

# Sole party no more, 2019 SSC Election heats up

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Vol 85 No. 1

LAOAG CITY, ILOCOS NORTE, PHILIPPINES

August 2019-December 2019



# In Pursuit of Excellence: NWU's advocacy towards 2030 SDGs



• Jezreel Larry Caunca

In 2012, during the United Nations Conference on Sustainable Development in Rio de Janeiro, Brazil, the United Nations Sustainable Development Goals (SDGs) were born.

These are universal set of goals that meet the urgent needs of our world in terms of environment, political, and economic challenges. Before the birth of the SDGs, Millennium Development Goals (MDGs) were created in 2000 to

battle extreme poverty and hunger. The 17 SDGs included in the “2030 Agenda for Sustainable Development” are as follows: eradicating poverty; eliminating hunger; promoting good health and well-being; providing access to quality education; promoting gender equality; ensuring availability and sustainable management of water and sanitation for all; guaranteeing access to affordable and clean energy; promoting sustainable economic growth, productive employment and decent work; building resilient infrastructure, promoting inclusive

and sustainable industrialization and fostering innovation; reducing inequality; establishing sustainable cities and communities; promote responsible consumption and production; taking urgent action to combat climate change; conserving life below water; conserving life on land; promoting peace and justice and building strong institutions; and ensuring partnerships to achieve the goals. These are the achievements of the MDGs through the years: more than 1 billion people have been lifted out of extreme poverty; child

mortality dropped by more than half; the number of out of school children has dropped by more than half; and HIV/AIDS infections fell by almost 40 percent. SDGs is a bold commitment of every nation to address urgent issues by 2030. Our country is committed to achieve and promote these SDGs. The House of Representatives passed on its 2nd reading a resolution expressing its commitment to legislate measures that would ensure that the country is on track in achieving the SDGs by 2030.

## NWU Law students won INYDO Ordinance Writing Tilt

• Jessie Felipe Jr.

John Michael Mugas, Michelle Ivy Candelaria and Alfonso Jeziel Delos Reyes of Northwestern University (NWU) - Jose Abad Santos Society won 1st Place in the Ordinance Writing Contest of Ilocos Norte Youth Development Office (INYDO) on November 8, 2019 with their ordinance proposal entitled: “An Ordinance Instituting a 15-minute Break Among School Pupils to Jog

or Run at Their Own Pace Thereby Facilitating Their Healthy and Active Growth and Development”. The Ordinance Writing and Project Proposal Making Competition 2019 is an event sponsored by the Provincial Government of Ilocos Norte through the INYDO. According to INYDO, “The competition aims to encourage the Ilocano youth in crafting beneficial ordinances and project

proposals that will positively impact the province since they are integral part of the community as well as to highlight the creative minds they possess.” For the Ordinance making, the entries should be categorized based on these categories: Health and Sports; Trade, Commerce, Entrepreneurship, and Industry; and Education, Culture and Arts.

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## Former SSC Sec, New The Review EIC

• Zenith Kin Agcaoili

John Eiell Domingo, a third year Bachelor of Secondary Education, Major in English student of College of Teacher Education takes the challenge as the new Editor-in-Chief of the Review, the official school publication of Northwestern University for the Academic Year 2019-2020.

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# Sole party no more, 2019 SSC Election heats up

• Mark Lester Caletina

Sole Party no more as 2019 Supreme Student Council (SSC) Election become much more interesting than the previous elections as Outstanding Officer of Trust and Discipline (OOTD) Party and Leaders Engaged in True Service (LETS) Party rise up to take the challenge of leading the studentry towards sustainability. Romel Gerson (OOTD Party) run again as president

together with new set of aspirants. He leads OOTD party together with Meynard Castro, Vice President (Internal); Jay Gagaliano, Vice President (External); John Domingo, Secretary; Rhea Angelica Borda,

Sub-secretary; Clyde Justin Manglallan, Treasurer; Jojo Miguel, Sub-treasurer; Ivy Karla Grande, Business Manager; Sander Damo, Auditor; Kevin Pedro, PIO (Internal); Lester Tumbado, PIO (External); Stanlee Arquero and Arniloh De los Santos

Manager; Belson Valenzuela, Auditor; Janine Sacramento, PIO (Internal); Ray Mark Paul Matias, PIO (External); Jou Phillip Rustia for Athletic Manager; Aaron Dela Cruz and Rhanie Gee Moreno for Provost Marshall.

During their radio interview at the University Radio (URadio), the presidents from each party were asked on what they want to implement once they win the position. According to Mr. Gerson, he wanted to implement benefits for those who will be elected as SSC Officers highlighting that even with a small benefit can motivate the officers, he also stated that previous SSC projects like Open Office Program and Free Drinking Water will continue.

During their radio interview at the University Radio (URadio), the presidents from each party were asked on what they want to implement once they win the position. According to Mr. Gerson, he wanted to implement benefits for those who will be elected as SSC Officers highlighting that even with a small benefit can motivate the officers, he also stated that previous SSC projects like Open Office Program and Free Drinking Water will continue.

Ana Mae Manuel (LETS Party) takes the challenge to put up a party for the SSC Elections together with Jezreel Larry Switzelle Pitlo (External); Rashed Daniel Reyes, Secretary; Gleezelle Ann Gaspar, Sub Secretary; Crystal Faith Dela Cruz, Treasurer; Khen Peñalosa, Sub Treasurer; Paul Elian Labuguen, Business

Manager; Belson Valenzuela, Auditor; Janine Sacramento, PIO (Internal); Ray Mark Paul Matias, PIO (External); Jou Phillip Rustia for Athletic Manager; Aaron Dela Cruz and Rhanie Gee Moreno for Provost Marshall.

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## ComSci students attend 17th Y4IT

• Jezreel Larry Caunca

Students from the Computer Science Department of College of Arts and Sciences attends the 17th Youth Congress on Information Technology (Y4IT) on September 25-26, 2019, at the UPFI Film Center and Ang Bahay ng Alumni, University of the Philippines, Diliman, Quezon City organized by UP System Information Technology Foundation (UPSITF), Amazon Web Services (AWS), and Acer.

The said event was attended by Jaymay-ar Pinto, Jerwel Gorgonio, Jun Valerie Bologa, Jean Clyde Mollenido, Reece Retamal, Alvin Prieto, Irish Solitana, Karl Vincent Leaño, Christian Lucky Morales, Samuel Ang, Jericho Zuniga and was accompanied by Mr. Rowell Casil, the BS-CS department head of the CAS.

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## Two CpE studs compete at 2019 Nat'l CpE Challenge

• Dyan Rae Rapacon

Two Computer Engineering students joined the 2019 Institute of Computer Engineers of the Philippines, inc.b(ICpEP) General Assembly, 1st International Research Conference on Computer Applications, Innovations, Technologies and Engineering (IRCCAITE), 2019 National Convention and competed in the 2019 National CpE Challenge held at Citystate Asturias Hotel,

South National Highway, Tiniguiban Heights, Puerto Prinsesa City, Palawan last November 26-29, 2019 with the theme "Addressing Challenges in Data Privacy and Cyber Security: Respecting Privacy, Safeguarding Data and Enabling Trust."

Gerino Abrogena and Nesteve Aristotle Abitong were among the students from 16 regions who competed in the Programming Competition after they bagged

championship at the 4th Regional Convention of Institute of Computer Engineers of the Philippines last November 8, 2019 held at Lorma Colleges-Carlattan, City of San Fernando, La Union.

The National CpE Challenge 2nd day was set, whereas competitors from 16 regions with 28 participants went head to head to bring home the victory.

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# Panagsapata 2019: Renewing Selfless Service

• Jessie Felipe Jr.

Another Academic Year has taken its way, and different set of officers were elected this A.Y 2019-2020. The previous officers have poured their dedication and came to survive the exhaustion that arose in their reign in serving the students and the respective Northwestern University (NWU).

The Mass Induction

Ceremony was held at Aquino Multi Purpose Center where hundreds of newly-elected officers in different colleges and interest clubs along with the mother of all organizations—Supreme Student Council (SSC), have stood with one reason to lead.

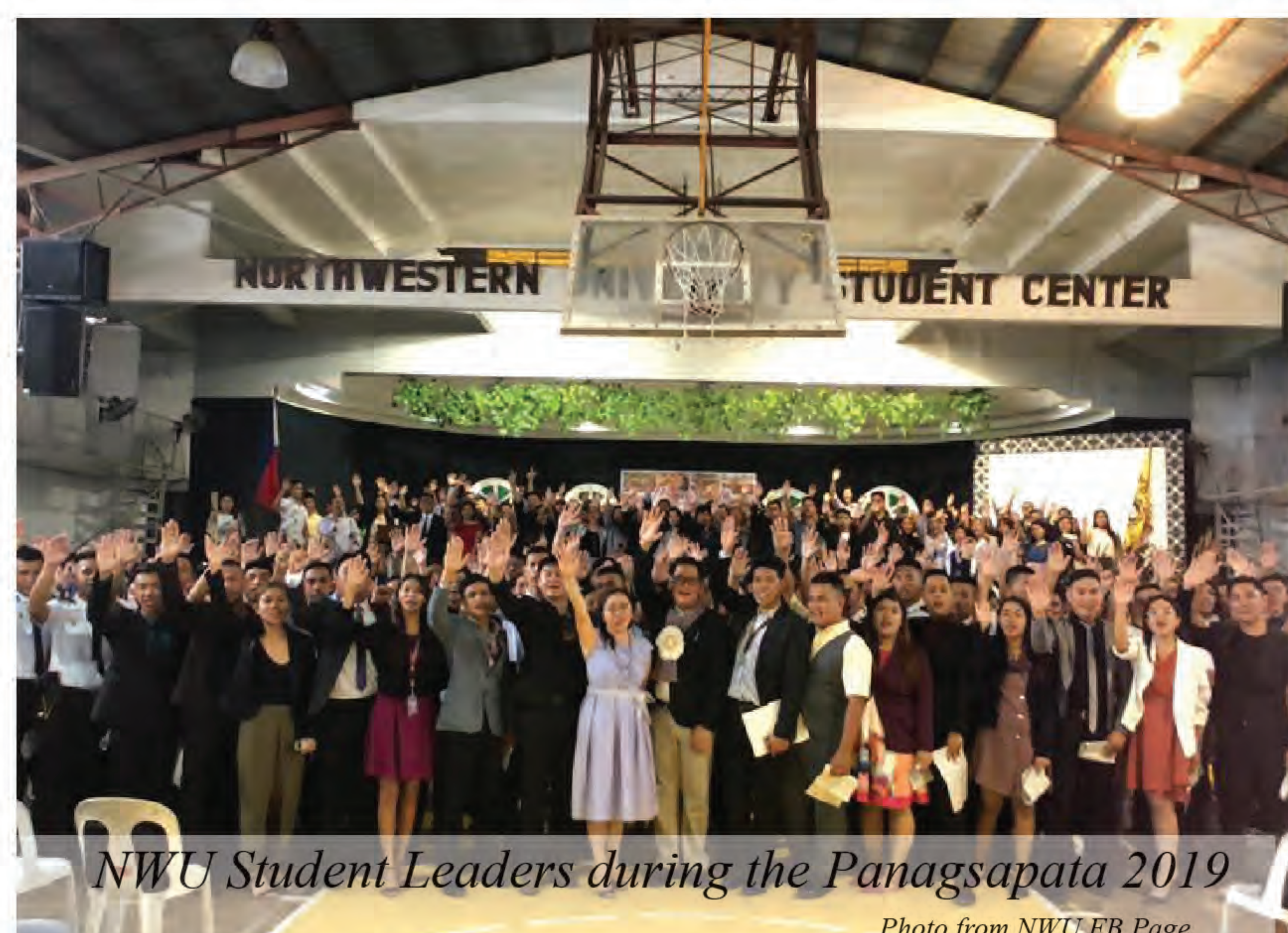
Mr. Rosito Tamayo, the guest speaker of the Panagsapata 2019,gave emphasis on the circles and value of leadership.

