

NWU welcomes new int'l students

Dyan Rae Rapacon

Ilenia Mazzoni of Tuscany, Italy; Anna Victoria Bylan of Maryland USA; and Lou Carlier from Belgium-France are the three international exchange students from the American Field Service Intercultural Program Philippines (AFS-IPP) who joined Northwestern University (NWU) for the Academic Year 2019-2020.

The international students are in a 10-month cultural immersion agenda under the AFS-IPP program; and while studying at NWU, they are considered as full-time scholars for two semesters.

Turn to page 11

THE REVIEW

THE OFFICIAL STUDENT PUBLICATION OF NORTHWESTERN UNIVERSITY



Dr. Chita Gonzales enjoins the graduates to pursuit excellence even more after graduating. Photo from Jon Oscar Rodas

2019 Interim Commencement Exercises: 232 Grads pursue excellence

Jezreel Larry R. Caunca

232 students received their certificate and diploma during the 2019 Interim Commencement Exercises on December 19, 2019 at the Aquino Multi-purpose Hall with the theme, "In Pursuit of Excellence."

For the Degree Programs, 3 students of Master of Arts in Education (MAEd), 3 students of Master of Arts in Public Administration (MAPA), 4 students of Master of Arts in Nursing (MAN), 1 Juris Doctor student, 8 students from the College of Engineering, Architecture and Technology (CEAT), 51 students from the College of Allied Health Sciences (CAHS), 4 students from the College of Arts and Sciences (CAS), 31 students from the College of Business Education (COBE), 36 students from the College of Criminal Justice Education (CCJE), 45 students from the College of Maritime Education (COME) received their diploma.

For the Non-Degree Programs, 22 students from

COME, 10 students from the COBE, and 14 students from the CAHS received their certificate.

The program started with a Eucharist Mass followed by the Hooding Ceremonies led by Dr. Chita A. Gonzales, Vice President for Academic Affairs; Prof. Josephine Bolusan, Vice President for Finance; Dr. Elsie C. Pilar, Vice President for Research, Community Extension, and Integrated Agricultural Development; and the Deans of the Different Colleges.

The program proper for the 2019 Interim Commencement Exercises starts with the Academic Procession led by the Candidates for Graduation. The Singing of the Philippine National Anthem, NWU Hymn, and Doxology was led by the Saguday Chorale. Dr. Chita A. Gonzales, the Vice President for Academic Affairs welcomed the candidates as they embark a new beginning citing the achievements of the students for the 1st Semester of Academic Year 2019-2020.

Erwin D. Mandac, a Bachelor in Medical Laboratory Science Student and Sherwin M. Colobong, a Bachelor of Science

in Criminology student were recognized as Loyalty Awardees. They are students of NWU since Elementary Level. This award is to recognize the unwavering trust they have given to the university.

Atty. Ferdinand S. Nicolas, University President delivered a message applauding the graduates for pursuing their degree and non-degree programs at Northwestern University citing the maintained Deregulation Status of the University and looking forward in achieving the Autonomous Status in the next few years. After which, he led the students for the conferring of degrees and titles.

The event was followed by most awaited Tassel Turning and singing of the graduation song, "This is Me." Erwin D. Mandac led the students for the Pledge of Loyalty followed by the induction of the graduates into the NWU Alumni Association led by Prof. Agustina Dancel-Matias, Alumni Coordinator.

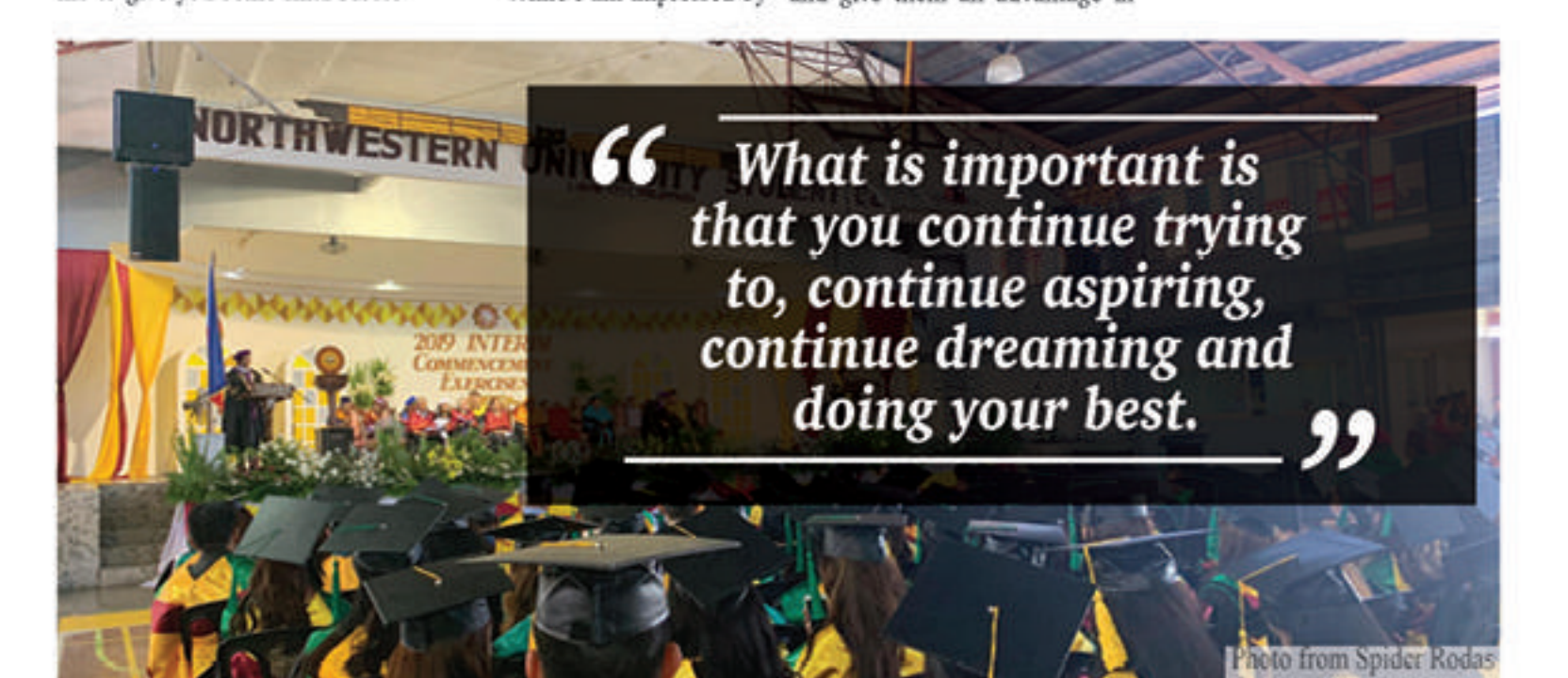
University President Atty. Ferdinand S. Nicolas declared the closing of the 1st Semester for the Academic Year 2019-2020.

REVIEWS

From the desk of the University President

Excerpt from Atty. Ferdinand S. Nicolas' speech during the Interim Commencement Exercises 2019

My fellow members of the board of directors, Vice President, Deans and Directors, Faculty and Personnel, Our dear Candidates for Graduation, Parents, Family, Guests and Friends, Good Afternoon!



REVIEWS

Pursuing excellence

[An excerpt from the speech shared by Dr. Chita Gonzales during the 2019 Interim Commencement Exercises]

It is pleasant to welcome you to this 2019 Interim Commencement Exercises and have the privilege to address you on this special occasion. I think you all for your presence here today to recognize and honor your achievements and to let me also take this opportunity to remind you, that you must continue to learn and better yourselves.

Success is a Journey not a Destination. Receiving your certificates, diplomas, or degrees today does not signal an end but rather the beginning of a long journey.

NWU celebrates Students' Day

• Stanlee Jay Arquero

The Supreme Student Council (SSC) spearheaded the celebration of Students' Day held last September 20, 2019 right after this year's Oath Taking Ceremony which was actively participated by the students of Northwestern University.

Northwestern University is annually celebrating Students' Day, a day of enjoyment and

a day of looking forward to what is yet to come. The spirit of active involvement was seen on the aforementioned event as the students came to enjoy the activities prepared by the SSC. Each college department sent their competent representatives to join the contested activities such as Spoken Word Poetry, Laro ng Lahi and Solidarity Dance contest. Because of their performance filled with deep affection of love reflected on their

hugot lines, the representatives from the College of Allied Health and Sciences (CAHS) won on the Spoken Word Poetry. Meanwhile, striking out their agility and showcasing their talents and skills on the dancefloor, the College of Maritime Education (COME) was proclaimed as winner on the Solidarity Dance contest.

With the purpose of reviving different traditional Filipino games, the Laro ng Lahi turned out to be a very enjoyable

portion of the event as everyone was delighted with superb excitement and happiness. It was indeed a memorable day for each and every student of NWU.

Such event aims to foster teamwork and camaraderie among the students. The celebration brought genuine smile on their faces as they are all leading the way and working as one in pursuit of excellence.

NWU first Broadcast Team won 3rd at Radio Broad Tilt

• Jessie Felipe Jr.

The Commission on Higher Education conducts a yearly tilt among campus journalists from various colleges and universities in specific areas. It includes the different categories in journalism: copy-reading, news writing, editorial writing among others.

Northwestern University joins the first Radio Broadcasting (Filipino) contest in the Regional Higher Education Press Conference (RHEPC), that was held on November 27-29, 2019 at Oasis Country Resort and Hotel, San Fernando La Union with the theme "Promoting Integrity through Ethical and Innovative Campus Journalism."

Mr. Jon Oscar Rodas together with the AB Communication students initiated

an audition for all interested students to be a part of the first Radio Broadcasting Team to represent the NWU.

The team were represented by Jessie Felipe Jr. (Male Anchor), Laica Joy Vila (Female Anchor), Venisha Jade Vita, Sander Jim Damo, Mark Lester Caletina (News Presenter), Myla Frances Musni (Infomercial), and Ray Mark Matias (Technical Director).

The NWU Radio Broadcast Team presented successfully amidst the unavoidable circumstances.

With their poured efforts, help of their trainers, and the support of the University, the first Radio Broadcasting of NWU won third place in the first RHEPC Contest for Broadcasting.



NWU First Radio Broadcast Team with their technical coaches; (from left to right) Prof. Agustina Dancel-Matias, Ray Mark Matias, Venisha Vita, Laica Joy Vila, Sander Jim Damo, Jessie Felipe Jr., Mark Lester Caletina and Mr. Jon Oscar Rodas. | Photo from Ray Mark Matias

Arki students celebrates World Architecture Day

• Dyan Rae Rapacon

Architecture students, together with the United Architects of the Philippines Graduate Auxiliary (UAPGA) and United Architects of the Philippines (UAP), gathered as one as they celebrate World Architecture Day last October 9, 2019 with the theme "Architecture... Housing for all."

