



FLAME

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The official Student Publication of
NORTHWESTERN UNIVERSITY

“You must look within for value, but must look
beyond for perspective”.

Denis Waitley





Photo courtesy of Clark Justine Galiza/BS Architecture student


“Time and health are two precious assets that we don’t recognize and appreciate until they have been depleted.”.

Denis Waitley





Photo courtesy of Clark Justine Galiza/BS Architecture student



We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon.

-Franklin D. Roosevelt

Photo courtesy of Clark Justice Galiza/BS Architecture student

Photo courtesy of Clark Justine Galiza/BS Architecture student


Anything in any way beautiful derives its beauty from itself and asks nothing beyond itself. Praise is no part of it, for nothing is made worse or better by praise.

Marcus Aurelius

By letting it go it all gets done. The world is won by those who let it go. But when you try and try. The world is beyond the winning.

Lao Tzu


Photo courtesy of Clark Justine Galiza/BS Architecture student



Whatever is done for love always occurs be-
yond good and evil.

Friedrich Nietzsche


Photo courtesy of John Alday/BS Psychology student



Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.

Albert Einstein

Photo courtesy of John Alday/BS Psychology student



And as I've gotten older, I've had more of a tendency to look for people who live by kindness, tolerance, compassion, a gentler way of looking at things.


Martin Scorsese

Photo courtesy of John Alday/BS Psychology student

“Go higher and higher, until it becomes impossible to bring you down, I wanna use a microscope to locate you, don’t even dream of coming down.”

Michael Bassey Johnson

Photo courtesy of Jezreel Larry Caunca/AB Political Science Student



Let us fill our hearts with our own
compassion - towards ourselves and
towards all living beings.

Thich Nhat Hanh

*Photo courtesy of Jezreel Larry Caunca/AB Political Science
Student*

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

Martin Luther King, Jr.

People make the Place



Photo courtesy of Jezreel Larry Caunca/AB Political Science Student



As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being.

Carl Jung

Photo courtesy of Jezreel Larry Caunca/AB Political Science Student



One cool judgment is worth a thousand hasty counsels. The thing to do is to supply light and not heat.

Woodrow Wilson

Photo courtesy of Jezreel Larry Caunca/AB Political Science Student

Truth will ultimately prevail where there is
pains to bring it to light.

George Washington



Photo courtesy of Rasheed Daniel Reyes/BS Psychology Student

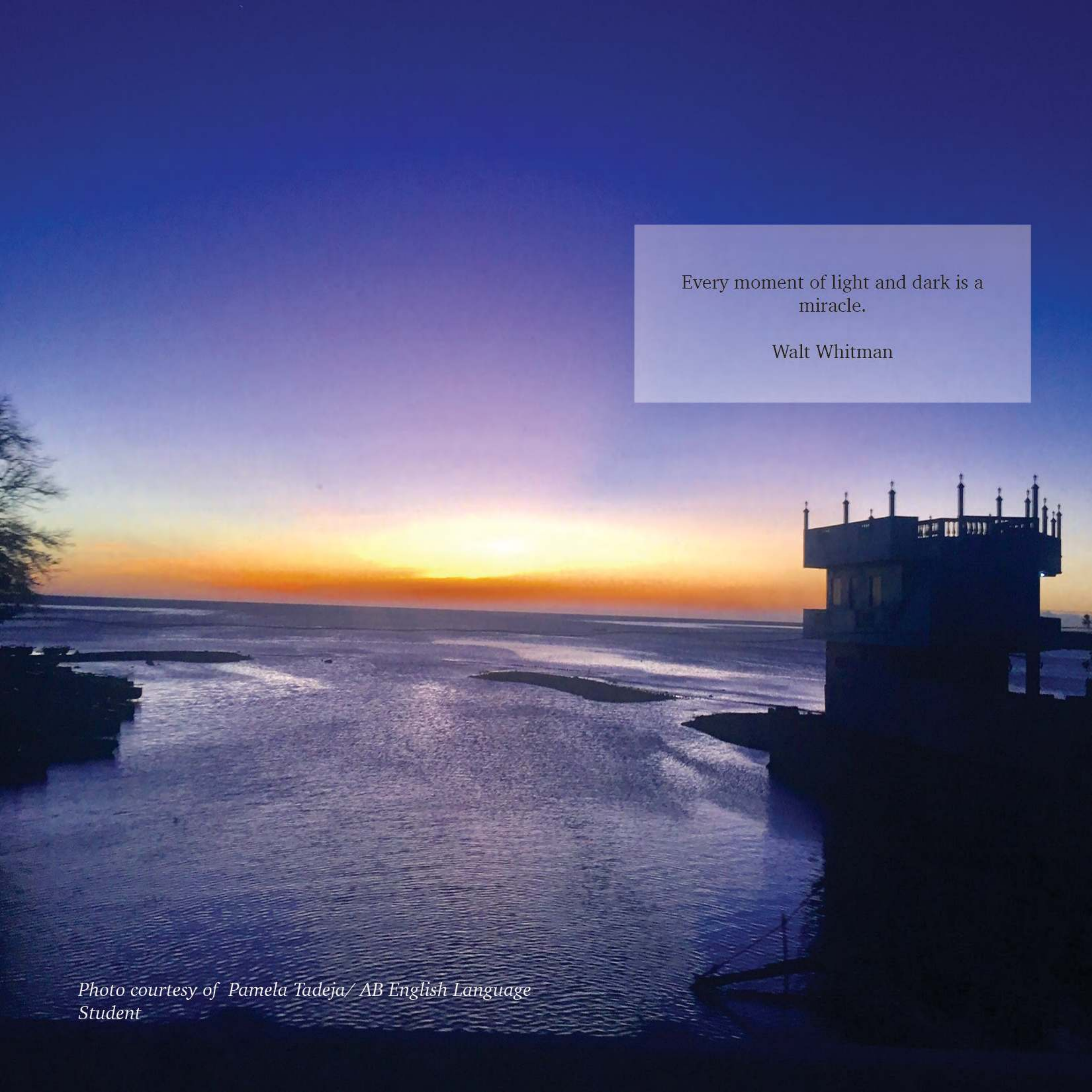


NORTHWEST MISSOURI STATE UNIVERSITY

Faith is the strength by which a shattered world shall emerge into the light.

Helen Keller

Photo courtesy of Jezreel Larry Caunca/AB Political Science Student

A photograph of a sunset over a body of water. The sun is low on the horizon, creating a bright orange and yellow glow that transitions into a deep blue sky. The water is dark with white foam from waves breaking. In the foreground on the right, the silhouette of a lighthouse is visible, featuring a square tower with a lantern room on top. The overall mood is serene and contemplative.

Every moment of light and dark is a
miracle.

Walt Whitman

*Photo courtesy of Pamela Tadeja/ AB English Language
Student*

Faith is the strength by which a shattered world shall emerge into the light.

Helen Keller



Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student



Faith is the strength by which a shattered
world shall emerge into the light.

