NWU hosts 20th National Debate Championship

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REVIEW

OFFICIAL STUDENT PUBLICATION OF NORTHWESTERN UNIVERSITY

Senior High students enjoin their peers to take courage in seeking help when they are confused even as they dedicate their song "Hawakan Ko Mga Kamay Mo" during the Lifeline launching.

University launches *Lifeline*

To serve as students' refuge

SECTION TWO A1

Saguday: A class by itself

There is life in Saguday

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Romeos and Juliet

HRM student shares international OJT experience

A4

• *Zenith Kin Agcaoili*

Ruth has been grappling with family problems. An average student who dreams big, she just could not concentrate on her studies as her problems at home hounded her.

She dropped school and left home only to live in squalor. Her former teacher took her in, gave her home and a future.

Roan, a sensitive young man, studious in his studies, at times behaved as if the world had been on his shoulder. His teacher noticed he was melancholic most of the time.

He must have noticed that his teacher was observing him so he stayed behind and opened up. He had attempted suicide several times because he felt his mother never loved him no matter how much he tried to please her

He was relieved when his teacher understood and enlightened him. The next time he stayed behind after class, he informed his teacher he was seeing a psychiatrist.

Emma, a bubbly young woman, brilliant student in class, suddenly stopped participating in class recitations and activities. She attended classes but it seemed she was far removed from the class.

She used to be her classmates' "savior" when they could not answer the teacher's question. But each time the teacher would go to her for the right answer, she resented deep inside. She suspected her teacher was hard on her, this she shared with her close male classmate.

Good thing, this close friend told this to the teacher. The teacher tried to make her understand she only wanted to bring out the best in her knowing that she had great potential.

She needed to bring out her pent-up emotions and she just found herself opening up, sharing her burden.

She was disturbed because her father who worked in Manila came home for a vacation and brought another woman. The woman became a fixture in their home as if she were the real wife each time the father visited them.

It pained her to see her mother suffering. She found a refuge in her teacher who never stopped encouraging her to go back to her old self and concentrate on her studies so that one day she could help her mother from such situation.

Sammy, is a quiet, shy young man. No one would suspect he was carrying a burden ever since he was old enough to see and know things around him.

He was diligent in his studies but at times he would not attend his class although he was around the campus. One day, he appeared and took the periodical exam.

The teacher was shocked when she read in Sammy's blue book that he attempted to take his life three days before the exam. His board mate arrived in the nick of time and stopped him from slashing his wrist. He accompanied Sammy to the guidance office the following day.

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ABCF president exhorts student leaders to serve constituents and not to be served

• *Irra May Ganot*

Ilocos Norte Association of Barangay Councils Federated president Elmer Faylogna exhorted the student leaders to be guided by the principles of good leadership so they could serve their constituents better.

Faylogna, guest speaker and inducting officer during the mass induction of the Supreme Student Council officers and college organizations and interest club leaders, told the student leaders that they were voted to serve and not to be served.

"The fact that you were voted does not mean you are above the students. No, you must be under them, so you will have the opportunity to see their needs and that you would address such in your level," Faylogna said.

He told them that "true leadership comes from the burning desire to serve."

"When you serve, you share. It is with sharing that you become grounded. It is with sharing that you start committing," he said.

Student leadership should be taken as a calling and not as a choice, Faylogna said, urging the student officers to always adhere to the oath they have taken recognizing that they are the students' voice.

He said that as student leaders, they must be "in" – ever in touch with what's going on around them, always assessing their capabilities and readiness to face challenges with their leadership experience.

The ABC Federated official enjoined the student officers to be "distinguished leaders with integrity."

"Living with integrity means speaking your truth even if it may create conflict or tension, behaving in ways that are in harmony with your personal values and making choices based on what you believe and not what others believe," Faylogna told the student officers.

He challenged them "to take a great task of their passion" and be an advocate, not allowing negativity and public apathy to stop them.

"I assure you, it will be one of the greatest experiences in your life," he said.

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HRM student heads SSC

A third year Hotel and Restaurant Management student won his presidential bid for the Supreme Student Council with his party sweeping all the positions.

Rommel Gerson routed his opponent, Sarah Synteche Lucas, fourth year Medical Technology student who ran as an independent.

Early on in the initial counting of votes, Gerson took a strong lead over Lucas and gathered 1,167 votes over that of the latter's 660 votes in the final tally.

Most of the candidates of Gerson's LODI party had no opponents making observers to note that it was a lopsided electoral contest. The candidates without

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University hosts 20th Nat'l Debate Championship

Finalists in the 20th National Debate Championship prepare for the final round.

• *Irra May Ganot*

The University played host to some 300 student debaters from the different regions in the country when it won the bid to host the 20th National Debate Championship over two other schools--Ateneo de Davao University in Mindanao and University of San Jose Recoletos in the Visayas.

The NWU debating team said that it is the first time for the school to host a national event.

"We prepared a lot where we made a video presentation in marketing the institution as the best venue for the prestigious event," Agustina Matias, one of the debating coaches, said.

"We were like the fresh competitor in hosting the national debate. Most bidders were mostly from the Visayas, Mindanao, Central Luzon and Baguio, never in Ilocos or Pangasinan," Ryan Marcelino, tournament director said, adding that Northwestern's edge over the other bidders was the free tour in the province.

Marcelino said the bid was not only meant to host the tournament in the "premier institution of learning in Asia" but also to showcase the province's rich culture and historical tourist spots.

Matias gladly shared that the event brought in some benefits for the debating team and good comments and impressions even as she said that the negative feedbacks were part of the work and that in any endeavour, "we cannot please everybody," she said.

She said the proceeds derived from the event will be used for the Debate Society of the University.

Matias said the Debate Society "ran the show," as members worked on all the preparation and arranged schedules, a move that affirms the University's commitment to allow the students to manage their affairs as mandated by the Commission on Higher Education.

The event was participated in by 31 institutions composed of 80 teams, 160 debaters and 92 adjudicators.

Of the top five finalists, Ateneo de Manila University-Team A won the championship and the University of the Philippines-Diliman Team A came in second.

AdeMu-Team B ranked third; University of the Philippines at Los Banos Team A and Team B ranked fourth and fifth, respectively.

Completing the top ten finalists are: De La Salle University-Team B, University of the Philippines-Diliman Team C, DLSU-Team C, UP Diliman-Team B and Western Mindanao State University-Team A.

NWU debaters win 3rd in IN Debate Cup

• *King Jay Balucon*

University students showed their mettle in public speaking when Team A of the school's Debate Society placed third in a championship round of the Debate Cup hosted by the Ilocos Norte Debate Union even as three members of the team won major awards.

The school's Team B which ruled the elimination rounds was named semi-finalist.

Cristalyn Coloma placed fourth *Best Adjudicator* while her teammates--Nick Harold Gajonera and Switzel Pitlo placed sixth and eighth *Best Speaker*, respectively.

The NWU Team B members John Lemuel Sabido, Ana Mae Manuel, Jessie Felipe Jr. and King Jay Balucon were awarded certificates as semi-finalists.

The event was participated in by six institutions: Mariano Marcos State University-Laboratory High School (MMSU-LHS), Mariano Marcos State University-Batac (MMSU-Batac), Northwestern University (NWU), San Nicolas High School (SNHS), Northern Christian College (NCC) and Saviours Christian Academy (SCA)

Northwestern and MMSU-LHS fielded two teams each.

The two-round elimination and championship round were held on two separate venues- MMSU-Batac Hostel and Robinson's Movie World.

It was hosted by the Ilocos Norte Debate Union.

Two Pol-Sci students join Asia Youth International Conference

• Vivian Casil

Two Political Science students got to shore up their knowledge on international issues when they were chosen among several Filipino students to participate in the three-day Asia Youth International Model United Nations conference held in Bangkok Thailand last November.

The AYIMUN was conducted through the international Model United Nations (MUN) Conference with Indonesia Global Network (IGN) as sponsor.

Joseph Ryan Marcelino and Cristalyne Kayte Coloma, both fourth year students, joined in the UN councils they were assigned to experience a simulated UN council meetings such as the UNESCO, World Health Organization, Food and Agriculture Organization and the International Labor Organization.

"The main activity, session meetings were conducted by each council on topic chosen by the committees. In the beginning, participants discussed general issues that were narrowed down to sub-topics with final results that were presented in draft resolutions," Marcelino said.

Marcelino said he had learned how to think broader for the benefit of humanity especially in the field of tourism.

Marcelino, who was assigned to the UN World Tourism Organization Council, said he articulated that tourism is one of the biggest contributors to a country's economy, thus, it should be given importance.

Coloma, meanwhile, said the conference gave her the opportunity to meet people from different countries in Asia, Africa, America, and Europe.

"Joining an international conference was an amazing experience. I gained a lot and drew insights from it and acquired valuable experiences," Coloma said.

The two students made it to the Model United Nations conference when their online applications were considered after they submitted an essay that included a summary of a participant's reason why he/she must be chosen as a delegate.

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Three *Review* staffers win major awards in RHEPC writing tilt, four make it to top 10

• *Irra May Ganot*

Three staff members of the *Review* won major awards in a writing contest at the 19th Regional Higher Education Press Conference even as four other members of the publication made it to the top 6-10 positions in the different writing categories.

The three – Hessen Noreen Castillo, Vivian Casil and Zenith Kin Agcaoili – made it to the top five in the categories they participated in, earning them the right to join other top five qualifiers from the different schools in Region One in the Luzonwide Higher Education Press Conference.

Castillo, the *Review's* associate editor, placed second, fourth and fifth in opinion writing, editorial writing and news writing (English Category), respectively. She also placed third in the Highest Individual Pointer award.

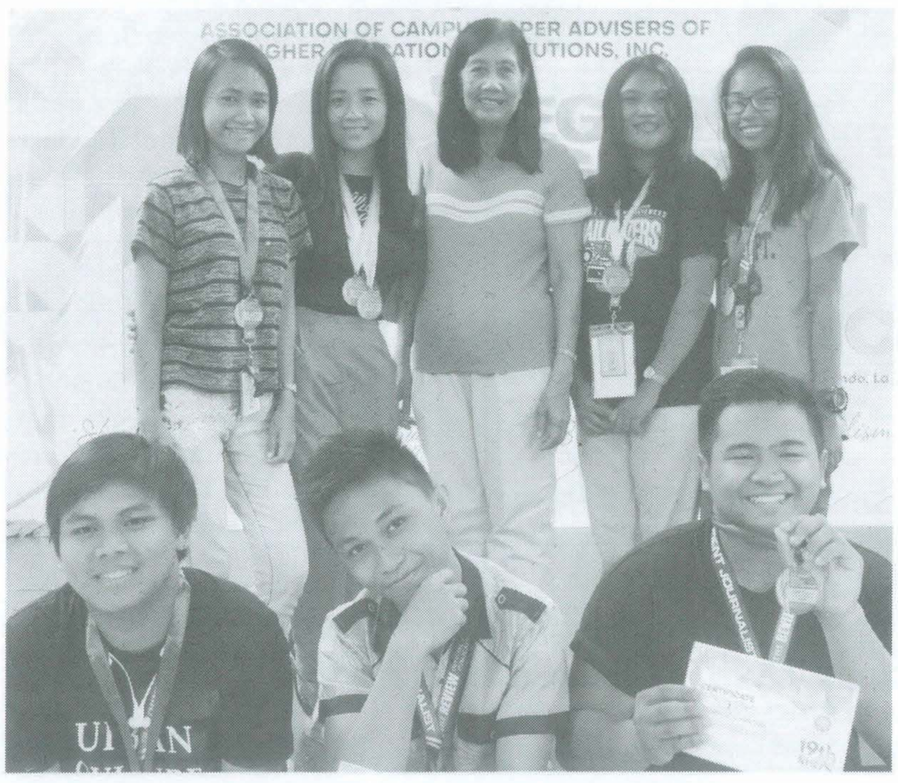
Agcaoili, staff reporter, garnered second place in Copyreading and Headline Writing (English) and ninth in Sports Writing (English).

Casil, another staff reporter, won fourth in Feature writing (Filipino).

The staff members who made it to the top 6-10 are: Charisse Sophia Raquinio and Rommiel Castres ninth in Poetry Writing (Filipino) and Literary Graphics (Filipino), respectively.

King Jay Balucon 10th in Editorial Cartooning (Filipino) and Jezzrylle Verzon 10th in Sports Writing (Filipino).

A total of 201 delegates from 21 public and private schools participated in the regional press conference.



Winners in the 19th Regional Higher Education Press Conference display their medals and certificates. Standing from left: Vivian Casil, Noreen Hessen Castillo, Zenith Kin Agcaoili and Sophia Raquinio.

Seated front row: Romiel Castres, King Jay Balucon, and Jezzrylle Verzon.

At the center is their trainer/coach Juliet Pascual.

JPIA NWU-chapter bags major awards in PAWC-RMYC academic and non-acad tilt

• *Alexandria Abella*

The Junior Philippine Institute of Accountants-Northwestern University Chapter (JPIA-NWU) bagged major awards during the Provincial Accountancy Week Celebration and Regional Mid-Year Convention as they bested in the academic and non-academic tilts.

In the PAWC, Cleo Claire Sagubo won second place in the Extemporaneous Speaking which was held on the seventh and eighth day of September 2018, with the theme, "PIAE: Promoting Integrity, Advancing Excellence".

The celebration has been spearheaded by the Philippine Institute of Certified Accountants in collaboration with the accountancy students of Mariano Marcos State University, Divine Word College of Laoag, and Northwestern University.

