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# REVIEW

VOL. 85.3 JAN 2020 - MAY 2020

OFFICIAL STUDENT PUBLICATION OF NORTHWESTERN UNIVERSITY



**THRIVE.** A student from College of Engineering, Architecture, and Technology showcasing his talent in Mural Painting during the 88th Foundation Anniversary.

## REJOICING IN GRATITUDE: NWU celebrates 88th Foundation Anniversary

By: Jezreel Larry R. Caunca

**Northwestern University celebrated its 88th Foundation Anniversary on January 29-February 1, 2020 with the theme "In Pursuit of Excellence."**

An early morning Diana and a motorcade around the city marked the first day of

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the celebration. After which, University President, Atty. Ferdinand S. Nicolas, led the crowd in Praise and Worship together with the Saguday Chorale, After 5, and After 6 Bands. Atty. Nicolas also gave an exhortation regarding rejoicing in gratitude as NWU approaches its 100 years. According to him, "For 88 years even beyond, even as we reach our first century of Northwestern University, we will give thanks to the Lord for He is good. So if there is anything that we will do throughout this foundation day celebration, let it to give thanks, magpasalamat tayo."

University President Atty. Ferdinand S. Nicolas and his family together with Col. Roy Nicolas led the Wreath-Laying Ceremony accompanied by the Maritime Corps Officers together

with the Saguday Marching Band and Tamboreros at the Nicolas Nicolas Monument. This event was witnessed by the students, faculty, and non-academic employees of the institution. University President together with Dr. Chita A. Gonzales, the Vice President for Academic Affairs, led the ribbon-cutting ceremony for the 2020 Fair. Different Colleges and Departments set-up their booths. All booths cost Php 20.

Foundation Anniversary Jamstart highlights the different talents of the Northwestern University Community. With the theme "Start of Something NWU," Silnag Performing Artists from the Elementary Department, Sardam Performing Artists from the Junior High School and Senior High School Departments, Saguday

Turn to | P.4

**NWU facilitates HIV Awareness Seminar**

By: Zenith Kin P. Agcaoili

Northwestern University Office of the Student Affairs and Guidance Center in collaboration with Passionate Community for Christ, Inc (PCCI) conducted HIV Awareness Seminar to the Grade 10, Grade 11, and BS Psychology Students on Feb. 26, 2020 at Aquino Multi-purpose Center.



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**COME, CCJE students serve during "Na-Laoag" Street Dance Competition**

By: Charisse Sophia A. Raquinio

College of Maritime Education (COME) and College of Criminal Justice Education (CCJE) Students served as human barricade during Pamulinawen 2020 Street Dance Parade on February 10, 2020.

Almost 700 Maritime and Criminology students of Northwestern University served as human barricade to maintain peace and order during "Na-Laoag" Street Dance Competition, one of the events of Laoag City's Pamulinawen Festival. They also performed the solidarity dance of the university, "Shine Your Way."

**NWU conducts Basic Computer Literacy Workshop**

By: Pamela V. Tadeja

Northwestern University through the Community Extension Office and Computer Science Department of College of Arts and Sciences conducted Basic Computer Literacy Workshop for

the different cooperatives in Ilocos Norte on February 22, 2020 at Ben A. Nicolas Building, Laoag City, Ilocos Norte.

The event was facilitated by the students and instructors of the Computer Science Department.



Mark Lester Caletina, a BS Computer Science student, helping a participant during the NWU Basic Computer Literacy Seminar



# COME lad, COBE lass crowned Mr. and Ms. Northwestern University 2020

By Jessie G. Felipe Jr.

College of Maritime Education's Ralph Lhester A. Quiñones and College of Business Education's Norraine Gayle B. Almarez were hailed as Mr. and Miss Northwestern University 2020 during the coronation night held at the Student Center on January 30, 2020.

The two emerged victorious from a throng of 16 male and female candidates from 7 colleges and 2 representatives from the Senior High School vying for the crown.

Almarez's winning answer was "As a student, I think the great contribution to our Northwestern University is to sincerely apply the core values of our institution by being committed to excellence, being honest and active, knowing how to manage our time and resources, to be professional and serve selflessly because when we apply these core values, surely that we will excel in all endeavors."

"I see this platform as a great avenue to inspire my fellow students, most especially to those who have low self-esteem and

confidence. To teach them see their own beauty and appreciate "I will help the school pursue excellence for (the) better me. It is fine if I am only doing this for myself, but no, I am doing this



**Mr. and Miss Northwestern University 2020 Winners** from left to right: Genelene B. Acebedo and Laurence Aldrin R. Guzon (1st Runners up); Childe Mi Amor B. Sales and Allen Vince T. Marcos (3rd Runner Up); Norraine Gayle B. Almarez and Ralph Lhester A. Quiñones (Mr. and Miss NWU 2020); and Ana Thea P. Bayudan and Karl Justin D. Taasan (2nd Runner Up).

College of Allied Health Sciences (CAHS) Genelene B. Acebedo, and College of Engineering, Architecture and Technology (CEAT) Laurence Aldrin R. Guzon, trailed closely as 1st runners up, while College of Engineering, Architecture and Technology (CEAT) Ana Thea P. Bayudan, and Senior High School (SHS) Karl Justin D. Taasan were crowned 2nd runners up, and College of Criminal Justice Education (CCJE) Childe Mi Amor B. Sales and College of Teacher Education (CTE) Allen Vince T. Marcos completed the pageant as 3rd runners up.

Though they have felt exhaustion in their practices, considering they have classes that were affected, still they injected their full time and devotion to make the best thing possible. Their valued efforts are worthy enough, having the crown or not, they have showcased their abilities that no one can outweigh. Thus, a true King and Queen is not dominated by their own interests, but is driven by the courage to exemplify their ways to inculcate the principles of a true one.

it. With these little acts, at least I can make them feel how grateful and valuable they are, despite their flaws and imperfections," Norraine Gayle B. Almarez, Miss NWU 2020 said in an interview.

Quiñones' answer that made him home the title was,

[Northwestern University]."

"I did not have the enough confidence of having the title at first, but when I was already on the stage, the feeling is different. I was already driven by myself to have it because I know that many people expected and used to believe in

for the department and I do not want them to be frustrated. So, I poured effort and the best I can to achieve it. Nevertheless, the values espoused by this engagement will be applied in their right places," said Ralph Lhester A. Quiñones, Mr. NWU 2020.

# Going the extra mile: CAS at 71



Awarding of certificate of appreciation to Ms. Shaira Isip Urmatan who served as the guest of honor and speaker during the College of Arts and Sciences Awards Night 2020.

By Zenith Kin P. Agcaoili

College of Arts and Sciences of Northwestern University celebrates its 71st Anniversary with the theme: "Going the Extra Mile." The celebration lasted for 4 days from March 11-14, 2020.

They started the event through a parade around the campus and proceeded to the Worship Center for the Thanksgiving Mass.

Camaraderie, sportsmanship and their relationship were tested through different activities like basketball game, CAS Family Day and Cook Fest. Clean up drive around the campus were also done by the CAS

students and faculty. Symposiums were held where different instructors and professors shared their insights through the topics they tackled. Research colloquium and Re-echo Seminar were also conducted.

As for their tradition, CAS Awards Night was held at the Student Center to commemorate and give appreciation to the hard work of CAS students both in their academic and extra-curricular. Graduating students of CAS were also given tokens that they have been part of the CAS Family. Efforts of the instructors and professors to hone the CAS students were appreciated during the CAS Awards Night.

# CEAT Students, Staff celebrate CEAT Week

By Dyan Rae G. Rapacon

Professors, students, and other staff of College of Engineering, Architecture and Technology joined together as they celebrate CEAT Week last February 27 and 28, 2020.

The two-day celebration kicked off with a motorcade. Staff and students were on their wheels strolled around the city. CEATSO President Winzel de la Cruz opened the program after which.

Team building became the first activity of the event. Students who were grouped according to their department battle in Larong Lahi. Sackrace, Message Relay and Caterpillar were among the games played wherein students from Architecture, Mechanical Engineering and Electrical Engineering pronounced as winners respectively.

Ball games like volleyball and basketball were also held during the afternoon as the Civil Engineering students topped championship bout in both category.

The 2nd day started with a seminar with the Red Cross Organization as Medical Office III of Mariano Marcos Memorial Hospital, Dr. Zeus Alcaraz served as the guest speaker of the said event. A bloodletting activity was followed among students who are willing to donate.

Socialization in the afternoon became the highlight of the event where students showcased their talents in singing, dancing and battle of the bands competitions. Architecture student Christian Neil Sebastian bagged singing contest while the Civil

Engineering students emerged as winner in the dance competition and Battle of the Bands. Several

professors from the college also presented their own intermission number.



CEAT Students during the CEAT Week Celebration Motorcade.



## Psych students attend PAPJA Convention and Workshop

By: Zenith Kin P. Agcaoli

33rd Psychological Association of the Philippines-Junior Affiliates (PAPJA) National Convention was attended by 9 delegates and 1 adviser from BS-Psychology of Northwestern University on January 24-25, 2020 held at SMX Convention Center in Pasay City and at National University. The theme of the said convention was "Inclusive Psychology: Valuing Diversity and Accommodation among Filipinos."

PAPJA convention began in 1987. It has become an annual national event that brings undergraduate Psychology students from diverse college all over Philippines together. This gathering plays a vital role among future Psychometricians and Psychologists in the Philippines as a medium to share recent developments in the field of psychology, exposure to the practice of psychology through workshops, and exchange of ideas and fellowship. It also provides workshops that students can relate with or can have in-depth

knowledge about psychology.

Rashed Daniel Reyes, a BS-Psychology student said in an interview that it was his third time to join the said convention and every year it gets better.

"Compared to the last one I attended, the workshops this year are more on the interactive side rather than last year's that it was mostly more on the theoretical aspect of psychology," he said.

