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THE BEDAN ROAR





THE BEDAN ROAR

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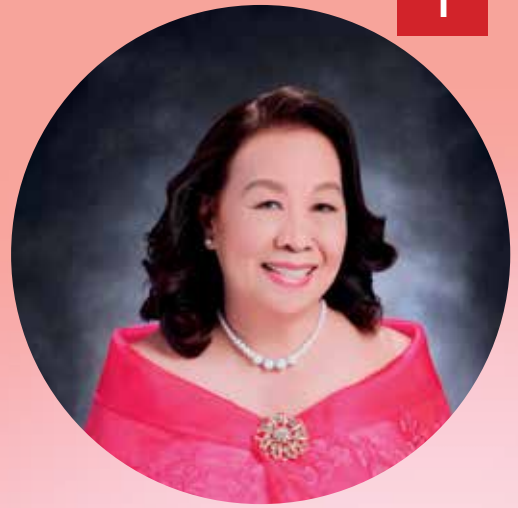
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THE BEDAN ROAR ACADEMIC YEAR 2022 - 2023

WELCOMING MESSAGE

MRS. TERESITA T. BATTAD
PRINCIPAL, IBED



Dear Bedan Community,

Happy New Year Bedan Community! A toast to a new year full of opportunities, growth, and success!

In this new normal, the Integrated Basic Education Department of San Beda University is steadfast in providing the best quality blended education to our students. Our successful efforts as a university have been recognized as we continuously and consistently focused our energy, efforts, and resources on providing and enhancing our learning modality over the course of the pandemic which has led us to this to this new path in the new normal. Our Bedan transformative education approach combines remote learning and in-person learning to improve students' academic and personal well-being as we promote learning continuity in this new normal. If there is one thing that the pandemic has not changed, it is our steadfast commitment to fulfill our mission as translated in this year's academic theme, "Faith and Mission: Making a Difference in Global Education and Research" May we commit ourselves to accept the urgent challenge of strengthening our commitment to share, spread, and live up to our Catholic social mission at every level of Catholic education and faith formation as members of our educational institution and our own communities. May this also be seen and acted upon in our personal, spiritual, and communal lives. Ultimately, may this reflect our relationship with God and our neighbors as we genuinely spread our love and service to one another just as how God has done for us. As God's beloved, may we all open ourselves to the awareness that we are gifted to give amidst these challenging times. We are called to reach out and build relationships of love and justice for San Beda, our country, and God.

This is a wonderful honor to the university that recognizes our commitment and hard work to hold the best and high-quality Benedictine Education amidst this pandemic. As a university, we will continue our work in strengthening the hallmarks of Benedictine education in the curriculum and instruction and our duty of upholding 500 years of Catholic social mission at every level of education and faith formation towards the goal of achieving the targets and implementation of Sustainable Development Goal #4 (SGD#4) which aims to ensure inclusivity and equitability of quality education to promote lifelong learning opportunities for all. As duty-bearers, we are one in this shared societal endeavor of protecting, respecting, and fulfilling the right of education that will enable the holistic human development rooted in mutual understanding, tolerance, friendship, and peace.

In this new normal, we remain firm in our mission to adopt the best practices to surpass all challenges in this paradigm shift. I know these are tough times, but we shall continue to move forward guided by our desire to uphold our mission of catholic faith and education as we are truly gifted to give. We will consistently strive for excellence, creativity, and innovation as we put more effective academic plans and safety protocols to keep everyone safe and unharmed so that we can continue to learn and grow.

San Beda University-Integrated Basic Education Department is committed to the students' achievement and holistic development. We are determined to be the best that we can be. Head-strong, stay safe, and always keep your faith in God.

With warmest regards,

TERESITA T. BATTAD

IBED (Integrated Basic Education Department) Principal

WELCOMING MESSAGE

ZYAN KENVIEC V. CATABAY

***PRESIDENT, SENIOR HIGH SCHOOL
STUDENT COUNCIL A.Y. 2022-2023***



Change is a concept and an idea that most of us are afraid to entertain. Why is this the case? This is because most of us are afraid to try new things, explore new paths, and step outside of our comfort zones. Having said that, this is entirely the case with what we are currently experiencing in our lives.

We have been forced to change and adjust to a setup we are unfamiliar with. At the same time, we have been forced to stay in our homes for more than two years due to the pandemic. Now, we are facing yet another obstacle of transitioning into a setup that we once knew – face-to-face classes.

Challenges and obstacles are bound to hinder us, but these difficulties are what will make this academic year more memorable. One of which is being able to experience online, hybrid, and in-person classes all in one academic year. On the other hand, we have slowly transitioned into an environment that offers opportunities to build more memories – memories with the school, teachers, friends, and acquaintances that will surely serve as foundations as we move forward toward our destined paths.

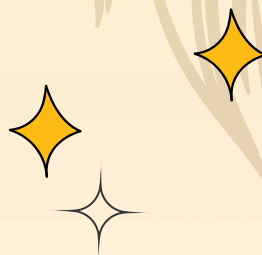
Welcome to another academic year of challenges that brings excitement, obstacles that build friendships, and hurdles that define who we truly are. I am with you in journeying a path that will create an impact and contribute to the betterment of society. Even though there will be many inevitable difficulties in facing this new chapter in our lives, as Bedans, we will face them with strong minds, brave hearts, and undaunted spirits.

That in all things God may be glorified!

A stylized, handwritten signature in black ink, appearing to read 'Zyan'.

Zyan Kenviec V. Catabay

SBU-R SHS Student Council President, A.Y. 2022-2023



WELCOMING MESSAGE

JULIANNE ASHLEY Z. VILLENA
EDITOR-IN-CHIEF
THE BEDAN ROAR A.Y. 2022-2023



Transitions are never easy. When you finally become accustomed to the routine, change inevitably comes and overturns your world. It is an inevitable reality that eventually urges you to adjust to keep up.

With journalism especially, keeping up with the times is a must. That is why The Bedan Roar has been committed to providing San Beda University-Rizal with reliable and updated information amidst the transition from online means back to in-person modalities. From webinar screenshots to on-site documentation and from Facebook posts to printed magazines, our publication has been and will always be an unwavering voice of the truth.

True journalism transcends physical boundaries, and our publication truly hopes that it has achieved that during the online class setup. With the transition back to physical means, The Bedan Roar aspires to keep our brand and quality of journalism alive through the first issue this A.Y. 2022-2023. May the first issue of this back-to-in-person academic year be a lasting mark – reminding everyone that although transitions are never easy, passion and perseverance toward spreading the truth will always find a way.

Julianne Ashley Z. Villena

The Bedan Roar Editor-in-Chief, A.Y. 2022-2023



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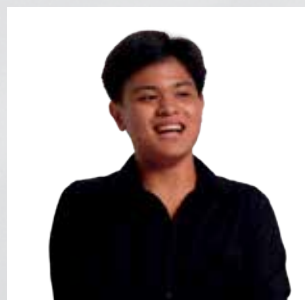
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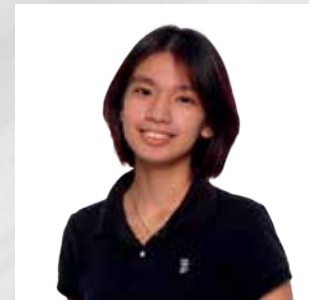
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SBU-R WELCOMES STUDENTS BACK ON CAMPUS

BY SID ARMAN CANDIDO

After two years of online distance learning, San Beda University-Rizal finally opened its gates for face-to-face learning this academic year 2022-2023.

The school year first started off with the 4-1 modality, according to DepEd Order No. 44 s. 2022. In the case of SBU-R, the students only went to the school grounds on Wednesday for homeroom and school events, such as the ROARientation, Student Council Miting De Avance and Elections, and Social Action Program (SAP) activities.

However, last November 28 2022, the 3-2 Modality was implemented for the second quarter, in which students went on-campus for three days and attended online classes for two days every week.

In addition, San Beda University-Rizal also launched the Academic Learning, Research, and Wellness Engagement (ALRWE) period, a 1-2 hour free period in the afternoon to help the students accomplish their tasks and to allot time for answering their queries regarding their respective subjects. With the help of the new ALRWE period and by following the strict campus health guidelines and protocols, it was guaranteed that learning will be fun and interactive on-campus once again.

The pandemic has truly been a roller coaster ride as it was unexpected and sudden. In just a blink of an eye, what used to be a fun learning session in the classroom turned into online distance learning where students can only interact with their teachers and classmates virtually, with the help of technological applications such as Microsoft Teams and Microsoft Outlook.

The 3-2 learning modality sparked a change as students adjusted from learning through online meetings to in-person ones.

This made learning more interactive, instead of raising your hand or using reactions in MS Teams, you can see the actual reaction of your classmates and teachers on site.

In those struggles, Bedans remained unfazed and positive as they started their full face-to-face learning on February 15, 2023.



EMPOWERED TO LEAD

Ang Pagtatanghal ng mga Bagong Halal na Opisyal ng Student Council

NI LOVELLYN SALLIDAO



Ipinakita ng buong komunidad ng Senior High School ang kanilang suporta sa Student Council at sa kanilang mga panukalang plano at proyekto para sa pagpapabuti ng karanasan sa mga estudyante.

Sa ngalan ng buong komunidad ng San Beda University – Rizal, tunay na naipamalas ang say-say ng serbisyo at ang magiging boses ng mga mag-aaral.

Ang pagdiriwang ng kaganapan na ito ay sumisimbolo sa pagkakaisa ng bawat estudyante upang suportahan ang mga iginawad na bagong miyembro ng Student Council.

Noong umaga ng ika-19 ng Oktubre 2022, ipinagdiriwang sa Senior High School (SHS) auditorium ang seremonya ng panunumpa o induction ceremony ng mga bagong halal na opisyal ng Student Council (SC) ng San Beda University - Rizal.



Pinangunahan ng SHS Commission on Elections (COMELEC) ang pagtatanghal ng mga simbolo, kabilang na ang Hallmarks of St. Benedict, Benedictine Medals, at ang SC Constitution and Bylaws.

SBU-R CELEBRATES MENTAL HEALTH AWARENESS MONTH 2022

BY MILA SAMANTHA F. LEE



October has been recognized as the Mental Health Awareness Month in the Philippines since former President Fidel Ramos made it official back in the 1990s. The country continues to shine light on this subject ever since. Although there is still room for improvement, we could see evident progress from back then up to the 21st century, when younger generations give more importance to mental health.

In accordance with this, San Beda University - Rizal conducted the Mental Health Awareness campaign during October 10-21, 2022. With the theme "IBEDans Together in Making Mental Health and Wellbeing a Priority to All", the Guidance Office, Peer Facilitators Group, and other organizations took charge in administering the following heartwarming activities that helped the students ponder about their own wellbeing.

#VIBECHECK

The week started off with a check-in on the students' feelings and what was truly going on inside their hearts and minds. With the help of MS Forms, they were tasked to share how they were doing, and this lasted throughout the rest of the week. To add spice to the activity, they showcased their emotions through creative virtual backgrounds to further express their feelings in a fun and interactive way.

PUSOTIBONG BEDISTA

To raise awareness and awaken the minds of the student body, various "quotes of the day" were posted within the Guidance MS teams group of each grade level. This served as a reminder to take care of themselves and that oftentimes, not being at your best is valid. This undoubtedly motivated them to keep going even through the tough times.



BEDABEST & INSTRUMENTAL

These activities are what served as a breath of fresh air to the IBED community during a month filled with events and adjustments. Inspirational videos, talented showcases, and heartwarming messages were aired to encourage the members of the university to use the best of their capabilities in order to be of service to the ones that need it. To add spice to the activity, they showcased their emotions through creative virtual backgrounds to further express their feelings in a fun and interactive way.

A SWEET ENDING

As the week ended, lollipops were handed out to each student in every grade level. Attached to these sweet treats were positive and encouraging quotes that were related to the theme of the month's celebration. This project, of course, had a heartfelt meaning to it - it is a symbolic act that extends the message to the receivers to continue spreading sweetness and light to people that they encounter every day

What **mental health** needs is more sunlight, more candor, more unashamed conversations
- Glenn Close

BEDAN NEWS

First Issue 2022-2023

SBU-R INILUNSAH ANG 'BASKET OF JOY' AT ON-SITE CHRISTMAS PARTY NGAYONG KAPASKUHAN

Ni Eryn Russell M. Berin



Mula Nobyembre 9, 2022 hanggang Disyembre 2, 2022, muling inilunsad ng San Beda University-Rizal ang taunang programang '*Christmas Basket of Joy*' bilang pasasalamat at pagtulong sa buong komunidad at institusyon.