In the RMYC, Irra May R. Ganot, placed fourth in the PresBlitz and Lovelle Tadeja made it as a finalist in the Buzzer Round CAT CUP, Meet the Standards.

JPIA-NWU also showcased its fascinating runway fashion show where the group landed sixth place.

The group was also awarded the second place in the JPIA-Parody characterized by Gerald Barroga.

Irra May R. Ganot got the fourth spot in the Siniratura: Slogan Making Contest.

Both events honed the talents of students and toughened JPIAns in the pursuance of their individual endeavors towards their goal, an officer of the JPIA said.

Sixth placer JPIA-NWU participants (left) showcase their runway fashion show. Irra May Ganot (right) flanked by her professors Rodante Ramos and Gene Rasos, fourth placer in the PresBits and Siniratura slogan making contest in the Regional Mid-year Convention displays her certificate of recognition.

COMMENTARY

Leadership is not how you lead but how you plan as a team

• *Sophia Raquinio*

The Leadership Camp, now on its third year, has been conducted with the hope that it will mold the student leaders to be capable in leading other students to make Northwestern a better institution.

The activity aimed to provide leadership training to selected potential leaders through discussions, adventure program and the like, and to provide an authentic platform for students and mainstream officers to forge bonds of friendship.

Sad to say, the camp didn't meet its objectives. It just didn't work. The friendship was there but we just could not see the unity.

The College of Allied Health Sciences failed to participate in any event at the start of the camp because the CAHS had its CAHS Night.

Perhaps, the organizers and the College should have consulted one another to synchronize the schedules. We were talking about unity but it seemed it was each to his own.

Two speakers were invited to talk on leadership. One of them was councilor Arbie Ablan who signified his intention to join the students in the next leadership camp.

Ablan told the students that leaders or not, they must possess qualities like kinship, leadership and unity that promote a strong bond with one another.

This bond is one of the main objectives of the camp. It was to strengthen the camaraderie of everyone in attaining a common goal where the different colleges, organizations and interest clubs are one in purpose.

To seal that, the organizers conducted a team building where the NSTP students were included. It could have been great. But it was the prepared set of activities that pushed the students to lose their interest.

Two games – mud roll and log roll – caught the participants offguard. They were not told beforehand. All they were told about was to bring extra shirt.

Mud roll made the student roll in a man-made mud pool while the log roll, the student rolled like a log in a dusty place. Worse, the games' facilitators cut the students' shirt or eyebrow for bonus points. Some went home with muddied shirts.

It would have been good if the students were told about the games in advance so that those who could not join for health reasons were exempted. I know some of the participants were sensitive to such kind of stressful game. One suffered an asthma attack.

We hope the next leadership camp will be more enjoyable with much fun. It must be well planned to consider the safety and health of the participants.

The next SSC officers must always remember this: leadership is not based on how you lead your teammates. It's how you plan as a team.

Gonzales appointed new VPAA

• *Irra May Ganot*

Dr. Chita Gonzales, former director of the school's Center for Business Development and External Affairs, has been appointed Vice President for Academic Affairs.

Gonzales who joined Northwestern in 1997 believes her professional growth in Northwestern that spanned for 22 years had an "impact on her appointment."

She joined the workforce as college instructor for five years and later served as dean of the College of Business Education for four years after her four-year stint at the Office of Student Affairs as dean.

Given her 22 years of experience in the academe holding different positions, Gonzales shared that she was already ready for the job when the VPAA portfolio was offered to her.

"There was no transition for me. I was already equipped to be a competent VPAA," she said, adding that day one was a normal day because "as if she already knew what is expected."

"I will place my foot forward to become not really the best, but to be really a performing VPAA," she said.

Awarded as an outstanding COBE dean, Gonzales said she is focused on her job that even weekends are working hours for her.

"All for NWU," she said.

APPOINTMENTS

COBE OIC Dean

Ms. Imee Cabugon has been appointed officer-in-charge of the College of Business Education vice Dean Elmer Dela Cruz who resigned from his post.

She was appointed as OIC being the most senior member of the faculty.

As the OIC, she hopes for a wholesome cooperation and support from the students and members of the faculty for every learning activity because she believes that the success or growth of the College does not rely on one person only but also on the workforce.

Cabugon started her teaching career in June 2004. For seven years from June 2006- May 2013, she was named officer-in-charge of the Hotel and Restaurant Management Department.

• *Chrissa Mariae Antonio & Ryka Gutierrez*

CTE Dean

Dr. Jurlita Basuel has been appointed new dean of the College of Teacher Education. She replaced Dr. Elsie Pilar who was assigned to the RCEAD.

Basuel, who brings with her a wealth of experience, said her main purpose as dean is to be instrument in the improvement of the school because she gets paid.

She said she is happy that the review for the Licensure Examination for Teachers is approaching and she has challenged herself and other reviewers to improve the school's rating.

She believes that teamwork makes the dream possible and thus, she looks forward to institutionalizing proficiency and competence to attain global excellence.

• *Alexandria Abella*

DSA OIC Dean

Ms. Agustina Matias has been designated officer-in-charge of the Office of Student Affairs after Prof. Imelda Daoang retired.

Matias was the president's executive assistant for more than five years until her designation.

She started as legal assistant, then as marketing officer.

She also held a position at the Alumni Office and as an internal auditor.

• *Irra May Ganot*

EDITORIAL

CHAMPS and the NWU'ians

The Core Values of the school – CHAMPS: Commitment to Excellence, Honesty, Active Involvement, Management of Resources, Professionalism and Selfless Service - are reminders that everyone in the academic community from the members of the administration down to the employees and the students should observe. But strictly speaking, only a few adhere to these values.

True, one can see a printout of these Core Values displayed in almost every college bulletin board and in some classrooms. Students are required to recite these at the Office of Student Affairs to get their clearance signed. Of course, students memorize it, but seldom do they practice it in school every day. For them, it is more of *a once a year thing* just to comply. As for the other entities in the school, everything is relegated to the backseat.

The ***Core Values*** gets everyone to focus on the good things that lead to sound and peaceful living.

C stands for ***Commitment to Excellence***. Aiming for excellence should not only mean that all sectors are committed to it, and by committed, it means that they wholeheartedly dedicate themselves to attain excellence in all they do.

"***Okay na 'yan.***" Students sigh, unwittingly not knowing that mediocrity is setting in in their system after they have done the minimum in their project, output, or even test. ***"Basta makapasa na"*** has become their motto, albeit they can do more than that.

H represents ***Honesty*** and ***Integrity***. It is not a secret that a lot of students copy each other's assignments, even seat works. It does not mean that the teachers tolerate cheating. It just reflects that people don't value honesty anymore, that passing is more important than being honest.

There are a lot of activities around the campus. And students are expected to sign in for attendance in every activity, else they will pay the sanction. Most students attend the activities in school like the Intramurals and seminars because they don't want to be fined, which is fine.

This attitude comes to fore because officers and facilitators fail to see that activities planned and laid out do not cater to the students' interests. If students could relate to the activities, they will be more than willing to attend and they would be living up to the ***A***, which is ***Active Involvement***.

The school is the largest private university in the North. It has various facilities that are not available in most schools, like the university swimming pool, the libraries, the oval, the Maritime mock boat, the hostel and a lot more but these resources are not used wisely. Students often complain about the swimming pool not getting cleaned, which is funny because the students who complain are not the ones who usually use it.

The library is often filled with people especially during lunch time because the library is air-conditioned, and students have nowhere to go. Ask a student when was the last time he borrowed a book from the library and he could not answer it.

Aside from the Maritime and Criminology students, and occasional athletes who use the oval, students have not tried running there for fun. They don't realize that they are actually paying for the maintenance of the school. Now talk about ***Management of Resources.***

It's not a new thing that some students are close to some teachers. But as students, they must always remember that teachers are still their instructors and their superior. And teachers should not let their personal feelings reflect on the grades of their students.

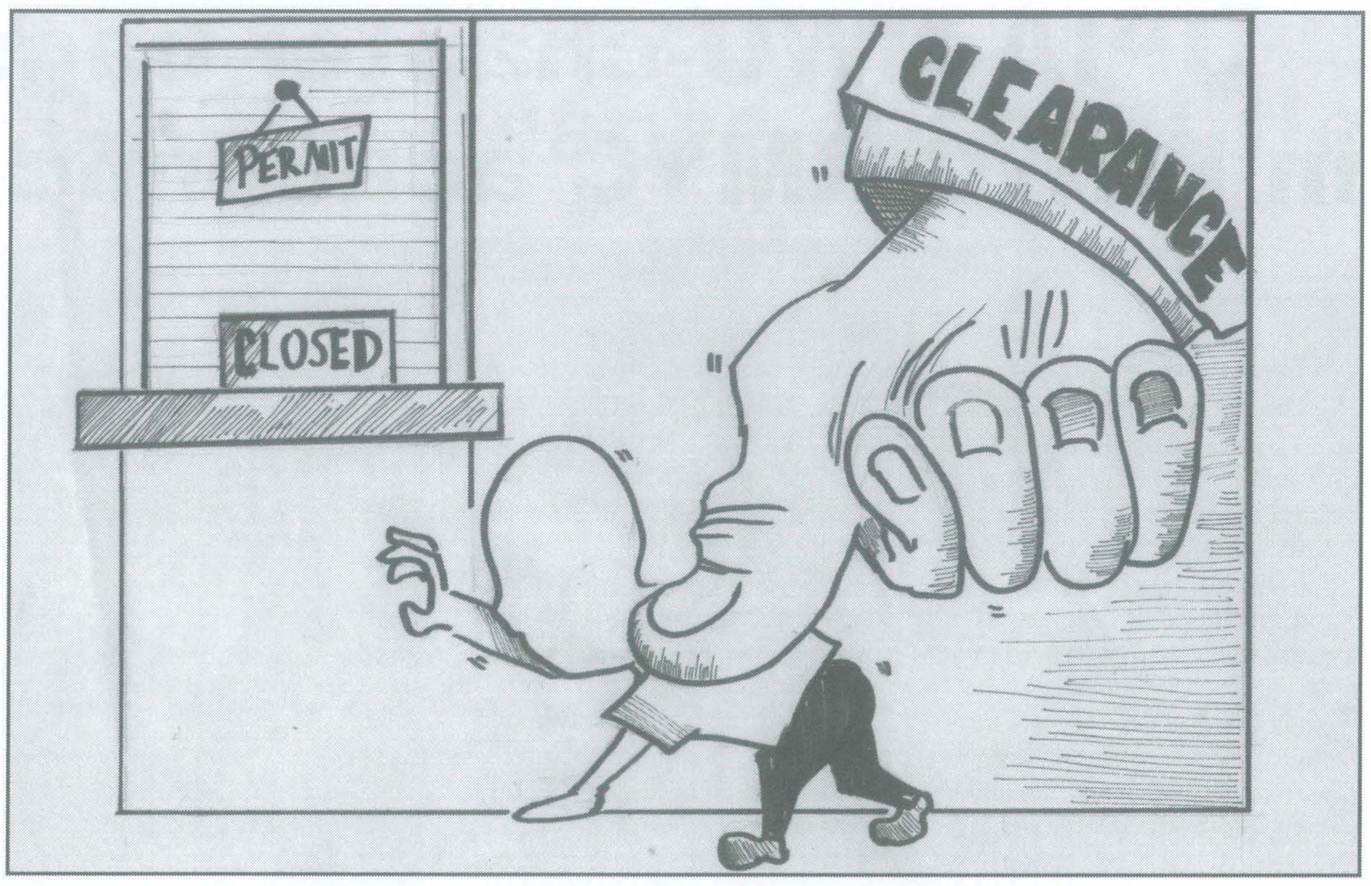
Also, teachers should not treat their students as if they are children. They should treat them with respect like other people, too. Just because they are the authority, they can just treat their students badly by belittling them for their mistakes. ***Professionalism*** does not only involve teacher/administration to student relationship. It also includes student- to- student relationships and teacher/administration to administration-teacher, too.

The last letter, ***S***, stands for ***Selfless Service***. Officers, instructors, and other employees often do not practice this. Everyone has ulterior motives nowadays. People only work for personal gain. Some students apply for positions in their organization just to have an impressive resume to include after graduation.

Some employees just comply because it is their job, failing to realize that if they put their heart into their work, they are helping other people. And people in general help people because it will make them feel and look good.

It would be good if all sectors in the academic community memorize and practice the University's **Core Values**. They must observe it every day, not just in the campus, but also in their daily life.

That is what a Northwesternian is, after all.



Toxic Filipino culture

Metanoia

Yzrae Trish V. Caoile

I am sorry. From the bottom of my heart, I offer you my sincerest apology—for taking this responsibility even when I knew that I couldn't do it, for not being a good leader, and for letting my personal issues get the best of me. I'm sorry for failing you, my fellow Northwesternians.

Like our trainer always says, **The Review** is an institution that a lot of people have put their effort and heart into, and that's something that I wish I have internalized from the very beginning.

To some, the **Review** may just be like any other organization, but learning that the staff before us have passionately dedicated their time and effort despite all their personal workload just to serve the students through writing in the campus paper is something that I only realized when it was almost too late.

> ***"I doubted myself from the very beginning, but I prayed numerous times for God to guide me, but I guess I doubted Him too..."***

I wanted to serve, too. Seeing that there were a lot of issues that needed to be raised, I wanted a channel to voice out my thoughts and concerns. I always had a soft spot for reading and writing, to share one's thoughts and just the idea that some people will actually get to read about yours and have their own interpretation of it too, that's why I was always fascinated with newspaper work.

