

ANG OPISYAL NA PAHAYAGANG PANG MAG-AARAL NG UNIBERSIDAD NG SAN BEDA SENIOR HIGH SCHOOL

BEDAN ROAR

TOMO III BLG. 1 UNANG LATHALA





Lupong Patnugutan

THE BEDAN ROAR

OPISYAL NA PAHAYAGANG PANG MAG-AARAL
UNIBERSIDAD NG SAN BEDA RIZAL
SENIOR HIGH SCHOOL
T.P. 2019-2020

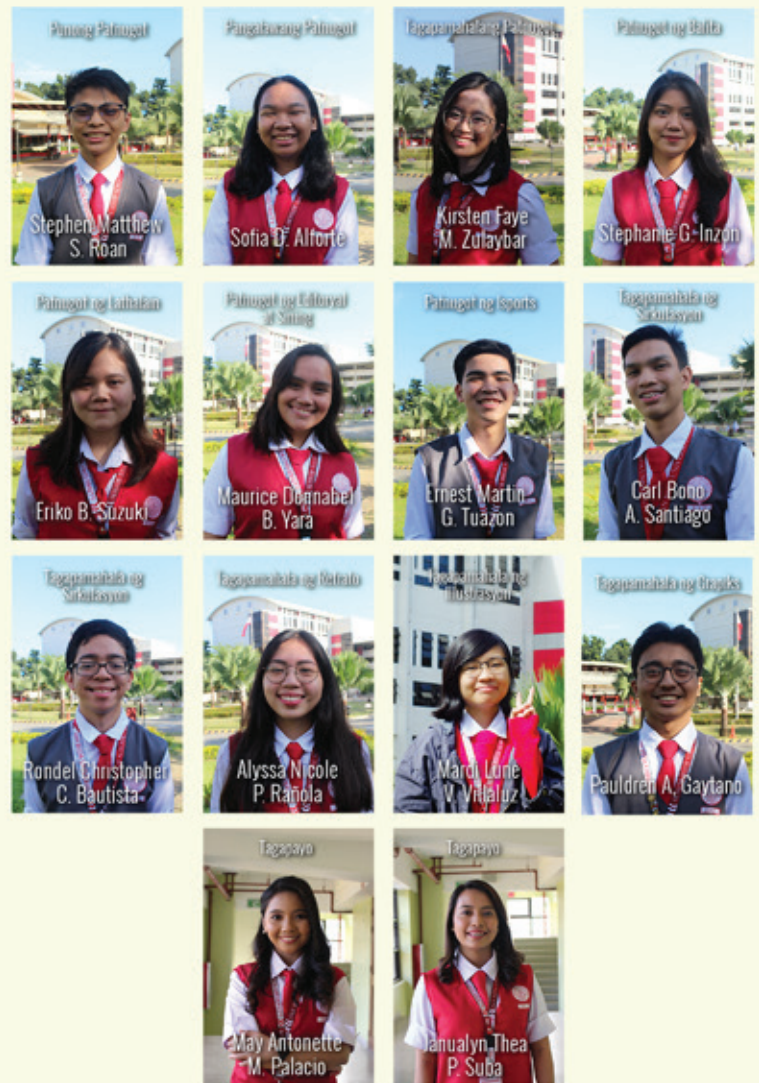
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Mga Nilalaman

- 01 Ang Mamatay nang Dahil Sa 'Yo
- 04 Bagong Kabanata, Binuksan sa Orientation Program 2019
#BagongYugto : Seniors' First Day High
Bedan Community Celebrates Solemnity of St. Benedict
SBU-Rizal Naglunsad ng Career Symposium para sa Baitang 11
Resiliency Taught at Grade 12 Guidance Symposium
Mga Pangkat Etniko, Artista, at iba pa, Ibinida sa San Beda
SBU hosts Urban SEED 2019 International Conference
Genyo Spearheads Cyberwellness for Students Syposium
New SC Officers Inducted
Senior High School Homeroom Officers Attend HOLT
Sub-Com Members and Club Representatives Screened
Chinese Fishing Vessel Sinks Philippine Boat in WPS Collision
Protesters Gather in Hong Kong Streets
DOH declares Nationwide Dengue Epidemic
- 08 Taunang Integration, Idinaos!
- 10 Buwan ng Wika, Ipinagdiwang sa San Beda
- 12 TweeTula 2019
- 13 New Noble Bedan Heroes
- 16 Benedictine Consciousness Celebration
- 17 TBR Makes The Scene at The 15th Word Cup
- 18 Stop Climate Change
- 19 Polyglu - Mother Nature's Next Best Friend
- 20 Tara na sa Taytay Tiangge
- 21 2019 Year of the Youth: Mission of the Filipino Juveniles
- 22 Hugyan: Sigaw Ng Atletang Bedista
- 24 Embracing the Challenge
- 26 Red Cubs Grab 2nd Place in 13th Filoil Preseason Cup
- 27 The Red Jins Gear up for the 95th NCAA Tournament
- 28 What's Next for Gilas Pilipinas?
- 30 Glimpses

Ang Mamatay Nang Dahil Sa'yo



Eriko B. Suzuki at Justin Vincent O. Altubar

Sa kasalukuyan, nakaririnig tayo ng mga pahayag na pagmamahal sa iyong bansa – para mapagtibay ito – literal na kinakailangang ialay ang sarili mong buhay. Ngunit, ganito na ba talaga ang tanging depinisyon sa nasyonalismo? Sa pagpilit ng pagsali sa ROTC, sa pagtatak sa utak ng mga bata na kamataya't karahasan ang sagot, hanggat dumating sa punto na tinat-anong kung “Mahal mo ba talaga ang Pilipinas?” kapag hindi ka sumasang-ayon sa desisyon nila.

Nakatanggap nang maraming kritisismo ang pamahalaan nang lumabas ang balitang naipasa ang House Bill 8961, na iniutos ni Pangulong Duterte, na may layuning gawing mandatory ang Reserved Officers Training Corps (ROTC) para sa Baitang 11 at 12. Maraming nagnanais na mabalik ito upang maturuan ng moral at spiritwal na asal, pagmamahal sa bansa, paggalang sa karapatang pantao, at pagsunod sa Saligang Batas.

Subalit, may ilang mga naging isyu ang pagsasakatuparan ng ROTC noon. Isa na rito ang pag-

kamatay ni cadet Mark Chua dahil 'di umano'y ibinunyag nila ang katiwaliang naga-ganap sa ROTC sa pahayagan ng kanilang paaralan. Sinasabing matapos malathala ang kaniyang artikulo, siya ay nawala kinabukasan. Natagpuan na lamang ang kaniyang katawan sa Ilog Pasig na nakabalot ng karpeta. Kinakailangan nating lumaban, hindi sa marahas na gawain, bagkus sa ating paraan ng pamumuhay. Huwag nating iwanan ang Pilipinas sa ating pagtanda. Bagkus, ialay natin ang ating buhay, nang sa lahat ng ating ginagawa at hinahangad ay para sa kaunlaran ng ating bansa.



CHINESE FISHING VESSEL SINKS PHILIPPINE BOAT IN *West Philippine Sea Collision*

By LOUISE ANDREA B. BUATES

Filipino boat "F/B GEMVER" was hit by Chinese fishing vessel "Yuemaobinyu 42212" around the midnight of June 9 in the West Philippine Sea.

The Filipino boat carried 22 fishermen who sailed out from San

Jose, Occidental Mindoro to fish near Recto Bank. The local fishermen have been fishing in the area for decades due to abundance in marine resources.

Most fishermen and crew members aboard the local boat were asleep at the time of the incident from nearly 2 weeks of catching fish. Out of nowhere, the Chinese vessel rams the back of the Filipino vessel, leaving a hole that causes the boat to sink from the rear.

The fishing boat eventually sank, and the Chinese vessel only flashed its light towards the wreckage, sailed away, and never returned.

After the collision, a Vietnamese boat rescued the Filipino fishermen after four hours in the sea, and safely returned the fishermen to their families.

Incidentally, in 1975, June 9 was also declared as the annual commemoration of the Philippines-China Friendship Day. This signified the established diplomatic ties of the two nations, marking the night of the incident as its 44th anniversary.



DOH ANNOUNCES NATIONWIDE DENGUE EPIDEMIC

by CHRISTINE JAYO

As of August 6, 2019, the Department of Health (DOH) has declared a national dengue epidemic with the increase of dengue cases.

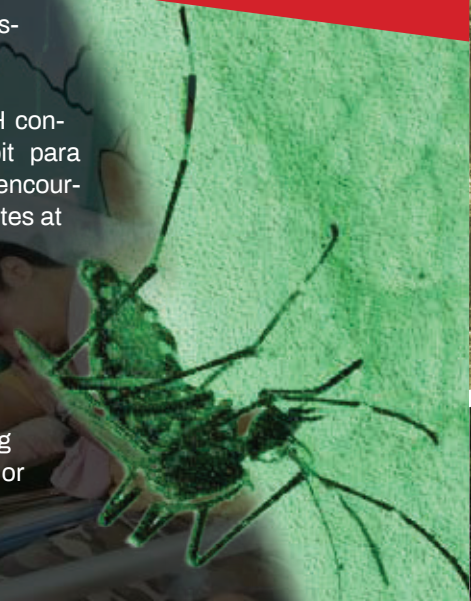
Dengue peaks during the rainy season in the months of July and September. It is a mosquito-borne disease and can lead to symptoms of fever, headaches, and nausea. These mosquitoes breed in the presence of stagnant water found in flower vases, cans, rain barrels, old rubber tires, others.

According to the World Health Organization (WHO), a total of 167,607 dengue cases along with 720 deaths were recorded between January 1 and July 27 which was 97% higher than reports from 2018 with a Case Fatality Rate (CFR) of 0.43%. The common victims are children from 5 to 9 years old which

compose 23% of recorded dengue cases and 43% of all reported deaths.

As their primary intervention, the DOH conducts the "Sabayang 4-O'clock Habit para Deng-Get-Out" wherein everyone is encouraged to eradicate mosquito breeding sites at 4PM every day.

In addition, the DOH advises everyone to practice the 4S Kontra Dengue strategy: Search and Destroy, Self-Protection Measures, Seek early consultation, and Say yes to fogging when there is an impending outbreak or a hotspot.



PROTESTERS GATHER IN HONG KONG STREETS

by STEPHANIE INZON

Millions of protestors in Hong Kong have rallied the streets since early June, calling for the government to comply to their demands.

The protest was sparked by an extradition bill that would enable transportation of criminals in Hong Kong to face trial in mainland China, and other notable countries where the crime was committed.

The temporary suspension of the bill did not appease the protestors as they demand complete withdrawal, together with the following: Critics observed the tightened control of China over

- To dissociate the word “riot” from protests
- To grant pardon to arrested protestors
- To have independent instead of An independent
- To strengthen the citizen’s right to vote

the city. Anti-government groups say that the proposed bill might be used to silence the opposition.