Helen Kellery

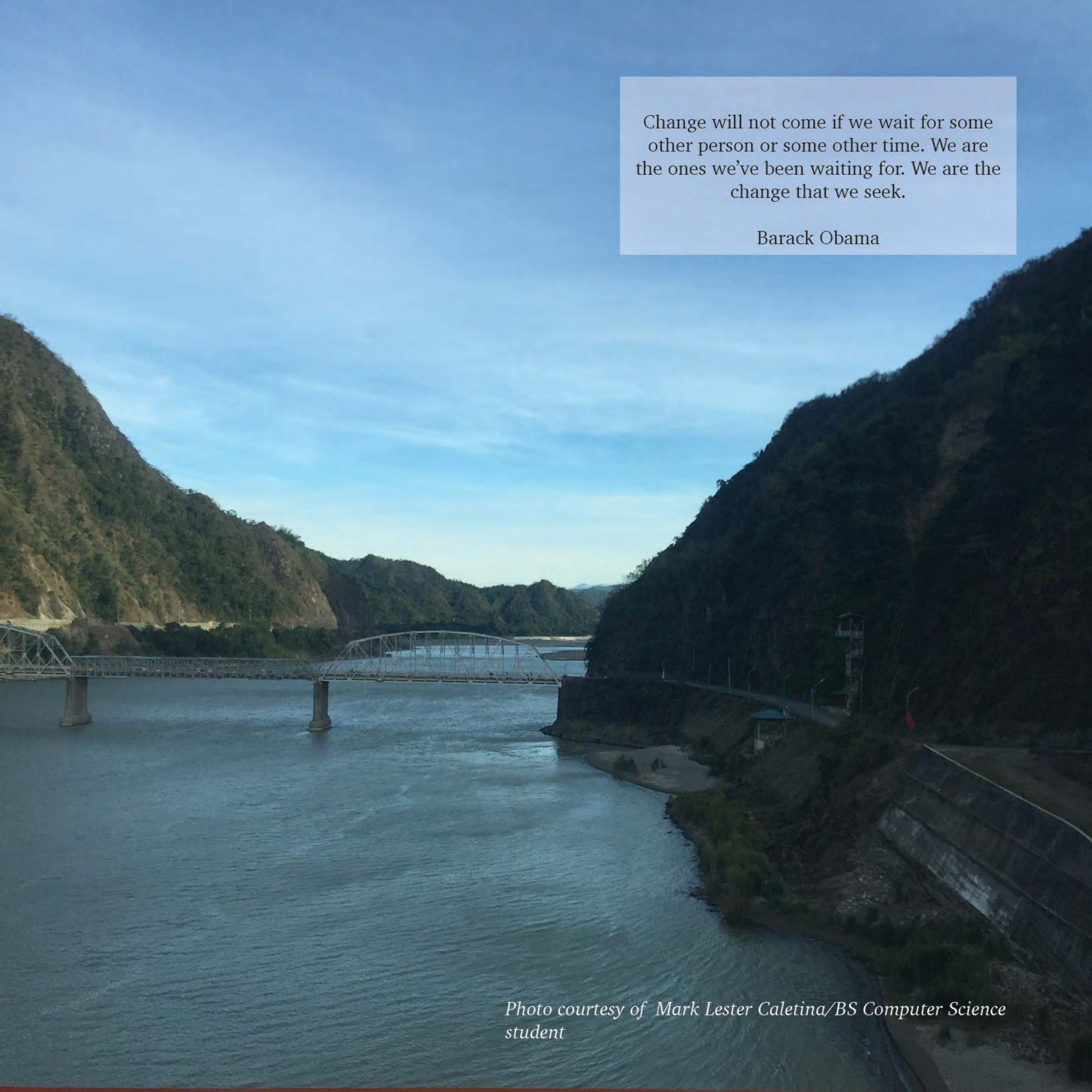
Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student

A photograph of a park with many trees, a bench, and some yellow bags. The trees are tall and thin, with green leaves. The ground is covered in dry leaves. In the background, there is a fence and some buildings. The text is overlaid on the top left of the image.

It's better to try and regret, than doubt
and regret

Unknown

*Photo courtesy of Mark Lester Caletina/BS Computer Science
student*



Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.

Barack Obama

Photo courtesy of Mark Lester Caletina/BS Computer Science student

The world is all gates, all opportunities,
strings of tension waiting to be struck.

Ralph Waldo Emerson



Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student

Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student

F.R. CASTRO AVE.

MANOYASCO

Perhaps all the dragons of our lives are princesses who are only waiting to see us once beautiful and brave.

Rainer Maria Rilke



Laundry Services

Cherry

NO

Photo courtesy of Jezreel Larry Caunca/AB Political Science Student

The future doesn't belong to the fainthearted; it belongs to the brave.

Ronald Reagan

Photo courtesy of Dyan Rae Rapacon/BS Architecture student

Life is tough, and things don't always work
out well, but we should be brave and go on
with our lives.

Suga



Brave men rejoice in adversity, just as
brave soldiers triumph in war.

Lucius Annaeus Seneca

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Globe

Photo courtesy of Renier Marcos/BS Architecture student



Neither a wise man nor a brave man lies
down on the tracks of history to wait for
the train of the future to run over him.

Deus Ex Machina



Clouds come floating into my life, no
longer to carry rain or usher storm, but to
add color to my sunset sky.

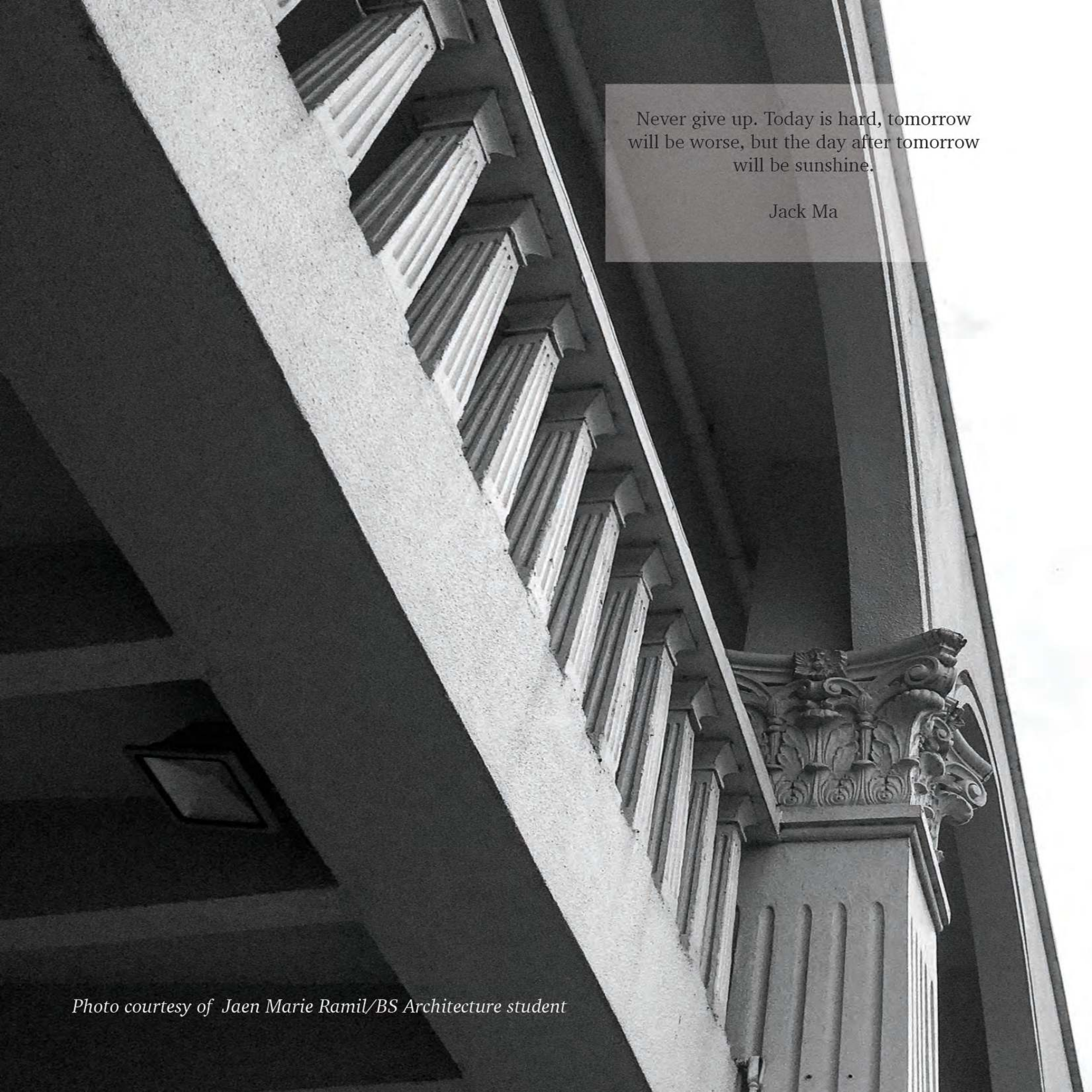
Rabindranath Tagore



Photo courtesy of Jaen Marie Ramil/BS Architecture student

Gratitude makes sense of our past, brings
peace for today, and creates a vision for
tomorrow.

Melody Beattie



Never give up. Today is hard, tomorrow
will be worse, but the day after tomorrow
will be sunshine.