The discourse on

developmental leadership, that in time,to have taught the student leaders learn from the shortcomings and negative circumstances that will arise, and use it as a guide for achieving metamorphoses.

Moreover, he mentioned and discussed about the importance of leadership that a leader does not use his position to poison his fellow,

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# Owls transcend in the 20th RHEPC

• Pamela Tadeja

Five students of Northwestern University won in the individual contests during the 20th Regional Higher Education Press Conference (RHEPC) held at Oasis Country Resort, San Fernando, La Union, November 27-29, 2019.

John Domingo bagged 1st in Opinion writing (English) and 4th place in News writing (English); Jezreel Larry Caunca ,2nd place in News writing (Filipino), 4th place in Photojournalism (Filipino) and 9th place in Lay outing; Charisse

Sophia Raquinio, 5th place in Poetry Writing ( Filipino) and 9th place in Developmental Communication Writing (Filipino); Pamela Tadeja, 8th place in Feature writing (English) and 9th place in Editorial Writing (English); Zenith Kin Agcaoili, 4th place in Copy reading and Headline writing (English).

Furthermore, NWU College of Arts and Sciences students, Jessie Felipe Jr., Laica Vila, Frances Musni, Ray Mark Paul Matias, Lester Caletina, Sander Damo and Venisha Jade Vita, formed the first ever broadcasting team of Northwestern

University to compete in RHEPC. The team garnered 3rd place as they hail in their first try.

In the Association of College Editors-Region 1, Jezreel Larry Caunca was elected as the new President whereas Prof. Jon Oscar Lois Spider Rodas was elected as the new Vice President for Ilocos Norte in the Association of Regional Campus Paper Advisers of Higher Education Inc. in Region 1.

Professor Agustina Dancel-Matias and Prof. Jon Oscar Lois Spider Rodas, the technical coaches of the journalists for group and



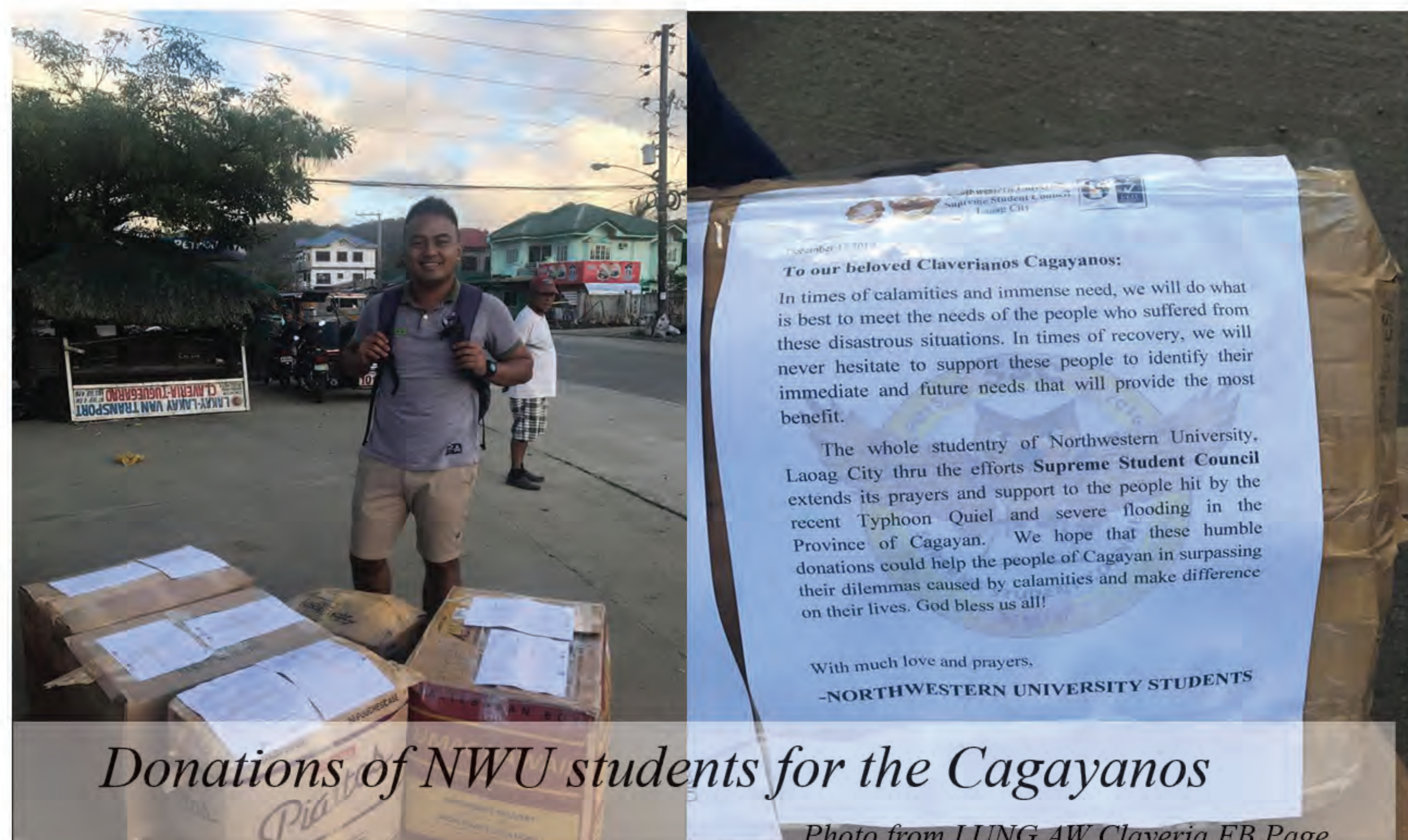
NWU The Review Staffs during the RHEPC 2019

individual categories.

The top 5 winners in the individual category will be competing in the Luzonwide Higher

Education Press Conference to be held in Naga, Camarines Sur on March 19-21,2020.

## NWU launches Timpuyog Progam



Donations of NWU students for the Cagayanos

Photo from LUNG AW Claveria FB Page

## COBE bags championship at 2019 TV commercial competition

• Zenith Kin Agcaoili

College of Business Education ComGuild team won first on the 2019 TV Commercial Contest (School Campaign Category) during the 11th Annual Conference of Marketing, Advertising and Business Administration of the Philippines at Marian Auditorium Miriam College, Quezon City (November 24, 2019). With the theme: "Philippine Marketing and Advertising: Valuing the Past, Treasuring the Present and Molding the Future."

With dedication and hard work they poured on the TV Commercial School Campaign, finally rewarded as the best amongst schools all over the Philippines who joined.

The campaign truly able to express and showcase how capable NWU is on molding future professionals and upon pursuing excellence. Northwestern University holds ISO Certified Higher Educational Institute in the Ilocos Provinces. Provides an excellent learning to become a competent health provider, globally competitive in the world of business, molds future leaders,

even appreciates human values, years to mold professionals in the field of implementing law and in the service of humanity, well-advanced capability in maritime education and yields to raise professionals on creating and designing innovative world.

As the institute upholds its core values CHAMPS: Committed to excellence; Honesty and Integrity; Active Involvement; Management of Resources; Professionalism; and Selfless Service—NWU pursuits excellence and expand its horizon.

• Charisse Sophia Raquinio

Northwestern University relaunched its Timpuyog Program to provide help for the needs of the families in Itbayat, Batanes who suffered from the devastating effects of the earthquakes and to Cagayan that have been affected by the Typhoon Tisoy.

A magnitude 5.9 shaken the island of Itbayat, Batanes in July 27, 2019. The earthquake left houses destroyed that were generally made of stones found in the island. Cagayan on the other hand was hit by some of its worst flooding in decades, with torrents of muddy runoff forcing 66,000 people from their homes and prompting rescues of trapped locals due to Typhoon Tisoy.

Timpuyog Program is actively supported by NWU students and employees. The said program gathered instant noodles,

coffee, chocolates, biscuits, canned goods, sanitary napkins, rice, toiletries, ready to wear clothing and even stuff toys for kids. The donations are properly segregated and packed by student volunteers and employees of NWU, and are handed over to the Armed Forces of the Philippines (AFP) through the 152nd Naval reserve Officer Training Corps Unit.

Timpuyog Program is NWU's advocacy of extending assistance to the victims of calamities or disasters: Timpuyog. It started after the onslaught of Ondoy in September 2009 as a way of providing assistance to the victims of the flooding in Metro Manila. The said advocacy was also initiated after the devastating Typhoon Yolanda that hit Visayas in November 2013.



NWU Students' winning moment during the Comguild TV Commercial Awards

Photo from Jocelyn Evangelista



EDITORIAL

Obedience limits rants

We do observe some failures, slow progress and change of plans in the administrations to suit convenience, quality of service and for the betterment of their stakeholders. As mere students in the university, we wanted the best. We wanted the best quality of education and quality of services by front line offices. However, did we ever wonder how hard for them to offer these? It is not that they weren't capable of giving that but they consider and follow the Standard Operating Procedure (SOP). By doing this, they are sure that our expectations will never go in vain. Tested by patience and perseverance to serve, what else could we ask for?

Rants are widespread in the university due to the administration's way of serving the students. These rants fall into ears of others which, in some way, deteriorate the image of the university. Rants may be taken in the queries: Why is the line in the Finance and Assessment office takes so long especially during tuition collection periods nearing examinations? Why are there few windows at the Registrar's office to process the enrollment of students? Why can't the ID Monitoring System read our RFID (Radio Frequency Identification) at times when entering/leaving the university? These and many more queries are what students blabber out of annoyance.

This resulted to some students to return the other day and even fall in lines at the last day of enrollment and payment of tuition fees to secure an examination permits. Others were even lucky to survive the day of processing after the deadlines. We have read the posted piece of bond paper with printed schedules of dates for each colleges. Or does anyone just ignore the important posts? If we were to follow the given schedules, will there still be long queues at the Finance and Assessment Office? Shall we to blame the few cashiers and assessors that even take their meals at the wrong time because of the policy "No Noon Break?" If we are to process our enrollment earlier before the last scheduled day, if we applied for changing, dropping, adding our subjects at the said schedule, shall we be then taking the long wait in the Registrar's office staring their signage "Patience is not the ability to wait, but the ability to keep a good attitude while waiting?"