Isa sa marami at makabuluhang paraan ng pagdiriwang ng Kapaskuhan ang pagtulong sa kapwa at ito ang naging layunin ng programang '*Basket of Joy*'. Inilunsad ito upang ibahagi sa komunidad ang mga biyaya na patuloy nating natatanggap sa kabila ng kasalukuyang sitwasyon at paghihirap ng bansa bunsod pa rin ng pandemyang COVID-19.

Laman ng bawat '*Basket of Joy*' ang halo-halong sangkap para sa mga handa sa Noche Buena tulad ng keso, *all-purpose cream*, *fruit cocktail*, *spaghetti sauce*, at iba pa.

PAGKUTITAP NG LIWANAG SA KAPASKUHAN: ANG KONEKSYON NG PASKO SA MGA PILIPINO

Ni Iñigo Señadoza

Naging bahagi na ng kulturang Pilipino ang taon-taong pagsapit ng Pasko. Mula sa pagkabit ng mga kumukuti-kutitap na mga pailaw, pagbili ng mga regalo, pagdalo sa iba't ibang imbitasyon, hanggang sa paghahanda nang masasarap na pagkain, naipapakita ang naging kahalagahan ng Pasko hindi lamang sa pamumuhay ng mga Pilipino, pati na rin sa makulay na kultura ng Pilipinas. Kung babalikan ang Kasaysayan, paano nga ba tayo nagkaroon nang malalim na koneksyon sa pagdiriwang na ito?

Noong dumating ang mga Kastila noong ika-14 na siglo, dinala nila ang kanilang pananampalataya bilang mga Kristiyano at sa paglipas ng mga taon, pati na rin ang kanilang mga gawi at tradisyon, kasama na ang pagdiriwang ng Pasko. Mula noon, nakakuha tayo ng iba't ibang mga gawain tuwing Pasko kagaya ng paghahanda ng Belen, pagdalo sa Misa de Gallo, at pagsasabit ng mga Parol. Kinalaunan, dala ng pananakop ng mga Amerikano, naipakilala naman sa atin ang konsepto ng Christmas tree at Santa Claus. Sa kasalukuyan, naging bahagi na ng ating pagiging Pilipino ang pagdiriwang na ito kaya pagnilayan natin kung bakit at paano ito nagsisilbing tulay ng pagkakaisa bawat taon.

Kilala ang mga Pilipino bilang likas na masayahin at palakaibigan. Tuwing Pasko ay nagtitipon-tipon ang pamilyang Pilipino upang makihalubilo sa isa't isa, makipaglaro, makikain, at magbigayan ng mga regalo. Dito natin makikita na nagiging paraan ang Pasko na maging isang ilaw sa isang madilim na mundo isang daluyan ng mga katangiang Pilipino, katulad ng pagkakaibigan, pagmamahalan, at pagbibigay ng buong-puso.

Mahalaga ang Pasko sa mga Pilipino dahil nagiging paraan ito upang maging mas matibay ang pagbubuklod ng pamilyang Pilipino. Kaya ito naging isang sikat na bahagi ng ating kultura. Kung kaya, bilang isang pamilya, ating gunitain ang kapaskuhan upang pagtibayin ang pagkakaibigan, pagmamahalan, at pagbibigay ng buong-puso ng bawat isa.

GOVERNMENT REQUIRES ALL SIM USERS TO REGISTER IDENTITY FOR ACTIVATION

By Julianne Ashley Z. Villena

President Ferdinand "Bongbong" Marcos Jr. signed the Subscriber Identity Module (SIM) Card Registration Law or Republic Act (RA 11934) last October 2, 2022, which will require all SIM users to register their information to the government before their SIM can be activated.

The said law aims to reduce spam messages and fight text scams. It also seeks to make it easier for the police to track criminals, for perpetrators cannot remain anonymous under prepaid SIMs in burner phones anymore. In the implementation of RA 11934, all SIM users will be required to register their SIM cards with a Public Telecommunications Entity (PTE).

New SIM users must register, before the SIM can be activated. Meanwhile existing SIM users must register within 180 days of the law's implementation, or else their SIM will be automatically deactivated. Despite the Senate's written anti-cybercrime purposes behind the law, some people express data privacy concerns over the SIM Card Registration Law.

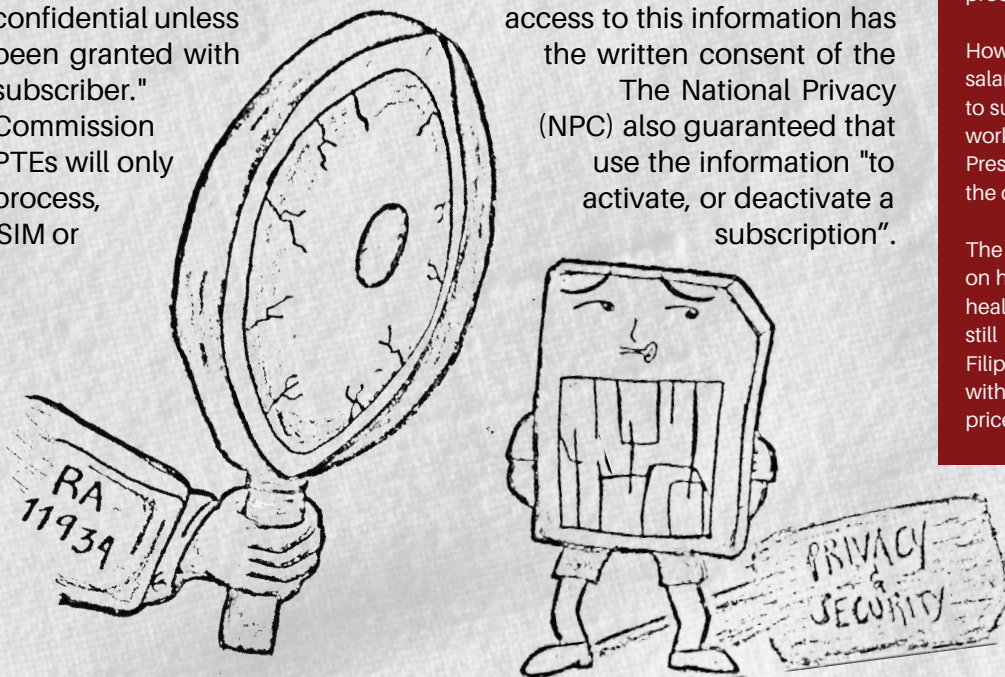
Former officer-in-charge of the National Privacy Commission's Privacy Policy Office Ivy Grace Villasoto raised that there may be "a heightened risk of the occurrence of personal data breaches and unauthorized processing of personal data".

Cybersecurity policy analyst Mary Grace Mirandilla-Santos strengthened this by citing histories of SIM registration security dangers from developing countries and the European Union.

In response to these concerns, President Marcos Jr. assured that "any registered information shall be treated as absolutely confidential unless access to this information has been granted with the written consent of the subscriber."

Commission PTEs will only process, SIM or

The National Privacy Commission (NPC) also guaranteed that use the information "to activate, or deactivate a subscription".



PH GOVERNMENT LIMITS HEALTH WORKERS FROM LEAVING THE COUNTRY

By Sid Arman R. Candido

The COVID-19 Pandemic profoundly affected the country, especially the hard-working health workers who are unfortunately underpaid in the Philippines.

According to Rappler, most health workers in the country are not only underpaid but also overworked. Not only this, but sometimes hospitals also delay their salaries for up to two months.

This has become the last straw for them, and the countries' health workers do not deserve this unjust treatment, so they try their luck to work abroad. But what happens when the government, instead of helping its citizens find new opportunities in other countries, limits them from leaving the country?

Based on an article by Philstar, the Department of Health (DOH) wants to keep the deployment cap among health workers due to the lack of health workers like dentists, nurses, pharmacists, and physicians in the country.

Last 2020, a deployment cap of 5,000 health workers was set, but this has been increased to 7,500 in 2022. The health officer-in-charge, Maria Rosario Vergeire, said that she hopes for the deployment cap to stay the same until the country produces more healthcare professionals.

However, many disagreed with Vergeire as the salary of local hospitals of 25,000 is not enough to sustain the family and pay the bills of the health workers. As reported by The Straits Times, President Ferdinand Marcos Jr. vows to increase the deployment cap of health workers.

The pandemic indeed has had a negative impact on hard-working Filipino workers, especially in the healthcare field. But until now, the government is still trying to figure out ways how to encourage Filipinos to keep working in the Philippines, even with the low local salary and the rapid increase of prices in the market.

Editorial Cartoon by Cedric Alcoriza

INTERNATIONAL NEWS

ANG PAGHAKBANG NG PILIPINAS PATUNGO SA

"ENDEMIC"

Ni Mila Samantha F. Lee

Dahil sa tuluyang pagbaba ng mga kaso ng COVID-19 at pananatiling mababa ng mga malala at kritikal na impeksyon, malapit nang tumuntong sa huling yugto ng pandemya ang bansa, ani ng isang eksperto noong nakaraang Nobyembre 15, 2022.

Tatlong taon mula noong unang kumalat ang virus na nakapagpabago nang husto sa mundo, sa wakas ay dumating na ito sa punto kung saan naging mababa at katanggap-tanggap na ang bilang ng kasong ipinapakita sa datos.

Ayon sa mga eksperto, palapit na ang pandemya sa tinatawag na endemicity o ang pag-normalisa sa sakit na ito tulad ng iba pang karaniwang karamdaman.

"Yung nakikita naman talaga natin dito sa COVID, mukhang nagiging endemic na siya [in the sense] na magci-circulate na yan parang sipon, hindi na talaga siya mawawala ng todo," saad ni Dr. Edsel Salvana,

isang kasapi ng Department of Health (DOH) Technical Advisory Group sa naganap na panayam sa telebisyon.

Sa kabila ng positibong balita na ito, mas mainam pa rin na maging mainat ang mga mamamayan dahil ayon sa DOH, mababa ang immunity ng mga Pilipino laban sa mga lumalabas na variant ng Omicron sa kadahilangan mababa ang bilang ng mga Pilipinong nakatanggap na ng booster.

73.7 milyon na ang populasyong ganap nang nabakunahan, ngunit 20.8 milyon pa lamang ang nakatanggap ng unang booster at 3.5 milyon naman sa pangalawang booster.

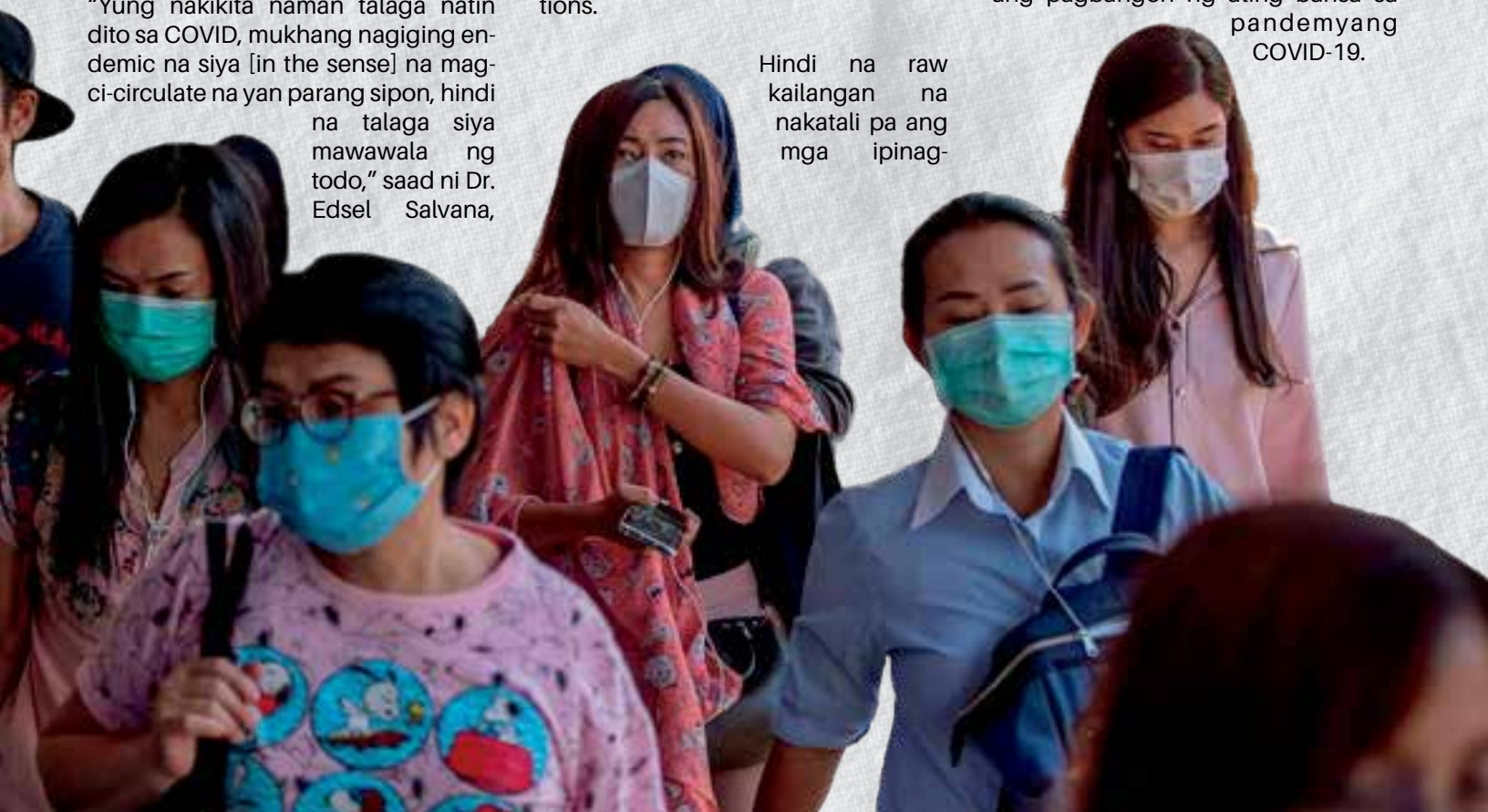
Sinabi rin ng DOH na imumungkahi nila sa Inter-Agency Task Force (IATF) ang paghiwalay ng alert level restrictions.

