art of holding on

Did you know that close to 50% of the water you use in your home originates from the bathroom? Find out other Fun Facts inside.
The heat, the beat and the spirit! The First Semester of School Year 2008-2009 was truly a big bang of surprises and fun getaways. The fun started with the word Balintataw, a Filipino term for pupil of the eye. The idea of having a venue to post all our whereabouts and updates regarding school, its activities and its students came into being and they are all here. Seeing thru the Aquinian eyes definitely makes anyone look into what is in AQ and what it is to become part of AQ.

Having been able to travel and enjoy the summer with friends and different people from different places was a great relief from the stress brought about by schooling. These activities however, proved to be beneficial in building a better environment for every Aquinian. The many activities that we have had attended this summer left a distinct mark in each of us.

Balintataw’s view of every Aquinian was made even broader as it takes into consideration (as much as we could) every Aquinian’s perspective and opinion. This issue includes relevant news and info about the new administrators and offices. We also gave our hats off to those Aquinians who showcased their talents and efforts for the success of the various activities outside the campus. Also, we opened our pages to those who would like to share their thoughts on things they are concerned with.

Through the continuous support of the administration and the students, the Supreme Student Council in its duty to give public information and build a stronger rapport with the student body, was able to come up with Balintataw to give every one the chance to see thru every Aquinian eyes.

Alvin Sapinoso

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**New Administration Line Up**

(Source: Office of the Secretary-General)

**OFFICE OF THE RECTOR AND PRESIDENT**

REV. FR. RAMONCLARO G. MENDEZ, O.P.
Rector and President

**ENGR. VIRGILIO S. PERDIGON JR.**
Secretary-General

**DR. SUSANA CABREDO**
Executive Director, External Affairs

**MR. RAFAEL BANZUELA, JR.**
Executive Director, CRAA

**MR. LEO G. LLANA**
Director, Planning and Development

**MR. ROMULO ANTIVOLA**
Site Administrator for the Professional Schools

**MR. FELIX M. ADOR**
Coordinator for Community Extension Services

**MR. ALVIN M. PEREZ**
Head, MIS/ITC

**ADMINISTRATION DIVISION**

**MR. REYNALDO BOBADILLA**
OIC for Administration

**MRS. JEAN E. CARDIÑO**
Director, HRMO

**MRS. JAYNE FAUSTINO**
Head, Laboratory & Instrumentation

**MRS. LETICIA R. ROQUE**
University Registrar

**MRS. ROSEMARIE E. ANTE**
Chief Librarian

**FINANCE DIVISION**

**REV. FR. JOSEPH R. RAQUID, O.P.**
Vice-Rector for Finance

**MRS. SALVE A. FERNANDEZ**
Head, Accounting Department

**MR. BOBBY RIVERA**
University Cashier

**MR. RAFEAU A. CHONG**
Purchasing Officer

**ACADEMIC DIVISION**

**MRS. ROSALINDA B. BARQUEZ**
OIC, Academic Affairs

**ATTY. EMERSON B. AQUNDE**
OIC, Professional Schools
Dean, College of Law

**DR. JEAN DE LA TORRE**
Dean, Graduate School
Dean, Business Administration

**MRS. CLARA A. ALTAVANO**
Dean, College of Nursing and Health Sciences

**DR. AMPARO D. BINAMIRA**
Dean, College of Arts, Sciences and Education

**ENGR. MA. TERESA P. BONDAD**
Dean, Polytechnic Institute

**MR. VICENTE B. PERALTA**
Assistant Dean, College of Nursing and Health Sciences

**MRS. MARIA CHRISTI B. MUÑOZ**
Principal, AQUI (High School)

**DR. ARLENE AGUILAR**
Academic Support and Accreditation Officer

**ENGR. MARY ANN A. MAPE**
Coordinator for Academic Extension

**MR. ABELARDO BELLEZA**
Academic Instruction Coordinator

**MR. ALVIN A. SARIO**
Academic Research Coordinator

**CULTURE DIVISION**

**REV. FR. ROBETO G. REYES, O.P.**
Vice-Rector for Culture

**REV. FR. NORMAN I. QUILAQUIL, O.P.**
Assistant to the Vice-Rector for Culture

**DR. WALTER RANDOLPH C. JALGALADO**
Director, Student Development Services

**MRS. JASMIN B. LLANA**
Director, Center for Culture and the Arts

**MR. ALDIN M. SONEJA**
Director, Wellness, Sports and Fitness Center

**MR. JESUS BARIZO**
Moderator for Student Affairs and Safety and Security Officer

**MR. JUSTO B. SAMAR**
Coordinator, Community Service Training Program

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All articles on this magazine reflect the concerns of the Supreme Student Council but do not necessarily represent their official stand unless otherwise stated.

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**BALINTAT´AW:**
“n. pupil of the eye”

http://www.tagalog-dictionary.com
Summer Lessons in Abucay
Moza Dunya Al-Dumaini

“Nothing compares to a God-fearing atmosphere I experienced in Domnet held in Letran-Bataan, Abucay last April 28-May 2, 2008”.

The journey began when we left Legazpi by the bus. The time of arrival was 6:45 and I was so proud of myself because I got there on time (about 6:38 p.m.) That was my first achievement that day. We arrived at Ermita, Manila at 5 a.m., earlier than we expected. We had our breakfast at a fast-food courtesy of Doc Walter Jalgalado. I had spaghetti (yummy!), my favorite! Right after our eating session, we took a cab for Letran Intramuros. It was my first time there! And we were so amazed by the structures of the buildings, as if it was my first time in Manila. While waiting for the other delegates from different schools to arrive, we took shots of the nice views inside the school. It was an exhilarating feeling for me.

Leadership

"Leadership makes you ugly..."

Being a DomNet youth moved me to next best thing to do- speak out. It is not about flaunting what you have, what you know nor what you do. It is about inspiring people. To persuade and to share with them what you have learned. Because when you acquire knowledge on how to be a better being, it now becomes your responsibility to pass it on to others. How? Be a leader. Set free the core that's hiding in your body. Unleash the initiative of leading.

I am very thankful that they gave me this opportunity. I am aware that things happen once in a lifetime. I am aware that things happen once in a lifetime.
List of Recognized Student Organizations S.Y. 2008-2009

**College of Business Administration**
- Coordinator: Mr. Jordan Avella
- BA Student Council: President: Richard Monreal
- BA Sophomore Class Organization: President: Kristina Azafa
- Junior Institute of Management: President: Rey Ayal
- Financial Managerial Accounting Student Society (FMASS):
  - President: Zialyn E. Guardian
  - Aquinas University Tourism Society (AUTS): President: Rodolfo Antes

**College of Arts, Sciences and Education**
- Coordinator: Mr. Jacinto Maceda
- CASE Student Council:
  - President: Joy Ann Bisa
  - Association of Psychology, Math, Educ, Science Students:
    - President: Nayser Gayle Bobadilla
- Active Quorum:
  - President: Carmelo Siapno
  - The Association of Linguists, Artists & Communicators (TALAC):
    - President: Sheila Banta

**Polytechnic Institute**
- Coordinator: Engr. Javier Vicera
- PI Student Council:
  - President: Myrlan Navarro
- United Architects of the Philippines-Student Auxiliary:
  - President: Carmela Marie Barba
- Institute of Electrical Engineers of the Philippines (IECP):
  - President: Virginia Karla Baeta
- Philippine Institute of Industrial Engineers:
  - President: Rey Ayala
- AU Computer Engineering Society (AUCES):
  - President: Shiela Banta

**College of Nursing and Health Sciences**
- Coordinator: Mrs. Lorenzita Tamor
- Nursing Student Council:
  - President: Nilo Guerrero

**University-Based Organizations**
- Coordinator: Mr. Jesus Barizo
- Kuntaw ng Pilipinas-AUL Chapter:
  - President: Audie Rodriguez
- Rotaract Club of Legazpi-AUL:
  - President: Leo Lozares
- Beta Sigma Fraternity:
  - President: Raul Libardo
- AU Hard Charger Mountaineers:
  - President: Ricardo Nermel
- Beta Sigma Fraternity:
  - President: Leo Lozares
- AU Computer Engineering Society (AUCES):
  - President: Shiela Banta

**List of Recognized Student Organizations S.Y. 2008-2009**

**EXECUTIVE BOARD**
- Gideon Villar Peña (CASE)
- Gerald Peter Bisa (TALAC)
- Armie Cervantes (CASE)
- Mishes Padullon (CI)
- Moza Dunya Al-Dumaini (CI)
- Kristina Àzaña (BA)
- Alvin Homer Sapinuso (CNHS)

**LEGISLATIVE BOARD**
- Helen P. Garcia (CNHS)
- Frank Belbes (CASE)
- Charlotte Arive (AUSAA)
- Public Relations Officers

**JUDICIARY BOARD**
- Bernard Jerson Atun
- Alvin Homer Sapinuso
- Armie Cervantes
- Rodolfo Antes

**BROTHERHOODS**
- Alpha Phi Omega Fraternity
- Tau Gamma Phi/Tau Gamma Sigma

**Note:**
List of organizations is as of July 14, 2008

* under probation

Source: Office of the Student Development Services

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**SSC PRO IS**

**MR. PANDAYAN ‘08**

Gideon Villar Peña

Aquinas University Supreme Student Council, Public Relations Officer, Alvin Homer B. Sapinuso, won the title Mr. Pandayan ’08 and was awarded as Best in Talent.

Pandayan ’08 was a collaborative project between Colegio de San Juan de Letran-Calamba and the Philippine Association of Administrators of Student Affairs (PAASA) Region IV A & B and was held on April 11-13, 2008 at the Colegio de San Juan de Letran-Calamba, Laguna.

Unlike the previous years, Pandayan was opened not just to High School and College student-leaders from Colegio de San Juan de Letran-Calamba, but also to students from Region IV A & B and other Dominican Schools in the country, such as the University of Sto. Tomas, Angelicum College and Aquinas University of Legazpi.

With the theme: “Isang Dekada ng Pagpapandayan!”, it relieved the great moments of Pandayan 1 to 9.

Pandayan is hinged on the belief that student-leaders are not mere recipients but active agents of their learning; leadership is a potential that should be nurtured by everyone, and leadership is service.

Pandayan aims to help the participants learn the basic concepts of leadership/ team building through different learning experiences, games and other activities.

Pandayan also aims to help the participants appreciate the importance of camaraderie as a stepping stone towards the achievement of their individual and organizational goals in an atmosphere of fun and togetherness.

Furthermore, Pandayan aims to help the participants prepare themselves for their leadership responsibilities as groups and individuals by tapping their own experiences and insights as learning materials.

Together with Alvin Sapinuso were other Aquinians who participated in Pandayan such as SSC President Gideon V. Peña, AUSAA President Charlotte Arive, Creative Ministry Volunteers Riza Lim and Catherine Occidental. They were accompanied by Mr. Jacinto Maceda, Active Quorum Adviser.