Responsibility is the key but to what we know responsibility without promptness results to procrastination. We never notice that we rant the administration's failure to address our needs as students but we do fail to notice that it was because of our procrastination. Let us defy this habit. If we live complaining to all shortcomings of the administration, then we're living our college life wrong. It might not be bad to rant but to take the side of the addressee and to understand their justifications is a requisite.



# REVIEW

The Official Student Publication of Northwestern University

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Swipe for faster transaction

Onward to fulfillment

By the end of the Academic Year 2018-2019 Second Semester, Radio Frequency Identification (RFID) was piloted in the university with the initiation from the administration. The Center for Information, Communication and Technology (CICT), then released the ID Monitoring System (IDMS)—a software solution that is capable for monitoring, storing and generating attendance report of students which uses RFID. Proven well and good, transactions using RFIDs started last A.Y. 2019-2020 First Semester IDMS were placed at the Science and Main Gate and were monitored by security guards. Later on, these systems were installed in the different offices of the university namely NWU-Educational Resource Center, Internet Laboratory, Medical/Dental Office and Student Affairs Office.

Assuring the features

ID Monitoring System uses



ONLOOKER

• John Eiell Domingo

“One thing to remember: don't forget to bring with you your RFID.”

RFID Technology which provides unique identification for monitoring attendance and managing electronically stored data. These cards cannot be duplicated. If lost, an RFID card can be easily blocked through system controls and once blocked, it cannot be used anymore. This card will serve as an entry pass for the students to the campus and cannot be used by another person as the picture displays on the monitor once the card is tapped on the RFID Card reader. It produces attendance

report which includes daily check-in/ out and break-in/out of students. As security becomes a top concern, the university make it a priority to maintain effective ID Monitoring System.

Guarantying benefits

As a student taps regularly before entering or leaving the university, their parents regularly receives notifications from the system. That's beyond sweet. The university thoroughly cares for their sons and daughters with the advent of this technology. RFID-Based Attendance for students are being implemented as the university conducts activities. No more pen-and-paper attendances which are so traditional, time-killing and can be compromised. In addition, RFIDs, if to be brought every day, are very useful in fast transactions in different offices of the university.

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Toxicity Within Ourselves

Do you find it weird as well if someone who really made the mistake would likely blame it to other people instead of taking account of it? Or have you been so angry toward other people for being too pretty than you that made you doubt yourself as well?

People...are really, vulnerable beings. They tend to succumb over things that are not even necessary. Human mind is feeble that is easy to be poisoned.

People sometimes label other people especially those that they hate as *toxic people*. In reality, it is not the person that is toxic, but the *behavior rather*.

But, have you reckon that while you're busy pointing out other people's flaws, laughing on small mistakes they make or hating



SEE THRU

• Zenith Kin Agcaoili

“People...are really, vulnerable beings. They tend to succumb over things that are not even necessary. Human mind is feeble that is easy to be poisoned.”

them for being better than you... you create a monster within you.

Us, people, wears toxicity as a perfume. With a habit of looking down on others or flaunting your achievements when you don't really need to, or criticizing others for how they dress or speak — something is wrong with you already. Perhaps, there's a little spark of toxicity within you already.

Is it necessary that everything should go on your way? Like, what you want; you should get in an instant to the point that you even drag others down just to get a grip on what you want? And is it really needed that others should pave way or give it into you?

As what many people say, whatever

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The Review is the official publication of Northwestern University and is published bi-semester in every school year. The Review is the voice of the students of Northwestern University addressing different issues and promoting the different programs and accomplishments of the students and the institution. "Redefining the role of Filipino Youth through Campus Journalism" is the official motto of the Review. This statement captures the essence of the role of campus journalism in the lives of the Filipino Youth in redefining their role towards sustainable development.

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# No Beauty, No Entry?

When security guards turn their head towards a lady with indecent clothing who violates policy, consider personal connections for one's entry, befriend fine-looking mademoiselles, accept bribery, and go straight to a finance window to line up a beauty queen, then it is where we begin to realize that school's level of protection is no longer there.

If having lots of security guards simply means we, students, are wholly protected then why do we have to feel this way? Not all problems in a school are caused by students. Equal treatment should be shown and be given to every student regardless of a student and a guard's connection. Every single student will rant for consideration and second chances if he/she accidentally forgets his/her RFID and identification card. In reverse, some students who are already friends with the security guards will walk straightly even when they are always violating the dress code policy. We don't need protection leaders if they themselves do not know how to apply all the school's rules and regulations.

Every student's personal witness will never be faded with an image which was created. If a single plastic cup of fishball and kikiam, 12oz soft drinks, burger and chipay were considered as a passport for a student's entry, then it is now time for the administration to make some reconsiderations. Northwesternians do not deserve these kinds of actions.

The queue bothers everyone. The lack of windows, and lack of clerks in the finance department results in a big wave of confusion, but a security guard



**RIGHTER**

• Pamela Tadeja

“*No one wants to be treated unequally.*”

who goes straight to the window and doesn't even line up sounds objectionable. With the fact that a beautiful lady is waiting for him, average service drops to more confusion.

Physical looks matter so much for them. Not even a single father wants his daughter to become a victim of pervasive social problems. No one wants to be treated unequally. It is something that workers should always bear in mind.

Leering should not be done. We are living in a world where violence becomes a social disease that affects every human being.

If every staff should always be respected regardless of their level of hierarchy, then each one of them should also do the service that every student really deserves.

We, students, need security guards that will protect our equal rights as a student.

Good moral and right conduct matters because if their rule will still be “No Beauty, No Entry”, then the review of people to them will be more displeasing, as time goes by.

## LETTER TO THE EDITOR

This is not to attack someone or degrade someone else's reputation, but to somehow relate what most students think when worst situation comes. We are looking onward for more unified and progressive future long before all of us become professional.

When student leaders do thievery, behave dishonestly and insist falsity, when student organizations become private places for corruption, when leaders' seats become unlocked crocodile cages, when an office becomes a day care school and a mental health center, when student funds slide through private pockets then we begin to realize that we're being cheated, lied, murdered, fooled and stolen.

Not a single individual wants to be a victim of a wrongdoer and a deplorable leader. It is so depressive how fake speeches bewitch the entire studentry. Every word that some election candidates insist adds lump to dumpsites. They land to our classrooms with a very sweet smile and when they succeed, we all suffer a very bittersweet pile. Their surprising ability to shift their shapes sounds unworthy and dishonorable at all.

Having an office requires a sharp mind and a bolt of awareness regarding university issues. Dirty deeds will always be dirty deeds if change isn't injected. It is full of trash when people couldn't even see what you've done good for them and it is a full waste when you only ran and won because of fame.

Student leaders who are supposed to abolish immoral activities are starting what shouldn't be done. The common sense that some leaders possess are so senseless with the fact that they do not have the capability and they hold inadequate knowledge to support their own stand. It is so foolish how this smart kings and queens in reciprocal recycle funds to level up their pseudo force. Zero percent of leadership fills their soul as they twist the heads trust of not hundreds but thousands of students.

We, students, aren't toys. We are not stringed puppets controlled by faunas. We are flora who needs superb leaders to promote a forward motion.

First and foremost, I do not mean to harm the feelings of whoever may read this. In addition, it is not my intention to cause shame to someone. But if that's the case, I offer my sincerest apology and I demand also a change of behavior to whom this letter may concern.

It is not my desire to voice this out. However, I think I have to stand up on behalf of my classmates, and to my fellow Northwesternians. Even I could witness the same situation. I am wondering why certain faculty scold and rant us. Too bad because we look up to them for great leadership and good attitude. Their annoying rants are present in all activities in the university. It was like, wow, so we were to blame. We were not officers but I think these officers who use to see the latter were patient enough, but not for us non-officers. We were informed of what to do and where to go in the activities that the university are conducting. And if there are changes in the original plan, well, we're sorry for not complying immediately. Upon arriving in the activity's venue, we should not be welcomed by force and screams. We are new students here. We aren't much aware of many things in the university.

We demand for gentle and polite request to follow. We are willing to follow. It makes no sense if we will just ignore or walk away. If our non-attendance will cause us fines in the end, what choice do we have? Others may consider “scolding” as “strictness” and to be strict is a dare for a leader so the followers will be obliged to follow with no rules being disobeyed, but that is not we want. We don't want to be controlled either. Scolding us may hurt our feelings. Others are used to it but it is an indecent way to converse. Let's say they have the reason to do that. However, we are being offended. Scolding is not the way. It minimizes our professionalism as presented in CHAMPS, and we don't want to minimize our dedication in fulfilling these.

I am writing this to express my blood-curdling experience regarding the signing and clearing of my department clearance.

Psychological noise has pounded my mind when our College Student Organization President wants us, his/her co-officers, to prioritize the making of Christmas decorations. Even when classes were suspended, he/she will force us to do so or else we will be fined, a whooping double sanction for every officer.

“Sanak la agsign tun Day 1 ti test yo.”

“Detoy ne colored paper assignment yo, iyawid yo.”

We were staying and

waiting late at night up to 8:00 p.m. for how many days just for him/her to clear our online clearances. Instead of reviewing our countless difficult lessons, we were cutting colored papers for the decoration of our college department hallway.

First, our President has decided that we will not compete in the Christmas activities which were organized by the SSC. Second, he/she controls every officers' opportunity to when will they get a permit. Third, the closer you are to him/her, the earlier he/she will clear your online clearance.

Questions whistled and doubts have popped, do we deserve this kind of leader? That

time was meant for us to prioritize our final requirements, but the rule just made our complications worse. We're very disappointed with his/her actions.

Is it necessary to stay focused with it? In the first place, he/she is not aiming for the cash. The determination to become a winner is not there. The eye on the prize is less than 25%.

The person sitting in the highest position should lead everyone and give attention for the best of the rest. It is essential for an officer to be mindful with his/her regulations because if not, I guess the entire college department just got fooled by his/her words beforehand.



## On student leadership

When you were elected as a student leader, you became distinguished from other students due to your capabilities of having this innate ability to lead a certain group of people. Student leaders are those who've given the best chance to be the channel of change towards sustainable development.

Leadership in the school level is the starting point of leadership towards a higher level of governance. It is a great privilege that even though you have doubts with your capabilities, someone or a certain number of people have chosen you, have trusted you to represent them, to represent their ideas, and to represent their voices in the student body.

As a student leader in this institution for almost 5 years, I have observed the unnecessary norms and stereotypes we have in student leadership. These norms and stereotypes includes student leaders should protect his/her classmates even with their wrongdoings, president is the only needed position, the rest are just decorations, leaders should be famous, and many more. There are ways to redefine the role of the student leaders inside and outside the campus.