Hindi na raw kailangan na nakatali pa ang mga ipinag-



babawal na gawain sa alert level system dahil alam na dapat ng mga mamamayan ang mga protocol o kung ano ang dapat gawin sa bawat antas ng alerto.

Kaya naman sa paglapit ng "endemic", inaasahang mag-iingat pa rin ang lahat upang magtuloy-tuloy na ang pagbangon ng ating bansa sa pandemyang COVID-19.



BEDISPOTLIGHT: NEW BEDAN EDUCATORS

By Janina Mae Jose

A brand-new school year means a brand-new start to a wonderful adventure. This year, we are glad to introduce to you the seven new members of the Senior High School faculty. We know how they are in the classroom, but how about outside? To explore that, we prepared a few interesting questions that can show their personality and personal stories. If ever you wanted to have a sit-down question-and-answer with them, here's your chance to get a bit more up close and personal with your new teachers with this quick chit-chat interview.



PATRISHA BIANCA Y. CERTeza

A memorable experience in class?

My favorite experience in class was my first actual face-to-face teaching. If I could remember it correctly, it was with 12-ABM 2. It was actually my first time to teach in face-to-face modality since my Practice Teaching Internship in college was through online, due to the pandemic. It will always be in my memory because it was the time I realized that teaching in face-to-face setup is more effective and fun than online classes. Moreover, I love the fact that as a teacher, I am not only teaching – it's more of learning from my students at the same time.

What or who is your biggest "what if"?

What if I didn't listen to other people's opinion about me? What if I trusted myself that I can do it?

What advice would you like to give to your students?

- Enjoy every moment of being a student. Hindi ka habang buhay may oras para sa mga kaibigan mo.
- Join all the activities and events, wala nang mga ganyan sa field work mo, at hindi habang buhay kaya ng katawan mo.
- Do things one at a time. Prioritize.
- Reward yourself with material things, enough sleep, relaxation, and me time. You will always deserve these things.
- Love can wait. Kalmahan mo lang.

This or That?

Books or Movies
Online Classes or **Face-to-Face**
Coffee or Tea
Outdoor dates or Indoor dates
First Love or Greatest Love: **First love will always be the greatest love, I believe.**

Bachelor in English Education
Philippine Normal University - Manila
Batch 2022 - Magna Cum Laude

First Semester: EAPP, Oral Comm, 21st Century Literature

Second Semester: Reading and Writing, 21st Century Literature

Favorite Song or Song You Can Relate to the Most: Infatuation by Maroon 5

Interests & Hobbies: Volleyball, Listening to music/podcasts, and serving the community through SK

A memorable experience in class?

One of my favorite/memorable experiences in a class was the time that I had a heart-to-heart talk with my students. It was so overwhelming to be appreciated by them. During the session, one of my students told me that one of the reasons why she chose to continue to study is because of me, because of the motivation I gave her. This is also the reason why I continue to keep going in my chosen profession.

What or who is your biggest "what if"?

What if I took up a different course in college, the one I dreamt of? What kind of life would I have?

What advice would you like to give to your students?

The advice that I would like to give my students is to always believe in themselves. When they believe in themselves, they will be able to better handle any challenges they face along the way.

This or That?

Books or Movies
Online Classes or **Face-to-Face**
Coffee or Tea
Outdoor dates or Indoor dates
First Love or **Greatest Love**

Bachelor of Secondary Education Major in Mathematics
Sorsogon State University - Bulan Campus

First Semester: General Mathematics
Second Semester: Statistics and Probability

Favorite Song or Song You Can Relate to the Most: Leaves by Ben&Ben

Interests & Hobbies: travel, photography, and listening to music

**LEAVES
BY BEN&BEN**



MARCELINO G. GIGANTONE JR.



JOY R. IGNACIO

A memorable experience in class?

One of the best experiences of my life as a teacher was facilitating online class for the first time. Truth be told, I wanted to combat the change at first. But thriving the first meeting made me believe in myself more.

What or who is your biggest "what if"?

What if I still insisted to pursue my doctorate degree? How am I going to manage my time as a student, guidance counselor, a mother, wife and as a daughter, too?

What advice would you like to give to your students?

Think about how you conquered the twelve years spent in school. Reevaluate your experiences to see what you ought to be carrying out differently, now that you are getting closer to your dream job. Take action every day! Believe, you will gradually get better and better at what you do.

This or That?

Books or **Movies**
Online Classes or **Face-to-Face**
Coffee or Tea
Outdoor dates or Indoor dates
First Love or **Greatest Love**

TS Psychology - St. Louis University,
Master of Arts in Education, major in Guidance
and Counseling - FEU Roosevelt

SUBJECT: Growth in Christian Personhood

Favorite Song or Song You Can Relate to the Most: **It's a Beautiful Day**
by Michael Buble

Interests & Hobbies: gardening and watching movies

**IT'S A BEAUTIFUL
DAY BY MICHAEL
BUBLE**



SALLY BETH B. BELO

A memorable experience in class?

My favorite experience in class is when all of my students really do understand our lesson in Math. I am so happy seeing all of them really enjoying the discussion without thinking that Math is that hard.

What or who is your biggest "what if"?

What if I did not accept this opportunity, where I am right now?

What advice would you like to give to your students?

I want to inculcate in them the essence of Mathematics which was still in my mind when I was a high school student. The essence of Mathematics is not to make simple things complicated but to make complicated things simple.

This or That?

Books or Movies
Online Classes or Face-to-Face
Coffee or Tea
Outdoor dates or Indoor dates
First Love or Greatest Love

*Bachelor of Secondary Education Major in Mathematics
Sorsogon State University- Bulan Campus*

Subjects: Business Math, General Mathematics, Statistics and Probability

Favorite Song or Song You Can Relate to the Most:
This is my now by Jordin Sparks

Interests & Hobbies: travelling and reading

**THIS IS MY
NOW BY JORDIN
SPARKS**

A memorable experience in class?

It makes my day complete every time I saw my students smiling and throwing questions with essence that makes the whole class think critically and having a debate with their own question and answer because it makes the lesson engaging.

What or who is your biggest "what if"?

What if my father is still alive? What if I don't risk in trying this job?

What advice would you like to give to your students?

Embrace all the learnings/lesson regardless of the subject and how big or small it can be. Because those lesson will serve as a ladder to your dream destination. Always look back and never underestimate the people around you. Be humble even if you already reach your goal.

This or That?

Books or Movies
Online Classes or Face-to-Face
Coffee or Tea
Outdoor dates or Indoor dates
First Love or Greatest Love

BS in Entrepreneurship Major in Enterprise management Marinduque State Colleges

SUBJECT: Empowerment Technology

Favorite Song or Song You Can Relate to the Most:
God Will Make A Way

Interests & Hobbies: watching Kdrama and playing with my dog

**GOD WILL
MAKE A WAY**



CHARLENE SALVACION



JASON GUIZZAGAN CAHIGAS

A memorable experience in class?

I would be picking the moment when some of my students asked me "Sir, how do you live a balanced life?" I answered, "Focus in your work and be productive. But also, enjoy life and spend quality time for yourself, your friends, and your loved ones." This really gave me an amazing feeling of empowerment. Sharing my personal life experiences to my students is one of the most rewarding encounters I could ever have. Teaching them the lessons required by the course is one thing. But equipping them with life skills that are crucial in their choices and decisions is indispensable.

What or who is your biggest "what if"?

What if I was born extremely rich? Would I be the same person? Would I be so obnoxious? Would I be very generous? Would I be really happy? Would I be contented?

What advice would you like to give to your students?

I always tell my students to not only focus on maximizing their intellectual capacity but to develop their skills too. Having these two combined would be a great asset to any company or job titles that they would wish to land. Certainly, it would open more doors of opportunities for them.

This or That?

Books or Movies
Online Classes or Face-to-Face
Coffee or Tea
Outdoor dates or Indoor dates
First Love or Greatest Love

*Bachelor in Secondary Education major in MAPEH (MUSIC, ARTS, PHYSICAL EDUCATION, and HEALTH)
CAGAYAN STATE UNIVERSITY, Cagayan Valley, Philippines
Master in Physical Education - Cagayan State University,
Cagayan Valley, Philippines*

SUBJECT: Physical Education

Favorite Song or Song You Can Relate to the Most:
The Warrior Is a Child by Gary Valenciano

Interests & Hobbies: dancing, painting, playing sports, watching movies, and travelling

A memorable experience in class?

When all of the students participate.

What or who is your biggest "what if"?

What if di ako natanggap sa San Beda?

What advice would you like to give to your students?

Everything has a purpose.

This or That?

Books or Movies
Online Classes or Face-to-Face
Coffee or Tea
Outdoor dates or Indoor dates
First Love or Greatest Love

BSE Mathematics from University of Rizal System Morong

SUBJECTS: Precalculus, Basic Calculus, General Mathematics and Statistics and Probability

Favorite Song or Song You Can Relate to the Most:
Disney by Tanya Markova

Interests & Hobbies: travel, computer and mobile games

**DISNEY BY
TANYA MARKOVA**



URIEL JOSEPH D. PACIS

BEDANS' EXPERIENCES

in the transition to 3-2 Learning Modality

by Emmanuel T. Iriola

With the eventual transition to full face-to-face classes, schools have adopted certain learning modalities to transition to the new normal way of learning. San Beda University is one such school that recently kicked off the 3-2 learning modality for students. Three days on site, two days online. How do you feel when you hear these words? Excited? Dreadful? Anxious? Maybe a mix of all these feelings? No matter how you feel, they are all valid with the upcoming challenges this new learning modality brings us.

DepEd Order 22 Series of 22 states that starting November 2, 2022, private schools can host full face-to-face classes, blended learning modality, or online distance learning. San Beda University has opted to utilize the 3-2 learning modality before going full face-to-face: a very well-thought-out decision to allow students to get used to on-site learning.

Whether you are an old or new student, we each have our concerns and opinions with the return of face-to-face classes.

Accounts from students in the Senior High School community range from positive to negative. New students from the academic school year 2020-2021 onwards have yet to experience the full onsite Bedan lifestyle that old students had the privilege to know. Expectations might have been blown out of proportion for these new students due to anecdotes from senior students.

The fact of the matter is that schools all around the Philippines are still recovering from the COVID-19 pandemic. San Beda University, just like any institution, strives to recover its former glory lost to the pandemic. New students' expectations when onsite classes finally commenced were a bit of a letdown due to several health restrictions, though that doesn't stop some students to find a silver lining.

If you ask me what gets me so excited and optimistic about face-to-face classes, my answer would be the people. Both students and teachers alike are what makes the Bedan experience truly special. Seeing your friends before classes, catching up during recess, and teachers cracking jokes during lessons – these moments give us some sense of normalcy. The Bedan community is tired of all the experiences the pandemic has taken from us. Therefore, a sense of unity is shared through our experiences throughout this difficult time.