At first, I thought that being part of the school paper was all fun and games, where you can just submit your articles and you go on to the next topic, or that when you're one of the top editors, you will just have to tell people what to do and they will say yes and follow you and everything will go on smoothly. Boy was I so wrong.

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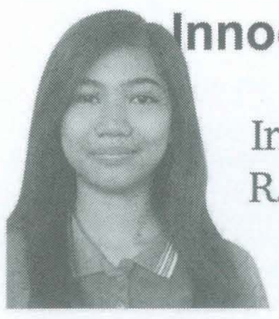
Students deserve the best service

Innocuous



Irra May R. Ganot

Everything happens for a reason.

For a couple of months that I served as a leader, I thought I can lead as it is my calling to inspire the students specially my fellow JPIANs. As an officer since my first year in college, my predecessors encouraged me to continue my service as "I am meant to lead the organization."

I was deeply involved in the JPIA (Junior Philippine Institute of Accountancy) when my other interest beckoned. Thus, I joined the qualifying examination for the student publication. That decision led me to choose which direction to go since I passed the qualifying exam. Clearly, as JPIA president and one of the top editors to steer the student publication at the same time posed a conflict of interest.

> ***"Honestly, I came at the crossroad where I had to choose. I cannot be a source of news and at the same time a watchdog."***

Honestly, I came at the crossroad where I had to choose. I cannot be a source of news and at the same time a watchdog.

With my burning desire to serve as the students' voice, articulate their concerns and sentiments, I choose to serve to be the voice, not only to express my own ideas but also to that of the voiceless.

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REVIEW

Editorial Board
A.Y. 2018-2019

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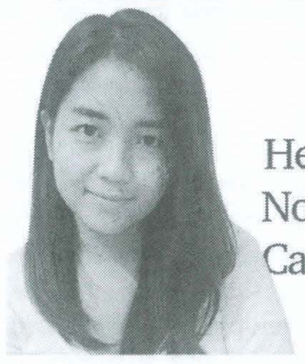
NWU restroom nightmares



Hessen Noreen Castillo

In a place where one is supposed to "rest", and where one should find "comfort", the NWU toilets seem to beg to differ. What I am about to share are just some of the many nightmares that the students have experienced in using the "comfort" rooms around the campus.

Justice for NWU students! We need hygienic restrooms and we need them now. I know I am speaking for everybody when I say we deserve better restrooms. We all have a story or two about these restroom nightmares, and so let me share you mine.

In CEAT, we have these three-cubicle toilets on the first floor. One is exclusively used by the librarian (lucky for her), complete with a padlock that only she has and access to. The other one doesn't function at all, that if you mistakenly open, don't be surprised to see turbid water along with some unidentified floating black matter. On some lucky days, the polluted water even overflows to the whole restroom floor. And the last cubicle, the one that can in reality be used, doesn't have water nor flush on more days than when it actually functions.

I vividly remember the promise of then SSC presidential candidate Rommel Gerson. He mentioned during the *Miting De Avance* that the problem concerning the unsanitary and foul-smelling restrooms will be addressed in no time. Four months into his term, did he really do something about it? Or did he just say what needed to be said to get to where he is right now?

> ***"the students should also be mindful in using and maintaining the cleanliness of the restrooms."***

As SSC stands for Supreme Student Council, it means that officers are the representatives of the students, and they should be for the students. Clean restrooms are essential to the students' wellbeing and therefore it is important that they should attend to this matter. This issue is not new, in fact some faculty members claim that it has been a concern for years if not decades.

The SSC should launch a program where the Cleaning Aides should be informed on which measures should be executed in cleaning restrooms. That being said, the students should also be mindful in using and maintaining the cleanliness of the restrooms. After all, it is us students that will mostly benefit from this.

I am hoping that our cry for decent restrooms will not fall on deaf ears.

I was actually delighted when, during then aspiring SSC President's *Meeting De Avance*, he promised to improve the sorry state of restrooms in NWU. But halfway through his term, no improvement is seen nor felt. In fact, the state of these toilets even worsened. Who knows what other empty promises he mentioned just to get the students' votes? But that's another story for another time.

I hope that the management hears the students' voice and improve the comfort rooms. They care too much of accreditations and the documents for the assessors that they neglect the students' needs. After all, every one of us will benefit if these comfort rooms are improved.

Expectation kills innocence

Zenith Kin Agcaoili

This piece is not meant to offend people especially our dearest instructors. But we hope we will be able to convey well what most students feel about anything and about people specially about their second parents.

Instructors are truly much experienced than we are, and we understand that we still have a long way to go. What we are hoping is that they will be able to "breastfeed" us with knowledge and nurture us with love like their own blood. Well, what and how do you feel when you hear words from them such as the examples below:

"I am very disappointed."

"Even elementary pupils can do better than you."

> ***"The teachers are the first one to shed a tear out of joy because their wards passed the course. And teachers are also the first to be heartbroken when some of their students fail in their course."***

"You have never met my expectations."

"I have heard that you speak a lot, that you fight for what you believe in and even argue for your opinions. But why are you all quiet?"

"The other class is better than this class."

Every student has encountered different instructors with unique "traits" like noticing petty things, comparing a class with another. Is this not old fashioned? This is not to disparage the old ways but can they not come up with techniques that are attuned to the times?

Students are trying to meet halfway of their instructors'

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#SKL

Three students shared their thoughts on certain issues relevant to them.

On the possibility of being given the chance to meet with the university president:

Rhonelyn, BS Tourism I of the College of Business Education says:

"Pag ako'y magkakaroon ng pagkakataong makausap ang presidente ng unibersidad, hihilingin ko sana ng napakasimpleng hiling na kung saan ibaba ang presyo ng bilihin sa canteen. Mataas na nga ang school tuition fee pati ba naman bilihin ipagraramot pa sa mga estudyante."

John Domingo of the College of Teacher Education shares:

If I were given the chance to talk to our University President, I would like to tell him that I am very much thankful since the day I was admitted in this university. I wouldn't ask for more. As a transferee, I found here so convenient, friendly and conducive."

On the compulsory submission of official letter envelope during enrolment for the grades of the students to be sent to the parents, these students have this to say:

Concerned COBE student:

It is useless. It is an "intelligent" way to raise funds. I wonder where the funds go when most parents do not receive their children's grades.

John Domingo, CTE

"Well, I hope my grades will reach my parents. But I hear

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LETTER TO THE EDITOR

Socialization or Personal Entertainment?

Dear Editor,

At the outset, I am writing this not to malign anyone but to express my thoughts and articulate the sentiments of my fellow NSTP students.

The Supreme Student Council (SSC) and the National Training Service Program (NSTP) facilitators gathered the participants (including NSTP student) of the Leadership Camp at the Student Lounge. But before that, we, the NSTP students were notified to bring extra clothes and a handkerchief with no further information. So, some of us assumed that we would be doing a community service such as helping the campers to clean the venue after the activity.

But we were surprised when the facilitators asked us to be grouped by 'tribu.'The crowd raised an uproar when they were told to pile up under the sun.

'Di tay met campers, apay ana ubra tayo ditoy.'

'Nu NSTP ket NSTP lang nukwa gamin.'

'Saan da met inbaga a kastoy ti ipaubra da. Basta ti inbaga da lang agitugot kami bado ken panyo.'

We were caught off guard when facilitators announced that we would be doing *Amazing Race*. We were told that it was a game to which the students all the more rolled their eyes out of annoyance. Such announcement surprised us since we were not prepared. If only the facilitators told that the activity included a game, maybe, the event would be great and really fun.

The event was meant to be a form of socialization, but it was not fun for some of us. We got mad and furious. Splashed with water while being blindfolded and asked to roll in the mud, that was not fun given the fact that a lot of us would be explaining to our parents what happened to our muddied clothes since we didn't inform them beforehand that the game was part of the activity.

Indeed, many students worried a lot, how would they explain at home what happened to their clothes? I myself felt that way. Some got concerned if they could take a tricycle immediately or if they could get a jeepney ride with few passengers. Or could they be able to go home without any worries? It was really no fun since it made us uncomfortable, bigtime.

Is shaving a brow worthy for bonus points? Was it even alright to do a log roll with girls and boys together? They made us do it, touching of private parts during the activity was inevitably intentional and unintentional, still they still let us do it with boys.

Also, some broke their eyeglasses and hurt themselves. Were the facilitators ever concerned on the condition of the students? Before starting the event, they did not bother to ask if there were students who are not physically fit, diagnosed with asthma, have a heart disease or skin diseases. That annoyed me since I have an asthma. Actually, I approached my instructor and told her I was having a problem with my breathing (which was true and was not just making an excuse to be exempted but got ignored). We did not even have the right to be excused, good thing nothing serious happened. But still, they should have excluded students who are not physically fit.

School is our second home and the teachers are our second parents. We should be treated with care. But what happened? Was it really for socialization or just for personal entertainment? Clearly, they've crossed the line.

- Concerned NSTP student

Communication is a bridge

A wise man says, "Communication is not a two-way street. It is a bridge. Either you have one or you build one. It's about connecting, not correcting."

I'm writing in response with the growing concern of students on membership contribution for university or departmental activities. It's true that we, the students, have the responsibility to participate in school activities. After all, school authorities always tell it's for our own benefits and enjoyment. But what if these benefits and enjoyment are also a burden to most students?

Before we go down to business, I would like to point out that there is a difference between membership fee and contribution. Membership fee is regular fee or charges often paid to an organization at regular intervals while contribution is a sum of money that you give to help pay for something.

At present the university has many clubs operating under its own umbrella. These clubs have their own by-laws including the collection of membership fees. I noticed that we are paying blindly without getting a clear explanation and proof on the proceeds of our contribution. Plus, we find the amount collected as excessive. This does not really make sense.

Is this really the membership fee or is it plain contribution? Six hundred pesos as membership fee is too much for a school-based club. And a forced collection with penalties, if not paid on time, is not a student-friendly approach. Not all students are as rich as the other students.

Are the activities conducted really necessary for the improvement of students' field of specialization? Is contribution the only way to come up with our activities? And are the money collected spent in a mindful and purposive way or it is simply spending and placing the burden to students? I believe it's high time for us to examine our clubs' by-laws and regulation to have a uniform membership fee and look into how fund-raising activities are conducted to avoid imposing heavy collection on students. Besides, we are all here to learn in the classroom and conducting extracurricular activities is a plus to students' academic life.

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SSC Corner 18-19

Leadership anchored in selfless service

Romel Simpliciano Gerson

Leadership is not selfish or self-centered! Great leadership is really not about the leader at all- not his or her credit preference or supremacy. Great leadership- wherever it occurs - is about service to a worthy cause.

Selflessness is concerning more with the needs and wishes of others than with one's worth. These words echoed when I decided to run for the highest position in the umbrella organization of the university, the Supreme Student Council.

My sincerest gratitude to all who have helped me fulfill this once-in-a-lifetime experience of leading more than 3,000 students of this university. I am grateful and honored to be of service to all of you. I ran for the position because I believe that I have the ability to lead.

When I entered the university, I was just one of the dreamers! With my age, I was kind of skeptical if I can blend-in with the younger ones. I was born in a generation when rearing a child was still good- the kind of discipline given to me as the kind of disciplining kids during the olden times. I have to work hard to get foods on my plate. My family have had a hard time letting both ends meet. I helped my family in all aspect at an early age. These experiences, I believe have molded me to be more selfless in a lot of ways.

I am lucky to enter this university because of the benevolence of my cousin Nelymar and her husband Solomon Kimmel. If not for them, I would have been out there somewhere looking for something to feed my family.

> **"Let us redefine our commitment to leadership. This should not only be a "semestral commitment" but a lifelong commitment to serve, share and care."**

My leadership journey started during my first year stay here in the university when I was appointed as the Provost Marshall of the SSC. In my second year, I was elected as the president of the HRM Department. I gained a lot of skills in leadership when I assumed the responsibilities of such offices.

How to handle the responsibilities attached to my position and show my decisiveness were put to a test.

Now that I am the president of the Supreme Student Council, I feel the pressure of improving my leadership skill. It's now more than ever that I have to act in a way that it would best benefit the whole studentry.

During the campaign, I presented my platform of government. They are on the pipeline and is being put to action. I think that the best platform we had as a council was to get the involvement of all students in all the activities of the university. This is manifested by an outstanding number of attendees in the Intramurals 2018. We have come to the end of the first semester and we all succeeded in our quest for more improvement.

Let me take this opportunity, to urge and encourage not just my fellow students but all faculty members to involve themselves as much as they let all students attend activities. It reached my attention that there are faculty members who hold classes and exams in university wide activities. These activities are vital, I think, in as far as holistic development of a student is concerned. Since a school is considered a second home, we should not only focus on the academic side but also on the students' chance to enjoy while learning. Again, I hope that as we prosper with the new year, may we also grow together as a university full of equal chances to learn and gain more experiences that we will cherish forever.

Let me also take this opportunity to appeal to all officers of the different organizations of the university to redefine their commitments to leadership. This should not only be a "semestral commitment" but a lifelong commitment to serve, share and care.

This is to appeal further that advisers of different organizations must encourage their officers to attend because these activities are designed to improve their leadership skills aside from seminars related to their courses.

Respect begets respect. This is a call to all officers to be respectful at all times. This is called for because there were instances where officers forget to respect employees of the university like "cat calling" them which is uncalled for and very disturbing.