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**Aquinas University of Legazpi SUPREME STUDENT COUNCIL**

As ratified in the July 2007 School Elections, the Supreme Student Council follows a new Constitution having apportioned three bodies with distinct powers and responsibilities: the Executive Board, Legislative Board and the Judiciary Board.
From the merry month of May, the Provincial Government of Albay moved this year’s celebration of the Magayon Festival to the equally fun month of April. The whole month became an explosion of exciting events and fun-filled activities. All roads lead to Albay, as the Festival kicked-off in an extravagant fireworks display and a month-long beer plaza. Every night stages a different performance, with presentations from various sectors of society and from almost all the municipalities and cities of the province. This year’s festivities were diverse and a lot of activities were unique in this year’s celebration. With its theme, “Albay Rising”, Magayon Festival once again became a proof to the resiliency of the Albayano people and its culture.

Agayon Schools’ Fair

One of the innovations in this year’s celebration was the Magayon Schools’ Fair. Institutions of higher learning in the whole of Bicol Region were gathered in one roof. This rare event gave the youth particularly incoming college students to be able to choose the best school for their collegiate studies. Aquinas University of Legazpi, being one of the leading institutions in the region, was fortunate enough to be given the chance to showcase the best about AQ. Together with AQ in the said fair were schools like Bicol University, Ago Medical and Educational Center, Immaculate Conception College of Albay, Mariner’s Polytechnic Colleges Foundation, AMA, Divine Word College of Legazpi and Amando Cope College of Tabaco. Schools from nearby provinces and cities were also present. From Camarines Sur Ateneo de Naga University, Universidad de Sta. Isabel, University of Saint Anthony and University of Northeastern Philippines. From Sorsogon St. Louise de Marillac College of Sorsogon. The collaborative efforts of the Provincial Government and the Regional Office of the Commission on Higher Education proved to be one of the best innovations in this year’s Magayon Festival.

Velada

Velada, a bikol term meaning a musical program, was the title of the Festival’s Regional Chorale Competition. Chorale groups from the different provinces sang their way to Albay hoping to take home this year’s top recognition. The competition was intended to develop and to appreciate the Bicolanos’ love for music. The Aquinas University Chorale never gave up as they finished in the second spot besting other groups during the said competition. The AUC brought home recognition for the group and for the university as well.

Nota Bene (Take Note)

Students enjoy constitutional rights even when they enter school. However, if the exercise of such right would violate the rights of the school as an institution, the exercise thereof would be wrong.

~ Atty. Ulan Sarmiento

Philippine Association of Advisers of Student Affairs (PAASA) Seminar
October 2007, Tagaytay City
If Aquinas University was a colossal treasure chest, the Center for Culture and the Arts would probably be one of its precious diamonds. Apart from the various organizations in the campus, the center had been continuously polishing its edges to render a noteworthy performance each year. It all began when the university felt the need to unify and concretize the operations of the performing groups in the university and to be able to integrate formally cultural and artistic activities with academics. From this simple dream, the center had grown to be one of the university’s pride and honor.

The center is composed of three performing groups, the AU Dance Troupe, AU Chorale and the Sama-samang Tinig ng mga Aktor na Gumagalaw sa Entablado (STAGE). For the past years of the center’s existence, these groups have been able to showcase their talents and skills and were able to be one of the region’s best performing groups.

Abaca
The Aquinas University Dance Troupe once again showed off their dancing skills as they presented Abaca during the last week of February 2008. Abaca was a research production, a dream come true for the members and directors of the AUDT. It was a big shift from their usual folk dances and modern pieces. Abaca tells the story of how the lowly plant Abaca, which is abundant in the rich soil of the region, becomes more than what it seems to be. The troupe was able to interpret the steps and processes of Abaca production in their modern ballet and jazz moves. It was a big break for the members of the dance troupe since it was the first time that they tried to dance modern ballet. The group’s success would not be complete without the expertise of Mrs. Princess Berdin, the group’s choreographer and a graduate of the University of the Philippines and an alumnus of the Philippine High School for the Arts in Laguna, and Mr. Arnel Espineda, the group’s Creative Director. After years of waiting and months of hardwork, the AUDT’s Abaca has become a milestone in their group and the university’s history.

Haplos
The theatre group of the university is the youngest among the three performing groups, but they were able to prove their worth in their craft and gear together with the Dance Troupe and Chorale. The Sama-samang Tinig ng mga Aktor na Gumagalaw sa Entablado (STAGE) was able to give its audience a spoonful of fresh and eye-opening ideas in every performance. The group’s Sanggot na Bulawan written by Bicolano playwright, Julio Mendoza (2006), a play depicting the lives of the people from Rapu-Rapu being affected by the gold mining, was a huge hit after being able to vividly portray the lives of the islanders in the real sense of the scenario. Following the success of Sanggot, STAGE was able to present last year’s Haplos; an original play about the lives of three students who had their own share of life’s misery and blessings and how they were able to cope with their own personal lives and live up with their fate. The success of Haplos doesn’t stop within the corners of the campus. This year, there are plans of bringing the play outside the university to reach out to more people and inspire more lives. The group has plans of performing in nearby provinces and cities to bring Haplos to a much greater success. Despite the hardships and trials the group had encountered, STAGE was able to continue its legacy; with their able Director, Mrs. Sarah Marie Aviado and with dedication to their chosen craft, the Sama-samang Tinig ng mga Aktor na Gumagalaw sa Entablado will continue to inspire more and more lives.

Velada Musika
Last February of this year, the Aquinas University Chorale under the training of well-known musician, Mr. Ramon Manjares, teamed up with the BUNGUL Singers of Bicol University for a friendship concert and to bring choral music in the province to a greater height. It was the first time that the two leading universities in the province tied up to showcase their musical prowess. Velada Musika was another achievement for both of the performing groups; they were able to prove that competition would not hinder their love for music and the art of choral singing. The AU Chorale proved their skills and talents. They were even more applauded after being able to bag various awards from different choral competitions and being invited in numerous events. The group continuously learns choral pieces and undergoes annual vocal trainings and workshops to further enhance their talents. Just last June, the group had a vocal...
workshop with celebrated pianist and choral master Mr. Jonathan Coo. Mr. Coo was a graduate of the famed Eastman School of Music in Rochester, New York. The AUC was fortunate to have been able to train and perform with famous musicians and choral enthusiasts. This year, the group is working on a research production about Bikol songs to cultivate the Bikol culture, advance their skills and bring choral music to more listeners.

The Prize is Write

The director of the Center for Culture and the Arts, Mrs. Jazmin B. Llana, MATA has been awarded the prestigious Helsinki prize given by the International Federation for Theatre Research (IFTR). She recently finished her doctorate in Theatre Arts at the University of Wales in Aberyswyth in the United Kingdom. Mrs. Llana was an Aquinian student and was once a member of the Sama-samang Tinigtang mga Aktor na Gumagalaw sa Entablado (STAGE). As CCA Director she continues to inspire more student-artists, and people from all over the world; her works proved that the passion for the arts is a continuous fire that burns within the heart of every human being.

Ranga

One of the most anticipated performances of the CCA artists is the annual show dubbed “Ranga”. For the past years the center showcases its talents by putting together in one show the three performing groups of the university. The previous Ranga was dedicated for the victims of typhoon Reming. By September of this year, the center will prepare for another performance that would prove once more that the Aquinian talent is more than the usual. This only proves that Aquinians learn more beyond the four corners of the classroom and they are able to develop their God-given skills and grow as holistic individuals.

For the Love of the Philippines

continued from page 9 of the In times of Achilles’ Heel, Hold Hands cover.

My parents always brought me to the places where poor and physically handicapped people live. They wanted me to understand their life and help them. I also worked for Catholic Church when I was in the army. The only thing I learned from Catholic Church was that we have to love our neighborhood. And, I have loved my neighborhood. Have you cried for the Philippines? had only three factories. So, would be well off if everyone works hard for

I have cried for my country several times. I also cried for the Philippines because of so many poor people. I have been to the New Bilibid prison. What made me sad in the prison were the prisoners who do not have any love for their country. They go to mass and work for Church. They pray everyday. However, they do not love the Philippines. I talked to two prisoners at the maximum-security compound, and both of them said that they would leave the Philippines right after they are released from the prison. They said that they would start a new life in other countries and never come back to the Philippines.

Many Koreans have a great love for Korea so that we were able to share our wealth with our neighborhood. The owners of factory and company were distributed their profit to their employees fairly so that employees could buy what they needed and saved money for the future and their children.

When I was in Korea, I had a very strong faith and wanted to be a priest. However, when I came to the Philippines, I completely lost my faith. I was very confused when I saw many unbelievable situations in the Philippines. Street kids always make me sad, and I see them everyday. The Philippines is the only Catholic country in Asia, but there are too many poor people here. People go to church every Sunday to pray, but nothing has been changed.

My parents came to the Philippines last week and saw this situation. They told me that Korea was much poorer than the present Philippines when they were young. They are so sorry that there are so many beggars and street kids. When we went to Pasigan, I forced my parents to take a boat because it would fun. However, they were not happy after taking a boat. They said that they would not take the boat again because they were sympathized the boatmen, for the boatmen were very poor and had a small frame. Most of people just took a boat and enjoyed it. But, my parents did not enjoy it because of love for them.

My mother who has been working for Catholic Church since I was very young told me that if we just go to mass without changing ourselves, we are not Catholic indeed. Faith should come with action.

She added that I have to love Filipinos and do good things for them because all of us are same and have received a great love from God. I want Filipinos to love their neighborhood and country as much as they love God so that the Philippines will be well off.

I am sure that love is the keyword, which Filipinos should remember. We cannot change the sinful structure at once. It should start from person. Love must start in everybody, in a small scale and have to grow. A lot of things happen if we open up to love. Let’s put away our prejudices and look at our worries with our new eyes.

I discover that every person is worthy to be loved. Trust in love, because it makes changes possible. Love changes you and me. It changes people, contexts and relationships. It changes the world.

Please love your neighborhood and country.

Jesus Christ said that whatever we do to others we do to Him. In the Philippines, there is God for people who are abused and abandoned. There is God who is crying for love. If you have a child, teach them how to love the Philippines.

Teach them why they have to love their neighborhood and country. You already know that God also does to Him. In the Philippines, there is God for people who are abused and abandoned. There is God who is crying for love. If you have a child, teach them how to love the Philippines.