The celebration kicked off with a parade around the city. From the campus, the students and other participants went to the city waving their orange flags.

A seminar was held at the Audio-Visual Room of the College of Engineering and Architecture right after the parade. The guest speaker, Architect Melmar

Gudoy, a passer of the June 2019 Architecture Licensure Examination, discussed and elaborated the theme.

In the evening, the officers of the Architecture Student Organization (ARKISO) prepared an acquaintance party where students, professors, and guests showed off their beauty

and glam with a black tie themed party.

Passers of the June 2019 Architecture Licensure Exam (ALE) were the guests of the said event.

Leadership Camp Version 4.0



NWU College Orgs and Interest Clubs' new set of officers unite for the Leadership Camp 4.0, tightens bond in pursuit of excellence. | Photo from SSC Page

- Mark Lester Caletina

Leadership Camp Version 4.0 was held on October 10-12, 2019 at the Student Lounge of Northwestern University with

the theme: "Leading the way: In Pursuit of Excellence, Serve. Share. Care." The Leadership Camp was organized by the Supreme Student Council to prepare the newly elected

officers to bigger responsibilities of serving the students and transforming their own college department into greater good.

The Leadership Camp Seminar was divided into five topics. First topic was Personality Development by AVON. Pauline Lusala, representative of AVON discussed the history of AVON briefly and the importance of taking care of skin. She also shared during the seminar that a leader should have a vision and motivate subordinates to work. The second topic was Self Awareness which was tackled by Nicole Poblete. She told the participants that self-awareness begins with a thought and a purpose. Thus, leadership must fervent with a purpose to delegate the visions.

Atty. Ferdinand S. Nicolas, University President, also shared the Five Levels of

Leadership which are Position, Permission, Production, People Development and Pinnacle. The fourth topic was Beauty in Diversity presented by Lou Carlier, an AFS student from Belgium. She spoke about her hometown, Belgium and shared that diversity should not hinder the essence of leadership.

The last presenters, Ildelfonso U. Gonzales III and Jose Francesco Alonzo, talked about Event Management, Basic Protocols, Effective Communication, Conflict Management, Office Management and Productive Meetings and Minute Writings.

The goal of the Leadership Camp was to mold and train the young officers to become a successful leader for their organization and interest clubs.

14th Mass Comm Annual Confab: Reclaiming the Future through traditional vs digi media

- Charisse Sophia Raquinio

The Bachelor of Arts in Communication and Bachelor of Arts in English Language students of Northwestern University participated on the 14th Annual Conference of Mass Communication and Journalism Students of the Philippines last September 29, 2019 at Henry Lee Erwin Theater, Ateneo de Manila University, Quezon City with the theme: "Reclaiming the future: Traditional Media vs. Digital Media."

The students had their radio tour around Metro Manila. Anent to this, they visited radio stations like DZXL 558 and 93.9 iFM Manila. They were exposed to the new way of bringing news to the public by having the opportunity to watch news cast and radio broadcast veterans showcase their talents; and given the chance to speak on air.

Lectures came from Zander Cayabyab, a reporter

from DZMM; TV Host and Sport Commentator, Mark Zambrano; News Anchor at GMA News, Pia Arcangel; and a motivational speaker, Al Ian Barcelona. The speakers taught the students how media works, their behind the scene stories and their unforgettable experiences incline to their chosen career.

The peak of the said conference is the Comguild Awards. Bernadette Sembrano, Anthony Taberna, Papa Dudut, Dear Nicole and Chris by Nicole Hilaya and Chris Tsuper, Alvin Elchico, Dyan Castillejo, Jeff Canoy, Sandra Aguinaldo, Day-off by Maey Bautista, Julius Babao, Dos por Dos, Matanglawin, Bottomline hosted by Boy Abunda, Kapuso Mo Jessica Soho, Kim Atienza, Karen Davila, Alden Richards and TV Patrol were awarded as Best News Female Reporter, best Radio Reporter, Best FM Radio DJ, Best Radio Program, Most Outstanding Male News Presenter,

Best Lifestyle Program Host, best Male Field Reporter, Best Female Field Reporter, Lifestyle Program, Most Popular TV Personality for Entertainment, Best AM Radio Program, Best Educational Program, Best Entertainment News Show, Best Magazine Show, Best Magazine Show Host, Most Popular TV Personality for Entertainment and News Program, Dos por Dos for Best AM Radio Program. The Best

Educational Program is awarded to Matanglawin. Bottomline is the Best Entertainment News Show hosted by Boy Abunda. Kapuso Mo Jessica Soho as the Best Magazine Show. Best Educational Program Host is awarded to Kim Atienza. Karen Davila as the Best Magazine Show Host. The Most Popular TV Personality for Entertainment is Alden Richards. Best News Program is for TV Patrol, consecutively follows.



BA Communication and BA English Language students joins the confab to learn how mass comm plays a vital role in our society. | Photo from Pamela Tadeja

EDITORIAL

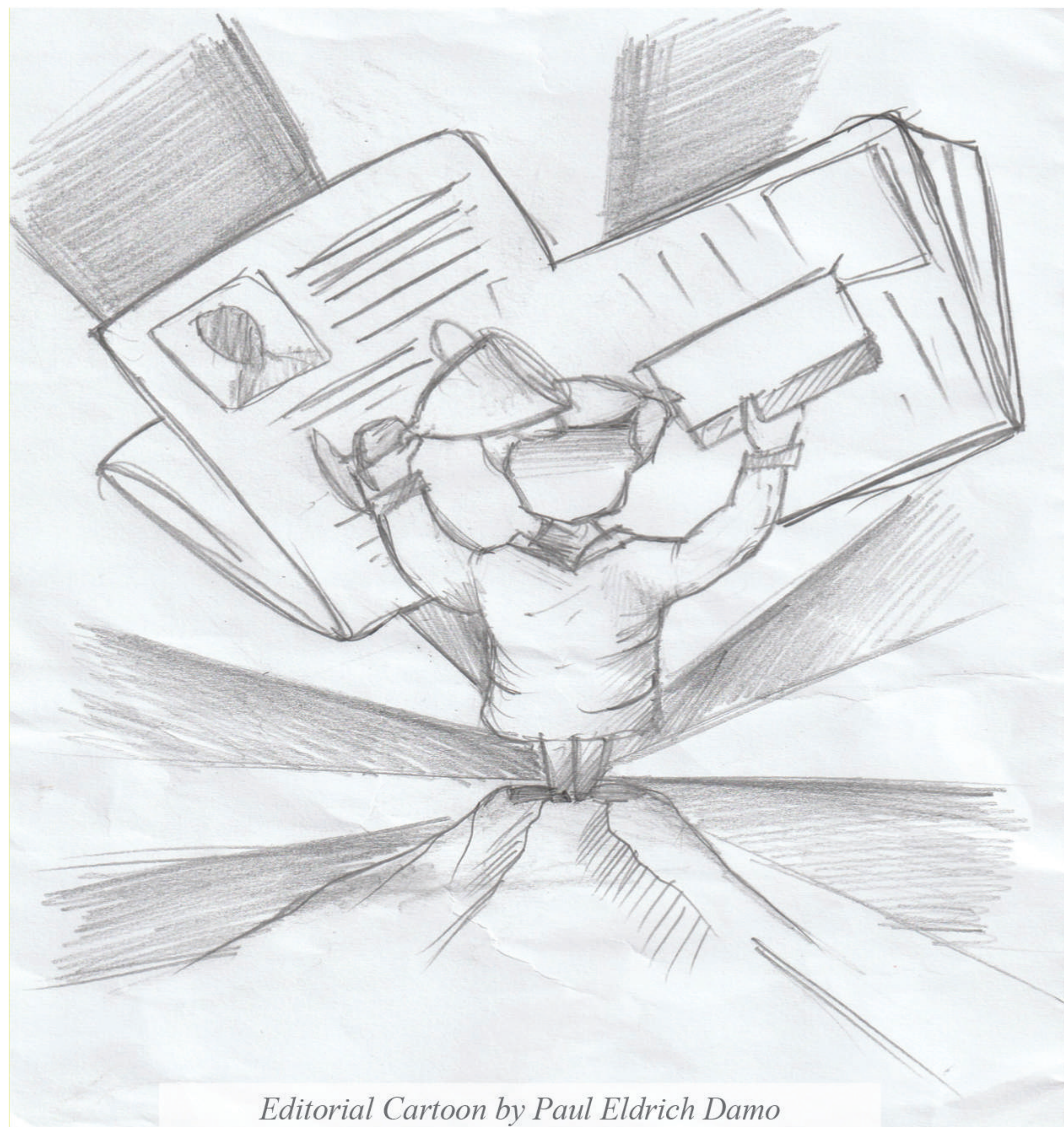
Review: In Pursuit of Excellence

Many have tried but few were chosen. This cliché has been so popular and indeed a memory line to those who have succeeded the battles of life. They became famous for their victories, accomplishments and contributions to the world in general and to the society they belong in particular. They have shared their experiences to many aspiring youth—their fights, weapons and faith. In a world with great accessibility and incomparable innovations, winning life's challenges can't be too hard. With this, the world may be placed in our hands with the emergence of recent social media applications which allow us to meet and mingle to other people online across the globe.

We, as rookies in the university, our college lives can be tough. There were students who wanted to focus on their academics hoping for a great record. Others join organizations and interest clubs to enhance their leadership skills. They might be the most flexible students in the university. Aside from maintaining passing remarks, they also try their best to become excellent leaders, yet no one is chosen to be both if he or she is not qualified. If a student fails to meet the course's requirements, he or she might receive an incomplete or worst, a failing grade. If a student applies for a position or have been elected in any of the organizations duly recognized by the university but fails to meet the qualifications, he or she cannot be a leader. Logically speaking, if a student doesn't have a good academic performance, he or she is not qualified to hold any position in an organization or interest club.

As for the Review chosen staff, the process of becoming official student journalists wasn't easy as A, B, C. Some members may have been in the past editorial board but still were committed to write. New faces were added and were placed in the position they did not choose. The selection went through series of examinations and interviews. The qualifiers for the editorial board went through the needles of the Screening Committee. After being appointed, they swore an oath to retain the publication's success. They carved in their hearts to serve you, fellow Northwesternians. They committed themselves to become more careful, tactful, humble and responsible young journos. These are their ways in aspiring excellence – that becoming a writer, task which is not really the way to show someone you are excellent in everything, is a power to lift someone's voice. Everyone of us has his or her voice, but it takes a publication to amplify it.