Hong Kong police resorted to firing rounds of tear gas and rubber bullets to cease demonstrations. The Chinese army also released an anti-riot video which was seen as a warning by the protestors.

Pro-China officials in Hong Kong cleared the protest to just be an act of mistrust. It is mentioned that the point of the bill is to allow the city to handle extradition requests from countries without formal agreement, not to harm the freedom of the people.

Month later, the protests show no signs of dying down. Violent exchanges between civilians and the police may have ceased, but the vision of Hong Kong has not.



SBU Hosts Urban SEED International Conference

By JILLIAN ANGELICA S. ALCANTARA



Community, hospitality, and humility — these are some values instilled for both local and international delegates during the Urban Social Enterprise for Economic Development (SEED) 2019 held last August 11 to 23 at the LeBlanc Hotel and Resort. The opening program of SEED was held at The Integrated Basic Education Department (IBED) San Beda University, Rizal.

Said event was spearheaded by the Department of Linkages and International Affairs of San Beda University in partnership with the ASEAN Learning Network.

Delegates from the Senior High School and College of Arts and Sciences from both Rizal and Manila campuses worked with international participants from Cambodia, Indonesia, Malaysia, Thailand, and Vietnam. Urban SEED geared towards global change through research and

immersion in small-scale communities.

The representatives were tasked to establish a sustainable livelihood business for underprivileged barangays. Through personal interaction with the locals in each barangay assigned to six different groups, thorough research and study were made to aid them in their financial needs.

Councilors and officers from different barangays were invited to witness the presentations for possible solutions for their community.

The delegates concluded the experience with a visit at the municipalities of Pililia, Tanay, and Taytay in Rizal on August 22.

The cross-cultural event aims to achieve its goal to transform its future leaders through fieldwork and research.

Student Council Screens New Clubs and Sub-com Members

By RENEE' D. CAÑETE

On July 25 & 26, 2019, the Senior High School Student Council conducted the screening for aspiring members of the Student Council sub-committees. Done Under the same management of Mr. Romman Cubacub, the event was held at the Conference Room on the 2nd Floor near the Faculty Room.

The room was filled with members of the Student Council spread out in separate tables with papers in their hands and a student in front of them, ready for the interview. Students who aspire to be a part

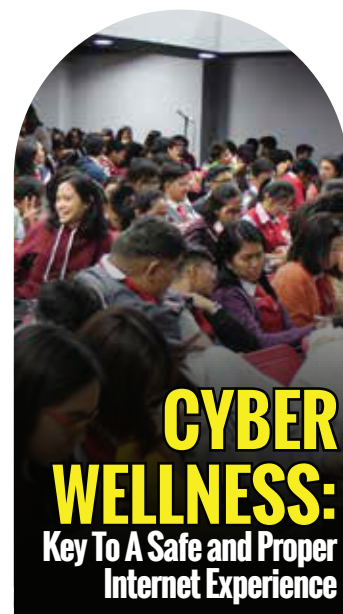
of the sub-committees enter the room individually in hopes of helping out in their chosen sub-committees.

In the Design Sub-Committee, Mikhaela Tuliao is interviewing someone on their experience in design. Apart from her are the heads of the Sports Sub-Committee, Brent Richmond and Angelo Sagre, questioning a student about their dedication to the position.

Moreover, Promotions & Communications Sub-Committee head, Kevin Troy Fulgencio and Strands Sub-Committee head

Noel Christopher Caliwara are also interviewing potential members of their respective sub-committees.

It is clear that being a member of the sub-committees requires dedication, hard work, passion and the eagerness to be able to help out the Student Council and San Beda University Rizal as a whole. It won't be long until the results of the screening come out and the student body will finally be introduced to the official members of the sub-committees that will aid our school to have successful events in the future.



CYBER WELLNESS:
Key To A Safe and Proper Internet Experience

By MYAN SHEA GONZAGA

Held at the auditorium last August 8 was a symposium prepared by the Guidance Office to educate students about internet safety and proper usage of social media. The Grade 11 and Grade 12 students attended this session, although in different times.

The program was hosted by the class of 12 HUMSS 1, with Sofia Alfore and Cyruzz Villanueva as the masters of ceremony. The Cyber Wellness Symposium had Ms. Jennifer Laykano, an E-learning specialist from Diwa Learning Center, as the main speaker for the afternoon.

The symposium mainly focused on Digital Citizenship and proper Netiquette. The talk included the do's and don'ts when surfing the internet and precautionary measures we could do to protect our personal information from others.

The students were also able to ask questions and participate actively in the session. After Ms. Laykano's talk, there was also a discussion about 21st Century Learning and its importance to students nowadays, which was addressed by Ms. Bea Joy Berra.

Mga Pangkat Etniko, Artista, at iba pa, Ibinida sa San Beda

ni RONDEL BAUTISTA

Ibinida ng mga estudyanteng Bedista ng ika-11 baitang ang iba't ibang kasuotang Pilipino sa bulwagang Jarrow noong ika-14 ng Agosto bilang bahagi ng Pre-Integration Dress-up (PIDU).

Inirampa ng bawat seksyon ang kanilang naturang mga kasuotang Pinoy, gaya ng mga pangkat etniko, at nagtanghal ng maikling presentasyong nagpapakita at nagbibigay-advokasiya sa iba't ibang suliranin ng Pilipinas.

Pinarangalan ang 11-HUMSS bilang may pinakamahusay na presentasyon sa kanilang pagpapakita ng pagkabalat-sibuyas ng mga Pilipino.

Tinaguriang pinakamahusay na female integrant, si Pamela Anne E. Ventura ng 11-STEM 4 at si Rap Lourenz G.

Onita naman bilang pinakamahusay na male integrant ng parehong seksyon.

Sa pagtatapos ng programa, ibinahagi ni Bb. Josephine J. Adriano, Tagapanimahala ng Gawing Pang-Mag-aaral ng Senior High School, na ang PIDU ay isang tradisyong nagpapakita ng mainit na pagtanggap sa mga bagong Bedista.



PHOTOS BY PINKY ANNE C. MORENO

SHS HOLTS 2019: Developing Christ-like Leadership

By MAURICE DONNABEL B. YARA

The homeroom officers of the Senior High School participated in the Homeroom Officers Leadership Training Seminar (LTS) held last August 20-23.

Spearheaded by the Guidance and Counseling Office, the event aimed to delve into the subject of what it means to be a Bedan leader and peacemaker, which was imparted by Mr. Dominador Manlincon.

The student officers were also given a refresher on the different roles and responsibilities of each officer, which were discussed by the Assistant Prefect of Student Affairs for Grades 11 to 12, Mr. Renato Cruz and Mrs. Arlene Noble respectively.

Mr. Romman Cubacub also conducted a workshop about role clarity and leadership skills which aimed to instill an understanding of each officer's function in each of their respective sections.

"The event geared student leaders with necessary tools they needed to possess, as the officers are about to face another tough year," stated Miguel Valdez, class president of 12 HUMSS 1.

Furthermore, a team-building exercise patterned after the show Minute to Win It was prepared to showcase the students' competitive collaboration.

SPECIAL ELECTIONS 2019: Inside the Election Proper

By ERNEST TUAZON

Bracing a new academic year, the Commission on Elections held the Student Council general and special elections last March 2019 and July 2019, respectively.

Screening processes were initially conducted by the COMELEC for prospects where accepted candidates then presented their proposed platforms to the student body later on.

Candidates for the general elections were Recyhel Panganiban for President, Jan Virgil Tabije for Internal VP, Entienne Guinevere Tiamzon for External VP, Mikhaela Therese Tuliao for Secretary General, Ethan Richard Lee for Treasurer, Kevin Troy Fulgenico for Public Relations Officer, Nichoele Angelika Aragon and Noel Christopher Caliwara for Grade 12 Batch Representative, and Brent Richmond Angelo Sagre for Sports Representative.

Following the results of the general elections and special elections, elected officials are Allyana Pa-

trimonio as President, Jan Virgil Tabije as Internal VP, Entienne Guinevere Tiamzon as External VP, Mikhaela Therese Tuliao as Secretary General, Justin Altubar as Asst. Sec. Gen, Ethan Richard Lee as Treasurer, John Exequiel Corpuz as Auditor, Kevin Troy Fulgenico as Public Relations Officer, Noel Christopher Caliwara as Grade 12 Batch Representative, Faith Loque as Grade 11 Batch Representative, and Brent Sagre as Sports Rep.



PHOTO BY NAOMI KEREN L. LIGAYA

SBU-Rizal Naglunsad ng Career Symposium para sa Baitang 11

Ni TIMOTHY REX C. ALUQUIN

Kaugnay sa pagdiriwang ng Guidance and Counseling Week, ang Guidance and Counseling Office ay naglunsad ng isang career symposium para sa baitang 11 na ginanap sa IBED Auditorium noong ika-26 ng Hulyo, na pinamagatang: "Navigate Your Way around Career." Nais ng programang ito na magsilbing gabay sa mga mag-aaral sa pagpipili ng kukuning degree program sa kolehiyo.

"In this Career Symposium, you Grade 11 students will ad-



PHOTO BY PATRICIA DE VERA

dress the different reasons why you usually struggle with decision-making, and how these decisions can affect your future," wika ni Gng. Ela Deniega, ang Guidance Facilitator ng baitang 11.

Para sa unang talakayan, ibinahagi ni G. Jose Marie Flores ang mga programang

maaaring kunin sa kolehiyo na may kaugnayan sa strand na pinili ng mga mag-aaral, pati na rin ang mga posibleng scholarship na inilalaan para sa mga nais mag-aral sa iba't ibang paaralan sa loob at labas ng Pilipinas.

Ang diskusyon naman ni G. Benjamin Coloma ay tungkol sa pagpapatibay ng piniling degree program sa kolehiyo. Kaugnay nito, tinalakay niya ang gampanin ng Guidance Facilitators sa pagtulong sa mga mag-aaral sa pagpipili ng nais na degree program at paaralan.

FEATURE



By MAURICE DONNABEL B. YARA

Here's the truth- the first day of being a senior high student, either new to a school or not, is pretty scary. First days are usually bustling-loud, yet familiar; a few changes at most, but ultimately the same buildings with the same halls filled by the same people. That's most of what's been used to during the prior years. The realization of summer ending and having to wake up in hours you should still be asleep at were the main concerns then, and it doesn't really get any farther than that. But this time, it's different.