That’s all I really want to ask you Filipinos.
Understanding Love
Rizza Lim

When I was a freshman, my teacher in Theology asked me and my friend to sing in the mass. Then I met Ate Tin, then director of the AQ Center for Creative Ministry and she asked if we want to be volunteers. My friend and I agreed and started attending mass (we were looking for something that we can do regularly). Later on, Ate Tin oriented us together with the other volunteers of what is now CCM. She said that as a volunteer we have the privilege to use the computer and other things; as a matter of fact, we can go there anytime we want to. I never imagined that I will be part of a religious organization such as CCM where I became more devoted to God. I thought it was easy to be a volunteer. You just have to attend masses, prepare the things needed in mass, be a commentator, or a reader. But then I realized that it’s not an ordinary kind of volunteerism. It’s special you give more time to God by remembering Him and Loving Him thru service to Him and to His people.

As a volunteer of CCM, I gave my heart, shared my sense of humor and my enthusiastic spirit to our organization. I have had deep appreciation to the Fathers and to Ate Tin, most especially. Their words and pieces of advice really inspire me as a student and as a daughter. Since volunteers are integral part of the organization, my co-volunteers and I find ways to help the organization build bridges between students and God through spreading His word.

As a volunteer, I learned something new which I had never learned in the four corners of the classroom. I met new friends. I had fun. Everything changed me. I gained the confidence to face many people, I was able to express my appreciation of people who have done good things to me. I understood the true meaning of love and gratitude. Above all, I learned to love every creation of God, be it small or big.

When it comes to giving from the heart, possibly nobody gives more than a volunteer. By definition, a volunteer does not get payment or compensation for the services he renders. But some things have worth more than money like the indescribable feeling when you see your work succeed and everybody else appreciate it. I as a volunteer, see my unpaid work as a wonderful way to build meaning and purpose to life.

As they said
lines from the SSC, Et Al Interview

‘Leadership is not about being on the top. It is about service and sacrifice.’

- Gabriel Joesph Bragais
1BSN

‘The school gives us the opportunity to learn. But the rest is up to us.’

- Kathleen Claire Forcadela
2BSN

‘Ang pagkatuto ay hindi lang magaling kung natututo sakanya at nagkakaroon ng improvements ang mga kasamahan nya.’

- Ma. Dhana Garcera, 1BSN
SK Chairman, Sn. Sebastian,
Sta. Magdalena, Sorsogon

‘Wag mo munang isipin ang (mga sinasabi ng) iba...lalo na kung ang intensyon mo ay (ang) makatulong...sabi nga nila dapat daw hindi ako sumali (dahil) wala naman daw na benefits. Pero naisip ko, hindi dapat ganun.

- Marlo N. Bobier
1BSN

Lahat ng bagay may paraan, kaya kung gugus-tuhin ko, magagawa ko.

- Liza M. Bongalonta
1BSN

ANG leader (dapat) marunong sumunod sa followers...marunong makining sa ibang tao para mapaganda ang ginagawa.

- Kristine Joy Sarza
Marketing Management 2

Look at your five fingers then choose one that you think is most important for you.
See page 10 for the Interpretation.

Grab a Hand!

SSC, ET AL.

Supreme Student Council, Empowered True Aquinian Leader (SSC, ET AL) is the Supreme Student Council’s volunteer organization.

Headed by SSC Auditor, Moza Dunya Al Dumain, it aims to hone Aquinian leaders by empowering them in its activities from conceptualizations to planning then execution.

Every two weeks, the Et Al’s will elect among themselves a team leader. The team leader will be in charge of making a project and budget proposal which they themselves will execute.

The volunteers may sponsor any activity provided that it conforms with the general norms of conduct of the university.

The Supreme Student Council officers’ role is to supervise them only in their activities.

The Supreme Student Council screening, composed of paper screening and interview, was first conducted in July. Admission will be year round; application forms may be secured from the Office of the Supreme Student Council.

The volunteer program is one of the council’s modest contribution to nation building. 🌐

Resonating
Catherine Occidental’

gratitude

It’s been more than a year since I came to this institution. I never thought that I could reach the point where I am now- to be actively part of various organizations. I didn’t imagine before that I could manage to be a leader and at the same time take good care of my studies. Come to think about it, it is very difficult to divide and to balance the responsibilities as a student and as a leader.

I remember, it was not easy for a first year student to have such a hectic schedule especially that I was still in the adjustment period. Much has to be learned from the new environment college life. At first, I encountered a lot of difficulties because of new situations...
Aquinian Young Leaders’ Summit (AQyles). The SSC sponsored the annual leadership summit dubbed this year AQyles: Tracing the Aquinian Roots, Sowing the Filipino Seeds on June 2-4, 2008, Aquinas University of Legazpi. (see related article, In times of Achilles’ heel, Hold Hands Cover.)

AQ-UST Basketball Game. Right after the leadership training, the officers of the different organizations watched and cheered for the AQ varsity during the AQ-UST Basketball Game on June 4, 2008 at the Albay Astrodome, Legazpi City.


Presentation of 2008-2013 AQ Strategic Plan. SSC and CSC officers attended the presentation of the output of the group (other than the TWG) designated by the Rector and President to continue work on the draft Strat Plan. Held on June 14, 2008, 1:00 p.m. at the Bar AQ, Aquinas University of Legazpi.

Meeting with Globe. Together with some AQ administrators, SSC and CSC officers had a meeting with Globe on the proposal to set up a cellphone-based information dissemination and feedback system, held on June 12, 2008, 1:00-4:00 p.m. at the Rector’s Conference Room.

COST Lecture Series. Some officers attended the Commission on Science and Technology Lecture Series on June 19, 2008, 10:00 a.m. at the Bar AQ, Aquinas University of Legazpi. The Commission on Science and Technology launched the Lecture Series. The first presentation entitled “The Community-Based Problem Approach in Teaching Physics” was made by Dr. Shiela Arroco of the College of Arts, Sciences and Education.

Mass of the Holy Spirit. The SSC and CSC officers served as volunteer-collectors during the Mass of the Holy Spirit on June 25, 2008, AQ Dome, Aquinas University of Legazpi. The collection was intended for helping the victims of Typhoon Frank in Iloilo.

IAQwatsa with Ates and Kuyas. The SSC and CSC officers toured the Aquinas University High School freshmen around the AQ Campus on June 25, 2008.

Anduyog AQ: Iloilo. The SSC took part in the Anduyog AQ: Tabang sa Tugang intended for the victims of Typhoon Frank in Iloilo.

Notes:
- Attendance in University Council meetings and follow up meetings were not included.
- Reports are as of September 21, 2008.
The Next Big Thing
Helen P. Garcia, 3BSN

For the past years, the world has been inclined to watching reality shows in search for remarkable talents that would amaze its viewers. The American Idol, being the most popular Talent Show has produced bright stars that continuously top the music hit charts like Kelly Clarkson, Carrie Underwood, Fantasia Barrino and David Cook. In fact, many countries had already adapted the same concept which includes the Philippines. The Philippine Dream Academy or PDA, for example, has opened doors for many talented Filipinos who wish to make their dreams come true with all the glitz and glamour the entertainment industry has to offer. Today, the quest continues with a new twist! Online talent searches are now beginning to invade the music industry. The likes of Italenstar and Ichooztv are a genre preferred by the younger generations. As such, stardom is just an audition thru video away.

Online talent searches may seem complicated nonetheless. But it is actually easy and accessible with the internet. Contestants can send their entries to the producers where respectable judges choose the finalist through the videos submitted by the competitors. The talent search has worldwide voting through text and calls, wherein the world chooses the next big star!

Unknown to many, an Aquinian has tried her luck in this competition. Ms. Elena Aurora Amano from the College of Nursing and Health Sciences qualified for the talent search under the POP category. She is using Patty Amano as her screen name. An amiable and cheerful young lady with a powerful voice, she has been singing since she was a young girl. Joining contests, singing in family gatherings and school activities was her way of sharing her talent. She joined ichooz tv because she believes that even a simple girl like her can make it big. To date, the said competition is the biggest singing competition she has ever joined.

Let's help her make her dreams come true. Log in to www.ichooz.tv for more details.

Dreams turn into reality if we start to believe and realize that it is in living our dreams that we accomplish great things.

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**Easy as a Pie (π)**
Alden Grona, 3 BS ECE

Pi or π is a mathematical constant which represents the ratio of any circle’s circumference to its diameter in Euclidean geometry, which is the same as the ratio of a circle’s area to the square of its radius. It is approximately equal to 3.14159—well, so much for that! This article is not about the mathematical constant π, but rather, about the PI department or the Polytechnic Institute of Aquinas University.

Ok, let me give you some insights about what it is being a PI student. From the name itself, others have the first impression of it as a department that includes lots of difficult subjects like trigonometry, geometry, calculus, statistics,—and guess what?—algebra. In other words, this department offers courses that include mathematics in their respective prospectus. Yes it’s true. From Engineering to Architecture and Fine Arts and to Computer Science, all have to take Mathematics as a fundamental asset in order to prepare for the major subjects. You have to pass all those subjects first before you can call yourself professionals.

Another great thing about being a PI student is the confidence of being open to oneself and to others; in expressing their emotions towards others to be understood and for others to know. It can always be challenging for them to make somebody recognize their feelings but they find it effortless making others laugh their hearts out. They are the kind of person who is not afraid to say the way they feel despite of what other people may think.

So, what about the PI department? Well, Polytechnic Institute department is a one of a kind department. They are known as fighters but humble, intelligent yet clever and lazy yet outgoing and responsible but easy going, studious but humble, intelligent yet clever and lazy yet outgoing and responsible but easy going, yet outgoing and responsible but easy going, studious but humble, intelligent yet clever and lazy but easy going.

So now, who said that being a PI student is difficult? Oh, come on! Success comes with a price and there are no shortcuts. As one of the PI instructors has spoken, “Sa engineering, isa lang ang sagot—it’s either YES or NO. There are no but’s and no if’s!” And that’s what I am talking about easy as a pie!
The AQ Center for Campus Infrastructure and Development (CCID) has been continuously upgrading the University facilities for the benefit of its constituents. The following are the completed projects of the said office:

- Dormitory Renovation/ repainting
- Coffee Shop/ BarAQ
- St. Albert Bldg. Repainting (outside portion)
- St. Thomas Bldg. Repainting (outside portion)
- St. Thomas Bldg. covered walk
- St. Thomas Bldg. covered walk painting
- St. Dominic covered walk
- St. Dominic Bldg. Renovation (ground floor)
- St. Dominic Bldg. painting (outside portion including walkway)
- St. Dominic Ceiling- 3rd floor
- Cocofed Bldg. 1 and Bldg. 3 repainting
- Cocofed Bldg. Underground wiring
- Bookshelves of Library
- Drainage Renovation (in front of AQ Chapel)
- AQ House in Washington
- St. Albert Bldg. Ext. (ceiling, windows, tiles)
- Septic Tanks of St. Dominic Bldg.
- Hostel (Cocofed Bldg. 1)
- Guard house repair including gate and gate painting
- Construction of St. Dominic overhang
- Construction of St. Dominic Stage
- New Purchasing Office/ bookstore
- Signages and Directional
- Drainage Renovation (Gate 1 and Gate 2)
- Renovation of St. Albert Lobby
- St. Plus Bldg. painting & electrical works
- Road at the back of St. Dominic Bldg.
- Footbridge (from convent going to ranch)
- Rewiring of Gen Set Connection to Cocofed Bldgs.
- Construction of Transformer platform and installation of transformer (beside Cocofed)
- Renovation of Room 9 & 10 in Hostel (Sirangan Office)
- Repair of ceiling in front of Rector’s Office
- Renovation of AQ Dome control room
- Repainting of stage (AQ Dome)
- Patching of asphalt road

Other infrastructure projects are still on going.

