

REVIEW



THE SECOND LIFE

VACATION
ON THE
BRINK
OF DEATH

NATURE VS. NURTURE

WHAT
SHAPES
AN LGB?

ARKI:

TOWARDS
SUSTAINABILITY

LIFE'S

Joy's & Pains

REVIEW

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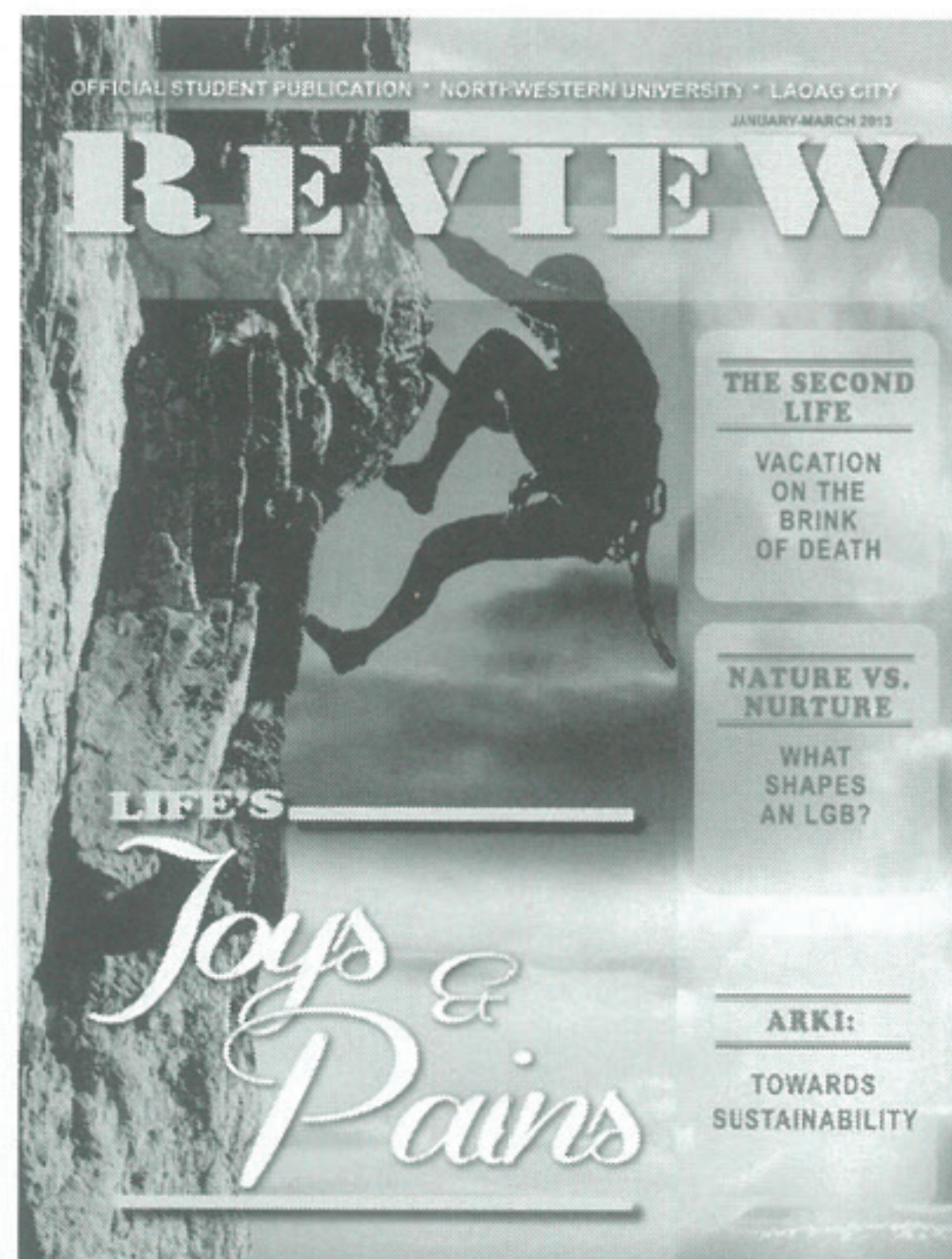
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About the cover



Life is full of uncertainties. Along with those uncertainties are joys and pains that test our faith in God.

The challenges in our lives are likened to climbing mountains. Whenever we reach the peak of success, we often forget the One who caused it to happen. But when we are at our lowest ebb and takes its toll on our lives, that is the only time we remember God and cry for help.

In spite of our shortcomings towards God, we can cling on His promise that he will never leave us nor forsake us. He will carry us all the way through

the top all over again each time we fall.

But we should realize that what is pleasing in His sight is to remember Him whether we are experiencing bliss or sorrow. We should be thankful for everything that happens in our lives for they are part of the refining process that shape us for the greater purpose He has for us.

We can never fathom the things that God lets us go through but that is His way. And we should know that God's ways are higher than our own. *(Cover Design: Emerson Bolibol)*

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A word from the editor

We all experience ups and downs in our lives which makes our existence uncertain. We do not know what tomorrow holds but we should know that there is Someone up there who holds our future. We just have to trust Him no matter what the future may bring.

Each day then must be considered as a blessing from God. Though He doesn't promise that we would live each day in a bed of roses, we should expect that there are still some thorns we will feel along the way so we may know the real essence of life. For every joy we feel, there will always be pain. But God promises that He will always carry us and comfort us no matter what we go through.

In this magazine issue of the Review, we would like to share with you the joys and pains that our writers and contributors have gone through which we hope would inspire you, our readers, and make them realize that life is full of twists and turns. It depends on our attitudes on how we are going to face the challenges that come along the way.

Have a great time reading!

THE SECOND LIFE

By Roschelle Anne Taylan



I was supposed to return to school after a long holiday. But I had to miss my classes for few days as I had to go somewhere outside the province.

The thought of travel always excites me.

Our vacation trip to Aurora province was scheduled and I lost no time to prepare for it. My mother, her sister's family and I left at 6:30 in the morning for the trip.

Pictured on my mind were the beautiful sceneries I would see in Aurora. I could imagine my feet buried in white sand along the beaches, the wide plantation of coconuts, wide fields, the views of the huge mountains, and the sweet memories with my relatives.

While on the road, I never missed to glance at nature. I made sure that I won't fall asleep while travelling. Did I ever mention I love travelling?

We stopped over at San Fernando, La Union to have our lunch. Since it was my cousin's birthday, her mother paid the bill. I discovered that being on a road trip on your birthday is fun. We continued travelling after we took our lunch. We had simple talks about experiences. Then my two cousins fell asleep. I remember myself enjoying the dream I was dreaming, but I could not remember what my dream was.

Until I woke up and I felt my body banged on the back of the driver's seat. The car bumped into a tree, I knew. I panicked. I grope to touch my legs if they are still intact. I touched my face if there were blood. Luckily, I was fine. I saw my cousin crying with blood dripping from her forehead. We panicked. Her sister had a contusion above her right eye. It was so reddish. It seemed like the blood was about to burst from her swollen eyelid. Then I heard someone shout "Lumabas na kayo. Dali! sasabog na!" I saw a smoke on the engine of the car." I hurriedly grabbed everything I could possibly grab and got out of the car. In my fear, I forgot my family. I cried out of terror. I thought it would be my last day on earth. I called for my mom. I wanted to hug her before I'd die. I prayed for our safety. We were rushed to the nearest hospital. My knees were shaking and I couldn't stop crying. I tried to calm myself. I constantly stared out of nowhere. The guard was asking what had happened. I just cried. We stayed at the hospital for observation. What had happened to us was repeatedly played on my mind. We got discharged at the hospital and proceeded to Agoo Police Station. I was still in shock. I hardly uttered a word.

Things happened so fast. We hired a van to get us home. We left the car at the car shop. It was 8:30 in the evening when we headed back to Ilocos. I cried remembering what had happened to us, and thinking it would happen again on our way home. Luckily, we got home safe. We are still alive and we thank God for guiding us. This is my second life. I only got bruises on both my legs; my face still aches every time a touch puts force on it.

I could never imagine myself dying at the age of 18. I am still young and I still have many goals to achieve. I still have to make memories that are worthwhile, and lessons that I will live throughout my life.

“I remember myself enjoying the dream I was dreaming, but I could not remember what my dream was. Until I woke up and I felt my body banged on the back of the driver's seat. The car bumped into a tree, I knew. I panicked.”

MIRROR

By Nathalia Santiago

You know my name but I ask you, do you know? Or did you even try to consider knowing me? Or maybe thought of becoming friends with me?