We must help one another adapt and get through this challenging transition from online to on-site classes. Relying on one another is the only way we can adjust when needed in preparation for full face-to-face classes. At the end of the day, we must remind ourselves that we each have our own battles and that lending a helping hand from time to time can make all the difference.



3, 2, 1, LIFTOFF!

NASA

MAKES A COMEBACK TO THE MOON

BY MILA SAMANTHA F. LEE

NASA's Space Launch System (SLS), the world's most powerful rocket, successfully launched last November 16, 2022 from NASA's modernized Kennedy Space Center in Florida, and the agency's Orion spacecraft is currently making its journey to the Moon as the beginning of the Artemis mission.

The mission was named after Apollo's sister as it is the next major step NASA takes following the storied Project Apollo, which resulted in the first human footprints on the lunar surface around 50 years ago.

With NASA's cutting-edge technology, they will certainly make history as the Artemis mission sends the first woman and person of color to the moon, allowing for the most thorough exploration of the lunar surface ever.

BUT WHY THE MOON?

In collaboration with commercial and international partners, NASA will establish the first lasting presence on the Moon "to explore more and conduct more science than ever before", which would give rise to the next phase of the mission – preparing for a future voyage to Mars in the 2030s.

In hopes of a successful mission, the goal will always be to change the world for the benefit of all. Everyone sure is anticipating this mission, which would make the impossible come to life! The Artemis Generation of explorers will be inspired by NASA's return to the moon for new discoveries, economic opportunity, and targeted inspiration of a new generation.

GEN

REPRESENTATION

by Princess Jhode Datu

Dynasties, eras, and kingdoms have come and gone over the many millennia through which the world has been in existence, and with these interspersed jeweled moments of history are the many generations of humanity.

From the emergence of the Homo Sapiens to the comeuppance of the aptly named Baby Boomers to the often doted upon and teased millennials, humans have time and time again adapted and innovated their way through the years.

Then, with the increase of revolutionary technology came the proliferation of information regarding their progress, and, in more recent times, an accrue-ment of representation in media. Media

comes in all shapes and forms.

From literary media to prose to music to television to film, media and its reach have grown exponentially since its induction, and with it, the representation it includes.

However, media in and of itself is based on the perception of those producing it, and each generation comes with varying interpretations and predispositions – and the current generation is no different.

Constantly, the media tries to generalize each generation, saying that a particular group of people with certain characteristics must belong to a certain generation based on their attributes.

But the problem is, no one seems to know what exactly distinguishes a generation.

For instance, are the Baby Boomers (those born between the years 1945 to 1964) wise traditionalists, or are they stubbornly obstinate? In many ways, it is difficult to pick apart the features most seen in generations, and the media proves to be utterly true when it comes to the, as of current, most famous, and mainstream generation – Generation Z.

Generation Z, or more colloquially known as “Gen Z”, is kaleidoscopic in its iridescence and lack thereof.

There is cynicism and optimism, a desire to be great and a longing for simplicity, an ardor for fiction and a deep-sated fondness for reality. There is cynicism and optimism, a desire to be great and a longing for simplicity, an ardor for fiction and a deep-sated fondness for reality.

This generation, comprised of the youth of today, is everything that they were expected to be, and everything they were not. Constantly, incessantly, they prove just how unique they are, how new their way of thinking is, how bold their hopeful actions are, how completely and utterly different they are.

There is a mirage of different images of Gen Z, and there are two that seem to be the most prominent. On one hand, this generation is seen as entirely capable and promising in their talents – a worthy successor that is destined for greatness. On the other hand, they are seen as foolhardy and lazy, arrogantly narcissistic, and far too pessimistic; often, they are seen as a generation that is coddled, a generation that speaks too much for having gone through little compared to its antecedent.



W-Z

IN SOCIAL MEDIA

There is a mirage of different images of Gen Z, and there are two that seem to be the most prominent.

On one hand, this generation is seen as entirely capable and promising in their talents – a worthy successor that is destined for greatness. On the other hand, they are seen as foolhardy and lazy, arrogantly narcissistic, and far too pessimistic; often, they are seen as a generation that is coddled, a generation that speaks too much for having gone through little compared to its antecedent. There are moments of praise. There are fragments through which the media portrays Gen Z to be competent, efficient, and passionate in their pursuits, some of which honorable – a perfect example of which would be how many have been coming together to promote sustainable resources.

There are wisps of distaste thrown about, fractures of portrayals where the generation is shown to be anything but models of ethereal nicety.

On one end, there are pieces of media that falls into the less flattering perception of the generation. An example of which is “Bodies Bodies Bodies”, a horror-slasher film directed by Halina Reijn. Throughout the entirety of the

movie, the story attempts to tread the fine line that cleaves empathy and mockery, and, while it is, to some extent, admirable given how it also The difference, though, is while there are moments where it portrays the generation as frivolous, impulsive, and self-absorbed, it strikes the precarious balance that “Bodies Bodies Bodies” failed to do.

Instead of focusing primarily on the fact that this generation is the first to have grown up with easily accessible internet, it also pays attention to that and focuses on the minute details of how this has affected their relationships, it tells one message that strikes true and different: that Gen Z are neither ignorant nor stupid, but, at the same time, they are not infallible.

They succumb to the same temptations that previous generations have, and while it shines light on the egocentrism and hastiness that they are sometimes prone to, it shines an even brighter bout of luminescence on the resilience and passion that Gen Z holds dear. There are many other pieces of media, of course.

Many fall, again, into the same vein that “Euphoria” does, others fall into an entirely different one,



and others that fall into the typical stereotypes associated with this generation. But, with all that said and done, one thing does strike true: the world and the media doesn't yet understand Gen Z. Not truly, and not for a while yet. They attempt to do so yes, and rather clumsily at that, but their perception of the generation seems to constantly land inconclusively.

Nevertheless, though the attempts seem folly, at times, as more media surrounding Gen Z accrue, a deeper comprehension seems to be making its way to the forefront of media, one that portrays both the good and the bad, the ethical and unethical, the horrid and the ethereal.

And, until the time comes that a more accurate representation of Gen Z has been reached, their efforts are appreciated.

KNOWLEDGE

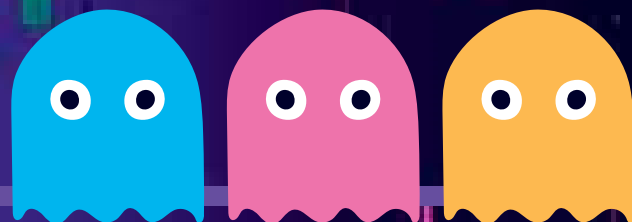
NEVER DIES, IT RESPAWNS

BY ERYN RUSSELL BERIN



Minus the obvious stuff, what do we do after our day ends? Surely there are some of us who would dare to venture into the void, challenging a dragon while equipped with nothing but exploding beds and a withered sword. Maybe some have chosen the path through seven nations; painstakingly treading through a journey to find a lost sibling! Some would even invite their friends over, aiming at others while trying to breach through someone else's base.

Some of us play video games, and those adventures in games we play—seemingly a meaningless distraction—are chances for us to learn more, even if we're outside the corners of our classroom.



COOPERATION AND COMPETITION

Not all video games exist solely to be distractions. Whether passively or actively, most video games aim to teach something to the player.

Even if we have been stuck inside the confines of our homes during the COVID-19 pandemic, video games gave us a chance to grow and learn more about ourselves and those around us despite our limitations. Games like Valorant, Mobile Legends, and League of Legends challenge your critical thinking and decision-making skills in multi-player settings. This helps one become smarter, sharper, and better at communicating with others.

As we ventured into unknown worlds or tried to solve tricky puzzles, we understood how we interacted with others, whether by working together or by figuring out an opponent's weakness. Our adventures in those virtual spaces paved the way for us to continue keeping in touch with those we cherish, as well as provide an opportunity to know better about those we've just met.

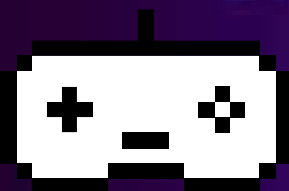
START

PUZZLES AND CONTRACTIONS

Video games we play can train our minds, whether it is by defeating enemies or by solving contraptions from ancient ruins.

We tend to examine every corner and finish every quest before continuing the main journey. We have trained ourselves to associate gameplay elements with a specific function, then we linked each function together to solve the main objective. Before we knew it, the games we played taught us, one way or another, a form or two of critical thinking.

Video games, if utilized at the right time, can be another platform we can use to further our learning. Next time you boot up another game, keep in mind the trail of knowledge you leave behind in your adventures!



SALAMIN *ng*

KATOTOHANAN:

Pagbabalik-tanaw sa palabas ng GMA na 'History Serye' Maria Clara at Ibarra

ni Abidave Hernandez

Ano nga ba ang mas dapat bigyang pansin ng mga mamamayang Pilipino: ang mga palabas na binubulag at hindi minumulat ang pagkatao ng isang Pilipino o ang mga punto na may mapupulutang aral tungkol sa kasaysayan ng nakalipas na mga pangyayari sa ating lipunan?

Isa ang GMA Network Company sa mga nangungunang nagpapalabas sa telebisyon ng iba't ibang teleserye na may mapupulutang aral, katulad na lamang ng ipinalalabas ngayon ang teleseryeng "Maria Clara at Ibarra". Sumasalamin ang palabas na ito sa isinulat na nobela ni Dr. Jose P. Rizal na "Noli Me Tangere", at ipinapakita nito ang iba't ibang isyu na may kinalaman sa lipunan at ang iba't ibang pangyayari na naganap sa panahong sinakop ang Pilipinas ng mga Kastila.

Sa perspektibo ng nakararami, mahalagang pagtuunan ng pansin ng GMA ang paggawa ng mga palabas na hango sa kasaysayan na may mapagpupulutang magandang aral ang mga mamamayang Pilipino. Narapat na ipagpatuloy ng GMA Network Company ang nagpapalabas ng mga may kontekstong teleserye na may kinalaman sa ating lipunan upang sa gayon ay patuloy na maging mulat ang bawat Pilipino sa mga nangyayari sa ating paligid. Katulad na lamang nito ang "Maria Clara at Ibarra", na siyang tunay na sumasalamin sa kasaysayan ng Pilipinas at ipinaparating ang iba't ibang mensahe na makatutulong upang mapalalim pa ang kaalaman ng bawat Pilipino sa mga nangyari noong panahon ng Kastila. Dahil din sa mga palabas na ito ay ipinapakita ang bawat detalye ng mga pangyayari na may maayos na konteksto upang hindi malimutan sa isipan ng bawat manonood ang kanilang natutunan rito.

Tunay pa ring mahalaga ang mga ipinarating ng palabas ng "Maria Clara at Ibarra" dahil sa pagpapakita nito ng pagbibigay ng aral sa mga Pilipino na siyang makatutulong sa pagbabago at pag-unlad pa ng ating lipunan sa hinaharap.

Sa paghihinuha, nangingibabaw pa rin ang mga palabas ng GMA na sumasalamin sa kasaysayan tulad ng "Maria Clara at Ibarra". Mahalagang mapagtuunang-pansin ng GMA ang 'History Serye' dahil ito ang nagpapamulat sa bawat Pilipino upang maging bukas ang kanilang diwa sa mga nangyayari sa kanilang paligid at tunay na makialam at maging mapagmatyag sa mga bagay na nakikita nating hindi kanais-nais sa ating lipunan.

Sa pagtatapos, isang tanong ang dapat nating alalahanin: "Ano ang maaaring maging ambag natin sa hinaharap upang maipaglaban natin ang katotohanan nang hindi gumagamit ng dahas?"



HINDI BOXING RING

NI JAKE ELLIS M. EVANGELISTA

Ang dating Heavy Bomber at Point Guard ng JRU na si John Amores, nagpahayag ng public apology matapos pagsusuntukin ang apat na manlalaro ng CSB, anyang problema sa pamilya raw ang naging sanhi ng kaniyang pag-aamok. Matapos ang insidente noong nakaraang ika-8 ng Nobyembre sa National Collegiate Athletic Association Season 98 (NCAA), naging kontrobersiyal ang naging pag-uugali ni John Amores, isang dating basketball player mula sa Jose Rizal University (JRU) na nagpayanig sa mga staff, coach, at ibang manlalaro sa 'di kaaya-ayang naging asal nito sa loob ng FilOil EcoOil Centre Court.

Kung aalalahanin, bigla-biglang pinagsusuntok ni Amores ang mga manlalaro ng College of Saint Benilde (CSB). Nabiktima ng kaniyang hindi mapigilang galit ang CSB Blazers na sila Mark Sangco, Migz Oczon, Jimboy Pasturan, at Taine Davis. Dalawa sa kanila ay sugatan ang mukha mula sa tama ng suntok ni Amores.