Jack Ma

Photo courtesy of Jaen Marie Ramil/BS Architecture student

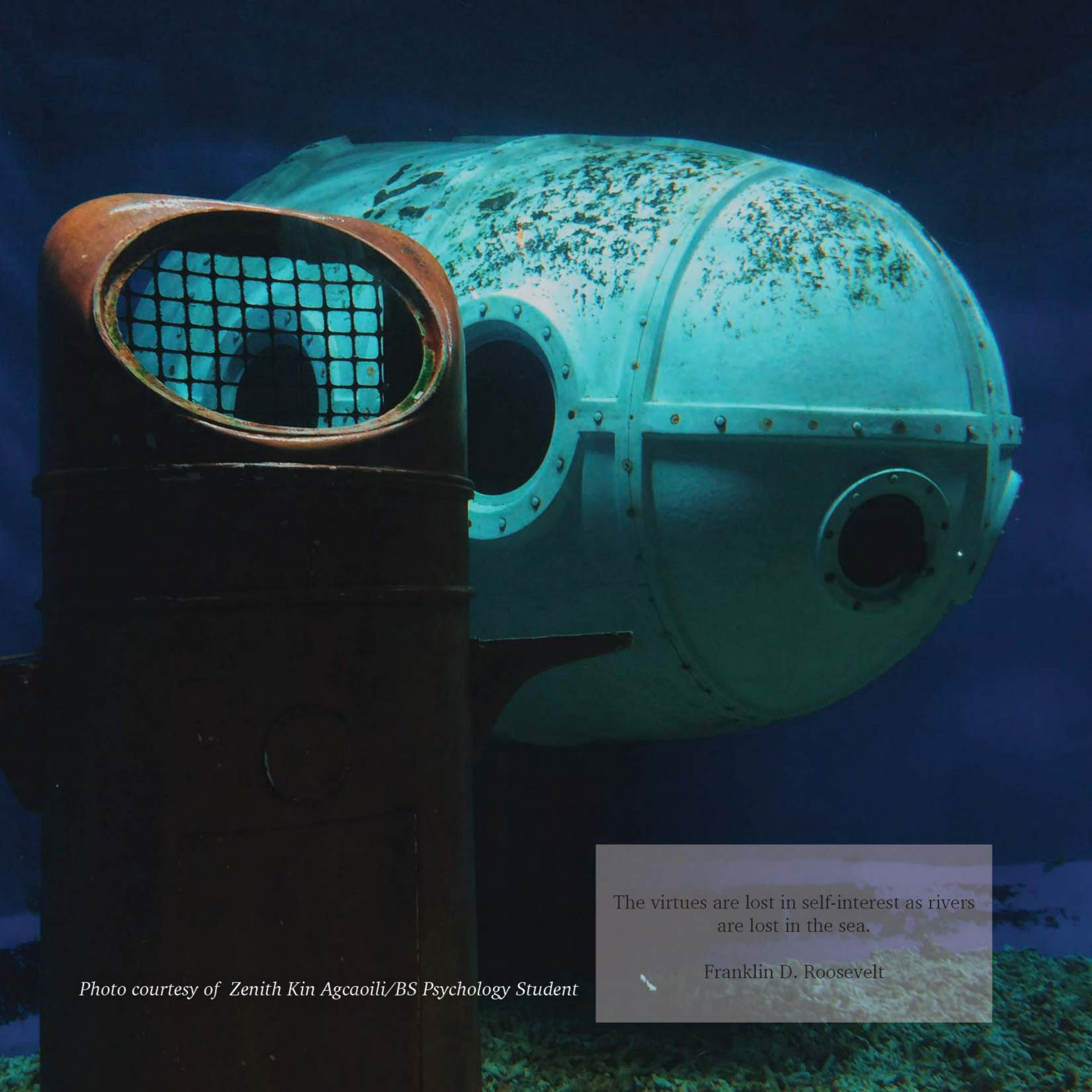



Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student

The virtues are lost in self-interest as rivers
are lost in the sea.


Franklin D. Roosevelt

Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student



Fishes live in the sea, as men do a-land;
the great ones eat up the little ones.

William Shakespeare

A photograph of a long, straight path leading to a lighthouse at sunset. The path is a light-colored, possibly stone or concrete, and leads directly to a lighthouse in the distance. The lighthouse is a tall, cylindrical structure with a lantern room on top. The sky is a mix of blue and orange, indicating sunset. The foreground is dark, and the background is bright. The overall mood is serene and hopeful.

I believe the destiny of your generation
- and your nation - is a rendezvous with
excellence.

Lyndon B. Johnson

Photo courtesy of John Patrick Mann/BS Architecture student

Those who attain any excellence, commonly spend life in one pursuit; for excellence is not often gained upon easier terms.

Samuel Johnson


Photo courtesy of John Patrick Mann/BS Architecture student

Photo courtesy of Quennie Elizabeth Ellares/BS Architecture student



Beauties in vain their pretty eyes may roll;
charms strike the sight, but merit wins the
soul.

Alexander Pope



I will love the light for it shows me the
way, yet I will endure the darkness because
it shows me the stars.

Og Mandino

*Photo courtesy of Pamela Tadeja/ AB English Language
Student*

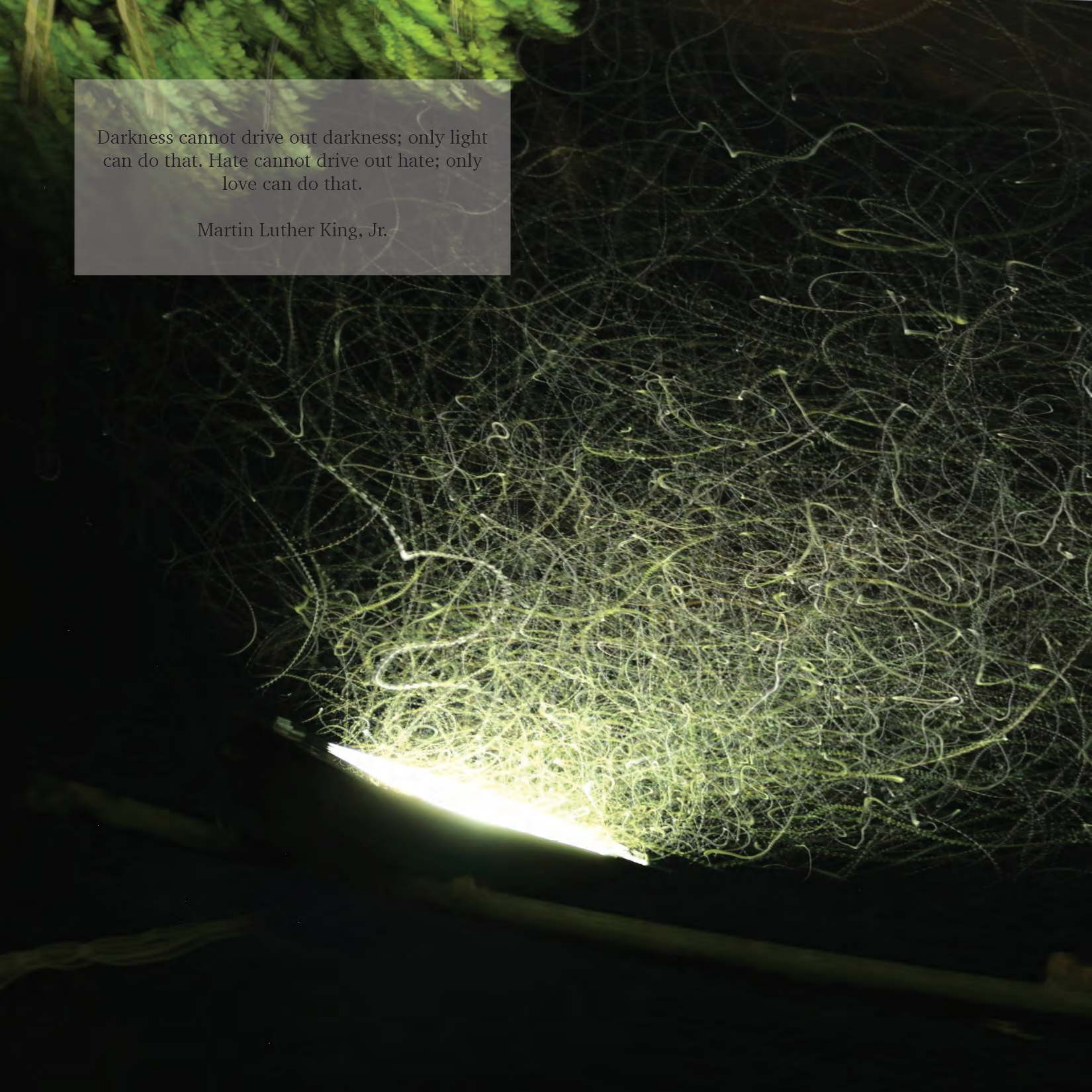
Life is tragic simply because the earth turns
and the sun inexorably rises and sets, and one
day, for each of us, the sun will go down for the
last, last time.

James Baldwin





Photo courtesy of Dyan Rae Rapacon/BS Architecture student

A night scene where a flashlight beam illuminates a dense thicket of green ferns. The light is bright and focused, creating a strong contrast with the surrounding darkness. The ferns are illuminated in shades of green and yellow, while the rest of the scene is in deep shadow.

Darkness cannot drive out darkness; only light
can do that. Hate cannot drive out hate; only
love can do that.

Martin Luther King, Jr.