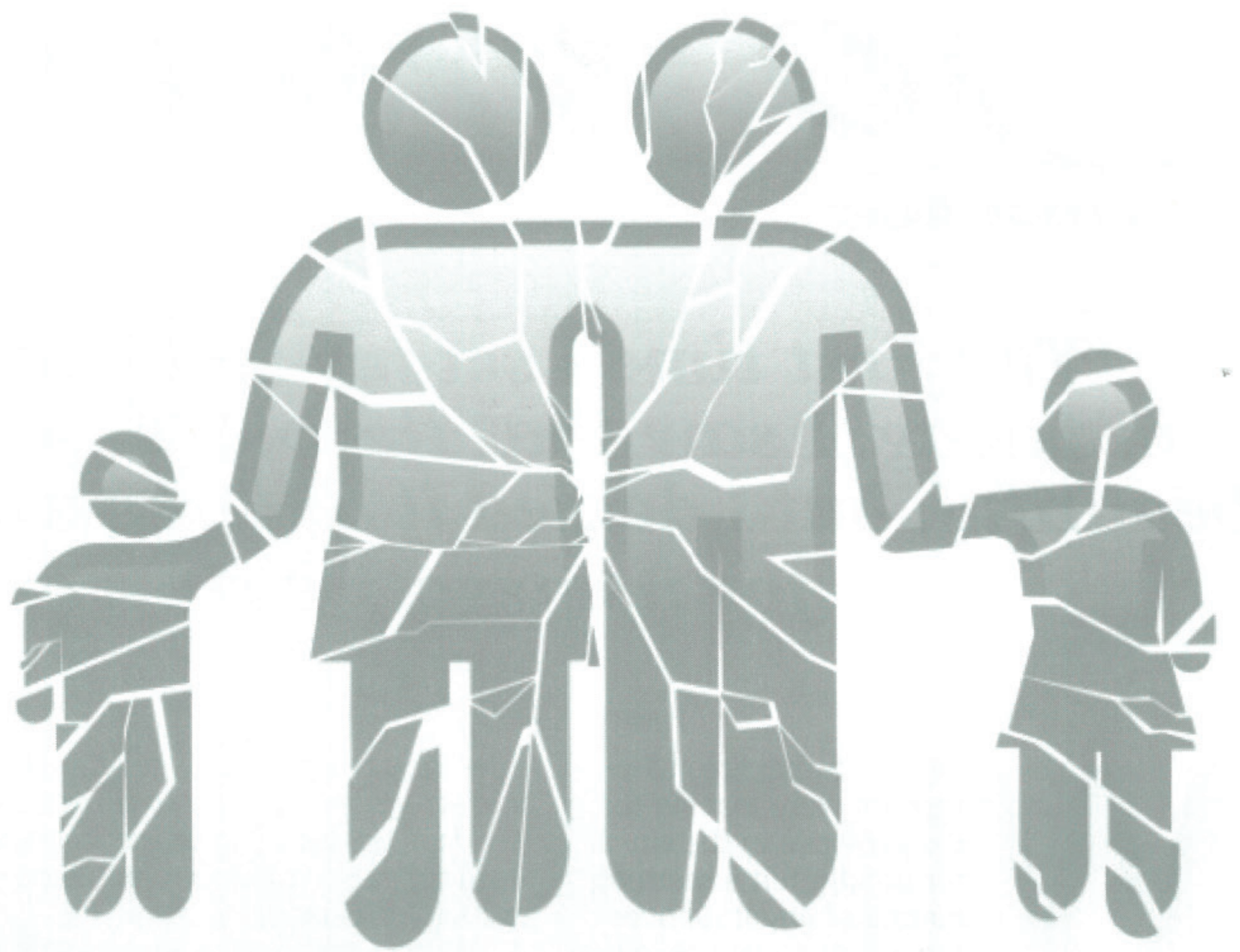
Meeting someone is easy but knowing him or her is the challenge. Let's say that you're standing in front of a mirror and you see me as your reflection. When you smile at the mirror, you'll see me smiling. But when you frown at it, you see the same thing. That's how I am when meeting a stranger. Whatever they show me, I'll reflect back doing the same thing to them.

The mirror is my boundary in meeting people. But there are just some people out there that when they look at the mirror, they are curious of 'that person reflecting' them, copying what they are doing. So what they do is that they break that boundary between us and would ask me who I am. By that time, those people who are brave enough to break that mirror in between us got to know me. No more reflecting of what they are doing. Instead I just do what I am comfortable with. I don't have to be conscious of what they'll think of me because I know it's them who want to be friends with me.

"The mirror is my boundary in meeting people."



The Family I've Always Wanted



By Marites Arellano

“It came to my mind that I’m not that blessed unlike others and questioned God for this. Why can’t He give me the kind of family I really wish for? What’s his purpose of giving me this kind of life?”

Before I go to bed at night I would stare over my window and think of many things. I would imagine what would have been my life if my family were still complete and my parents didn’t separate. Would there have been a difference from the life I have now?

I would imagine going home after school with my family waiting for me for dinner; I imagined not needing to wake up early to cook for my meal before going to school; I imagined I would not be budgeting my allowance; I would imagine eating with my family; I would imagine my parents getting worried when I’d come home late; I imagined having both my parents whom I could ask for permission when I need to hang out with my friends; I imagined cooking food not only for myself but for the whole family and going to mass with them.

Those were just the things I have in my mind each time I stare over that window near my bed. These were the things that bring happiness and make me escape the feeling of jealousy of others who have their own family.

I want to define the word family but I wonder if I can do it without looking at the dictionary and base it on my own understanding. But how can I understand the meaning of the word I’ve never had? How can I make a conclusion to a word I never felt?

One time my classmates asked me how it feels to be alone without my parents at my side and I told them the only thing I like about my situation is that I’m free to do everything and go

everywhere I want because nobody’s guiding me and there’s no one to stop me from doing what I want. But they don’t realize that behind those smiles while I’m saying those words is the pain I feel inside.

I get jealous each time I see my friends and classmates and other teenagers like me with their families, having date with their father, mother, brothers and sisters every weekend or during their parents’ free time.

I feel jealous because I’ve never experienced what they have. And what I’m longing is just the usual one that others have.

I grew and learned many things on my own. I have to be independent and be responsible for myself. It was hard to accept things as they were but this is the reality that I cannot escape.

Yes. It came to my mind that I’m not that blessed unlike others and questioned God for this. Why can’t He give me the kind of family I really wish for? What’s his purpose of giving me this kind of life?

I always pray to God but most of the time I get jealous and I also came to a point that I blamed my parents. I want to ask them why they separated and did not think of the consequences.

I know there’s no one to blame because God planned everything for a reason. We may not recognize it at first but we will realize that He has a better plan for us, more than the life that we wish for.

I’m still waiting for the time that I can define that word “family”. Maybe not now, but soon I know I will.

So many read

By Sweatcel Tagala

“The first time I set my feet here in Laoag, I saw that the place was beautiful, but I denied it and searched for its negative side.”

When my father told us that we were leaving for the province in the North for good, I felt a seething feeling of anger all over me. I didn't want to live in Ilocos Norte. All the memories that I treasure were built in Cavite including those I had with my friends. Excitement somehow diminished the anger because I always want to explore many places. But staying here for a long time didn't cross my mind. I keep on asking myself, “Why do we have to go? Why do we have to run away?” Thinking about leaving everything behind and start a new life here makes me sad. It's as if I am being born again, but thinking about the reason my father wants to come here made me think whether to follow them to Ilocos or not. My father gave me some time to decide. They came here in Laoag without me. After one month, I decided to join my parents and start a new life.

I can't help it but my tears started to fall as I look back all the memories that we made in Cavite. I looked at our house for the last time, thinking who was going to take care of it. I wiped my tears as I turned around. When I was already at the bus, I tried to look at my hometown once again. Tears flowed down my cheeks. I didn't want to leave the place and I hated saying goodbyes. I felt so sad that day. I closed my eyes and the moment I woke up, I was already here in Laoag.

As I went down the bus, I looked around the place. Funny, but the first thing that came up on my mind was that it was like I was returning to the past as I looked at the old houses made of woods, the stores that look like it's been there for many years now, and the scent of the air, which is different from the air that I breathe. I felt the excitement and the sadness, as well. It's so different in here, I told myself. They rarely speak Tagalog. When it's already past 7 o'clock in the evening, no one roams around. It's like they have curfew in here. I stayed alone by myself for three months. I just read books, talked

to no one but my family, watched movies and wrote on my diary to track things up. My days passed by with the same routines until my mom told me to buy something at the Laoag 'centro'.

When I got there, I was surprised, because it's not what I thought. I thought the whole place would be so historic unlike my hometown, where I saw many boutiques there and establishments. But still, what can a beautiful but old-fashioned place does if I can't have my friends around? I still can't appreciate it. I worked as a secretary for the company of my uncle to keep myself busy. But still, at the end of the exhausting day, I can't help but to think about our life there and my friends in Cavite. I do miss them a lot.