(source: AQ Center for Campus Infrastructure and Development, July 22, 2008)
WHEREAS, The Phoenix experienced discrepancies and problems regarding its operation and use of funds, which if proven, is a violation of the University Guideline as stated in the 2008-2009 student handbook Part 6 Sec. 3.A.3.;

WHEREAS, only one (1) publication was released on school year 2007-2008;

WHEREAS, students paid the student publication fee but none was released on the second (2nd) semester of school year 2007-2008;

WHEREAS, the operations and funds for The Phoenix are currently withheld due to the ongoing investigation by the Office of the Moderator of Student Affairs; and

WHEREAS, students of Aquinas University of Legazpi have the right to information as guaranteed by the 1987 Philippine Constitution;

NOW, THEREFORE, BE IT RESOLVED by the AQ Student Council Legislative Board that the funds allocated for the publication of The Phoenix be temporarily allotted as operating funds for Tomas;

BE IT RESOLVED by the Aquinas University Supreme Student Council- Legislative Board that the operation of the university publication be temporarily assumed by AB Communication’s Tomas to include:

1. Assignment of new editorial staff provided, he is not included in the investigation being conducted;
2. Membership to Tomas will be opened to all bona fide students of Aquinas University;
3. Use of equipment / office previously occupied by The Phoenix;
4. Disbursement of funds and proper auditing thereof;
5. Distribution / circulation of the publication; and

BE IT RESOLVED by the Aquinas University Supreme Student Council- Legislative Board that Tomas be recognized as the Official University Publication until issues regarding The Phoenix are resolved;

BE IT FURTHER RESOLVED AS IT IS HEREBY RESOLVED that the Chairman and Vice-Chairman of the SSC Legislative board certify, and the President of the SSC Executive Board and the Secretary of the SSC Legislative Board attest to, the adoption hereof; and that copies of the same be thereafter transmitted to the Office of the Moderator of Student Affairs and other units of the University.

We hereby certify the correctness of the foregoing resolution duly passed and concurred.

Attested:

(SGD.) CHARLOTTE ARIVE  (SGD.) GIDEON PEÑA
Secretary, SSC-LB    President, SSC-EB

DULY ADOPTED BY AQUINAS UNIVERSITY OF LEGAZPI, SUPREME STUDENT COUNCIL- LEGISLATIVE BOARD ON THE 23RD DAY OF JULY 2008.

Concurred:

(SGD.) GINA LYN BELLEZA   (SGD.) GERALD PETER A. BISA
Vice-Chairman, SSC-LB    Chairman, SSC-LB

Verified reports have reached the Office of the Moderator of Student Affairs that there are students seen drinking while wearing their school uniform in some beerhouses/ resto bars creating negative impression about AQ. The Student Handbook on Section 2- General Provisions, paragraph 3 states that “In the exercise of their rights and in the performance of their obligations, all Aquinian students are expected to act in accordance with the principles, traditions and ideals that are authentically Filipino and Catholic, whether they are inside or outside the campus. They should show respect for authority and the rights of their fellowmen, endeavor to protect the good name of the University and they must abide by the rules of conduct and discipline formulated by the University.”

In this regard, any student caught drinking in public places wearing his/ her uniform shall be subjected to disciplinary action.
The beauty of the Philippine islands has been drawing in tourists from all over the planet. Aside from its wonderful sights and warm people, the nation’s assets lie in its natural wonders. The country has been blessed with almost nothing but beautiful sights, and these things are not for the Filipinos alone, but for the whole world to see and to appreciate.

The splendor of our own Mayon Volcano again made news. After being away from public interest in the past years, Mayon is now again making its way to world recognition. Mayon Volcano is an active volcano; 15 km northwest of Legazpi City. It is classified by volcanologists as a stratovolcano (composite volcano). It is the most active volcano in the country, having erupted over 47 times in the past 400 years. Its perfect cone became a landmark in the province of Albay. It brought benefits to the province and to the region as well. The nomination of Mayon in the New 7 Wonders of Nature proves that Mayon is one of the world’s best and truly a wonder of nature, a proof that our country is one of the best in terms of ecological diversity.

Let’s support our own. Let’s be proud as Filipinos. Let’s make Mayon Volcano a certified Wonder of Nature.

Visit www.n7w.com and vote for Mayon.
The light wasn't even officially green at the intersection before an army of overconfident yellow cabs roared past the tiny deathtrap I was attempting to navigate around the city streets. Clutch, gas, shift, release clutch, I repeated over and over in my head, the mantra offering little comfort and even less direction amid the screeching midday traffic. Was I supposed to shift gears from neutral to first or from first to second? The little car bucked wildly twice before it lurched forward through the intersection. My heart flip-flopped. Without warning, the lurching evened out and I began to pick up lots of speed. I glanced down to confirm visually that I was only in second gear, but the rear end of a Marciellago loomed so large in the windshield that I could do nothing but jam my foot on the brake pedal so hard that my heel snapped off. Sh*t! Another pair of seven-hundred-dollar shoes sacrificed to my complete and utter lack of grace under pressure. It was almost a relief when the car stalled. I'd obviously forgotten to press the clutch when attempting to brake for my life.

I had a few seconds, which would be peaceful seconds if and only if one could overlook the angry honking and varied forms of the word "f*ck" being hurled at me from all directions, to pull off my pumps and toss them to the passenger's seat.

Attempting to drive this stick-shift convertible through the obstacle-fraught streets of the city at rush hour pretty much demanded I had a complete and utter lack of grace under pressure. It was almost a relief when the car stalled. I'd obviously forgotten to press the clutch when attempting to brake for my life. I glanced down to confirm visually that I was only in second gear, but the rear end of a Marciellago loomed so large in the windshield that I could do nothing but jam my foot on the brake pedal so hard that my heel snapped off. Sh*t! Another pair of seven-hundred-dollar shoes sacrificed to my complete and utter lack of grace under pressure. It was almost a relief when the car stalled. I'd obviously forgotten to press the clutch when attempting to brake for my life.

He apologized for not knowing the very concrete definition of the word "pumps" and in defense, said that his job doesn't necessarily require him to know these chic words. Well my job does, I told him.

"I'm in the fashion industry. Suede Gucci and Armani are my call of duty. Frances Mae Mata, fashion editor." After our cars have been nearly engaged in a collision, I thought it would be proper to be polite. "How about you?"

Upon hearing my name, he chuckled and instead of answering, he pointed to a billboard to not make me look rude. "Hello?" He answered his call. Was it me or was I really on the line with the same guy seated in front of me? I ended the call and seconds after, I was in a laugh fest. This guy, who I nearly victimized in that traffic jam, was the same guy I've been trying to contact.

Who would've thought I'd run into him this way? We talked about how life was the past years and it turned out he got what he always wanted. He now owns a car dealership and is married to a socialite. He is now a father of two, both enrolled in an exclusive Montessori. He was also able to design the latest "it" cyber game, which had him a spot on the People's Magazine. It was overwhelming that what seemed to be just dreams then were already real now.

It's not everyday you run into a person from the past and learn about how good life has been.

Because I was once again talking incisively, not to mention laughing hilariously, I accidentally dropped my phone. When I bent down to reach for it, there was this unbearable audible loud ringing that was starting to get to my nerves. When I turned to look, I saw the digits 988 in bright red bold flashes. It was my alarm clock. I was late and all I could remember is the lousy dream I had.

*A blog is a contraction of the term "Web log") is a Web site, usually maintained by an individual, with regular entries of commentary, descriptions of events, or other material such as graphics or video. Entries are commonly displayed in reverse-chronological order. "Blog" can also be used as a verb, meaning to maintain or add content to a blog.

"What do you think that was, f*cking driving school?" As if the very essence of life itself didn't s*ck enough at that particular moment, the guy recognized me.

"I think an apology is mandatory. I'm sorry." I said stiffly.

He looked at me from head to toe, seemingly criticizing every inch of my being. I grabbed my cup of coffee and calmed myself in one of the café's sofas. I was in the deepest of my thoughts, thinking about how luck was never my friend when the Marciellago-owner guy took his seat on the same couch I was seated. What does he want now?

"Are those the newest pair of stilettos? They seem invisible. Wow." He said sarcastically.

"My I broke my pumps' heel in attempt to save myself from giving your car a bump, thank you," I answered.

"Pumps?"

"They're shoes." The poor guy didn't even know what a pump is.

I repeated over and over in my head, the mantra offering little comfort and even less defense, said that his job doesn't necessarily require him to know these chic words. Well my job does, I told him.

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*The writer is a third year BS-Nursing student.

How To Be A Better Listener

1. Know the difference between hearing and listening. To hear means “to perceive by the ear.” To listen means “to pay attention.” There’s a big difference.

2. Get into the ACT of listening. Employ body language. Look at the person who is speaking. Make and keep eye contact. Position your body in a way that shows you are open and receptive to what the person is saying.

3. Adopt the 2/1 rule: Listen twice as much as you talk. Why do you think we have two ears and one mouth.

180 Ways to Walk the Leadership Talk: The How-To Handbook for Leaders at All Levels by John Baldoni.
Thematically Speaking

- Lady Anonymous -

Yet another day is close to end and here I am, alleviating myself from this mushy boredom...wondering what to do, and most especially formulating what would be the best thing/way to express myself in a silent manner.

Then, all of a sudden, a spark of inspiration suddenly ignites this once quiescent brain of mine, awakening it from its deep slumber and thus sends out the tonnes of info it had long stored within its core.

"Each and every one of us are like huge hollow containers filled with whatsoever material which play the role of portraying/radiating WHO or WHAT we are, what we feel, what we think of and what we desire. Since every single one of us are born into this world endowed with the gift of uniqueness and individuality, these containers are not shaped uniformly, not like those which we see in the cargo department or shipping service. It can be in the form of whatever shape which best symbolizes one's ENTIRE self."