One is to break the stereotypes. Sometimes when students heard that you are a student leader they will always think that you are perfect. Perfect student leaders do not exist; we should break this stereotype due to the circumstances that if

you live by that illusion you'll focus on looking for the mistakes of the student leaders instead of lending your support to uplift leadership ideals. Ideas like leaders should be smart, famous, and good-looking are considered derogative requirement which should not be.

Imagine if the student body will look not into the looks or popularity but to the capabilities and demonstrated skills of every student, we could achieve a better

**“Redefining the role of the student leaders is a long term process. Every student leader must have an immense passion to be an advocate of change towards sustainable development.”**

student government.

Breaking stereotypes like this is very crucial in the development of the relationship between the student leader and its constituents.

Second, as student leaders, we should know what we are doing. If you have programs and projects that are failing every year when you implement it, maybe you should assess that something is wrong, do not take it as a joke because the whole studentry will also think of you as a joke. If you have student programs and the attendance to that program is low, you should reconsider to look again to the rationale of your program, think outside the box, do not turn a blind eye to the problems. Do not take on the challenge when you do not know what are you doing, students are not lab rats that you

The Internet Laboratory wants RFIDs be tapped before logging-in to the computer for research purposes. And above all, RFIDs are used for faster transactions during the clearing of obligations of students. The transactions were all automated. Long ques in each office were slightly avoided. Waiting hours were reduced. What else can we ask for?

### Reminding the mantle

We, students, can

• Jezreel Larry R. Caunca  
can practice your experimental activities. You are a group inside your office, you should learn to interact with each other, you are not using only one brain, you should use all of your brains to create something beneficial.

Another thing is we should vote wisely. When you vote someone who is just constantly joking during a miting de avance without presenting a platform or proposals you are endangering

game? Practicing your privilege as a student leader will help you develop it and use it to promulgate its thought towards a fruitful student and student government relationship.

Lastly, always promote integrity. Integrity is defined as the ability to do the right thing even though no one is looking after you. As a student leader, we are expected to do the right thing for the common good. Some hypocrite

student leaders are being nice in front of a crowd but hides his hidden agenda in the back. Student leaders must promote integrity among others because if we will not do the right thing then who else will do it? We are not blind to not differentiate what is right from wrong.

Sometimes student leaders tend to serve as the protector of those who commit wrongdoings for friendship and to play safe.

We should not serve as the protector of those who commit wrongdoings, we should be the one to help them recuperate from what they have done even if it means that you will serve as their antagonist from the rest of the year. This is why Integrity play an essential role in developing the over-all characteristics of a student leader.

Redefining the role of the student leaders is a long term process. Every student leader must have an immense passion to be an advocate of change towards sustainable development. We must break the stereotypes, know what we are doing, vote wisely, use and develop our skills as a student leader, and promote integrity to revitalize our capabilities as a student leader.

Envisaging a problem-free school year is not an easy goal but it is not impossible to achieve. Would you take student leadership as your privilege or just a part-time obligation?

### Swipe for faster.. page 4

The Assessment Office needs RFIDs to check the students' accounts and obligations. Medical Office requires RFIDs as students consult their office. The NWU-Educational Resource Center demands for RFIDs so students can log-in to the library before studying, borrowing and returning books.

The Internet Laboratory wants RFIDs be tapped before logging-in to the computer for research purposes. And above all, RFIDs are used for faster transactions during the clearing of obligations of students. The transactions were all automated. Long ques in each office were slightly avoided. Waiting hours were reduced. What else can we ask for?

### Reminding the mantle

We, students, can

a whole academic year with incompetent student leaders. When you vote someone because you are doing a bloc voting to your colleges, you are denying your rights and privileges granted to you by the constitution.

We should think wisely while voting, you may think that your vote isn't that much but it can greatly affect everyone.

Another way that we can do to redefine the role of the student leaders is to develop, use, and promulgate our skills as a leader always in all ways. Most of the student leaders tend to prioritize their academics and put aside student leadership as a part-time obligation. Prioritizing academics is a good thing but letting student leadership to be your part-time obligation is ridiculous in so

avail all the benefits with the implementation of these RFIDs. One thing to remember: don't forget to bring with you your RFID. Keep it secured for this RFID has a unique chip designed for every student but as foretold, nothing is forever. RFIDs were like other important thing to us. These are our additional license so we can enter in the university, make faster transactions in the offices that we visit. There won't be forever, then,

many levels. Student leadership is not an obligation; it is a privilege given to those who are worthy enough to understand its importance. Wasting this privilege is unacceptable, we must use it in different circumstances like leading and organizing your class.

Some student leaders blame and criticize the higher student government and the school for different things without actually organizing their constituents. If you, together with a dozen student leader inside your classroom can't handle a small number of people and you are blaming a student government with a thousand constituents? It will not make any sense at all. Instead of using the student leadership in a blaming-game why not use it in helping-

if our RFIDs are lost. However, we can request for another RFID. All attendances, log-ins/log-outs and records will retain. In addition, if our RFIDs won't work just like our relationships with someone, we may approach the CICT Department to fix issues. And if the ID Monitoring Systems does not function as what these should be, stay humble. We should not spank these systems. They can't hurt us back. Have pity. If there is trouble

with these systems, we better call the attention of authorized personnel. We will soon end our journey in this university and we may never experience the "tapping thing" outside. However, if we are responsible enough to bring with us our RFIDs, we will always be reminded that Northwestern University has something to offer and it would be our reason to be grateful always.





# A Drum Roll to Success

Photo from Ray Mark Matias

• Charisse Sophia Raquinio

“Throw your dreams into space like kite, and you do not know what it will bring back, a new life, a new friend, a new love, a new country.” –Anais Nin

What makes life meaningful and exciting? New things; that would bring more colors and fun. New hobby perhaps, that would actually help someone keep entertained and serves as a motivation to keep himself improving. Pursuing passion as well; when you really yearn for something, you wouldn't stop doing it. And when you really like something, you wouldn't doubt it; and waking up one day it has been embarked within you. It becomes part of you since you embraced what your heart really yearns for. It becomes a way to another world that you never imagined.

Through the years,

Northwestern University strived to create things that would make it more worth remembering as years goes by, and as new generation comes in—paved a way to finally open a new journey of success, passion and a new hope! The Marching Band and the Tamboreros were born in NWU.

Who are they anyway you reckon?

vital role on every parade within the school and as well as outside the institution.

Marching Band was established long, long before together with the Reserved Training Corps (ROTC). During those days, ROTC was required to have their band. Real talents being recognized, they were invited by different municipalities to perform, as well as different

the times he faces questions as to the failures of the music they play and mistakes being pointed out. He did not take it negatively at heart, rather, he took it as a challenge for them to furnish, improve and practice; they used it as a motivation to strive more. As what they say, failure is a stepping stone for success.

The handsel is not yet over, another surprise awaits.

after have their own component.

One of the member of Tamboreros shared his experience being on the team. He said that, happiness blooms when they perfect a song's beat and tune, it was satisfying and fulfilling. Every Saturday after National Service Training Program (NSTP) class of some players and beaters, they attend their practice that was being held always on the back of the Worship Center; which is where their office lies. They aren't just united by their passion about playing instruments and music, but the bond they have like brothers and sisters; the strong friendship and connection binds them. He also stated that, Mr. Cid, treat them like his own children. He never fails to make their spirits and passion alive. Seek what sets your heart on fire. Talent isn't only the key, but passion also.

NWU Tamboreros are open for new blooming talents to join them on their journey. They are not only about the love for music but they prioritize academic-related activities.

“ Throw your dreams into space like kite, and you do not know what it will bring back, a new life, a new friend, a new love, a new country” – Anais Nin.

Do you somehow attend flag ceremonies? The Marching Band plays the National Anthem as we give respect to our motherland and to our flag. Their melody perfectly synchronizes with the mood as we sing our University Hymn. They make every programs livelier than it should be. Every note they produce sets the mood of the venue. While, Tamboreros plays a

schools around Ilocos Norte. The Marching Band has greatly contributed success to every program and events that was held in NWU.

Mr. Christopher Cid, the officer-in-charge of the NWU Marching Band and the Tamboreros has shared his experience being with the team. He said, the most unforgettable experience he ever had were

Three years ago, another group was catalyzed and form, the Tamboreros of NWU! Trends set by other schools, Tamboreros of NWU was born. The component of the marching band is also the component of Tamboreros for the first two years; but then due to time constraint; Mr. Cid decided to part ways and recruit students who are passionate about music and talented. Tamboreros then

## Passion Leads to Excellence

“If you're not going to be confident, you might as well not be doing it.” – Aretha Franklin

Be your own artist, and always be confident on what you're doing.

With his talent and dedication to music, Northwestern University is surely gratified to have a gem like him. His efforts built up a new excitement and new pride, not for himself but to young bloods he caters—not only lesson but with wisdom.

A wholehearted man

living with his passion. A man full of dreams—his eagerness to teach students and to share his talents is such a blessing to Northwestern University. Mr. Christopher Cid, a band member coordinator also a teacher.

Mr. Cid is a graduate of Ilocos Norte College of Arts and Trades and it is where his journey kicked off. To continue his study, he pursued Bachelor in Science in E-Commerce and Bachelor of Elementary Education at Divine Word College of Laoag. Just wow!

Not just with the music itself but also with academe.

Who inspires him the most? It was his uncles who inspired him to engage with music. The fondness with music arises as he continues to upskill his aptitude towards Northwestrians! He is one of the persona behind the master stroke of the Northwestern Marching Band and the Tamboreros! He's not just a music lover who shares his talents but a father who set forth his rookie with care and love.

The foundation of

successful marriage is to spare some time with your beloved one. He inspires also travelers and riders, because he loves to travel around with his bike and motorcycle together with his family. They've gone to famous places like Vintar and the like.

A fatherly figure to the band and the tamboreros. He always taught his rookie to discipline themselves and he always say that grades are more important and experience is the best teacher.



Photo from Jezreel Causca



# IG STORY

By: Coleen Jane Juan

I first saw you through my phone,  
unfiltered, but it was as though  
it happened in slow motion.

For so long I've been alone--  
a third wheel on hangouts;  
bitter, when I see couples.

Through a friend,  
I got to know you.

Now  
I don't know  
how, exactly,  
should I talk to you.

I feel confused,  
conscious,  
hyped,  
nervous.

This infatuation  
is worse than the ones  
that came first --  
a good kind of worse.

The hype that this gets,  
is it because I'm here and you're there?

You're far away;  
this is uncertain, confusing,  
beyond compare.

It's uncertain  
where this goes,  
but as friends, at least,  
I hope we'll get to be.

# As the moon, So beautiful

By: 1412

Your smile is like the Moon; it shines so bright  
Going to that "place" without you, It's so lonely and dark  
Seeing you smile always makes my heart flutter - slight  
Talking, having fun, seeing you laugh always give me spark

Every time we leave, I always ask myself when we will comeback  
To the place where every time we enter, unpleasant things disappear  
You're always there in my back  
Always lending an ear.

I still remember the day when you wanted to see a lot of stars  
But sadly lady luck wasn't on our side, the sky was cloudy  
The street was colorful due to the light of the cars  
Little did you know, I was praying that the sky clears up so badly

I sometimes stroll around at night to see if the moon is round.  
The night is cold and dark, I wish you were around.