After one year, my father told me that I should go to school. It's a new environment for me again. I will encounter new faces and I think it's about time to go outside and explore this place. First day of school, I got so nervous because I didn't know if I could make friends here. After sometime, I got to know my classmates better. We talked a lot about our school then and our lessons as well. As days went by, I started to hang out with them and we became friends. Eventually, happiness started to grow inside my heart – happiness that I've been longing to feel again when I was with my friends back then. But I keep on denying it.

Then one day I woke up, realizing that the problem is with me from the start. The first time I set my feet here in Laoag, I saw that the place was beautiful, but I denied it and searched for its negative side. My mind was all set in going back someday to my hometown. I always closed my door to new opportunities and new people that I encounter. But then I realized that there is no reason to go back there. My parents are here and they're happy to be here, so why not be happy as well? Now, I'm enjoying my life here. There are many reasons to smile in this place. I've got my new friends and I can now tell that I am happy.

asons to smile



COLLEGE FOR ME

By Kevin Acer Riton

Before I go to sleep at night, I check my assignment notebook and try to recall if I forgot something then I fix my stuff and prepare my clothes for tomorrow for fear of what us to come. In the morning, I take a bath, eat breakfast, brush my teeth then go to school. I go home at noon mentally exhausted having second thoughts whether to return to school or not, eat lunch then go back to school.

After school, all the life and energy lost from my classes flows back into my lifeless body. I then spend this remaining energy to enjoy myself, watch and enjoy my family's company then comes the aftershock of school to haunt me and ruin the tiny peaceful time I have for myself. I force myself to overcome these obstacles because I have no choice. And just when you think it's finally over, the next day will come to bring a new feeling of despair.

That is how I spend my school days. Each time I consult an adult about some things I don't understand in my lessons, they all seem to not know what I'm talking about, making me deduce that whatever they learned when they were my age was never used after their graduation. If you use something often, at least once or twice a month there is no way you would forget about it easily. Then what about what we learn everyday from school? Based from my experience with some adults, they don't remember learning these things. I think this means that most of the things learned in school won't actually be used in life to the point that we would remember them when we are asked of course except for the major information. But what about the minor things we learn?

When I hear the words school, study and books, a sudden feeling of sadness fills my heart. Somehow, just sitting in a room and listening for hours drains my energy faster than going to the gym or jogging. When I watch a horror movie, it actually excites me but when someone says, "You have to go to school tomorrow," it scares me more than any horror movie. It's like schools were devised to torture the minds of the youth but what is its actual purpose? "To mold students into competent individuals in order for them to attain a brighter future" is one but can't they do it in a less painful and boring manner?

I know that nobody is perfect and there can be flaws in the school's system and I don't blame anyone for those but there are factors that can really affect the performance of a student. The best example, something I noticed that affects

the students the most, is the teacher. There are instructors who teach too fast perhaps assuming that their students could understand every word they say because they are already college students. I don't know whether they are overestimating or underestimating their students or just think too highly of themselves. Pressuring students to do better is fine but breaking their rhythm, making them feel like they have no chance plus teaching them in a lazy way will absolutely end with a lot of students failing.

Actually, these incidents are all in the student. When we enter college everything in our world changes. We can no longer rely on the things we were used to back in high school. We were used to spoon feeding that when we go to college we expect things to be the same so we let our guard down and let things be as they are but that's the naïve way of thinking that brings most students down. Boredom, pressure, schoolwork, bad teachers, these factors have to be dealt with by a student, as bad as it seems. It is how school trains us to become independent individuals. The sleepless nights, endless cycles of pressure and the continuous test of one's mental endurance are part of what school wants us to learn. It wants us to learn how to deal with these things. In the future, as an accomplished individual, there will be greater pressure but if we face and deal with the trials of school in the right way, there will be no reason for us not to become successful one day.

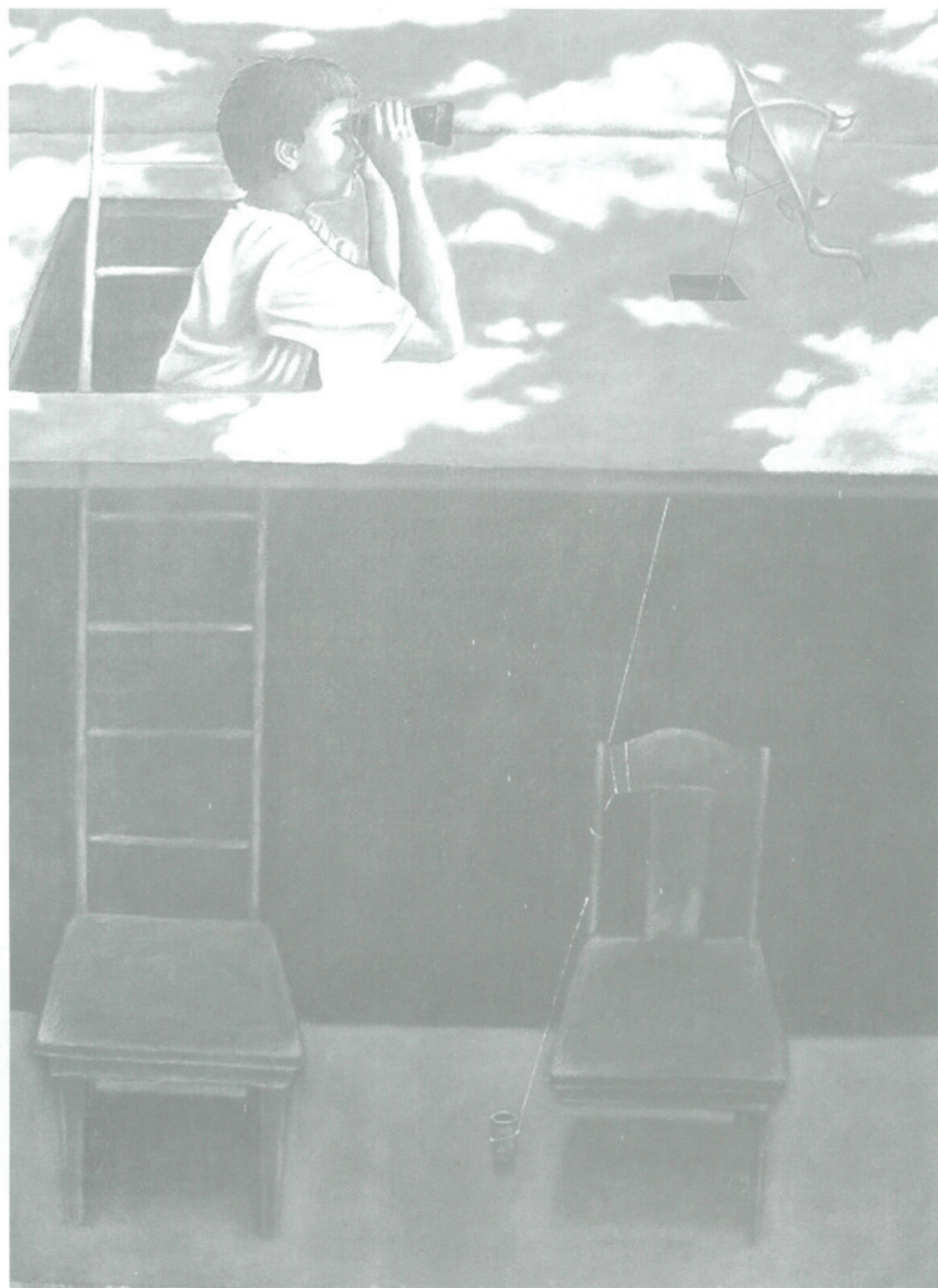
"When we enter college everything in our world changes."



Fair Or Unfair?

By Ma. Klarissa Coma

“There are lots of questions to be answered. Sometimes we can’t understand why some unwanted matters happen to us. But I guess that’s how life works... being MYSTERIOUS.”



It is a common idea that life is fair. I mean we are equally given the chance to live a life and we are to decide for everything in it. Circumstances may sound unfair for us, but we can make it fair if we want to. Fairness of things depends mainly on how we take the unfairness of life.

Sometimes we tend to complain why unwanted instances happen to us. We often ask God, of all people, why us. Why do we need to suffer bad things when all we opt to do is do good to others? Why do we need to be in a dangerous place if it is rightful for us to be on the safer side? Why do we need to lose a game, CHEATED, if we played it right and fair? Why do we need to pay for the results of wrong decisions and acts we didn't even do but do not even get the chance to enjoy the fruits of all our good works and labor? Why can't we get the things we worked hard for and why do the things supposedly for us, given to people who did not even work hard for them? Why can't we get what we DESIRE? Why is destiny always against us? Why do things so perfect be ruined by devilish circumstances? WHY?

There are lots of questions to be answered. Sometimes we can't understand why some unwanted matters happen to us. But I guess that's how life works... being MYSTERIOUS.