The road to excellence is not always smooth and accessible. We, as students, shall choose our buckles wisely. If you have cheap buckles with you, you may never make it to the end and will never reach excellence. Therefore, strong and high-quality buckles are required. Some of us may walk by just simply enjoying our college life and waiting for our commencement. Others will pursue excellence by becoming student leaders equipped with integrity, passion and professionalism. They will be the hope of the future generations. They will keep trying and will soon be chosen.



Editorial Cartoon by Paul Eldrich Damo

No Regrets

• Mark Lester Caletina

In life, people always regret things in the end; wherein they regret for not doing their best when they got fired or regret not confessing their affection to someone they like when chance has passed. We always tend to have regrets on any decisions we make. Regretting, somehow plays a vital role in our life. We regret to realize our shortcomings or we regret for realizing the mistakes we made. It either gives us negative or positive insight to things. One reason why people tend to have regrets is they doubt themselves, their capabilities. It's pretty normal though to doubt ourselves, as probably our self-esteem has been badly damaged or we know our limits. We know the extent of our capabilities and we somehow think that our thinking capability has reached its limit. If every decision, we choose or every step we take accompanied by regret in the end, then why not try to do something instead of doubting yourself. It's better to try than to regret later without even trying. We shouldn't halt in the middle, as every decision or action shouldn't end up as a regret.



TRUTH BEARER

“ It is better to try and face failure knowing you did something than doubt and regret. ”

You shouldn't doubt yourself—you are you, you are capable on making great things, you are worthy enough, you are important and valuable enough. You should do things that will make you happy and won't make you regret in the end.

Life has been labeled unfair and cruel. It really is. We will have a lot of regrets as we come along the way. So, it is better to try and face failure knowing you did something than doubt and regret.

The Ugly Trend

We are living in an era wherein information are easily accessed by anyone. The technological advancement in our society is now established and its development is continuous. Even though our accessibility in the internet brought different good effects in our society, it also has bad effects on it.

We may think that trends can be anything. We are seeing trends as a good thing but there is a trend that is very disturbing and that is fake news. Fake news is basically what it is. It is an information that is not real or authentic. In other terms it is a made up scenario that can affect anyone.

Here in our country, fake news is being spread through social media accounts. Due to the fact that social media is a free platform that anyone can enter, everyone is exposed into different fake news. The lack of information drives or seminars on how to distinguish fake from real news results to spread of wrong information. This information can harm a person, organization, or even our own country.

Every time I log in on my social media account, countless of fake news are lurking around. Sadly, those fake news have many reactions, comments, shares and tweets which proves that some people base the realness of a news through the amount of reactions, comments, shares and tweets.

This trend should stop because it is not good in our

• Jezreel Larry Caunca



JUSTIFIER

“The trend of fake news may seem to be difficult to get rid of but it is not impossible.”

society to tolerate such stuff. You know that everyone can be a target of fake news. Some people’s lives were destroyed due to this. Some of them took their own lives and some of them waiting to take their lives. See? Fake news is a parasite in the society — a trend that is difficult to get rid of.

The trend of fake news may seem to be difficult to avoid but it is not impossible. All of us can do something to destroy this trend. We can start with our own social media accounts and teach everyone to distinguish fake from real news. Avoid sharing news from an unverified site. Report those who are creating and sharing fake news. We can do this, we will destroy this norm, soon it will not be a trend anymore.

STRAIGHT FROM THE BEAT

Rumor Has It – Adele

A guilty pleasure perhaps, but somehow doesn’t make you guilty at all. Tongue may appear as a small muscle and seem to be harmless, and you can somehow use it in any means that you want to. You are using it the wrong way. When did ever tongue became a weapon to slander someone? It may be a small feeble like muscle, but it can wound someone deeply.

Rumors may be just blah-blah words passed from one person to another; but it can actually destroy someone’s dreams, enthusiasm or even life. Knowledge can be a great form of power, but using that knowledge to create damaging comments or details about others whether it is true or not, is a misuse of the power yielded in a form of knowledge.

Creating such fuss—leaking someone’s unfortunate situation that would likely cause harm to someone’s reputation is not so humane to do. First things first, you don’t have the privilege to use any of your position or whatever upbringing you have just to talk ill about someone. If that person has really nothing to do with you, why bother make him look bad to other people. Secondly, why talk things you shouldn’t be involved and why drag people in just to taint someone’s reputation. Last, you are expected to somehow help to die down the issue but you yourself makes the issue a big deal.

Gossiping painful and embarrassing experiences of someone may bring you somehow guilty pleasure, but it brings them prejudices, sadness, disappointment, embarrassment and frustration as well.

Blank Space—Taylor Swift

Have you encountered someone who will never let a conversation die down without flaunting herself nor what things she has? Or do you know someone who is proud as a peacock but when you ask to jot down what beneficial she has done, her paper is a blank space?

Too full of herself. She thinks she’s independent and strong enough to make the impossible possible. She always boasts about being capable enough to get things done, but days or weeks later, she accomplishes none.

“No, I can manage it.” “That’s easy as 1, 2,3.” —usual lines you hear from her but sooner or later crawls her way to you just to seek for a help. She shrugs off your warnings, and set aside your aim to help; then later forces you to do something what you’ve been offering for free before.

Complicated? No it’s not. She has to be somehow narcissistic. Her words are empty, her promises are broken as well. The blank space should be filled with words that one should be able to enact or fulfill.

Dealing with such person, could be a nightmare dressed like a daydream.

EDITORIAL BOARD 2019-2020

Editor-In-Chief: John Eiell Domingo

Managing Editor: Zenith Kin Agcaoili

Associate Editor: Pamela Tadeja

News Editor: Jessie Felipe Jr.

Feature Editor: Charisse Sophia Raquinio

Literary Editor: Dyan Rae Rapacon

Sports Editor: Jezreel Larry Caunca

Lay-Out Artist: Mark Lester Caletina

Coordinators: Frances Musni

Teddy Jr. Quintos

Stanlee Jay Arquero

Vivian Casil

Contributors: Paul Eldrich Damo

Rozelle Gregorio

Adviser: Joan Jesusa Velasco

From the desk of the University President

An excerpt from Atty. Ferdinand S. Nicolas' speech during the Interim Commencement Exercises 2019

of advice.

First, my dear candidates, know that the world is not fair. It is sometimes harsh and unforgiving. St. Peter wrote in his letter, "Do not be surprised if you encounter various trials in life. Life is difficult and that is a given fact."

You might have learned this through the difficulties of your parents, brothers and sisters, relatives and friends. You may have already tasted some of these difficulties even during your life as a student.

Acknowledging this truth will help you prepare for some disappointments you might encounter. You might not get your license right away; you might not get accepted when you apply for work the first 10 times; you might not get the position you are aspiring for. It's okay. That is normal. It is not the end of the world.

What is important is that you continue trying to, continue aspiring, continue dreaming and doing your best.

A few years ago, we had a top-notch in the nursing board and I was asked to speak at their testimonial in the same batch of new nurses was one graduate who passed the board after seven tries.

While I am impressed by

the accomplishment of the top-notch, I was equally impressed by the new nurse who had to take the boards seven times. It takes GRIT, character and hope to be able to endure taking the boards all those times and finally succeeding in the end. There is always hope, keep trying, dreaming.

Second, be true to the values of ideals of Northwestern University. Have you memorized the CHAMPS?

C-ommitted to Excellence
H-onesty and Integrity
A-ctive Involvement
M-anagement of Resources
P-rofessionalism
S-elfless Service

These values are not only to be practiced as a Northwesternian. We have tried our best to inculcate these values in you because they will enable you to shine in the workplace and in the world. Be committed to excellence. The world will recognize you.

The world will value you. Excellence is a rare commodity and that is why companies pay much to obtain it this is the reason why Northwestern University has sought continuous ISO certification and PACUCOA accreditation, to ingrain the mark of excellence upon our students and give them an advantage in

their professional life.

Always be honest and do not compromise your integrity.

People will despise the deceitful and duplicitous. Be actively involved in your workplace and community

Be conscientious in managing the resources given to your care. Be professional in your dealing with workmates. And finally give selfless service to everyone.

St. Paul quoted Jesus when he said, "It is more blessed to give than to receive". In the end, when our time is done on this earth, the lord will not ask how much we have in our bank account, or how many houses and cars we have. He will not ask if you are a professional, a businessman, a nurse, or an engineer, he will ask, with the gifts I have given you, have you honored me and have you serve your neighbor? Have you loved them through your talents and abilities?

With this, on behalf of the whole Northwestern community, I Congratulate you on this momentous day and pray for GODS blessing upon you as you enter into the next chapter of your life.

Congratulations, FIAT LUX.

To my fellow members of the board of directors, Vice-President, Deans and Directors, Faculty and Personnel, Our dear Candidates for Graduation, Parents, Family, Guests and Friends, Good Afternoon!

Once again we witness the culmination of the academic like of some two hundred individuals who have satisfactorily completed the academic requirements for their respective courses. This is no mean feat as it entailed years of study, Months of on the job training, Internship or related learning experiences, sleepless nights, indeed for some even blood sweats and tears.

We recognize that the accomplishments we celebrate today do not belong to our dear candidates alone. This is the accomplishment of our parents, guardians, brothers and sisters, benefactors and sponsors, maybe even our whole community. This is a testament to the value of education and wits necessity for the success of the individual and progress and development in the country.