He was asked to share his experiences during the workshop and he said that it has taught him new ways of creative parallel thinking, appreciate the importance of six thinking hats in group dynamics, and it was demonstrated on how to use it to generate, capture and use others' ideas and apply them to the improvement of work. He also added that the seminar taught him to apply the principles of six thinking hats to identify potential ideas for change in your system and decision making.

The workshop that was offered during the convention was asked as well. "Since the Psychological Association of

the Philippines (PAP) certifies specialists in seven (7) areas of expertise within the broad

Developmental Educational Industrial-Organizational

Psychology, Psychology,

Mental Health and Psychosocial Services (MHPSS) SIG, Lesbian Gay Bisexual and Transgender



Psychology students together with their adviser during the 33rd Psychological Association of the Philippines-Junior Affiliates (PAPJA) National Convention on January 24-25, 2020 held at SMX Convention Center in Pasay City and at National University. |Photo by: Natalie Torrado

discipline of psychology, it also has seven major divisions representing each of these specialty areas, which are as follows: Assessment Psychology, Clinical Psychology,

Psychology and Social Psychology. Apart from these divisions, members also take part in the four (4) special interest groups (SIGs), namely, Teaching Psychology SIG,

(LGBT) Psychology SIG, and Sports and Exercise Psychology SIG. The workshops revolved around the mentioned specializations," Reyes said.

## College of Business Education students bag Mr. and Miss Laoag 2020 titles

By: Jessie G. Felipe Jr.

The Laoag City's Pamulinawen Festival is celebrated every first week of February in honor for the Patron Saint, Saint William the Hermit. The celebration features different cultures and heritage through variety of activities such as; Street Dancing Competition, Float Parade, and the Search for Mr. and Ms. Laoag among others which promote camaraderie and sportsmanship to the Laoageños.

Mr. Laoag and Miss Laoag is the most awaited battle of the parity of looks, talent, and intelligence among the selected candidates relative to the pageant in which is participated by the people of Laoag.

The preparation for the contest requires power that leads to a productive outcome. They are entitled to take part in different activities, workshop, practices and trainings that would help them develop their capacities as well as recognizing their weaknesses and to how they adhere to it. It is quintessential to enrich these characters to help them survive in the exhaustion and arduous entities to advance in the perspective they once conceived.

Miss Laoag was held on February 08, 2020, while Mr. Laoag was held on February 11, 2020 at the Centennial Arena. The candidates have shown their greatest ways in combatting with each other for one goal- to be crowned, be the look and image of inspiration for the entire City of Laoag. They showcased their different abilities adjoining

with their advocacies that are imperative towards the people and community by promoting the welfare and granting them the encouragement in surpassing the inevitable extremities of life. These values and principles possessed by these people will make them open a door in which bigger opportunities are present and that provides larger responsibilities to

or number but it is measured on how passionate you are in doing your job. Probably, the best contribution of me would be my three hundred. Three hundred consists of a hundred percent of heart, a hundred percent of time, and a hundred percent of service. I am not here for the title but I am here for the responsibility that I believe Laoag needs in

or the title, but the organization and the responsibility. So I will use this to serve as an avenue for me to educate wider range of youth and fellow Laoageños."

For the Mr. Laoag, Cyrax Khelly Teody C. Miguel, 19 years old who is also from the College of Business Education of Northwestern University, was declared as Mr. Laoag 2020.



**NWU PRIDE:** Mister Laoag 2020 Cyrax Khelly Teody C. Miguel and Miss Laoag 2020 Nuelina Mhae T. Sebastian both students under College of Business Education. |Photo by: Cyrax Miguel and Missosology

help enormous number of people in the ways they are supposed to.

From the Camp Beauty and Brains, Nuelina Mhae T. Sebastian, 19 years of age from the College of Business Education of Northwestern University was declared as Miss Laoag 2020. Aside from this title, she was also hailed as the Miss ABC Homecoming in 2019.

"Contributions are not just measured by the amount

me as a role model to advocate people. To advocate the youth in different kinds of social issues. My commitment, my time, my service is my best contribution to Baro a Laoag," made Nuelina bring home the crown.

According to her "Dealing with my insecurities and doubts is definitely the hardest battle I encountered during the pageant, thinking if I still can make it. Miss Laoag is not just about the person

"I've been hearing rumors about the people of Laoag that they think that the tagline "Baro a Laoag" is just an exchange of administrations, but it's more than that. It is about new hopes, new opportunities and setting new goals for the city. The significant change that I want to see in Laoag is for the people to live by the tagline "Baro a Laoag." Baro a Laoag means setting a new goal. Knowing

that Laoag City has achieved tremendous accomplishments and recognitions in the past, today the level of goals should change as we achieve them. It's time that we need to set a new standard. A higher calibre that will make us be known national, global, or even in the universal scale. With the local government the realization of this will not just stay at the four corners of this stage but it will go through the lives of every Laoageños," Cyrax's final answer that made him crowned.

"I will use this platform to advocate the people of Laoag. I want to portray a good image to the people so that I can inspire more of them to do good without expecting in return. I joined Mister Laoag not just to win but to shoulder a responsibility to create changes for our beloved City," said Cyrax Khelly Teody C. Miguel, Mister Laoag 2020.

Despite the struggles and conflict that somehow impede their way of doing the desired works provided to them, self-believing and strong determination drove them in achieving the summit of success that opened more opportunities for themselves and to use these titles in the most effective manner to address the concerns of the people, most especially the youth, and for contributing to the making of a new and developed community. Indeed, the new faces of the City of Laoag are sharpened by the combination of their values, morals, and principles that made them the King and Queen of "Baro a Laoag."



**From P.1 Rejoicing...**

After 5 Band, Saguday Chorale, Saguday Dance Troupe, and Saguday Tamboreros performed during the said event. The first day of the Foundation Anniversary ended with a fireworks display.

Open House was also highlighted during the Foundation Anniversary. Students from Batac Junior College, Batac National High School (Bungon Campus), Bingao National High School, Ferdinand E. Marcos Senior High School, Florentino Camaquin Integrated School, Ilocos Norte Agricultural College, Holy Spirit Academy of Laoag, Paoay Lake National High School, Paoay National High School, Roosevelt High School of Piddig, Inc., San Nicolas National High School, Sarrat National High School, and St. Anne Academy of Piddig experienced the different facilities of Northwestern University. They were in the Firing Area of the College of Criminal Justice Education, Bridge Simulator of the College of Maritime Education, U-Radio, News Room, Student Center and Mass Communication Laboratory. The students also experienced the 2020 Fair event and participated in the different booths.

Different student-centered activities were facilitated by the Supreme Student Council during the celebration. SalTuk Competition, stands for Salsala and Tutukar were conducted. Dance Group and Bands represented their Colleges and Department to this event. College of Maritime Education won 1st place, Senior High School Department won 2nd place, and College of Allied Health Sciences won 3rd place in Salsala competition while College of Engineering, Architecture, and Technology won 1st place, College of Maritime Education won 2nd place, and College of Criminal Justice Education won 3rd place respectively in Battle of the Bands. Spoken word poetry competition was also conducted. College of Allied Health Sciences won 1st place, College of Teacher Education won 2nd place, and Senior High School Department won 3rd place respectively. Mural

Painting competition and Color Fun Run were also held during the said event.

Service Award Ceremony happened at the International House wherein academic and non-academic employees were awarded for their outstanding service to the institution through the years. One of the most awaited part of the celebration is the Search for Mr. and Ms. Northwestern University 2020. Ms. University 2019 Ana Mae Manuel and Mr. University 2019 Diosdado Ben Dumlao passed on their title to Ralph Lester A. Quiñones (COME) and Norraine Gayle G. Almarez (COBE).

The 88th Foundation Anniversary ended with a Float Parade around the city. Awarding Ceremony was held at the Aurora Park. NWU Employee Night was also conducted with the theme "Blast from the Past." NWU Alumni who have contributed greatly in the different fields were awarded during the event.

Truly, as we approach our 1st Century Anniversary, Northwestern University sustains with its commitment in pursuing excellence.

**Highlights!**



**NWU proposes for 10% tuition fee increase**



University President Atty. Ferdinand S. Nicolas presenting the proposed tuition fee and other fees increase for incoming first year students.

By John Eiell E. Domingo

Northwestern University conducted a consultation meeting for the proposed 10% increase in tuition fee for the A.Y. 2020-2021 with the different college and department organization officers on January 24, 2020 at Northwestern University Student Center, Laoag City, Ilocos Norte.

The meeting was led by Atty. Ferdinand S. Nicolas, University President; Prof. Josephine Bolusan, Vice President for Finance; and Prof. Agustina Dancel Matias, Acting Dean of the

Office of Student Affairs.

According to Atty. Nicolas, only the incoming first year students for the A.Y. 2020-2021 will be affected by the proposed 10% increase in tuition fee and other fees. One of the aims of the proposed tuition fee increase is to produce a Learning Management System which caters online modules and syllabus to students. These online modules and syllabus will be placed in an application and can be easily accessed by students instead of having these photocopied.