And in connection with the aforementioned passage, if I were to be asked what container shape would I be, I would state that I'd choose the HEART-SHAPED item — specifically a BROKEN HEART-SHAPED one. Why...? Hear me out, then:

For a long time, I've merely relied on what my HEART desired me to do. Instead of waiting for LOVE to come and find me, I chose the opposite — searching for IT. I paid no attention to what would be the consequence of my actions. Thus, I've been hurt several times. Despite of that, I continually tried and tried yet again, repeatedly breaking my heart in the process (in the imaginary sense, recurrently fracturing, wounding and injuring my heart-shaped container). When I finally gave up on my quest, there I was, transfixed as I gazed into the reflection of what that pursuit transformed me into: a tattered, bleeding, broken heart-shaped case. The effect was so severe. When LOVE finally came around the corner, it found ME, a cold and unfueling soul.

Up to this very day, my container still remains beat-up and damaged but, compared to that once severe mutilation, the lesions have been reduced to mere scars and are now dressed with bandages. I've been partially healed. That once unfueling and heartless being has gradually regained her sensations and inner-self. But, nevertheless, I still have a long way to go...

The Beginning

Tsinki Nieva*

Beginning today, I will no longer worry about yesterday. It is part of the past and the past will never change. Only I can change by choosing to do so.

Beginning today I will no longer worry about tomorrow. Tomorrow will always be there, waiting for me to make the most of it. But I cannot make the most of tomorrow without first making the most of today.

Beginning today I will take a moment to step off the beaten path and to revel in the mysteries I encounter. I will face challenges with courage and determination. I will overcome what barriers there may be which hinder my quest for growth and self-improvement.

Beginning today I will take life one day at a time, one step at a time. Discouragement will not be allowed to taint my positive self-image, my desire to succeed or my capacity to love. I will think positively, because for me, that's all it takes.

*The writer is a second year BS-Psychology student.

Fantasy...Reverie

Rheikkan

Dark night overshadowing
With the silence simply overwhelming
Brilliant stars adorning the sky
Silently singing their own lullaby

Wings of slumber seem to be at bay
As I wipe the idle hours away
Pen in hand, parchment filling
Here I sit, half-awake and half-dreaming

Reminisce, that's what I'm busy with
I pause for a moment then slowly breathe
Drowning myself in this misery
Which seems to make my life so weary

Candlelight burning vigorously...burning bright
As I continue to think and continue to write
Constantly drawing in some inspiration
From the very core of my imagination

Ahhh, yes, tonight seems so tranquil
And time seems to be on a standstill
For this heart that had been batted through time
My emotions reflecting through every rhyme

How I wish to have a brief glimpse of heaven
Just this once...where the sky will glisten
Guess I'm caught up in my dreams once more
Entrapped in my fantasies...forevermore

You Do Not Know Me

Rhea Mae E. Marapao

See me here as I lie
Drenched in a pool of my own sorrow
See me here as I bleed
Dripping red in a puddle of my own blood

That is what you merely see from me -- physically
But you fail to look at what lies within
See me here as I sit, huddled
Tangled in my own web of doings

You see me as a pathetic human being
You see me as someone incapable
But, please, you are not giving me the chance
To show my true self to thee

Behind this tattered soul is a girl with a dream
Behind this frowning mask that I wear is a smile
That I wish to show
Behind this entangled individual lies a person
Who wishes to learn

You...yes, you who had always looked down at me
You do not know me
That's what I have to say
You refuse to look beyond this façade
Beyond these trappings that I "exhibit"

I am not and I never will be perfect
I'm sorry if I cannot conform to what you expect
You don't know how hard this life is for me
I'm struggling hard and hurting myself in the process
For trying to please you seems so hard to do...

*The writer is a third year BS-Nursing student.
Student Organization Week Held

The Culture and Student Development Services division and the Supreme Student Council sponsored the Student Organization week, in line with the Celebration of the Feast of St. Dominic de Guzman on August 4-7, 2008 at the Aquinas University Rawis Campus.

The Student Organization Week dubbed Intensity AQ was formally opened in the afternoon of August 4, 2008 at the AQ Skywalk. It was participated in by the different College-Based and University-Based Organizations.

The Student Organization Week served as a venue for the different organizations to exhibit their exploits and talents so as to recruit students to be part of their organization.

Awards were given to organizations that had outstanding booths. The 1st prize was awarded to the Polytechnic Institute Industrial Engineering Organization, the second prize was awarded to the AQ Phoenix Mountaineers’ Organization while the third prize was awarded to the Sama-Samang Tinig ng mga Aktor na Gumagalaw sa Entablado (STAGE).

Different activities and programs were slated throughout the student organization week. (see articles on Loud and Proud Contests and Acquaintance Party).

Loud and Proud Contests

The Supreme Student Council, in close partnership with the Welness, Sports and Fitness Center and the Office of the Vice-Rector for Culture, spearheaded a song writing contest and t-shirt design writing contest called AQuinian Loud and Proud.

The contest was open to all bona fide students (high school, undergraduate and graduate) and alumni of Aquinas University of Legazpi.

The title also served as the theme whereas all entries should revolve around it although it was not required to be placed (e.g. Aquinian, Loud and Proud, may or may not be in the lyrics for the song writing contest.

The final presentation and judging was held on August 6, 2008, 3:00 p.m. at the Pacific Mall Entertainment Plaza, Pacific Mall Legazpi, Legazpi City.

Shiela Banta a student from the College of Arts, Sciences and Education won in the Song Writing Contest while Geoffrey Paul Estevez from the Polytechnic Institute won in the T-shirt design making Contest. Each of them won Five Thousand Pesos. While the 1st runner-up and the second runner-up for each contest won Three Thousand Pesos and Two Thousand Pesos respectively. (see page 18 for the lyrics and designs of some of the finalists).

"I cannot study on dead skins when these people are dying of hunger."  

St. Dominic De Guzman
When Drawings Talk

Quotes from the Cartoon

‘The secret ingredient to the secret soup is nothing. You just have to believe that it’s special.’ -Po’s Father (Kung Fu Panda)

‘Only true friends can be cruelly honest.’ -Donkey (Shrek)

‘Huwag ka ng mag-isip at bigyan ng dahilan ang isip mo para isipin s’ya. Masaya ang buhay kaya mabuhay ka ng masaya.’ -Doraemon

‘Para kay mommy at daddy, gagawin ko ang lahat ng aking makakaya.’ -Nobita

‘Ang tunay na kayamanan ay pagkakaisipan.’ -Mojacko

‘Kung mag-aaral ka lang ng mabuti, matutupad mo lahat ng pangarap mo’ -Doraemon

‘Hindi masusulusahan ang isang pagkakamali ng isa pang pagkakamali.’ -Meowth

‘Ang Buhay ay isang mahabang Paglalakbay.’ -Tom Sawyer

‘Paminsan-minsan, kelangan din natin matikman ang pagkatalo’ -Judy Abbott
A Letter from an Aquinian
Shiela C. Banta
AB Communications

I was once a child, young but without ambitions
Going to school without enough reasons
Living a simple life, living it my own way
Not worrying the world’s suffering
Not minding what is happening
But that was long ago, I have grown up

*Cause here I am, in front of you
wanting to be enlightened, needing to be nurtured
I have now my aim that I have to fulfill
in this confusing world that is real
Aquinas University, my future in you I foresee

I am God’s disciple and in my heart I have
His word
I am a learner, a dreamer
with this hopeful song in my soul
with a voice that speaks from the whole
And with a faith that will never let me fail

*So here I am in front of you
Wanting to be enlightened, needing to be nurtured
I have here the goal I want to achieve
with strength and courage in which I believe
Aquinas University, my future in you I foresee

Bridge:
Once I was weak, but was pushed to reach the peak
Now I’m near the edge saying it out loud
Saying it out proud

*Here I am in front of you
Standing strong from this world full of competition
I have my aim, my goal, my

Aquinian Loud and Proud
Mac Oriel B. Morante
BS Nursing

Nag-simula sa eskwela
Tayo’y nagkaisa
Puso mong dalisay
Halina’t ilalay

Refrain:
Di ka naman mag-iisa
Pagkat tayo’y mag-kasama

Chorus:
Lakas ng Aquinian
Loud and Proud
Halina sa Pagsubok
kasabay ang panahon
maging tulay sa pag-asa
isaisip ang madla
Lakas na sayo’y nakaloan
Pag-ibig sa bayan

Isang umagang kay ganda
Dilubyo’y nagbabadya
Sabay tayong aahon
Dala ang pag-asa

Sikap na Aquinian kaya natin yan...

Odyssey
Prince Jasper Santoyo
BS Computer Science

Everyday
We find a way
How to reach the sky
Ask me why
I could fly

There are things
you need
To Know

There’s the choice
A chance I will take
We are one
We are Aquinian

This is the life I’ll take
Whatever it will make
I will stay right here

And all the things we
Need to know
Is just what we are for
And all the things that we learned

Will go on Forever
We are the stars that

Fills the sky
In the night we will provide them light

And steal the darkness
in their hearts
We are the one who soar beyond
Tomorrow’s bright we’ll be fine

It’s you that’s written
In my life

I Am Aquinian
Salvadore C. Basallote
BS Nursing

A life of truth and of love
Out of gratitude (2x)

Chorus:
Soar High
Soar beyond
Be Aquinian (2x)

I prayed and praised the to the Lord
I serve and care to everyone
For the rest of my life
For the rest of my soul

I’m Aquinian Forever
I stand firm to be Aquinian
I sing it Loud and Proud
For the rest of my life
For the rest of my soul

I’m an Aquinian Forever

Students voted for their favorite t-shirt design during the Loud and Proud Contests.

Finalists to the Song Writing Contest performed their piece at the Pacific Mall Entertainment Plaza.
Polytechnic Institute student Geoffrey Paul Estevez’ T-shirt design won first Prize for the Loud and Proud T-shirt design Contest.

We would like to thank Pacific Mall Legazpi for being a major sponsor of the Aquinian Loud and Proud T-shirt Design Contest and Song Writing Contest held on August 6, 2008 at the Pacific Mall Entertainment Plaza, Pacific Mall, Legazpi City.
My WYD Experience
Helen P. Garcia

“Pack your things Helen, we are going to Australia……” I was speechless for a moment, absolutely overwhelmed and unable to react out of disbelief when I got the text message from Fr. Jeff Aypitia O.P. I could not talk for a moment. An unexplainable feeling of overflowing joy just filled me. It took me an hour to absorb everything and finally believe the good news. I don’t intend to exaggerate but I felt like winning the 100 million lotto jackpot (without the money. of course) or perhaps, having to deliver a baby on your first actual delivery case (nursing students would understand..whew!). It was just a joyful moment!

The news just thrilled me to the bones I wasn’t able to sleep that night. After nearly 4 months of patiently waiting, numerous documents and requirements to prepare for screening, preparatory sessions to attend to, personal and academic sacrifices to make, and quite a dose of stress from all the pressure… Finally, I’m going to one of the world’s most beautiful city. It was indeed a dream come true! It was a gift from above. Perhaps, a challenge to deepen my faith and an adventure that would teach me lessons I would never learn in a lifetime….