As you prepare yourselves to leave the halls of your alma mater and begin your journey into your professional life, allow me to give you some final Pieces

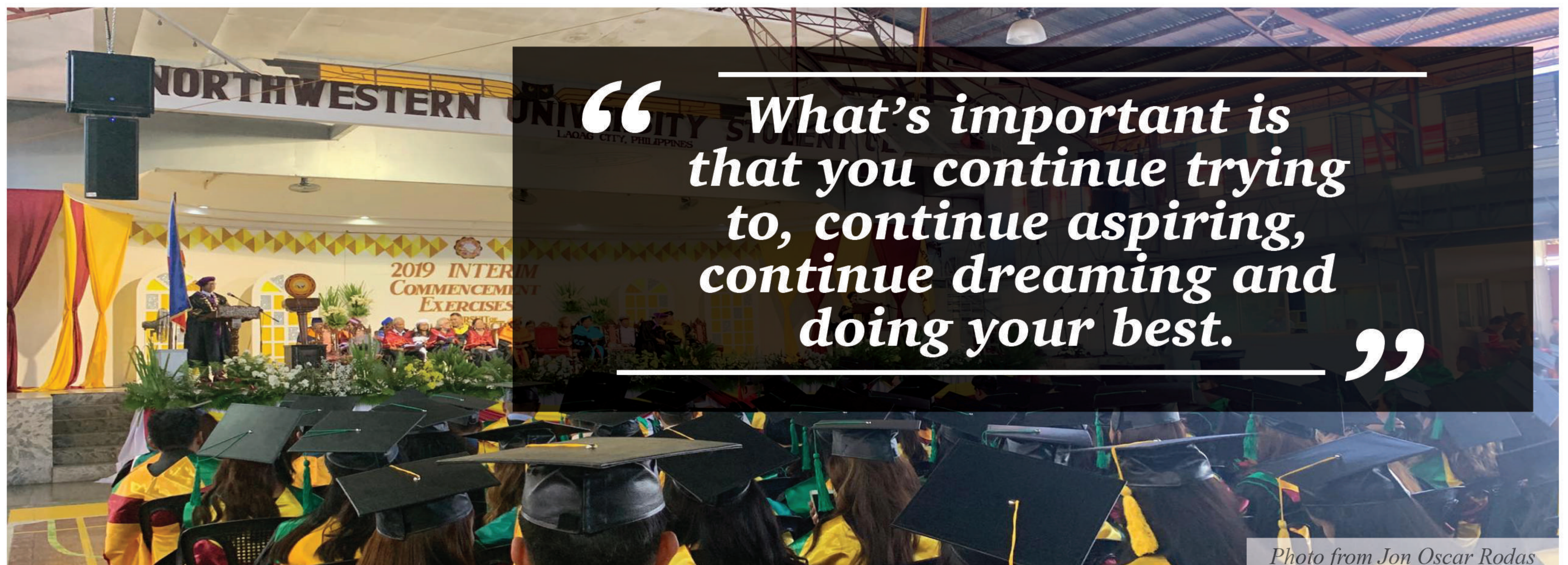


Photo from Jon Oscar Rodas

GEAR UP: PACKING ESSENTIALS IN PURSUING EXCELLENCE

• Rozelle Gregorio

Have you ever tried climbing a mountain? If not, will you consider trying it?

Mountain climbing is a long, arduous and toilsome activity. People who are engaging with this adventure need serious physical, mental and emotional conditioning and wise choice of essentials that will be sufficient for the long trek. In like manner, pursuing excellence can be viewed or compared to climbing a steep mountain. The climber is either you or me, the trek is the life's journey and the peak is the victory. The Excellence? This can be found in the things that we've done extraordinarily. They can also be found in trivial things that we have made great and the quality of our task that outweighs the quantity.

However, we differ in a lot of things. We don't have the same purpose, desire, ability and we also have diverse mountains. Likewise, there are different mountaineers. The cold, the lukewarm and the fiery climber. *The Cold Climber* is a person who starts eagerly but when stricken with difficulties. This person is

beginning to sink in desperation and does not finish the trek. *The Lukewarm Climber* on the other hand, is a person that is neither hot nor cold. He doesn't want to fail neither to be the best, stagnancy at work and to live is to survive is his goal. He doesn't aim to go forward neither go back. The last is *The Fiery Climber*, this is a person of passion and desire. Though he is facing great turmoil, he already has made a full, no-quit, unwearied, no turning back commitment to excellence, he is a person who doesn't focus and gives emphasis on the storms, and rather, he appreciates the rainbow that it sends. Though character is vital in order for the excellence to be pursued, we also need to consider the essentials that will keep us going, thriving and soaring.

We need to pack a bottle of perseverance. In our first few steps, we can still enjoy the green grasses, endure the heat and our energy is still full to keep us going. But we can notice that as we keep climbing, we will be passing valleys of desperation, rocks that are higher than our faith, harmful

creatures and we will start feeling physical exhaustion.

As an individual, a student and a member of the society, at first we still enjoy our endeavors and laugh with our mistake. However, as we keep going on, the problems are getting complicated and answers are nowhere to be found. But we need to bear in mind that this is the nature of ascension.

We also need to carry a bread of dedication. An extended trail need us to search or look for shortcuts, an easier and faster weary to get to our destination. But we must understand that our goal is not just to reach the peak of the mountain for in order to be excellent we also need to experience, enjoy and learn from the lessons that the trail offers.

Our commitment to excellence doesn't mean that we need to be the first one to finish the task, our motivation is to do whatever we are asked to do whether it is view as a major factor in the society or menial and unnecessary work, we need to do our best at any cost pursuing excellence is not limited to the

nurture of the task.

Consequently, we need to bring a map with the singleness of purpose. Excellence is somehow viewed as doing better than the other or being the superior. This ideology is needed to be unpacked.

We are striving to excel not to be superior or to outstrip others, we pursue excellence not to leave others behind but to be an active participant of change in society helping others and offering them a hand that will make them a victory in their own field. This will lead us to a worth and more meaningful journey.

We do not need to wait for a perfect weather to start our climb because if we will just keep looking on the clouds, then we will not be able to finish the journey. In like manner, we don't need to wait for perfect time to start our pursuit of excellence, the best time to start is now.

Wear the proper character and start climbing the mountain that is set before us. But do not forget to gear up—let us pack the essentials in pursuing excellence.

Disdained leaves of knowledge

• John Eiell Domingo

Type, scroll, click and do it all over again. The world is within your fingers yet you find it misleading.

The modern day has risen. It changed our simple, ordinary lives and made our daily works easy and convenient. As a student, we do observe how amazing our world is. We have learned that the modernization we experience right now was never as amazing before. Life in school, especially in grade school, was very hard yet

challenging. What makes it more challenging is that you carry a heavy loaded bag going to school. This bag that we use contains several books that we use inside the classroom discussions and activities. There were hearts of the school that contains different books for reference or leisure time. The learning process back then with the aid of these textbooks we use before is incomparable. The reading skill of a pupil back then turns to be fulfilling albeit some may have poor reading skills.

With the advent of the so called personal computers or handheld computers like laptops,

tablets and cellphones, our reading skills began to develop because we found that these innovations were manageable and convenient. To many PC users, more specifically iPhone and Android phone users, reading was part of type, scroll, and click activity. However, it was not for in depth reading to get educated. Some of us have turned our backs from the books which provides us vast of knowledge. Books from shelves in our library contains amounts of information which was collected, compiled and researched by dedicated authors, yet we ignore them because of the emergence of these mobile phones

which are Internet-ready. We let these books covered with dusts. We let them stay untouched for years.

We turned to Google as we try to search a word or confirm an information. It will give us several answers. If we rely on books, we can get exact answers proven effective by authors. If there were editions, it will be beneficial for us students. Information from decades ago changes and we must be updated.

Turn to page 10.

Voiceless

by John Eiell Domingo

Staring at those four walls again,
Surrounded by silence, you will cry again.

You don't learn, do you?

You can't stand, can you?

All those of whom you rely?

Tell me where are they now?

Man, why do you keep reticent?

Come out, there's a fortress sent,

For you to confide on, to believe in,

Much more powerful than a Herculean.

Get out now, collate your hopes

And dreams fascinated with kaleidoscopes.

Really tired and exhausted?

Can't be Superman as expected?

Take a break, stop and think.

Your world and theirs would link

To something incredible and red-letter.

Dry your tears, things will get better.

Your influence is not important.

But your voice that's heard from a distant

May change one's life and inspires others.

Consider the brighter sides and don't falter.

Though their shouts weren't as loud as yours,

Join them so the world will hear all your roars.

(for those introverts who spent a long time in their comfort zones)

Backstabber

by: Dyan Rae Rapacon

Hindi mapigilan ang bunganga sa kakasalita
May dagdag ang kwento, may natanggal ding iba

May paakting pa si mayora, krayola kuno
Kunwari, aping api; siya naman 'tong di totoo.

Ang kwento mo, ikukwento sa iba

Walang tinitirang chismis, lahat nakakawala

Para tuloy broadcaster ang dating

Pero walang basehan ang pinaparating

Kaibigan mo pag nakaharap, pero sa iba'y kaaway mo

Ang dila niya ang sisira sayong pagkatao.

Pakitaan mo man ng kabutiha'y patuloy kang sisiraan.

Mag-ingat, baka isa siya sa 'yong mga kaibigan.

ML

by Cj Doropan

Naalala ko pa the day we met,
Sobrang saya ko 'coz I am your pet,
Kiliti ng kiliti sa tabi,
Parang bulateng di mapakali.

Hatid mo'y tuwa't saya,
At di matumbasang ligaya,
Pero bakit biglang nagbago,
Pagmamahala'y biglang lumabo.

"Welcome to Mobile Legends", ang dinig,
Pintig ng puso ko'y nanginginig,
Sapagkat sa cp ika'y tutok,
At ako nama'y bulkang nais nang pumutok.

Masaya ka pagkat naka double kill,
Nakapatay gamit ang first skill,
Oo!, expert ka sa wingman,
Pero nawala na ang iyong pagkagentelman.

Wala na ang bigay na biyaya,
Pagkat mas gusto na niya si Miya,
Relasyon nati'y dina kasing tatag ni Balmond,
At dina nagsashine bright like a diamond.

Sa hero ka lang nag-iinspire,
Pinagyayabang pa sa boung empire,
Na ikaw ay naka-Epic,
At ako nama'y sobrang pathetic.

Lungkot at takot ang nadama,
Sapagkat nag-iba ang pagsasama,
Di mo na ako kayang mapasaya,
Alam mo bang gusto ko nang lumaya.

Mas importante pa si Zilong,
Kesa sa relasyon nating so long,
Itigil ang pagra-rank,
At pagtibayin ang relasyon like a tank.

Mahal wag ng mag-classic,
Kalimutan ang salitang Mythic,
Huwag irason ang mga skin,
And treat me like a Queen.

ML ay limutin,
At ako'y muling akitin,
Dito lang sa aking piling,
At ML ay dapat ilibing.

Hindi kita pinipilit,
Para ML ay ipagpalit,
Pero pag sobra na ang sakit,
Iiwan kita kahit na mapait.