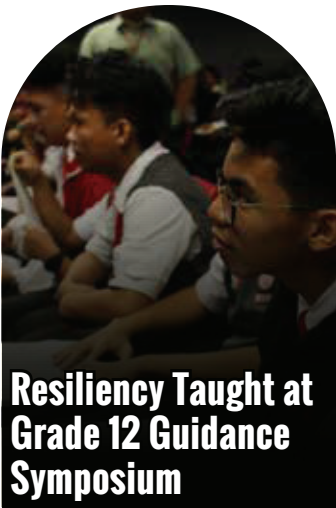
On the 2nd of July 2019, it isn't like any typical experience, the first time walking into a class and seeing the subjects to be learned, meeting new classmates and the adviser to spend the year with. The newly formed SHS body were then brought in assembly for the first time, as the staff, faculty and administra-

tors tasked to their service were introduced in the Jarrow Hall, most of which were new faces. This was then followed by giving time for each class to meet with a few subject teachers to exchange light introductions before the dawn of the year begins. As the day progressed, the students were then called to the auditorium to be oriented with the imposed rules and regulations held by the department, as well as being reminded of certain events that the school will be initiating and taking part of throughout the academic year. The first day, as truly eventful as it is, not only promises a fulfilling year but also emphasizes on the beginning of a new journey. In fact, Cheska Opinion of 12-HUMSS 1 remarks it as "a day to remember".

The commonly heard phrase in SHS is "dapat college na kayo ngayon", and it's no doubt that these words will often be re-

verberated and put up in the pedestal of standards students must meet. Complicated tasks and heavy workload finished in little time paid for in the currency of sleepless nights and mental health neglect, it makes the four years of junior high combined feel like it could be done with eyes closed. "Dapat college na tayo ngayon", and they are definitely not afraid of letting us know that fact consistently. It all starts here, the first step to the hundreds more that waits, memories to be made and obstacles to win. From where you're standing, it may look like a threatening road ahead- with fiery paths of stress and difficulty, but this must not count as an excuse to overlook the brighter pavements once you cross past them. One day, when looking back after a few years, maybe senior high might seem like it could be done with eyes closed, too.

PHOTOS BY BETARIZ ISABEL P. DE LEON



Resiliency Taught at Grade 12 Guidance Symposium

By SHIAN 4TH GIANFRANCO S. RAMOS

Grade 12 students of SBU Rizal participated in a symposium spearheaded by the Guidance and Counseling Office entitled "REVIVE: Turning your setbacks into comebacks" last July 24 at the IBED Auditorium.

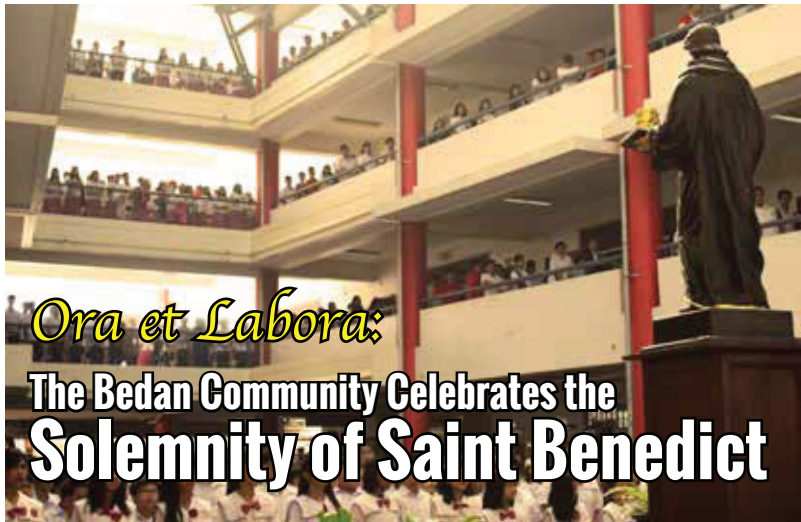
Numerous students have a hard time with their transition from being high school students to college students. SBU Rizal's response to this is through a seminar that will fortify the students' resilience for the upcoming changes that will happen in their lives.

Miss Rio Laine "Coach Ree" Bringuelo, a certified life coach and the author of the book entitled "Where Do Broken Hearts Go" was the speaker of the program. She shared relatable stories and life tips to the audiences.

After the symposium, some students were given a chance to ask questions and were given a book afterwards. She commended the audiences for their activeness throughout the talk.

That day, the students were taught resiliency — a weapon that they can use in their ever-changing lives. This was a lesson that every student inside that auditorium will forever live to; and a day that they will surely treasure and remember for the rest of their lives.

PHOTO BY PINKY ANNE C. MORENO



Ora et Labora: The Bedan Community Celebrates the Solemnity of Saint Benedict

By ADDISON FADRIGO

Last July 10, 2019, San Beda University Rizal commemorated the prayerful and diligent life of St. Benedict of Nursia as well as the religious service of both Fr. Aloysius Maria A. Maranan O.S.B, Rector-President, and Fr. Paul Maria M. De Vera O.S.B, Vice-Rector and Chaplain, who had celebrated their feast days on June 21 and June 29 respectively. The events were celebrated through a holy mass conducted by Fr. Aloy and Fr. Paul themselves and was followed by a brief program.

In his homily, the University Rector stressed the importance of following the life of St. Benedict, saying that it is essential in the pursuit of peace. He also mentioned that community is just as important and that the Bedan community should always

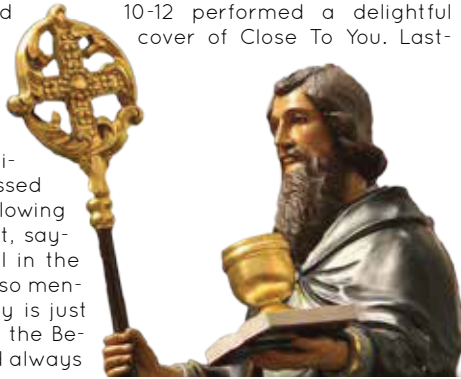
remain strong and not falter in times of hardship.

After the holy mass, a short program dedicated to the Father Rector and the School Chaplain took place which showcased the variety of talents that the Bedan community possesses. In the grade school department, the Kidz Phenomenon performed a cheerful dance. Afterwards, Nygelle Kimberly Bernales of 10-12 performed a delightful cover of Close To You. Last-

ly, Anton Stefano Acosta and Ellinor Galang of 12-HUMSS 2 performed a beautiful mashup of the songs No One and Can't Take My Eyes Off You.

Fr. Aloy then stepped on stage to give a short but heartwarming message to the Bedan community. In his short speech, Fr. Aloy said that Bedans are loved because they receive it from their parents as well as the Bedan family. Bedans are gifted because of the fact that they study in SBU and are granted with the Benedictine core values. Lastly, Bedans are blessed because they are children of God.

The life of St. Benedict has become an example within the Bedan community and the Bedan way of life has taught that the Benedictine hallmarks should be integrated into individuals and societies to form a community that will collectively pursue peace.



“Bedans are loved, gifted and blessed.”

- FR. ALOYSIUS MA. A. MARANAN



Bagong Kabanata, Binuksan sa Orientation Program 2019

Ni REYNADINE M. LEGASPI

Noong ika-27 ng Hunyo taong 2019, ang mga bagong magulang at mag-aaral ng baitang 11 ay nagtipon sa Senior High School (SHS) Auditorium sa magkahiwalay na programa para sa taunang oryentasyon at pagtalakay sa mga panuntunan at regulasyon ng paaralan.

Kapansin-pansin ang mga ngiting nakaguhit sa labi ng mga bagong mag-aaral nang opisyal na sinimulan ang programa.

Sila ay malugod na tinanggap ni Gng. Teresita T. Battad, ang punong-guro ng Unibersidad ng San Beda.

“You are now a Bedan. You are now part of the Bedan family and make sure to live your Bedan life in words and actions,” ani ni Gng. Battad.

Matapos ang kaniyang naka-hihikayat na pambungad na pananalita ay sinundan naman ito ng isang video presentation kung saan ay ipinakita rito ang kasaysayan ng San Beda. Ipinaliwanag naman ni Ginang Virginia Limpot, ang tagapag-ugnay ng departamento ng Teolohiya at Agham Panlipunan, ang kahalagahan at tunay na ibig sabihin ng Bisyon at Misyong ng paaralan pati na rin ang sampung aral benediktino.

Sinundan ito ng pagpapaliwanag ng mga serbisyong inihahandog ng Opisina ng Guidance Services at ng presentasyon mula sa Redz in Beat at San Beda Red Corps kasama ang San Beda University Band.

Natapos ang araw sa isang campus tour na sinamahan ng pagbabahagi ng mga karanasan ng ilang piling mga mag-aaral mula sa Baitang 12.

Nanaig ang kasiyahan at kasabikan sa puso ng mga bagong mag-aaral ngayong sila ay nag-simula ng bagong kabanata sa kanilang buhay bilang isang Bedista.

PHOTO BY ALYSSA NICOLE P. RANOLA



PHOTOS BY FRANCISCA N. ARREZA

Taunang Integration Idinaos!

Ulat ni Stephen Matthew S. Roan



Muling nagtipon ang pamilyang Bedista noong ika-16 ng Agosto sa pagdiriwang ng Integration 2019 na may temang “HINUMDOM: Kalinangan ng Kulturang Pilipino Patungo sa Kapayapaan”.

Malugod na sinalubong ng mga Bedista ang mga bagong miyembro ng pamayanan sa isang kakaibang pamamaraan.

Kulturang Bedista

Marahil ay may malikhaing paraan ang bawat paaralan sa pagsalubong sa kanilang mga bagong mag-aaral nito ngunit naiiba rito ang San Beda.

Noon pa mang nasa Mendiola pa ang high school department ng institusyon, naging bahagi na ng kultura nito ang Integration.

Pinagbagong Pamamaraan

Ngayong taon, kakaiba ang naging selebrasyon ng Integration.

Nagsimula ang araw sa maikling salusalo na inihanda ng mga pangkat sa baitang 12 para sa mga mag-aaral ng baitang 11.

Sinundan ito ng Breakthrough, isang programang isinagawa sa unang pagkakataon. May mga istasyong kailangang libutin ang mga integrant at isagawa ang mga itinalagang gawain dito.

Nais linangin ng gawaing ito ang kakayahan ng mga mag-aaral na umangkop sa patuloy na umuusbong na mga hamon ng daigdig.

Matapos nito, nagkaroon ng pormal na programa ang buong komunidad. Isinagawa ang panunumpa ng bawat integrant sa kanilang tungkulin sa paaralan, pati na rin ang mensahe ni Gng. Teresita T. Battad, ang punongguro.

Sa huli, matapos ang pag-awit ng Himno ng San Beda, muling naganap ang pinakahihintay na ceremonial baptism na sumisimbolo sa pagbinyag sa mga bagong miyembro ng komunidad.

Hindi malilimutan

Ayon kay Joshua Miguel Siena, isang integrant mula sa 11 STEM 3, hindi niya malilimutan ang araw ng Integration.

“My integration experience gave me many unforgettable memories which I can reminisce throughout my life,” ani niya.

Tunay ngang kawili-wili ang araw na iyon dahil matapos ang integration para sa mga bagong mag-aaral ay idinaos naman sa isang hiwalay na programa ang integration para sa mga bagong guro kinahapunan.