Joining the gathering wasn’t that easy, I even had doubts of leaving since I will have to make big sacrifices especially since I’m a student at the University of Santo Tomas who is a seminarian under the Dominican Order. After a short while, Fr. Jun came and greeted each of us with his warm smile. He is a diocesan priest who will be with us and is also our guardian. He was followed by Apid, the President of Aquinas University-Science High School Student Council who is also joining the big event. Then, we met the other delegates from Episcopal Commission on Youth (ECY-Philippines) whom we will be orienting us and our travel to Sydney. The news just thrilled me to the bones I wasn’t able to sleep that night. After nearly 4 months of patiently waiting, numerous documents and requirements to prepare for screening, preparatory sessions to attend to, personal and academic sacrifices to make, and quite a dose of stress from all the pressure… Finally, I’m going to one of the world’s most beautiful city. It was indeed a dream come true! It was a gift from above. Perhaps, a challenge to deepen my faith and an adventure that would teach me lessons I would never learn in a lifetime….

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Dada and I made our way to Manila that night, we arrived at around 5 a.m. and stayed at a hotel to take rest for my flight later that evening. There were mixed emotions as I wait for the clock to strike 3 p.m., the time set for all the delegates to meet at the airport. I was bit scared since It’s my first trip to go out of the country, and this time with people I hardly know. I arrived there ahead of everybody in my group(call me excited!), so I watched people walk in and out, as I glanced in my watch. Fr. Jeff came after 20 minutes, he is the National Youth Coordinator for the Dominican Network (DOMNET) and our legal guardian for the duration of the trip. Then came Roger, he is an Education student at the University of Santo Tomas who is a seminarian under the Dominican Order. After a short while, Fr. Jun came and greeted each of us with his warm smile. He is a diocesan priest who will be with us and is also our guardian. He was followed by Apid, the President of Aquinas University-Science High School Student Council who is also joining the big event. Then, we met the other delegates from Episcopal Commission on Youth (ECY-Philippines) whom we will be joining during the event. It was composed of priests, parish youth coordinators, nuns and students like me from all over the country. After a short while of orienting us and our parents, our group decided to check-in earlier for some changes that might arise, just to make sure we’ll have a safe and hassle-free flight. We will be traveling from Philippines to Hong Kong and Hong Kong to Sydney. At last, I kissed Dada farewell and promised to be a good girl while I’m away just like the way I have always been (hmmm….) We all left Manila with a happy and hopeful heart.

It was a long trip going there and sitting at the plane just made each thoughts came rushing to me. Then I started asking myself, will I let all the efforts I made slip just like that? How about those who believed and helped me? Can I sleep at night thinking I would have seen something beyond my scope if I decided to make the sacrifice? I just can’t… Sometimes, making a great deal of sacrifice is necessary if we wish to go beyond what our eyes can see. Giving up something good is indispensable if we yearn to learn and discover more. Setting aside drawbacks would keep us focused on the brighter side of things. Doubts make you think but letting negative thoughts overpower you will instantly put the toils into waste. So on July 12,2008 my WYD journey begun….

We arrived in Australia at around 5 a.m. in the morning. We’re jumpy and uneasy, couldn’t wait to go out of the airport to see the avant-garde panorama the city is known for. We waited there for about an hour since someone will pick us up in the airport going to our assigned accommodation. The airport was filled with different nationalities. Each of them having a flag, singing their songs or making friends with the others. Several slept on the floor, some played and while the rest took the chance of mingling and meeting new friends. It was a humbling sight to see that different races with diverse cultures unite for one reason, to celebrate their faith!

We stayed at Mary Immaculate School near Bossley Park together with delegates from Melbourne, Iraq and U.S.A.. We were warmly welcomed by the hosts and they attended to our needs with all their efforts. Australians are much alike with the Filipinos. Their warmth and kindness are genuinely expressed, responding to the needs of their guests with sincere concerns. Although we weren’t able to be given a room assignment at once, being there just made me feel I’m not that far from home. Many Filipinos who are now living in Sydney went there to bring food, blankets, winter clothing and even opened their homes to pilgrims. Truly Filipinos has never lost the spirit of “bayanihan” after years of residing away from their native land. The traditions and fine values instilled by our distinct culture is still evident and continues to inspire others.

Sydney is fascinating! It has a rich culture and strong Catholic history which makes it even more endearing. The city lies in the Pacific Ocean with a beautiful weather. The sun is up throughout the day. Nevertheless, the cold wind brought by their winter breeze just makes it amusing. It is a home for friendly and warm people who are deeply involved in bringing together The WORLD YOUTH DAY 2008 in their shores. This will be the first time that Pope Benedict XVI will be visiting the city.

Good day mate!! This greeting flooded their picturesque streets last July 15-20. 2008 as the pilgrims walked and explored the scenic metropolis. Many Catholics watched closely as the celebration took place in the city. About 300,000 pilgrims from 170 countries
You will receive power when the Holy Spirit has come upon you; and you will be my witnesses. 

Acts 1:8
We asked Aquinian students, alumni, faculty and staff about their sentiments. The answers reflect their concerns as organisasyon an trabaho ninda. Dae mag rason of the most pernicious of today's threat to their education and recreation. The students should be protected from some of the most pernicious of today's threat to their well-being: drug and alcohol use, premarital sexual activity, excessive television viewing/ surfing the net to name a few.

The University should have a stable set of academic administrators who are given long-term mandate to be able to establish and complete the work they started.

Abelardo Belleza, Faculty

I hope flip flops will be allowed in school.

Mae Mata, BS Nursing

Recall EO 1, SY 2007-2008

Increase Salary of Teachers.

Create an independent student fund separate from accounting office.

Make AB programs advocacy programs- do not squash them.

Make CAS a service college again.

Administration should focus on academics and not on culture.

Simon Crisostomo', Faculty

Sana may shuttle service and College of Nursing.

Sana kahit minsan man lang masuspend ang clinical duties kapag may University activities (i.e. Intramurals)para makapagparticipate ng mabuti ang mga estudyante ng College.

FN, BS- Nursing

We are taught to think outside the box. Walk the talk please.

Juan hindi tamad, AB student

I want the canteen to serve more healthy foods.

I want the security (personnel) to allow slippers during rainy days.

Please have an action on the bad smell at the back of the Nursing office.

Japhet Ibarra, BS- Nursing

Sana may mga search din dito sa Aquinas.

Sana prepared tayo pag Intrams.

Nangangarap na titlist- Search for the Next Betty La fea

Sana padakulao an bagayet kan Rokyaw para bongga!

Sana may video editing class pirmi.

Nhej, AB- Broadcasting

Sana libre ang pagpagabot ki ngipon sa clinic.

Me, CASE student

Sana makilala ang Aquinas bilang isa sa mga pinakamagaling na Universities sa Pilipinas at maging sa mundo.

Cover girl, AB- Communication

Ang ganda na ng Aquinas! At ang babait na ng mga security guard!

Trish, Business Administration

Ba’t pag minsan mabagal ang wifi? Pero atleast bongga ang AQ, wifi campus.

Techno Addict, Polytechnic Institute

The best an Aquinas sa pagtabang sa ibang tawo... Pero sana tabangan man an sadiring mga tawo. Sabi ngani baga, you cannot give what you don't have. Tabangan ta an satuyang mga professor para mas padabaon pa nindang lalo an Aquinas- sa paagi kaini, mas mahugot pa an sain-dang pagtuko.

Jonas, Student
Call for Change

For the past three years, I had been a silent student at Aquinas University of Legazpi College of Nursing and Health Sciences—its glories and downfalls. I have witnessed the kind of support that was given to the college—the student body and it’s faculty.

As a student we were given the freedom to do and to excel in most of our crafts both in academics and in co-curricular activities and yes, my fellow students did great. To name some, we were the over—all champion in the Intramurals, over—all champion in the PNSA—we have proven that together we can make it big.

Learning does not only happen in the four walls of our classroom. There are some things better learned through friendship, respect for others, self-discovery, self-confidence, camaraderie and team work which were never taught to us inside the classroom—these are learned through experiences.

Today, it saddens my heart to see the student body as it “crawls” and is down on its knees. Some people do not know the meaning of balance; they are holding us in the craft that we do best. An overstatement may say, but a reality observation—there are now some people holding us in bars; depriving us of our academic freedom to participate in co-curricular activities. They think that focusing more on our lessons will bring much glory to the college. Let me ask you this question—DOES BAGGING OF AWARDS IN SPORTS, DO NOT BRING HONOR AND GLORY TO OUR COLLEGE? IS IT JUST A WASTE OF TIME WHEN SOME OF OUR FELLOW STUDENTS PRACTICE AND PARTICIPATE IN OUR CO-CURRICULAR AND EXTRA CURRICULAR ACTIVITIES?

There are authoritarian persons and our leaders as students have to follow even if at times they are already violated. Aquinas University, I believe develops servant leaders not servants. But what I can see is that our elected leaders are becoming servants moving against their will; weakened by the authoritarian policy of some.

So, I beg of you fellow students, let us unite once again and take that stand to make a change— TOGETHER, LET US FIGHT FOR OUR ACADEMIC FREEDOM, FOLLOWING THE PRINCIPLE OF SERVICE- THE AQ CULTURE. To our elected leaders, some fight should never be given up easily. We elected you with a confidence that when our rights are violated you will be the one to take a stand. Do not lose the courage because we are 101% behind you. Learn to pick up your courage... we are here. FIGHT THIS BATTLE. FIGHT FOR YOUR RIGHT...OUR RIGHTS!

The article was e-mailed to the Supreme Student Council.
It is possible to lead a cow upstairs but not downstairs.

Apples are more efficient at waking you up in the morning than caffeine.

Only time can sober up a person.

Any Aquinian student caught drinking in public places wearing his/her uniform shall be subjected to disciplinary action. Please see page 12.

Alcohol is a depressant.

Coffee is not successful at sobering up a drunk person.

No piece of square dry paper can be folded more than 7 times in half.

The yo-yo was originally a weapon used in the Philippine jungles.

The Dead Sea has been sinking for the last several years.

The body takes about ½ hour to feel the effects of alcohol.

Walt Disney had a fear of mice.

Millions of trees in the world are accidentally planted by squirrels who bury nuts and then forget where they hid them.

Plastics can take up to 400 years to breakdown in a landfill.

Students are encouraged to throw their garbage to the appropriate garbage bins as to its classification: biodegradable and non-biodegradable. Garbage bins in the campus have been properly labeled.

When a person has had too much to drink it is advisable to keep them awake and moving.

Hot water weighs more than cold.

The Nobel Peace Prize medal depicts three naked men with their hands on each other’s shoulders.

There are more than 50,000 earthquakes throughout the world every year.