Photo courtesy of Dyan Rae Rapacon/BS Architecture student

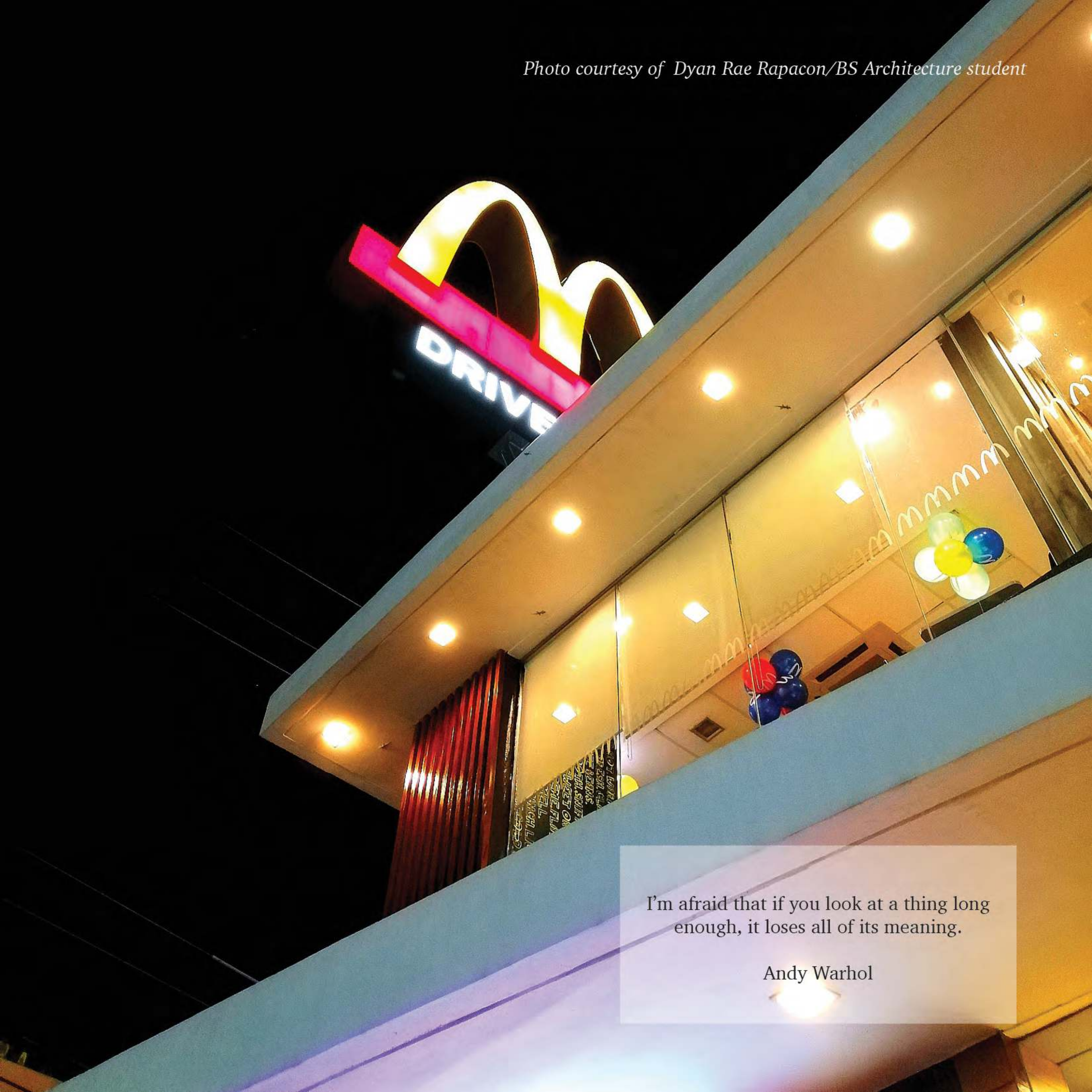


Photo courtesy of Dyan Rae Papacon/BS Architecture student

If art is to nourish the roots of our culture,
society must set the artist free to follow his
vision wherever it takes him.

John F. Kennedy

Photo courtesy of Dyan Rae Rapacon/BS Architecture student




I'm afraid that if you look at a thing long enough, it loses all of its meaning.

Andy Warhol

Photo courtesy of Dyan Rae Rapacon/BA Architecture student





There is no greater mystery to me than that of
light traveling through darkness.

Alexander Volkov



Yellow is my favorite summer color - it makes me feel like a sunflower.

Bria Vinaite

Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student

Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student



I see nothing in space as promising as the
view from a Ferris wheel.

E. B. White



I see nothing in space as promising as the
view from a Ferris wheel.

E. B. White


Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student

Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student



I like not only to be loved, but also to be
told I am loved.

George Eliot



To cherish what remains of the Earth and
to foster its renewal is our only legitimate
hope of survival.

Wendell Berry

Photo courtesy of Clark Justine Galiza/BS Architecture student

He is richest who is content with the least,
for content is the wealth of nature.

Socrates

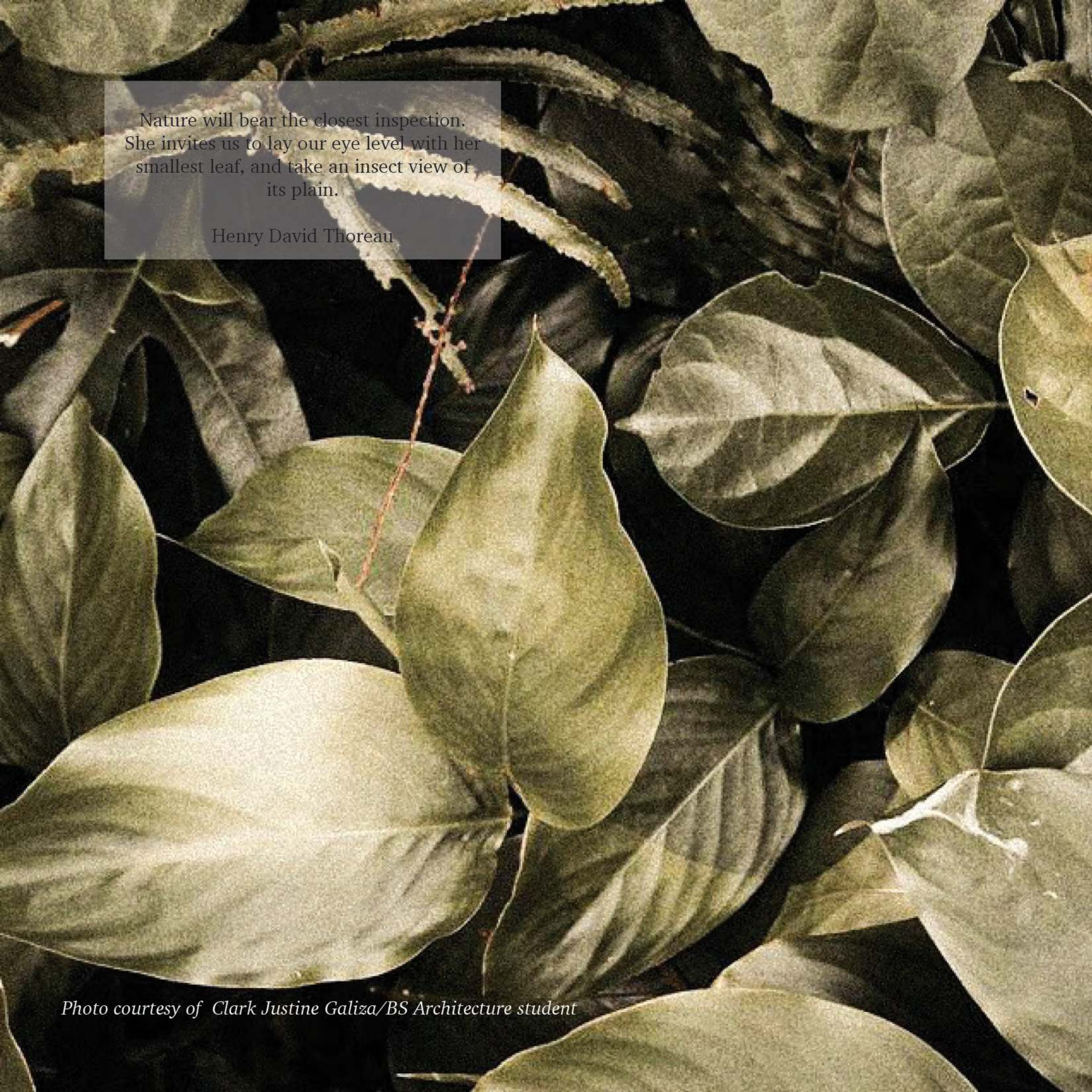
Photo courtesy of Clark Justine Galiza/BS Architecture student



Look deep into nature, and then you will
understand everything better.