PHOTOS BY STEPHEN ROAN AND PINKY MORENO

SA ULAT NI
SOFIA
ALFORTE

BUWAN NG IPINAGDIWANG

Matapos ang higit sa isang buwang pagdiriwang ng taunang Buwan ng Wika, idinaos ang pampinid na programa nito noong ika-13 ng Setyembre.

Naghanda ang Kagawaran ng Filipino ng iba't ibang mga paligsahan at patimpalak na sinalihan ng mga mag-aaral ng Senior High School unit kaugnay ng tema ng Buwan ng Wika ngayong taon: Wikang Katutubo Tungo sa Isang Bansang Filipino.

Para sa mga mag-aaral ng Baitang 11, nagkaroon ng patimpalak sa pagsulat ng sanaysay at makabagong panulaan o spoken word poetry. Sa kabilang banda naman ay sinalihan ng mga mag-aaral ng Baitang 12 ang mga patimpalak na talumpatian at ang Karatulastasan.

Bukod dito, mayroon ding mga gawain para sa buong komunidad ng Senior High. Sa tulong ng Genyo ay isinagawa ang Kislap Dagitab 2019: isang quiz bee

tungkol sa Filipino. Nagkaroon din ng TweetTula na nilahukan ng mga mag-aaral at ng kaguruan.

Isa pa sa mga pinanabikang gawain ng lahat ang naging palihan ni G. Patrocinio "Pat" Villasan Villafuerte, isang tanyag na manunulat at mananaysay noong ika-12 ng Setyembre. Sa kanyang palihan na may temang Ako at ang Katutubong Wika Ko, pinag-usapan ang kahalagahan ng mga katutubong wika at ang gampanin nito sa pagbubuklod-buklod ng ating bansa.

Dagdag pa sa mga gawaing nabanggit ang pagsuot ng lahat ng administrador, kaguruan, at mga mag-aaral ng kanilang pinakamagandang Kasuotang Pilipino noong araw ng pampinid na programa, pagkakaroon ng salosalong Pinoy sa bawat klase at ang matagumpay na dula na handog ng Bedan Theatre Guild, ang New Yorker in Tondo.



WIKALAN 2019

SAN BIDA

Kisap dootob Jorson ng talino sa Filipino

spoken word poetry

- unang ganti pala: **Rencard Eugyn A. Poblete, 11 ABM 2**
- ikalawang ganti pala: **Elisha Abigail B. Dela Cruz, 11 STEM 4**
- ikatlong ganti pala: **John Exequiel A. Corpuz, 11 STEM 3**

talumpati

- unang ganti pala: **Allyana Jersey Q. Patrimonia, 12 STEM 3**
- ikalawang ganti pala: **Austin Christian R. Salto, 12 STEM 6**
- ikatlong ganti pala: **Ralf Kurtis F. Asuncion, 12 STEM 1**

GRADE 11

- unang ganti pala: **John Leonard V. Landicho, 11 HUMSS 1**
- ikalawang ganti pala: **Joshua Miguel Sienca, 11 STEM 3**
- ikatlong ganti pala: **Patricia Anne A. De Vera, 11 HUMSS 1**

pagsulat ng sanaysay

- unang ganti pala: **John Exequiel A. Corpuz, 11 STEM 3**
- ikalawang ganti pala: **Jethro B. Javier, 11 ABM 2**
- ikatlong ganti pala: **Elisha Abigail B. Dela Cruz, 11 STEM 4**

karatukastasan

- unang ganti pala: **Danielle Allysa S. Cunanan, 12 STEM 1**
- ikalawang ganti pala: **Rhayven M. Songlay, 12 STEM 3**
- ikatlong ganti pala: **Genini Niki E. Olbes, 12 STEM 6**

GRADE 12

- unang ganti pala: **Micah Shane D. Calivo, 12 HUMSS 2**
- ikalawang ganti pala: **Beatriz Isabel P. De Leon, 12 STEM 3**
- ikatlong ganti pala: **Sofia D. Alforte, 12 HUMSS 1**

tweetula

- unang ganti pala: **Dianne Kate Isabel R. Go, 11 ABM 3**
- ikalawang ganti pala: **Aciron Altair M. Suguitan, 11 STEM 5**
- ikatlong ganti pala: **John Exequiel A. Corpuz, 11 STEM 3**

tweetula

- unang ganti pala: **Arjan Dave E. Alfeche, 12 STEM 1**
- ikalawang ganti pala: **Carl Bono A. Santiago, 12 HUMSS 1**
- ikatlong ganti pala: **Reychel S. Panganiban, 12 HUMSS 2**

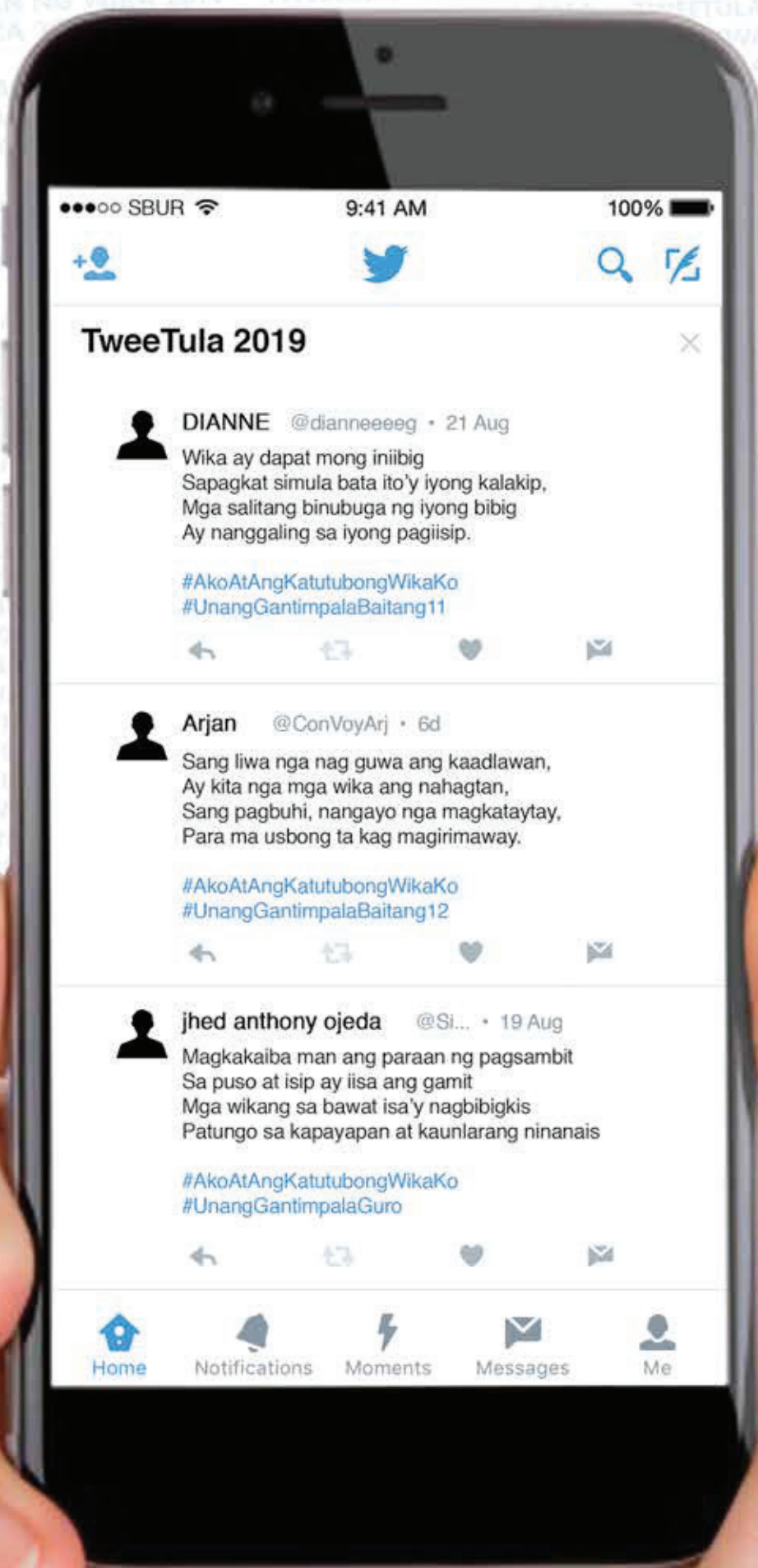
tweetula (guro)

- unang ganti pala: **Jhed A. Ojeda**
- ikalawang ganti pala: **Keneth M. Dionisa**
- ikatlong ganti pala: **Darryl Myr A. Florano**

kasuotan

- guro: **Bb. Erlene Dato at G. Heber Lorena**
- batang 11: **Kinatawan ng STEM 6 at ABM 3**
- batang 12: **Kinatawan ng STEM 3 at ABM 2**





ZAP!

NEW NOBLE BEDAN HEROES

AWESOME!

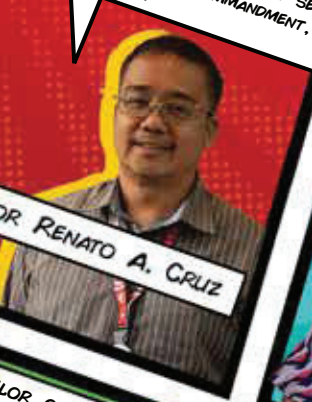
BY STEPHANIE INZON, CHRISTINE JAYO, AND LOUISE BUATES

I AM CURRENTLY THE PREFECT OF STUDENT AFFAIRS. I GRADUATED WITH A BACHELOR'S DEGREE IN SECONDARY EDUCATION AT THE UNIVERSITY OF THE EAST. I WOULD LIKE TO BE REMEMBERED AS SOMEONE WHO WAS ABLE TO CONVEY MY FAITH IN STUDENT'S ABILITY TO CHOOSE, PROMOTE AND MONITOR THEIR SOCIALLY AND MORALLY RESPONSIBLE BEHAVIOR. I WOULD ALSO WANT THE COMMUNITY TO REMEMBER ME THAT I WAS ABLE TO EMPOWER STUDENTS THROUGH A MEANINGFUL STUDENT INVOLVEMENT IN THE ACTIVITY PROGRAM.



MS. JOSEPHINE J. ADRIANO

I AM CURRENTLY THE APSA- DISCIPLINE IN GRADE 11. I GRADUATED WITH THE DEGREE OF BACHELOR OF SCIENCE IN EDUCATION- MAJOR IN PHYSICAL EDUCATION IN POLYTECHNIC UNIVERSITY OF THE PHILIPPINES. MY FAVORITE BENEDICTINE HALLMARK IS LOVE OF CHRIST & NEIGHBOR. IT'S BECAUSE IF YOU LOVE CHRIST AND YOU LOVE YOUR NEIGHBOR THAT MEANS YOU'RE ALWAYS GIVING SERVICE TO THEM, AND THAT IS WHAT I LOVE TO DO. I LOVE SERVING OTHER PEOPLE THAT MEANS YOU SERVE GOD. IT IS THE BEST COMMANDMENT, AS SIMPLE AS THAT.