GURO

by Jezreel Larry R. Caunca

MOON

BY LIMTHEPOOH

I SEE THE AESTHETIC VIEW OF YOUR CREATURE
THE IMMENSE OF MOON AND CLOUDS
WHEN YOU SHINE AT NIGHT I SEE THE GLIMPSE OF STARS
YOUR GANDER MAKES MY EYES TWINKLE

YOUR BEAUTY DOESN'T FADE
BILLIONS OF STARS BUT ONLY YOU CAN RADIATE
THE EVENING VIBE YOU SHARE WHEN I'M LONESOME
YOUR LIGHT THAT CONNECTS TO MY HEART

EVERY TIME THAT CLOUDS COVERS YOUR BIAZE
I DON'T KNOW WHERE TO HUNT YOU
IT FEELS LIKE THE COLD BREEZE IN THE AIR
MY EYES ARE CRAVING FOR FANCINESS

WHEN I LOST IN MY GLOOMY MIND
YOU ARE THERE TO LIGHTEN ME UP
YOU MADE ME FEEL THAT I'M NOT ALONE
LINGERING WITH PEACE AND CARE

THANK YOU FOR MAKING MY LIFE WONDERFUL
THE SPARKLING STARS ARE THE ACHIEVEMENTS THAT I
CONQUER
YOU ATTEST MY IMPERFECTIONS AND IMPAIR
AND EMBRACE ME WITH YOUR BEAUTY

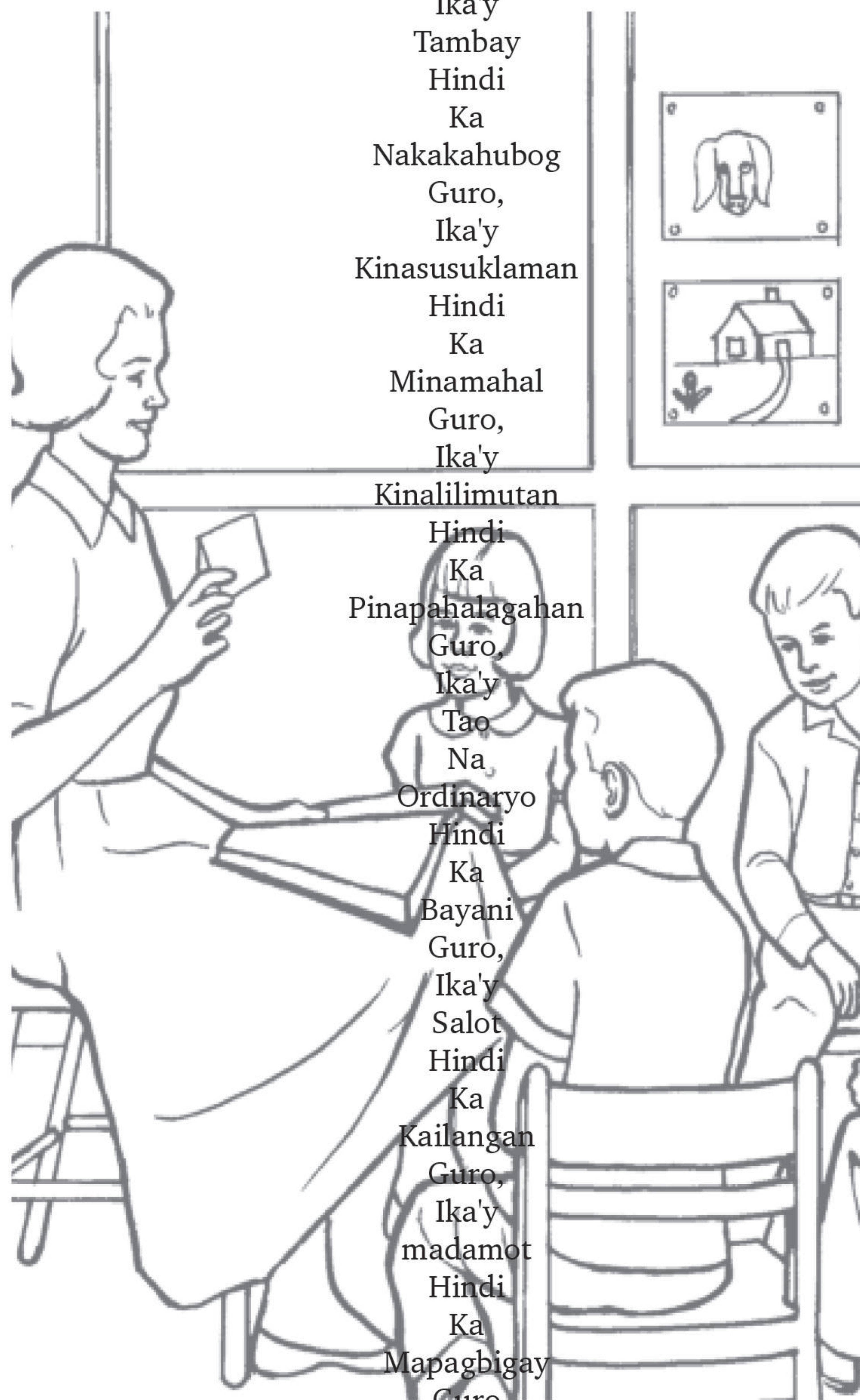


GRASP OF HOPE

BY: FLOWER THIEF

Mem'ries fadin'
as it has started rainin'.

Her beautiful petals,
bowed down to earth,
but with stronghold,
she never let go of the hope
of surviving amongst
any other calamities,
and determined that
in the end stands out;
among the flowers
on his garden.



Guro,
Ika'y
Basura
Hindi
Ka
Importante
Guro,
Ika'y
Tambay
Hindi
Ka
Nakakahubog
Guro,
Ika'y
Kinasusuklaman
Hindi
Ka
Minamahal
Guro,
Ika'y
Kinalilimutan
Hindi
Ka
Pinapahalagahan
Guro,
Ika'y
Tao
Na,
Ordinaryo
Hindi
Ka
Bayani
Guro,
Ika'y
Salot
Hindi
Ka
Kailangan
Guro,
Ika'y
madamot
Hindi
Ka
Mapagbigay
Guro
Ika'y
Plastic
Hindi
Ka
Tapat
Guro,
Ika'y
Tamad
Hindi
Ka
Nagtuturo.

Ang bawat wakas ay panibagong simula. Magsimula muli tayong magbasa sa wakas hanggang muling mabasa ang simula.

They Murder Students, Don't They?

• Pamela Tadeja

Every aspiring professional is not safe because he's always on war. Every protagonist who wants to be the best has an antagonist that would love to massacre him. We do things to heal every wound that leaves scar to us. Still, there are these people who're sharpening their blades and oiling their guns to assassinate someone in relation with them. All of these things comprise a student's life and how they've been insanely depressed and struggling to grab a mark of satisfaction.

The past few months have been very formidable for me. A lot of events that crushed me had taken place and sent me down to anxiety. The challenges killed me slowly. The required things given by our instructors are like "laws." No one would love to be found guilty in taking part with a mark of "F." Every allotment of my life started to change when I had encountered those. It is of tragedy and of life alteration.

Every day, I always have to make sure that everything's well-set. My sixty articles every month should be done greatly and prepared neatly whenever they

check it out, my identification card should be collared around my neck or else a letter should be done before the professor comes into our class, my hair should be tied or else I will pledge alone in front of the class with my teacher correcting my grammar and gestures, my assignment should be written gorgeously or else I will receive a traumatizing call from our pedagogue, my psyche should be creative enough to elaborate philosophical matters to clutch a title, my memorization when it comes to the world of Law should be prosperous to the fullest or else I'll terribly feel depressed throughout the week because it is a major subject and that's a big must and I should always be ready for my speech whenever my name is called for the one-minute English talk which is a graded one.

Sometimes, I do not want to open my eyes to avoid irritation from the ashes of my fellow classmates because they're totally burned by our teachers. I have noticed that there were these places that were purely bombed as always especially at the front and

at the back rows including me. It made me feel like I'm at a lieu of a combined cemetery and a court. It made me feel this way because of my senses. I can perceive every millimetre of accusation, threats and even the foolish ones.

Someone is controlling me, someone is testing how proficient I am and I am risking my life too hard to hand in the happiness at the end like the centralization of the movie "The Tournament." Sometimes, my mother unplugs our router because I'm spending too much facing gadgets than spending time with my family. I am typing 10,000,000,000 words per minute because I am doing too many and too much because I am too determined. I do not want to disappoint them after all.

I loss a lot and I lost myself. I'm on a stage where I can no longer recite all the names of the dinosaurs, I can no longer verbalize the capital cities of all the countries around the world, I can no longer point out facts to share to my friends which I do before as always, I can no longer feel the happiness from head to

toe that filled me before and it seems like a trophy is waiting for me for being too good in drama.

Now, this is how they murder me. It depicts that I'm living too injurious. I am sure that a beggar would extend her hand to me to lift me up because she too can feel it. Moreover, it is just a practice of dealing to a war. I am here crawling continuously but I do not want to stop. In a nut shell, they're murdering students to make them skilled enough. They're pointing their guns for us to follow the summit of our dreams. Of braveness and sturdiness on us students is what I visualize in the future. They are so sharp yet they are sharpening us, they're building blocks for our cognition and it is true that we're of slavery and carrying enormous matters, and they shot us down and criticize us because they want us to live soon beautifully. Now, this is why they murder us.

Disdanined leaves from page 8...

Online references which also provide information are useful and convenient though we are sometimes annoyed with many pop-ads and other click-here and downloads. As to books, we can simply borrow them and return to the library. We can take them home, take these to the park, read these in the bus or reading these before going to sleep. These leaves will take us further than you can imagine. Folded and slightly crumpled pages will remind us of those days that we have gone so far in reading. Chapters that ended will also be the beginning of another book to be opened. Old books in our own shelves will remind us that we have expanded

our knowledge though we haven't traveled around the world yet. It will make us realize what Francis Bacon has stated "Reading maketh a full man."

If a college student is required to read 500 books before he or she graduates, I ask you. How many books then have you read already? What was the first novel you have read? Who was the author that made a great impact in you? I hope you have something in mind. If none, start reading now. Trust me. Getting your eyes stuck on leaves of the book is better than typing, scrolling and clicking your phone. That's 100% guarantee.



NWU welcomes...page 1

Ilenia and Anna joined the HUMSS Track in Senior High School as Lou was enrolled as an AB Political Science student under the College of Arts and Sciences. NWU is one out of five schools in the Philippines entrusted with a Youth Exchange Scholarship (YES) of the United States and Anna is a scholar of the said scholarship which requires her to study the Filipino language.

The institutional relevance in global citizenship education is inclusion of Northwestern University as to the list of participating universities of the AFS-IPP program. Through international exchange programs, AFS-IPP aims global citizenship education. It was first introduced during the 1970s with a few participants from Ilocos Norte National High School (INNHS) and was revived two years ago. In 2017, NWU formally inked an agreement with the AFS. Valentin Carparo and Nataniele Casini was admitted on NWU last academic year, 2018-2019.

NWU-JPIA feats 74th ANC, PICPA Laoag City Chapter Celebration

- John Eiell Domingo

Members of the Junior Philippine Institute of Accountancy (JPIA) NWU Chapter joins the celebration of the Philippine Institute of Certified Accountants Laoag City Chapter on September 7, 2019 at Hotel Asuncion, Laoag City with the theme, "Reinforcing the Future" and at the 74th National Convention on November 18-20, 2019 at the CAP Building, Laoag City.

During the celebration of the Philippine Institute of Certified Accountants Laoag City Chapter, NWU JPIA's joined different contested activities. JPIA NWU Chapter was awarded 3rd Place during the Rock and Roll Dance Competition and 1st Place during the Quiz Bee Competition. They also joined the Extemporaneous speech

and Essay Writing competition. After the competition, they participated in the election of the Federated Junior Philippine Institute of Accountants-Ilocos Norte Chapter.