To end, may I call for a revolution! Revolution to end the lack of commitment of different officers of the different organizations! Revolution to start redefining commitment and starting to work together to attain a common good. Revolution against mediocrity and rising above status quo! Let us become a part of the solution instead of being a part of the problem. Selflessness in leadership should be our own mantra. Let's all continue to work together and be the change that we have to be. Leadership that is anchored in selflessness should be developed. Selfless leadership does not need an emolument because it is a work we, are all very willing to enter.

Managing procrastination

Zenith Kin Agcaoili with Charisse Sophia Raquinio

Students nowadays are low in spirit, uninterested to sort out things, unmotivated to do anything, and too lazy even just to breathe or blink an eye. Are they just plain indolent or inured to the toxic Filipino culture of procrastination or the mañana habit? And practically, every student never escapes the temptation of procrastination, and that has been their worst enemy.

Well, not only mediocre students are prone to procrastination but also other people as well. Why do they go beyond cramming for the last minute and rush things when the cut off is already around the clock?

Interest on the topic or maybe on the assigned homework or even seatwork is one reason of procrastination among students. The assignment may be too many to carry on, or too hard since not all students have the same skill when it comes to doing things. Or probably, the deadline itself can also be a factor, like when the teacher settles for a deadline two weeks before the cut off.

For those who are not familiar with the word procrastination, it is derived from Latin's '*procrastinare*, the prefix pro means 'forward', and the suffix -crastinus 'till next day.'

Procrastination etymologically means putting off something until tomorrow, a tomorrow that is usually less defined.

* * * * *

According to LSE Social Media Ambassador Victor Agboga, it is important to note some causes of procrastination and how to manage them.

First on the list is ***DISTRACTION***. It has been identified as one of the major causes of procrastination among students. The internet which remains one of man's greatest inventions has also become one of man's biggest distractions.

Social media pervades our daily lives and often robs us of that precious study time. Videos games, TV and even bantering with friends can lead us to postponing schoolwork. What to do? Draw up a study schedule and develop the will to stick to it. You can switch off your Wi-Fi, TV and other potential sources of distraction for some time with the strong resolve to get some work done.

PERFECTIONISM & FEAR OF FAILURE. The fear of failure and not doing well in an assignment can paralyze some students and can put them off their work. Having no clue how to start writing an essay is often a good excuse to put it off until inspiration comes or until "the time is right". What to do? Instead of waiting for someone to inspire you, you can break down your assigned works into smaller steps- for a journey of a thousand miles with a single step.

You can ask for help from your instructors, classmates or friends if you are having difficulties. Consult someone who can help you onto the right track. There is no such thing as a perfect work. The last-minute rush won't help much.

> **"It is still up to us who will decide whether we practice procrastination and be labeled as indolent or do something productive. It is a matter of choice actually."**

MOTIVATION is a factor also. Agboga says lack of motivation is among the biggest causes of procrastination. At times, the reason we choose to do something else or do nothing at all instead of studying is because we lack interest in it. What to do? A good idea is to have motivational talks and stories of great people throughout history, especially our personal heroes and mentors. Reflecting what you have done so far can fill us with a sense of achievement and the hunger to do more.

The points that the Ambassador shared somehow makes sense, but actually, it is still us and up to us who will decide whether we practice procrastination and be labeled as indolent or do something productive to achieve a good result, or lift up the heavy tasks being put in our shoulders. It is a matter of choice actually.

It is not about seeking something or someone for motivation, or the fear of failure and perfectionism, lack of confidence and distractions to procrastinate. The problem is within us, we are too vulnerable, we let those factors get into us and ruin our schedules and mood to do something.

Why waste time to look for a motivation when you can take small steps to resolve something? And the more you fear failure, the more you will be exposed with such situation. Setting things aside and taking deadlines lightly won't really help. Resorting to cramming will only result to unexpected unfortunate results. ***–Kin Agcaoili***

* * * * *

Why do we need to beat deadline when we have a lot of time doing our work? Procrastinating our studies does not help. I am a procrastinator and I realize that it is not healthy to be one. Ignoring deadlines since these are still couple of weeks away, or doing something irrelevant instead of having the work done thinking it is an easy, job is sort of toxic to do.

We never learn time management. Lot of things distract us and make us forget our obligations. Let us be mature enough to adjust ourselves so we can handle things and won't get out from our grasp.

Procrastination is not a good trait. It causes stress when you are confronted with the consequences and that leads to depression. The best thing to fight procrastination is to arrange your schedule especially in managing your time. Break the stigma of procrastination. Never engage yourself with such kind of mindset. ***-Sophia Raquinio***

Ryka Gutierrez
Zenith Kin Agcaoili
Sophia Raquinio
EDITORS

SECTION TWO

Saguday: A class by itself

• *Ryka Gutierrez*

Millenials are hard to please. But *Saguday* can mesmerize them.

Just look at this. It is five in the afternoon or early evening and students rush for home after classes. They could not be distracted as they race for the public ride parked infront of the school. With their cellphones in tow and earphones glued to their ears, they sway and sashay listening to their own genre of music.

But up until recently, students coming out from their classes could not resist to pause and gather for a while at the Mega Building hallway to listen to a melodious music synchronized with angelic voices.

Saguday Chorale, the school's cultural singing ambassador, has captured their attention.

It's not surprising that the *Saguday* Chorale easily became the head turner after five in the afternoon. The *Saguday* members have put their heart and mind in every piece they sing in their after five practice every Monday, Wednesday and Friday of the week.

Saguday went into hiatus for a couple of years. In so short a time that it has been revived, it became the pride of every Northwesternian who has heard the group sing. The needed shot-in-the arm was long overdue. Credit goes to people who thought of bringing in a professional to put things in order, so to speak.

As soon as Mr. Sherberk Cabrales received the nod from the school's authorities, he rolled up his sleeves and assembled the group members patiently teaching them the basics of singing specially to first timers in the group.

Cabrales formally joined the *Saguday Chorale* last year. He was already collaborating with Mrs. Lagon before the latter retired when a choir member, Johnny Seguro, broached the idea that he (Cabrales) join as choir director.

> ***"Saguday Chorale, the school's cultural singing ambassador, has captured the students' attention."***

He met up with Ms. Liza Nicolas, vice president for administration, and the rest is history.

The 25-member *Saguday Chorale* is composed of students from the different colleges in the university revved up by former members of the renowned *Samiweng,* an internationally renowned choral group of the *Ilocos Norte National High School.*

Except for the former five *Samiweng* singers, the 20 members were raw talents who had to undergo screening.

Cabrales says he observed that the students who passed the screening "are not yet fully aware of what's happening."

"They are talented though and are committed to learn," he says.

Committed to his craft, Cabrales wishes to pursue his plans for the group – that is, to attain what the *Samiweng* singers had achieved. He is known to have helped put *Samiweng,* the chorale group of Ilocos Norte Nationa High School, into the world map of singing.

Cabrales, who brings his passion for music everywhere he goes, says it is his "mission to make the province a singing province" and at the same time to present the *Saguday Chorale* to the world.

"It was a hard start for the group," Eunice Agamata, one of the former *Samiweng* singers, tells the *Review.* She says she helps her groupmates by teaching them what she has learned and leads the practice before Mr. Cabrales arrives.

The *Saguday Chorale* performs at university programs. The members' exposure to the Miss Laoag and Mr. International pre-pageant alongside the *Samiweng* singers, pushed them to dovetail their conductor's dream to make the group a world class choral group.

By just listening to the group singing their repertoire with passion, one can easily deduce that *Saguday* has become a class by itself.

There is life in Saguday

There is life in Saguday. This **Eunice Agamata** says as a matter of fact.

A former member of the world renowned *Samiweng,* the choral group of the Ilocos Norte National High School where she finished her secondary education, Eunice says that before *Saguday,* she was so focused on her studies that she didn't get to enjoy life anymore.

Saguday made her realize that she can have a life while focused on her studies.

"Music is my passion and singing is my love," this third year Management Accounting student says adding that singing in a choir offers her relaxation and distresses her.

Not only that, *Saguday* opened the door for her to learn many things, gain a lot of knowledge and develop values that would help her grow as an individual, she shares with the *Review.*

As a choir member, one needs practice, she says. "Practice hours didn't hinder me from getting high grades. I have time to review and read my notes because I learned to balance my time," Eunice says.

She says chorale life made her learn to become professional.

"You need to be always professional because how you act and what you will do will reflect on the choir and ultimately, on the school," Eunice says.

Eunice is happy that she also found a family in *Saguday.* She bonds with the other choir members and says the Choir made her more "sociable."

As one of the "veterans" in the group, Eunice never balks in extending her help to other members specially those who are new.

'It's a great feeling that I am able to share my blessings to others. My talent in singing is a blessing. It's wonderful to see the smiles and awe on people's faces because of what we make them feel through our songs," she says.

> ***"Saguday made her realize that she can have a life while focused on her studies"***

Johnny Seguro, graduating this year with his Bachelor's degree in Education, shares with Eunice that life in *Saguday* can be challenging, that the practice can pose a problem to their academics.

But both agree *Saguday* offers them life outside the realm of academics. They learned to balance both practice and studies by managing their time.

Johnny, who is the president of *Saguday Chorale* and currently on an off-campus activity as a student teacher says he manages his time by doing his lesson plans, instructional materials and action research during his free time.

"As much as possible, I sleep early like 9pm and wake up at 4am to finalize everything," he says.

Saguday continues to recruit members as some would be graduating. Cabrales says he is looking for committed students who are willing to take the challenge of making their college life meaningful.

"There are great singers and they are a bonus for me. I don't require a great singer, though. I need one who must be in tune," he says.

Eunice Agamata **Johnny Seguro**

tell me when

By Ivy Karla Grande

I first saw light not seeing you beside me
You never heard the first word that came out from my mouth
You never saw me crawl or even witnessed my first footsteps
I wish you were there, singing me a lullaby
Even tried sleeping in your arms.
You never knew the first thing about me, never

I grew up yet you are still like a bubble,
I started to blow out my imagination of you and me
Until the idea of you inside those bubble just disappeared.

I wonder how it feels like having someone who cracks a joke just to make me laugh
I wonder how it feels like having someone who will lift me up when I am feeling down.
Why did you leave me without saying any word?
I grew up looking for your presence
I face the most challenging trials and beat them with my strength

Do you think I have been fine all along?
I tried to be okay even if I wasn't.

I tried to smile in front of everyone even if I feel like crying
I tried to find myself thinking things are happening for a reason
I tried to look for the reasons of my whys
Why did you leave me?
I know, the questions don't stop until these are satisfied with answer
But does it change the fact that all these years you were not there for me?

I made myself bold, just to cover up the tears that fall
And all the scars I have carried for all the years
You didn't know how it feels like looking at my friends having a mother figure beside them
And now look at me
I am about to face the real world and yet even just a hug,
I never felt that kind of warmth.

You can never blame me for growing like this
You can never blame me for covering up all those tears
All these burdened feelings
You can never blame me for living my life in shadow,
For keeping my own monster inside me
You can't and you will never do what my heart desire
So now tell me, when will you be a mother?

My Pace

Zenith Kin Agcaoili

I had to idle around,
go to unfamiliar places,
meet familiar faces,
and go beyond the home bound.

Whilst finding flawless beauty,
discovering the ugly side of the world,
I met you on the outskirts of town, one word; "Destiny."

Thy metallic ocean blue eyes,
got me trapped and confused,
smitten and intoxicated,
fell with your white lies.

But my pace was rather slow than fast
to pick up your track,
got me totally fallen intact,
you left me hanging, outcast.

My pace was too slow
to stop you from breaking me apart.
I know I was a fool to bet my heart,
to someone, a stranger, love can't show.

Wasted Lyrics

Sophia Raquinio

Every morning my breakfast is different
Every time I open the door, she is always outraged
I sat uncomfortably, knowing what song to hear
Lyrics are just mere comparisons

The tune is always high pitched
Her gestures are always threatening
Comparing us to oneself
Our works aren't still enough

She always seeks for better us
She always forces us to be the better one
I hate that I learned nothing
But to be scolded from time to time

HRM from page A4

to the culture of the people and their way of life.

So, here is my story:

I have some unforgettable experiences during my stay in the United States. I experienced culture shock on my first day of work, my first day of my training as an Exhibit Attendant. I was shocked when I heard people talking to others as if without respect. I am used to respecting the elderly in my country, the Philippines.

Another experience I won't forget was my encounter with a Black American in my workplace. She had an attitude problem, or so I thought. She didn't like to talk to any Filipino JI at all. But I kept on talking to her, never stopping to convince her to talk to me.

My persistence paid off. When we were about to leave the workplace, she finally relented. I asked her why she was acting that way specially towards Filipino JI students.

"I don't feel talking to Asian people, they are some kind of racist," she said.

"Not all Asians are racist," I shot back.

I came to understand why she was acting that way when she narrated to me her experience. She said she was doing everything to avoid people who bully her because she is black.

I was glad she talked. When my service bus arrived, I told her this before I hopped in: "If you judge a book by its cover, you might miss out an amazing story."

A day after that first conversation, I noticed she had totally changed. She was already talking to everyone in the workplace like there were no boundaries anymore.

In another situation, I witnessed some Filipinos living abroad to have been working so hard to have something to send to loved ones and relatives in the Philippines. Some have two or three jobs or borrow money just to be able to go home and bring some stuff for those left behind in the Philippines. I just don't get it. Why do these Filipinos make a loan? Is it a show-off for relatives that they are doing well in the land of "milk and honey?"