Kinalaunan, nagsampa sila Pasturan at Davis (CSB players) ng official injury complaint laban kay Amores matapos makapagtamo ng mga sugat sa panunugod nito.

Ang Blazers Head Coach na si Charles Tiu ang nagsilbing testigo sa reklamo ng kanyang mga manlalaro. Maliban dito, may iba pang kasong kinakaharap si Amores, kabilang dito ang criminal charge mula sa University of the Philippines (UP) na nagmula sa kaparehong insidente rin ng pananapak niya sa Maroon Recruit na si Mark Belmonte.

Samakatuwid, nasangkot na si Amores sa iba pang gulo sa mga basketball tournament niya ngayong taon. Kung bibilangin, ito na ang ikatlong pagkakataong nagdulot siya ng ganitong gulo.

Hindi na natutuwa ang asosasyon (NCAA Management Committee), at nais na nilang wakasan ang pag-aamok nitong si Amores, kaya't binigyan nila ng sanction ang nasabing manlalaro.

Mula sa suspension ay nahantong ito sa expulsion mula sa kaniyang inirepresentang paaralan, ang JRU.

Ayon naman sa JRU, *"After a thorough evaluation, the board is convinced that additional sanctions should be imposed upon [Amores] as part of internal processes on discipline observed by the school."*

Naghanda na rin ang JRU ng mental health program para kay Amores at sa iba pang manlalaro ng JRU na naglalayong mapabuti ang pagharap sa iba't ibang problema ng mga estudyanteng manlalaro nito sa larong pampalakasan, sa akademiya, at maging na rin sa pansarili nilang mga buhay. Kabilang sa parusa ni Amores ang community service na magsisilbing leksiyon sa kaniyang aksiyon sa nakaraan nitong mga laro na dala ang pangalan ng JRU.

NG BASKETBALL COURT

Dalawang linggo matapos ma-expel sa kaniyang paaralan ay humingi ng paumanhin si Amores kina Jimboy Pasturan at Taine Davis, ang dalawang CSB players na nagsampa ng opisyal na reklamo laban sa kaniya.

Si Amores ay nagpahayag din ng public apology sa kaniyang nagawa. Aniya, naging sanhi ng kaniyang aksyon ang problema sa pamilya, at napalala ito ng nakaraan niyang mental breakdown. Ayon sa pahayag ni Amores, *"I apologized and asked for forgiveness for what I've done, to the fans, Benilde's fans, the JRU community, the NCAA community and its Mancom (Management Committee)."* Dagdag pa niya, *"I'm really sorry for what I've done, and I hope I get to change myself, and show you who I really am as a changed man."*

Ayon sa pahayag ni Amores, *"I apologized and asked for forgiveness for what I've done, to the fans, Benilde's fans, the JRU community, the NCAA community and its Mancom (Management Committee)."*

Dagdag pa niya, *"I'm really sorry for what I've done, and I hope I get to change myself, and show you who I really am as a changed man."*

Sa kabilang banda, ikinagalak naman ng CSB ang paghingi nito ng paumanhin at pagtanggap nito sa kaniyang mga parusa. Ayon kay Charles Tiu (CSB Blazers Head Coach), *"We wish Amores the best."*

We hope that one day he can revive his career somehow and I hope another team gives him a chance." Dagdag pa nito, *"Hopefully, he learns from this and becomes a better person, and we're very happy that at least he initiated reaching out to us. It says a lot about the person."*

Hindi boxing ring ang basketball court. Tahanan pa rin ito ng pangarap ng bawat basketbolero at kahit sinong atleta, kaya marapat lamang na bigyang halaga ng bawat manlalaro ang bawat sulok nito at kung sino man ang nasa loob nito. Ang pagkakamaling nagawa sa unang beses ay matuturing na pagkakamali, ngunit kung ito mauulit hanggang sa ikatlong pagkakataon ay hindi na ito pagkakamali – desisyon na ito.

Sa kabila ng lahat, sa salitang *"student-athlete"*, nauuna ang salitang student kaysa athlete. Kaya naman kahit na sa loob ng court o kahit anong field, kinakailangang itatak sa puso at isip ang core value ng salitang sportsmanship.

Nawa ay maging aral ang naging kwento ni Amores sa lahat ng atletang naghahangad ng tagumpay sa mundo ng palakasan.

"Hindi sagot ang maduming paglalaro upang maging kilala sa mundong ito, kundi walang kapantay na sakripisyo mula sa dugo at pawis na tinutuon sa pag-eeensayo" - (Evangelista, 2023).

SAYSAY NG

SAYANG KUNG SASAYANGIN ANG KASAYSAYAN BAKIT DAPAT ALISTO KA SA P

Ni Jake Evangelista

Matapos ang Eleksyon 2022, itinanghal ang mga palabas na may pag-uangkat sa kung ano nga ba ang mga nag-ing kaganapan noong panahon ng Martial Law.

Kabilang dito ang Maid in Malacañang na naglalahad ng mga kwentong tila hindi raw naman naitala sa katotohanan ng kasaysayan ayon sa ilang kritik.

Mariing sinuri ni Loreben Tuquero ang palabas, at mula sa kaniyang paghahanap sa Rizal Library na kabilang sa Ateneo Library of Women's Writings (ALIWW), nahanap niya ang tatlong makasaysayang librong nagtataglay ng kwento ng ibang angulo ng sinasabing totoo at lehitimong nangyari bago lumisan si Ferdinand E. Marcos sa Malacañang. Isa rito ang likha ni Arturo C. Aruiza, Military Aid ni Marcos na nakasaksi sa mga pangyayari noong panahong iyon.

Bukod dito, natagpuan din ni Tuquero sa nasabing silid-aklatan ang The Philippine Press Coverage of the 1968 Revolution (PPCR) na likha ng mga natatanging manunulat o journalist noong mga panahong iyon. Kung titingnan, mas naipahayag sa mga librong ito

ang mga detalye sa kung ano ang nakita nila habang lumilisan ang pamilya Marcos sa palasyo.

Nilinaw ni Tuquero na hindi raw sapat ang iisang batayan sa pag-sasagawa ng fact-checking, kaya't naghanap pa siya ng iba pang ang mga librong mapagkakatiwalaan - Breakaway, The Marcos Dynasty, at Ferdinand E. Marcos: Malacanang to Makiki ni Aruiza.

Kung tutuusin, hindi nga naman sakop ng Rappler ang pagbibigay ng mga movie review, ngunit dahil sa palabas na ito, naudyok silang gawin ito ng aksyon.

Kapag nabaluktot ang kasaysayan, malaking gulo iyan. Hindi naman nakasulat sa friction pen ang history natin para burahin at palit-palitan.

Ibang usapin na kung pati ang sin-ing sa paggawa ng pelikula ay gagamitin para lang lumikha ng iisang anggulo lamang ng impormasyon na maaaring makalito sa mga manonood.

Sa madaling sabi, sinuri ni Tuquero ang palabas na "Maid in Malacanang" na obrang likha ni Darryl Yap. Ang tinutukoy na Maid sa titulo ay walang iba kundi si Imee Marcos.

Mahihinuhang gustong ipalabas ng pelikula na ang may pakana ng pag-alis ng pamilya ay si Imee.

Siya rin daw ang may pakanang ipatawag ang Chief Justice noong gabing iyon at dali-daling maginauguration na si Marcos upang mabilis na makauwi sa Ilocos Norte.

Kung titingnan, dito pa lamang ay maaaring nakalilinlang na ang pelikula. Wala sa mga desisyong ito ang nagmula kay Imee. Maaaring nakausap ni Imee ang ama niya upang gumawa ng ibang desisyon, ngunit batay sa libro, imposibleng sa kaniya lamang lahat nanggaling ang mga hakbang na ginawa ng pamilya niya.

Kinontra ito ng mariing pag-aaral ni Tuquero mula sa iba't ibang sources kasama ang Ferdinand E. Marcos: Malacañang to Makiki. Nakasaad dito na ayaw pang umalis ng mag-asawang Imelda at Ferdinand Marcos sa palasyo dahil malala ang sakit ni Marcos apat na araw bago sila umalis sa Malacañang.

Kung kaya noong mga panahong iyon ay hindi niya maasikaso ang hindi pagsunod ng ilang opisyal,

KASAYSAYAN

AN, KAYA'T NARITO ANG MGA DAHILAN KUNG POLITICAL TRUTH DISTORTION

at hindi rin makagalaw ang kaniyang heneral na si Fabian Ver dahil walang direktang utos mula sa kaniya.

Hindi lamang yan - si Marcos din ang nag-utos na kontrolin ang mga aktibista at mga nagpro-protesta sa EDSA.

Samakatuwid, nakalagay rin sa libro ni Aruiza na hindi si Imee ang nakatanggap ng tawag, kundi ang dating asawa niyang si Tommy Manotoc at nag-alok dito ng mga American *helicopter*, pati na rin ng mga navy boat para lang maipuslit si Marcos sa lugar.

Ito na ang nag-udyok sa US Embassy na i-empake hindi lamang ang mga pag-aari ng Presidente, kundi pati lahat ng mga yaman niya.

Kung ikokompara, isinaad sa palabas na ang magkakapatid raw ang nag-udyok na mag-impake ang mga Marcos, ngunit ayon sa historyador na si Aruiza, hindi nangyari ang pahayag ng palabas na ito.

Isa lang ang parteng ito sa mga kritik mula sa palabas. Kasama rin dito na naglaro raw ng mahjong ang mga madre kasama si Cory sa Cebu. Nagtalumpati raw si dating pangulong Ferdinand E. Marcos

sa harap ng Malacañang bago siya umalis ng palasyo. Mahinahon daw na lumisan ang pamilya Marcos sa palasyo sa gitna ng EDSA revolution. Si Imee raw ang nagsalba at nanguna sa pag-atras ng pamilya.

Maaaring ang maiparating na mensahe ng palabas na ito na ang mga Marcos lamang ang tunay na biktima. Sa kabila nito, mahalagang huwag pa rin kalimutan ang iba pang biktima sa ibang anggulo ng kuwento - ang 70,000 na nakulong, 34,000 na naapi, at halos 3,200 kataong namatay sa kalagitnaan ng Martial Law.

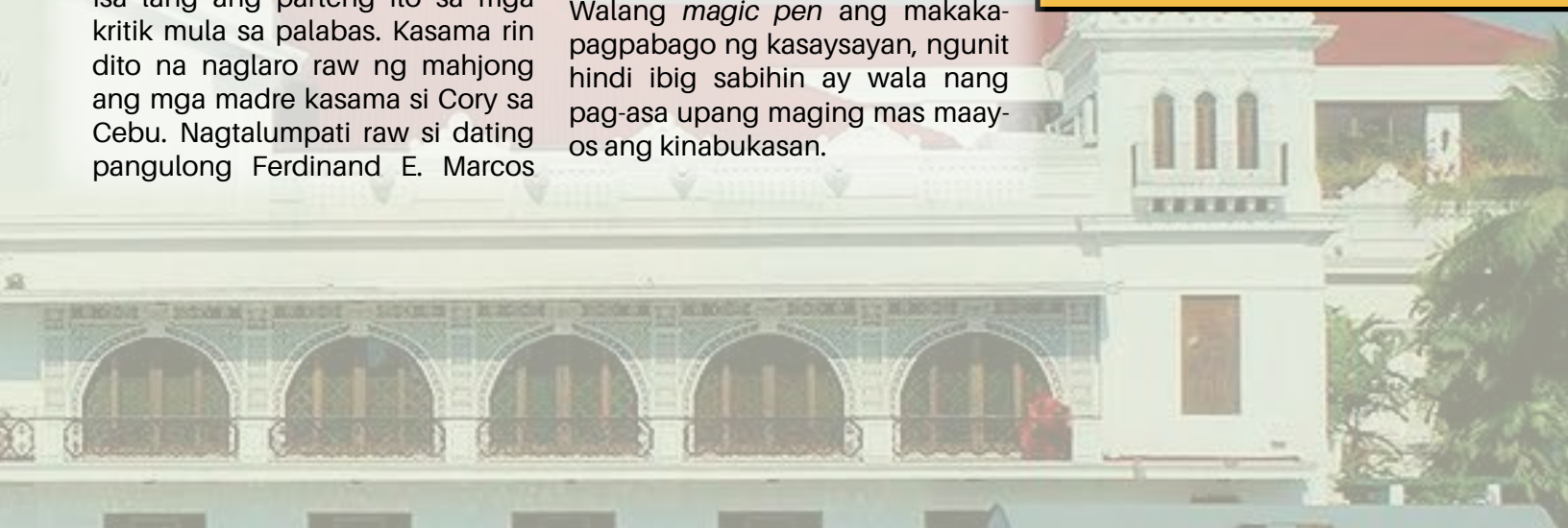
Huwag tayong agad-agad maniwala sa patibong ng *truth distortion*. Hindi dapat ginagamit ang mga pelikula sa paghahayag ng isang nakakukulang na anggulo lamang.