The thrill and excitement lay behind those questions. If we cannot comprehend the occurrences in our lives, we just need to hope and believe the events happen with a PURPOSE and for a REASON. I guess some of them need to come to realize things for our own good.

After all, it's not the circumstances that matter but it is how we handle and take them in that counts. We just need to say, "THIS IS MY LIFE, MY RULES... BRING ON ALL THE UNFAIRNESS AND I'LL HANDLE THEM WELL... FOR THIS IS MY WORLD AND I RUN IT MY WAY..."

With God on our side, there is always beauty in every storm and light in the midst of lingering darkness. LIFE IS STILL FAIR!



The Rise of Knowledge in the fall of Humankind

By Mae Katrina Tajadao

Human is the highest form of God's creation. God created man in his own image and likeness (Genesis 1:26), thus human is a rational being. Like God, he is good and capable of doing good.

Given that, he is good in nature as he is the sole basis of morality. He is kind not only for himself but also for others. He is true to everyone as he is true to himself. Unfortunately, this ideal human had only existed when Adam and Eve have not yet sinned.

When I was young, my parents taught me to always do good and despise evil acts, that I must care for others as I care for myself. They taught me to respect the elders so I may enjoy a peaceful and harmonious life. They told me that to lie is a sin and to steal is to do evil.

As I get older, I came to see and observe the things in the real world. Sadly, I came to know my world as bad, destructive, harmful and sinful. That despite the lessons our parents imparted to us, we still do not take good as the center of all things we do.

Sin started when human came to know everything. The first people chose to have "knowledge" when they ate the fruit that God forbade them to eat. They were tempted and sinned against God.

Up to this age, we still experience the first man and woman's feeling when they disobeyed God. Humans stand by their own almost forgetting the God who once created them. The knowledge they get causes them to crave more for discoveries, and inventions. Humans now think that they are self-made, forgetting the God that charts their own destiny.

Humans became famous as they get more knowledgeable. The cravings for comfortable life made them depend to technology to satisfy their needs and wants.

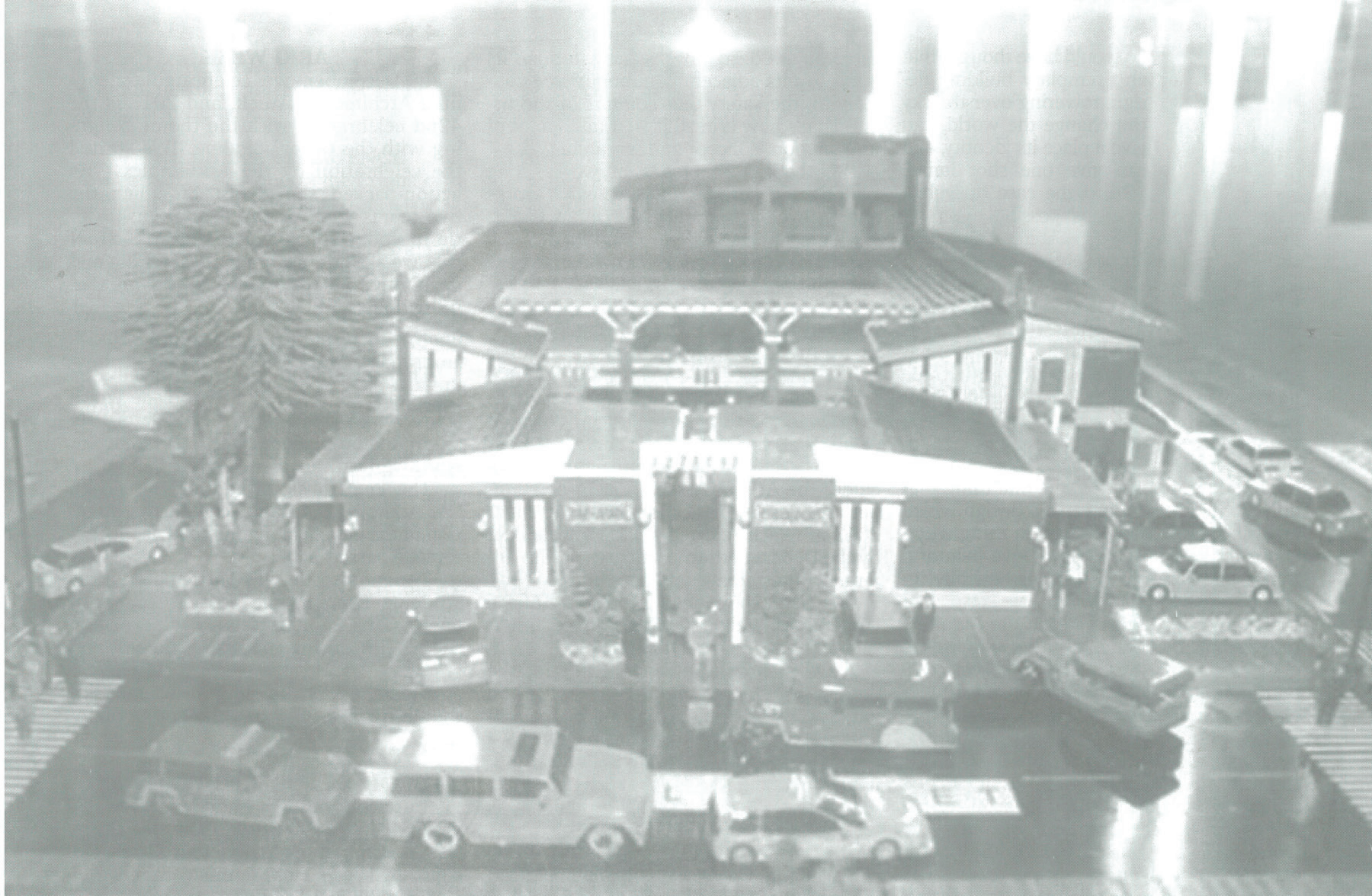
Humans are blinded by gadgets and machines that they are taken away from nature. Their minds are clogged by the thinking that technology through processed medicine, will heal us, despising the fact that healing and sickness are only on human mind.

Sadly, the benefits that human get from the inventions make their morals decline. Human is now lazy. He doesn't know respect, he uses indecent words. He is deeply fascinated and influenced by media – a chunk of the technology he built 300 years ago.

Humans hunger for power, thus this pushes them to commit crime. The declining of morals is simultaneous to the increasing number of people in jail.

The youth today are prophesied by Dr. Jose Rizal to hold the future. But they are now the slaves of social networking sites. As a result, they commit themselves to vices.

Humans continue to despise the very nature of their existence, that is to do good not evil. But its not yet late, humans could still heal the billions of people if all of them will be made to realized the worst effect of the things they do. As the Filipino author of Philosophy book said, our scientist should therefore rest away the false pride caused by technology and try to learn from the unassuming wisdom of people in the most natural way at least for sometime.



ARKI:

**Towards
Sustainability**

By Emerson Bolibol

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Who would have thought that an exemplary building design, towering over the sky can change the world, can give a place its identity, and can give one shot fame?

Like in the case of Dubai, where impossible seems possible with regards to their buildings – Architecture does it, it creates the identity of the place.

Architecture is an art as well as a science best interpreted by three key Latin words-Venustas, Firmitas, Utilitas which means Beauty, Strength and Utility. But as times goes by, and global trend changes, the three key words are joined by Sustainability, Safety and Comfort.

Aesthetics is the main course that separates us from the other allied profession in the building industry. It's the one thing that only Architects can inject in a design which gives it breath. That's the main thing why I chose to be an Architect – I love beautiful things and I like to create aesthetically inclined things in this world.

It's my fourth year now in the Architecture Department and I may say that I've gained something that will make me competitive in the global arena, but it's not yet enough, I need to learn more. I learned that all knowledge you must acquire cannot be taught in the four corners of the Drafting rooms or the CADD Laboratories, it can't be taught by your professors alone. But some things can be learned if you go out in the world and you yourself will be the one to explore and find out.

I also learned that Architecture is exciting but critical. It's not only about drawing lines in different weights and variation, or making scaled models or plans, creating shapes and patterns or coloring using your Kure' Color Set. It's all about putting your feet in the shoes of the users of the struc-

ture you are designing, bearing in mind its impact to its adjacent community and considering the safety and comfort of the users. That's how critical it is, it takes a lot of imagination, concept and research.

But behind the loads of works, long drafting and design classes, research works and the eye-bags produced by Design Plates, we still enjoy and have fun in the sun.

What do we do in United Architects of the Philippines Student Auxiliary?

OUTSIDE ACTIVITIES

An Architecture student and a member of the UAPSA participates in the National Activity of the Organization which includes the Quadripartite Party, a congregation of all Chapter Officers of UAPSA Member Schools Nationwide. Another event includes the Area A Assembly held at Thunderbird Resort, La Union last November 2013 in which selected students were sent by the Department to participate in the different contested events.