Albert Einstein

Photo courtesy of Clark Justine Galiza/BS Architecture student



Nature will bear the closest inspection.
She invites us to lay our eye level with her
smallest leaf, and take an insect view of
its plain.

Henry David Thoreau


Photo courtesy of Clark Justine Galiza/BS Architecture student

Photo courtesy of Rasheed Daniel Reyes/BS Psychology Student

A big part of depression is feeling really lonely, even if you're in a room full of a million people.

Lilly Singh





Our Generation has had no Great war, no
Great Depression. Our war is spiritual. Our
depression is our lives.

Chuck Palahniuk

Photo courtesy of Dyan Rae Rapacon/BS Architecture student

Nature knows no pause in progress and development, and attaches her curse on all inaction.

Johann Wolfgang von Goethe

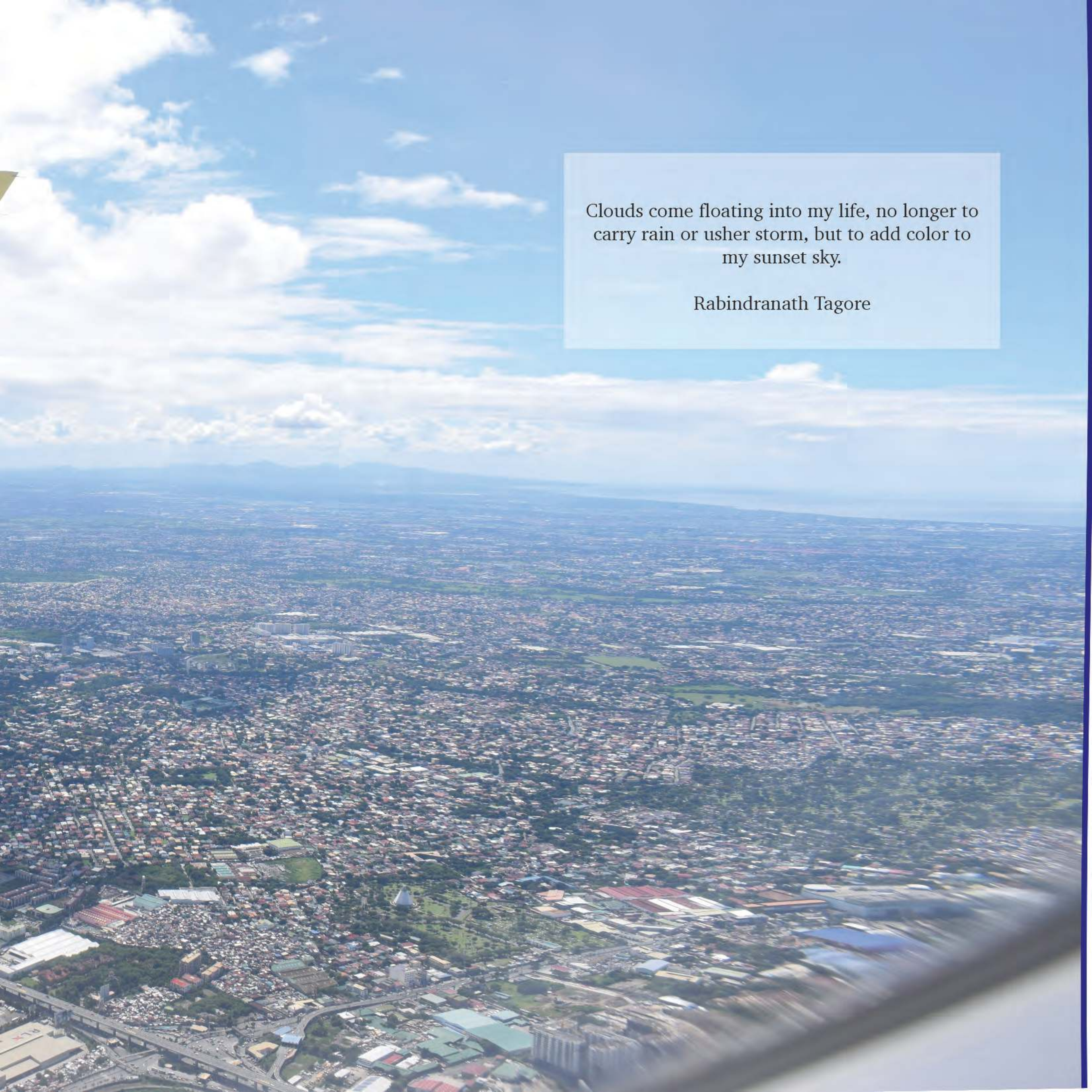




Photo courtesy of Jezreel Larry Caunca/AB Political Science Student



Photo courtesy of Jezreel Larry Caunca/AB Political Science Student

An aerial photograph of a vast, densely populated city, likely Manila, Philippines, under a bright blue sky with scattered white clouds. The city's layout is a mix of residential areas with small buildings and larger commercial or industrial zones with larger structures and parking lots. In the distance, a range of mountains is visible under a hazy sky. A semi-transparent white rectangular box is overlaid on the upper right portion of the image, containing a quote and the name of the author.

Clouds come floating into my life, no longer to
carry rain or usher storm, but to add color to
my sunset sky.

Rabindranath Tagore



No man ever steps in the same river twice,
for it's not the same river and he's not the
same man.

Heraclitus

*Photo courtesy of Jezreel Larry Caunca/AB Political Science
Student*

A photograph showing a fire truck with a yellow and red body spraying a powerful stream of water from a high-pressure hose onto a multi-story building. A firefighter in a dark uniform is visible on the truck's platform, operating the hose. The building has a white facade with dark window frames and a red roofline. The sky is clear blue with some light clouds. The sun is visible in the upper right corner, creating a lens flare effect.

Photo courtesy of Jezreel Larry Caunca/AB Political Science Student

Heavy hearts, like heavy clouds in the sky,
are best relieved by the letting of a little
water.

Christopher Morley

Photo courtesy of Mark Lester Caletina/BS Computer Science student


The journey of a thousand miles begins
with one step.

Lao Tzu

When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps.

Confucius

Photo courtesy of Mark Lester Caletina/BS Computer Science student



You never really understand a person until
you consider things from his point of view.

Harper Lee

*Photo courtesy of Mark Lester Caletina/BS Computer Science
student*

There are dark shadows on the earth, but
its lights are stronger in the contrast.

Charles Dickens



Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student

Photo courtesy of Dyan Rae Rapacon/BS Architecture student


Not enough people in this world, I think,
carry a cosmic perspective with them. It
could be life-changing.

Neil deGrasse Tyson

Failure is simply the opportunity to begin
again, this time more intelligently.

Henry Ford


Photo courtesy of Dyan Rae Rapacon/BS Architecture student



I'm like a tree. My leaves might change
color, but my roots are the same.

Rose Namajunas

Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student



If you think in terms of a year, plant a seed; if in terms of ten years, plant trees; if in terms of 100 years, teach the people.

Confucius


Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student



Flowers... are a proud assertion that a ray
of beauty outvalues all the utilities of the
world.

Ralph Waldo Emerson

Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student



Keep love in your heart. A life without it
is like a sunless garden when the flowers
are dead.

Oscar Wilde

Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student

Success is not a good teacher, failure makes you humble.