Walang *magic pen* ang makakapagpabago ng kasaysayan, ngunit hindi ibig sabihin ay wala nang pag-asa upang maging mas maayos ang kinabukasan.

Itala natin ngayon ang pagtigil sa truth distortion dahil walang ibang makapupukso nito kundi ang mga taong mulat sa katotohanan.



“Napakalaking sayang kung sasayangin natin ang saysay ng kasaysayan.”



"EXTRA EXPENSIVE" PISO, PINOY

by Lianne Villena

How much is a cup of extra rice? How much is a bottle of water in the mall? How much is a full tank of gas? How much is a trip to the market worth?

Though different prices may come to mind for those questions, one answer remains common among the cries of ordinary Filipinos: "Mas mahal na kay-sa dati." With the prevalence of such complaints among citizens, it is important to investigate the root of the drastic increase in prices in the Philippines.

In doing so, we can see that the price increase can be attributed to a single major issue: the weak peso value. Due to this situation, commodities become more expensive for the average Filipino, proving to be alarming for all.

"The Peso is Weak Because the Dollar is Strong"

It is crucial to first briefly address the elephant in the room regarding the peso value topic, which is Ilocos 1st District Representative Sandro Marcos' infamous interview quote that drew flak across social media: "The peso is not weak because the peso is weak. The peso is weak because the dollar is strong."

Despite Sandro's perplexing wording, his statement is correct to some extent, given the global value of the United States (U.S.) dollar. The dollar is arguably the most powerful currency in the world, with the developed country U.S. receiving substantial investments that led them to be the global standard for money value.

Therefore, when we compare one dollar equating to 56.70 pesos, the value of our money appears weak.

However, it is important to be aware of the background behind this. Investors choose to invest more in the U.S. since they see the chaotic Philippine climate as a risk, given our government's evident inability to respond to internal crises.

Thus, Sandro's controversial statement could be better worded into the following: "The peso is weak because the Philippines is weak compared to other countries." We must first improve the state of local and national issues to stabilize our country and make it less of a business risk. We must first fix our internal affairs before we can earn greater respect in external markets.

Weak Peso Value = "Ang Mahal Naman" Mentality

With that background now addressed, the main issue now arises, which is the practical implication of this peso value issue. Though it may seem daunting for some at first glance, the peso value is not just an issue for economic academics or businesspeople. In layman's terms, the weak peso value basically translates to the expensiveness problem with commodities in the country - an extremely noticeable and alarming phenomenon.

To illustrate, just one glance around when you go out sums up this issue. There are sudden parking fees everywhere now. There are expensive service charges everywhere now. Everywhere you go, it seems that everything continues to become more costly.

IVE EXTRA RICE": AT PINNAS

Thus, when Filipinos voice out how expensive-seeming goods are nowadays, they must also be aware that it may be one of the inevitable consequences of the weakened peso value. This problem affects us all, so it is essential that Filipinos understand the news around this matter.

The Filipino Value

With all of that, it can be said that the value of the peso reflects our value as Filipinos. If our currency cannot keep up with conversion rates, this shows that our country is falling behind compared to the rest of the world. We have become more dependent on imports, to the point that it becomes at the expense of our exports. We struggle to sustain ourselves as an independent country, with our local businesses scrambling and lacking support.

If we want to rise from this dismaying state of the Philippine economy, the government must draw more focus on improving local producers to be able to improve our exportation.

There is a long way to go in terms of being more competitive in the global market, and this winding path to move

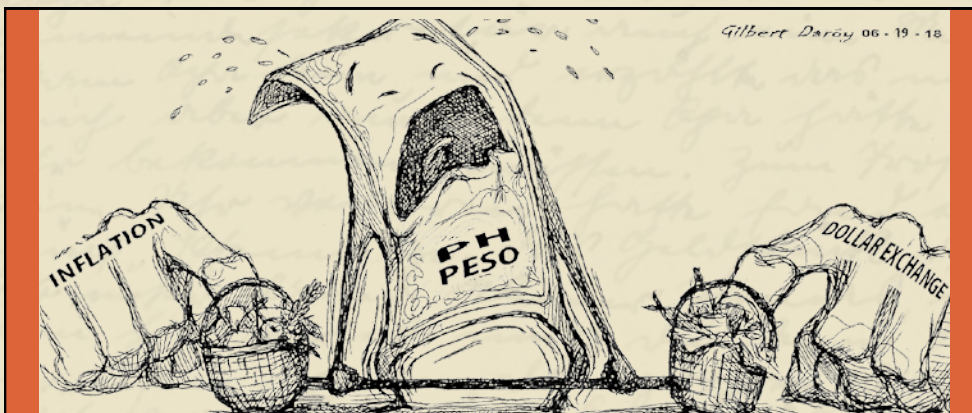
forward from the weak peso value is vital if we are to improve the Philippines' value in the global scheme.

Not Enough for Extra Rice

Going back to the initial question: how much is a cup of extra rice, then? Is it roughly 40 pesos in fast food chains? Is it almost a hundred pesos in other restaurants? How much more will it be? How much more will we have to adjust?

With the rate of product price increase in the Philippines nowadays, basic expenses will continue to become more dismaying for Filipinos. If the government does not improve the local business scheme and lessen imports to appease the weakening peso value situation, our value as a country will not be able to keep up with the rest of the world, making the future of Filipinos bleak.

So, no: The "Ang mahal na ng extra rice" problem is not just a casual complaint. It is only one of the simple yet impactful reflections on how goods in the Philippines continue to become extra expensive - until average Filipinos' wallets will no longer have any extra left for themselves.



REDS ROAR ON!



BY IÑIGO SEÑADOZA

The San Beda Red Lions marched brave and undaunted during the 98th season of the National Collegiate Athletic Association (NCAA), hosted by Emilio Aguinaldo College.

With all preliminary games finished, the Red Lions scored their 17th consecutive appearance at the Final Four of the men's basketball tournament.

The Red Lions garnered wins over the Emilio Aguinaldo College Generals (85-56), the San Sebastian Stags (78-71), the Letran Knights (76-68), the Arellano Chiefs (96-61) and the Perpetual Atlas (71-52). Meanwhile, it suffered defeats at the hands of the Lyceum Pirates (89-81), the Jose Rizal University

Heavy Bombers (83-80), and the Benilde Blazers (78-69) during the first round. Mapa originally defeated San Beda in a game, but their victory was nullified by the NCAA organizers due to a violation.



The second round saw our Red Lions garner wins over the Emilio Aguinaldo College Generals (72-64), the San Sebastian Stags (82-79), the Mapa Cardinals (71-63), the Arellano Chiefs (76-63), the Jose Rizal University Heavy Bombers (70-61) and the Letran Knights (91-77) while it suffered defeats by the Perpetual Atlas (75-72), the Lyceum Pirates (81-80), and the Benilde Blazers (82-73).

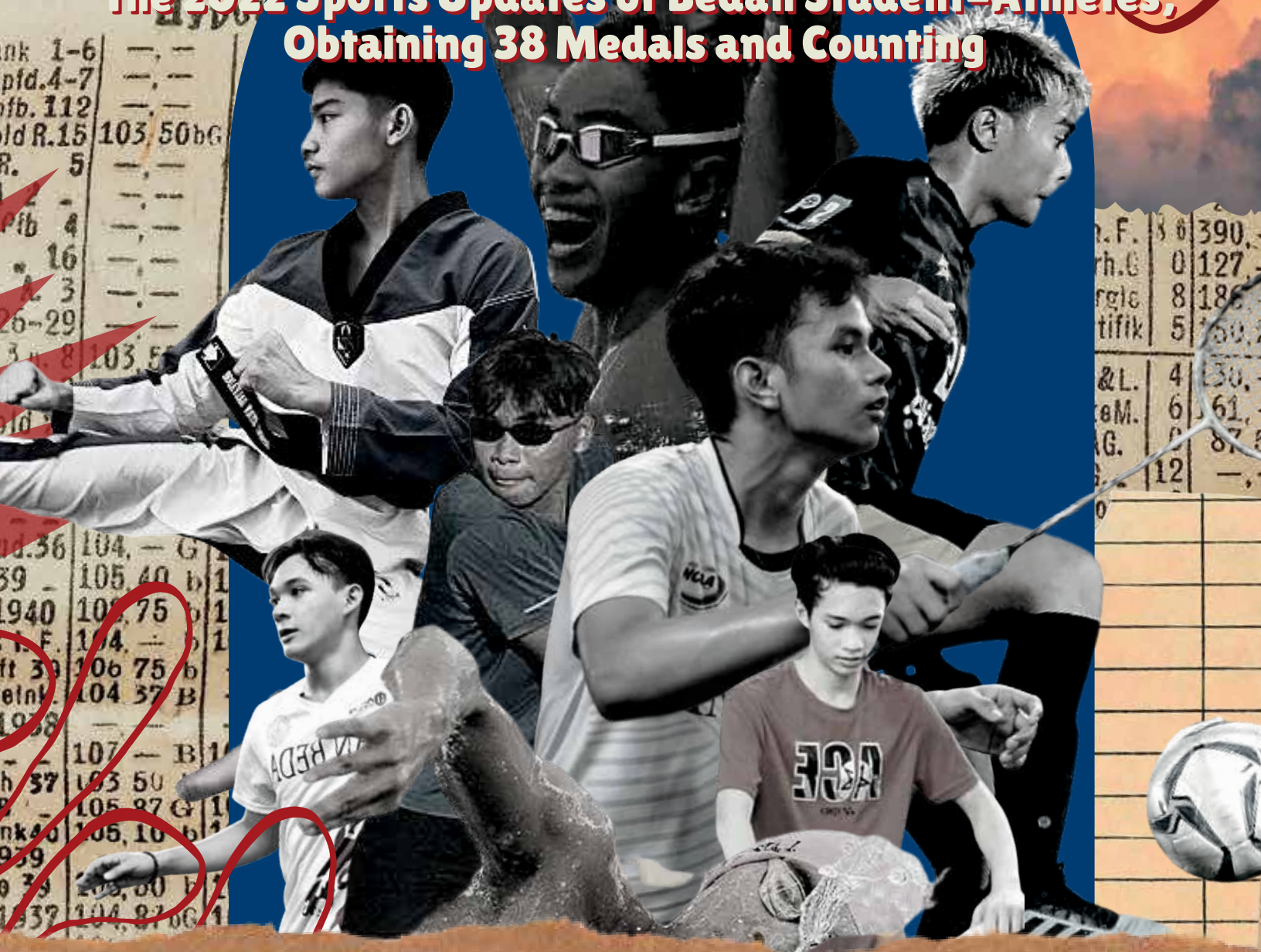
In the end, the school's team ended up as a semi-finalist together with the Lyceum Pirates. The winner of the finals, and therefore of the entire season, were the Letran Knights winning 2 of 3 games (75-81, 76-71, 67-81) over the Benilde Blazers.

Great effort, Bedans! Animo San Beda!



WE'RE JUST GETTING STARTED

The 2022 Sports Updates of Bedan Student-Athletes, Obtaining 38 Medals and Counting



Despite the banning of training fields and courts that momentarily stopped hardworking athletes from competing, Bedans ended 2022 with a victorious year, bringing home medals and championships from different sports groups, namely the Red Jins (San Beda Taekwondo Team), Red Netters (San Beda Lawn Tennis Team), Red Sea Lions (San Beda Swimming Team), Red Paddlers (San Beda Table Tennis Team), Red Smashers (San Beda Badminton Team), and Red Booters (San Beda Football Team).

RED JINS

SALVADOR, CAPITILE BAG BRONZE AS JINS SLAY NATIONAL FACE OF THE YEAR

The San Beda Red Jins Taekwondo Team kicked their way to the top in the National New Face of the Year last October 22 and 23 held at Ayala Malls Manila Bay.

Bronze Medalists are Rhenz Ryan Salvador (11 STEM 3) in Junior Men Feather Weight Division Kyorugi, and Leiron Capitle (11 STEM 1) in Senior Weight Fin Weight Division Kyorugi.