We also experienced to be a part of the United Architects of the Philippines Area A Assembly held here in Ilocos Norte, February last year, and we became part of the organizing committee and one of those who were behind the program and venue preparation. Aside from enjoyment, we are also gaining something new from registered and licensed architects from different parts of Northern to Central Luzon, as well as NCR.

The most memorable of course is the UAP National Convention, in which we had the privilege to rub elbows with some prominent people in the Architecture industry a national artist, the Vice President of the Philippines himself and other architects all over the Philippines. The feeling is unexplained, because you are given the inspiration to strive to be one of them someday.

ARKI WEEK

In December, we celebrated the annual Architecture Week, and 2013 is the 42nd celebration with the theme "Aligning with the Global Skyline." We started the celebration by the Arkilimpics – an action-packed sports fest in which the five teams vied for the championship title in volleyball and badminton, a proof that we are not just good at sketching and designing, but we are also sports minded individuals.

ARKI WEEKS STARTS

The celebration started officially on December 16, through a Motorcade which started from Divine World College of Laoag, to Robinsons Ilocos Norte and ended at Northwestern University Oval.

The loud music promoting the slogan "Sa Arkitekto Sigurado" caught the attention of the people along the road as the motorcade passed by.

The motorcade was participated in by students from Divine World College of Laoag (DWCL)- Architecture who rode on their bikes during the event, faculty and students from Northwestern University and members of the United Architects of the Philippines- Ilocos Norte Laoag Chapter.

A SEMINAR FOR SUSTAINABILITY

To widen the perspective of every student on Green and Sustainable Designing, DWCL initiated "Greening your plates, Design and Thesis Tips" seminar.

Arch. Miguel Guerrero, whose father is a Laoageño, gave tips on how to overcome the pressure during the thesis days, and how to avoid cramming hours.

He emphasized his talk on adapting sustainable and universal designs, in which building designs should sustain itself with



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regards to utilities, light and ventilation without needing much of electricity and mechanical elements.

THE CAIDA EXPERIENCE

One of the highlights of the Exhibit of all exemplary works of students from a certain academic year.

This year, the exhibit focuses mainly on interior arrangement and decorations particularly the Living room that's why we tagged our exhibit Caida – Sahig, Kisame at Dinding. We chose this theme and concept because the decorations form an entire living room, with hanging lamps, paintings, curtains, coffee tables, sofas and carpets.

Caida is a vernacular term adapted from a Spanish origin which means a hall in the Bahay na Bato (a typical house with two floors and have capiz windows that of the houses found in Kalye Crisologo in Vigan).

Aside from the Interior projects, the Exhibit also showcased Thesis Projects, Best Design Plates, Scaled Models, Planning Projects, Computer Aided Projects and Dish Garden Projects.

THE FURNITURE

At first glance, the furniture look ordinary just like any other furniture that can be seen in furniture shops outside the school. But it's not ordinary at all. Aside from the fact that the student of the Architecture Interiors Class of 2013 designed and made the furniture themselves, with their own hands, creativity and the help of some tools and equipment of course.

These furniture are exceptional as they are made out of scrap. Who would dare to use those wooden boxes left in the public markets, those metal mesh where the Maggie Magic Sarap products in the sari-sari store are hung, and those old, dirty tires can turn into simple yet elegant furniture.

LEADERSHIP DEVELOPMENT CAMP AND TEAM BUILDING

The fun continued during the second day. UAPSA NWU and DWCL combined forces to establish camaraderie and to have a fun-filled experience as 2013 ends.

The Team building was patterned from the Amazing Race and Minute to Win It Games in which their endurance and strategies will be challenged through the eight stations along the way. The participants were divided into seven groups, and they were given instructions to look for their flags, kits and close and in order to do so, they must pass all the challenges in each station.

The race started at Aurora Park at Laoag City, then the participants searched for the clues on the Paoay Sand Dunes, passed the two stations at Paoay Church, and went through the tricky task from the stations positioned from the shores of Playa Tropical going to Subli-Subli.



“At first glance, the furniture look ordinary just like any other furniture... But it's not ordinary at all,..the student from the Architecture Interiors Class of 2013 designed and made the furniture themselves, with their own hands, creativity and the help of some tools and equipment of course.”

THE FELLOWSHIP NIGHT-MILITARY AFTERSHOCK

Amidst the cold atmosphere and the sounds of the waves, the eagerness for the party to start was felt in the air. The fellowship night revolved on Military theme wherein participants were dressed in their camouflage outfits and acted like a soldier.

To make it more realistic, a boodle fight was initiated. Some of us were first timers in that form of eating. Everything is just laid in banana leaves and everyone eats with his bare hands.

All the torches around the area were lighted which signalled the start of the Fellowship night. Students from both schools showcased their talents in the program. A simple fashion show was also organized, the models posed with their military outfit and even used their imagination in using

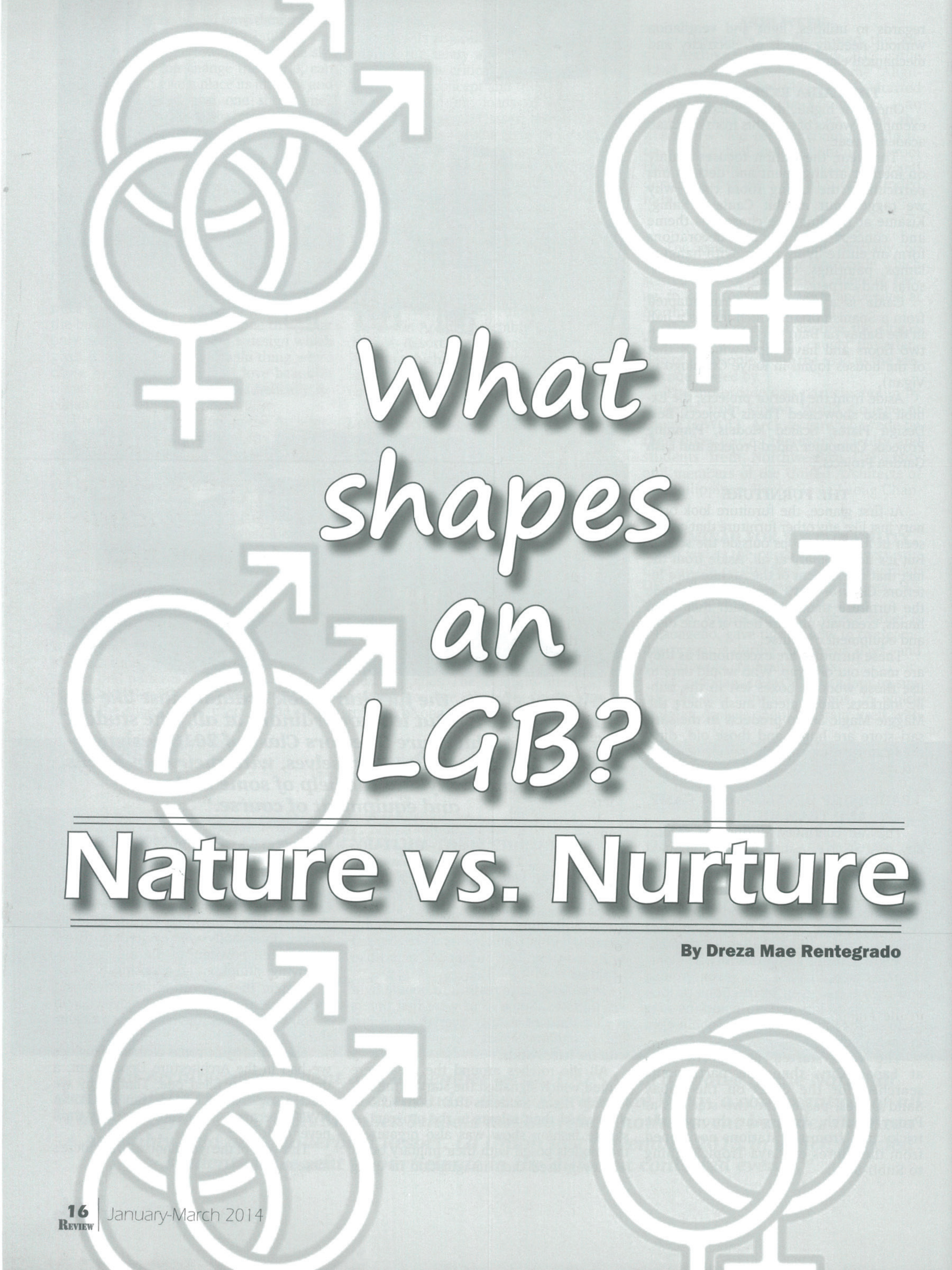
blankets and ice bags for the Creative Wear portion.