In the said consultation

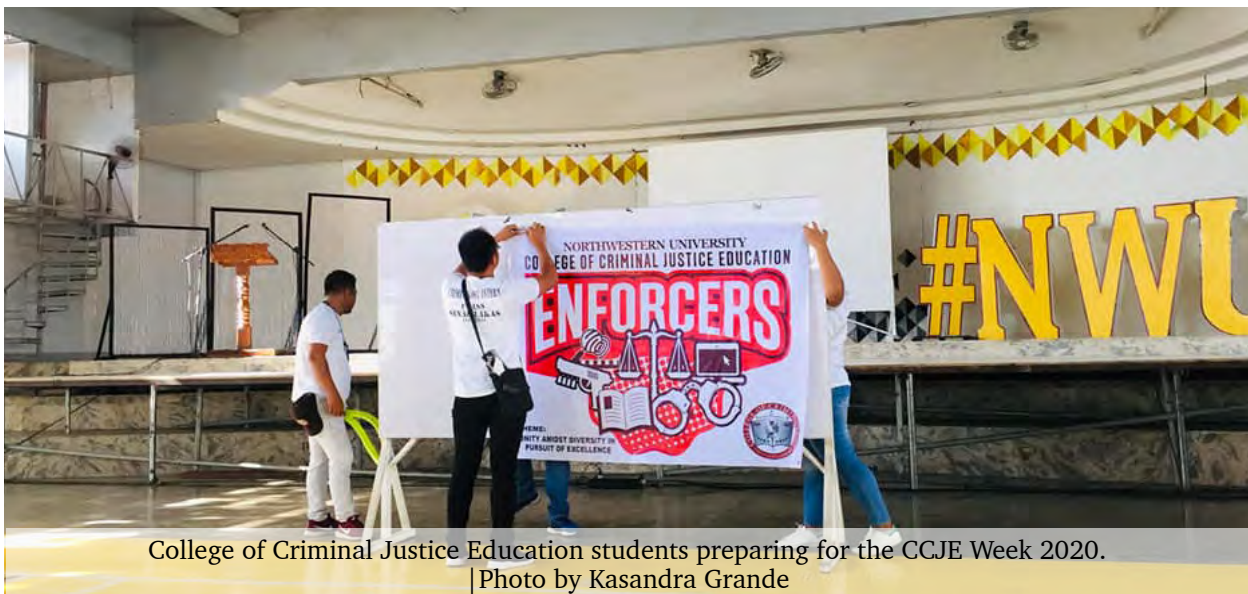
meeting, student leaders were also given the chance to ask questions about the proposed increase in tuition fee and other fees through an open forum.

"This consultation meeting is important for us students to be enlightened about what we are paying for and ask why we are paying for these services. It is also a good avenue to inform the administration of what we feel about these services," said Jezreel Caunca, a student leader from the College of Arts and Sciences.



Students from College of Teacher Education asking questions regarding the proposed tuition fee and other fees increase for the incoming first year students for the Academic Year 2020-2021.

**Criminology students celebrate CCJE Week 2020**



College of Criminal Justice Education students preparing for the CCJE Week 2020. | Photo by Kasandra Grande

By Charisse Sophia A. Raquinio

The College of Criminal Justice Education celebrates its annual week with the theme: "Unity Amidst Diversity in Pursuit of Excellence" on March 4-6, 2020 held at the Student Center of Northwestern University.

It's a three-day celebration loaded with seminars and games including socialization.

Parade around the campus was done during the first day of the said celebration. The students gathered at the student center for the opening program. The Guest of Honor and Speaker was Ms. Mica Ella Cruz, Jail Guard of the Ilocos Norte Provincial Jail. There were also guests from the Philippine National Police and some Alumni

of the Criminology Department.

On its second day, the CCJE officers prepared a mini league for the students; volleyball for girls and basketball for boys.

Championship game and socialization were held on the third day. CCJE Students performed different kinds of talents like singing and dancing.

**News Round-up**

**Students enjoy NSTP Team Building Activity**

By Mark Lester A. Caletina

NSTP students actively participated during the Team Building Activity organized by the NSTP facilitators of Northwestern University on February 15, 2020 at Aquino Multi-Purpose Center.



NSTP Students actively participated during the NSTP Team Building activity on February 15, 2020 at Aquino Multi-purpose Center.





The Review, together with the students, unyieldingly stands for mass promotion. We express our utmost support to end the semester and pass all the students to the next academic level.

The student publication understands the severity of this pandemic. Everyone is affected financially, physically, and mentally. Mass Promotion is justifiable and is the most humane approach that a school can do for its students.

In-case of mass promotion, alternatives such as drafting a plan for adjustments and changes in the syllabi and curriculum in the next academic year for the students to catch up missed lessons especially in their pre-requisite subjects should be done.

According to the announcement posted by the official page of Northwestern University, President Ferdinand S. Nicolas expressed that they cannot implement mass promotion. Instead, every student should adjust to the “new normal” which engages students to do more activities online.

We believe that online classes and online activities are not applicable to every Northwesternian. We are in the midst of crisis and our school should be considerate enough to

understand that not all students belong to the upper class. The Review believes that not everybody can access the internet and this is due to socioeconomic status, weak internet connection, lack of resources and electronic devices. These barriers block the chance of students to participate online.

Additionally, there are students who rely on the free access of wireless fidelity (WiFi) and libraries so that they can accomplish their activities, projects, and researches. The limited access in remote areas and availability of resources during this time is a clear proof that online activities is not for all students.

We know that the validity and quality of every students' education might be compromised if mass promotion will be implemented but the exclusivity of the alternative online activities should be addressed first. We believe that the administration should look into a better plan that can accommodate all the students' concerns. We believe that the administration is with us in promoting EDUCATION FOR ALL.

In case that our clamor for mass promotion will not be heard, utmost consideration should be implemented in all

online alternatives. All exams and quizzes should only be done if all the students are present. If they experience technical difficulties, considerations should be done. Full consideration should be applied to all laboratory and skill-based subjects. Instructors should exercise leniency in giving activities to the students.

We also stand for the students who are vying for honors and those who are scholarship grantees. The university should make a thoughtful decision and consideration for them to be given a passing grade that will not obstruct them from achieving their goals.

We also believe that the administration should issue a statement regarding the financial obligations of the students. The University should waive parts of the miscellaneous fee that was not used. Payment extensions should be made and refunds should be clarified.

Now that CHED left the decision to the Higher Education Institutions, we respectfully ask the administration to hear the appeal of the students and no one will be left behind.

As the official student publication of Northwestern University, we will continue to amplify our voices for the students' rights and welfare.

## EDITORIAL

### No student shall be left behind

It is of greatest endeavour that we have started taking the “new normal” to continue the path of education. It is the only thing that remedies the things we left behind in the university after we have to stay at home due to a lockdown. Northwesternians had to admit that this idea never truly losing the quality of education since quality is the standard of the university. It is of quality education that the students are after of and the university has not fail to do so.

Nevertheless, for some individuals who experience a hard time accepting the said “new normal” seems to be burden as to how they can adjust themselves to the situation. Some are having hard time to connect to online classes due to unstable Internet connection. There are students who live in a far-flung areas wherein prepaid signal status is low. There are also students who do not have any devices to connect. Therefore, we were experiencing two major battles – the first is on how to survive the crisis brought by the pandemic and second is to how can we equip with the implemented “new normal.”

There are always remedies if there is a will. However, there are also reasons for not complying. There are students who really can comply and are determined to still have a passing grade. If he passes all the requirements online without delay, that passing grade is possible to be given to him because he deserves it. If a student, on the contrary, fails to submit any or has submitted partially the requirements or outputs needed in the subject, the instructor shall do any consideration as told. If that student who desires to comply but cannot really submit an output due to the reasons stated above, the instructor shall give the best consideration for him. It might help the spirit of such student if the instructor gives him more time – a deadline which the student can make up to depending upon his difficulties. By this way, the administration subdues the left behinds. If possible, no one should really be left behind.

This difficult times has given us somehow the resistance to cope up with stress and depression because being in a lockdown situation is really not an easy situation. As students, we really wanted the class resume so to continue what was left for the semester. However, the best thing to be done is to obey the implemented regulations by those in authorities. Also, we have to follow and accept the “new normal” which the administration has planned. If we wanted to finish this semester as we really have expected to happen, the choice is to do “new normal.” However, as expected also, the cries and voices of other students out there are deafening other's ears. Student leaders are somehow affected and just don't know what to answer them. As they took their oath to become student leaders, they cannot neglect their duties to defend the rights of students who put them in their position. Carved in their hearts to serve, student leaders must somehow follow the administration for the implemented “new normal” was planned carefully.

If there are still students who complain, we are hoping that the administration will help to address their needs and queries so that no student shall be left behind.

## The REVIEW

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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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## ONLOOKER



## When standards are not met

**JOHN EIELL E. DOMINGO**  
Editor in Chief

"If they can do it, you can do it, too." I believe that this is a positive feedback. However, why are there some of us who don't believe this? Leaving no signs of hope to continue, what really is the reason behind why we feel this way? These are some of the questions that some of us just don't know the answers. If there are, we sometimes don't care about it anymore. We move forward to learn what is to be learned. We continue living on hoping that someday we will get that diploma. Yet, we enter the rooms filled with hopes and dreams only to find out that there are scenarios wherein we feel depressed in the learning experience.

We can never avoid voicing out our concerns regarding our instructors in the university. These are concerns that we ourselves can only share to our friends, parents and love ones through group chats, video calls and even to other instructors, too. These are concerns that are banging in my ears after hearing other students' complains accidentally. Firstly, a student who fails to achieve the standards of his or her instructors should never be given negative feedback like "You should never have entered college", "What are you doing with your life then?" or "I told you everything to do then what is the problem this time?" The problem is the instructor himself or herself who does not know how to lower his or her standards. Everyday is a harder challenge for us if we have this kind of instructor.

Secondly, a student who performs well in class but only to find out he or she was told there is still lacking. Advance reading? Conviction and preparedness in class reporting? Higher scores in major examinations? These are some factors which are given by instructors who expects much of his or her students. We stay up late during nights, refuse to bond with friends at the mall, play basketball with peers and refuse to make videos and uploading these to Tiktok, save later the time for watching our favorite anime or K-dramas, and even stay for hours in the library. This is to prepare and finish our requirements and review for major examinations. Nevertheless, these efforts go in vain because the problem is the instructor himself or herself who does not know how to lower his or her standards. Everyday is a threatening day for us if we have this kind of instructor.

Thirdly, a student who puts extra efforts to academics and is also capable to do his or her responsibilities as a student leader should never be mocked or be criticized by his or her

instructor. Comments like "Pabida ka kasi," "Bakit mo inuuna iyan?," "Magresign ka diyan" are rude to hear and will make the student think that he or she is useless. Negative emotional climate due to these comments degrade students to push themselves in giving meaning to Commitment to Excellence and Selfless Service that the university values much so we can equip and develop Godly character on life. These comments will bring pain to us. Pain makes people change and we change because the problem is the instructor himself or herself who does not know how to lower his or her standards. Everyday is a tougher task for us if we have this kind of instructor.