Competitors are Zhyroll Liem Manahan (11 STEM 5), Aaron Ric Villanueva (11 ABM 3), Tor Timothy Castillo (12 STEM 1), and Brylle Xymoen Lino (12 ABM 1).

RAIN DION MABUTI (9-10)

CERBO, CASTILLO, AND CAPITILE COP GOLD AS JINS ACE NATIONAL CHAMPIONSHIPS

The Red Jins also aced the 45th National Taekwondo Championships last September 2 and 3, 2022, held at Ayala Malls Manila Bay.

The three gold medalists are Mickael Wynn Cerbo (11 ABM 3) in Senior Men Welter Weight Division Kyorugi, Tor Timothy Castillo (12 STEM 1) in Senior Men Feather Weight Division Kyorugi, and Leiron Capitle (11 STEM 1) in Junior Men Bantam Weight Division Kyorugi. The silver medalist is Von Lawrence Saño (11 ABM 2) in Junior Men Fin Weight Division Kyorugi.

The bronze medalists are Samantha Nicole Siboc (11 ABM 2) in Junior Women Bantam Weight Division Kyorugi and Lara Alejandrea Andres (12 STEM 1) in Senior Women Fly Weight Division Kyorugi.



TOR TIMOTHY CASTILLO (12 STEM 1)

RED JINS

ANDRES, SIBOC TO REPRESENT PH; JINS TOOK HOME 5 GOLDS AT NATIONAL INTERSCHOOL

The Red Jins roared in the National Interschool last October 1 and 2, 2022, located at Ayala Malls Manila Bay. The five Gold Medalists are Von Lawrence Saño (11 ABM 2) in Junior Men Fin Weight Division Kyorugi, Samantha Nicole Siboc (11 ABM 2) in Junior Women Bantam Weight Division Kyorugi, Ynna Daniella Monterey (11 STEM 5) in Junior Women Feather Weight Division Kyorugi, Leiron Capitle (11 STEM 1) in Junior Men Fly Weight Division Kyorugi, and Mickael Wynn Cerbo (11 ABM 3) in Senior Men Welter Weight Division Kyorugi.

The Silver Medalist is Lara Alejandra Andres (12 STEM 1) in Senior Women Fly Weight Division Kyorugi, while the Bronze Medalist is Aaron Ric Villanueva (11 ABM 3) in Junior Men Bantam Weight Division Kyorugi. Competitors are Tor Timothy Castillo (12 STEM 1), Rhenz Ryan Salvador (11 STEM 3), and Zhyroll Liem Manahan (11 STEM 5).

On the other hand, Andres and Siboc were chosen at a national team evaluation to represent the country in 2023. Through this, the Jins will be able to prove that they are not just at a national level, but also capable to compete on an international level.

SAMANTHA NICOLE SIBOC (11 ABM 2)



RED SEA LIONS

CALMA, EVANGELISTA, AND ALAGON REPRESENT PH IN KUALA LUMPUR

San Beda Red Sea Lions Swimming Team waved the PSI Grand Prix Long Course Championship 2022 last October 13 to 17, 2022, located at New Clark City Aquatic Center.

The medalists and qualifiers for the upcoming Southeast Asian Age Group (SEA Age) are Prince Dave Calma (11 STEM 2) bagging two golds, three silvers, and one bronze, Jake Ellis Evangelista (12 ABM 2) bagging one gold and two bronze, and John Marocenel Alagon (12 ABM 1) with a silver medal.

Others who wholeheartedly competed are Edrol Rain Tumulto (12 HUMSS 1), Wilart Marvee Dayaday (12 ABM 2), Gulliver Clive Clemente (12 STEM 3), Jason Clark Mabilog (12 STEM 4), and Brent Dave Cadelino (11 STEM 4). Red Sea Lions Calma, Evangelista, and Alagon represented the country last Christmas as Junior National Athletes, bringing pride not just to the whole Bedan community, but to the whole country.



PRINCE DAVE CALMA (11 STEM 2)

RED BOOTERS

SAN BEDA FOOTBALL TEAM AS RUNNER UP AT PH FOOTBALL CHAMPIONSHIPS

The San Beda Red Booters Football Team kicked its way to the runner-up title at the Philippine Football Federation (PFF) U19 Championships last August 8 to 14, 2022, at the Philippine Football Federation (PFF) National Training Center, Cavite. Red Booters won the 1st Runner Up title against different provinces, such as Mimaropa (0-2), Ilocos Sur (0-1), and Stallion Laguna (2-0).

The athletes who proudly represented the Bedan flag are Val Alvin Orate (12 ABM 2), Yuriyah Yrie Bongco (12 ABM 2), Alexis Jeremy Lampines (12 ABM 2), Sam Salingay (11 ABM 1), and Harvey Barro (11 ABM 3).

RED NETTERS

BONAVENTE, CUARTO TOP BRENT TOURNAMENT; VERAN AS RUNNER UP AT PHILTA MILO

San Beda Red Netters Lawn Tennis Team emerged victorious at the Brent International School Tennis Tournament last October 22, 2022, held at Brent International School. The Netters who brought home the champion title are Harry Bonavente (12 ABM 2) and John Benedict Cuarto (11 HUMSS 1).

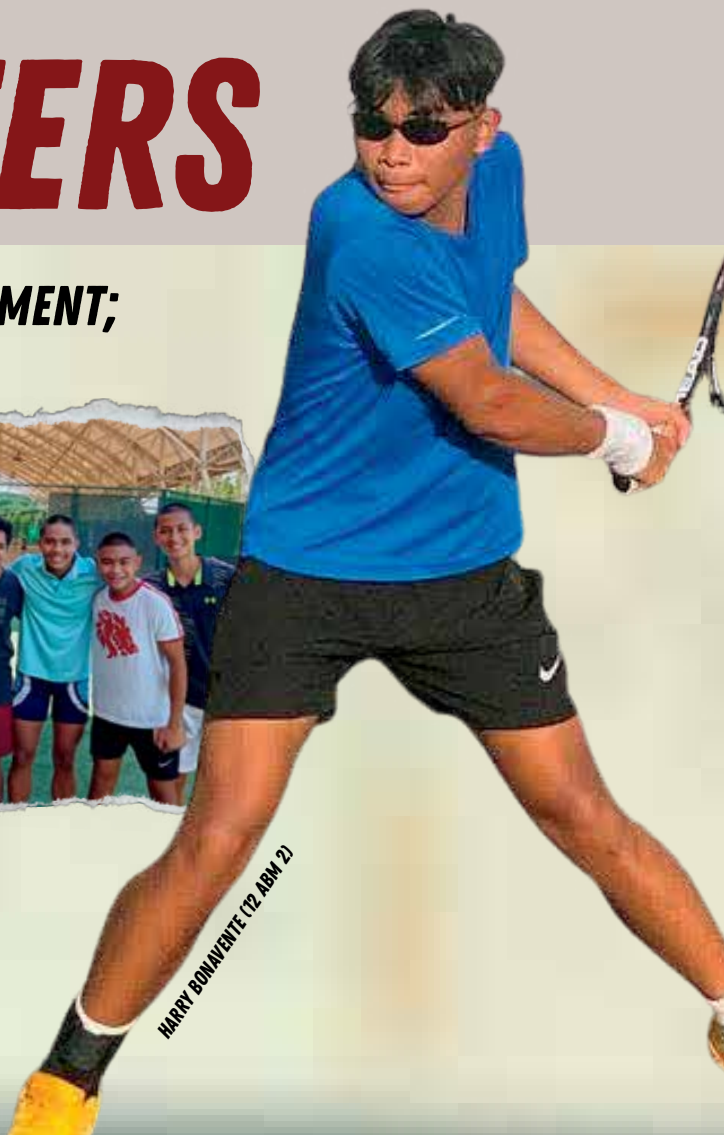
Red Netters also raised the San Beda flag in the Din Grass Philta Milo 25 Mens Doubles last October at Ilocos Norte. The Netter who proudly represented the school and won as 1st Runner up is John Alastair Veran (12 STEM 4).



HARRY BONAVENTE (12 ABM 2)



VAL ALVIN ORATE (12 ABM 2)



RED SMASHERS



FROM LEFT TO RIGHT: JOAQUIN POLLENTE (12 STEM 3), KRENZ VALEÑA (12 ABM 2), ACE DELAS ALAS (11 HUMSS 1)

POLLENTE, VALENA, AND DELAS ALAS NAMED CHAMPIONS AS SMASHERS JOIN MULTIPLE CUPS

San Beda Red Smashers Badminton Team smashed different leagues, with the athletes who proudly represented the school as follows:

Joaquin Pollentes (12 STEM 3) joined Asean Philippine Selection Men's Doubles with a silver medal, C-one Men's E with the championship title, and Bislig City Tournament mixed doubles as champion.

Krenz Valena (12 ABM 2) became a gold medalist at Biñan Cup, semifinalist at the Philippine Badminton Rockies, quarterfinalist at the Badminton Laguna tournament, and gold medalist at the Badminton District - 1st Anniversary.

Razzel Ching (11 STEM 3) joined TCX 2022 U-17 Boys singles and U-17 Boys doubles and won as a bronze medalist and PBR 17 U Boys Doubles B as a 6th Placer.

Ace Delas Alas (11-HUMSS 1) joined OSB 6th PBR Cup at the 17 U Boys Doubles as a bronze medalist, Roxas Badminton Tournament 2022 Mixed as a 1st runner up, and the Biñan Cup Doubles as a champion.

Lastly, Rennie Jusi (12 ABM 2) finished as a finalist at both the Tanay Badminton Tournament and Taytay Best Cup.

RED PADDLERS

VIRGILIO IN SEMIS; ADASA, TUAZON IN QUARTERFINALS AT MARILAO CHAMPIONSHIPS

San Beda Red Paddlers Table Tennis Team fought a great game in the Marilao Table Tennis Invitational Championships last November 26 and 27 at Bulacan, where they fought proudly bringing the thriving blood of a Bedan athlete.

The semi-finalist is Virgilio Manuel Virgilio III (11 HUMSS 2), the quarterfinalists are Kerby Adasa (12 STEM 4) and Gavin Nathan Tuazon (11 STEM 4), while Rayne Sidney Zulueta (11 STEM 1) was able to go through Top 16.



KERBY ADASA (12 STEM 4)

MAX VERSTAPPEN IS CROWNED WORLD CHAMPION IN JAPAN

BY DIEGO JOSUE

Last October 9, 2022, Max Verstappen of Oracle Red Bull Racing clinched his 2nd World Drivers' Championship at the Japanese Grand Prix held at the Suzuka International Racing Course in Suzuka, Japan. After his season-long battle with Lewis Hamilton of Mercedes in last year's F1 world championship, fans have put his first title win under a microscope, stating it to be a championship that was handed to him. While this couldn't be any further from the truth, Max Verstappen has certainly silenced the doubters by capping off the 2022 world championship with a dominant victory.

Max secured pole position during qualifying, beating out Charles Leclerc of Ferrari by only one-hundredth of a second (0.010). This put him in the best position to win the race that Sunday if everything went to plan. However, the race on Sunday was anything but smooth sailing. From the start of the race, chaos ensued immediately as drivers were forced to start under treacherous conditions due to the heavy rainfall pouring on the racetrack. Because of this, drivers had little to no visibility as they dueled with their competitors. This resulted in multiple first-lap accidents, with one major incident of note being that of Carlos Sainz, the teammate of Charles Leclerc, who needed to stay in the race for Ferrari to keep their title hopes alive.

Following the string of accidents that occurred on the first lap, the race officials temporarily suspended the race due to safety concerns and waited for the rain to pass. After two hours, while the rain has not stopped, the conditions were certainly better compared to when the race began. Therefore, the race officials gave the green light and the race once again resumed. However, there was a catch: the race would not be fully completed due to time constraints. With that in mind, the race officials allotted the race to only last for 40 minutes. In those 40 minutes, whoever would cross the finish line first would be declared the winner.

The race itself was very entertaining. While it only consisted of a few overtakes, these overtakes were a result of

"multiple battles all over the racetrack that lasted for multiple laps on end. Vers ahead would race crowned a By the time the 40-minute period has passed, Max tappen crossed the finish line, almost 30 seconds of the second-place driver. However, the drama not stop there, for it was only after the concluded that Max Verstappen was officially two-time champion.

The fate of the championship relied solely on the battle for second between Sergio Perez who was Max Verstappen's teammate, and Charles Leclerc who was Max's title rival and the only Ferrari driver left in the race. During the final lap of the race, Leclerc made a high-risk overtake on Perez for second place in the last few corners of the racetrack. However, in doing so, Leclerc went off-track and re-entered the circuit in a dangerous manner. Furthermore, when he re-entered the racetrack, he ended up ahead of Perez, which was considered an unfair overtake. Therefore, the race officials penalized Leclerc, which dropped him back to 3rd place. It is because of this mistake that Leclerc lost 10 points to Verstappen in this race, ultimately giving the title to the latter.