MR. VICTOR RENATO A. CRUZ

I GRADUATED WITH A BACHELOR OF SCIENCE IN EDUCATION- MAJOR IN ENGLISH DEGREE IN PHILIPPINE NORMAL UNIVERSITY. CURRENTLY, I AM THE SAC FOR COMMUNICATION ARTS. MY FAVORITE THING ABOUT SAN BEDA IS THE COMMUNITY ITSELF BECAUSE THERE IS CAMARADERIE AMONG TEACHERS, ADMINISTRATORS, AND EVEN THE STUDENTS AS WELL. IN SAN BEDA, THE BENEDICTINE SPIRITUALITY WAS ABLE TO GROW MY FAITH.



MS. CHARITO G. ASUNCION

I AM CURRENTLY THE SOCIAL SCIENCE AND THEOLOGY COORDINATOR. I GRADUATED WITH A BACHELOR OF SCIENCE IN EDUCATION DEGREE IN STELLA MARIS COLLEGE & PHILIPPINE NORMAL UNIVERSITY. AS A COORDINATOR AND EDUCATOR, I WANT TO EMPHASIZE MY LOVE FOR SERVICE. ONE OF THE THINGS I WOULD LIKE TO BE REMEMBERED FOR IS MY SERVICE TO THE COMMUNITY.



MS. VIRGINIA B. LIMPOT

I GRADUATED WITH THE DEGREE IN BACHELOR OF SCIENCE IN EDUCATION MAJOR IN PHYSICS AND TECHNOLOGY IN PHILIPPINE NORMAL UNIVERSITY AND IS CURRENTLY THE SCIENCE AND MATHEMATICS COORDINATOR. MY FAVORITE THING ABOUT MY JOB IS THAT I AM ABLE TO WORK WITH HIGHLY MOTIVATED TEACHERS WHO SHARE THE SAME PASSION AS I, WHICH IS MAKING THE STUDENTS BECOME THE BEST PERSON THAT THEY CAN BE.




MS. SOPHIA C. ESTABILLO

I GRADUATED WITH THE DEGREE IN BACHELOR OF SCIENCE IN EDUCATION MAJOR IN PHYSICS AND TECHNOLOGY IN PHILIPPINE NORMAL UNIVERSITY AND IS CURRENTLY THE SCIENCE AND MATHEMATICS COORDINATOR. MY FAVORITE THING ABOUT MY JOB IS THAT I AM ABLE TO WORK WITH HIGHLY MOTIVATED TEACHERS WHO SHARE THE SAME PASSION AS I, WHICH IS MAKING THE STUDENTS BECOME THE BEST PERSON THAT THEY CAN BE.




MS. TERESA A. RIVERA




I AM A GRADUATE OF BACHELOR OF SECONDARY EDUCATION MAJOR IN ENGLISH IN RIZAL TECHNOLOGICAL UNIVERSITY AND IS CURRENTLY TEACHING PRACTICAL RESEARCH. MY FAVORITE SUBJECT BACK IN HIGH SCHOOL WAS ENGLISH. I REALLY LIKED ENGLISH WHICH IS WHY I BECAME AN ENGLISH MAJOR. I LOVE HOW HERE IN SAN BEDA, THE STUDENTS ARE KIND & INTELLIGENT.

MS. CHRISTIANA JADE C. ALCANCES




I AM A PHYSICAL EDUCATION TEACHER IN THE SENIOR HIGH SCHOOL DEPARTMENT. I GRADUATED WITH THE DEGREE OF BACHELOR OF SECONDARY EDUCATION MAJOR IN PHYSICAL EDUCATION IN PHILIPPINE NORMAL UNIVERSITY. FOR ME, LOVE OF CHRIST AND NEIGHBOR IS THE MOST IMPORTANT BENEDICTINE HALLMARK BECAUSE IF WE SPREAD LOVE TO EACH OTHER, WE ARE ABLE TO SUCCEED ALL THE CHALLENGES WE HAVE AND ALSO WITH THE HELP OF OUR GOD.

MR. ELRICK C. ALVAREZ




I GRADUATED IN MARYHILL SCHOOL OF THEOLOGY AND FINISHED GENERAL PROGRAM IN THEOLOGY, MAJOR IN PASTORAL MINISTRY. I AM CURRENTLY TEACHING THEOLOGY SUBJECT IN GRADE 12. ONE OF MY HOBBIES IS TO READ BOOKS. I BELIEVE THAT WE MUST BE ABLE TO TAKE THE WORD OF GOD BY MEANS OF PRAYER AND BE ABLE TO 'DIGEST' IT AND MAKE IT A PART OF OUR BEING. MY MOTTO IS "EAT GOD'S FOOD."

MR. SANDY L. BAHIA, JR.



I GRADUATED WITH A BACHELOR OF SCIENCE IN BUSINESS ADMINISTRATION MAJOR IN MARKETING DEGREE IN SAINT LOUIS UNIVERSITY - BAGUIO CITY. CURRENTLY, I TEACH ENTREPRENEURSHIP AND PRACTICAL RESEARCH 2. MY INSPIRATION IN TEACHING IS TO MOTIVATE, GROOM AND HONE MY STUDENTS, ESPECIALLY THE ABM STRAND, TO THEIR FULLEST POTENTIAL. MY MOTTO IS TO NEVER GIVE UP AND ALWAYS TRUST THE LORD.

MS. DULCY C. BALATERO



I AM A PERSONAL DEVELOPMENT TEACHER WITH A BACHELOR'S DEGREE IN PSYCHOLOGY FROM UNIVERSITY OF SANTO TOMAS. THE BENEDICTINE VALUES I WANT MY STUDENTS TO LEARN FROM ME ARE STEWARDSHIP, HOSPITALITY, AND COMMUNITY. THEY MUST LEARN TO CARE FOR GOD'S CREATION WHICH IS ULTIMATELY THEMSELVES; EXTEND A GRACIOUS AND RESPECTFUL WELCOME TO PERSONS ESPECIALLY THOSE WITH MENTAL DISABILITIES; AND RESPECT THE UNIQUENESS OF EACH INDIVIDUAL.

MR. MARC ANGELO D. CANAVERÁL




I GRADUATED WITH THE DEGREE OF BACHELOR OF SECONDARY EDUCATION MAJOR IN SOCIAL STUDIES IN CITY OF MALABON UNIVERSITY. I TEACH THE SUBJECTS POLITICS AND GOVERNANCE AND TRENDS, NETWORK AND CRITICAL THINKING IN THE 21ST CENTURY PROFESSION, AND IT IS THE BEST THING THAT I CAN CONTRIBUTE TO MY COUNTRY.

MR. RAYMOND M. CHUA




MR. MICHAEL ANGELO DELA CRUZ



I TEACH DISCIPLINES AND IDEAS IN THE SOCIAL SCIENCES IN GRADE 11 AND APPLIED ECONOMICS IN GRADE 12. I GRADUATED IN PHILIPPINE NORMAL UNIVERSITY WITH THE DEGREE OF BACHELOR OF SECONDARY EDUCATION MAJOR IN HISTORY. MY INSPIRATION IN TEACHING ARE MY STUDENTS AND A HOPE FOR A BETTER AND CRITICAL SOCIETY SOMEDAY.

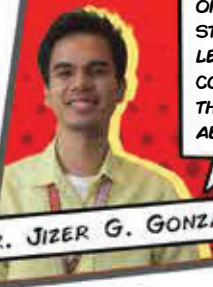
MR. JEFFREY D. DESIPOLO

I AM A GRADUATE OF BACHELOR OF SCIENCE IN BIOLOGY FOR TEACHERS DEGREE AT PHILIPPINE NORMAL UNIVERSITY. I AM CURRENTLY ONE OF THE NEW EDUCATORS TEACHING PRACTICAL RESEARCH IN GRADE 12. I WOULD LIKE TO EMPHASIZE RESILIENCE WITH MY MOTTO: "SMILE AND LET EVERYONE KNOW THAT TODAY, YOU ARE A LOT STRONGER THAN YOU WERE YESTERDAY."




I GRADUATED WITH THE DEGREE OF BACHELOR OF SECONDARY EDUCATION MAJOR IN SOCIAL STUDIES/ MINOR IN BIOLOGY IN UNIVERSITY OF THE PHILIPPINES-DILIMAN. I AM CURRENTLY TEACHING UNDERSTANDING CULTURE, SOCIETY, AND POLITICS IN GRADE 12. I WANTED MY STUDENTS TO ALWAYS SEE THE GOODNESS OF THE LORD IN THEIR LIVES AND SHARE THEIR BLESSINGS TO THE NEEDY. MY GOAL IS TO SEE THE SMILES OF MY STUDENTS AS THEY ENTER ANOTHER CHAPTER OF THEIR LIVES.

MR. DARRYL MYR A. FLORANO




I GRADUATED WITH THE DEGREE OF BACHELOR OF SECONDARY EDUCATION MAJOR IN BIOLOGICAL SCIENCES FROM THE UNIVERSITY OF SANTO TOMAS AND IS CURRENTLY TEACHING EARTH SCIENCE IN GRADE 11. AT THE END OF THIS SCHOOL YEAR, I WOULD WANT MY STUDENTS TO DEVELOP VALUES ASIDE FROM LEARNING THE DIFFERENT KEY TERMS AND CONCEPTS FROM SCIENCE. I WANT TO LEARN THE IMPORTANCE OF ORA ET LABORA AND BE ABLE TO INTEGRATE IT TO MY DAILY LIFE.

MR. JIZER G. GONZALES




I AM A GRADUATE OF BACHELOR OF SECONDARY EDUCATION MAJOR IN BIOLOGICAL SCIENCES AT THE UNIVERSITY OF SANTO TOMAS AND CURRENTLY, A TEACHER OF CHEMISTRY AND BIOLOGY. FOR ME, AMONG ALL THE BENEDICTINE HALLMARKS, THE LOVE OF CHRIST AND NEIGHBOR IS THE MOST IMPORTANT BECAUSE WHEN THERE IS LOVE, GOODNESS WILL FOLLOW. THE REST OF THE HALLMARKS ARE MANIFESTATIONS OF GOODNESS.

MS. ELISA MARIE LABRADOR




I GRADUATED WITH A BACHELOR OF SCIENCE IN MATHEMATICS DEGREE IN PHILIPPINE NORMAL UNIVERSITY. BY THE END OF THE SCHOOL YEAR, I AM TO ACQUIRE THE CULTURE AND LEARNINGS OF ST. BEDE AND ST. BENEDICT. I WANT TO BE ABLE TO TEACH MY STUDENTS TO WORK HARD AND PRAY HARDER. ONE OF THE THINGS I LOVE ABOUT SAN BEDA IS THAT I DON'T NEED TO COMPROMISE MY FAITH TO WORK BECAUSE I CAN COMBINE THEM HERE.