After the program, we moved to the Holi Party, a party inspired by the Holi Color Festival in India in which they throw colored powders during the occasion. Everybody was excited to throw the colored powders in the air, running, throwing, jumping and shouting.

Despite the exhaustion, the stress and the unexpected rain, we still enjoyed it, and it will be the most memorable – probably the best so far.

These were just some of those activities we had in the Architecture Department, a unique and fun filled one. That's why we always say that “It's more fun in UAPSA NWU”, because the excitement and thrill never ends.

This year of the wood horse 2014, there's more to come!



*What
shapes
an
LGB?*

Nature vs. Nurture

By Dreza Mae Rentegrado

Have you ever come across a guy who acts, dresses up, or looks like a lady? Or maybe, a guy who gets attracted to another guy? How about a lady who behaves and dresses up like a guy and even gets attracted to a female like her? Or in other version, do you know a person who gets attracted to both male and female sexes? If you know one, they're actually being referred to as the gay, lesbian and bisexuals respectively, or in short, the GLBs.

Approximately, one in four families has an immediate GLB family member. And according to research studies, 2 to 4.5% of youths today identify themselves as gays, lesbians, or bisexuals.

Anyway, have you ever wondered what makes someone a GLB individual? Well, we don't really know. But mental health and other experts agree that sexual preference is not a conscious choice that a person can change. But as we learn more, we discover that biology, including genetic or inborn hormonal factors may influence a person's sexuality. But most people today believe that a complex interaction of environment, cognitive and biological factors shape a person's sexual orientation.

Acquiescently, GLB people are prominent in diverse fields, be it in business, finance, entertainment, sports, science - name it, and you have them. Family-oriented television shows feature gay or lesbian characters and themes. Indeed, the prospects for GLBs today are promising more than ever before. And in line with this, let me name some of the well-known successful GLBs in the different arenas across the globe:

Ellen DeGenres (lesbian), the host of one of America's most successful chat shows, The Ellen DeGenres show, and also a multi-Emmy Award-Winning actress, a writer and a stand-up comedian;

Martina Navratilova (lesbian), a retired Czech American tennis player and coach and was dubbed as "the greatest singles, doubles and mixed double player who's ever lived" in 2006;

JessieJ. (bisexual), a singer-songwriter who became one of the judges on The Voice and first UK female Solo artist to achieve six top 10 singles from a single album, her debut Who Are You;

Tim Cook (gay), who worked at Compaq and IBM, is now the current CEO of Apple; and

Ricky Martin (gay), a global superstar who has sold more than 30 Million albums worldwide.

In the Philippines, we know a lot of GLB personalities like:

Vice Ganda (gay), a television presenter, actor, recording artist and a regular host/judge on ABS-CBN's noontime variety show It's Showtime;

Charice Pempengco (lesbian), a singer and David Foster's protégé who also became the first ever Asian artist to enter the US Billboard top 10 with her single, Pyramid; and

Boy Abunda (gay), a television host, publicist, talent manager, and celebrity en-

dorser and is known to be the "King of Talk" in local show business.

Given the aforementioned, we could see that the GLB people could be successful in any area in their own unique ways.

However, not everything has changed. Despite progress, GLBs are still coping with a culture that is sometimes inimical. And the youths with such sexual orientation face many obstacles like poor self-esteem, family rejection, stigma, social isolation, self-harm, and even risky behavior. Furthermore, bullying, teasing, harassment and sometimes physical violence are not uncommon parts of a GLB individual's life. Let me tell you a story regarding this:

"I have this friend of mine who I will call Jo, not his real name, who had experienced similar societal roughness like as what mentioned earlier. He is the person who academically excels in school before any transformation with his sexual orientation occurred. He was a consistent honor student back when he was in his elementary and high school years. When he got to college, everything went on smoothly at first, until he noticed that something peculiar is happening to him. And as days passed by, he became confused with his sexual orientation, and on what he truly feels. He told us about the matter. He admitted that he's undeniably attracted to males and he often gets annoyed with the girls who flirt with the guys he likes. We then advised him to come out from his closet and be who really is. And he did it! - That marked the onset of the total change in his life after he showed to the public that he's a gay. People started calling him with insulting names such as "bakla, baklita, shukling or shuklita." Some of his guy friends, too, made it obvious that they feel so uneasy having him around. But the worst case he dealt was when his father didn't accept the change, misunderstood him, and even hated him for turning out as a homosexual. Because of these, he became rebellious and got failing grades thereafter."

I'm neither on the side of those who support the GLB rights nor against it. All I say is that, we should try to understand and to accept these people. All are made equal, therefore, there should be no discrimination. We had too much of racism issues way back in history up until today, thus, we shouldn't create an intriguing chapter of outrage in the form of discrimination toward those who have sexual orientations. There's nothing wrong about being a homosexual, I guess, homosexuality does the negative things that most likely cause a homosexual to sin, like, having a sexual intercourse with the samesex.

I believe that the gay, lesbian and bisexual individuals can express their sexuality in a manner that is inclined to a Christian living. I believe that each one of us can express his/her sexuality physically, in a unique manner that is loving, life-giving, and life affirming. And for the heterosexuals, you only have the right to discriminate or to condemn someone if and only if you are born perfect and never had sinned, my friends.

"Have you ever wondered what makes someone a GLB individual? Well, we don't really know. Mental health and other experts agree that sexual preference is not a conscious choice that a person can change. But as we learn more, we discover that biology, including genetic or inborn hormonal factors may influence a person's sexuality."



Our 'Lucky

“Intayo man ag-field trip!” one would say. Then, all of us would agree, “Intayo man ngarud.”

It's not travelling to places that we mean, but going to the comfort room. This is how crazy we, the lucky nine, spend our time with each other. Regardless of the stressful loads of reading materials and requirements, we never forget to hang out and laugh as if we have no problems. To us, serious matters have time, but so do 'lucky nine moments'.

We never expected this friendship to grow this strong. Back when I first entered the portals of this University, I met great friends. We were then three Mass

Communication students. As we step to a higher year level, another batch of transferees or shiftees joined us. Until we reached third year, we are now the lucky nine.

Ordinary friendship would usually mean a mutual relationship wherein two friends or more share each others' problems, tips and personal stuff. But ours is an extraordinary friendship. We have mutual relationship, but it goes more than that. We are like a family, helping each other of problems, going anywhere one goes, buying what one buys and even sharing of packed foods.

When one has an INC grade, we go to-

gether to help to complete his/her grade. We always go together in borrowing and returning books in the library, taking merienda break outside the school and taking our lunch. When one has something interesting to share, we immediately sit with him/her to listen. We laugh hard upon hearing it. Sometimes we have different reactions. But there are times when we get sad by what we hear. When one is sad, everyone is sad. When one is happy, everyone is happy.

We also throw jokes at each other. What seemed to be an offensive remark to a person is merely a laughingstock to us. Hurtful feelings toward each other is inevitable, but with-



nine, Moments

By Allan Gregorio

in only a break of silence, everyone is back again into laughing and sharing of stories.

It's not also about the crazy things we do that strengthen the bond of our friendship but the change that every member experienced. One member shared us that when the group was formed, she no longer absents herself in class. She said her grandmother even noticed it and gave her a pat on the back. "It changed me a lot. At love ko na kayong kasama," she told us.

I, myself, even experienced change. I am shy. I do not talk to people a lot. But when I've been with them, I learned to talk to people confidently. I no longer go speechless when talking to people, though

I still stutter and speak with low volume. But with their company, I'm sure I'll be able to improve myself more.

I also remember everyone was affected when some members faced difficulties in their enrollment. Sometimes, we skip classes just to accompany them to enroll. We gave them pieces of advice. We even cried when it seemed impossible for them to enroll.

We thought, "is this the end of lucky nine?"

"Will it be over now?"

"I accept it, goodbye guys, *mami-miss ko kayo!*" (cry)

"*Galingan nyo ha.*"

Thank God, we are still together. I believe God has reasons for this friendship that flourished, and I'm glad that I'm part of it.

We realized that no matter what happens, the strong tie that binds us will never be broken, even by the strongest storm or earthquake. Because the journey that one has started is now everyone's journey. One's goal is everyone's goal.

The group may be torn apart. Each member may part, but never will the friendship that has already been written in our memory be erased. It will no longer be obliterated because lucky nine will always be the lucky nine!

BLINK

| Allan Gregorio



Everything for a

“I myself believe that God has reasons for leading me this path in my life. I never expected to study in this University because of financial constraints. Here I am now. I met wonderful friends. I joined the student publication. I met great mentors that enlightened me about many things.”

I had a conversation with my mentor and we came to a topic about the courage of Northwesternians in articulating their sentiments.