"To be honest I don't mind that it was a little bit confusing, I find it actually quite funny!" said Max in an interview. Max is now officially a two-time F1 world champion, and in clinching his second world title with four races left in the calendar, he has statistically put up one of the most dominant seasons a driver has had in F1, which is an achievement that drivers such as Lewis Hamilton, Sebastian Vettel, and Michael Schumacher also share.

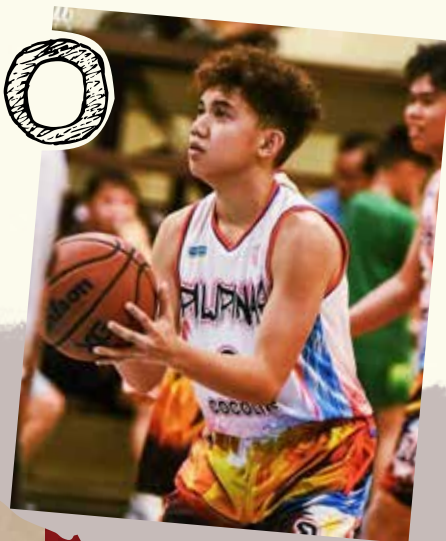


SIMON FULGADO

BALANCING ACADEMICS AND ATHLETES

BY DIEGO JOSUE

Simon Fulgado is a former student-athlete of San Beda University- Rizal who has played for the Red Cubs. Although he is no longer competing, he continues to train and perfect his craft in the art of basketball while also excelling in the classroom. There is no doubt that doing so is a difficult task, so how does Simon do it? Well, we sat down with him to understand that very question.



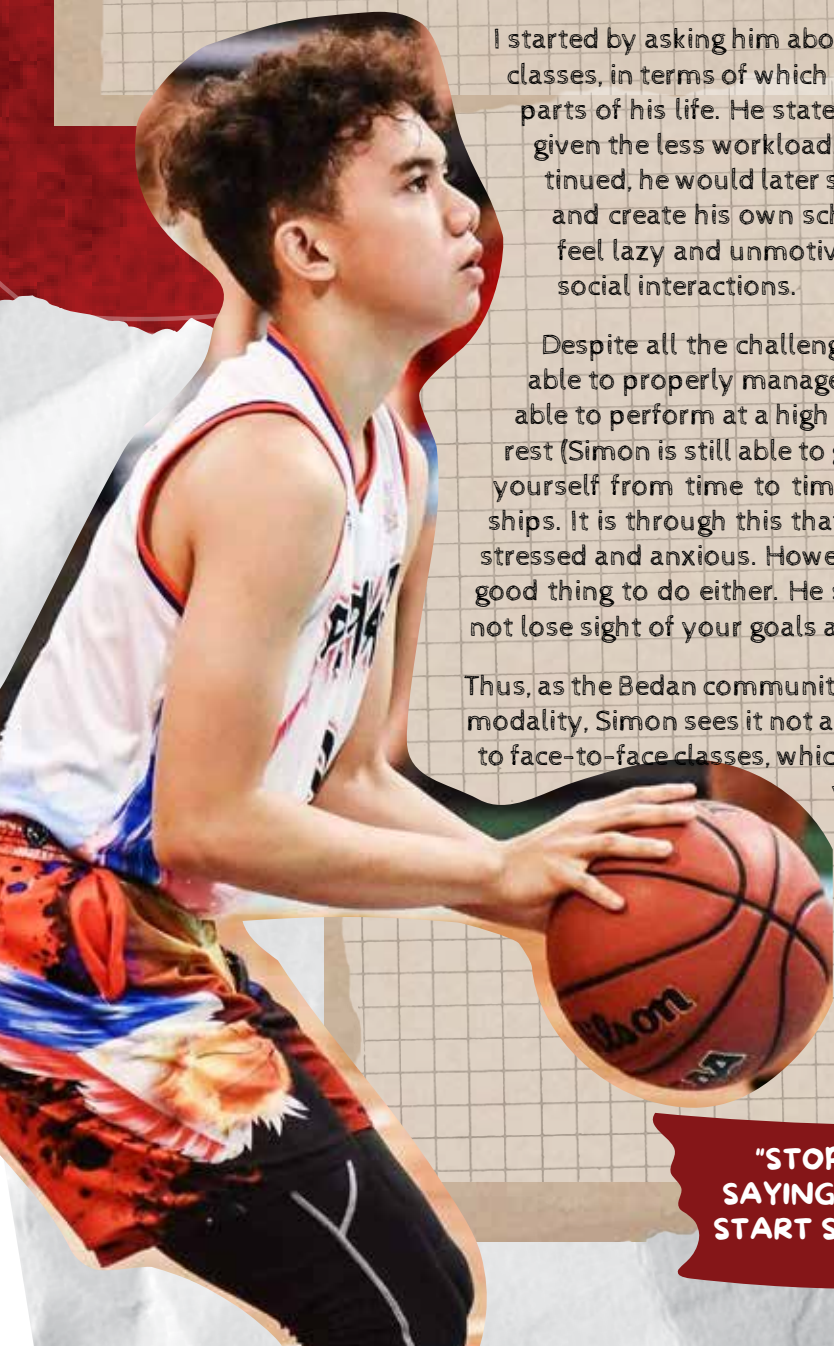
I started by asking him about face-to-face classes and their stark contrast to online classes, in terms of which method of learning was more difficult to manage in both parts of his life. He stated that he expected online classes to be a better format, given the less workload. However, as the online distance learning modality continued, he would later say otherwise. While he was able to study at his own pace and create his own schedule, it was during the online modality that he would feel lazy and unmotivated, primarily due to the sense of isolation and lack of social interactions.

Despite all the challenges he has faced, he owes his success to his ability to be able to properly manage his time. Being able to handle a ton of work while being able to perform at a high level is by no means easy. He states that getting enough rest (Simon is still able to get 8 hours of sleep despite his workload) and rewarding yourself from time to time can motivate one to push through continuous hardships. It is through this that he is also able to get through moments where he feels stressed and anxious. However, Simon emphasizes that resting for too long is not a good thing to do either. He suggests never resting for long periods of time so as to not lose sight of your goals and tasks at hand.

Thus, as the Bedan community slowly returns to face-to-face learning through the 3-2 modality, Simon sees it not as a change or deviation from online learning, but a return to face-to-face classes, which has been a forgotten mode of learning for almost three years. He states that he will improve his study habits and continue to develop physically. In doing so, he hopes to promote discipline and diligence not just to himself, but to his fellow peers and colleagues as well.

To conclude, one last question was asked to Simon: "What is a quote that you live by?" He shared the following, which is a statement that may serve as a reminder to each one of us, student-athlete or not:

"STOP LOOKING AT THINGS AND SAYING, 'I WISH THAT WAS ME,' AND START SAYING 'I CAN DO THAT TOO.'"

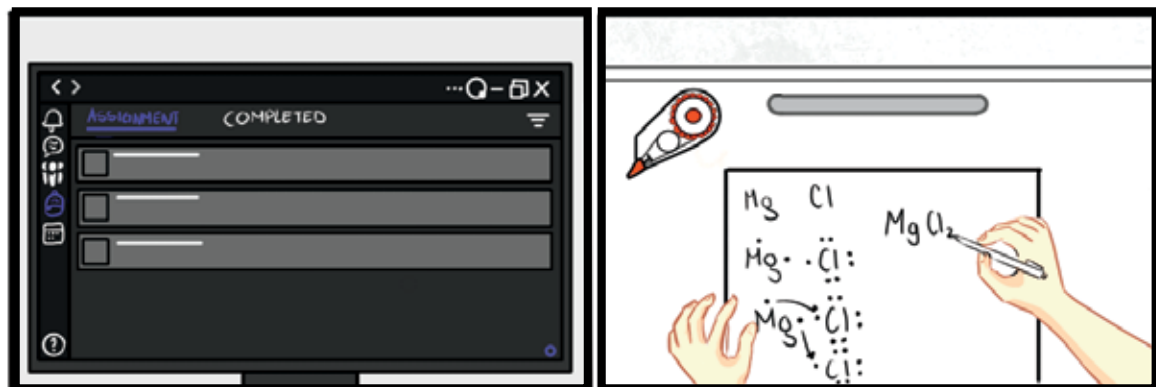
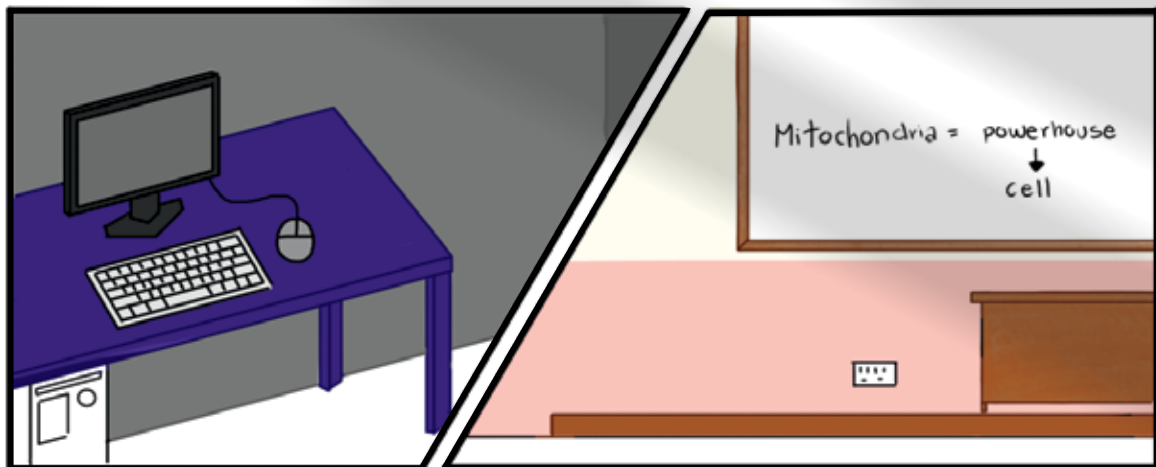


GLIMPSES



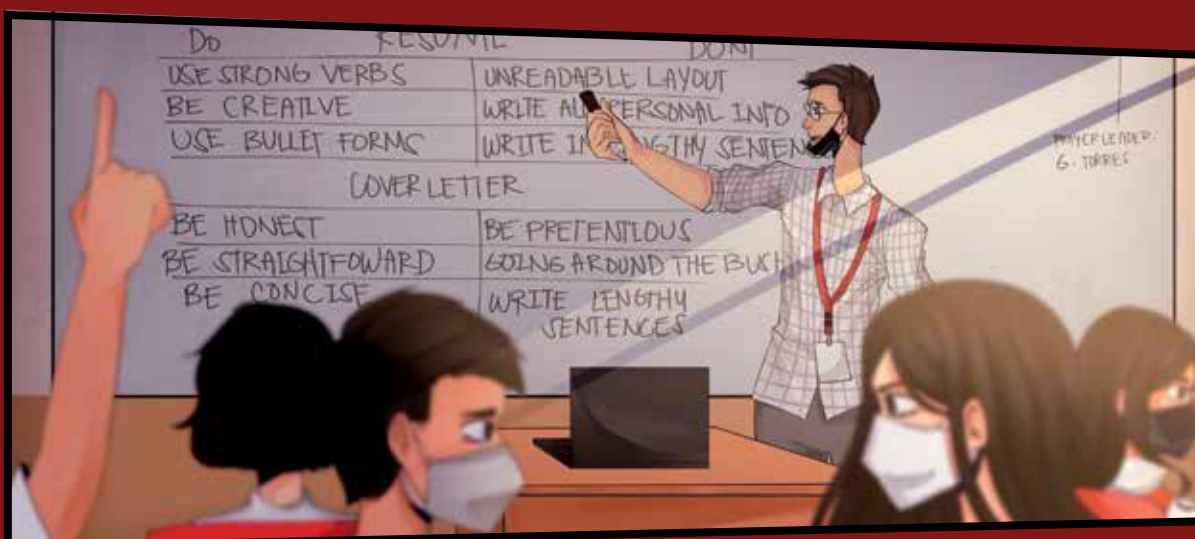
Photos taken by:
 Janina Dela Calzada
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to be continued...

Comic by Angela Rugue





MENDOZA, AUDREY
CARDENAS, MATVEI