MR. HEBER LORENA




I GRADUATED WITH A BACHELOR OF SCIENCE IN BUSINESS EDUCATION MAJOR DEGREE IN BUSINESS IN TECHNOLOGY IN POLYTECHNIC UNIVERSITY OF THE PHILIPPINES - MANILA. CURRENTLY, I AM TEACHING ENTREPRENEURSHIP AND PRINCIPLES OF MARKETING IN GRADE 12. MY HOBBIES ARE READING, PAINTING, AND HIKING. I LIVE BY THE QUOTE, "BELIEVE IN THE BEAUTY OF YOUR DREAMS."

MS. JESSA ANDREA A. NAQUIMEN




I GRADUATED WITH THE DEGREE OF BACHELOR OF SECONDARY EDUCATION MAJOR IN ENGLISH IN DE LA SALLE UNIVERSITY. I TEACH ORAL COMMUNICATION AND MEDIA INFORMATION LITERACY IN GRADE 11. DISCIPLINE AND OBEDIENCE IS WHAT I AIM TO TEACH MY STUDENTS, AND IN RETURN, LOVE OF CHRIST AND NEIGHBOR IS A VALUE THAT I THINK I WOULD LEARN HERE. AS AN EDUCATOR, I ASPIRE TO FULFILL MY DUTIES AND BE AN INFLUENCE ON THE LIVES OF MY STUDENTS.

MS. MAY ANTONETTE M. PALACIO




I GRADUATED WITH BACHELOR OF SECONDARY EDUCATION MAJOR IN MATHEMATICS DEGREE FROM PAMANTASAN NG LUNGSOD NG MAYNILA AND IS CURRENTLY TEACHING GENERAL MATHEMATICS IN GRADE 11. AS A TEACHER, I AIM TO EDUCATE MY STUDENTS WITH THE BEST SERVICE I CAN PROVIDE. I WANT TO TEACH EACH STUDENT TO LEARN MATHEMATICS IN A VERY EFFECTIVE WAY.

MR. IAN Y. PANINGBATAN



I AM A GRADUATE OF BACHELOR OF SCIENCE IN POLITICAL SCIENCE WITH SPECIALIZATION ON INTERNATIONAL RELATIONS DEGREE IN POLYTECHNIC UNIVERSITY OF THE PHILIPPINES AND IS CURRENTLY TAKING UP BACHELOR OF LAWS IN SAN BEDA UNIVERSITY-MANILA. FOR ME, SILENCE IS VERY IMPORTANT. SILENCE OFFERS A REFUGE AND OPENS UP THE SPACE FOR AN AUTHENTIC SUBVERSIVE, REVOLUTIONARY AND EMANCIPATORY ACT.

MR. EMIL L. SAMANIEGO



I AM A TEACHER IN MEDIA AND INFORMATION LITERACY IN GRADE 12. I AM A GRADUATE OF BACHELOR OF SECONDARY EDUCATION COMPUTER EDUCATION AND MASTER OF ARTS IN INSTRUCTIONAL TECHNOLOGY IN RIZAL TECHNOLOGICAL UNIVERSITY. I BELIEVE IN THE SAYING THAT "THERE WILL ALWAYS BE ROOM FOR IMPROVEMENT." BEING A BENEDICTINE EDUCATOR IS A HUGE PRIVILEGE FOR ME TO SERVE STUDENTS TO EMBODY AND EMBRACE ITS MISSION AND VISION.

MS. HONEY M. TURQUEZA

BENEDICTINE CONSCIOUSNESS MONTH CELEBRATION

The start of a new school year had also marked the start of the Benedictine Consciousness Month 2019, launched at the Jarrow Hall last July 03, 2019, as spearheaded by the Theology Department of the Senior High School Unit of San Beda University – Rizal.

With the theme “Bedans are Exemplars of Faith,” the celebration featured a kaleidoscope of activities and contests, that surely portrayed the Bedan community as good examples of faith. One being the month’s kickstarter is the Benedictine Trivia, which had challenged Bedans’ faith by testing their knowledge about St. Benedict’s divine life. The activity gave 15 Bedans per grade level a chance to win by answering trivia questions. All trivias solely asked the question: “How well do you know St. Benedict?”

An IBED mass was celebrated on July 10, in connection to the school patron saint’s much-awaited feast day honored annually on July 11, the Solemnity of St. Benedict. For the activities of the month, Grade 11 students had the chance to exhibit their creative skills in the Poster-Making Contest, while Grade 12 students were able to show off their writing skills in the Essay Writing Contest.

Much more creativity on top of these was the annual making of the much-prepared classroom saint exhibition – the Class Saint Corner. For the first time in this school year, each class had manifested their section’s teamwork and creativity. To honor their class saint, each section put up their own creative yet eco-friendly portrayals of their saint’s divine life.

As for marking the finale of the Benedictine Consciousness Month, fruits of Bedans’ labor had been recognized in the BCM Awarding Ceremonies, held last August 07, 2019 at the Jarrow Hall during the weekly morning assembly. Winners were announced for each competition: Poster-Making for Grade 11, Essay Writing for Grade 12, and six awardees plus the Grand Winner for the Class Saint Corner-making for both Grade 11 and Grade 12.

By participating in these activities, all Bedans celebrated and honored St. Benedict, with unity and loyalty to their Alma Mater’s name!



TBR MAKES THE SCENE AT THE 15TH WORD CUP



Kirsten Faye M. Zulaybar

The Bedan Roar triumphed at the 15th Word Cup: Fourth Masterclass with 8 awards last July 27-28, commenced at the GSIS Museo ng Sining, and was concluded at the Bayview Hotel Manila.

The event was attended by 270 participants across the country. The workshop presented the participants with seven live-coverage events to write such as: the Asian Obstacle Course Racing Championships back to back with the ASEAN Para Obstacle Course Racing Championships at the Quirino Grandstand and the National Milo Marathon at the Mall of Asia; the Pencak Silat demonstration at the Bayview Park Hotel.

The Philippine Cinema's Centennial: Quo Vadis? and the Philippines Global Initiative to Decongest Cities in GSIS.

Publication advisers Ms. May Antonette M. Palacio and Ms. Janualyn Thea P. Suba accompanied the team with Mr. Romman V. Cubacub, Assistant Prefect of Student Activities (SHS-Rizal) during the conference.

The Word Cup Association offers journalism workshops around the Philippines for young journalists and school paper advisers.

The 15th Word Cup held writing contests in the duration of the training in the Photojournalism and News, Feature and Sports writing. The TBR participants flaunted eight medals by the end of the workshop.



**STEPHEN MATTHEW
S. ROAN**

News Writing
(Secondary, English)
SILVER
Editorial Writing
(Secondary, Filipino)
SILVER



**RONDEL CHRISTOPHER
C. BAUTISTA**

Editorial Writing
(Secondary, English)
SILVER



**KIRSTEN FAYE
M. ZULAYBAR**

News Writing
(Secondary, English)
SILVER



**ALYSSA NICOLE
P. RANOLA**

Photojournalism
BRONZE

**THE
BEDAN
Roar**

Collaborative Desktop Publishing

(3) GOLD



STOP CLIMATE CHANGE

A Movement Against the Time Bomb of *Mother Earth*

By Ysabelle Nikki B. Cabagnet

Climate change has become a global issue exhibiting negative effects to most countries regardless of race, class, religion, or culture. In definition, climate change is the alteration of the climate and weather conditions in a long-term scale. Studies conducted by scientists show that climate change is caused by man-made activities, starting from the industrial revolution were alongside man's technological progress, greenhouse gases also emerged and grew in number. With continuous buildup of greenhouse gases in the atmosphere throughout centuries, climate change has immensely affected the whole planet with rise in global temperatures, warming oceans, melting glaciers and shrinking ice sheets, and extreme typhoons and hurricanes. As this worldly crisis continues to grow, we should make a stand and assume our responsibility for the environment.

As Bedans, to promote the Benedictine Hallmark of Stewardship, it is our main responsibility to preserve our planet and the world we live in. Here are some thoughts from fellow members of the Bedan Community with regard to climate change.

"To battle climate change, we should first start with ourselves by learning how to discipline ourselves when it comes to throwing garbage to proper garbage disposals. We should also plant more trees as an act against forest loss. We should also use sustainable transportation to reduce carbon emissions."

-Michelle San Jose, 11 STEM 3

"Climate change is an alarming event that is happening in the earth specifically in our society because most of us know that one of the reasons behind this is human activities aside from natural occurrences. What I do in my own simplest way possible is to abide the law particularly the proper disposal of trash and not to contribute into something that would harm our environment."

-Vienne Aguilar, 11 ABM 1

"Maninindigan ako hindi dahil ako'y isang Bedista, maninindigan ako dahil ako'y isang taong naniniwalang responsibilidad ko ang kumilos at mag lahad ng adbokasiya sa hinaharap at haharapin ng ating mundo, isa na rito ang Climate Change. Tayo lamang din ang magiging solusyon sa problemang ating ginawa kaya naman, hindi ko na sasayangin ang aking oras at patuloy kong patitibayin ang katiwasayan ng kinabukasan ng ating mundo."

-Entienne Tiamzon, 12 HUMSS 2

In a world where pollution is rampant and in a state of climate crisis comes a solution scientists in the field of nanotechnology have created.

Polyglu is known as an organic, edible, biodegradable, coagulant with high flocculating activity designed to remove naturally unbinding suspended solids in water through formation of flocs that can then be extracted through sedimentation or filtration – mind blowing? I know.

After researching through several patents, articles, and experimentations, there's a simpler way to explain this complex environmentally friendly agent.

In environmental scientist Marino Morikawa's project to clean up the childhood lake in his hometown, he deployed certain methods similar to the objectives of Polyglu that would successfully turn the heavily polluted body of water into what it once was. The difference between Morikawa's system versus Polyglu, is that in the latter, clumps of dirt particles in the water sink to the bottom, while in the former, float to the top. From there, either water or dirt can properly be extracted.

Going through multiple test runs and even actual implementation in small areas of the environment, it has proven to be effective though not exactly perfected in terms of its factors and maximization in benefits.

Polyglu is used in filtering liquids for areas in third world countries that don't have a sufficient supply of drinkable water. On the other hand, Morikawa's system is used in restoring contaminated bodies of water. However, neither one has yet to be approved to independently completely filter it into proper drinking water.

Though not perfect, it's undoubtedly impressive, seeing as the implementation can be done using local everyday equipment. Which begs the question, "Why isn't it more recognized and utilized?" The answer is, money. The formulation is rather expensive, with merely a one-time usage that doesn't ensure a 100% success rate, hence, only appealing to a few number of people. Even Morikawa had to loan from the bank himself to fund the entire project just because the government in his hometown didn't think it to be worth the risk.

Again, while still under improvement and hopefully, negotiation of a cheaper price, it's nevertheless a recognizable step in the cleanup of Mother Earth, and a wonderful aid to developing communities.