50 JPIA NWU Chapter Students helped during the preparation for the 74th Annual National Conference. They helped upon organizing conference materials, Radio Frequency Identification Cards, and assisting the delegates during the registration and distribution of the conference kits. During

the event, the students actively listened to the seminars about the different fields related to Accountancy like Public Practice, Industry and Commerce, Education and Government. The event also became an avenue for the students to connect with the different participants and share their insights as a future Certified Public Accountants.

JPIA NWU Chapter showed their eagerness and motivation in pursuing greater goals in life.



Photo from JPIA-NWU Page

PFC celebrates Mental Health Week

- Zenith Kin Agcaoili

The reality, Philippines fell beneath the cracks of having a high number of teenagers, Filipinos rather having mental illness. The index upsurges concerning the number of suicide reports and rate of depression among Filipinos. And to take note, there are unreported cases as well. It is indeed alarming, but due to lack of awareness as to mental illness; people fail to recognize it as a serious situation.

Having a mental illness shouldn't be kept from others and treated as something that is embarrassing. People who

are experiencing such situation shouldn't be persecuted or be a laughing stock. One way to lessen the rate of people suffering from depression or mental illnesses is to end the stigma.

Mental illness shouldn't be used as an emotion or expressing something out of agony or pain when it is not even clinically diagnosed. That's why people constantly use the word 'depressed' whenever they are feeling down or sad because some uses it casually as an expression. If others think that mental illness isn't something serious and not worth the attention, it must start from people who have the knowledge what it is all about. It

should be broken by the ones who seeks the end of stigma. Would you let someone die thinking that having mental illness is *pag-iinarte*?

Peer Facilitators Club (PCF) celebrates Mental Health Celebration in collaboration with Guidance Office and Bachelor of Science in Psychology students; participated by Senior High School students of Northwestern University last October 10, 2019 with the theme, "Promoting Mental Wellness in the Youth."

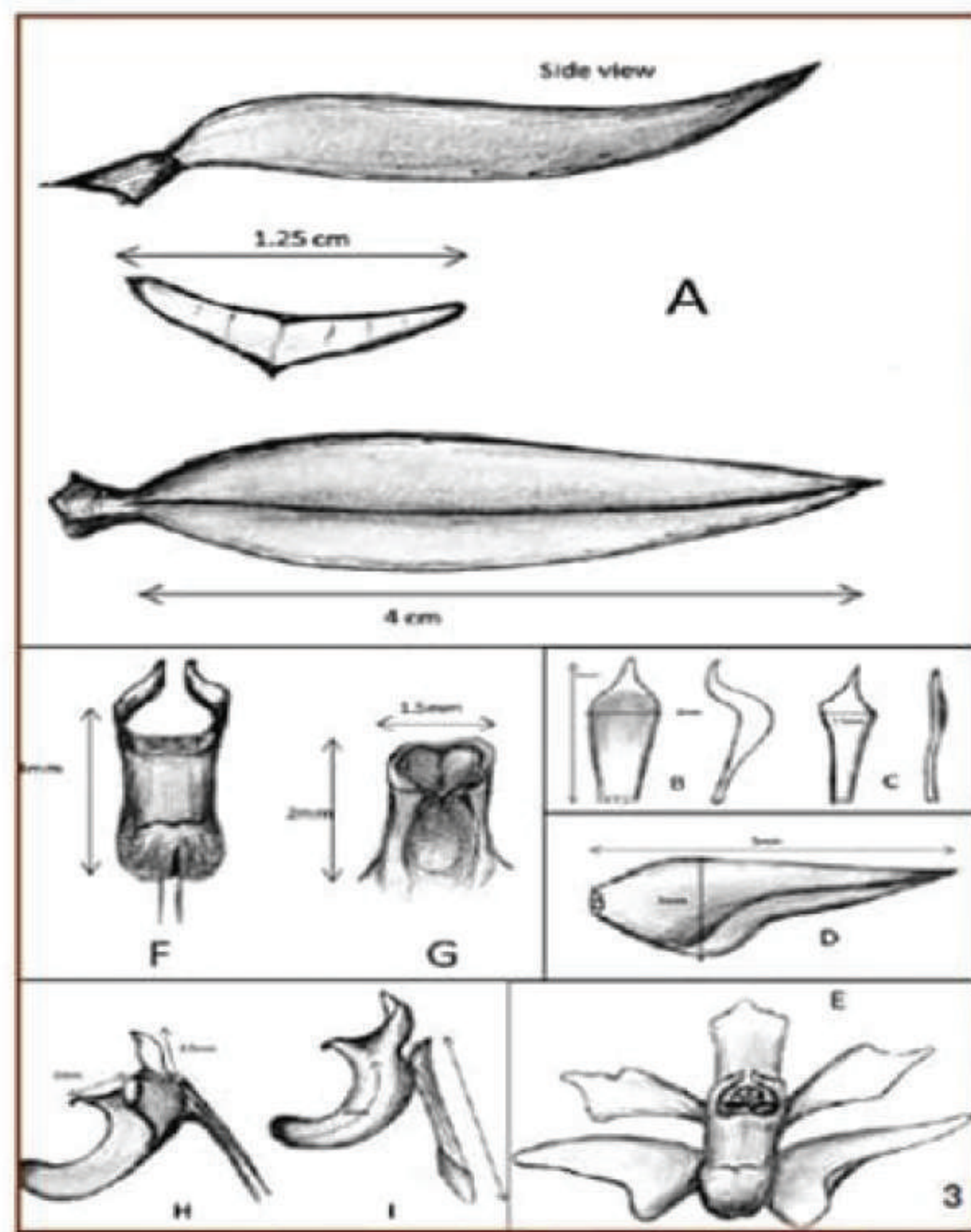
PFC members took the initiative to facilitate the said program. It was kicked off by a parade around the university, with placards raised as a movement

to promote awareness as to the importance of mental health and to end the stigma.

Guest speakers: Prof. Imelda Dawang and Stephanie Valiente, OIC, Guidance Center; and invited Registered Guidance Counselor, Dr. Geraldeen Pascual imparted their knowledge to the students as to awareness to mental illness as it plays a vital role in everyday life.

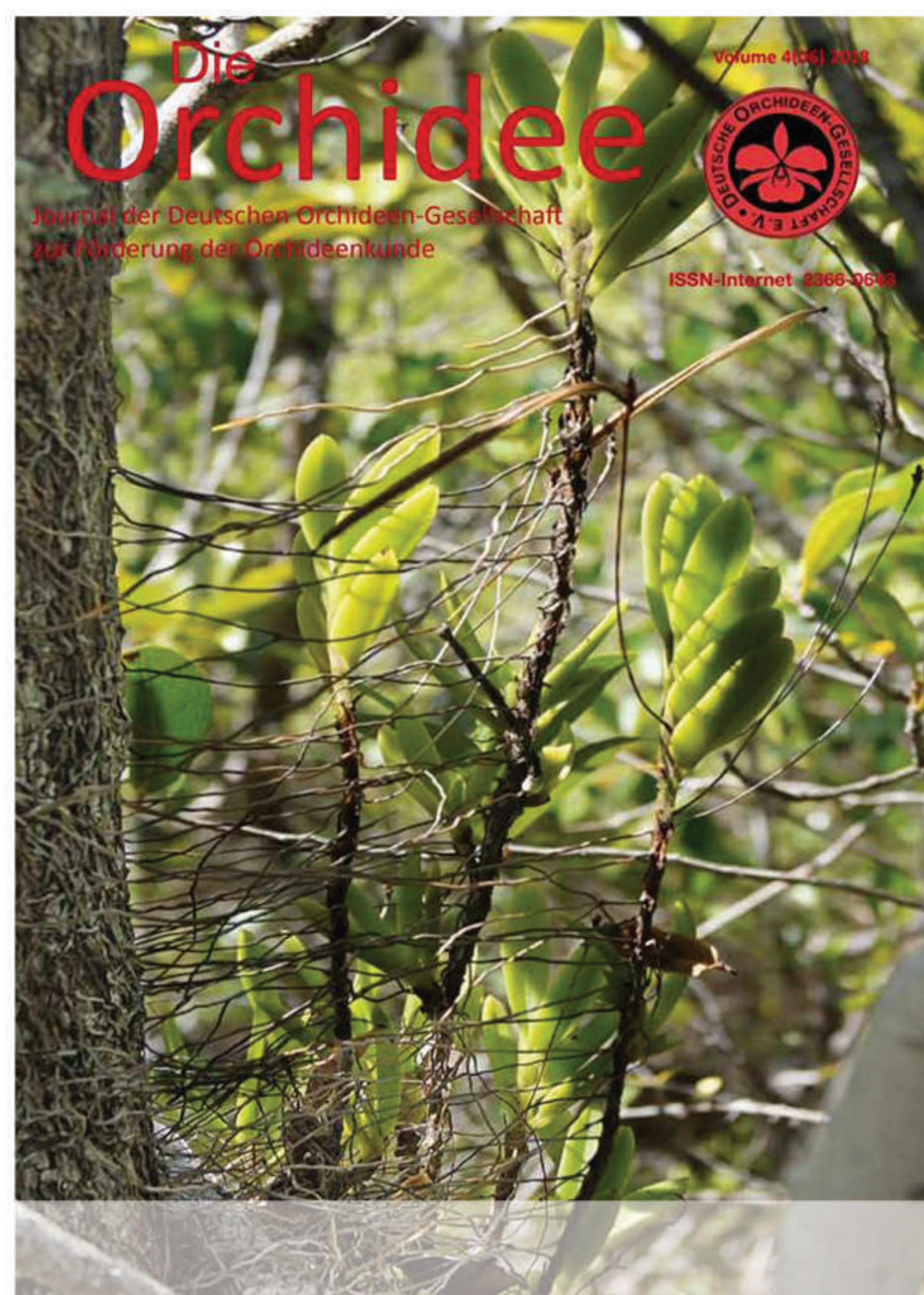
Inclined to this, anyone who needs someone to listen may call *Lifeline's number: 0919 9219 956* or may visit the Guidance Office.

Thrixspermum nicolasiyorum



3. *Thrixspermum nicolasiyorum* CALARAMO, COOTES et NAVE. A. Blatt, B. dorsales Sepalum, C. Petalum, D. laterales Sepalum, E. Blüte, F. Lippe, G. Säule, H. Säule (seitlich).