Lastly, a failing student who wishes to recover from his or her shortcomings and negligence should be given one more chance. Instructors must know the reason behind the student's failings and weigh the situation accurately.

**"It is not good and effective if the set standards for students are high."**

They must carefully give advices which will lift the students' spirit. Ignoring such student is not proper. Some instructors easily fail a student who does not deserve to be failed. Eventually, this student may drop out of college because the problem is the instructor himself or herself who does not know how to lower his or her standards.

It is not good and effective if the set standards for students are high. As a student writer, I believe standards which are specific, measurable, attainable, relevant and time-bound (SMART) results to better performance of students like me. If someone still fails to standards constructed of this type, positive feedback are necessary to be given. This is appropriate because according to studies, positive feedback defy the students' weaknesses and let them perform strategically the standards being given to them. Think about this. If an instructor sets high standards to his or her students, would that keep the students learning? I believe no. Then I will probably say, "Enough, I'm done with it."

## SEE THRU



## Struggles of life

**ZENITH KIN P. AGCAOILI**  
Managing Editor

Life is a battlefield in disguise. It's a continuous battle to anyone. We raise our guards. We stand firm to what we know is beneficial to us. We hold our grounds. We strengthen our barriers. We sharpen our knives and grasp our guns well to ensure victory against the angst of life in the end.

Struggles are disguised as obstacles that hold us down, make us unproductive and even make us doubt ourselves. It may also even motivate us to seek improvements, formulate solutions and fight in order to survive until the end.

To overcome struggles is to defeat everything that hinders your success; to excel in every aspect in order to win the game of life. Ending the pain, guilt, temptation, torment, forgivingness and other negative notion means overcoming struggles of life.

The struggle with guilt. Do you have trouble dealing with guilt? Guilt is a feeling of dread, like something bad is going to happen (karma). It is a sense of wrong doing as they define. It is an emotional conflict that arises from having doubt from something we have done. It may appear as the feeling of unworthiness. Sometimes the person may even feel dirty or stained and perhaps think of himself as a failure.

There are times where we think or feel that there are things that we can't really identify, but the feeling of guilt is there. That is where the struggle starts. Why do we feel guilty anyway? What are the possible reasons why an individual feel the 'guilt.' We feel guilty as we thought wrongly. It may be because it has been part of our system. For instance, "if I grow up thinking everything is wrong, I am going to have a sense of guilt." Perhaps it is also because of our own mind-set. "This is wrong, that is wrong," that's why we feel guilty. It may also because of the sense of guilt itself, we do take the blame. Perfectionism or high expectations (that has overly went out the borderlines, as it can be identified as negative expectations which were not actually inclined to realistic capabilities of someone) causes guilt as well.

Expectations trigger the feeling of guilt. "I could have done better." "I should have done better." Low sense of self-esteem causes guilt as people may think they did not get the breaks in life so they feel like they haven't done anything good or beneficial. They feel like they are little less than who they are. We cannot exactly tell if one is guilty, and that's the struggle of guilt aside from being not able to overcome it.

What makes it hard to deal with guilt even more? It is

the results of feeling guilty. People start doubting themselves, and having fear of being prejudiced, rejected, having loss or being found out. Guilt and fear goes hand on hand as what they say. There are people who feel guilty likely punish themselves as they knew they deserve it. It causes insecurity. They become needy and clouded with unclear thoughts. Compulsive behavior is another result of feeling guilt, as they try to do all just to pay back someone, or they keep themselves busy as an escape to what they have done.

The struggle with doubt. Have you lost confidence on something? Have you ever doubted yourself? Doubt or to have doubt is the feeling of uncertainty about something and we have no idea whether it is true or possible. It is the questioning of truth on something. When there is doubt, there is hesitation. People tend to doubt a lot as they lack trust. They doubt themselves, their capabilities, things that would be actually beneficial to them and the likes.

What causes doubt by the way? It is the ignorance of an individual. It is the lack of experience, knowledge or awareness. For instance, Annie doubts if the vaccine would make her feel better when in fact the doctor has already explained that it was tested before it has been distributed to hospitals to use. She still doubts the words of the doctor as she has no actual knowledge about medicine.

Misunderstanding causes doubt. Have you ever encountered the saying, "don't judge a book by its cover?" People who misread situations or looks at someone's cover or appearance only and find visible flaws would likely judge and doubt them first without knowing them better. Sin and guilt comes hand and hand, causes doubt. Focusing on the wrong things arise doubt, as well as previous failures causes doubt. The more failure a person has experienced, the bigger the possibility they doubt things as they would likely argue they've been there, done that. Lastly, negative influence of other people triggers doubt. Opinions of other people shouldn't matter but as for people who lack self-esteem, others may influence how they view themselves. The more negative reviews they receive from others, the more they doubt themselves or their abilities.

The struggle with unforgiving. Do you ever find it difficult to forgive people who have offended you? Do you find it hard to forgive because you feel too bitter, too proud or you too insecure to do so? What is unforgiving all about? It was simply

defined as unwilling or being unable to forgive. Unforgiving, if you may haven't notice, there are damaging consequences that it can bring, such as emotional bondage, damaged relationships and even physical/mental challenges.

Unforgiving, is when you pretend you're over something. You really did forgive the person yet you are still thinking about it and you can't even get a wink of sleep because of it. It's really a struggle to forgive people, especially when they have inflicted too much pain and damage into your life. How can you know if 'unforgiving' is eating you alive? First, you're experiencing burst of anger, wherein you become petty and impulsive. You lose rationality. You become too desperate to make them understand what you really feel. Sometimes you use the victim card constantly to collect pity from people around you. People who were unable to forgive, sometimes makes a list of offenses. They hold grudges as you may say. You come to the point that you even hate yourself. You replay the scene or the offense over and over again. You will never concede and refuse to get over it. It's a struggle which doesn't only affect others but to your own self as well.

The struggle with jealousy. We all have the desire that motivates us to do our best. Sometimes those desires go overboard and become misdirected due to jealousy. Have you been so insecure or jealous over someone? Have you been too jealous over someone because they have something you don't have or they have something you've been meaning to have? Jealousy is a negative emotion that arises when we see someone else's blessings. It is a destructive emotion that is hard to deal with.

**"No one enjoys the feeling of being jealous. It is dreadful and suffocating. It is a frightening experience if we let jealousy control us, and get to what we really feel."**

So, why do we feel jealous? Primarily, it is because of the lack of self-esteem. The degree on how we get insecure or jealous is actually scary as we start talking negative about ourselves then later on other people. There's this term coined by Dr. Lisa Firestone and her father, the critical inner voice. This voice basically can fuel our feelings and lead us to feel more jealous about something.

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# Mr. & Miss Northwestern University 2020





## CHERISH BLEMISH

Kristene Claire Lazo

Connecting dots upon my face  
I'm no longer confident of my own pace  
I'm trying to escape this place  
With a dress full of lace.

Insecurities occupying my mind  
Because of these dots and freckles making  
me blind

No one sees the beauty of my kind  
Even I can't see the beauty behind.

I look in the mirror again  
Staring at my reflection and complain  
I can't stop but one thing is certain  
I need to fight what's inside my brain.

I have beauty of my own  
I should smile and stop this frown  
My imperfections won't let me down  
I will smile and be proud till the sundown.

## friend

Perseus

They fill our void  
Things that we cannot avoid  
But once they've left  
Hearts will be deaf  
Memories will remain  
As well as, stories that are insane  
Feelings in pain  
Conscience in vain

No one lasts forever  
So don't wait for it to be over  
Treasure your moment  
Don't be complacent

At the end of the day  
Whatever we say  
They will leave you  
With the things you do

They will get tired  
Even if we tried  
Friendship will be gone  
Adventure is done.

## No One's Friend

Grover

You'll be used  
You'll be recycled  
You'll be on your own  
You'll be thrown

Blame yourself for being too good  
Blame yourself for having complicated mood  
Blame your emotions  
Blame all your motions

Do not blame someone  
You don't have the right, you're no one  
For every friend you make  
A breakdown will slowly take

You will see them okay  
You will smile everyday  
As they fade away  
You are alone today

Do not point out mistake  
For Heaven's sake  
For you know who you are  
No one's friend.

## Rise the Esteem for LGBT

Kristene Claire Lazo

Represented by the rainbow color  
People that I always adore  
For they have showed their true color  
In a society full of commentators  
They have fought their rights for years  
And I believe they have cried many tears  
They always have this fear  
Not being accepted by their family and peers

They didn't choose to be different  
They just feel unique excitement  
No one has the right for judgement  
For they are humans like us starting a movement.

A movement to be accepted  
Not to be discriminated  
Love them wholehearted  
And take note they deserve to be respected

## MISTERIOUS: UNKNOWN

-SAV

Watching the stars while sitting on the rooftop  
Then my phone beeped and my world stopped  
I suddenly received a text message from unknown person  
I thought it was from one of my admirers who want my attention  
Just like other guys, I nearly block him  
But I don't know why I refused so dim Am I dreaming?  
My crush just texted me Can't believe it, I smiled like dumb undeniably  
Are you not tired of running in my mind?  
There's no other person as my happy pill to find I don't want to end this conversation of us  
Even just through text message, you perceived me at last.



## Utopian Realities

Jessie G. Felipe Jr.