Shah Rukh Khan

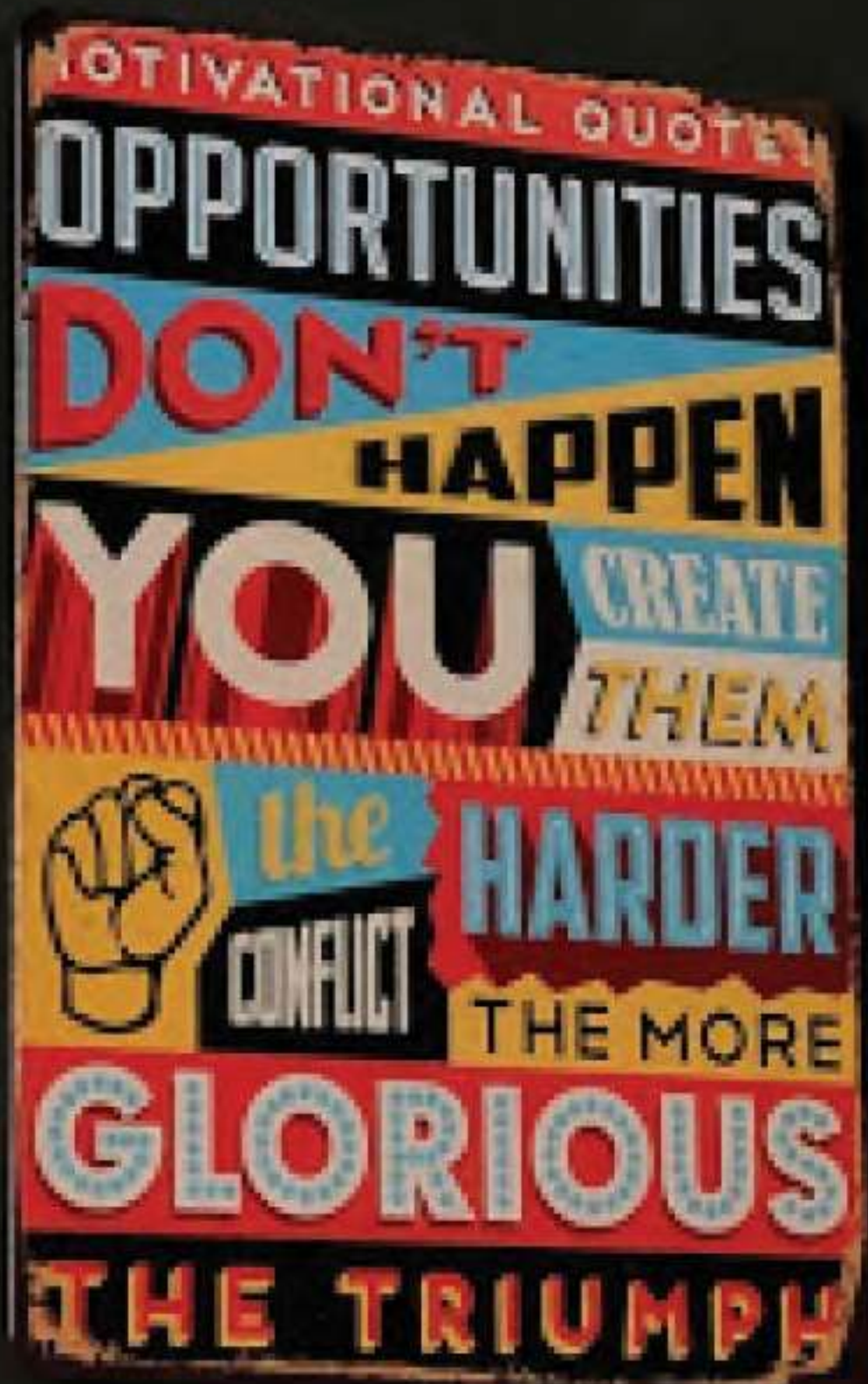


Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student

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KEEP C
AND
DRINK CO

However difficult life may seem, there is
always something you can do and succeed
at.

Stephen Hawking

Photo courtesy of Zenith Kin Agcaoili/BS Psychology Student

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CASA FERIL

ATLAS ULTIMATE

I often think that the night is more alive
and more richly colored than the day.

Vincent Van Gogh

Photo courtesy of Jimmet Bautista/BS Architecture student

Photo courtesy of Jimmet Bautista/BS Architecture



They who dream by day are cognizant
of many things which escape those who
dream only by night.

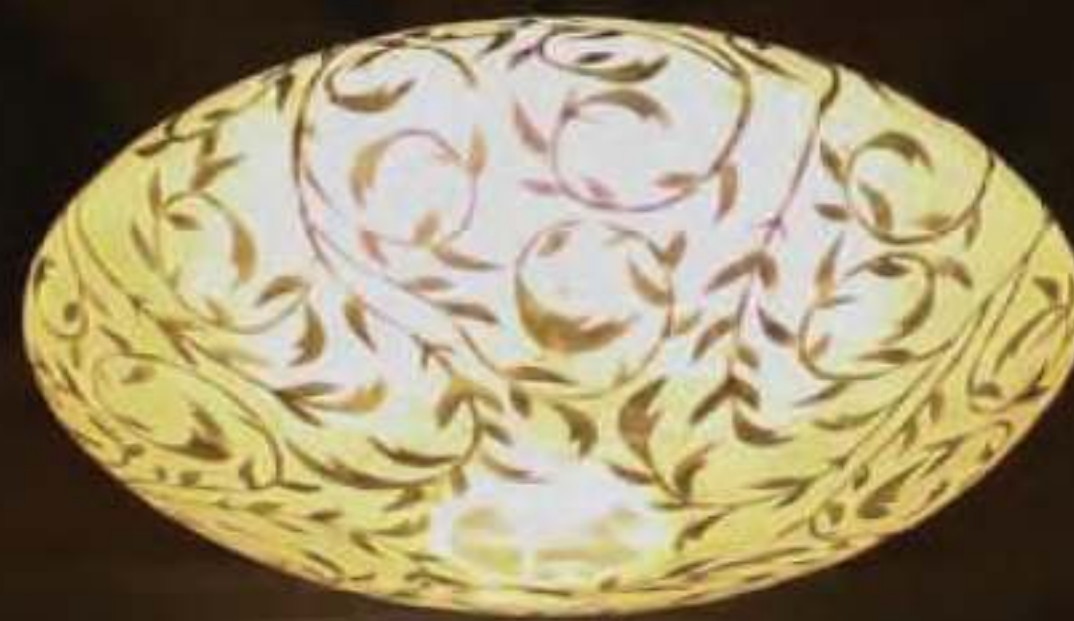
Edgar Allan Poe

Photo courtesy of Jimmet Bautista/BS Architecture student



If the stars should appear but one night
every thousand years how man would
marvel and stare.


Ralph Waldo Emerson



It is during our darkest moments that we
must focus to see the light.

Aristotle

Photo courtesy of Jessica Abella/BS Architecture student

A photograph of a courtyard between two multi-story buildings. The buildings are light-colored with many windows, some of which have air conditioning units. A large, tall palm tree stands in the center of the courtyard, reaching towards the sky. The sky is overcast and grey. The overall tone of the image is somewhat muted and contemplative.

It is our choices... that show what we
truly are, far more than our abilities.

J. K. Rowling

*Photo courtesy of Ma. Trisha Nicole Gabriel/BS Architecture
student*

Tell me and I forget. Teach me and I remember. Involve me and I learn.

Benjamin Franklin



Photo courtesy of Ma. Trisha Nicole Gabriel/BS Architecture student

→ Mall Entrance

→ Drop Off



He who learns but does not think, is lost!
He who thinks but does not learn is in
great danger.

Confucius

Photo courtesy of Ella Jane Ramos/BS Architecture student



Live as if you were to die tomorrow. Learn
as if you were to live forever.

Mahatma Gandhi

Photo courtesy of Aian Mark Menor /BS Architecture student



We must learn to live together as brothers
or perish together as fools.

Martin Luther King, Jr.

Photo courtesy of Aian Mark Menor /BS Architecture student

Photo courtesy of Aian Mark Menor /BS Architecture student

I've learned that people will forget what
you said, people will forget what you did,
but people will never forget how you made
them feel.

Maya Angelou



Your vision will become clear only when
you can look into your own heart. Who
looks outside, dreams; who looks inside,
awakes.

Carl Jung

Photo courtesy of Daphne Padayao/BS Architecture student

A long, narrow wooden deck with a yellow handrail, viewed from a high angle, extending towards a window on a white wall. The deck is made of light-colored wood planks and runs parallel to a white wall on the right. A yellow handrail is mounted along the edge of the deck. A window with a dark frame is visible on the wall, reflecting the sky. The background is a bright, overcast sky.

Photo courtesy of Daphne Padayao/BS Architecture student

Hold fast to dreams, for if dreams die, life
is a broken-winged bird that cannot fly.

Langston Hughes





Photo courtesy of Clark Justine Galiza/BS Architecture student

Trees and plants always look like the people they live with, somehow.

Zora Neale Hurston

Love is the driver for all great stories: not just romantic love, but the love of parent for child, for family, for country.