# Poetry of Love

By: Sophia Raquinio

Through the caliginous of light  
I am once a fighter  
With those battles I've won  
I think I'm braver than before

But then suddenly, you came  
And you brighten me up in my dusky world  
You tightly hold my hand  
And squire my journey

With those scrabble moments  
You never left me  
Instead you possess me with your love  
And linger with care

Together we will reach for our aspiration  
Building new memories, new laughter  
Calling for more throes with you  
Still you, always...

# I MATTER

I am not happy  
And, I would never say that  
I am contented with what I have  
The value of life  
I would ne'er understand.  
Will never say:  
What I have is a blessing, and  
I am grateful.

I am unwanted  
And I don't think  
I am worthy enough

I am a failure  
And I won't let anybody think that  
I matter,  
but  
I know it was hard  
I am barely alive and  
I know that

The happiness that I've been wanting  
Holds back  
Sadness.

Now read it from bottom to top

By: Zenith Kin Agcaoili



## SECTION TWO

## Literary Feature

## The Last Fall

By: Queen J

I look at a distant sky, and the sparkling dust arouse my  
sleeping soul

A knight came and carried the physical who's dull  
And poured a potion to cure the out of beat heart  
In time, the sun lit the heart of the soul to heal the hurt.

It was summer, when the smiles, laughter, and dreams  
were built

The warmth of hugs, kisses, stays on beat  
The pressure of the body still plays the biggest part  
When believed will love will not be taken apart.

The breeze swirled differently into mine,  
When I don't feel the embrace of sweetness thine  
I longed hands grasped tight  
But it went holding beyond light

Winter time, when this coldness attacked  
Thinking what reason could have might  
To make a part of heart in freeze  
That took long like this

Soul's happiness was found once  
And lost when in its twice  
The Knight came when it is thrice  
And presently moving in disguise

Spring time when pea of hope came  
But thy coldness hinders its became  
Now that hope is replaced by gap  
Of feeling that you'll gone in a nap

It happened when you drifted away  
When smiles, laughter, dreams shattered in all same  
sway

That the last leaf fell  
When all hopes pulverized by the knight well

It was autumn, when I was killed again  
By similar way and span  
The Soul's heart weakened, grieved, gave up, wanted to  
fight, but died  
In way when all reasons frightened Soul for living in the  
same bind

She loved, and hurt, and pulverized in many times.  
But no more pain but happiness, since it is the last fall.

## SAVE ME

-Sigmund Freud

She once said, she is barely  
Alive; and it was actually unbearable, but she tried  
Value her existence, though she couldn't find the  
Exit, where sadness has locked her in. She

Merely understands why she has to be; and  
Every minute that passes, she has one plea.

To read every first letter, from top to bottom

## Procrastination

By: Dyan Rae Rapacon

Phone is full, earphones on  
You told yourself "just a moment", you are doomed  
That moment became hours, it became half the day  
It took your remaining hours 'til the next day

3 days more? 3 days left?  
Your brain tells you to move, but your body is at rest.  
Your hands are becoming heavier, your bed drags  
yourself  
Until you've got no more days left.

It's at its finest when you need not to be  
But it releases you when your time is ticking  
You pack 5 days into 1  
You lost your chance without realizing.

Regret comes last though you knew at first  
Move! You're not a princess.  
This thing is taking your dream, don't get caught up  
Tomorrow is endless, but tomorrow may be your last.

## Picturesque Misery

By: Kashen Sarmiento-Saoit

what seems to be a happy place  
creates a frown on the face  
a tinge in the heart  
a missing part  
you ask yourself what's wrong  
you're somewhere most people wish have gone  
colourful walls and luxury  
but for you is picturesque misery  
you sighed  
you watch people come and go  
buzzin' and amazed  
while you sat on resto confused and dazed  
you ask yourself  
"what are you here for?"  
you think it was the colours  
the polychromatic paint you wish you feel internally  
as you think of someplace else  
where laughter is elicited from small things  
where people doesn't care of anything  
where time runs slowly  
you dance along with it gracefully  
you were the turtle in the fast lane  
you watch them chase the time  
it wasn't really how you perceived it to be,  
you know, life?  
they say the grass is greener here  
but you see no grass  
So fed up  
you drained the cup  
you stand  
you left  
maybe it wasn't for you,  
nor for me  
you took a good photo  
of the colourful wall  
took the final walk on the expensive floor  
it's enough for a memory  
for your heart was lonely  
in what they say is the place to be;  
Apparently for me, is a picturesque misery.



# THE FORTRESS OF THE EAST

“Home is where love resides, memories are created, friends and family belong and laughter never ends”

• Dyan Rae Rapacon

It was the first day of school. It has been so long since the last time I attended school after graduating from college. Five years later, in a not so long battle with my head, I finally found myself walking along the parking lot of our institution, Northwestern University. The College of Engineering, Architecture and Technology is just located on the east side of the school. Built 10 years ago, this building stood alongside Medical Technology Building, Mini Forest and International House. It is mostly like any other structure in the university—painted with gray and white, with classrooms and laboratory rooms, lobby, hallway, faculty office, library, canteen and (well) a television. These what makes it stand out amongst other colleges.

**THE LOBBY.** Upon entering the so-called Science Gate, the lobby can already be seen. The open concept of the lobby from 1st floor and 2nd floor makes it suitable for students to relax. It is where students wait for their class and a *tambayan*. Since the lobby is open, the airflow and illumination are conducive for students for resting and studying. Furnished with concrete tables and chairs, the lobby is the place where you can see most of the students.

**THE ROOMS.** Who wouldn't love air-conditioned rooms? In our region, where sunny days outran rainy days, it feels so uneasy and disturbing for students to learn in a hot, steamy room as a result, students are in search for spots around to cool themselves. The college, however, isn't this place. Almost all of its rooms are equipped with air-condition except laboratory rooms that have machines.

With the guidance and leadership of Engr. Rommel Agcaoili, the

Acting Dean of CEAT, the college follows practices to maintain the cleanliness and orderliness of its premises.

“Since our college is the only department that was separated from any building, we maintain the cleanliness and the atmosphere. As you can see, we prohibit noise in hallways. There are only few students who

have rooms that they frequently use; these rooms are also under the faculty of the department. The head of the college let the faculty decide on how to beautify and maintain these rooms. As a result, and as an activity for the Architecture students, they repainted the rooms and designed the walls with geometric shapes and painting of buildings.

in one corner of the building for the collection of garbage in the University.

**THE OFFICE.** The office, though located at the back of the building isn't just another office. The placement of tables and shelves for each professor are well planned being that space planning is one they are good at. The Dean's Office have a shelf for all the

and Architecture board examinations. This project was proposed by the College of Engineering, Architecture and Technology Student Organization (CEATSO). Agcaoili added that another television is on its way to be placed at the opposite side of the existing one for entertainment purposes.

**THE COLLEGE AND ITS FUTURE.** Agcaoili reiterated that “Since the population of CEAT is continuously rising, we have a plan to expand our rooms at the east side of the building. From then, if it continues to rise, we will put up another building for laboratory rooms for all Engineering students.”

The increase of its population from 15 percent to 28 percent is one reason of these plans to support the growing number of Engineering and Architecture students. With its over 500 students to date, the college are taking its measure to provide service to students who wanted to become Engineer and Architects someday. Agcaoili even underscored all of its faculty member as a Master's Degree holder in their respective specialization.

The college, even after so many years, has withstand the test of time, they've changed leaders after leaders but still hold their own vision for the students and for the University as a whole.

I knew it. I knew back then that I chose the right university and just the right college when I first stepped on the gate of the University. Looking around, I may have this familiar feeling of nervousness because it's the first day of school again. And this will serve as my second home for the years to come. It is a must that we embody this home and we walk around carrying its name.

I represent my own college, its time you represent yours.



## Majestic Facilities of the College of Engineering, Architecture, and Technology

Photos from Dyan Rae Rapacon



standby. Sometimes, we go around the college and we don't let students stay in rooms when they don't have any class. We let them out of the rooms and lock the rooms, that's how we maintain our cleanliness in every room,” Agcaoili explained. That's the reason why many of its students' flock around the lobby.

The college has also a policy when the room is dirty enough. Architecture students for an instance

**THE HALLWAYS.** Hallways of the college are always clean. With trashcans placed in some corners, Agcaoili cited that they volunteer to clean small waste and they don't wait for janitors to do the task. There are also janitors who work all day. You can see them sweep and mop the floor all over the building including the maintenance of the comfort rooms. Trashcans are collected every afternoon and placed

thesis of the students and a waiting or living area. The office has also its own comfort room inside.

**THE TELEVISION.** The concrete tables and chairs aren't the only thing you can see in the lobby. On its 1st floor, just below the stairs is a television, serves for viewing of the mission, vision, philosophy of the University, the playing of the NWU Hymn, and for viewing of the recent passers of the Engineering





2019

BOARD PASSERS

*Congratulations!*

#### Psychometrician Licensure Examination

Clarisse C. Raval, RPm  
Jean Theressa S. Garaza, RPm  
Athena P. Dela Rosa, RPm  
Sariah D. Nicolas, RPm

#### Physical Therapist Licensure Examination

Jhun Soliva  
Jimlord Domingo  
Ainorie Dela Cruz  
Kent Joshua Albano

#### Architect Licensure Examination | June 2019

Arch. Marlowe Jay A. Ancheta  
Arch. Daryl M. Dela Cruz  
Arch. Memar G. Gudoy  
Arch. Mark Joe B. Mangoba  
Arch. Marie Beth C. Opeña  
Arch. Raymund M. Pascual  
Arch. Franz Paolo B. Ramos  
Arch. John-Rafael E. Pardon  
Arch. Ervin R. Romosod Jr.