4. *Thrixspermum nicolasiyorum* CALARAMO, COOTES et NAVE ca. 8 x nat Größe/nat. size



TAXONOMISCHE MITTEILUNGEN
Thrixspermum nicolasiyorum – eine neue Art der Subtribe Aeridinae (Orchidaceae; Vandeeae) von den Philippinen

Thrixspermum nicolasiyorum – a New Species of the Subtribe Aeridinae (Orchidaceae; Vandeeae) from the Philippines

Key words: Orchidaceae, Aeridinae, Thrixspermum, Thrixspermum nicolasiyorum, Dendrocolea, Ilocos Norte, Luzon, Philippines

Michael Agbayani Calaramo, Airport Avenue, Brgy. Bengang, Lasing City, 2900 Ilocos Norte, Philippines
 Der Autor ist Direktor und Kurator der Northwestern University Ecotourism Park & Botanic Gardens und Ecosystem Management & Development Officer der Northwestern University
 Jim Cootes, 7 Boone Place, Woodbine, NSW, Australia, 2500
 Mark Arcebal K. Naive*, Department of Biological Sciences, College of Science and Mathematics, Mindanao State University-Iligan Institute of Technology, Andres Bonifacio Ave., Iligan City, 9200 Lanao del Norte, Philippines
 *Korrespondenzautor/Corresponding author: carnaive19@gmail.com
 Fotos und Zeichnung sind von Entastorphotos and drawn by lead author.

Zusammenfassung: *Thrixspermum nicolasiyorum* CALARAMO, COOTES et NAVE (Orchidaceae: Epidendroideae: Vandeeae; Aeridinae) eine neue Art aus den Waldfragmenten von Vintar, Ilocos Norte, wird beschrieben und illustriert. Obwohl ähnlich zu *Tx. subulatum*, die neue Art unterscheidet sich durch ein oblonges bis ovales dorsales Sepalum, schmal längliche bis schwertförmige Petalen, eine viel längere, aufrechte Infloreszenz und einen aufrechten Habitus hat. Informationen zur geographischen Verbreitung, zu ökologischen Daten und zur Phylogenie sind weiter unten angegeben.

Abstract: *Thrixspermum nicolasiyorum* CALARAMO, COOTES et NAVE (Orchidaceae: Epidendroideae: Vandeeae; Aeridinae) a new species from the forest fragments of Vintar, Ilocos Norte, is described and illustrated. Though similar to *Tx. subulatum*, the new species is clearly distinguished in having an oblongate to ovate dorsal sepal, narrow lateral sepals, narrowly oblanceolate to ensiform petals, the much longer upright inflorescence, and the upright growth habit of the plant. Information on its geographical distribution, ecological data and phenology are also provided below.

Photos from Northwestern University Ecotourism Park and Botanic Gardens Page & New Sahar Page

- Zenith Kin Agcaoili

Thrixspermum nicolasiyorum is a new species of orchid was discovered by Michael Calaramo, Jim Cootes,1 and Mark Arcebal Naive from the forest fragments of Vintar, Ilocos Norte. It was named after the former Presidents of Northwestern University; Ben A. Nicolas, Ma. Liza S. Nicolas and current University President, Atty. Ferdinand S. Nicolas.

Michael Calaramo who works at Northwestern University was the lead author of the discovery of the new species. It was distinguished on having an oblongate to ensiform petals, the much longer upright inflorescence and the upright growth habit of the plant.

During the Northwestern Expedition led by Northwestern University Ecotourism Park and

Botanic Gardens (NUEBG), the first author came across with an epiphytic orchid species belonging to the genus *Thrixspermum*, and examining the species of its morphological characters and a search of the relevant literature from the Philippines and neighboring countries, it turns out that the collected specimen did not match any other known species of orchids. Then hereby

took the opportunity to introduce the orchid as a species new to science.

Thrixspermum nicolasiyorum is an epiphytic, monopodial and herbaceous plant. It was rarely found during the expedition, also documented in the dry seasonal part of Vintar and Pasuquin, Ilocos Norte.

PolSci studs join 12th Comguild

- Vivian Casil

Education plays a vital role in life and even in achieving success. We can attain our goals and dreams in life through education. In pursuing excellence, such conference is very essential to student participants as it help them to be more escalated in terms of dealing such higher standard of education and also nurture and widen knowledge with things.

BA Political Science students took part on the 12th Annual Conference for Political Science and Criminal Justice Students of the Philippines with the theme “Dimension of Criminal Justice System in the Modern Era.”

Atty. Edward P. Chico, one of the speakers, tackled about the law enforcement, death penalty and the lowering of the criminal age and the corruption here in the Philippines. A lawyer and an advocate host of the TV show “Ipaglaban Mo” Atty. Jose Sison discussed the importance of their show. Major General Benigno Durana also shared the story of his life and how he became a successful person. Atty. Jose Manuel ‘Chel’ Diokno talked how he was able to see through the wrong-doings of the justice system. He’s an advocate lawyer of human rights. The speakers have partaken their knowledge as to the justice system in our country.

A TV and radio host, endorser, an inspirational speaker and an author, Mr. Michael Angelo Lobrin, discussed how to

achieve success through exerting our efforts for the development of our country.

Students should be encouraged to participate such

conference to widen views and to raise awareness as they tackle things concerning real time issues and how to address those.



Photo from Laica Joy Villa

TURN ON THE LIGHT

• Jezreel Larry Caunca

“Happiness can be found even in the darkest of times if only one remembers to turn on the light,” this line is from Albus Dumbledore which for me is the best quote from my favourite book and series, the Harry Potter. When we were young, we have simple feelings for everything. We can easily define what happiness is, we can point out what can make us happy, we always see the happiness that we are looking for but as the time goes by, the definition of our happiness changes. We look for it only to find out that it is not what we are looking for. We continue to play a game, a game that is very tricky which is pursuing happiness.

In the movie “In Pursuit of Happiness,” there was a man who is searching for happiness and wants to achieve the American dream. At first, he defined happiness as pursuing success and proving the best for his family. In our lives, we always define and look for the happiness that we want. Some of us define happiness by having material things, having a lasting relationships, serving the Lord, pursuing a good degree or by simply eating. At the end of the day, these happiness that we define turns out to be not really what we are looking for. Then we will define happiness again and again.

I defined happiness as having a lot of friends. I pursue this definition. I did all kinds of things to have more friends but

when I achieved it I didn't find happiness. Instead, I became unhappy to the fact that not all my friends are true. Some of them are bad influence, dishonest, and backstabbers. Some of them are my friends when they need something from me and when I need them, they are not around

“ We will define our happiness. No one has the right to define or ruin it for you because at the end of the day, you'll be the one to turn on that happiness, that light in your life. ”

anymore. I thought I already found what happiness is but in the end it is not what I am looking for.

I defined happiness as being the best in class. I did pursue this definition. I exerted my best effort in every performance task, seat works, quizzes, projects, and exams. I did everything that I can to be the best as I have imagined: that it is the happiness that I am looking for but when I achieved it, I did not find it.

What I found is that I lost so much. I lost my connection with my family, I lost many friends for being competitive and for not able to spend time with them. I've been exposed to sleepless nights just to finish a requirement or review for an exam that led to

different health complications. I thought that this will lead me to happiness but in the end it is not what I am looking for.

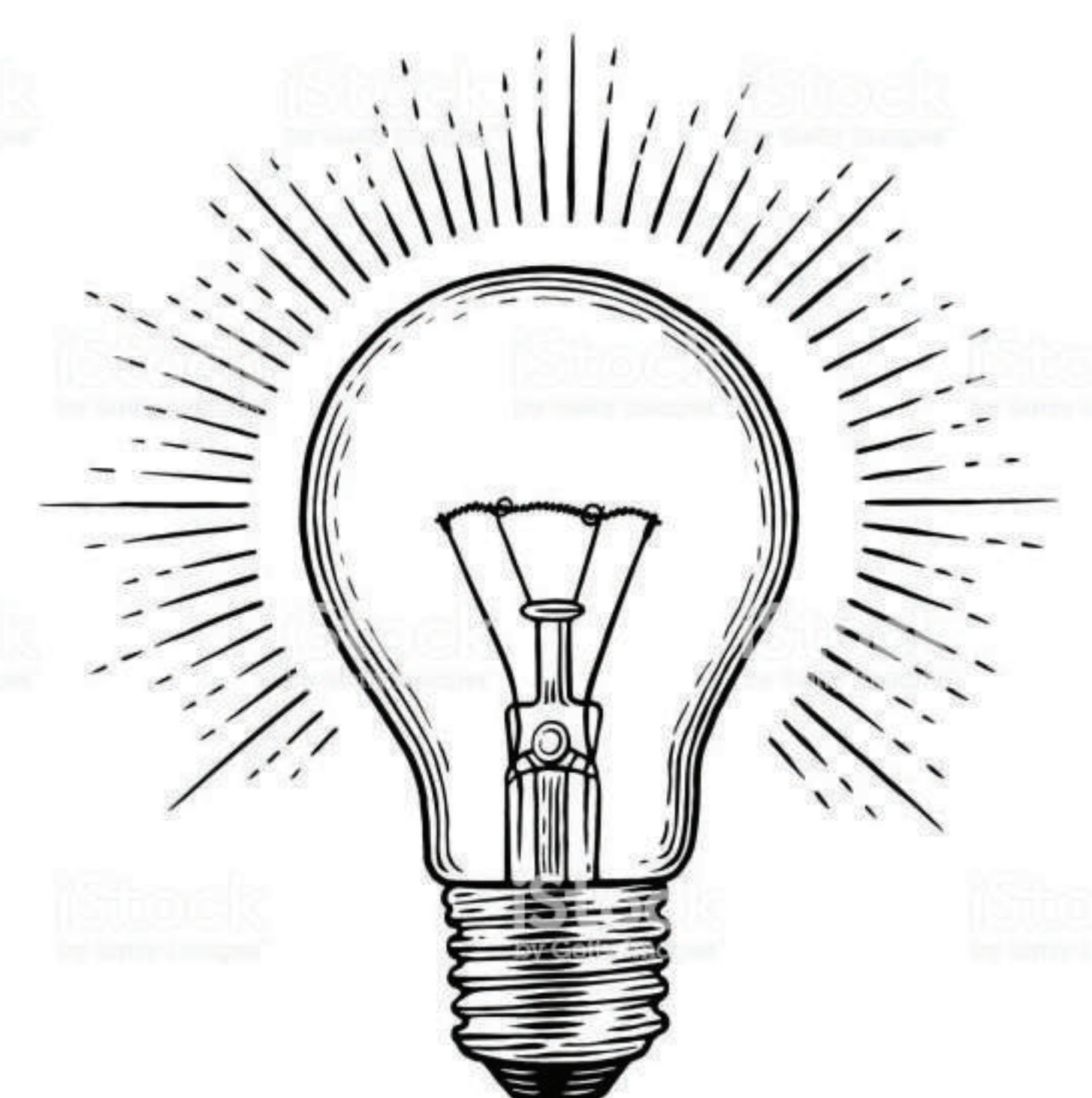
I defined happiness as having that courage to tell someone that you love her with all your heart. She makes me happy, she is my happiness; I've

thought of a plan to tell her that I love her. I've been with her through the years hoping that she feels the same. Through her ups and downs, I was with her. I thought that this is really the happiness that I am looking for but I was wrong. She rejected me. All those years of being with her, all for nothing. Instead of happiness I felt depressed and alone. I thought that this will lead me to happiness but in the end, it is not what I am looking for.