*The Tyrants enjoyed the collapse of the battlecry  
For its triumph of an abusive government manifests in the  
contemporary world  
The heir of killings. People trapped in room. Trapped. Suffo-  
cated by smoke.  
Is still alive in burst.*

*The indolence and trivial traits of the Filipino people  
That lead them towards non-attendance in the school of  
thought*

*THEY ARE! They are the dysfunctional. The uneducated.  
That thrive possessing the qualities of an INDIO.*

*Enshrined with wealth, authority and power  
How restless they are in the Throne of Greediness?  
They serve, help and reaching humanity  
But hideous enough to execute their motives and agenda*

*Finger counted projects  
But estates unexplained and unaccountable.  
The marginalized with astray food filled in stomach  
While the Gorgons' Head full by nutrition appetitive with  
monstrous desires*

*As the leaders' pockets vomit  
Buildings, infrastructures collapse  
For substandard materials there to build a weak foundation  
By the intelligent wise and the pitiful dumbfounded*

*Will the triumph of the history reigns?  
Or will it resides in the people awakened?  
If otherwise. Will ultimately suffer.  
If not, justices are in its right places*

## TO WHOM SHOULD I TALK TODAY?

John Eiell E. Domingo

Of all the people I've met, I found that no one is true,  
Of all the people I've considered friends, no one is real,  
And of all the people I've been with, no one is true-blue,  
I have offered all the love which I hoped that they would feel.

People are wicked, friends are phony, brothers are nasty;  
I dreamed of happiness and peace but I found disasters.  
Where can I hide? Where can I go to stay happy and free?  
To whom should I talk today and ask for all the answers?

Never have I imagined that the world is not perfect,  
It is not haven and it is not safe here anymore.  
Man destroyed the peace, everyone is in moral neglect,  
Brothers kill their brothers, and the blood of innocents roar.

Many have offered their help but have no pure hearts at all,  
They look for opportunities so the people see them;  
They thirst for applauses and compliments from the people,  
They wear masks of deception, they live their lives full of shame.

I am afraid after realizing all of these things,  
When I did all my best and proved my noble existence.  
But it was never enough and I don't know what others think,  
Will this world change? My wild guesses of this question now  
ends.

## Concierges: Heroes behind the Scenes

By Pamela V. Tadeja

The reverberation of an alarm clock is a student's signal to start the day while the sun's rise and set is a time for a personnel to transform a grimy way. If students have books and ballpens and teachers have markers and record books with them, some people inside the campus also hold something that will not only benefit themselves. They do not wear capes and they do not fly like one sees on screen because they are just there saving people silently.

Usually, recognitions were given to all exemplars that stand out while gratitude will be expressed to instructors. Little did people know, janitors and janitress play a huge contribution for one's safety. Without them, it will be easy for us to catch an ailment and people inside the campus will be in great danger.

Behind a thrown crumpled paper at 7:30 a.m. is a toiler who picks it up around 4:30 p.m.. As the early birds chirp like hungry babies, the sound of sweeping from left to right fills the air. They scrape the grass, pick water bottles and collect papers thrown by students. This is a scenario that students usually see in the morning aside from tapping their RFID's in the guardhouse upon entering.

"We have janitors but why do we still have to pick up our trash and fix the chairs?" This is a common question asked by students who belittles our campus cleaners. More likely, people perceive them at the bottom of workers' division. Like in history, some populace act like Spaniards and treat them like Filipinos who are low-grade human beings. This degrading belief should be vanished among people's perception as it lessens the value of our fellow. Mercy is not there, pride is but no one works like janitors. In reality, they are catching and doing the job of lazy people.

What kind of image our campus will look like without their existence? It is so horrible for a student to pass by a corner of trash loaded with bugs and maggots. Worse is for a teacher to enter inside the comfort room with a terrible smell due to the untidy environment. After the rain pours down, they do not want us to get slipped so they handle their mops to cleanse and dry out hallways. Just imagine how polluted it is and people still do not know how to value this kind of workers.

They do this and that but the role of a janitor is more

than just using besoms, brooms and dustpans. Who in the world will not be thankful for the clean classrooms, comfort rooms, laboratories, hallways, offices and grounds? Their presence deserves more appreciation than what people think of them. Their plainness and kindhearted service is unsurpassed.

They thoughtfully fix the aftermath of students and teachers every single day. In line with this, showing thankfulness to them can be as easy as picking up our own trash instead of leaving it anywhere. Commending them can be as simple as greeting them a good morning or a good afternoon like what students typically do to teachers. They may not be the focal point of our attention when we go to school but there will come a time when their service will grab our mind.

These people are heroes behind the scenes of our learning environment. Their superpower mainly includes keeping us away from infectious diseases. Many students and employees might have been suffering badly without these heroes. They may not be highly educated but they serve like nurses of our setting.

**"As heroes,  
they may not  
be wearing  
suits like what  
children idolize  
in this modern  
era but the  
help that they  
are giving is  
so unselfish.  
Doctors save  
lives, teachers  
educate  
students,  
farmers feed  
the nation,  
policemen  
maintain peace  
but a janitor's  
ministration  
is way  
incomparable."**









# Chronicles of the Dark

By. Charisse Sophia A. Raquinio

Early this year, a pandemic disease rose up and horrified people. A virus that scared a lot of people not only in China but also other countries across the globe. What is this Novel Corona Virus that startled a lot of people?

Coronaviruses are large viruses which may cause illness in both animals and humans. In humans, several coronaviruses are known to cause respiratory infections ranging from common colds to severe diseases such as the Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The newly discovered coronavirus was named COVID-19.

COVID-19 is an infectious disease caused by the freshly discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China in late December 2019. COVID-19 is now a pandemic disease that affecting many lives globally.

The most familiar symptoms of COVID-19 are fever, dry cough, and tiredness. Some patients may feel aches and pains, nasal congestion, sore

throat or diarrhea. Some people become infected but only have very mild symptoms. According to research, about 80% of people recover from the disease without needing hospital treatment. 1 out of 5 people who gets COVID-19 becomes seriously ill and develops difficulty in breathing. Older people and with those who have medical problems like high blood, heart and lung problems, diabetes, or cancer and pregnant women are at high risk of developing serious illness. However, everyone can catch COVID-19 and become seriously ill. Even people with very mild indications can transmit the virus.

The virus spreads primarily from one person to another through small droplets from nose or mouth. These droplets are relatively heavy, do not travel far and quickly sink to the ground. People can catch COVID-19 if they breathe in these droplets from a person infected with the virus. These droplets can land on objects and surfaces around the person such as tables, doorknobs and handrails. People can be easily infected by touching these objects or surfaces and touch through your face.

Practicing hand and

respiratory hygiene is important at all times and is the best way

**“ They protect us while they couldn’t even protect themselves. Our frontliners deserve a million salute. ”**

to protect others and yourself. Maintain at least one to two meters distance between yourself and others. Since some infected person may yet be exhibiting symptoms or their symptoms may be mild, maintaining a physical distance with everyone is a great idea if you are in an area where there are positive cases. However, if you live in an area with malaria or dengue fever, it is important that you do not ignore symptoms of it. Seek for medical assistance. Wear mask when you attend facilities or when you’re going to buy necessities or access health care provider. If you are exposed to a suspected COVID-19 patient, you must self-isolate and monitor yourself. If you feel the symptoms, even if it is mild, you must still isolate yourself and seek for medical help. Self-isolate for 14 days even after the symptoms have disappeared as a precautionary measure. Clean your hands thoroughly and frequently. Avoid touching your face especially to your eyes and mouth. When you cough or sneeze, bend your elbow or use tissue and immediately put in the trash and wash your hand.

There were news that they had the vaccine and antibiotics for the virus but according to

the World Health Organization (WHO) there were no specific antiviral medicine against COVID-19. Possible vaccines and some specific drug treatments are currently under investigation. They are being tested through clinical trials. WHO is also coordinating efforts to develop vaccines and medicines to at least prevent its widespread. Antibiotics do not work against viruses, they just only work for bacterial infections. COVID-19 is caused by a virus hence antibiotics won’t work nor cure.

While we were ranting for nonsense things there are those frontliners whom we consider as heroes fighting for the unknown villain. They sacrificed even their lives and safety just to make sure we are safe. Frontliners such as the doctors, nurses, policemen, volunteers are in hard battle, risking their health even their lives just to provide what we need during the Enhanced Community Quarantine (ECQ) are considered as the new heroes of the century. They leave their houses without any assurance of coming home safe because of the unbearable virus they might get during their work.

## Quarantined Thoughts

By. Jezreel Larry R. Caunca

“Happiness can be found even in the darkest of times if only one remembers to turn on the light,” a line from Professor Albus Dumbledore in the Harry Potter series is significant in what our world is experiencing right now, a pandemic. The COVID-19 pandemic is killing thousands of lives even in this moment while I am writing this. An invisible enemy that paralyzes governments and economies. Major countries around the world is battling to end the deaths and eradicate this virus. We are inside our houses as the Enhanced Community Quarantine is being implemented across the Luzon island. Some of us are not inside of their houses, instead they are fighting this pandemic, our front liners, are doing their best to keep us safe. This pandemic gave us the opportunity to reflect amidst these diversities we are experiencing right now.

Filipino citizens are described as resilient. We have this mindset that Filipino people will get through in every difficulties and hardships because we experienced countless struggles before. This mindset should not justify that Filipinos will get through all of the effects of pandemic without the help of the government.

Some are saying that “If only you save before the lockdown” or “I am also poor before but I did my very best.” These “rags to riches” story or stating the fable of the ant and the grass hopper will not justify the thousands of Filipinos who are in the “no pay, no work” sector. They did not choose to be poor. They simply don’t have the same opportunities that other people are having. Instead of blaming other people for being poor, let us be thankful if we have something to eat right now and if have extra we should extend our helping hand to others.

Utilizing our voice as Filipinos during these trying times is necessary so that our government will be aware of what we want and we think that they are not addressing our concerns efficiently. It is our fundamental right as stated in the 1987 Philippine Constitution that we have our freedom of the speech and of the press. Having this power, we should use it for the benefit of everyone. I am amazed that the Filipino people are using their voice even though our government is slow in responding to our concerns. The people demanded for a mass testing, now, the government is still planning. The people expressed their concerns regarding the financial

assistance for the middle class, now, government listens to these legitimate concerns. It is not time to politicize a crisis and it is not also the time for blind obedience. If we saw something is not right, it is a sin to not do something.