Students then were assertive in the right direction. When they know they were right, they would fight for it. They made sure that things would be resolved without a hint of animosity with the authorities. That’s why a mutual respect was built between the administration and the students, she relates.

Now, we could count out fingers students who openly discuss about their concerns with authorities.

It doesn’t mean that others do not know their rights and responsibilities. Perhaps they are just afraid to assert themselves, or they do not want to get involved. Some just discuss their sentiments to a circle of friends. Some just keep their mouth shut. Others do not really care.

Being passive could result to one’s dissatisfaction. For example, you have attended a meeting. You’re skeptical about a certain issue in the agenda. But you did not make known your opinion for fear that they might not like what you say. Then in the end, you resent because your side was not heard. You have no choice but to deal with the consequences.

Probably everyone is familiar with situations like this. By being too passive, we do not know that it may actually result to something we do not like. And that’s the point, we end up telling to our friends our sentiments just to release the heavy load of disappointment that we carry. Like a pas-

happens reason

sive voice form of a sentence, we become weak if we are passive!

But there are also those students who tell their opinion, but in a manner that offends other students. Taking the same example, you tell your opinion in a way that you make others feel that their opinions are wrong, that your opinion is the only right thing, thus the one that must be followed.

That sounds too bossy. This kind of student does not listen to other opinions. And that gives me that shivers because they tend to be a dictator. That's not assertiveness, that's dictatorship!

The true meaning of assertiveness is that we air our sentiments in a polite way. While you have an opinion about something, you show respect to the opinions of other students. With that, you could also gain the respect of other people. We need this kind of student. We are badly in need of assertive students! Be one!

Everyone can be assertive. The only thing that holds us is fear. Fear that what you say might be wrong. But when you know that you are right, you will not say anything wrong.

Don't let your fear dictate your actions. Be brave enough to air your sentiments. But do it in a nice way. After all, there's no harm in trying. You will always be guided by God in everything that you do.

The story of the novel *A Prayer for Owen Meany* marked in my mind. Owen Meany,

one of the main characters, is described as God's instrument. Indeed he is, in many ways in the novel.

He's different because he is small, and he has a wrecked high-pitched voice, but these features that he possesses have a reason. And it left me one lesson: that everything happens for a reason.

Indeed, God allows things to happen for a reason. We only have to feel it, and put our faith into it.

I myself believe that God has reasons for leading me this path in my life. I never expected to study in this University because of financial constraints. But here I am now. I met wonderful friends. I joined the student publication. I met great mentors that enlightened me about many things. One day I will figure out and understand why I am here.

I'm not afraid or even ashamed of the criticisms hurled at me. In fact, I want them simply because I learn from them. They help me realize my shortcomings not only as a writer but as a student. These would then give me motivation to do better next time.

After all, I serve the students. They deserve insightful stories and articles. We want to enlighten them about every issue that affects them. I shall not stop from learning because I came to love the work.

"Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently."

- Maya Angelou

STRIKE 2

STRIKE 2

| Kathrine Jessica Calano



Starting

“We can never appreciate the happiness from winning when we never feel the pain from losing. Everytime we become a “loser” just add “c” to the word and we’ll come up with the word “closer”. Closer to our success.”

People usually say there is always a room for improvement. True enough. But they forgot to say, we have to open many doors before reaching that room. Doors that might lead us to failure, disappointment or false hope. Some of us take these as signs of giving up and some take these as signs of being near to that room. But whatever signs these might bring, we should remember that in every door of every room, there’s always a key to make it easier to open. And the keys to open the room for improvement lies within us, these are HOPE and FAITH.

As students, it is important not to lose hope and faith because we are in the stage wherein failures surround us and anytime, may hit us. It’s not easy of course. I know it for a fact because, I, too, experienced it and will experience it again.

In three consecutive months, I failed and disappointed myself. October: our instructor assigned me to teach speech choir to a group for the Voice of Silence Speech Choir yearly competition. For three straight weeks, we practiced, sacrificed time and effort as well as energy. I love my group to the extent that I badly wanted them to win but we lost.

November: I together with my Mass Communication family joined a short film competition. My groupmates had

STRIKE 2

Over Again

one whole sleepless night in shooting the film. I wasn't able to make it to the shooting due to some circumstances. The day after the shooting, the original plan required us all to edit the film, but a problem broke out. With my guilt haunting me for not making it to the shooting, I took the responsibility of editing it. I also spent one sleepless night to do it. I did my best, we did our best, but we lost.

December: It was my first time to join the Regional Higher Press Conference. We trained for almost a month. Every night of the training, I thought of my family. I was supposed to be with them, watching our favourite TV series. I missed them through those nights. There were days where I cannot see them due to conflict of time. I told myself, the only way I can make them happy is to win an award, prove that the training is worth the sacrifice and make them proud, but for the third time I lost.

It's been hard for me. I felt really sad for some time but never did I feel down. For comfort, an important person told me that not all downward movements depict failure. I almost agreed, until he jokingly said, "like an underwear". I laughed hard but kidding aside, I did agree on what he said, that not all downward movements signify failure. Some people are meant to fall and rise again to give hope to other people. Like

a shooting star, every time it falls, it gives hope to the wisher.

But in rising, my fellow students, hope is not enough. We should also have faith. Faith in a bright future we might have if we work for it, faith in our own capabilities and above all, faith in God. We should believe that we are capable of rising from a failure because we have God. Nothing can defeat us when we are with Him. We should lift ourselves by the belief that winning is not always about being the best, sometimes it is about doing our best. Winning is not always about having awards but learning over losing. Winning is not always about making everybody idolize you because you got an award, but making everybody admire you because you still smile genuinely despite losing. Winning is not always about being on the top of the competition. The opportunity of joining a competition already makes us winners.

We can never appreciate the happiness from winning when we never feel the pain from losing. Everytime we become a "loser" just add "c" to the word and we'll come up with the word "closer". Closer to our success. I don't really care now how many doors I need to open to get to the room of improvement. What is important now is that I have the key of hope and faith which helps me get through the other rooms of failure.



SEE THRU

| Katrina Gajultos

Forgive

“People criticize with two motives, both to build you up or to destroy you. People who cannot criticize you on your face do not love you. This is how I take this thought in a positive perspective.”

“Hurtful words cut like knives. Even if the wounds heal, they still leave scars.”

Chinkee Tan, an author of inspirational books shared us his beliefs that hurtful words most of the time “pierce deeply into person’s soul.” Hurtful words cut and cripple millions of people. We should never underestimate the power of spoken words because our words can give life or bring death to someone.

We need to be careful of how we communicate to other people. We should pick our words wisely so that we could create pleasant environment with our schoolmates, workmates, friends and relatives. Remember that it’s hard to stay in a place where everybody hates you, especially if you do not know that they’re talking about you at your back.

People are brought up in different environment. People act the way they learned from home. That’s why I cannot judge anybody by the way they speak and use words. There are people who are brutally frank, who say words whether true or not which are more painful than a hundred stabs of

SEE THRU

then Forget

knives. There are also people who are tactfully straightforward.

People criticize with two motives, both to build you up or to destroy you. People who cannot criticize you on your face do not love you. This is how I take this thought in a positive perspective. There are people who speak hurtful words to you because they care for you. They criticize you because they want you to become better persons. Perhaps, the saying goes that “open rebuke is better than secret love.”

I remember one of my teachers who said that when she brutally criticizes a person's attitude and actions, then she really cares for that person. I realized then that she showed me love through those piercing words she throws at me because she wants me to learn something from my mistakes.

Well, not all piercing words could help people improve. Sometimes, people speak harsh words because they intentionally want to destroy people.

They spew foul words against people because they want them to feel sorry for themselves and worse, they want them to develop fear and condemnation.

If a person harshly speaks to someone with a destructive motivation, he must better think twice, as the scripture says in Proverbs 18:21: “The tongue has the power of life and death and those who love it will eat its fruit.”

Everybody could be harsh towards other people but if a person is driven with encouragement, then the person confronted would feel glad about the results eventually. Otherwise, that person must better shut his mouth because he only creates his problems and leads to his own self-destruction.

Now if you know that you have hurt someone with the words you've said, be quick to ask for forgiveness, even though others might say that it is easier said than done. You could only develop good relationship with other people if you're humble enough to admit your mistakes. Humility is a key to peaceful living.

And if you're the one who got hurt by people who despise you, let God lead you to act positively on it. Learn to forgive then forget because at the end of the day, you will reap what you have sown.



A NEW VIEW

| Ma. Klarissa Coma

Moving

“We learned lessons in the past but God wants us to move on. We cannot face the future if we keep on looking back at our past. Even though we stumbled and fell in the past, we should find the strength to rise from the ashes and make a new beginning.”

“Forgetting those things which are behind, and reaching forth unto those things which are before.”