POLYGLU: MOTHER NATURE'S NEXT BEST FRIEND



Kailangan mo ba ng bagong polo para sa wash day ngayong linggo? O kaya naman ay naghahanap ka ng mga square pants na usong-usong ngayon? Hindi mo na kailangan tumingin kung saan-saan pa, mamili sa mall o online shops, dahil dito sa Taytay Tiangge samu'tsaring mga disenyo ng damit ay abot-kamay na!

Kilala ang bayan ng Taytay bilang "Garments Capital of the Philippines" dahil sa pagkarami-raming mga mananahi at telahan na siyang pinagkakakitaan ng mga tao.

Marahil, isa sa mga dahilan kung bakit kilala ang Taytay tiangge ay sa napakamurang halaga ng damit dito. Ang mga blouse at polo ay hindi lalagpas sa P100 habang ang mga overruns naman ay nasa P250-P300.

Kadalasang ang mga damit sa tiangge, kung hindi nauuna ay nakikisabay na sa mga uso ngayon. Ayon pa nga sa mga tindera rito, ang mga damit na nabibili sa mga boutique at mga ibang mall katulad ng Greenhills ay gawang Taytay lang pala! Kaya bakit ka pa lalayo kung narito lang pala ang hinahanap mong mga damit sa mas mababang presyo?

Kung nais mong magpunta sa Taytay Tiangge, narito ang ilang mga kailangang alamin bago sumugod sa laban:

1. Magbaon ng tote bag.

- Hindi maitatangi na kapag bumisita sa Taytay tiangge ay maraming mabibili. Dahil kadalasang plastik ang gamit ng mga tindera upang ibalot ang iyong mga nabili, mas mainam na magdala ka ng tote bag o eco bag para bawas sa dala, at para makatulong na rin sa kalikasan!

2. Mas maganda magpunta kapag gabii.

- Totoong bukas ang tiangge araw-araw. Ngunit, kung gusto mong makarami at masulit ang iyong biyahe, magandang magpunta tuwing Lunes at Huwebes ng gabii, kung kailan bagsakan ang mga telahan. Ito ay tinatawag na night market ng Taytay na nagbubukas mula ika-5 ng hapon hanggang madaling araw.

3. Magdala ng barya

- Kadalasan ay walang panukli ang mga tindera sa tiangge dahil sa sobrang mura ng mga damit na kanilang binebenta. Upang makatipid ng oras at para hindi na rin mapatagal ang iyong pagbili, magdala ng barya.

Mura na, maganda pa, ano pang hinihintay mo? Andiyan lang ang Taytay tiangge naghihintay sayo!



TARA NA SA



TAYTAY TIANGGE!

By Sofia Alforte

THE MISSION OF THE FILIPINO JUVENILES

BY ARJAN DAVE E. ALFECHE



If people were to define the word “youth,” most would usually refer to it as the time frame between childhood and adulthood. Despite this generic meaning, there is still an even broader definition. Youth is the time where we try to fit in with society - where we get to know the social norms, identities, and responsibilities. In other words, youth refers to the social anthropology that builds one’s character and individuality.

As the Christianity in the Philippines’ 500th-anniversary approaches, the Catholic Bishops Conference of the Philippines (CBCP) declared 2019 as the “Year of the Youth,” which commenced last December 2, 2018, or the first Sunday of Advent. The chosen theme for the event is “Filipino Youth in Mission: Beloved, Gifted, Empowered.” All the activities planned for the whole year will revolve around the theme, along with the three affirmations from the Catholic Church which are as follows:

WE ARE BELOVED

To feel beloved is one of the best feelings that one can receive from others. This statement is one of the reasons why the Church affirms that the youth is beloved, not only by the people around us, but also by the Church, and most importantly, by God. The Church also invites us to its Youth ministry, which allows us not only to gain more but also to share our love with the less fortunate. Through this, we can truly experience the joy in our hearts.

WE ARE GIFTED

A popular misconception is that when someone says “gifted,” we assume that a person has a talent, skill, or ability that may be unmatched by their opponents or acquaintances. The misconception is false, for God considers everyone as gifted. Some of the sacraments, such as the Sacrament of Baptism and Confirmation, wisdom, knowledge and courage, are all recognized presents from God. Therefore, the next time that you think about not being gifted, always remember that God has provided you with these blessings.

WE ARE EMPOWERED

We all know how bitter life can get, especially when issues pass through. However we can unite as one, and publicly voice out our opinion regarding these contemporary issues, as empowerment has always been with us - we’re merely afraid to vocalize and share our thoughts. If we speak, we can find our strengths, inspirations, and skills that would help us grow to have a prosperous life ahead.

Most importantly, we, the Filipino Youth, are entrusted to spread this message to our fellow youth, as it will help shape our nation towards progress. For this mission, we have fundamental aspects such as spiritual, social, and environmental. Hence, the real challenge here is the assurance that the juvenile can balance being a role model in every single aspects. Can we really entrust our present youth? You decide.



HUGYAW:

SIGAW NG ATLETANG BEDISTA NI ERNEST TUAZON

Noong Hulyo 4, 2019, ginanap sa Integrated Basic Education Department (IBED) Gymnasium ang pinakahihintay na Pep Rally upang kilalanin at suportahan ang mga atletang Bedista.

Bago magsimula ang programa, ang pambungad na panalangin ay pinangunahan ni Ethan Lee, team captain ng Red Jins. Sinundan naman ito ng pag-awit ng Pambansang Awit ng Pilipinas ni Samantha Cledera, team captain ng Lady Red Spikers, at ang pagbigkas ng Bisyon-Misyon ng Unibersidad ng San Beda na binanggit ni Eldwin Escosora, team captain ng Red Booters. Sa panghuli, pinangunahan ni Dan Dizon, team captain ng Red Spikers ang pagbigkas ng 10 Hallmarks of Benedictine Education. Nagsilbi bilang tagapagpadaloy ng programa sina Bb. Angelica Aragonas at G. Keneth Dionisio.

Pinagtuunan ng pansin ni Gng. Teresa Rivera sa kanyang pambungad na pananalita, ang hirap at sakripisyo ng ating mga atleta at pagbati sa mga ganitong programa na nagsisilbing magandang panimula sa darating na ika-95 na season ng National Collegiate Athletics Association (NCAA).

Naging masaya ang buong komunidad ng San Beda dahil napanatunayan na hindi lang magaling sa kani-kanilang laro ang ating mga atleta, kundi sa pagsayaw, pagkanta, at sa pag-popose rin. May inihanda rin na katanungan para sa mga team captain ng iba't ibang koponan.



Matapos ang presentasyon ng bawat koponan, pinanood ng lahat ang inihandang bidyo ng Red Click Productions para sa ating mga minamahal na atleta na naglalaman ng panayam mula sa iba't ibang mga team captains. Nagpakitang gilas din ang Red Corps sa saliw ng tugtog mula sa banda ng San Beda. Sabay sabay na sumigaw ang mga Bedistang mag-aaral para sa tagisan ng galing ng bawat pangkat sa paghiyaw at paghugyaw at tanda na rin ng kanilang taos-pusong pagsuporta sa mga atleta.

Nagbigay rin ng mensahe ng pagsuporta sina Gng. Rolinda D. Cabrito, at Fr. Paul Ma. De Vera, OSB. Ayon sa kanila, hindi lang ang sariling pangalan ang dala ng mga atleta, maging ang pangalan din ng San Beda at ang kahalagahan ng pagsasabuhay ng mga Benedictine Hallmarks. Ang katuwang na team captain ng Red Cubs na si Justine Sanchez ay nagbigay ng mensahe ng pagtugon sa mga sinabi nina Gng. Cabrito at Fr. Paul. Ipinangako ni Justine na gagawin lahat ng mga atleta ang kanilang makakakaya upang magwagi sa iba't ibang laro sa season na ito.

Bago matapos ang programa, kinilala ang iba't ibang koponan na pinakamahasay sa paghahanda ng kanilang mga suot, pagrampa, at pose. Nagbigay pugay rin ang lahat sa mga coaches na nagsisilbing pangalawang magulang ng mga atleta. Kanila ring kinilala ang mga pangkat na nagwagi sa timpalak ng paghiyaw at paghugyaw na siyang mga sumusunod:



TEAM AWARDS

Category	1st	2nd	3rd
Best in Runway	Red Spikers	Red Jins	Red Sea Lions
Best in OOTD	Red Sea Lions	Red Spikers	Red Netters
Best Pose	Red Spikers	Red Netters	Red Smashers
Best Answer	Ethan Lee, Red Jins	Angel Subida, Lady Red Booters	Dan Dizon, Red Spikers
Best Performance	Red Spikers	Red Netters	Red Smashers

CHEERS AND YELLS

GRADE 11	11-HUMSS
GRADE 12	12-HUMSS 1

EMBRACING CHALLENGE

STOP

Jaren Perfecto & Fran



Ang bagong team captain ng San Beda Junior Lady Red Spikers ay marami nang naipanalong paligsahan tulad ng Siena College Taytay Futsal Tournament (Champion), Municipal Athletic Meet 2017 (1st Runner Up), Municipal Athletic Meet 2018 & 2019 (Champion), 2nd Circuit Makati Football Tournament (Champion), at STCAA 2019 (1st Runner Up), si **Angelica Subida** ng 11-STEM 3.

Hindi naging hadlang sa kanya bilang team captain na mas bata siya sa iba niyang kalaro. “Being younger than some of my team mates was challenging for me. Hindi mo alam paano magsisimula,” ani niya. “Pero one thing’s for sure, hindi ako mawawalan ng respeto sa mga teammates ko, bata man o mas matanda sa akin and I will always treat them equally kahit anong mangyari,” dagdag pa niya.

Nang tanungin kung anong klaseng lider siya, aniya’y dala ito ng kaniyang ugali at kakayahan. “Ang isang leader hindi puwedeng puro attitude lang at hindi pwedeng skills lang. Patas dapat, because how can you reach your goal and lead a team kung may kulang” sabi niya. “As a leader, I always look on the brighter side and motivate my team to do better. Kailangan understanding ka talaga and be down to earth for you to connect well with your team,” sambit pa niya.

Alisa lamang ang mensahe niya sa mga kapuwa atleta niya - ang maniwala sa isa’t isa. “Always believe in yourselves and take the chance to shoot your shot always. I’m here to support all of you and wag kayo mahiya if you have any concern,” banggit niya. Sa kanilang coach, tanging pasasalamat, “thank you sa lahat ng pagtitiis at laging pag guide saamin, Mahal ko kayong lahat,” dagdag pa niya rito.

Maraming responsibilidad ang isang student-athlete na katulad ni Angelica na ginagawa ang lahat ng kanilang makakaya upang magampanan ang lahat ang tungkulin bilang isang lider, manlalaro, at mag-aaral, madali man o hindi.

