masidhing nakukuha.' mo ang nagsabi na ang pangambang dulot ng ganisasyon. mga terorista.

Ayon kay

who ing ng Philippine Na- Año, hepe ng AFP sa posing to be ISIS, they:knew beforehand that tional Police (PNP) at panayam niya sa State are merely courting it can be easily resolved tion since all we can do Armed Forces of the of the Nation Program the acclamation of because of the clashes now is wait and observe Philippines (AFP) na ni Jessica Soho.

ISIS na hanggang and tensions that hap- what will happen. ngayon ay hindi pa pened in the past, then kinilala ng Islamic
State of Israel and Syria (ISIS).

Ito ay salungat sa rin nila nakukuha.

Ito ay pagkatapos ng ginawang pagsalakay ng nasabing grupo sa

Marawi City noong

May 23

Ito ay salungat sa rin nila nakukuha.

Ito ay salungat sa rin nila nakukuha.

Ito ay salungat sa rin nila nakukuha.

Martial Law? Because the threat is being exaggerated for political purposes. With the imposition of Martial Law, Duterte's implementation of Martial Law in ang mga pagkilos ng ay hindi pa rin nila ment to grab more pow
Mindi pa pened in the past, then why did they declare Martial Law? Because the threat is being exaggerated for political purposes. With the imposition of Martial Law, Duterte's implementation of Martial Law in ang mga pagkilos ng ay hindi pa rin nila ment to grab more pow
Mindi pagenation in the past, then why did they declare Martial Law? Because the threat is being exaggerated for political purposes. With the imposition of Martial Law, Duterte's implementation of Martial Law in ang mga pagkilos ng ay hindi pagenation natural purposes.

May 23 ang mga pagkilos ng ay hindi pa rin nila ment to grab more pow- Mindanao as necessary.



SBCR celebrates a victorious 92nd NCAA Season

Cromwell Ocay

ast March 28, **_**2017, San Beda held a celebration to recognize the hard work of our Bedan athletes. Their hard work eventually paid off because they managed to win the Overall Championship for the Juniors of the NCAA Season 92.

"Siyempre k a p а naipanalo ng bawat team ang NCAA, sobrang laking bagay na iyon para sa school. Back-to-back overall din ang nakuha at isang napakalaking achievement iyon para hayaan nilang hindi mapansin." said Keenan Trevor Bedan Agguiz, swimmer for 3 years.

A mass was held the at St. Bede's

was led by Rev. Fr. Aloysius Ma. Maranan, Α. the OSB, school's rectorpresident. celebrated for victory of San

Courtyard that back-to-back championship marker was to presented the Bedan community that serves as a sign This mass was of the historic

recognition for their undying effort to train in their sport to be able to claim the championship.

"Madalang mayroong na school

performed bv various talented groups such as the Redz-In-Beat and the faculty band known as Bayaban.

"There will obstacles, there will be doubters, there will be mistakes but with work, there are no limits," Ms. Ma. Theresa Navales said, an English teacher and one of the hosts of the victory party.



THERE WILL BE OBSTACLES. THERE WILL BEDOUBTERS. THERE WILL BE MISTAKES BUT WITH WORK THERE ARE NOLIMITS

the athlete's long haul all through out the season that eventually paid off.

After the mass, unveiling of the

Beda this 92nd season of the NCAA.

athlete Each was given of certificate the recognition for their certain sport to give

back to back champion. Masaya proud ako para sa school kasi hindi lang tayo nag-eexcel academics, pati na rin sa sports," said Danelline Leigh Sario, a Bedan football player for 5 years.

While the Bedan athletes got busy eating and celebrating intermission numbers were

Every athlete went home with a smile in their face but with a bigger responsibility and challenge ontheir shoulders, and that is to sustain or to surpass what they have accomplished for this season.





)AN ATHLETES SI l J-16 BA9

Ernest Tuazon

7ith all pride and honor, three great Bedan athletes represented our country in the recently concluded SEABA U-16 Tournament held at the Smart Araneta Coliseum from

May 14 to May 18, 2017. The Bedans in the lineup were RC Calimag, Joshua Lazaro and Migs Pascual.

They prepared for at least 3 and a half months for these games, and the preparation eventually paid off, with all 3 players pouring in pretty good numbers throughout the tournament.

Calimag had a great performance in the Finals which gave them the ticket to the FIBA Asia U-16 Championship, **Pascual** dished out many passes that were converted to points which helped them to get easy points in the paint,

and Lazaro was a huge factor in the paint, grabbing rebounds and blocking shots.

We had the chance to interview one of the key players of the championship team, San Beda's very own Joshua Lazaro.

Q: How was the experience playing for Batang Gilas?

Joshua: It was a fun, and at the same time, an overwhelming experience because I really did not expect that I would be included in the final lineup because many good players came to the tryout last January.

Q: What did you learn from **Batang Gilas?**

Joshua: Aside from what I've learned in basketball, I also learned to be more independent because I had no contact with my family for one week.

Q: What are your plans after **Batang Gilas?**

Joshua: Now, our practices are continuous since we're preparing for the upcoming FIBA Asia U-16 Championship because the competition will be even tougher.

Q: What is your message to the **Bedan community?**

Joshua: It just goes to show that San Beda breeds some amazing talent. It also shows that San Beda doesn't only excel in academics, but also in the field of sports.