One thing, those working abroad make it worse for themselves because they go with the tide with the Filipino mindset: that relatives think they are doing well, as if they don't break their back to earn. That is wrong. Working abroad or working to make a living is not as easy as people think. I saw it with my own two eyes and I experienced it. That mindset is totally absurd. Relatives in the Philippines keep asking from those working

This is me, but this is not who I am

Clarisse Raval

Did you ever get anxious about something?
Like, even simple things such as the tie of your shoes?
Like fearing about something,
And people around you think it's not serious.

Have you ever wondered,
What things make your heart feel heavy?
Well, I do. It's not enjoying the good days,
Because you're too gripped by anxiety.

Wherever I go, it's like I'm being followed by a voice,
I'm always feeling desperately and hopelessly low,
I want it to end, I want it to cease,
But everything, all at once, just flow and flow.

Sleepless, dreading pulse keeps me awake,
Restless, dark thoughts accompany late at night,
Sometimes, I'm afraid that I might break,
But I know I'm stronger, my faith will keep me going.

I know in time; I'm going to be okay. I
won't let myself sink,
I won't drown on my own mind,
I just need to take it day by day.

But even so, please know that my feelings are valid,
That whatever I feel is real,
That I do deserve things,
That this, whatever I feel, doesn't define who I am.

There's always a rainbow after the rain

Alexandria B. Abella

Life is perfectly imperfect. In every journey and in every voyage, challenges and trials always conquer us. We cannot stop them, we cannot hide from them, and we can never run from them, instead we must face them.

As we go through the path of life, we should possess the strength, determination, and faith in God. There are more trials to face and problems to suffer and we must be firm and determined to overcome each difficulty that will come.

We sometimes fail in everything, we stumble down in the midst, we cry for so long, and get depressed of what we are going through. God knows how painful it is, but we must go through all of these. Worry not because God does have plans. Storms or rains must come first before a rainbow appears. Let us not be drawn so deep in our sadness or in our problems because it is only for a while and good things are coming soon. Every difficulty that life makes, it gives us the bitter taste to make us understand and appreciate the sweetness of life's happiness. If only our lives contain gladness and successes, we will no longer feel what life really is.

> ***"Rainbow speaks and signifies a better life, overcoming experience from any situation for a brighter tomorrow."***

Rainbow speaks and signifies a better life, overcoming experience from any situation for a brighter tomorrow. The rain has first to fall before a colorful rainbow comes out. Let's encourage ourselves to be strong for all the problems we're facing, the struggles we are going through, and the hardships we are encountering. Trust our Almighty God above because His plans which are pleasing, good and perfect will surely come. He is never late!

So, do you have any other reason to surrender to your difficulties, hardships, and grief after all we know that at the end, everything will be replaced for a better one? Do you still want to give up and surrender and stop believing that you can still make it no matter how hard it is? Be positive, believe that good things come after misfortune.

You'll always be

By: Violet Evergarden

We are just counting days before it's time
The mere thought of letting you go hurts
I just kind of assumed you will always be mine
I have been with you for years
Though my cries are muffled, you are the one who hears
Now they want us apart
They say I no longer need you
They say I should find someone new
I don't know where this is coming from
If it is karma, then no, we never started off the wrong way
We did not cheat together
We just came to be after someone decided you weren't good enough
It was fine for years, we were fine despite the tears
I have treated you like a buddy
I always keep close, as if I'm needy
Now that it is goodbye
Please know that you will always be a part of my life
I might have to be with someone new
I might choose to finally, finally let you go
But it will always be you,
My scientific calcu.

abroad as if it is nothing to them. They don't know how hard it is to work away from their loved ones. But those working abroad just love sending.

I am sharing this story hoping that those who are working abroad and those who are left behind can draw some lessons from real situations abroad: that workers who take two or three jobs beyond their capacity just to sustain the needs of their families should know their limit. And those left behind should be prudent in spending.

Romeos and Juliet
from page A4

After some screams, and laughs, we arrived at this amazing meadow. It was breathtaking! Like Europe at the edge of the North! What made it worth-dying sight is that you could actually see towering waves and the famous Burgos Lighthouse at the background. At the end of the grazing land are cliffs with rocks as big as a car. And at the top of it all, at the center of the pasture was a house, abandoned by humans but resided in by animals. It was rainy so the waves were raging to the cliffs, causing massive and tall fountains as if it were all meant to be seen by us. I remember telling my classmates, "I could die happy now" as we were all taking pictures of that awe-inspiring place.

As we were all drifting back into our country, we were all silent, trying to make our minds stay a bit longer to that incredible place.... **"where she takes all of her students."** From that moment, I realized that after all the hardship she gave us, she wasn't just pushing us to our limitations, she was pushing us to our success. She made us go through rocky and muddy roads because she wanted to show us that at the end of a rocky and muddy road isn't always scary. Sometimes, it's a green field with towering waves of success with a lonely house full of happy animals in the middle. She only wanted us to learn the value of sacrifices and rewards.

As we went on to our other destinations, our professor never reminded us about school. We were all just unwinding, escaping from the grasping hands of paperwork and deadlines. Not a single time did she tell us to write news, revise an article or edit our stories. She watched us as we played *patintero*. She laughed as we teased each other's epic fail moments. She ate miki with us as when we were all shivering to the weather. For two days, we were not the *Romeos* who were all courting the same *Juliet*.

• *Janlee Sardeng*

Romeos and Juliet

*(Editor's Note: The **Review** is publishing a student's work in Magazine Writing of the then Mass Communication program in 2014 as it finds to be relevant to students and readers. Published by the student's group in its **Perspective** Magazine, the article draws a colourful metaphor of a teacher's way in bringing out the best in her students).*

> ***"As we were all drifting back into our country, we were all silent, trying to make our minds stay a bit longer to that incredible place.... "where she takes all of her students." From that moment, I realized that after all the hardship she gave us, she wasn't just pushing us to our limits, she was pushing us to our success."***

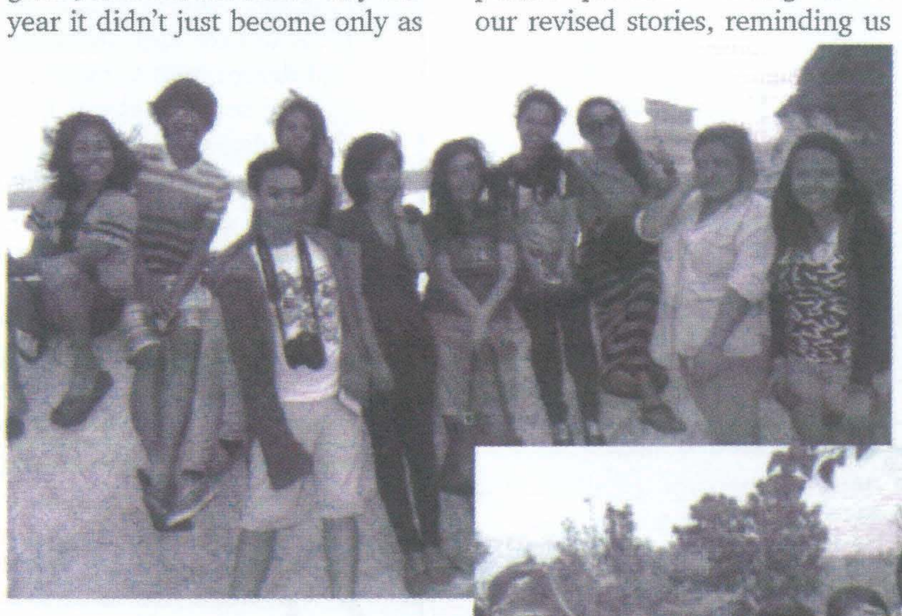
I had always been thinking of bringing my classmates to my hometown, Claveria. Every school year we would always plan of visiting and discovering north. But it would end up only as a plan.

This year though, I assured it. Maybe because it was my hopefully-last stay at the university or maybe because all of us really just wanted to have a relief on the stress of school-beating deadlines, cramming for requirements and so on and so forth like it would never stop. We all wanted to throw it away and have a sweet escape, a holiday. So I guess, that was the factor why this year it didn't just become only as a plan. And of course, for the sake of plot twists, our professor said it would be a good opportunity for us to gather more stories for our requirements. Pretty ironic, isn't? But actually, we all had that in mind. We already saw it coming. After weeks of planning, hoping and delaying, we were ready to go. We had a rough start because even before we say, "Von Voyages" we had a trouble about our itinerary. Turns out, our supposedly 'tour guide" ditched us in our last minute. Good thing I had a back up plan A and plan B.

> ***"We were all just unwinding escaping from the grasping hands of paperwork and deadlines. Not a single time did she tell us to write news, revise an article or edit our stories. For two days, we were not the Romeos who were all courting the same Juliet."***

So, after the dusts settled, we sailed. Due north! On our way, we were all throwing jokes- who's missing who, who hasn't submitted articles yet and who were absent last meeting.

Clandestinely, we were all actually trying to impersonate our professor. We were trying to pinch ourselves that no matter where we go, she would always be our normal-standard, limit-pusher professor asking about our revised stories, reminding us our deadlines and making our life rather harder. But to my surprise, as I was trying to brace myself for what I was hoping was upon us, she was rather just enjoying the trip.



Of course, as a person who had always been on her pushing hands, I was skeptical. I kept it in my mind that to her, these are all for our requirements. So I kept on throwing jokes.

The first in our itinerary was Dragon Fruit Farm. After taking selfies and groupies, we entered the dragon. The farmyard wasn't what I expected; it was actually a property-house rather than a farm. I thought it was all plant and fruits but at the center of the farm, there was a house of the owner. And so, as we were trying to feast our eyes on the dragon's famous pink fruit, our professor, being our professor, asked us to interview the owner, Mrs. Editha Dacuycuy. It was "here we go again" kind of moment but we were actually excited to see the owner and ask her a lot of things. Not as journalists but as normal people with first time experience with dragon fruit farm.

So, the first question thrown was, "Why Dragon Fruit, Ma'am?" Thinking that we all knew that the answer was for originality, we were all stunned when she answered, "Because I have a daughter with cerebral palsy." She said that her daughter had trouble defecating so she researched the web about remedies, and she came across Dragon Fruit. That's why she started planting- for her daughter.

I was so stunned. There I was, thinking that she was thinking about profits and she answered as a mother who had nothing in her head than her daughter's wellness. From that moment, she gained my respect. All at once, I shed my skepticism aside and started to free my mind from being judgmental.

Soon after, we all had our handshakes and pictures and went on to the next stop.

We entered a shallow road- muddy and scary like the beginning of the horror movie. As we were all trying to kid ourselves, our professor said, "This is where I take all of my students." At the back of my mind, I thought, "No wonder its not an easy road."

turn to page A3

HRM student shares international OJT experience

• *Ralph Valdevieso*

When I left for the United States to fulfill my Summer Work Travel program, I left behind some obligations in one of my courses. I am grateful I have been given the chance to fulfill those obligations and take the exams I missed.

I didn't pass my final exam but perhaps my teacher saw my eagerness to do all the requirements I missed that she gave me a removal exam and that was another chance.

Before she gave me the question for the removal examination, she asked me to take a seat and told me to narrate my experiences in the US that revolved on my OJT. She listened intently and asked me many questions.

Then she cut me in and said "I like that part of your story. Why not share it with others," she said. She told me that my story would be my removal exam – to write it the way I narrated to her and follow the principles in writing.

I left the room thinking I should do it to pass the course or else.... When I returned after three days to show my work, she made some comments and gave some pointers to polish it. And at last after three drafts, she finally accepted it. She told me I should not feel bad that I kept returning to her to show my work only to be rejected many times but of course with some comments to improve it.

> ***"If you judge a book by its cover, you might miss out an amazing story."***

When she saw the next draft, she said she didn't know I could do it but that I could do it if I wanted to. She told me why I have to work for my grade for two reasons: one, she wants to be fair to the other students, my classmates, who really worked hard to pass the course, and not to beg her to pass me, after all, I finished all the requirements; and two, she wants me to be proud for myself that when the time comes I will be onstage to receive my diploma, I will be congratulating myself that I worked hard to pass this course – no copy-paste, no plagiarizing, no assistance from others, but plain hard work following her pointers and guidelines.