Jojo Moyes

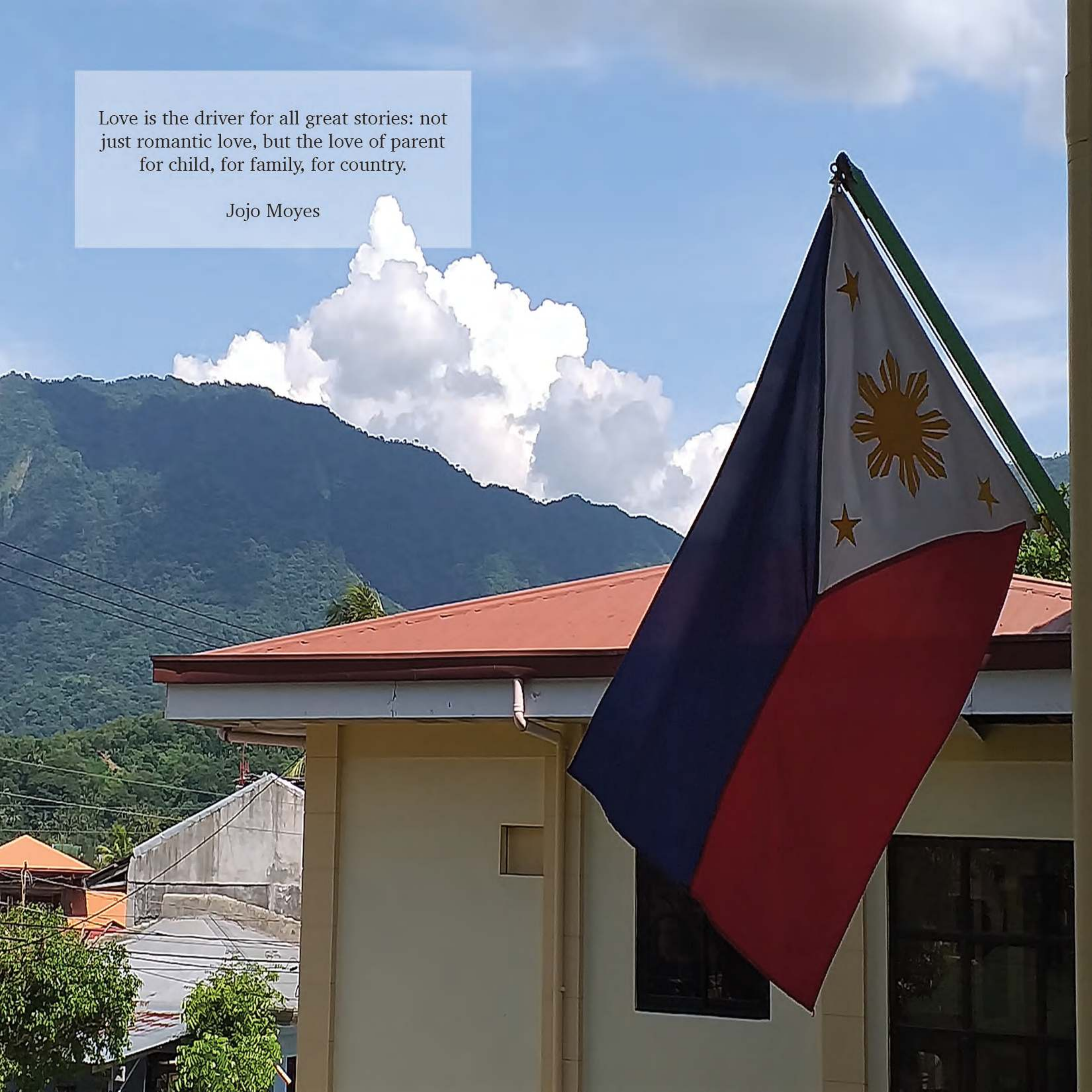


Photo courtesy of Terrence Medrano/BS Architecture student

Keep every promise you make and only
make promises you can keep.

Anthony Hitt



Photo courtesy of Terrence Medrano/BS Architecture student



Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think.

Unknown

Photo courtesy of Dyan Rae Rapacon/BS Architecture student

Wait without thought, for you are not
ready for thought.

T. S. Eliot



Photo courtesy of Dyan Rae Rapacon/BS Architecture student

When I'm inspired, I get excited because
I can't wait to see what I'll come up with
next.

Dolly Parton

The pursuit of truth and beauty is a sphere
of activity in which we are permitted to
remain children all our lives.

Albert Einstein

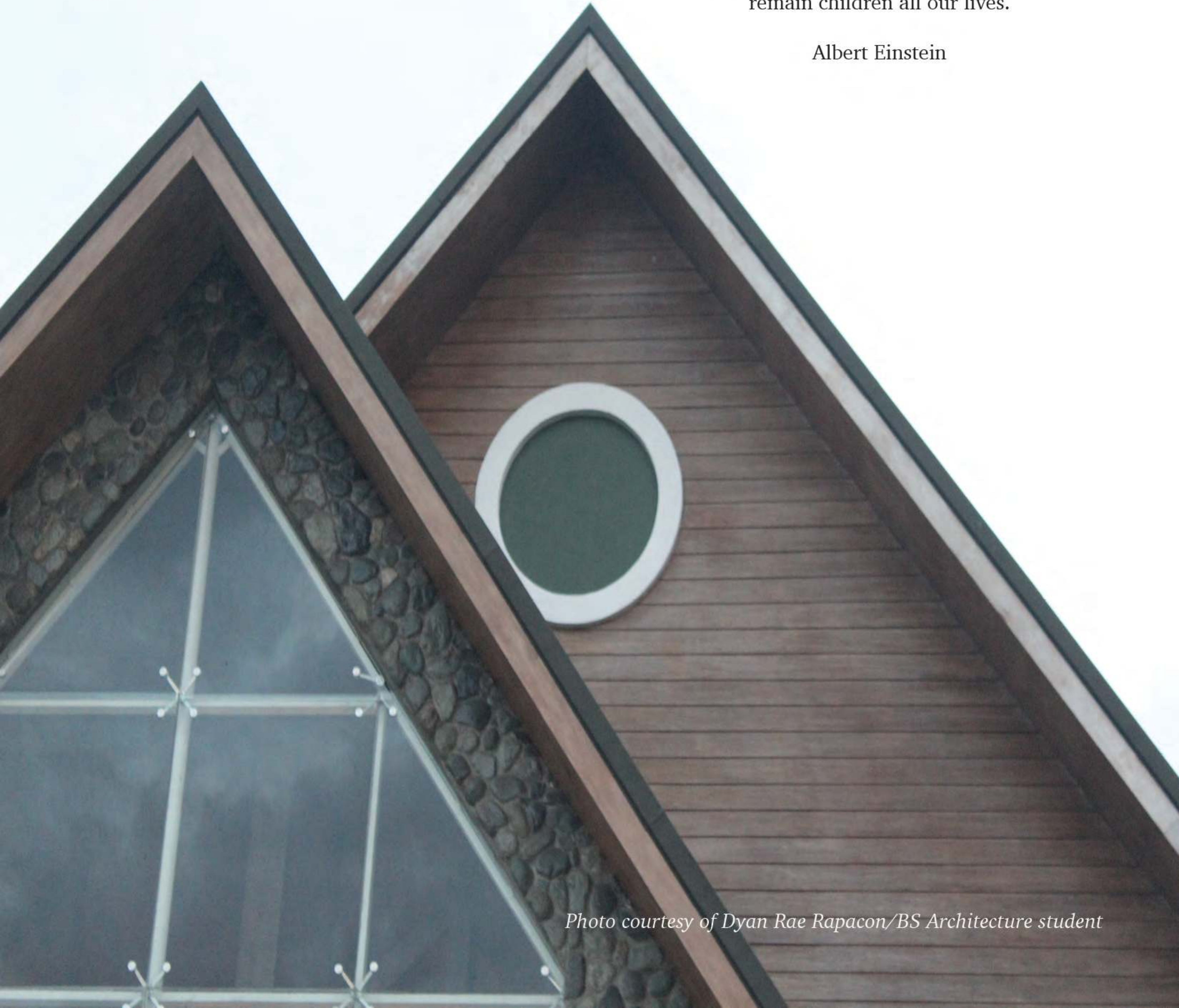
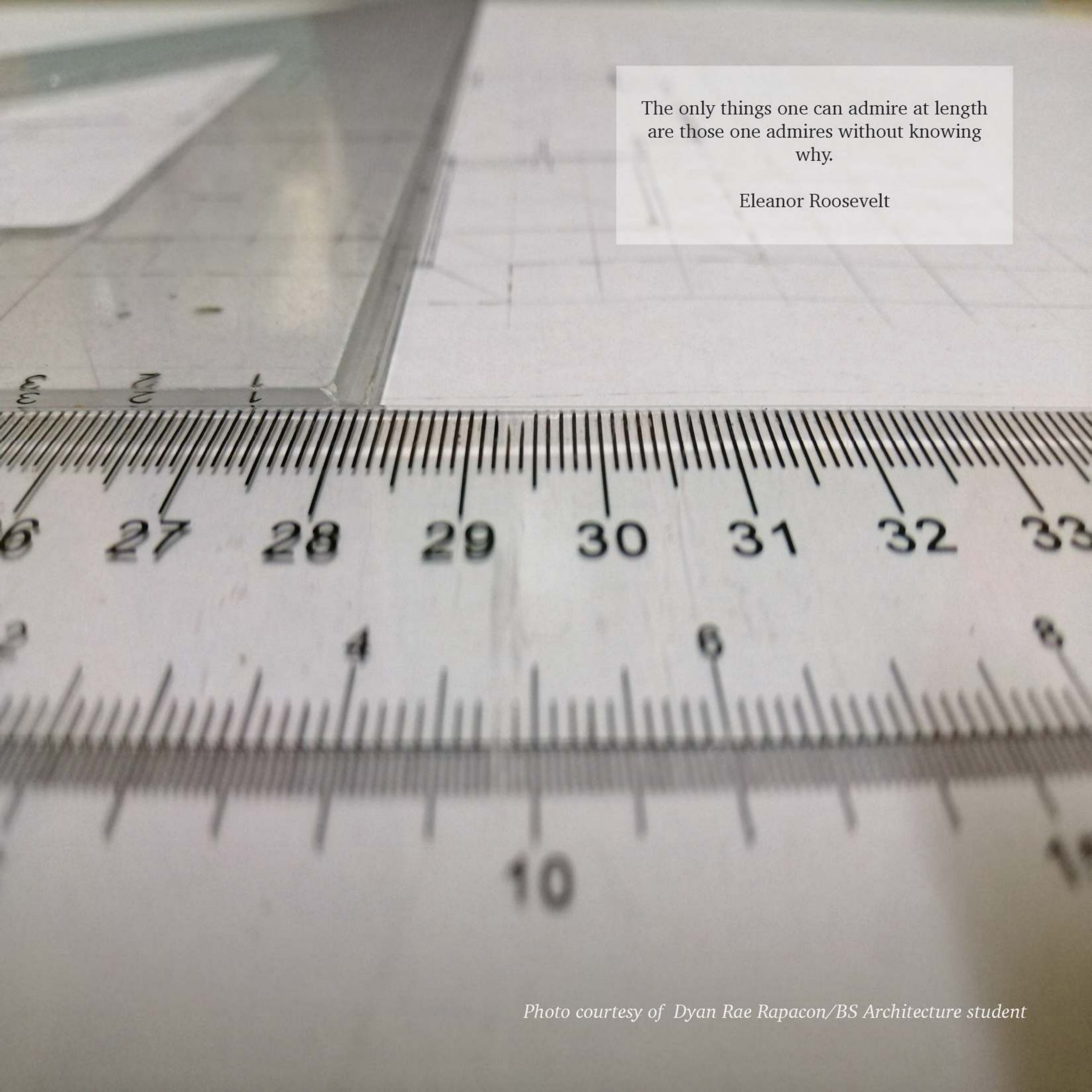