Know what to do in case of earthquake, see page 11 for the Aquinas University of Legazpi Emergency Response Team (ALERT) instructions.

The Earth is the most dense planet – five times denser than water, while Saturn is the least dense.

The Earth is about 4.5 billion years old.

Alcohol poisoning occurs when you drink too much alcohol too fast, which can lead to coma or even death.

Drinking heavily without becoming intoxicated indicates the onset of dependency.

Research has found alcohol consumption does not cause weight gain.

A “beer belly” is caused by eating too much food not alcohol.

Los Angeles’s full name is “El Pueblo de Nuestra Señora la Reina de los Angeles de Porciúncula”

An ostrich’s eye is bigger than its brain.

The king of hearts is the only king without a mustache.

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Binge drinking can lead to permanent brain damage.

**Close to 50% of the water used in a home originates from the bathroom.**

There is about one quarter-pound of salt in every gallon of seawater.

Water has a greater molecular density in liquid form than as a solid. This is why ice floats.

Boiling water absorbs 6 times more energy in changing to steam than is needed to heat the water from freezing to boiling.

The six official languages of the United Nations are: English, French, Arabic, Chinese, Russian and Spanish.

The electric chair was invented by a dentist.

**It is impossible to lick your elbow.**

The average person can live about a month without eating any food, but can only live about a week without water.

Approximately 70 percent of the Earth is covered with water. Only 1 percent of the water is drinkable.

The Center for Campus Infrastructure and Development (CCID) has installed new water fountains in the Campus which allow students to enjoy cold portable drinking water.

A catfish has about 100,000 taste buds.

A small drip from a faucet can waste up to 50 gallons of water daily, which is enough water to run a dishwasher twice.

46 percent of the world’s water is in the Pacific. The Atlantic has 23.9 percent, the Indian 20.3 and the Arctic 3.7 percent.

**A duck’s quack doesn’t echo.**

“Dreamt” is the only English word that ends in the letters “mt”.

It’s impossible to sneeze with your eyes open.

According to “The Farmers Almanac,” to test your love, you and your lover should each place an acorn in water. If they swim together, your love is true; if they drift apart, so will you.

Approximately 25 percent of salt in every gallon of seawater.

A small drip from a faucet can waste up to 50 gallons of water daily, which is enough water to run a dishwasher twice.

46 percent of the world’s water is in the Pacific. The Atlantic has 23.9 percent, the Indian 20.3 and the Arctic 3.7 percent.

**FUN FACTS**

The sentence: “The quick brown fox jumps over the lazy dog” uses every letter of the alphabet.

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Hold on...Hold Hands
Gideon Villar Peña

One must learn the art of holding on as one falls in love; for in loving, it is inevitable to get hurt. But what if it is not who that we love, but rather what? A country called Philippines and a nation called Filipinos.

More than 25 years ago, there was a man who said that to die for our country and for its people means to die with meaning. ‘The Filipinos are worth dying for’ was a sheer statement of Ninoy Aquino’s immense and profound love for the country.

Ninoy Aquino enjoyed American hospitality and a peaceful life with his family in the United States but he never stopped affirming his eventual return. Fully aware of the deteriorating situation of Philippine politics, and of the dangers that awaited him, he persevered to return as it was according to him, his natural right as a citizen to come back to his homeland, and that no government could prevent him from doing so. As written in his arrival speech:

I could have opted to seek political asylum in America, but I feel it is my duty, as it is the duty of every Filipino, to suffer with his people especially in time of crisis.

Truly, as it was foreseen, his life was cut upon arrival on the airport that is now named in honor of him.

But what made him hold on to his patriotism...to a country beset with problems? To name a few are poverty, few (and fewer) employment opportunities, high incidence of crime, poor health care, poor education, graft and corruption, insurgency and terrorism.

We may never be able to understand this kind of insurmountable love for our country. But it is understandable beyond human grasp that through his blood, the senses of the Filipinos were once again aroused. A reawakening that lead to the end of the dictatorship of deposed President Ferdinand Marcos and to the restoration of democracy in the Philippines.

For many, a celebration such as the heroism of Ninoy in his 25th death anniversary is a celebration of freedom and of democracy, but have we really nourished what he had left? Are they even still present?

Looking at present Philippines, nothing much has really changed. Picket rallies are still staged crying for change. Many observers of Philippine affairs view political crises in this country as permanent phenomena where stability is not the general rule but rather an exception. Some may argue that some things have changed. At least now we have the freedom of speech, of expression and of the press. Are they really present? Or are they simply left printed in the pages of the 1987 Philippine Constitution- the legal weapon of the vigilant against tyranny that is sought to be obliterated by those who hold on not to patriotism but to power.

From August 21, 1983 to the present day, have we understood the meaning of justice, freedom, democracy, and the word peace that has become very elusive to our society?

I believe that the answer is no. The Philippines remembers the tragedy that was in the Tarmac of an airport but didn’t see the ongoing injustice in its territorial south- the injustice against the civilians who were either killed or hurt, and displaced because of the war that has been going on in Mindanao.

But what is the war for? To kill the Ninoy Aquinos in Mindanao? To kill the Ninoy Aquino in every Filipino?

It is very unfortunate to realize that only a few bother to think about it. I come to ask,

Do we always need blood stains to restore our senses?

The lives of Rizal, Aquino, and a lot of others were taken away for us to take part in vigilance against tyranny and oppression. When a beloved countryman is gunned down, it is only the time that we seek social justice. But after a while, again we forget. And another injustice occurs.

Perhaps it is because of the apathy caused
by the notion that our effort is useless or is not needed.

I remember Robert Francis Kennedy when he said,

“Let no one be discouraged by the belief that there is nothing one man or one woman can do against the enormous array of the world’s ills – against misery and ignorance, injustice and violence… Few will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation…

It is from the numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes against injustice, he sends a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current which can sweep down the mightiest walls of oppression and resistance.

Yes, resistance to tyranny should begin among everyone of us as it does need to always come in the form of protest and of rallies. Those are but few of the many ways to be vigilant.

Vigilance should not always be associated with noise. As a matter of fact, to be vigilant means to be a vanguard of justice, democracy and of freedom. In such pursuit, the need to be in the cradle of peace is necessary. As Ninoy said, we need not seek confrontation but rather only pray and strive for a genuine national reconciliation founded on justice.

For we cannot attain something that is good through something that is evil. An act of evil even if it counters a bigger one, will produce smaller evils that in time may turn bigger and greater.

In the case of the war in Mindanao, it is such an irony to seek peace through war. The war maybe soon over but not the pain that it has brought. Many have lost their parents, their sons and daughters, their husbands and wives.

The war in Mindanao, and the other problems of society that have been mentioned are the Philippines’ Achilles’ heel. In this time of crises, we need to hold hands as we hold on to our ideals and aspirations.

We should hold on…We should be proud that we are Filipinos for it is only us who can make this nation great again…

For the Love of the Philippines

As you know, we have plenty of Koreans currently studying in the Philippines to take advantage of our cheaper tuition fees and learn English at the same time.

This is an essay written by a Korean student. (Never mind the grammar; it’s the CONTENT that counts) Maybe it is timely to think about this in the midst of all the confusion at present.

MY SHORT ESSAY ABOUT THE PHILIPPINES
Jaeyoun Kim

Filipinos always complain about the corruption in the Philippines. Do you really think the corruption is the problem of the Philippines? I do not think so. I strongly believe that the problem is the lack of love for the Philippines.

Let me first talk about my country, Korea. It might help you understand my point. After the Korean War, South Korea was one of the poorest countries in the world. Koreans had to start from scratch because entire country was destroyed after the Korean War, and we had no natural resources.

Koreans used to talk about the Philippines, for Filipinos were very rich in Asia. We envy Filipinos. Koreans really wanted to be well off like Filipinos.

Many Koreans died of famine. My father & brother also died because of famine. Korean government was very corrupt and is still very corrupt beyond your imagination, but Korea was able to develop dramatically because Koreans really did their best for the common good with their heart burning with patriotism.

Koreans did not work just for themselves but also for their neighborhood and country. Education inspired young men with the spirit of patriotism.

40 years ago, President Park took over the government to reform Korea. He tried to borrow money from other countries, but it was not possible to get a loan and attract a foreign investment because the economic situation of South Korea was so bad. KoreaPresident Park sent many mine workers and nurses to Germany so that they could send money to Korea to build a factory. They had to go through horrible experience.

In 1964, President Park visited Germany to borrow money. Hundred of Koreans in Germany came to the airport to welcome him and cried there as they saw the President Park. They asked to him, “President, when can we be well off?” That was the only question everyone asked to him. President Park cried with them and promised them that Korea, and the President of Germany got the strong impression on them and lent money to Korea. So, President Park was able to build many factories in Korea. He always asked Koreans to love their country from their heart.

Many Korean scientists and engineers in the USA came back to Korea to help developing country because they wanted their country to be well off. Though they received very small salary, they did their best for Korea. They always hoped that their children would live in well off country.

In time of Achilles’ Heel, Hold Hands

Even a great leader also has his weaknesses. But he must not limit himself; he must surpass those weaknesses- turn them into assets. He must hold on to his ideals and aspirations. The photo shows the participants of the Aquinian Young Leaders’ Summit holding hands in order to accomplish a challenge.

“For I am the LORD, your God, who holds your hand.”

Isaiah 41:13
Facilitating Smiles. The Facilitator’s Smiles.

AFTER WORK. They just can’t get enough.

Eyes Breaker. Sore Eyes. Sore beyond.

WHAT
Make your opinion matter.

WHY
What are you thinking? We want all your thoughts, opinions and comments! Send us your love or hate mail, with a photo if possible, to ssc_aul@yahoo.com or drop by our office at the St. Albert the Great Building Extension, for your photos, poems, letters, etc.

NOT?

Leadership and Friendship.

Moza Dunya Al-Dumaini

“Leadership without friendship is like a television without a cable”

Yes indeed, you can make it through without it. But then you see yourself doing the same thing every single day. Turning your television on watching those soap operas, commercials, Gloria marching on, Wowowee, Eat Bulaga and so on. Are you satisfied with all the routine? Imagine how tiring it is to have only two channels knowing we could learn extra and be educated if we have more. We need some blood popping drama to dig the deepest core in us.

We want to be better. All of us I know. But the question is, how can we become better? Some professionals came to us (S.T.A.G.E. family) and gave us a lecture on leadership. We were surprised to see them because it was never really planned. All we know, we’ll perform as someone else. A leader is a friend. If he sees how far he has gone and how far people around him have become because of his genuine efforts. A leader reaches out; the goal of a leader is never attained by his genuine efforts. A leader reaches out; he is the one who knows a lot of things. Is it because he spearheads all the activities? Is it because he knows a lot of things? Is it because he made a very good impression to the public? Those are only effects of being a good leader at the same time a friend. A leader is a friend. If he can be friends with his constituents he can also be friends with his social group. Doing task with a friend is more fun than working with your plain colleague. It is because you wouldn’t feel like working at all. You will feel like your doing things because it is enjoyable.