Whew I really did it! By the way, the Summer Work Travel Program provides foreign students the opportunity to live and work in the United States to experience and to be exposed

turn to page A2

BOARD PASSERS

Architects Licensure Examination
January 2018
Arch. Ericson J. Agcaoili
Arch. Michael V. Arrozal
Arch. Mark Ryan C. Ancheta
Arch. Kathleen Dianne S. Blas
Arch. Maria Theresa M. Cantiga

June 2018
Arch. Shiela Dela Peña Barroga
Arch. Jasper Trinidad Bonnao
Arch. John Carlo Racadio Damaso
Arch. Jeric Corpuz Domingo
Arch. Jay Mark Pascual Lorenzo
Arch. Jover Camille Mae Pasion Ortal
Arch. Imee Domingo Quitoriano
Arch. Kimberly Marcelino Ronquillo

Mechanical Engineer Board Examination
August 2018
Engr. Aryan Jay R. Aguinaldo
Engr. Gilbert Jay D. Benito
Engr. Don Joseph A. Dagle
Engr. Godwin Scott D. De Belen
Engr. Abdullah L. Shafi

Electrical Engineering Licensure Examination
September 2018
Engr. Alvin Andaya Campos
Engr. Wendel Lauricio Raza

Geodetic Engineering Licensure Examination
October 2018
Engr. Ralf Lawrence D. Bareng
Engr. John Clifford Quitoriano
Engr. Alvin D. Sahagun
Engr. John Patrick Suguitan

Licensure Examination for Medical Technology
March 2018
Alonzo, Krisha Mae D.
Aprecio, Lucille Margaret
Arellano, Joana May D.
Arsayo, Marayah Thalia M.
Baga, Caritas Christi R.
Batara, Jeizel Aira R.
Bonifacio, Reuben Jacob
Caacbay, Katelene A.
Camarao, Edward Joseph
Casilao, Norelyn M.
Coloma, Jaecel Marie G.
Cruz, Shaina Camille
Curammeng, Franz Jother
Domingo, Shyleen Kaye
Dumlao, Dexter A.
Jacinto, Christian Nickole
Labrador, Divine Marvelous
Luna, Maynard
Manayag, Joanna Faith D.
Mebaña, Kate-Sharmaine
Pallaya, Liezelmay
Peneyra, Loida M.
Salvatierra, Mark Kenneth
Santon, Neil Jasper P.
Talamayan, Soshalite
Tayamen, Jherika Paulynne
Tumamao, Ma. Romella
Umayam, Sydney Javier
Valdez, John Prosperous

September 2018
Cid, Noel Albert P.
Martin, Edba Jean A.
Madrid, Rojessa Mae R.

March 2019
Aganus, Kristine Joy
Ancheta, Olive F.
Balais, Claodin D.
Bartolome, Ma. Bamozle Nicole C.
Cadiz, John Paul M.
Castro, Czar Jeremy B.
Cheung, Marlon Follante
Corrales, Kate Aira
Costales, Vinchy Denn
Dayag, Jessica Faye
Dorilag, Ruby Agudong
Duldulao, Donabel D.
Duran, Divine D.
Gayodan, Klyn A.
Gamos, Jeslian
Labayog, Robinstein
Lampitoc, Julie Ann
Mahor, Erica Jane M.
Mata, Mark Bryan R.
Respicio, Christine
Riveral, Johanna Marie A.
Solis, Janet C.
Tolentino, Jessa Mae

Psychometrician Licensure Examination
November 2018
Garcia, Lovely Joy
Manuel, Vyalka Fame
Quiamas, Chelsey Anne A.
Velasco, Sophia B.

Physical Therapist Licensure Examination
November 2018
Aurelio, Charisse Bareng
Infanta, Jamaica May
Puzon, Angelica Faye

Certified Public Accountant Licensure Examination
May 2018
Dina Marie L. Baoec, CPA
Yochabel Eureca P. Borje, CPA
Frances Meiounel R. Cabbat, CPA
Alana C. Calano, CPA
April Joy V. Ferrer, CPA
Samuel R. Garcia Jr., CPA
Rhodalyn P. Lazaro, CPA
Jazmin Erika P. Pablico, CPA
Kressa Gail H. Pascua, CPA
Rodelyn t, Reyes, CPA
Abigail Ann P. Rivera, CPA
Vincent Jae V. Sanchez, CPA
Sheena Marie C. Sunga, CPA
Rubijen O. Torres, CPA

October 2018
Mary Ivy Diane A. Domingo, CPA
Julius C. Sadian, CPA
Jun Paul M. Viloria, CPA

Nursing Licensure Examination
2018
Butay, April
Butay, Jericka Magnolia
Toledo, Pinky
Bayudan, Lovelyn
Rubio, Princess
Tamonte, Glenn
Calatrava, Angela
Patoc, May Ann
Cabanos, Jessa Mae
Revilla, Angeline
Ramos, Kathlene

2017
Lobo, Judith
Quitoriano, Diane Angelie

Criminology Licensure Examination
July 2018
Albano Jr., Armando
Albano, Ellijah
Alaug, Jay Brylle
Baay, Mark Jayson
Cabias, Clyde Jesrel
Corpuz, Junvee
Cudal, Robert
Damaso, Clyde Nelmar
Domingo, Dominique
Garalde, Gener
Labrado Jr., Joel Arnold
Lucas, Brandy
Madariaga, Vanessa
Malapit, Prince
Paz, Mark Louie
Pumaras, Mark Angelo
Tabios, Frederick
Yarte, Jeramy

Marina Licensure Examination
2018
Abogado, John Patrick B.
Andrada, Mark Laurence R.
Andrada, Ralph Kevin B.
Asuncion, John Deere
Bitanga, Kiel Willizer W.
Francisco, Allan S.
Martinez, Joel M.
Pascual, Aldwin Christian I.
Peralta, Christian Rey U.
Rarangol, Jay-Ar M.
Tumaneng, Franz Gio T.
Villa, Mark Joshua J.

BAR Passers
May 2017
Atty. Rener D. Cafirma

May 2018
Atty. David Levy Marcos Agcaoili
Atty. Reymund S. Bumanglag
Atty. Franklin Tomas Calumag
Atty. Regie T. Pascua
Atty. Bianca Taylan Pastor
Atty. Jicoy Viloria Taruc

Communication... from page 5

Don't get me wrong. I love participating in extracurricular activities as this is also helpful in the social life of each student but having to pay too much is not okay. It could have been better if the clubs are self-reliant and not simply collecting contribution as a way to finance club activities. There are officers supposed to plan and think of other ways. I hope they are called officers not just officer of the day.

-Silent observer

#SKL... from page 5

complaints from other students that until now, their parents have not received any since their children enrolled.

Rhonalyn, BS Tourism:

It's a hassle. *Dami pang pasikot-sikot.*

On the proposed implementation of tuition and miscellaneous fee increase for next school year (2019-2020)

Rhonalyn:

"Hindi nakakatuwa, sana babaan naman nila ang tuition fee ng sa ganu'y makaluwag luwag naman tayung mga estudyante."

John Domingo:

The proposed tuition and miscellaneous fee increase, I believe, would bring benefits to students of this university.

On the 87th Foundation Anniversary celebration of the university

John Domingo:

The 87th Foundation Anniversary is quite one of a kind events of the university. It inspired me a lot. I came to know more about NWU and its endeavors."

Concerned COBE student:

"Sa totoo lang, medyo boring. I did not enjoy it. Hindi ko na-feel yung excitement."

Rhonalyn:

"Boring kaya umuwi na ako ng maaga."

Innocuous from page 4

To accept the responsibility is a challenge given the fact that its nature is tremendous. But I realized I have to share the gift which was honed since my elementary days. By God's grace, I wholeheartedly accepted the challenge and gave up my other passion.

* * * * *

I was challenged to look into the "inconsistency" of policies and procedures in the university when a school authority offered her insights and confirmed such inconsistency.

Before I gave up my JPIA position as president, I came across a CHED guideline (CMO 63) stating the requirements on off-campus activity. The guidelines had to be implemented by all schools that received the CHED memo.

There is no question on the implementation of the CHED memo. But one office failed to state the school's clear-cut policy guideline to accomplish before one has to hop to another office to secure papers for the requirement.

I understand the CMO 63 is clear where the requirements for off-campus activity were stated. But when we asked for a form where we were to attach in our letter to the office of the vice president for academic affairs for endorsement, we were required to submit a requirement not included in the CMO 63.

* * * * * *

". . .To continue the legacy of the institution's founders focusing on the good character of the faculty members and their passion for excellence...." is the mantra that is supposedly to be observed in school.

But look, the school is remiss in looking into the practice of some instructors who meet their students once in a blue moon when in fact they are supposed to meet their students on the designated schedule. This practice is not new.

The school is mandated to deliver and provide the students with quality education as part of its contractual obligation with the latter.

It is mandated that once they enroll in a school, students deserve to get the best, one of which is the quality of service the instructors provide. But can the students get their money's worth when their instructors only meet them once in a blue moon?

How about instructors who just give handouts or require volumes of research work or requirements without discussing a single bit and just leave the students by their lonesome to educate themselves?

Another observation: instructors who have the passion and dedication to serve are isolated by some people with just a mere derogatory report from students who want things done easily or even from colleagues due to personal differences, without the benefit to air their side. Talk about dedication. Talk about passion for excellence.

ABCF... from page 1

He said their election is a moment they should not waste. "It is your moment to influence and inspire your fellow students," he said.

"Beyond leadership, you are called upon to connect and to inspire students to embrace transformative leadership," Faylogna said, saying the call of the moment is not simply sharing but serving, committing above personal gain that leads to serving more, inspiring more so that others can feel the change they want.

Two Pol-Sci... from page 2

The application also asked the participants to cite their skill and their plan after they got chosen as delegates.

AYIMUN through the MUN aimed to provide a platform for young future diplomats to encourage themselves in understanding international issues and policies, and debate and share perspective among participants from different background and different ethnicity.

Its ultimate goal is to encourage youth awareness of current international relations and issues, understand and try to form possible solution to solve the issue, and at the same time provide an atmosphere where participants can improve their communication and diplomatic skill, critical thinking and networking.

The conference had for its theme, "Pursuing Global Peace Through Diplomacy".

HRM... from page 1

opponents were proclaimed winners when they obtained 2/3 votes of the actual number of votes cast.

The other candidates who made it to the circle of winners include Joevanie Juan, vice president (internal); Joseph Ryan Marcelino, vice president (external); Jhon Glenard Acob, secretary; Mark James Domingo, sub-secretary; Jose Francesco Alonzo, treasurer; Clifford Beigh Sunga, sub-treasurer; Ralph Valdevieso, auditor; Kelsey Justin Cu, business manager; Gleezelle Ann Gaspar and Shalen Jansen Salmasan, PIO internal and external, respectively; Cyrille Shane Villa and Dionnel Ugot, athletic managers.

The University recorded a total number of 3,303 eligible voters but only 1,628 exercised their right to vote that represented a 49.29 percent voters' turnout.

NEWS ROUND-UP

Enrolment increases

The University's population this first semester of academic year 2018-2019 increased by 16 percent up by 526 from 2,788 to 3,314, records from the Registrar's office showed.

The 16 percent increased has been attributed to new enrollees from the K-12 graduates.

Student population in all the programs increased especially in the College of Maritime Education with 792 enrollees.

The College of Business Education has the highest number of population also for this first semester with 849 enrollees.

The College of Allied and Health Sciences with big decrease last semester increased with 542 students; College of Engineering, Architecture and Technology 463;

College of Criminal and Justice Education 432.

College of Teacher Education which previously had the least number of population for the past year increased with 96 students enrolled.

Both the College of Arts and Sciences and the College of Law also recorded an increase 116 and 99 students, respectively.

Chrissa Mariea Antonio

Eng'g students mark annual CE-GE week

With the theme "Introducing Advanced Technology in Building the World for a Better Future," the Civil Engineering Student Organization (CESO) and Geodetic Student Organization (GESO) in partnership with Davies Paints Philippines, celebrated the annual CE-GE Week last November 8-10, 2018.

The 5th year students of CE and GE facilitated the said event while the first, third and fourth year students of CE and GE participated in the activities. The students were divided into six groups that competed with each other.

The three-day celebration kicked off with a Thanksgiving Mass held at the CEAT AVR. Posters and lanterns from the Poster Making and Lantern Making Contest were displayed at the CEAT Lobby before being judged on the last day of the said event.

The second day was jampacked with activities such as the CE GE Quiz and Bridge Building Competition.

A motorcade was held on the last day, followed by an Amazing Race which involved challenges scattered within the whole campus and parlor games such as Egg Catching and Egg Parachute in the afternoon.

A Socialization Night capped the whole event.

Hessen Noreen Castillo

CAS students join federalism seminar

The College of Arts and Sciences students particularly the AB-Political Science and AB-Communication Students were exposed to the dynamics of Federalism as form of government when they joined the government-sponsored Information, Education and Communication and Advocacy on Federalism to Higher Education Stakeholders through the Commission on Higher Education.

The event was meant to enlighten young minds on federalism, to educate the youth on the present political system and to assimilate to the federal political system that will be implemented should it be adopted by a constitutional process.

CHED Regional Director Cherrie Melanie Ancheta-Diego and other speakers were agitating for the political system on federalism.

NWU students raised questions to quell their doubts on federalism.

Sophia Raquinio

PICE hosts region I Civil Eng'g student summit

The University, in collaboration with the Philippine Institute of Civil Engineers-Ilocos Norte Laoag City Chapter played host to the first Region 1 Civil Engineering Students Summit where 12 schools in the region's four provinces participated.

With the theme,"Heading North: Gearing Future Civil Engineers Building Tomorrow Today," the two-day summit exposed the students with topics that reinforced their knowledge in Structural Investigation, Transportation Engineering, Bridge Engineering and trends in Civil Engineering Licensure Exam.

The resource speakers who are renown engineers in the region and in Manila included Engr. Kimuel V. Suyat, President & Chief Engineer of ReinforceMen Consultancy & Design, Engr. John T. Zamora, dean of the University of Pangasinan – PHINMA, Engr. Alberto C. Canete, Chairman, Bridge Committee(NSCP)/ academician of Pamantasan ng Lungsod ng Maynila and Polytechnic University of the Philippines, and Engr. Venancio I. Besavilla, Jr. founder and owner of Besavilla Review Center.

Hessen Noreen Castillo

Culinary Arts program to train students as world-class chef

• *Irra May Ganot*

The two-year Culinary Arts program has opened an avenue for people interested to becoming world-class chefs someday with the University offering facilities that are in par with industry standards.