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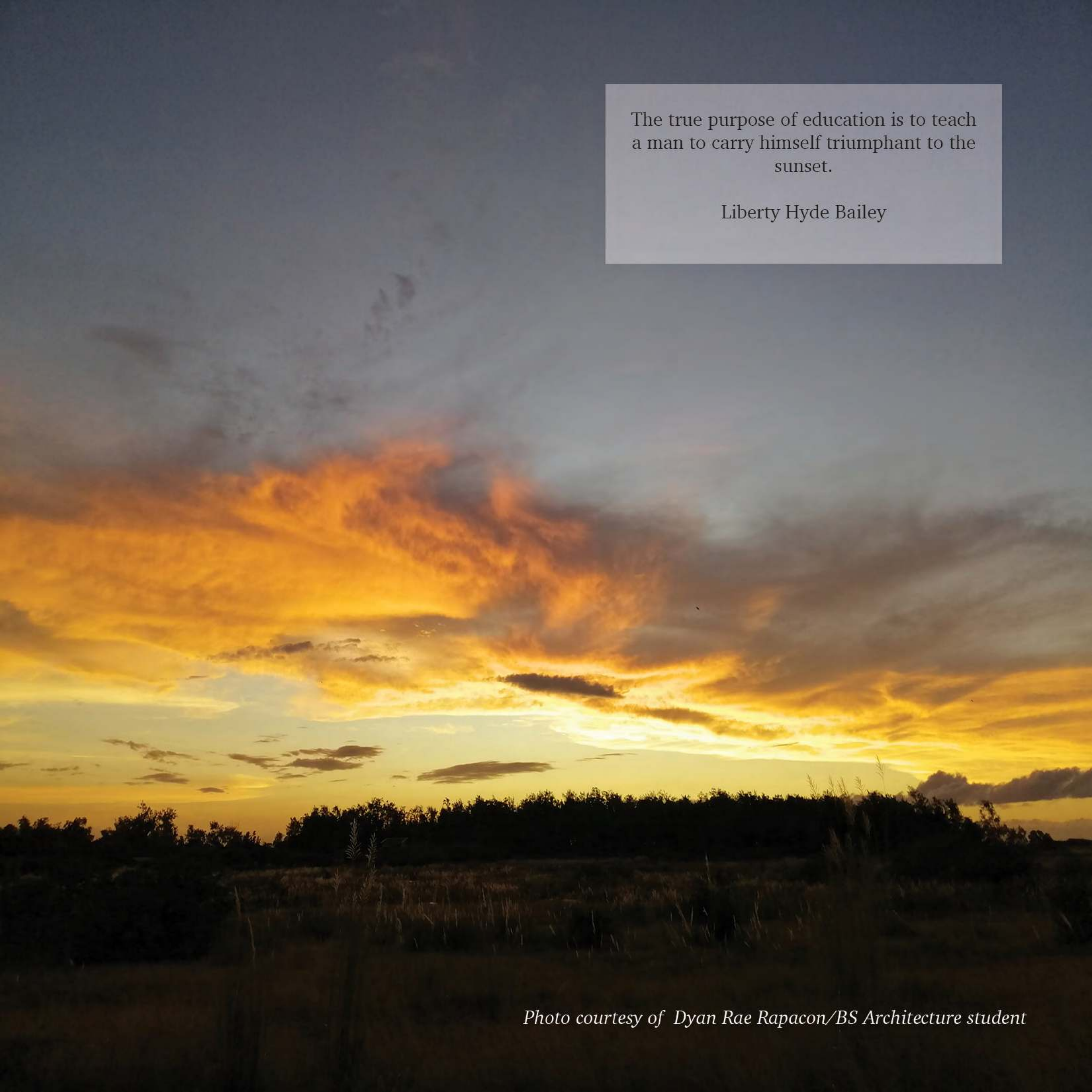
The only things one can admire at length
are those one admires without knowing
why.

Eleanor Roosevelt

Photo courtesy of Dyan Rae Rapacon/BS Architecture student

Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind.

Bruce Lee

A wide-angle photograph of a sunset over a field. The sky is filled with large, billowing clouds that are illuminated from below by the setting sun, creating a vibrant orange and yellow glow. The sun itself is a bright, glowing orb partially obscured by a layer of clouds near the horizon. The foreground consists of a dark, silhouetted field of tall grasses and trees, with the sun's light reflecting off the tops of some of the plants. The overall mood is serene and contemplative.

The true purpose of education is to teach
a man to carry himself triumphant to the
sunset.

Liberty Hyde Bailey

Photo courtesy of Dyan Rae Rapacon/BS Architecture student

To be, or not to be, that is the question.

William Shakespeare



Photo courtesy of Dyan Rae Rapacon/BS Architecture student

Be miserable. Or motivate yourself.
Whatever has to be done, it's always your
choice.

Wayne Dyer



Photo courtesy of Dyan Rae Rapacon/BS Architecture student



The REVIEW

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EDITOR'S NOTE

-John Eiell Domingo

The advent of modern technology has made a great impact on the lives of people. Everyday living was found with ease and convenient. Upgrades and updates of modern technology have been amazing and fulfilling. Let's take for example the camera. Back then, there were only camera films which serves as tool for exhibit showcase and for souvenir purpose. Old-fashioned and low quality as it was, however, these cameras mere joy-given. The photo it produced bought about billions of legacy that something blessful or dreadful happened. So what are photos for you?

You know we can turn everything or every moment memorable and unforgettable. But how can we preserve it? Photos. If one owns a camera of any model or unit, he can take photos all day and choose the best and saves it. These saved photos maybe put in albums or frames for safekeeping and later becomes evidence that in that day, a precious event has happened. A legacy indeed.

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