Life is a journey, a long journey perhaps, only Our Creator knows. Each of us has gone a different length and kind of journeys. My journey uniquely differs from yours; your journey is not like mine either. But in one way or the other, somehow we become part (not just part but essential) of one's journey.

It's been said that “No man is an island.” Our journey becomes more meaningful and worthwhile if we have someone with us, the ones we love who love us too – our family, friends or relatives.

Thank God, it's been a while since a new chapter has been added to our journey. Last January 1, we celebrated New Year with our loved ones. Maybe many made a new year's resolution again or possibly some obtained realizations about their past lives and made a promise to be better, be more productive or be abundant this 2014.

Despite the promises and plans we had and still have to make our journey worthwhile, it is still better said than done. How could we move on if there are a lot of heartaches in the past? How could we move forward if the past always tries to hold us back? How could we move ahead if we cannot escape the memories of the past that haunt us? How could you be a better person if the past reminds you of your old self?

The book of Philippians 3:13 says, “... Forgetting those things which are behind

Forward

and reaching forth unto those things which are before...”

I'm just an ordinary student like you and my journey might be similar to yours. I could not deny the fact that I have regrets in my past. Things like, I should have done this, and I shouldn't have done that. It's quite frustrating, right? What I regret the most is the time when I took my studies for granted because I was too lazy and tired.

Normally as humans we get tired whether physically, mentally or emotionally but we should keep moving on. I move forward everyday and I keep on living my student life even though it's not an easy task. I know that someday all my sacrifices will be paid off by our Almighty God. I just continue pressing towards the future. That's how I take my journey.

We learned lessons in the past but God wants us to move on. We cannot face the future if we keep on looking back at our past. Even though we stumbled and fell in the past, we should find the strength to rise from the ashes and make a new beginning. Change and abundance is innate in us but without labor, it is vain. We need to work for it.

I remember what Dyan Castillejo lectured during our ComGuild. She shared some of her guiding principles of being a successful sports correspondent. She said we need to give our 100 percent, look for the good, keep learning, ask God for wisdom and even shared a verse from the Scripture that says, “And whatsoever ye do, do it heartily, as to the Lord, and not unto men...” (Colossians 3:23) to stress out that we should not quit.

Last year, I saw many people wearing shirts with the print, “Never give up.” Don't give up just because you are experiencing a bad weather. After the storm comes a rainbow, isn't it? Do not be weary as the sun will soon be shining. Don't ever think of giving up. You will never reach your destination if you give up now.

The famous Thomas Edison once said, “Many of life's failures are people who did not realize how close they were to success when they gave up.” Each of us just needs to face the dark clouds first before finding the silver lining.

If you feel like giving up because your past still lingers in your minds, weakens, dictates and controls your life, tell yourself, “I'm not going back, I'm moving ahead. I'm declaring that my past is over. Things are made new. Memories I can't escape, they could not haunt me anymore. Now, I could hold my head up high because I am not the same. I've become a new creation because of what He's done for me.”

Again, looking back at yesterday, there are things that we regret but we should put our past behind. There's no need on turning back from the past. God already covered our mistakes and broken dreams. Let us live our lives to the fullest with Him. Let us live for today. Let us not worry about the past; knowing our future is intact with Him. Don't look back anymore. Don't look on the old, stubborn, ratty thing that will never move you anywhere or where you have already been.



My Father's Chair

By Jonard Evangelista

“My father’s chair is vacant now and I wouldn’t be able to see him read his favorite books. I should be sad about it but I don’t because someone has replaced him.”

When I was a kid, I saw that my father loved his wooden folding chair which he used to relax during his siesta time in the afternoon or in the evening while reading a book until he dozes off. That was how I was introduced to the habit of reading in my formative years. But as a kid then, all that was on my mind was playing like what typical kids do.

Until one day, my father bought me a Children’s Edition Bible. The language used was so engaging for kids and it came with it colorful illustrations which were so attractive. I was so engrossed in reading that I competed with my older brother to find out who would finish reading the Bible first. I was still on my third grade then and my brother, who was then in high school, won the race of course. But even if I lost, I still felt that fulfillment of having finished the book from cover to cover. And guess what? I even read its entirety over and over again.

I am not bragging but that is how and why I came to know a lot of stories, characters and other Bible knowledge that the older children then would exclude me from joining Bible quizzes.

As a kid, I didn’t have any book except my Bible. But somehow the stories from the Bible contain a variety of genres which didn’t tire me. Let me give some examples. If you’re fond of action stories, you might want to read the story of David and Goliath and/or the war between Israel and their conquerors. For love story fanatics, you can read the story of Samson and Delilah and/or you might want a true friendship story of David and Jonathan. Craving for drama? Read the story of Joseph the Dreamer and/or the passion of Jesus Christ. Or yet, are you futuristic? Then the book of Revelation is for you. See? There are really a lot of genres to choose from that is why I never get bored reading it over and over again.

Unfortunately, my reading interest waned when I entered high school. I just didn’t know how I lost that motivation to read. That lack of interest went on and on until the summer before my college came to be boring. I had nothing to do then so I looked for a book to read in

our shelves where the books of my father are piled. I saw a book series called, *The Left Behind* series. There were six books in that series if I’m not mistaken. It wasn’t complete though because I would later know from the internet that there are more books in that series which I would later buy from a book sale.

According to my father, the book series was given to him by his former boss. It is a fictionalized book about the things that will happen in the last days of the earth as it is prophesied in the Bible particularly in the book of Revelation. It is interesting and the writing style is so simple yet very captivating that I could feel the action like I am actually there in the story. To cut it short, I finished the whole series the entire summer.

My reading interest was sustained in college especially when I joined the school publication. It was all the more enhanced through my mentors. One of them encouraged me to read novels such as that of Nicholas Sparks’ *The Lucky One* and *Safe Haven* and also the books of Bob Ong. The other one lent me her collections of *Reader’s Digest* magazine. Since then, I became an avid fan of the magazine that I feel my month is not complete without grabbing a copy of the magazine. The third one encouraged me and still encourages until today for me to be a wide reader especially if I want to become a good writer.

Since then, I have been crazy about books, magazines, newspapers that I could even spend any amount to purchase one especially if I know that it is very useful for me. That is how I value reading. I perceive it to be a good investment.

I realized that I unconsciously acquired that same value for reading I have from my father because he modeled it. He had that passion for learning through reading. Because of reading, he had been successful.

I am proud to say that he is not a college graduate nor a high school graduate. He didn’t have that opportunity to finish high school due to financial constraints. He had to work at an early age as a gasoline boy for an aircraft oil company in Manila. His dedication and devotion to learn through books would later earn him his boss’ trust and confidence that the lat-

ter would send him to trainings and seminars to prepare him for his promotion as supervisor.

You see, his diligence and determination to learn through reading had brought him to a higher position. If someone who didn’t finish schooling like him could make it to a higher level through reading, how much more to those who have higher educational attainment?

But wait, the promotion didn’t end there. In his late 50s, he was promoted as the operations manager. Unfortunately, his work as operations manager was short-lived because he had a mild stroke that aggravated his glaucoma that led to the gradual loss of sight on both eyes. But by God’s grace we were able to cope and are thankful to God that at least he was able to taste the sweetness of success and self-fulfillment even for a short period of time.

These days, despite his visual impairment I could still sense his profoundness whenever we discuss issues. The things he tells me are full of wisdom. He still has that depth in articulating his ideas that sometimes I get mesmerized because I can’t relate to what he is talking about. After a long talk with him, I would challenge myself to read more and learn more. I want to be like him. I would tell myself sometimes, how much more if my father were able to finish his studies?

One thing more that I admire about him is that his situation has not dampened his spirit to learn more. He would record in his cassette tape all the good discussions of political issues, commentaries, and preaching from the different radio stations. Then, he would listen to these over and over again.

Well, I guess now you know that my father’s chair is vacant now and I wouldn’t be able to see him read his favorite books. I should be sad about it but I don’t because someone has replaced him. That’s me. It’s funny thing though that I perceived it before that such kind of chairs are only for the oldies. But I have realized that any age can use it. Just like reading, it doesn’t require age. For as long as there are books to be read, people of any age should partake in its bounty of unlimited food for the thought.

So, what are you waiting for? Grab a book now!

Joy and Pain

Kelsey Ramsue


*I've had my ups and downs.
But that has never stopped me.
I may have suffered a great deal
of losses, as everybody has in life
But I've never given up.*

*'Cause even if you're face down
in the dirt, you can still fight,
if you believe in yourself.
'Cause you've got to find
the inner strength, to pull yourself
out and get back to the top of your game.*

Remember this quote:

*"I don't win 'cause I'm the fastest or the strongest.
I win 'cause I've got something worth fighting for."
And if you find that drive,
you'll survive all hell.*

*Through joy and pain.
To the end.*

 **R E V I E W**

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