#### Mechanical Engineer Board Examination | August 2019

Engr. Neil Christian O. Janda  
Engr. Katrina Mae A. Tamayo  
Engr. Ramsey Lloyd G. Martin  
Engr. Mark Jhustine B. Asuncion

#### Electrical Engineer Board Examination | September 2019

Engr. Kevin A. Agudong  
Engr. John Mel Andres  
Engr. John Ruel Bagamaspad  
Engr. Dexter P. Barcena  
Engr. Xerex A. Butay  
Engr. Jesey Dale Camagon  
Engr. Rolando John Jr. Domingo  
Engr. Jaymund M. Duldulao  
Engr. Maverick Mabanag  
Engr. Philip John Nieto  
Engr. Frances Dianne Tangonan

#### Geodetic Engineer Board Examinations | October 2019

Engr. Ruth Lizette Bareng  
Engr. Ruzzel Van D. Villanueva

#### Civil Engineer Board Examinations | November 2019

Engr. Christine Factores  
Engr. Tristan Marco Gonzales  
Engr. Jericko Ian Manalo  
Engr. Glen Mar Pagaduan  
Engr. Dexter Pinto  
Engr. John Ryan Publico  
Engr. Jimmy Ricarte  
Saupan

#### Nursing Licensure Examination

Jetric Ariola, RN  
Charles Jefferson Bagcal, RN  
Niel Ferson R. Cadiz, RN  
Alfonso Juris D. Castillo, RN  
Akeemo Cheenob C. Masangkay, RN  
Christian Jay Pasion, RN  
Kateleen Kate B. Agonias, RN  
Mebelyn M. Aguete, RN  
Angelica Vivian S. Baclig, RN  
Kaila E. Calingangan, RN  
Mae-Ven M. Coloma, RN  
Cetelou S. Corado, RN  
Christian Khate C. Corpuz, RN  
Dinah Lee Delos Angeles, RN  
Angelica A. Duldulao, RN  
Jancen Gabuat, RN  
Jenyl Elijah T. Lubera, RN  
Charmie Nemalyn G. Malto, RN  
Kathlyne R. Marcelino, RN  
Reeza Jane A. Ortal, RN  
Ereen Melanie N Rey, RN  
Czarina Mae Salvador, RN  
Lycha Tiffany B. Tagalicud, RN  
Nicel Shayn Vinoya, RN  
Trichia Bless S. Ventura, RN

#### Medical Technologist Licensure Examination

Cherry Mae R. Asuncion, RMT  
Thaddeus Aviles, RMT  
Ishalea A. Batang-ay, RMT  
Zaira Maurine A. Cristobal, RMT  
Angelica Genina Gagarin, RMT  
Edison Pascua, RMT  
Nickler D. Soriano, RMT

#### Certified Public Accountant Licensure Examination

Jolina Mae Perilla, CPA  
Milan Borja, CPA  
Jessica Viernes, CPA

### Former SSC sec... page 1

We choose our own path; we create our own fate. We build our own strength and we fight our own weaknesses. Life is about chances, but still, we need to be wise enough for our own decisions. We do things we think will help to hone our capabilities even more, and to help us for the betterment of our own self. Responsibility though, isn't a game for anyone that are not ready to take part of. It's tough, as you never know when the game comes into an end, you don't really know what you'll

gain or you'll lose.

He's currently enrolled in NWU for a year and a half, before his journey began on NWU, he started his college days at Mariano Marcos State University (MMSU) as a Development Communication student and shifted to Computer Engineering still in MMSU. He had to take a break from school for a span of a year, and worked so he could support himself and continue his studies.

During his first year in NWU, he joined Saguday Chorale and became a Student Assistant at Registrar Office for the 1st and

2nd semester. He became the president of Christian Brotherhood International a newly registered interest club (2018-2019) and also the Vice President of Young Educators Society (YES) - CTE.

Also an athlete, he competed in the Swimming Men Category during the 2018 and 2019. He played Breaststroke and Butterfly and won places. He was the former Supreme Student Council Secretary but he resigned due to personal matters.

### Sole party no more... page 2

Ms. Manuel highlighted her advocacy to implement more interesting student activities for more student involvement and less fines.

One of the most awaited part is the Miting de Avance, OOTD Party introduced their platforms for more student

involvement and trust to the SSC. LETS Party introduced different platforms promoting student involvement and volunteerism.

The election ends with Romel Gerson reelected as president leading the new set of officers together with Maynard Castro, Vice President (Internal); Jay Gagaloan, Vice President (External); John Domingo, Secretary; Rhea Borda, Sub Secretary; Crystal

Faith Dela Cruz, Treasurer; Khen Y. Peñalosa, Sub Treasurer; Ivy Grande, Business Manager; Sander Damo, Auditor; Janine Sacramento, PIO (Internal); Lester Tumbado, PIO (External); Stanlee Arquero and Arnloh De los Santos for Athletic Manager; Nikole Arquero and Romie Saludaes for Provost Marshall. This year have a higher voters turn out than the last SSC Elections.

### Two CpE studs compete at 2019... page 2

According to their head coach, Dr. Jennifer Del Amen, Head of the Department of Computer Engineering, "They were (participants) given four (4) case studies about computer programming wherein they have to make a program out of it which

they have to finish in 2 hours."

When asked on how they have prepared for the event, Del Amen stated "It was mere coaching. There are times when I talked to them since the program has already been introduced to them. Honestly, these two (Abrogena and Abitong) have different languages. The other one is Java and the other is C++. I told them that they need to have

the same analysis on the algorithm and only one should code. So I had them study Java."

Abitong expressed his gratitude to the competition and said "The competition has boosted my self-confidence and it built the relationship with my classmates who came to support us."

This is the 4th time the NWU has sent participants to join the said event.

### ComSci students attend... page 2

Y4IT is an annual event of Information Technology attended by students, teachers, IT Professionals and enthusiast. The Event is created to mold creative minds to address different innovations, discoveries, issues, and opportunities under the Information Technology.

Jerwel Gorgonio, the president of the Integrated Computing Organization of NWU Students (ICONS) said that "Y4IT

is an avenue for young minds to develop their skills as a stepping stone in becoming future IT Professionals." Y4IT is the leading IT Congress in the Philippines, truly that Northwesternians pursue excellence.

### Induction Program 2019... page 2

to influence them in ill-disposition acts that will give inconvenience to people. Rather, a leader is someone who has good ends and is for a selfless-service.

He elaborated further on what a leader should be, as someone who has integrity, dignity, sincerity, and principle-based supervision.

Elected officers must uphold with the pledge, and with their ends to degrade the superhighways of culturally-practiced forms of displeasure and defective exercises. It is their sole target to eliminate further and inevitable inconceivable circumstances.



**NEWS ROUND-UP****CE students join Nat'l Civil Engineering Student Summit**

27 Civil Engineering students joined the recently concluded 22nd National Civil Engineering Student Conference held at Baguio City last November 19-20, 2019.

With the theme "Competency Advancement in the 4th Industrial Evolution (C.E 4.0)", the two-day event was jam-packed with activities from its first day down to its last. The event kicked off at the Newtown Plaza Event Center where a student conference and a seminar took place to present advancement in technology when it comes to structural engineering. The National Quiz Show Grand Finals happened alongside the seminar.

- Dyan Rae Rapacon

**FOI caravan raises awareness as to NPA**

Selected College of Arts and Sciences (CAS) students join the Freedom of Information (FOI) caravan last October 18, 2019 at Mariano Marcos State University (MMSU) Hostel headed by the Presidential Communication Operation (PCO) Secretary Jose Ruperto Martin M. Andana, Assistant Regional Director for Operation and National Intelligence Coordinating Agency Remus B. Rabara, Assistant Secretary and Chief Brand Integrator Presidents Communication Operation Office Ramon Cualoping II and Assistant Secretary and the Freedom of Information (FOI) Program Director Atty. Kristian Ablan.

"THE FOI Caravan in on the roll reaching about the local governments to help shape policies and laws. Also, to mobilize community to one self and to be in the trailblazer for ideal future." Secretary Andanar said during his speech on the seminar.

- Charisse Sophia Raquinio

**Increase of Enrollees**

Northwestern University, an ISO Certified university happens to improve its standards and pursuing relevant quality education. Offering different courses that caters and meets the expectation of the students in choosing NWU as their primary choice to attend in college.

Enrolled students from Academic Year 2019-2020 met 3,543 students, directing to an increase in number than in the last School Year.

NWU produces thousands of graduates in each year, and a great number of these individuals came to pass their National Examinations and be one of the master thinkers of the generation.

The primary reason for people in choosing Northwestern University in pursuing their college is manifested in many ways; they are forwardly looking on its relevant standards, courses offered and such countless reasons.

The growing population of enrollees in college and meeting the needs of the students grant the University its respected reputation and promotion of education adhering to the mission and vision of the institution.

Hence, it will create a way to attract more students to be in the university, providing them the primary things they needed in pursuing their education.

- Jessie Felipe Jr.

**NWU Student Leaders attend 2019 ASEAN Student Leader Convergence**

- Frances Musni

NWU's student leaders and a foreign student attended at Marand Resort and Spa, Bauang, La Union on August 29, 2019 for the 2019 Region 1 Student Leaders' ASEAN Convergence with the theme, "Advancing Partnership for Sustainability." Felirose Patigdas, Mark Neil Salvador, Rosedel Sta. Monica, Jezreel Larry R. Caunca, and Lou Carlier accompanied by Prof. Agustina Dancel-Matias attended the said activity.

Different speakers were invited to talk about diverse pressing topics: intercultural programs and student leaders' mobility. Dr. Christine N. Ferrer, the Director for External Linkages and International Affairs of

Tarlac State University discussed the different ASEAN Student Exchange Programs and its requirements.

Dr. Sally A. Jarin, the Director for International Linkages of Pangasinan State University discussed the role of the Student Leaders on the Fourth Industrial Revolution (FIRE), she taught participants how to be prepared for this upcoming norm.

Atty. Lily Frieda T. Macabangun-Milla, Career Executive Service Officer IV (CESO IV), the Deputy Executive Director and Director III International Affairs Staff of the Commission on Higher Education gave the keynote address during the summit emphasizing on the capabilities of the student leaders

toward global competitiveness and the International Programs and partnerships offered by the Commission on Higher Education.

Dr. Rolando Mamaat, a motivational speaker, encourages the delegates as he shows the ways on how student leaders can embrace the ASEAN culture as a youth.

Mr. Adamson N. Labi, Managing Director and Founder of the Speech Management and Rhetoric Training Systems discussed the ways on how to build student leadership in the ASEAN communities.

The participants shared what they have learned during the event through a re-echo during the Leadership Encampment 2019.



NWU Student Leaders during the 2019 ASEAN Student Leaders Convergence

Photo from Felirose Patigdas

**NWU best HEI in Region I for Disaster Risk Management**

- John Eiell Domingo

During the 21st Gawad KALASAG Regional Awarding for Excellence in Disaster Risk Reduction and Management and Humanitarian Assistance last October 12, 2019 at the Ariana Hotel in Bauang, La Union: Northwestern University received 1st Place award as the Region's Best Higher Educational Institution. The said award was granted by the Regional Disaster Risk Reduction and Management Council of the Office of the Civil

Defense Regional Office 1.

Gawad KALASAG is a yearly competition for the best Disaster Risk Reduction Management Program, organized and facilitated by the Office of the Civil Defense in collaboration with Department of Education (DepEd), Commission on Higher Education (CHED), Department of Health (DOH), Department of Science and Technology (DOST), Department of Interior and Local Government (DILG), and the Department

of Public Works and Highways (DPWH). The said competition encourages the participation of both public and private sectors.

Policies and plans, capability or capacity, programs and activities, resources and structural resilience, demonstrated capability, risk assessment and vulnerability, emergency preparedness and response, and partners or agreement with stakeholders are indicators for the best Higher Education Institution.



### *In pursuit of Excellence... page 1*

Northwestern University (NWU) is committed toward achieving these SDGs. Different programs and projects are being implemented and promoted by the different colleges and offices of the institution that is in line with the ideals of the SDGs. These activities and projects are created not only to make an impact inside the institution but also outside the institution.