This crisis also showed the relentless spirit of the Filipinos to help each other. Hundreds of

**“ After this pandemic, it will not be the same anymore. Our normal will not be normal anymore because at some point that normal is our problem. No one knows when this pandemic will stop. It maybe next month or next year, it is not really clear. In these dark times, we must use our voice to address pressing concerns and help our fellow Filipinos in the best possible way that we can do. ”**

Non-Government Organizations are conducting relief operations. Private businesses and companies are helping their workers to cope up with the pandemic through financial assistance. Thousands of private individuals are donating monetary and material donations to the different government and non-government groups to help the poor sectors of our community. Outreach programs are also being conducted. Tailors are sewing up cloths to become masks and distribute without a single penny in return. Students are creating improvised face shields. Churches and schools were opened for the homeless. Research Institutes are creating testing kits and disinfectants. It is true that with negative effects this pandemic has introduced, Filipinos are having the initiative to turn everything to the best possible situation and help our country and every citizen to cope up and survive.

Before this pandemic begun, sometimes we forget to spend our time with our family due to our work or studies. Now, we have the opportunity to regain all the missed opportunities to be with our family. We might be bored staying at home but we must always remember that there are those who are not staying at home with their families. There are

those uniformed personnel that manning the boundaries making sure that we are safe from harm. We have those people who are in the supermarkets preparing our essential items. Those nurses and doctors at the hospitals risking their own lives for us to be safe. Those occupations we considered as dirty jobs are making our streets and roads clean so that we will be safe. We should appreciate our front liners and after this pandemic we shall thank them all and give the things they deserve.

It is true that our government fails to address this issue earlier. It might have been better for our country did take crisis seriously at the moment someone got infected. It might have been better if the government officials did not receive a special treatment for virus testing and instead prioritize our asymptomatic front liners, suspected, and probable cases. Our national government might show us lack of effort at some point but I commend some of our local governments. I commend the relief operations in Ilocos Norte and their response to address this issue. I truly admire the efforts of our governor in making sure that the public is safe to this virus.



# Perfect Vision

By. Teddy Jr. Quintos

This year has been a struggle for everyone, it hasn't ended yet but it feels like an eternity of suffering and like a perfect vision, everyone is given the chance to view the world clearly. Everyone is given the chance to glance at his or her past or look at the path ahead. Twenty-twenty in a brief is unforgiving and at the same time, times worth living. Furthermore, this year's first month recorded so much tragedies that people plead and prayed for 2020 to pass and fast forward to 2021. Here is January 2020:

On the third of January, as the world lit fireworks in celebration for the new year, a vicious fire broke in the middle east. This time the flames weren't for celebration but as the continuation of a brawl that the United States of America and Iran have been brewing since 1980; a drone strike near Baghdad International Airport took the life of an Iranian major general Qasem Soleimani of the Islamic Revolutionary Guard Corps. As the two great nations collide and fight for dominance like two alphas battling for a mate, one must come out of the dust victorious to claim its prize but this leaves the other wounded and weak. For decades both nations endured the consequences of their decision. Though many hope for both nations to stand down and shake hands, the current leaders of the two nations, say otherwise. Thus, blood still flow in the streets as ammunitions never seem to run out.

At the end of 2019, memes about plagues kept popping out

on social media stating that 1820 and 1920 experienced great plagues then voila: on the 7th of January 2020, Chinese authorities announced a new virus and was first identified as 2019-nCoV. As people hoped for a happy and prosperous new year they instead welcomed a virus that sprang from the recklessness and the insanity of a Chinese. Covid-19 is a strain of a virus from the coronavirus family and can cause respiratory complications and if left untreated can result to death. The virus has been announced as a pandemic by the World Health Organization and each nation all over the world imposed a lockdown over their territories, an act to mitigate the effects of the virus.

After four decades of sleep the Taal volcano unleashed its cloud of ashes on the 12th of January over the province of Batangas which later spread in parts of Luzon. The eruption was followed by an ash fall that mixed with the rain, a perfect recipe for lahar. Towns in a vast radius were covered in grey, trees drooped due to the weight of slurry, live stocks were left to perish, roads became impassable as people move from town to town to save themselves from the lahar. 40 individuals unfortunately did not survive the unrest of the volcano. The duration of the calamity brought a nationwide initiative and the spirit of the Filipinos were once again tested.

On an unexpected turn of events, on the 26th of January, a helicopter boarding nine passengers crashed in California with no survivors, aboard the helicopter is the NBA icon Kobe

Bryant. The world mourned over his death, fans around the world grieved over the loss of a legend. What's even more tragic is the fact that also aboard the chopper is his daughter Gianna Bryant and a family.

In other reports, numerous large seismic activities around the globe has been recorded and a massive bushfire is still eating its way through the vegetation of southern Australia, endangering the habitats and the wildlife of Australia. In addition, wars and diplomatic conflicts that sprang from territorial disputes are still threatening the peace and wellbeing of many nations around the globe, and scientific development and innovation reach its peak, many fear the

lingering effects of knowing too much.

Fundamentally, amidst the tragedies people ought to move on and learn to use the tools that they have to further human development. Here are some realization brought by the tragic start of 2020:

Civilization's battle for power has been costly throughout the millennium, everyone's grandparents and the people before them witnessed what war could bring but it seems that people never really learn from the past, rather they dwell in the gratifying feeling of defeating another and claiming superiority over a race or a territory. Ultimately, people are the judge of their own actions and they should exist as a collective whole, not separated by race or religion but bound by the very strand of their genome. Humanity should coexist as a species and thrive as one.

Life is so precious and so fragile that we seem to forget its purpose. Humans have taken so many things for granted that they forgot the importance of security. Before the virus, people did not give much emphasis on the action plans that they should have in place if a pandemic was to happen and now that they are facing one, the leaders of each nation have no idea of what to do. People invested their time and money on entertainment and forgot that health is more important. Through the years they've looked up to celebrities and famous people and considered them as influential and essential but as they face a situation like this they suddenly realize that medical and nursing

personnel are more important. Therefore, people should prioritize security in order for them to have assurance.

The Filipinos are indeed resilient, even in times where hope is nowhere to be found and nothing is left but themselves, they find the littlest of joy and they use it as a motivation to stand up again and rebuild what has been damaged but at the same time their resilience make them vulnerable. They get positive reinforcement when they get called resilient and they forget that aside from rising up and standing on their feet they should also have the responsibility and the sense to take measure and prepare for the next calamity. Instead, Filipinos develop a mindset where they care less on what danger is coming because they think that they can overcome anything. For that reason, the Filipino become less and less equipped and less educated because they think and they believe that they know everything but in reality they barely know something.

People still ignore the lingering effects of climate change. Some don't care as much because they cannot feel the effects of global warming. Bushfires, rising sea level, drought, excessive rainfall, temperature fluctuation, fresh water depletion, late or early seasons, and extinction are all effects of climate change and if people continue to ignore it, humans will be the next species to be extinct.

Like a perfect vision, 2020 is a year where everyone should open their eyes and expect the unexpected.

**“All in all, the start of 2020 allowed people to view life at the highest resolution. It made people value the little things in life. It showed everyone the importance of the workforce that receives minimum wage. It showed people the importance of the medical and research field. It certainly opened everybody's eyes to the incompetency of our leaders. It made people realize the importance of camaraderie.”**





## RIGHTER



## Nevermind culture, a Malady?

PAMELA V. TADEJA  
Associate Editor

Surviving is not as easy as sweeping a pile of cash and putting it in your pocket. In solving, a wise man will look for a formula but a dawdler will look for an area to snooze in. In living, a man without firmness of purpose will suffer academically, physically, psychologically and socially.

When a teacher asks your goal in life and you answered something but you are not working for it, you are tied with unwillingness. The indolence of many people will never make them attain prosper. When a person spends too much time to something like doing Tiktok, watching Netflix or Youtube and playing online games without attaching importance to his/her academic obligation, that person is in trouble.

Students were given unending research papers, requirements and presentations but sometimes, dumbness reigns like a command whispered by a devil. There is nothing bad with relaxation for a physical recharge but being a couch potato makes you so close to the future which digs 6 feet below the ground.

In addition, lack of understanding, motivation, confidence and organization skills also affects people psychologically. The emotional state tend to be encountered when over procrastination adjusts our grades. Given the fact that effort wasn't exerted, the fear of failure may also

revolve to one's head. Sometimes, it sounds unjustifiable. Having too much expectation will really kill a person who has done nothing but is waiting for something.

Sometimes, people's poor interests of reading latest issues make them out of place. The awareness fails like a dropped dead mark but whenever class suspension airs, it fills their mind with joy. The decline of knowledge and consciousness is a sign that there is something to be cured. Providentially, every person has a mind which acts like a machine for thinking and reasoning out.

Unfortunately, those who were infected by the never mind malady lack preparedness. Like an engine, they're troubling for fuel which simply means that they cannot move. They live like a fastened being in a hospital without the assurance of continuous living.

“*From time to time, every human being will realize that utilization of mind mixed with patience and determination is a great 3-in-1 combination for giving aid to all victims. As stated, surviving is not as easy as sweeping a pile of cash and putting it in your pocket.*”

## TRUTH BEARER



## To shift or not to shift

MARK LESTER A. CALETINA  
Lay-out Artist

Life is unfair. Even though you give all that you've got, you still suffer failure to the point where you start questioning yourself if the course you have taken is what you really want. Once you experience a lot of failures along the way, that is the time where your passion starts fading. Without that passion, you start doubting yourself whether you still want to continue or not. Shifting to other course will most likely the thought that will pop up to your mind. Now, I want to ask, if that's all that it takes to doubt yourself whether your course is what you really wanted in the first place, maybe you're not that really passionate to begin with?