SWIMMING THE CHALLENGE

BY

Francis Marvin De Ungria

Si Gian Karlo M. De Guzman ng 11 STEM 4 ang bagong team captain ng San Beda Junior Red Sea Lions. Sumali siya sa 10th ASEAN School Games noong 2018, at taon-taong kasapi sa Southern Tagalog CALABARZON Athletic Association (STACAA). Dalawang beses siyang nagtamo ng medalya sa NCAA, mayhawak ng record sa Batang Pinoy Nationals noong 2016, at nagkaroon naman ng apat na medalya mula sa Palarong Pambansa.

Sa murang edad pa lamang ay mulat na si Gian sa paglahok sa mga kompetisyon. “Noong Grade 2 ako, nag qualify ako sa STCAA/Regionals para irepresent ang Lipa City kung saan ako nakatira noon,” ayon kay Gian. “Doon nila nakita ang potensyal ko sa paglangoy.”

Nang tanungin si Gian kung ano ang nag-udyok sa kaniya upang ituloy ang paglangoy, aniya’y ang Diyos, kaniyang pamilya, coaches, at teammates. “Una si God na nagbigay ng talento, then family na motivation ko sa training, coaches and teammates na sumusuporta lalo na’t mahirap ang maging student-athlete, at ang dati kong coach sa probinsya na dala ko hanggang ngayon ang mga turo niya sa akin,” wika niya.

Bilang isang atletang mag-aaral, malaki ang responsibilidad ni Gian sa kaniyang pag-aaral at larang. “Iniisip ko na ang sport na ito ang magpapaaral sa akin. Student-athlete kami at laging mauuna ang pagiging estudyante namin kaysa sa pagiging atleta,” dagdag pa niya.

Hindi niya makakamit ang posisyon bilang isang team captain kung wala siyang mga katangian ng isang lider. Ayon sa kaniya, “Nakita sakín ng coach ko yung disiplina, pagkahumaling, determinasyon at pangunguna ko bilang isang lider. Kapag lumalangoy ako, mindset ko palagi ay kung paano ko mas huhusayin pa ang aking sarili. ‘Whatever it takes’ ika nga nila, at dapat palagi kang mas malakas kaysa sa kung ano ka kahapon.”

Kung tatanungin sa kaniyang pinaka hindi malilimutang parangal, kamangha-mangha ang kaniyang sinabi, “Yung unang individual medal ko sa Palarong Pambansa at naging part ako ng Philippine Team para irepresent ang bansa natin sa ASEAN School Games”, sambit niya.

Sa papasok na bagong taon ng NCAA, malaki ang gampanin niya bilang isang lider at lubos siyang pinagkakatiwalaan ng kaniyang team at coach. “Inaasahan naming mag-iimprove kaming lahat. Nadagdagan kami ng kalaban... pero pinaghandaan na namin sila,” ani niya.

Patuloy na pinatutunayan ni Gian na sa pamamagitan ng sipag, tatag, at determinasyon, kakayanin nating pagtagumpayan ang mga hamon sa buhay.



RED CUBS

GRAB 2ND PLACE IN 13TH FILOIL

PRESEASON CUP

STORY BY ERNEST TUAZON

With the transfer of elite guard Anfernee Estacio to FEU-Diliman, it was a challenge indeed for the Red Cubs to bring back the glory as the best juniors team in the whole nation. The Red Cubs won this title back then in 2016 with Prince Etrata leading the pack. Since then and until now, the team were always one game short with its loss to Ateneo De Manila University (ADMU), led by the rebounding machine Kai Sotto, and its loss this year to the Nazareth School of National University (NU), spearheaded by the Juniors MVP of the tournament, Kevin Quiambao.

All throughout the tournament, the Red Cubs were dominating opponents left and right, having a clean slate entering the playoffs. Big man Justine Sanchez was top 3 in the running for the MVP pre-playoffs, having a total of 259 statistical points. They were matched up against the University of Perpetual Help System - Dalta in the semi-finals. The final score was 97-82 in favor of the Red Cubs with Yukien Andrada and Justine Sanchez leading the way with a double-double of 19 points and 13 rebounds, to go along with 2 blocks, and the latter had 16 points, 13 rebounds, and

In the finals, they squared up against the NU Bullpups, which were missing the services of Carl Tamayo, Gerry Abadiano, and Terrence Fortea who are with the Gilas Pilipinas Youth in preparation for the 2019 FIBA Under-19 World Cup. On the side of San Beda, they were missing Rhayyan Amsali due to commitments with the national team as well. Before the game commenced, the season awards were given out and Justine Sanchez is awarded as part of the Mythical Five. It was a slump for the Red Cubs for they only shot 21% from beyond the arc, and 39% inside the paint. NU won, with a score of 76-69. The team was led by Basti Valencia, who had 14 points, and Justine Sanchez once again had a double-double with 12 points and 15 rebounds.

“Nung natalo kami, nakita namin lahat ng lapses namin. Sinabi nila coach na kailangan maimprove namin yung defense and yung lakas namin. Especially malapit na yung NCAA Season.” Yukien Andrada stated in an interview.

Looking ahead, this will serve as a lesson as they try to bounce back in the upcoming 95th season of the NCAA. With just more firepower in the team, like Rhayyan Amsali and Migs Pascual, it will help the team a lot in regaining back the crown as Kings of the NCAA.

THE RED JINS GEAR UP FOR THE 95TH NCAA TOURNAMENT

JUDE TERNORA, 12-HUMSS 1

After winning 1st runner-up on the 94th NCAA Tournament held at the M.V.P. Gym of San Beda Mendiola last 2018, the Red Jins are coming out strong to finally win this year's championship title after a long series of drought throughout the past years.

The preparation took place during the off-season before the start of the year. The team have shown their capabilities in joining three competitions for them to hone their abilities during the off-season. Their women's team competed in the 6th Women's Martial Arts Taekwondo Event which occurred last May 29-31, 2019. The Red Jins bagged 2 golds, 2 silver, & 1 bronze medals. Another tournament they entered in is Smart National New Face Taekwondo Event that happened last June 8-9. In this tournament, The Red Jins bagged 4 golds, 1 silver & 1 bronze medals. Lastly, is the 43rd PTA National Taekwondo Championship that came about last July 21-22, 2018. In this

contention, they won 2nd Runner Up Junior Men Division and 2nd Runner Up Junior Women Division.

"The tournaments we participated before the school year starts are less intense and on a different tier compared to the competitions we have in the mid-terms until the end of the school year." stated by their team captain Ethan Richard Lee. He added, "These competitions we had competed on were to gauge our skill level at the time and to find where to improve more..."

The NCAA Tournament is about to start in a month for the Red Jins; when asked about how prepared they are in upcoming NCAA Tournament, Ethan Richard Lee stated, "Our coaches, with the cooperation of the whole team, fix our mindset to the goal which is to seize the

NCAA championship this year and to never lose our focus on it. Physically-wise, we train nonstop, even on the holidays, to prepare our body and mind to be at the highest condition for the tournament...."

Moving forward, The Red Jins are ready to face all the formidable opponents they are about to face and will be braced to claim their spot to the top and their righteous victory in the upcoming NCAA Season.



WHAT'S NEXT FOR GILAS PILIPINAS?

BY FRANCIS MARVIN DE UNGRIA

The Gilas Pilipinas ended the tournament finishing dead last with a 0-5 record losing to Italy, Serbia and Angola in the first round and Tunisia and Iran in the classification rounds.

Lack of preparation time, chemistry issue and fitness concerns are just some of the factors that led Gilas Pilipinas to its demise yet there were some positives that we can focus on.

The young guns CJ Perez and Robert Bolick are the two positives that we can take away from the Gilas campaign.

The Gilas Pilipinas while finishing dead last in the 2019 FIBA World Cup, will automatically qualify for the 2023 FIBA World Cup as hosts.

Here are 6 factors that the program should focus on as they prepare for the next FIBA World Cup.

PREPARATION

Probably the biggest factor why Gilas ended up in last place is the lack of preparation for the world cup. Any team who was given only 1 week of preparation time would never achieve a positive result and that showed in the performance of the Gilas Pilipinas.

FORWARDS

Looking at the 12-man squad, centers Andray Blatche at 6'11, June Mar Fajardo and Japeth Aguilar both at 6'10 has the height to compete against international big men. But looking at the next tall guys you have Troy Rosario who plays as a power forward and Raymond Almazan at 6'7 who plays as a center. Who do you got for a small forward? Undersized forwards in Gabe Norwood who stands at just 6'4 and CJ Perez at 6'2. We can't deny that height is a big factor in basketball, the program should therefore scout and train taller forwards to compete against much taller international forwards.



NATURALIZED PLAYER

Andray Blatche will become 37 years old by 2023. The program should think ahead and focus on scouting for possible replacements. But the question is, who will they pick? Christian Standhardinger should be the first to come to mind as he is currently playing in the Philippines and had already played with the national team. Should they opt for a wing-man, NBA veteran Jordan Clarkson should be their target as he also played with the national team. Chris McCullough should also be a target as he had already shown interest in suiting up for the national team. Jalen Green is a long shot but if successful can be a key player, Jalen Green is already considered as a five-star recruit and has the potential to be a top rookie in the NBA draft. Other possible replacements include Stanley Pringle, Justin Brownlee and Terrence Jones.

AJ EDU AND KAI SOTTO

When you watch the Batang Gilas compete in the FIBA U-17 and U-19 World Cups, you can't help but imagine a Gilas squad led by 7 footers Kai Sotto and AJ Edu. Without a doubt, those two are the future of Philippine Basketball. Should they be ready for the 2023 FIBA World Cup, the program will not need to find a naturalized big man and may instead focus on finding tall forwards which is what the national team needs the most.

INTERNATIONAL PLAYERS

Outside of the Philippines, Filipino players are also well represented. The program should also look for players abroad. Playing in the US NCAA is the athletic Arizona State guard Remy Martin who had expressed his interest in suiting up for the national team. Virginia guard Kihei Clark who was one of the key players for the Virginia Cavaliers en route to an NCAA Championship has already played in the SM NBTC tournament and is available for the national team. Filipino players in Europe include Roseto Sharks guard Dalph Panopio who has represented the Batang Gilas at the U-18 and U-19 levels is also worthy of consideration. Up and coming Barcelona guard Aaron Ganal is already one of the top prospects in Spain and his development should also be looked at.

PBA

The 2014 FIBA World Cup campaign of the Gilas Pilipinas, who shocked the world after narrow defeats to Croatia and Argentina, was a result of the SBP and PBA working together. During the preparation for the 2014 FIBA World Cup, the PBA had adjusted its schedule to give way for the preparation for the national team. Should the SBP collaborate with the PBA as it prepares for the 2023 FIBA World Cup, then the national team will no doubt perform better than its 2019 FIBA World Cup campaign.





Integration



HINUMDOM



Katutubong Kasuotan



Buwan ng Wika



Pep Rally



Mga Pagtatanghal