In terms of Disaster Risk Reduction and Management (DRRM), NWU received 1st Place award as the Region's Best Higher Educational Institution during the 21st Gawad KALASAG Regional awarding for excellence in Disaster Risk Reduction and Management and Humanitarian Assistance. NWU was named as the best HEI in Region 1 for Disaster Risk Reduction. NWU is also committed in promoting safety through different workshops that involves rescue, first aid, and disaster preparedness. NWU also conducts different earthquake and disaster preparedness drills that helps the students to develop their sense of preparedness.

In terms of health, NWU through the College of Allied Health Sciences (CAHS) conducts different medical missions that involves different medical assistance. CAHS is also conducting regular bloodletting activities inside and outside the institution through partnership with the Philippine Red Cross. NWU promotes Mental Health Awareness through the NWU Lifeline program wherein those in need of mental help will be accommodated by the licensed psychometrician and guidance counselors of our university. We also have the Peer Facilitators Club (PFC) wherein students can join to have a safe space where they can share their thoughts and feelings.

The Community Extension of our university is also dedicated towards achieving these SDGs by conducting different outreach programs. Through the coordination with the College of Teacher Education (CTE) and College of Arts and Sciences (CAS), Literary Outreach Caravan were conducted to the different partner barangays of NWU like Gawad Kalinga Namnama Village, Brgy. Talingaan, Laoag City and Brgy. Caribquib, Banna Ilocos Norte.

The College of Arts and Sciences through the Political Science Society is implementing Outreach Seminars that focuses on Senior Citizens Rights and Women and Children's Rights.

Through the coordination with the different colleges, Coastal Clean Ups in Gabu, Laoag City, Ilocos Norte were also conducted to address the environmental issues in our coastal barangays. Tree Planting Activities were also conducted in Banna, Ilocos Norte to promote environment awareness to the students. CTE is taking efforts in collecting plastic bottles to lessen the plastic waste of the university. We also have the Northwestern University Eco-Tourism Park and Botanical Garden at Payas, San Nicolas, the biggest herbarium in the north wherein it is a home for different species of plants.

The university also conducted the Timpuyog Project wherein through the help of the Supreme Student Council (SSC) and the students gathered basic goods and supplies for those who have been affected by the recent typhoons and disasters like the earthquake that struck Itbayat,

Batanes and Typhoon Tisoy that greatly affect Cagayan Valley. Through donations from the students and employees, the project Timpuyog was deemed successful. This project was started during the Typhoon Ondoy that affected Metro Manila in 2009.

The SSC and college orgs are regularly conducting gift giving and outreach programs to the different barangays. Instead of monetary fines, the SSC is asking for basic goods and medicine to be given to the less fortunate. They are also asking for seedlings instead of monetary fines in promotion for the environment.

NWU is also advocating for inclusive education through offering academic scholarships, entrance scholarships, journalists discounts, performing arts discounts, and student assistantships to help the students in need to finish their degree. Our university is accepting international students through different organizations like the American Field Service Intercultural Program Philippines wherein we already accepted 3 Italian, 1 American, and 1 French students. We are also

accepting Japanese students from Keia University to undergo our two-week English Camp.

The international students are welcome to our university as they became part of the Association of Foreign Students (AFS), an organization that also conducting sustainable programs inside and outside the university.

NWU maintains its deregulated status as defined in the CMO no. 46 s. 2012, deregulated HEIs are those that "demonstrate very good institutional quality and enhancement through internal Quality Assurance (QA) systems, and demonstrate very good program outcomes through a good proportion of accredited program." Our university also have the ISO 9001:2015 certification that proves the quality of service and education in our institution.

Truly that our university is in pursuit of excellence and that excellence involves achieving the SDGs. A university that aims sustainable development not just inside the institution but reaches the community as well.

### *NWU Law students won... page 1*

The Project proposals should be a youth development program or project. The criteria for judging are Positive Impact to the Community (40%), Feasibility (30%), Sustainability (20%), and Innovativeness (10%).

The students won Php10,000 for this competition. The Provincial Government of Ilocos Norte reserves all rights to use the entries for future and other purposes.

### *Toxicity within... page 4*

already. Perhaps, there's a little spark of toxicity within you already.

Is it necessary that everything should go on your way? Like, what you want; you should get in an instant to the point that you even drag others down just to get a grip on what you want? And is it really needed that others should pave way or give it into you?

As what many people say,

whatever you feed to your mind, becomes you. As when perception to things is distorted and clouded with negativity, we adapt as well. We fail to see the positivity of life. Actually, good or bad can't exist in one frame. And the failure to balance what's good and bad is the root of toxicity.

**Thoughts that are toxic can harm us.** How far can a small amount of gossip or false accuses could harm us? How can negative thinking fall into something that would cause us so much pain. Self-negative talk or thoughts would really bring us harm. We degrade ourselves over petty things, we tend to think that we are not worthy enough or we haven't done enough; we hurt our own ego and we belittle ourselves. We even wound our own self-esteem due to our overwhelming insecurities.

**Thoughts that are toxic can harm others also.** Have you been so mean to other people without particular reason?

Or somehow you perceive a certain person as somehow the worse or you think bad things towards them? People become *manipulative* when they wanted to achieve something; they make other people do it for them. They even use other people as a stepping stone for achieving something; and would likely see other people's downfall as a gain. *They become judgmental.* They use other people's flaws to make themselves feel better. They fail to see their own shortcomings but can clearly see others. *They want everything to be under their control.*

**Comparing yourself to others negatively is a sign of toxicity.** Either it benefits or degrades yourself, once you start comparing it means something. Regardless your intention, it falls into one path, something that is not healthy. Sometimes, people start comparing themselves to other when they have too much that can be proud of. For an

instance, after an exam, having the scores compared and after knowing his/her scores better than his/her friends somehow boosts his/her confidence; and afterwards becomes a taunting ticket. It may be as well, people start comparing when they have too little, it leads to envy.

**Seeking validation from other people and pleasing people.** You'll never find genuine happiness and peace when you always seek for validation and admiration from other people. Nobody else can give you the self-esteem and assurance you desire except you. It is you who builds your character, either you grow and glow at your own will or taste the downfall with by trying so hard to please others. Putting other people's opinion and approval as your priority for no good reason will only bring you harm. Seeking approval and pleasing people is a form of insecurity. This behavior somehow lead people upon taking

advantage of you and later feeling resentful when you don't receive the admiration you're looking for.

**Playing the victim and selfishness.** There may be some undesirable situations whereas you play the victim card even though you weren't supposed to. It will be used as an excuse so you can get out from the chaos you've created. If you act like a victim, you'll be prone to act as one and such behavior will be a hindrance upon fulfilling your potential. Selfishness is the core of becoming a toxic person. You likely blame everyone for your problems.

Toxicity isn't always found at other people, but it lurks within ourselves. Before it becomes noticeable from other people—it sparks within us, which we fail to see since we're too busy feeding our insecurities, we are blinded with our desire to dominate or achieve something.

It starts within ourselves. It's us who create the monsters we are afraid of.



# A flame of the west

• Pamela Tadeja

Amid the vast space of the verdant grass wellspring with view of pride and gold was a lady with steel-like legs and a blistering agility. With her jaw-dropping records that bind the whole of her skills and abilities, she is worthy enough to be featured with all victory.

For her, trying new things is the best for a person to find his/her passion. Lou Carlier, a freshman American Field Service (AFS) Intercultural exchange student who's taking up Bachelor of Arts in Political Science and the current Miss Intrams 2019 1st runner up consecutively clutched

three gold medals in the track and field women division both in single and relay running events. She has proven that age and nationality will never block her way to capture the honor of peak.

Provided with the fact that gymnastics was her first sport followed by swimming and table tennis, it built and toned her muscles as it served as her framework in facing the field of running. At elementary, she learned to love running and she discovered that her skill lies in this spot.

"Don't dream your life. Live your dreams." these were her words when she was asked about a quote that inspires her. Aside from upbringing herself to the field of running, she also got certificates and recognitions in a

1000m swimming competition and in gymnastic galas. She received a lot of achievements starting when she was in elementary and it was because of her love for sports.

"My parents support me to do some sport because they want me to be in good health, to enjoy and to meet new people. Their reinforcement and support motivates me a lot to become better." She said. Indeed, her fondness in physical fitness never fades. In fact, she walks from school to home sometimes instead of riding in a tricycle. With a whopping 2.2 kilometers to walk unto, for her, it is just a perfect exercise as part of her daily routine.

A human's will power will extend and excel beyond normal capabilities if an athlete's soul

flames like a torch. Trainings are significant so are the endurance, coordination, power and speed needed to ascend. For her, these are just basic things to perform because her past experiences were considered as her foundation and it has made a great impact to where she is right now.

Finding your sport is like finding your stress-reliever. From her single try on her PE. class, Lou has created and heightened her name alone at the highest point because of her curiosity to conquer things that she has not yet conquered.

With these appreciations, the young novice has set that a sweet-smiling lady inside the class can be a fierce bolt of fire on the grass.



## Basketball Finals: COME-CTE survives a do-or-die game to regain supremacy



COME-CTE Blue Blazing Owls Basketball Team after they obliterated the defending Basketball Champion, the CCJE-CAS Stalwarts.

Photo from NWU FB Page

• Stanlee Jay Arquero

The Blue Blazing Owls completed a huge come back to snatch the championship title after defeating the CCJE-CAS Stalwarts in Game 2 of this Intramurals' basketball finals and were proclaimed as the new Kings of NWU Basketball.

Being undefeated on the elimination round, COME-CTE has a twice-to-beat advantage entering into the finals. On Game 1, the team struggled causing them to lose thus forcing a decider game number 2, a do-or-die game for both of the team. Led by their team captain Mark Denver Cuntapay,

COME-CTE bounced back on Game 2 and the team was able to win the game. Guarding their lead in every quarter with composure and aggression, the Blue Blazing Owls ended with a dramatic victory over the Stalwarts and successfully regained supremacy.

"We did nothing special.

Going back to basic was really the key. Pressure was there but we handled it well. I kept telling to my teammates that in every game, we must enjoy it and play as one team," said Cuntapay.

Long before the intramurals, the winning team already established itself as a

championship contender once again after the addition of their strong rookies with a deft ability to contribute both on offense and defense that will complement the well-rounded team.

For CCJE-CAS Stalwarts, finishing as a runner up is still one of their best showing.



# BBO slays during LitMus

• Teddy Jr. Quintos

Blazing Blue Owls (BBO) under the College of Maritime Education (COME) and College of Teacher Education (CTE) garnered the highest points for the Literary-Musical Competitions during the Intramurals 2019 on October 16-18, 2019.

Intramurals is not only about the sports events, it is also the time for students to showcase their skills in Literary and Musical Competition. Literary-Musical are composed of Cheerdance, Solidarity Dance, Oration, Picture Talk, Extemporaneous Speaking, Vocal Solo, Vocal Duet, On-the-Spot Photo (Sceneries), On-The-Spot Photo (Action), Essay

Writing, Pagsulat ng Sanaysay, Charcoal Rendering, Debate, Folk Dance, Contemporary Dance, Ethnic Dance, Hip Hop Dance, and Quiz Bee.