Let me say this to you. Before you start thinking on shifting to other course, try to remind yourself why you chose that course in the first place. Try

to remember the days where you were passionate about it, the days when you use your dreams as sword to continue your life adventure. Don't let failures get into your head, instead learn from these. It doesn't matter how many failures or trials you have experienced. It's either you are garnering failing grades or you received too much pressure from your family, professors, and friends. It's okay to cry but make sure you stand up again and continue trying. Keep on believing yourself because I know that deep in yourself, you can do it.

If you think that you are in the wrong path or the only way for you to continue is through a new perspective, do not be afraid to move to another track. Your course might not be your choice or it is the only available option, but if a door opens for you to



## Improve Reading Log Habits

JESSIE G. FELIPE JR.  
NEWS EDITOR

It is always about relevant quality education that is necessarily be given among students. Providing them the best way to beat and abate forms of illiteracy, to clasp the most effective solution to conquer their weaknesses that direct to the pavements of knowledge ready for them, and not to somehow negate their abilities simply by proposing things that are not successfully enforced that results to the loss of interest of the studentry. This is not a win-win solution, but a win to defeat the real problem laid in them.

You cannot write when you do not know how and what to write. This notion that most people used to believe may halfway reasonable and at the same inconceivable depending on the reasons that might affect the pursuant of the work they supposed to do from the beginning.

One of the hardest things to develop is knowing how to read, aside from writing, speaking and listening. It is but practical to enhance the capacity of an individual to read since this can be a passport for everyone in pursuing the desired subjects for their daily engagements.

Some college students, as far as observation is related when reading, someone can already judge and genuinely utter their co-students or their professors/instructors, or them combined, that their reading skills are not qualified in the college but they have been and this may result of giving damage to the standards and reputation of the institution towards others.

The reason why Reading Logs was imposed or made on how it became is actually for the purpose of honing the vocabulary

and the ability or skill of a student to read fluently relative to how a native speaker does.

The problem is, the students involved, most of them if not all, find it hard to read and later on ponder and write it in their personal logs. They might not even want to at least try opening their notebooks and write something in it because the thought is, "it would just be easy." They literally can't get their interests in doing so because how the right people check is not base from the actual writings itself.

There may be reasons why some of these students have shallow ability to read; they focus much in their interests, experiencing related illness and other specific ones, and they came up to a solution like this for the benefit of the students to improve themselves and deviate them from deteriorating when reading is not practiced or anticipated.

Is it really helpful and imperative for the students doing their Reading Logs provided and required by their professors? Reading for an allotment of twenty (20) minutes in a day and reflect on what they read is not actually the real case. The prevalent issue is they grab a copy of a reading material, choose a sentence, a paragraph, or a quotation and write it in their logs. Is this what they call a 20 minutes of reading, or a minute of writing? If the process is not right when it was firstly regulated by the right people towards the students, then this is absurd and erroneous solution to evade less-effective reading cases.

Students are, and should be treated equal, and this is certainly the reason of requiring particular students in complying with it, that is why even the great and effective readers cannot do

anything but to obey.

A situation in which is most relevant, student is delayed for ten (10) days about his writings and it is possibly impossible for this person now to read for as long as six hundred (600) minutes, but can write for an approximation of fifteen (15) minutes. This is the ACTUAL and USUAL case.

Can the one checking the Reading Logs be required to read the students' works also? If possible, because it is not the substance they focus on checking with, but the date when the statements included there was made. If not possible, and for all means, then the students should only write the date since it is the one being checked and be called "MY PERSONAL DATE LOG."

It is but right for most of the students to give their unending rants and complains about making their reading logs and on why it didn't appear to how it should be, because from the beginning, they already loss their interests in doing so since it has no used if what is being checked is the date when it was made only. Not the wholeness, the effort, the ink of a pen, the leaves of a notebook, and the crumpled mind flipping and reading books, and it is the responsibility of the checkers to ensure that his students made their works in a manner on how it should be done that helps them think of the right mark to be given to them, despite if they are delayed for few days.

“*Is Reading Log really effective among the students, or just adds up to their burden, or a discouragement to those who are less effective? Then if it does, they should look for another alternative which is more beneficial to all, or more or less, improve how these Reading Logs should appear.*”

take another opportunity that you know your passion and efforts will not be in vain, take that door. It is better to change direction now

“*Don't be afraid to fail, that's pretty normal. Instead, be afraid that one day you stop trying.*”

than to prolong your suffering until it is too late to make a decision.

There will be times that we will be uncertain with our decisions. It will never be always a perfect decision but failures as an outcome of our decisions will manifest growth and development for our future decisions. Growth is not always about success. The best evidence of growth is moving forward from your failures by using those as a cornerstone, a solid ground for you to have a sustainable development in your life.

Don't let other people's opinion get in your way. These opinions are mere suggestions that would only take effect if you allow it to affect you because at the end of the day, you will either accept these opinions and let these affect you or you will just

set aside the opinion of others and take your own stand. Have faith in yourself and in your decisions instead. It is okay to consider the opinions of others, just make sure that your stand is not based from their opinions. You can use their opinions to weigh-in your decision. Ultimately, your decision must come wholeheartedly from the one who knows you the best, yourself.

Whatever your decision will be, everything is part of our journey. We may shift to different courses several times until we find what we think is right for us or maybe we are already in our right path. As our journey goes on, trials and failures will come. It is not an indication of an end but a sign of a new chance to improve and develop. After all, great individuals started as what we are right now, students.



LIGHT BRINGER



BLIND OBEDIENCE

JEZREEL LARRY R. CAUNCA  
Sports Editor

Some students tend to follow instructions without really thinking of the basis and outcome of these instructions and decisions. They are using position, strong attitude, and friendship as the basis whether they will follow the person who are giving that instruction instead of analyzing the fundamental basis of that instruction and decision. We are thinking that suggesting or giving feedback will indicate disrespect. We have this norm that instead of complaining or commenting on the issue, people will insist that we should just obey and never complain about it. If you see that something is wrong and you didn't say something to prevent or to fix it, it is not being supportive, it is a blind obedience.

There was a time when I suggested on a school matter based on facts and an officer replied by saying that I should not talk anymore and just follow. This officer also asked "Anong ambag mo?" This kind of attitude and intimidation practiced by some student leaders are supposed to be non-existent because it is our fundamental right to suggest and say something. The 1987 Philippine Constitution is clear about our rights as a Filipino in terms of the freedom of speech and of the press. It is also included in all student organizations under their constitution and by-laws that freedom of speech is a fundamental right of the students. So, I don't know why these student leaders would not accept

comments or criticisms when they indicated this right to their own constitution and by-laws. Are they not reading what they are indicating? Or they just copy and paste these provisions from google without understanding what it means.

Giving your thoughts about something is already a great contribution that you can give because you are giving the authorities the chance to review and revise their decisions for the greater good. If we practice intimidation instead of accepting the comments and suggestions of the students, we will create a toxic and unhealthy environment. Let us all take into account that you as a student leader, is serving not your ego but the whole student body. It is the obligation of your office to accept any comments regarding what you are doing. These comments shouldn't hurt your feelings because it is a way for you to improve your services or your leadership.

I can see that majority of the students are showing no desire to participate in student organizations or any student

related forums where they can actually show the power of the students' voice in promoting better services, programs, activities, and to address their other concerns. It is because the current student leaders are either showing lack of respect with the opinions and suggestions of their constituents that they relying on themselves without giving other students the chance to contribute, or they are being a puppet of someone when they should represent the welfare of their constituents without fear or favor.

It is not disrespectful to comment or to suggest for the benefit of a greater good. It is more disrespectful when it is obvious that something is wrong and you are not doing anything about it. Students must know their rights and student leaders must be reminded that they protect these rights. Student leaders need to understand that the existence of the students' voice in every activity, issue, and concern is a manifestation of their success in protecting these rights because they created a safe space for the students to address their

concerns and comments without intimidation or strong attitude from their student leaders.

“ We can battle and defeat blind obedience only if we open our eyes and minds to use our voices to make a positive impact. Always remember that once we open our eyes, closing it will become a sin. ”

# Online Learning: For Whom?

By. Stanlee Jay D. Arquero

In the aftermath of the characterization of COVID-19 as a pandemic, schools across the Philippines suspended classes coinciding with the implementation of the community quarantine. As a result, to continue carrying out their duties amid the pandemic, some schools have shifted to online learning. However, while a sudden shift to remote learning poses a host of complications on its own, pivoting online at a time of such crisis is another problem altogether.

Technical issues and digital divide are front and center in the rising concerns about virtual classrooms. Although we are now living in a hyper-connected world, it remains a privilege to have electronic devices, even more so to afford an internet service provider which encompasses a seamless and effective online learning. Some people are attacking students who oppose online learning with the thought that they are indolent and have little interest in their studies or sometimes incompetent, not knowing that they have substantial reasons as to why they do such. One of the most interesting things to look at is that even those who have internet access experience issues regarding the inconsistency of internet speed. This is attributed to the significantly faster connection in the major cities compared to remote areas. However, it is not just a matter of having signal difficulty but more of the inability to access online learning due to indigence. This leads to some students being ensured that their education and health

will not be compromised while the underprivileged are placed at a disadvantage. Considering these concerns, online learning ultimately defeats the purpose of learning and the mission of serving and delivering quality education for all as it becomes apparent that it is limited to a few. These also further highlight the main societal problem which is social inequality. Another challenge is the reality that some programs are harder to transfer online, especially output-based and skill-based courses. It is harder not just for students to absorb, process and retain knowledge during learning but also for some professors to teach mediated only by technology. It is not just a viable option particularly for those who are not tech-savvy. For professors, it would be difficult to administer exams and assess students for the reasons aforementioned.