Marco Dela Cruz, one of the three chefs manning the program, said the training is intensive and speeds up the process for one to become a chef someday.

"It is not only at the back of the house that we train the students but also at the front," Dela Cruz informed, saying that the students will be exposed to the rigors of the business ranging from management of a restaurant, catering and other food-related services.

Unlike with the other undergrad courses, the Culinary Arts program requires students to undergo a comprehensive examination with a one week written and laboratory examination.

"They do menu testing where they invite their parents to get a taste of their menus," Dela Cruz said.

He said the two-year program will expose the students to a one-year in-house training and one-year internship abroad or in the Philippines and 1,600 hours for on-the-job training before graduation.

The other chefs who will help in manning the program include Paul Calventas and Paul Piza.

For this year's opening, 16 students, who came from different provinces, enrolled.

The tuition fee is inclusive of a one set uniform, knife kit and all the ingredients needed for the laboratory.

Culinary arts students platting their entries for evaluation

University launches Lifeline... from page 1

The teacher coordinated with one of the guidance counsellors and followed up his progress.

For Sammy, seeing his mother being battered each time his father came home drunk, was too much to bear. He was also afraid he might become like his father as he found himself drowning with liquor each time the scene played into his mind. Liquor became his refuge.

Faith is a bright young woman gifted with a beautiful face and body. She would have been a good model for students. But she was seen to be destroying her future when the boyfriend she was seeing had been "abusing" her even in public.

A teacher called her attention but to no avail. Until one day, her well meaning friends told another teacher of what she was doing to her life. The teacher put some sense into her mind that she should strive to be a woman of worth given her potential.

The teacher did not judge her unlike the other one. She tried to see the root cause why this beautiful, young lady was throwing all caution into the wind.

The student bared all: she felt abandoned by her mother at a young age and her father had another woman and even sired her a child.

Ruth, Roan, Emma, Sammy and Faith had a common denominator. Those names are not real but they are real people and not fictitious characters in school. They had a problem they hardly knew that it was destroying their future, their soul.

Good thing, people came to their succor.

But one student was not as lucky as the five who found refuge in friends and teachers. He found his problem too heavy that the only way out was to take his own life.

The school could not just take this as one teen problem of the times.

Recognizing that teens are vulnerable and suicidal when exposed to different problems and personal issues, the University launched *Lifeline* to serve as the students' refuge when they could not carry their burden or they have no one to share with their problems and concerns.

Lifeline also targets those who are prone to depression or anxiety and those who have bipolar disorders.

Conceptualized by the Vice President for Administration Ms. Liza Nicolas, *Lifeline*, is the first movement launched by an institution in the province to address teen problems.

Stephanie Valiente, OIC guidance counselor of the school, said that while the program prioritizes the mental health of the students, it will also target teachers and staff of the school even as she said it will also provide service or support to the community outside the university.

Valiente said *Lifeline* will assist students with problems or issues and concerns in their personal or academic life.

"It will help them go through bothering situations that affect them," she said.

She said that most callers prefer to be anonymous but they can easily be identified as students. They either call to share their sentiments or burdens. Or they seek for an ear or a shoulder to lean, Valiente said.

Usually, it is all about academic or family problems related to academic performance, she said adding that they also seek for guidance related to their future career.

At this writing, less than 10 calls have been recorded, she informed.

Aside from the Guidance Center, · also involved in the program are representatives of the seven Colleges, Basic Education, and the office of the President.

Anyone who needs someone to listen may call *Lifeline's number* : 0919 9219 956 or may visit the Guidance office.

Toxic Filipino from page 4

I wanted to back out right there and then when they told me that I get to be this year's editor-in-chief. I was doubting myself from the very beginning, given that I was scared of holding such a high position. I told the staff immediately that I wanted to back down, but the staff reassured me repeatedly that they believed that we could do it, that's why I didn't let go.

Long story short, I haven't been the best editor that the **Review** needed, given the circumstances in the previous years that the paper has been coming out at the end of the semester, I should've known and done better, and for that, I am sorry. I know I am worse than the previous ones since I'm already aware that the late issuance of the paper is a major issue, everything was just overwhelming.

I doubted myself from the very beginning, but I prayed numerous times for God to guide me, but I guess I doubted Him too, that's why I panicked and eventually stopped when I knew that I wasn't being good enough and when things got rough, which is something that I deeply regret.

I'm sorry that I couldn't get everyone to work in a pace that we all needed, given that the whole staff have academic and personal responsibilities of their own. And that I should have been stronger, too because I am standing in front of the **Review**. I'm the one who's supposed to be leading them towards our goal, instead of trying to pull them backup. I stopped too, hindering our walk towards our common goal.

I tried my best, it wasn't enough, but it was the best I could give. It was like I was given a shopping list and was brought to a mall that I've never been in. So, I asked around where to find this and that and how to get to certain stuff, but there are times that I asked other shoppers, or I didn't ask the right questions instead of going to the customer service requesting a map or something.

My late grandfather always told me that someone who asked a lot of questions is smarter than someone who pretended to know everything and didn't ask a thing; I guess I forgot that along the way when in the past, I always asked questions and I immediately get humiliated for not knowing better and that what I'm asking about is "too much to explain" or that it's none of my business. I should have known better and still asked despite that.

The other people in the shopping trip with me were not always by my side during the trip. There are times when they have wondered off when I told them to fetch certain things and returned later than expected. I am very much thankful for the people who helped finding the things that need to be bought, the people who came to find me when I lost myself and for the people that kept reminding me of things that I have forgotten to buy. It doesn't matter to me though, as long as we will get to have all the things we need and leave the store all at once.

I definitely can't take back all the time that has been wasted, but I am hoping that the next ones can learn from our mistakes. It is not just for the upcoming staff but for everyone, as students and leaders of the various organizations in our university.

From those mistakes, come this realization which I would like to share with everyone. Make a timeline for all the upcoming activities for the whole school year. Anyone can ask for a copy of the schedule of activities at the Office of Student Affairs and a list is often found in bulletin boards around school. That way, the preparation is much longer rather than just asking people two days before the event who gets to participate in the said activities.

As I have always been told by our trainer, "write the story immediately after the event." It is important to have journals so that it will be easier to finish your mid-year and annual reports.

Be assertive. Know your rights as a student and don't be afraid to ask when you know that something is wrong or when you're not sure about something. It is important to know what's okay and what's not especially when it comes to student organizations. Instead of ranting about it on social media, raise your concerns to the right people and you will get the answer you're looking for.

Do not be afraid to ask. Ask your fellow students, the guards, the teachers, your college deans and other employees of the university. You can literally ask anyone rather than trying to figure out stuff on your own. I can personally assure you that they will be more than willing to answer your questions if you ask politely, whatever it is that you are concerned about.

In whatever you do, think of the effects on the majority of people, quite a tall order which I should have thought in the first place.

This I also learned: If you are wrong, admit it. Don't blame others for the choices you made. One thing may lead to another, but in the end, the mistake that you committed is on you. It is okay to make mistakes, what's not okay is to deny that you've done something wrong and try to blame it on others. Own it and learn from it.

* * * * * *

Toxic Filipino culture

"That's because we are/they are Filipinos" has become an acceptable excuse rather than something to be ashamed of when others talk about one's negative attitude about something.

The Filipino time is pretty infamous, because even social gatherings that are supposed to start at a certain time is delayed and cause problems in schedules because people do not feel the need to rush to be on time because they would assume that it won't even start immediately as others would think that way, too.

The family-centered mindset of the Filipinos are one of the things that bother me, too. For example, when a family member is successful in his/her life, he/she is obligated to help his/her family.

I mean, it is not bad to help out your family, it is a good thing, but to tell that family member that it is his or her obligation to help out because they are a part of that family is just downright wrong. One asks for help but demanding someone to help you is completely different. A relative is not entitled to any family member's success.

Becoming a doctor, lawyer, engineer, or owner of a huge business is the apex of success, becoming anything less does not equate to a successful career.

Old people have this mindset that having a renowned job means that you are more respected and successful. Like starting out to be a musician, artist or freelancer is a job that isn't worth it because according to them, "you are not going to be rich while doing that." Sometimes they just don't understand that some people prefer to have a career that might not be the choice of the majority, but it is what makes that person happy and contented.

People always assume and pry. It is scary that it's common to see your neighbors in a daily meeting while they discuss the current issues of the people around them. People are too malicious. *Lahat na lang*, issue! You were with someone from the opposite sex yesterday? Probably your new beau! Your style has changed? Maybe you're struggling financially! I don't know why people love to be in with the current drama, when in fact, it should be none of their business because they aren't even concerned!

Filipinos would raise a brow at everything that they forget to look at their selves. It is easy to just accuse someone without further clarifications because apparently, verifying is too much work. The bad thing is, rumors spread faster than wildfire.

Opinions matter. While people fought for the freedom of speech before, Filipinos now think that just because they have that freedom means that they have a say with whatever it is that's happening around them even when it doesn't involve them. "Did you know that she had a nose job? Why won't she just accept what she was born with? I have a flat nose, too, I wouldn't want to have my nose done because I am pretty the way that I am..." They would scoff, as if they paid for the surgery.

Don't get me wrong, it's okay to speak about the issues and instances generally but to have an opinion on a matter that is not of public interest is another. Why would you care about other people's choices? It's their life, their choices.

Mental illness is perceived as pag-iinarte. Although the stigma about it is still rampant around the world, it is great here in the Philippines because people are used to seeing sickness only through the looks of it or physical.

"But you don't look like you're sick", they would say. Sometimes in the worst case, just because someone is behaving differently, they would just label them as "crazy" just because they aren't used to seeing that.

Status. Apparently, it is important to show the world how extravagant you are. It's your birthday? The whole should know because we're going to party all night by renting out a karaoke machine even when we have to loan the money that we need to afford that party.

Not everyone is like that, but sometimes, the extravagance is the only way to show and rub it to everyone's faces that you are in fact, able, even if it means that you will be like a one-day millionaire.

Respect for the elderly/ parents. Explaining one's side is seen as *bastos*, although I get it that it is really disrespectful to raise your voice at someone who is older than you, but the thing is, even when you're calmly explaining your side or your argument especially when they are wrong, they would just dismiss and accuse you for not respecting them and that you are too good for your age. "*Papunta ka pa lang, pabalik na ako*" counter in a dismissive way when they imply that they know better even when sometimes, the situation is completely different.

Bandwagon. There's an issue that you aren't sure how it originated, and you are barely educated about it? Click that share button! It does not matter if the source isn't credible, it is what everyone else is saying. It is easy to have an opinion about something.

I know that these don't happen only in the Philippines but it has become a norm that everyone seems to be okay with it because they see it everywhere, and it has to stop, not make others stop by berating them, but let's start with ourselves, hopefully, other Filipinos will follow.

Expectation... from page 5

standards and they are hoping the latter do the same thing. They know that they have a lot of shortcomings, and they are hoping teachers will be able to help them grow even more.

Some instructors are mean that they sugarcoat insults and confuse students with their low blow jokes. It's not that students hate being scolded, but if teachers do it every day, students will get sick of it and take it in a negative way which is opposite to the instructors' intention. We know the teachers' concerns, we know how worried they are, but please, the students would like to let you know how much it hurts each time you compare our class with your other classes, how much it bothers us whenever you say we have let you down again.

The students are aware that their success is their teachers' happiness. That before everything will be relayed to their parents or even to them, the teachers are the first one to shed a tear out of joy because their wards passed the course. And teachers are also the first to be heartbroken when some of their students fail in their course.

Students know the teachers' sacrifices like coming up with fun and interesting topics so the class will not be boring. They appreciate the teachers' sleepless nights for their sake, trying to go over and over again the computation so no one would be left out from the list of passers as they know somehow everyone in class delivered.

But really, students have few things they want to know. Their teachers have been doing great. It is just that they lack at some aspect like the students do.

Dear instructors, the students are grateful that you have studied harder than anyone to attain your current profession. The service you provide, the sincere love you give to us and the outpouring concern for us are priceless. But please stop raising your standards and expectations.

It is really heartbreaking when we let you down or when we fail to meet your criteria. It is sort of sickening that you compare us to other classes wherein all we want is to be educated by you.

We still have a lot of pail to fill, we still have a lot of things to learn. We know that. We will be really delighted to hear more words of encouragement than judgments.

It will really make our hearts happy if you lessen comparing us with other classes. We do not compete with other classes, just let us stand alone because we believe every individual has his own unique gift and that applies to members of our class.

With optimism, we hope we will be more motivated as you try to change your approach, not really asking you to change but at least to lessen things like being a mad ape when nothing's wrong something, like that.

Above all, we are grateful with your strict and harsh personality. We grew stronger than anyone else.

The greatest glory in living lies not in never falling, but in rising every time we fall.

- Nelson Mandela

Blue Blazing Owls take cheerdance champ title

• *Ryka Gutierrez*

The Cheerdance champions in their best form.

With a perfect execution of the punt formation of five to six members at the entrance, the cheer dancers of the *Blue Blazing Owls* of the College of Maritime Education and the College of Teacher Education started with authority to the upbeat music with drums.

Gliding with ease and grace as they started their cheers and yells, the *Blue Blazing Owls* captured the audience's attention to win their first ever championship title as a team for the 2018 cheer dance competition.

The Student Center suddenly became a mute witness to the students' shrieks over the group's perfectly organized execution of the stunt formations and flawless dance steps.