Blue Blazing Owls garnered 1st place in Cheerdance, Solidarity Dance Competition, Vocal Duet, Folk Dance, and Hip Hop Dance; 2nd Place in Picture Talk, Extemporaneous Speaking, On-the-Spot Photo (Action), Debate, Contemporary Dance, and Ethnic Dance; 3rd Place in On-the-Spot Photo Competition; 4th Place in Vocal Solo and Quiz Bee Competitions; and 5th Place in Oration and Charcoal Rendering Competitions.

Stalwarts, on the other hand, garnered 1st Place in

Contemporary Dance, Quiz Bee, and Debate Competitions; 2nd Place in Cheerdance, Oration, Vocal Solo, and On-the-Spot Photo (Scenery) Competitions; 3rd Place in Extemporaneous Speaking, Folk dance, and Ethnic Dance Competitions; 4th Place in Vocal Duet, Pagsulat ng Sanaysay, and Charcoal Rendering; and 5th Place in Solidarity Dance, On-the-Spot Photo (Action), and Picture Talk Competitions.

Guardians placed 1st in Vocal solo, Charcoal Rendering, and Ethnic Dance Competitions; 2nd Place in Solidarity Dance, Pagsulat ng Sanaysay, Folk Dance, and Hip Hop Competitions; 3rd Place in Oration, Vocal Duet, On-the-Spot Photo (Action), Debate,

and Quiz Bee Competitions; 4th Place in Cheer Dance, Picture Talk, and Extemporaneous Speaking; and 5th Place in Essay Writing Competition.

Tycoons garnered 1st Place in Oration and Extemporaneous Speaking Competition; 3rd Place in Cheer Dance, Solidarity Dance, Picture Talk, Essay Writing, Pagsulat ng Sanaysay, Charcoal Rendering, and Debate Competition; 4th Place in On-the-Spot Photo (Scenery) and On-the-Spot photo (Action) Competition; and 5th Place in Vocal Solo and Vocal Duet.

Builders placed 1st in Picture Talk, On-the-Spot Photo (Scenery), and On-the-Spot

Photo (Action) Competitions; 2nd Place in Vocal Duet and Charcoal Rendering; 3rd Place in Vocal Solo and Debate; 4th Place in Solidarity Dance and Oration Competitions; and 5th Place in Cheerdance, Extemporaneous Speaking, and Quiz Bee Competitions.

In line with Literary Musical Competition, Blue Blazing Owls garnered 148 points, Stalwarts: 116 points, Guardians:110 points, Tycoons: 73 points, and Builders: 63 points. With much poured efforts, sportsmanship and showmanship, BBO was able to defend their throne as they also placed first in LitMus in Intramurals 2018.

## Intramurals 2019 Official Tally

EVENTS	TYCOONS	BLAZING OWLS	GUARDIANS	STALWARTS	BUILDERS
Mr. Intramurals	3	5	2	4	1
Miss Intramurals	2	5	3	4	1
Cheerdance	10	15	8	12	6
Solidarity Dance	10	15	12	6	8
Oration	5	1	3	4	2
Impromptu Speaking (Picture Talk)	3	4	2	1	5
Extemporaneous Speaking	5	4	2	3	1
Vocal Solo	1	2	5	4	3
Vocal Duet	1	5	3	2	4
On-the-Spot Photo Contest (Scenery/Facilities)	2	3	0	4	5
On-the-Spot Photo Contest (In Action)	2	4	3	1	5
Essay Writing	3	5	1	2	4
Pagsulat ng Sanaysay	3	5	4	2	0
Charcoal Rendering	3	1	5	2	4
Debate	8	12	8	15	8
Folk dance	0	15	12	10	0
Contemporary dance	0	12	0	15	0
Ethnic dance	0	12	15	10	0
Hip hop dance	0	15	12	0	0
Quiz bee	12	8	10	15	6
Basketball	10	15	6	12	8
Volleyball Boys	12	15	8	10	6
Volleyball Girls	15	12	10	8	6
Baseball	8	15	6	12	10
Softball	15	6	10	8	12
Soccer	12	8	6	10	15
Laro ng Lahi	10	12	8	15	6
Sepak Takraw	8	15	0	10	12
Badminton Singles (M)	3	5	1	4	2
Badminton Doubles (M)	5	3	1	4	2
Badminton Singles (F)	3	2	5	4	1
Badminton Doubles (F)	5	2	4	1	3
Table Tennis Singles (M)	4	2	3	5	1
Table Tennis Singles (F)	3	2	1	5	4
Table Tennis Doubles (M)	1	3	4	5	2
Table Tennis Doubles (F)	5	2	3	4	1
Shot Put (M)	4	5	2	3	1
Shot Put (F)	3	1	2	5	4
Discus Throw (M)	4	5	1	2	3
Discus Throw (F)	3	2	4	5	0
Javelin Throw (M)	4	2	1	3	5
Javelin Throw (F)	1	4	2	5	3
100m Dash (F)	2	3	0	4	5
100m Dash (M)	4	3	1	5	2
200m Dash (F)	4	3	0	5	2
200m Dash (M)	1	4	0	5	3
3000m Dash (M)	1	3	4	5	2
3000m Dash (F)	1	3	4	5	0
5000m Dash (M)	1	5	0	3	4
400m Dash (M)	4	5	0	2	3
400 Dash (F)	5	4	0	3	2
800m Dash(F)	0	3	0	5	0
800m Dash (M)	1	4	0	5	3
4x100 Relay (M)	1	5	3	4	0
4x100 Relay (F)	1	4	3	5	0
4x400 Relay (M)	1	4	2	5	0
4x400 Relay (F)	4	2	3	5	0
Swedish Relay (M)	0	5	3	4	0
Swedish Relay (F)	0	4	3	5	0
Swimming Breast stroke (M)	0	4	0	5	0
Swimming Back stroke (M)	0	5	0	4	0
Swimming Freestyle (M)	0	4	3	5	0
Swimming Butterfly stroke (M)	0	4	0	5	0
Swimming Breast stroke (F)	4	5	3	0	0
Swimming Back stroke (F)	5	4	3	0	0
Swimming Freestyle (F)	4	5	0	0	0
Swimming Butterfly Stroke (F)	4	5	0	0	0
Chess (M)	4	5	3	1	2
Chess (F)	5	2	3	1	4
15000-meter-run (M)	0	4	2	5	3
15000-meter-run (F)	3	1	2	5	4
Relay Men	1	5	0	4	0
Relay Women					
<b>TOTAL</b>	<b>272</b>	<b>403</b>	<b>243</b>	<b>366</b>	<b>216</b>
<b>DEDUCTIONS</b>	<b>110</b>	<b>0</b>	<b>170</b>	<b>50</b>	<b>200</b>
<b>OVER ALL</b>	<b>2<sup>nd</sup> RU</b>	<b>CHAMPION</b>	<b>3<sup>rd</sup> RU</b>	<b>1<sup>st</sup> RU</b>	<b>4<sup>th</sup> RU</b>

**Disclaimer:** This was submitted to the Review Office by the Supreme Student Council indicating that this is the Official Tally of Scores during the Intramurals 2019

## PictoNEWS!



Photo from SSC FB Page



Photo from Ray Mark Matias



Photo from Ray Mark Matias



Photo from NWU FB Page





# BACK TO BACK CHAMPION COME-CTE *Blue Blazing Owls*

• Jezreel Larry Caunca

The alliance of College of Maritime Education and College of Teacher Education prevails as they achieved their back to back victory during the Intramurals 2019. Blue Blazing Owls(BBO) achieved a total victory not only in the sports category but also in the Literary-Musical Category.

BBO totally destroyed the hopes of the other teams as they dominate the Intramurals 2019 events. “The Mariners and Molders are equally persistent towards achieving a common goal, that is to never lose our

title, the owl trophy and most importantly the bond and team we consider as a tandem made in heaven. The Blue Blazing Owls is powered with determination, fueled by harmony and ignited by the ardent desire to once again be the champion”, said Shar D. Alcabedos, the president of the Young Educators Society (YES) of CTE.

Their camaraderie and positivity led them to garner the top spot in Mr. and Ms. Intramurals, Cheer dance, Solidarity dance, Vocal Duet, Essay Writing, Pagsulat ng Sanaysay, Folk Dance, Hip Hop Dance, Basketball,

Volleyball (Boys), Baseball, Sepak Takraw, Badminton (S-M), Shot put (M), Discuss Throw (M), 500 meter dash (M), 400 meter dash (M), 4x100 Relay (M), Swedish Relay (M), Swimming backstroke (M), swimming breast stroke (F), swimming freestyle (F), swimming butterfly stroke (F), Chess (M), and Relay Men Competitions.

Stalwarts, the combined team of College of Criminal Justice Education and College of Arts and Sciences was the back to back 1st Runner Up as they failed to regain their status from the last year’s supposed to be 5th Consecutive

Intramurals win. Stalwarts achieved top spot in Debate, Contemporary Dance, Laro ng Lahi, Table Tennis (S-M&F), Table Tennis (D-M), Shot put (F), Discuss Throw (F), Javelin Throw (F), 13 running events, and 3 swimming competitions

The College of Business Education is the 2nd Runner Up as they accomplished top spots in Volleyball Girls, Softball, Quiz Bee, Badminton (D-M&F), Table Tennis (D-F), 400-meter dash (F), Swimming Back stroke (F), Chess (F), extemporaneous speaking, and oration.

Guardians composed

of the College of Allied Health Sciences is the 3rd Runner Up highlighting their achievements upholding the top spot in Vocal Solo, Charcoal Rendering, Ethnic Dance, and Badminton (S-F).

Even the 4th runner up, the College of Engineering, Architecture, and Technology garnered top spots in On the Spot Photo (Action & Scenery), Soccer, Javelin Throw (M) and 100-meter dash (F)

BBO garnered 403 points, followed by the Stalwarts with 366 points, Tycoons with 272 points, Guardians with 243 points, and Builders with 216 points

## Cheers to Another BBO Championship

• Vivian Casil

Blue Blazing Owls composed of College of Teacher Education and College of Maritime Education managed to defend their title on the Cheerdance Competition.

Yearly, Northwestern University holds a competition for Cheerdance to break the intense rivalry on sports events during the intramurals. What

makes it more exciting aside from the cool stunts that will wow you, are the exchange of mocking cheers between diverse teams. Who has the loudest cheer probably wins the mocking contest.

This year’s Cheerdance Competition was held on the Oval on the first day of Intramurals 2019. As students cannot withstand the scorching heat, they can’t even withstand the throbbing excitement they

feel as it was the most anticipated part of the event.

It could make a heart go on a rollercoaster ride; thinking the stunts may be amazing but it can be dangerous. Stomachs would likely backflip as well as the excitement kicks in.

All of the teams have poured much effort to win the championship title but Blue Blazing Owls have stepped up their game and defended their throne.