I defined happiness as someone who have a lot of achievements not only inside the school but in other organizations. I pursued this happiness to the extent that I joined different organizations that gave me knowledge and experiences.

I've received awards and recognitions for my services and commitments. I have developed partnerships within the school and organizations outside. I have introduced sustainability to the different offices that I have been elected to. I thought maybe this is the happiness that I've been looking for. I became really happy because of these things but I was wrong. It was only temporary. I thought that this will lead me to happiness but in the end it is not what I am looking for.

According to Chris Gardner, the main character of the film, “If you want something, go get it, Period!” When I've learn the word “happiness,” I've been searching ever since to know what it really means. I've always set my definition to specific things that I thought will give me the happiness I've been looking for. Now I define happiness as something else. Happiness can be anything. happiness can be anyone, and happiness can be anywhere. Happiness can truly be found even in the darkest of times if only one remembers to turn on the light. We will define our happiness. No one has the right to define or ruin it for you because at the end of the day, you'll be the one to turn on that happiness, that light in your life.



Pursuing excellence

[An excerpt from the speech shared by Dr. Chita Gonzales during the 2019 Interim Commencement Exercises]

It is a pleasure to welcome you to this 2019 Interim Commencement Exercise and have the privilege to address you on this special occasion. I thank you all for your presence here today to recognize and honor our students on their achievement. Let me also take this opportunity to remind you, that you must continue to learn and better yourselves.

Graduating today are 222 students- 1 for Juris Doctor degree, 10 for Masters Degrees, 179 for Baccalaureate Degrees, 24 for Certificate Programs, 6 for Expanded Tertiary Education Equivalency and Accreditation Program, and 2 for Enhanced Support Level Program for Marine Engineering, Congratulations!

You are the Lucky ones; you are the Cream of the Crop; and you are the Hope of the country. Many of you will become leaders in politics, commerce and in the community, and I am confident that all of you will make very worthwhile contributions to your families, country and the world.

Success is a Journey not a Destination. Receiving your certificates, diplomas, or degrees today does not signal an end but rather the beginning of a long journey—as others have often said that graduation ceremonies—it is what you do, and how you do it after graduation that will determine your success in life.

As you walk across the stage and receive your award, you start at that end as a student, and

leave this end as an alumnus or alumna. I invite you to continue your interest in your University, actively participate in alumni activities and stay connected as we all join hands to contribute to the development of our country and the Northwestern University – we call home. Make the University proud by being hard-working, innovative, and committed. Be ethical in your future work, lead a life of meaning and impact, and willing to make a difference. These should be the inspiring elements of NWU brand of which you will all be ambassadors.

I am pleased to report that the University continues to make significant progress and is performing and transforming itself to becoming a world class Autonomous University with its strategic vision 2020, with more passion and energy into an even higher quality, more relevant and sustainable university.

After the first school year of implementation of the Strategic Vision 2020, Northwestern University has retained its Deregulated Status. This achievement is highlighted by; The Sustained effectiveness of its quality management system under the ISO 9001:2015; The strong commitment of top management to the development and education, and continually improving effectiveness through accreditation with 12 accredited programs emphasized by the: Level 4 Accreditation Status of the Master of Arts in Education; Level 3 accreditation Status

of the graduate programs in Master in Public Administration, and Master in Business Administration and, the Degree programs of Liberal Arts Sciences, Business Administration, and Secondary and Elementary Education; and, Criminology. Level 2 Accreditation Status of the Bachelor of Science in Mechanical Engineering, Bachelor of Science in HRM, Bachelor of Science in Nursing, and, Bachelor of Science in Computer Engineering.

The Retained Deregulated Status is also adorned with: The College of Maritime having passed the rigid CHED-MARINA Evaluation and inspection last October 7-10, 2019 making it to the LIST OF 16 Maritime Schools Accredited by MARINA and CHED to offer BS marine Transportation and BS Marine Engineering for school year 2019-2020, in the entire Philippines. A significant number of academic programs that are subject to licensure examinations have surpassed the National Passing percentage most especially to the Nursing Programs with 73.17 making Northwestern University to the top 55 rank Best Nursing Schools in the Philippines for 2019. Several student-journalists from the Basic Education Department garnered top places in both the Division and Regional Schools Press Conferences and one will advance to the National Schools Press Conference early next year; likewise with the student-journalists from the tertiary

level who garnered awards during the Regional Higher Education Press Conference and five will advance to the Luzon-wide conference; students also won during the National Statistics Month and the entry of the Business Administration students was hailed champion for the 2019 TV Commercial Contest. These Achievements among others just prove that our students do not only excel in their academics but also in their co-curricular endeavors. Continuous international immersion of students especially the Culinary Arts cum International which has sent its 1st batch of students to Indiana, Iowa, Alabama, USA for their 1-year internship.

Please allow me to thank all the NWU stakeholders for their faith in the work that the University is undertaking – with this strong and steadfast support, our task have been made easier. I wish to especially acknowledge the good work for the Executive Committee, and the academic and non-academic officers and staff of the University.

Mr. President, Chairman of the Board, and Directors, ladies and gentlemen, my final words to the candidates – Congratulations to you all, and I wish you the very best in the future. Today you celebrate your achievement; but you also start another journey. The future is what you make of it and must be expected of you; Make Northwestern University proud by your contributions. FIAT LUX! Thank you Very much



NWU Grads during the 2019 Interim Commencement Ceremony | Photo from Jon Oscar Rodas

“Success is a Journey not a Destination. Receiving your certificates, diplomas, or degrees today does not signal an end but rather the beginning of a long journey.”

BSMT Student won Best Debater Award

• Pamela Tadeja

Blue Blazing Owl debater John Mar Rodrigo, a Junior Cadet, took the Best Debater Award during the NWU Intramurals British Parliamentary Debate tournament finals last October 18, 2019. Along with Krisha Quinola, the pair won 2nd place as they represent the reigning team champion of University's Intramurals.

The event which was held at the New Media Hall, Ben A. Nicolas Building; 16 groups were formed from the different sports team.

Participants of the tournament had to undergo two preliminary rounds and semi-final round to reach the finals.

The final challenge required all contestants to defend a motion "If I can do it, you can do it."

Despite being brand-new, Rodrigo flared to grab the crown as he sizzles every Stalwarts contingent. He is taking up Bachelor of Science in Marine Transportation and is the current

Vice Corps Commander of the Corps of Cadets Organization in the College of Maritime Department.

This was the first debate tournament Rodrigo has attended ever since. Rodrigo and Quinola was the only pair from the Blue Blazing Owls with 3 teams remaining from the CAS-CCJE Stalwarts.

Speaking about his experience, Mr. Rodrigo shared "A unique thing I think I had was that I played the debate like a chess, I had to know the topic then make a list, an ordered list on what I will say unto the debate proper. In this list, I also included what I should point out if ever a certain statement may be mentioned from the other side."

He added "People are so fixated because they don't have talent over things, they don't do anything about it. Talented people don't just stay there. They do their best to hone and improve their skills by gaining experience. That should be you also. Don't give up easily, failures are not there to demean you but to encourage you to be better. Be better against

your peers when you were failing. Remember that in this world, no one can ever make decisions for yourself except you, because it is YOUR future. Try it out, you might be scared at the first time, but if debating is your passion, you wouldn't even seem to notice that you are already enjoying."

Before the Intramural week, the newfangled champ has divided his time by spending the morning by practicing with the cheerleading squad and with the debate team during the lunchtime.

When asked about the Blue Blazing Owls' debate preparation, Rodrigo uttered that the first day of practice was about introducing themselves and then they were lectured by the basic structure of debate, the basic dos and don'ts and switching roles while tackling different issues.

Jessie Felipe Jr., a BA Political Science sophomore and Teddy Jr. Quintos, a BS Biology freshman grabbed the gold; Joshua Torrano and Daniel Sarabia, Fena Ennovy Zabala Jezreel Larry Caunca bagging the 3rd and 4th place respectively.



Did you know?

2019 Southeast Asian Games Official Medal Tally

MEDAL TALLY		GOLD	SILVER	BRONZE	TOTAL
RANK					
1	Philippines	149	117	121	387
2	Vietnam	98	85	105	288
3	Thailand	92	103	123	318
4	Indonesia	72	84	111	267
5	Malaysia	55	58	71	184
6	Singapore	53	46	68	167
7	Myanmar	4	18	51	73
8	Cambodia	4	6	36	46
9	Brunei	2	5	6	13
10	Laos	1	5	28	34
11	East Timor	0	1	5	6

Photo from Philippine Star

THE REVIEW
THE OFFICIAL STUDENT PUBLICATION OF NORTHWESTERN UNIVERSITY
SPORTS



CEAT Builders manage to snatch their crown back from COBE Tycoons. | Photo from Ed Bilango Domencil

CROWN IS BACK:

CEAT Builders defeat COBE, regains soccer throne

• Teddy Jr. Quintos

The College of Engineering, Architecture and Technology Builders' soccer team won 3-0 over the COBE Tycoons to take the championship title in soccer during the Northwestern University Intramurals last October 18, 2019.

The final was a rematch against the College of Business Education Tycoons who stole the crown last year. The team successfully brought back the title after a one-year steal of the Tycoons.

Builders' captain ball, Jesie Tolentino said "We never had a complete team preparation. It was only during the game that we are all present. I've lead the team by assigning each one of them to their designated positions especially for the rookies. If you will ask me about our routine, it's about praying before and after our game. That's how we do it."

In their first match, the Builders kicked off the wounded Guardians as they clutch their 1st victory. After stepping over the

injured Guardians, a burning 3-0 made the Blazing Owls seared under the combined intensity of the gold cravers.

"I have trained myself to deliver a stronger defense for the team. We trust each other so much and we've done our best in order to keep our team be the best among the rest" Clarence Bumanglag, CEAT goal keeper, stated.

The Builders smacked the reigning COBE Tycoons twice which resulted a no loss battle for the team: 4-3, 3-0.

The victory, which gave the CEAT Builders a new record, was sealed with goals from Joshua Mccomic and Gerald Tolentino, leading the team with the bankrupt COBE Tycoons.

"We are always focusing on the championship title. Without faith, we will not succeed without him, we will not win" Joshua Mccomic said.

Moreover, sportsmanship reigned as clean encounters were showcased. No matter how conflict scorches, the unity they've displayed pursuits excellence.

PictoNEWS!



Intramurals 2019 Snapshots | Photos from Clark Justine Galiza