A unique transition of the steps that placed the audience in suspense, yielded a prolonged applause.

The group showed its innovativeness when it executed a narrow formation laced with sudden formation on the other side where members utilized all spaces.

The group all the more endeared the audience and the judges with their sudden change movements, synchronized witty dance steps and hand movements even as members executed spotless routines and jaw-dropping stunts inspired by "*Muay Thai*."

"There were times we got injured during our practice. We hurt our legs and feet, but we did not make that as an excuse. Had we stopped and gave up, everything would have been ruined on our attempt to getting the championship title," Rhon Julian, member of the *Blue Blazing Owls* said.

"Pressure was great because most of us were new to cheer dance contest. But we could not give up because we didn't want the time, hard work and pains to go into naught," Julian said.

The group hired two choreographers, Aldrine Ramos and Nephai Tumamil, who motivated the cheerdancers to be positive and to just enjoy the moment of their performance.

The *Blue Blazing Owls* garnered 93.67 percent. Coming close as the second placer was the *Trailblazers* of the College of Criminal Justice and College of Arts and Sciences with 91 percent.

The *Guardians* of the College of Allied Health and Sciences placed third with 86.33 percent

The Tycoons of the College of Business Education got the fourth place with 84.67percent.

Last year's title holder, the *Builders* of the College of Engineering, Architecture and Technology which was teamed with the College of Allied Health Sciences, got the last spot.

The criteria for judging included over all appeal 10 percent, perfection of routine 15 percent, degree of difficulty of stunts, tumbling, jumps/leaps 35 percent, choreography 10 percent, timing and coordination 10 percent, costume and props 10 percent, cheers and yells 10 percent.

Competing cheerers of the different colleges rib one another to annoy the confident cheerers.

College of Engineering, Architecture, and Technology cheerdancers keep their fighting position as they execute their routine.

Teamwork from page 11

the sake of having their attendance checked. They left for home after signing out then returned for time in. ***(Charisse Sophia Raquinio)***

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The Chinese garter event elicited much laughter from the spectators. I witnessed the happiest and exciting game in my life that time. Everyone was seriously watching, laughing, cheering for his team. And the winner was one of my classmates. Everyone was smiling from ear to ear and can't get over from the game. I will not forget that moment when everyone participated and enjoyed the last day of the events. ***(Chrissa Mariae Antonio)***

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Lack of unity or participation of other teams brought victory to the winning team (CTE & COME). Some players were forced to join few events to dodge the wrath of getting a zero score. ***(Zenith Kin Agcaoili)***

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The loud cheers, boos from opposing teams, heated exchange of discouraging words such as 'nalalaing ni #5!' and the 'pabonggahan kung paano mag-support' made the game more intense and interesting.

The students displayed their unique cheers to hype their team or just to tease the opposing team. Instead of rooting for their team, students cheer for their team's opponent.

A bonus point from the crowd was meant for good-looking players who attracted students to watch the game. Overall, basketball is a game that usually gets the interest of the crowd.

When triggered by cheers and jeers, players show their real color. Either way, the cheers or jeers build a character in them. Conflicts in the hardcourt would always start a ruckus. And the so-called spirit of sportsmanship is always forgotten. The basketball event during the intramurals was no exception. ***(Zenith Kin Agcaoili)***

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It has been proven that for an organization or a team to succeed, the elements of unity and leadership must be present.

Sad to say, the combined team of the College of Arts and Sciences and the College of Criminal Justice Education failed to steer its team to at least maintain its standing last year as overall champion. The miscommunication among the team leaders and members that led to misunderstanding derailed their rally to at least bag the championship. The failure of Black Stalwarts in the Volleyball women division to get their act together has been attributed to lack of communication.

Likewise, lack of assistance and support from their colleges such as proper distribution of food and water for the players affected the players' performance. Some players complained of the lack of drinking water. They were quoted as saying, 'awan met lang danum tay met', 'nabannog nakon, danum kuman a'.

Seeing these players panting for water broke my heart. The officers failed to facilitate their players' needs. The representatives from each college were doing their best, yet they were not being catered well.

Leadership must be something that comes out naturally because leaders wield power to lead. They are supposed to know their obligation to their constituents and not abuse their power. The team's leaders didn't care about what was going on with their players. They were only good at giving orders and not acting as one. ***(Charisse Sophia Raquinio)***

CCJE-CAS *Stalwarts* keeps basketball crown

• *Precious Quemquem*

Stalwarts and Tycoons grapple for the win.

The *Stalwarts* of the College of Criminal Justice Education-College of Arts and Sciences showed once more their firepower in the hardcourt after shoving off the comebacking College of Business Education Tycoons from its attempt to get the basketball championship round, 92-70.

The *Stalwarts* retained their record last year for two consecutive wins in the elimination round for a commanding twice to beat advantage.

"Well, me and my team had already the confidence that we can win this game because many of us have a lot of experiences in joining basketball in different places. We trust each other's capacity and for us we're not playing basketball just for fun but more on our passion and already part of our life," CCJE's Stalwart Kyle Chase Ion Valdez said

The first quarter of the game started on a zone defense. Tycoons' small forward, Kent Beltran, displayed his shooting skills on the rainbow country and under the rim shot that led his team to 13-8 run advantage for the first five minutes.

Stalwarts' point guard Valdez maneuvered the ball from an assist of the power forward, Arjhay Raciles. The quarter ended with 22-20 in favor of *Tycoons*.

Tycoons' pointguard Kenneth Raymundo and the teammate forward Beltran started the second quarter with an astounding alley hoop to lead six points.

Stalwarts' power forward Jay-Ar Prieto and shooting guard Virgilio Mercado pumped in their perfect shot in a free throw that came up to a close match score of 30-28. *Stalwarts* continued their defense and a perfect break away inbound that ended the second quarter for 37-33.

The *Stalwarts,* trailing on the second half, fired up the match with Valdez leading the attack with his unstoppable tricky cross-overs and shots below the rim. *Tycoons* exerted more convincing defense to get close to 45-42.

Raymundo and the power forward of his *Tycoons* team, Jayvee Fonacier and center, Kenneth Yeo strongly rebounded, boxouting the *Stalwarts* to grab the lead 10-6 run advantage in the last 2:51 seconds of the third quarter.

Valdez and center Mark Reven Ramil stopped at nothing to tighten the defense resulting to 62-54 in favor of their *Stalwarts* team.

Both teams showcased their headstrong defense and conclusive shots that upshot the match with a barter exchange of firepower.

Stalwarts' Prieto made an easy run with his speedy dives towards the rim with a knockdown assist from the rebounding machine Ramil 70-58.

Stalwarts dominated the court on the last five minutes of the match with their continuous baskets and outstanding half court traps that shoved the *Tycoons* to a convincing 22-large deficit, a pathetic loss, 92-70.

Reporter's Notebook

INTRAMS SIDELIGHTS

Teamwork, determination lead COME-CTE to victory

It is not surprising that the College of Maritime Education and College of Teacher Education combined team for this year's intramural bagged the overall championship title.

Credit that to preparation and teamwork. James Guardian of COME, the coordinator of the team showcased his leadership skills during the intramurals. He was determined to get this year's overall champ title for the team that he planned well with a good strategy.

It wasn't a unique strategy. It could be done by any team. But his determination led him to come up with a different strategy that he and his other teammates kept close to their breast. That made them beat the other teams.

I was amazed how he came up with the plan given the fact that some leaders allow their advisers to do the thinking. But in this fight, as if it were a matter of life and death, Guardian and his team wracked their brains to formulate a plan that would lead them to grab the championship.

First off, he encouraged his fellow leaders and teammates that everyone should be on deck for any event to fill in whether it is just a cheerer to show support to the players in the different games.

Second, the team began the tryout earlier than it should be. He and his fellow leaders of the other College chose the freshman students to play in almost all of the events because they expected that the higher years are "hard to handle."

This simple yet effective and powerful strategy literally became their edge over the other teams. Thus, they were prepared and were able to come up to plan well in every game they joined.

The team won some of the ballgames, most of the literary musical contest categories, and the cheer dance competition which gave them an easy coast to get the championship title.

Guardian also restored the Northwesternian traits that are slowly fading-- determination and discipline. We forgot how a true Northwesternian should rise to the challenge, but he showed it through his guts and good leadership.

Amidst all the challenges, the team stay determined to win and bring back the glory it once enjoyed. The sheer determination made things possible.

How they dealt with their instructors who chided them when they absented themselves for the practice, with some hard-headed members and daily practices that became a daily grind, meant nothing to them. But even as they remained focused on their goal, they made it a point to make up for their shortcomings in class.

The team remained hopeful that their resilience would enable them to overcome all the challenges and make them as one till the end. Their efforts paid off. They grabbed the most coveted title.

The hard work made the Maritime "great again" as Guardian had promised to one of the former Corps Commanders, Florencio Molina III. But of course, Guardian shared the "greatness" to the other team, the College of Teacher Education.

The Maritime students, known for their discipline when it comes to punctuality and determination, lived this trait till the end of the intramurals.

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Throughout the interview, Guardian showed his confidence and that proved his team really deserved the title. Hearing how he disciplined his members and how firm his determination was, Guardian is one truly great student leader. He thinks like a pro in battle. No doubt the team (COME-CTE) he led managed to steal the title from the four-time overall champion, College of Criminal Justice Education and College of Arts and Sciences.

By showing grit, determination and discipline – traits that catapulted his team to victory – Guardian is a good example of a leader redeeming the traits that are slowly fading in Northwestern.

This is what student leaders need to display – discipline and determination - specially when it comes to sports. When you exert all your effort and you are willing to shed sweat in every game, you will earn respect, and everything will fall into place. And that's what Guardian literally did.

May there be more leaders like Guardian in the school. ***(Chrissa Mariae Antonio)***

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Students enjoyed every game during the intramurals. One can see the determination of everyone to win.

Everything went smoothly. But there were still some who didn't seem to enjoy the intramurals. These were the people who attended just for

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REVIEW
OFFICIAL STUDENT PUBLICATION OF NORTHWESTERN UNIVERSITY

SPORTS

COME-CTE Blue Blazing Owls jubilant in breaking CAS-CCJE Stalwarts' winning streak.

COME-CTE grabs Intrams championship crown

Thwarts CCJE - CAS attempt to keep title

• *Chrissa Mariae Antonio*

Blue Blazing Owls, the combined team of the College of Maritime Education and the College of Teacher Education grabbed the championship title for this year's intramurals even as they dominated the Literary Musical Contest and some ball games.

Blue Blazing Owls virtually obliterated the chances of the *Trailblazers,* the College of Criminal Justice Education and College of Arts and Sciences team, to make its fifth consecutive championship winning streak.

The *Owls* garnered 490 points.

James Guardian of COME, the *Owls'* overall coordinator, attributed the team's victory to the early and well-organized preparation for this year's intramural.

He said the team started the tryout earlier than it was supposed to begin adding that the officers planned that all the students of the College must have a sport or activity to participate in the events' activities.

Guardian revealed that they had to deal with their instructors' ranting because of their many absences in their classes.

And those made them to strive harder for the championship title, he said.

"Pray tsaka lakas ng loob. Pinapagalitan ko pa mga kadete pag tatamad tamad. Tsaka malaki ang naitulong ng Literary Musical sa amin kaya talagang laking pasasalamat ko kay Maam Ana at pati na rin sa cheerdance namin," Guardian, who is also COME's Corps Commander, said.

With the strategy that they planned, Guardian said he expected COME-CTE team to bag this year's overall championship title.

He said the plan to field most of the freshmen as players in almost all the events was an advantage since freshmen students defer to their officers unlike the higher year students who are difficult to handle.

The *Blue Blazing Owls* dominated almost the LitMus different categories. The team won the essay writing contest (English category), vocal solo, duet, hiphop and ethnic dance, Mr. and Ms. Intrams.

The cheerdance victory capped the team's crown as it reclaimed its championship title and greatly contributed to the team's overall standing since they only won in the sports games the volleyball (men), swimming (men and women) and track events (men).

"Lahat ng pagod naalis lalo sa akin sobrang daming sacrifice bago maabot to pero hindi lang para sa akin at kundi para sa College din namin. Pinakita lang ng Maritime na kaya din namin ulit magtagumpay," Guardian said.

What motivated him, Guardian said, is that 2016 Corps Commander Florencio Molina III, challenged him to make "Maritime great again."

"And so indeed, we made Maritime great again and the Teacher Education team," Guardian said.

CTE-COME Blue Blazing Owls in their winning ethnic dance entry.

BBO also dominates Lit-Mus Dance contest

• *Irra May R. Ganot*

The team of the College of Maritime Engineering and College of Teacher Education *(Blue Blazing Owls)* topped the Literary, Music, Arts and Dance Tournament in this year's Intramurals winning seven of the 18 categories with 60 points.

The *Blue Blazing Owls* bagged the essay writing contest (English), solo, duet, hip-hop, ethnic dance, cheerdance and Mr. & Ms. Intrams.

Team *Tycoons* of the College of the Business Education gathered 54.8 points, 5.2 shy of the champion's 60 points, to earn the first runner-up.

The *Trailblazers* of the College of Criminal Justice Education and College of Arts and Sciences landed second runner up with 47.6 points.

Trailing behind the *Trailblazers* are the *Builders* of the College of Engineering, Architecture, and Technology with 42.4 points landing third runner up.

Getting the fourth runner up with 29.6 points are the *Guardians* of the College of Allied Health Sciences.