Online learning requires much more attention from students as there is no direct communication as well as professors to oversee just how much students are concentrating thus making them accountable for their own learning. However, it is arduous to immerse oneself on the academic tasks given when there are far more important things to focus on, given the global health crisis. An example would be household and family responsibilities. Students across different schools have varied circumstances and several do not have it easy as the others. Significant number of students who are burdened with financial problems must prepare, especially

for the probable extension of the lockdown. Even those who are well-off need equal provision in consideration of the restrictions imposed by the Enhanced Community Quarantine. On top of this, it should be reckoned with that some households are hardly conducive learning environment. Moreover, case in point, noise feedback, cramped spaces, and emotional stress do count. The latter is another main concern brought about by a sudden change in routines, financial problems and social isolation as a repercussion of the pandemic. Academic pressure on top of these would be too much for students, specifically for those who are already struggling mentally. In addition, for brick-and-mortar institutions, it would

be more difficult to shift online and to rapidly expand their online learning resources, if there are any to begin with, under less than ideal setup. These are more than enough grounds to affirm that online learning would dispute the concept of quality education.

As impressive of a solution it is for universities to implement online learning in order to continue teaching, it will ultimately be a loss for students who would not be able to comply under unfavorable circumstances. Education is important but not at the cost of safety. Ones health should be prioritized even more so in this current state of calamity, ergo decisions should be made critically but with utmost compassion that goes towards

the students and faculty alike, most especially those who are underprivileged.

“ Shifting to online learning is effective only for the privileged ones, thus weakening educational equality. ”







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*Congratulations!*



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# Trust is the condition

By. John Eiell E. Domingo

Education was a desideratum so we can be identified as successful citizens of the nation. General education is a requisite. However, it is more important if we sign up for college. It is in this educational stage wherein we are learning the skills needed for our chosen careers.

As another tuition fee increase was proposed in the university, we as students may feel the burden about it. We utter complains, too. We are not to be blame since we are hoping for an affordable education and that we are aware of "Education for all" as UNESCO has mandated. We also need justifications on the proposed increase. We all need justifications about it. We all have to be sure on what fees we are paying for.

While there are several number of clear positives of the tuition fee increase, the fact that money can cause a lot of stress to parents is not suppressed. As students ourselves, we undergo to financial problems wherein we worry about books, dorms and food allowances. Having one economic factor to fear about would be such a stress-reliever but we are not having the same status in life. Some of us may even say that we should never be punished with multiple fees to be educated. Despite of the negative perspectives

on tuition fee increase, there are also some of us who put their trust to the administration. We should emanate them because trust is needed for bondage to last. The administration had planned for the increase carefully. As professionals, their dedication in the service are seen. They have served for how many years now and this will prove that they know what they are doing. They know what improvements are needed for the betterment of Northwestern University. They know what is best for students. Besides, parents would always want the best for their children. Above all this, they are required to consult the stakeholders and audit financial statements then the approval of the proposal will become their basis for the implementation.

If we continue criticizing and distrusting the administration relative to the tuition fee hike, what worth shall we get for that? Facebook and other social media platforms were not the right places to post our concerns regarding it. If we can't go directly to authorize personnel of such proposal, it would be much appreciated if we approach college and department organization officers for they were informed about it during the consultation meeting.

Let us trust the administration for the

implementation of the tuition fee increase. As said, they were professionals. They know what to be approved or not. They know what adequate resources and funds are both lacking at present. So, it's a yes to lay our trust to them because what they impose is for the university as a whole and for us students in particular. Being enlightened about tuition fee increase, we are looking forward a legacy of the Northwestern University. Even duly approved increases are implemented each year and the quality education we expected are attained, our undying trust will never go in vain. In addition, "If we don't have trust then we have nothing," so the cliché goes.

**“ We, however, hope that the administration will try their best at keeping the cost low. In that way, tertiary education and quality education will be made available for all. ”**

**From Page 6 Struggles of Life...** The degree on how we get insecure or jealous is actually scary as we start talking negative about ourselves then later on other people. There's this term coined by Dr. Lisa Firestone and her father, the critical inner voice. This voice basically can fuel our feelings and lead us to feel more jealous about something. The inner voice creates chaos within us. We fail to think rationally, and start filling our heads with jealousy. It makes us even harder to cope up with ourselves.

The struggle is hard to describe as jealous is an internal enemy. How can we exactly deal with jealousy? We should be cautious on how we speak or react over things or situations. We should consider what triggers the emotion and the next time we encounter such trigger, we

can just avoid it. Calming down and staying vulnerable is actually helpful. No matter how jealous we are, we still get to calm down somehow. Accepting the emotion and flaws may help instead of adding fuel on the fire. No matter how strong the jealousy we feel, eventually we get to soften up. When we feel jealous, we should still need to restrain ourselves, think wisely and don't act out. We need to remain rational and never take actions that would hurt other people or would hurt ourselves even more.

These are not called struggles for nothing. These may be hard to overcome but are still beneficial in the end. You may give up or feel weak along the way, but it makes you stronger. It brings out the best in you. Struggles aren't made to feel people more miserable. In fact, it was intended

to help people figure out how to deal with such thing.

Again, struggle doesn't only come by in the form of problem around us, but it is a battle within us that happens every day. We sometimes find it hard to get rid of the feeling of guilt, it's hard for us to forgive, we doubt ourselves and what we can do, and we barely make it out when jealousy takes us as a hostage of what makes us feel insecure.

These struggles we deal everyday are instruments to hone us to be more humane, strong and learn how to be accountable of what we feel, what we say, and how we act. When facing struggles, it is normal to fall down. We should not give up. We should get up and try our best to make it until the end. Struggle is an endless battle, so do with improvement and learning.

#### From Page 11 Quarantine...

I am also glad that Mayors in different parts of the country are rising up to address this issue, creating testing labs, acquiring testing kits, and even donating their salaries. Every action of the government will reflect on what will happen on the 2022 elections. I am expecting that the Filipino people will now have the urge for change if they are not experiencing good governance in their communities which is reflecting right now on how the local government units

are addressing this pandemic.

With this pandemic, we should always take care of our environment. Due to the inactivity of some factories and lack of cars in the roads which made the sky clearer. Some places that are not visible to the naked eyes due to the pollution are now being seen clearly. After this pandemic may we have the urge to also address our environmental concerns.

After this pandemic, it will not be the same anymore. Our normal will not be normal

anymore because at some point that normal is our problem. No one knows when this pandemic will stop. It may end next month or next year, it is not really clear. In these dark times, we must use our voice to address pressing concerns and help our fellow Filipinos in the best possible way that we can do. We should ask for the help of our Almighty Father in heaven, stay at home, and support our front liners to this battle. We should always remember to turn on the light.

*Fiat Lux!*



# SPORTS



**IN THE REAR OF A SHOOTING STAR:** On January 26, 2020, Kobe Bryant, a legendary basketball player, died in a helicopter crash.

## In the Rear of a Shooting Star

By. Pamela V. Tadeja

A soul who stood as an epitome that lit the aspiration of many people will never be lost. The fire that was once carried by a great man who gave vision to young children around the world will forever be remembered by the most.

On January 26, 2020, the world shuddered as the sea overflowed with drops of tears coming from millions of fans. Kobe Bryant, a legendary basketball player, is known for his shoots airing effortlessly but on that day, the shoot that was aired hit differently. The smiles that he once carved to people's faces have turned into despair as the crash of his private helicopter filled the media.

Kobe Bean Bryant played his entire career in the league with Los Angeles Lakers. For years, he worked hard not only for himself

but also for others. He spent his life not by expanding his wealth but instead, he spent it by setting a goal with eagerness to inspire others. The growth within him is something that people should chase and pursue.

From sports fest, carnivals, malls or parties, chances that we encounter men and toddlers wearing his jersey will always be there and it is not questionable. The flame he carried didn't roast anybody, he shared it with everybody. With his blazing moves and roaring skills, he rose to fame carrying the scorch that set fire to all aspiring basketball players.

We see him as a 6.6 feet tall African-American superstar inside the court. Little did most people know, he is so much more than that. His 20-year career did not only revolve in improving his unguardable moves and signing of

“  
Life is full of testing. We wake up in the morning without knowing the exact date of our last breath. We go out without knowing when will be the last wave of saying goodbye to our family. Dying buries one's body but a soul who stood as an epitome that lit the aspiration of many people will never be buried.”

T-shirts and shoes with all his net worth escalating to uncountable digits. He didn't only live with his hands carrying a basketball because he also live extending his hand carrying lives.

From establishing The Kobe and Vanessa Bryant Family Foundation, from volunteering himself to help Boys and Girls club of America, lending a hand to national children's charity, founding education, sports and culture programs around the world, building basketball courts, building homes for the poor, giving support to wounded countrymen, combating youth homelessness and teaching people on how to become leaders and independent thinkers, there is no reason why we should not stan this man.

On the NBA's all-time regular season scoring list, he ranks fourth but all these deeds

make him one of the best athletes in the world that stood as a philanthropist. Inside his two-decade-career, he touched the lives of many people. He brought happiness, motivation, confidence and strength to his fellow and the love that he showed is beyond measure.

Black Mamba, a name he gave for himself. He chose this not because he portray himself as someone who is deadly and toxic. The dim life he had before has made him transform to someone who knows how to turn on the lights. He knew that snakes undergo through skin shedding and it is what he wants for himself, to leave the past and start for something new. The glow inside him was a successful transformation and the good things he did were excellent proofs.

### **Kobe Bryant Facts:** source: <https://sportytell.com/basketball/20-amazing-kobe-bryant-facts-you-should-know/>

#### **1. Kobe was the first NBA player to be drafted from high school**

Following his decision to enter the 1996 NBA Draft, Bryant was the Charlotte Hornets #13 pick and was thus traded to the Los Angeles Lakers following a prior agreement. Bryant thus became the first NBA guard to be drafted straight from high school.

#### **2. He won the NBA Championship during his first three seasons at Los Angeles Lakers**

Bryant's first three seasons with the Los Angeles Lakers was rewarding as he won several honours as well as the NBA championship, but it was not without a bit of drama. Bryant had a feud with one of basketball's greatest who happened to be Bryant teammates.

#### **3. He changed his jersey number multiple times**

During his career, Bryant made jersey number switch twice. He first made the switch from 33 to 24 when he was just drafted into the NBA. His second jersey number switch came in the 2006/07 season from 8 to 24.