Smiling at the end of every task is more fulfilling than gaining the whole world’s applause. Realizing the smiles and frowns expressed during those stressful days of your earthly existence is paid with strengthened bond that holds every member of your union. Friendship does affect your performance either way. You can be very inspired and sometimes you can be down. It’s natural. And the challenge is you got to practice your professionalism. See! Friendship inside your work is not only teaching you to be friends but also it is one way of knowing how you can extend your limits.

We often hear people say “don’t push yourself too much because it may hurt you”. But I believe that one must push himself beyond his perceived limits and later on see how far he has gone and how far people around him have become because of his genuine efforts. A leader reaches out; the goal of a leader is never attained by himself alone. We should know that. Smiling and frowning alone is one man’s choice.

I been through lots of stake but I choose to smile because it is never your muscle that decides to move first, it is your brain.

Leadership and Friendship.

All grown-ups used to be children.
But only a few remembers.

- Antoine De Saint Exupery

‘The Little Prince’
AQyles Night - Search for Mr. and Ms. AQyles

MR. AND MS. AQYLES. Joann and Rhed won the 'coveted' title.

Happy Docday!

MANY FACES. ONE SCHOOL. AQyles delegates with Fr. Mon, Fr. Don Don, Doc Walter, Mrs. Maydan and Kuya Charles.

When 'Dyesebel' became half man-half sili... and was fried.

THE BEAUTY-FALL AND THE BEST. The candidates of Mr. and Ms. AQyles take a pose.

HAPPY BIRTHDAY. Dr. Walter Jalgalado, Director of Student Development Services, celebrated his 41st birthday on June 3, 2008 - 2nd day of the AQuinian Young Leaders’ Summit (AQyles). The AQyles delegates prepared a surprise birthday program for him.

PRESIDENTIAL TABLE. (From left) Fr. Roman Santos, O.P., Fr. Ramonclaro G. Mendez, O.P., Dr. Walter Jalgalado, Mrs. Maydan Sayco-Jalgalado, Mr. Charles Baptista.

Photos by: RIZA LIM KRISTINA AZAÑA

Captions by: ALVIN SAPINOSO GIDEON V. PEÑA

Smiles and Frowns.
**Monk’s Meal**

**A test of sensitivity.**

**Rules:**
- Talking, hand gestures, use of cellphones or any form of communication were strictly prohibited.
- No one was allowed to put food on his own plate.
- Only one person at a time when putting food on some one’s plate.
- One must eat all the food placed on his plate.
- One cannot ask for more food, neither can he refuse.
- Only water may be served by one’s self.

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**The AQyles’ Journey**

It’s not about the team that finished the challenges first. It’s simply about the team.

Frank A. Belbes and Mishelle Padullon
Professor Abelardo Belleza, Faculty of the Department of Literature, Languages and Humanities of C.A.S.E. and appointed Academic Instruction Coordinator, gave a talk on ‘Writing the minutes of Meetings.’

Professor Jean E. Cardiño, Faculty of the Psychology Department of C.A.S.E. and appointed Director of HRMO, gave a talk on ‘Personal and Public Relations.’

Mrs. Salve A. Fernandez, Head of the Accounting Department gave a talk on ‘Preparing Budget Requests and Liquidation Reports.’ She also had a workshop wherein the participants had to apply the lessons.

Professor Jacinto Maceda of the Department of Social Sciences and Philosophy of C.A.S.E. gave a talk on ‘Basic Parliamentary Rules and Procedures.’

Mrs. Salve A. Fernandez, Head of the Accounting Department gave a talk on ‘Preparing Budget Requests and Liquidation Reports.’ She also had a workshop wherein the participants had to apply the lessons.

AQuinian Odyssey: Planning our Journey

The SSC spearheaded a planning seminar workshop, dubbed AQuinian Odyssey: Planning our Journey, on April 11, 2008 at the Media Center Hall.

The keynote speaker, Dr. Alvin Abainza, Academic Chair of the Graduate School, discussed essential qualities of leadership. He illustrated leadership vs. Management. He also gave pointers on how to make an effective calendar of activities.

Dr. Walter Randolph Jalgalado, Director of Student Development Services discussed the importance of Student Organizations. Academics is good but there’s more to College and life than that,” he shared.

Engr. Virgilio S. Perdigon Jr., Secretary-General discussed Environmental Leadership. During his talk, he vowed to restore the waste segregation program.

Mr. Manuel Rangasa of CIRCA also discussed Environmental Leadership.

Cash to Trash

Mechanics:
- Each group was tasked to look for recyclable materials and turn it into a product. Materials needed (e.g. tape, cutter) should be borrowed from any office in the campus as a test of communication skills.
- After producing something, each group sold it in identified places in Legazpi City. Cellphones and cash were left to the facilitators.
- The group with the most profit won.
AQUINIAN YOUNG LEADERS’ SUMMIT

The Supreme Student Council, in coordination with the Office of the Student Development Services spearheaded the annual Student-Leadership Training Seminar (S-LTS) dubbed this year as AQuinian Young Leaders’ Summit (AQyles) ’08 on June 2-4 2008.

With the theme that resonated from the University Strategic Planning: Pusong AQ, AQyles was participated in by the different student leaders, mostly presidents, of Aquinas University of Legazpi student organizations.

Resident professors were invited as speakers during the 3-day activity. (see Speakers’ Bureau, page 5).

The activity was fully conceptualized and executed by the student-leaders with supervision from their mentors.

AQyles provided a venue for the student-leaders from the different units of the University to talk about different issues that concerns them, plan for their own activities, and have camaraderie among one another.

Hidden Messages

In every page, there are words used as watermark backgrounds. These words tell about something. Try to decode them before looking at the answers below.

Evaluation of Activity

The candid (unedited) comments of some of the participants.

WHAT DID YOU LIKE MOST?

- HIKING (BABY!!!)
- The AQyles night w/ Doctor Walter
- The sessions w/ speakers and the talk w/ Doc. Walter
- ALL [2]
- Experience
- The Race [2]
- Trust, Cooperation
- The food! The activities & the delegates
- Very well!!
- Hindi nasunod yun sked.
- All the activities and the foods Ü
- Everything
- Team work, tricy games
- Sensitivity
- Mahaba at maganda
- I enjoyed it naman.

WHAT DID YOU LIKE LEAST?

- TALKS Ü
- Simultaneous Sessions
- Punctuality of concerned people, sudden changes in the program e.g. b-day Surprise to Dr. Jalgalado
- NONE
- Sleeping hours
- AQyles Night
- Some sudden changes in the program activities
- Scarcity of H20 during non-sessions
- Authoritative persons to the extent that someone will get hurt

WHAT ARE YOUR RECOMMENDATIONS/SUGGESTIONS FOR IMPROVEMENT?

- Time Management
- More activities to come.
- NONE [2]
- Kulang ng cocktails (dapat meron)
- Be aware of time
- Drinking fountain lang/ water dispenser
- Time management/ if you were a facilitator you must set beyond your responsibilities and stick to it and be strict to your friends.
- Experience
- Trust, Cooperation
- All [2]
- The sessions w/ speakers and the talk w/ Doc. Walter
- The AQyles night w/ Doctor Walter
- HIKING (BABY!!!)

YOUR REFLECTION.

- I enjoyed it naman.
- SUPER DAMI
- Be a responsible and sensitive leader.
- Very Good & we learn a lot!
- To be a good leader and member of the organization
- Mahaba at maganda
- Sensitivity

Achilles

Achilles was the son of Peleus and Thetis. Peleus was a king in Greece, and Thetis was a nymph.

When Achilles was still a little baby, his mother tried to protect him from harm by dipping him into a river that had special magic water. And it worked; he could not be harmed, except for one heel that his mother held him by as she dipped him in the water. Now when someone is very strong but has one weak spot, we call that their “Achilles’ heel.”

When he grew up, Achilles heard a prophecy. It said that he was destined to die in battle. Achilles chose to be famous and die young, and you can read about how that happened in Homer’s Iliad.

But later when Odysseus met Achilles in the underworld, Achilles was maybe not as happy with his decision.

(http://www.historyforkids.org/learn/greeks/religion/myths/achilles.htm)

VISUAL VISION. In one of the activities in AQyles, student-leaders were asked to draw/write creatively, their vision for Aquinas University- how they wish to see the school 3 to 5 years from now. Some of the visions were improved curricula, faculty, and infrastructure (i.e. construction of a swimming pool, airconditioned classrooms); more liberal and student-friendly policies among others.
On his inspirational message during the Opening Program of the Aquinian Young Leaders’ Summit (AQyles) on June 2, 2008, 9:00 a.m., at the Media Center Hall, Fr. Ramonclaro G. Mendez, O.P., Rector and President of Aquinas University of Legazpi, told the delegates to always implore ‘HUG’ and ‘KISS’.

‘HUG’ stands for, Honesty, Understanding and Generosity while ‘KISS’, stands for Kindness, Integrity, Sensitivity and Sanctity/ Sanctity of the Spirit. According to Fr. Mendez, these are the important things that a leader must always implore in order for him to effectively lead.

However, he clarified that leading is different from imposing blind obedience. ‘Pag napa-pasunod mo ba ang mga tauhan mo, ikaw ba ay isang magaling na leader?’, he asked.

Fr. Mendez also added that leadership is not a matter of recognition.

He then wished the delegates to have a meaningful experience on the 3-day leadership training seminar.

“A person is not just about his strengths but also about his weaknesses.
- Atty. Emerson Aquende

SOAR HIGH. SOAR BEYOND.

Other pictures were uploaded at the SSC Friendster account: ssc_aul@yahoo.com

DARE TO MOVE. DARE TO HIKE. DARE TO SEE THE FACE OF THE EARTH. AQyles delegates take a pose after hiking at the Ligñon Hill with Mayon Volcano as background.

AFTER MASS. AQyles delegates with Fr. Norman Quilaquil, O.P.

BEST BUDDIES. Mr. Jesus Barizo, Moderator for Student Affairs, awards ‘Best Buddies’ to Carmelo Siapno and Rey Canon.

BEST TEAM MEMBER. Ronnie Alpajaro, best team member awardee with Mr. Jesus Barizo, Moderator for Student Affairs.

BEST GROUP CHEER. Team ‘Uhm’ won the Best Cheer Award.

Joann Del Rosario and Rey Canon were awarded Best Delegate and Best Team Leader respectively.
Leadership and Friendship.
Smiles and frowns.
AQuinian Young Leaders’ Summit 2008

In times of Achilles’ heel,
Hold Hands

PLUS: A ‘HUG’ and ‘a KISS’ from Fr. Rector