



TOPPING OFF. Due to inclement weather and design adjustments, completion of the new CEAT building prolongs until next year after its topping off ceremony on September 12. | Photo by **Jean Quinto**

Removal of Filipino subjects final - LLD

Kagawaran ng Filipino at Panitikan professors displaced

by **Patrik Aboy**

DLSU-D removes Filipino courses as core subjects in the college curriculum in compliance with Supreme Court ruling, which reiterates that Filipino and Panitikan subjects are no longer to be included in college, as stated by Languages and Literature Department (LLD) Chair Mark Ignacio.

Despite compliance with the decision, Ignacio clarified that the University will be following an institutional mandate requiring one

Filipino course to be taught in every program as decided by Council of Deans and approved by the Vice Chancellor for Academics and Research.

"We just complied with the order of the Supreme Court, but nevertheless, they (Council of Deans) also agreed that one Filipino subject will remain in the

curriculum of all the programs across all programs of the University," he said.

Before the implementation of the K-12 program, three Filipino subjects are offered to undergraduate students of DLSU-D, namely "*Akaademikong Filipino at Panlipunang Pagkatuto*", "*Pananaliksik Tungo sa Pagkatutong Pangkaalaman*", and "*Pagbasa at Pagsulat Para sa Akademikong*

Pangangailangan" as compared to the current single offering of "*Diskurso sa Filipino*."

This means, however, that *Kagawaran ng Filipino at Panitikan* will have to displace faculty members to different departments and offices in the University, due to the number of load of the "*Diskurso sa Filipino*" can only accommodate five to six professors.

"Looking at the statistics, there would only be 25 subjects per sem to be taught in the department. So 25 sections to be divided among 11 faculty [members]. Four to five faculty [members] were displaced that we have to ask the other department[s] and other offices on how they are going to be accommodated," Ignacio furthered.

The department chair specified

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RAISE YOUR VOICE. De La Salle University Dasmariñas Chorale held their send-off concert titled "BEEP: Biyaheng Espesyal For U" on September 28 at Sarial Hall, portraying commuter woes through a short narrative in its ensemble.

Photo by **Rona Lhiza Santarin**

Transition student government 'immune' for impeachment this AY

by **Patrik Aboy**

Transition University Student Government (USG) and College Student Government (CSG) officers receive immunity in compliance with transitory provisions of the newly enforced USG Constitution, as stated by USG Adviser Edwin Lineses in a meeting between the highest student-governing body and College of Liberal Arts and Communication Student Government (CLACSG) on September 11.

The Office of Student Services, along with Student Development and Activities Offices, prompted the meeting following a statement released by CLACSG on its official Facebook page stating violations in various USG Constitution provisions, whereas Lineses addressed that the last resort of CLACSG to

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call for impeachment is “not possible.”
Contrary to USG Constitution provision, Article 4 Section 34, on impeachment of Executive Department positions “due to conviction of probable violation of the Constitution,” the USG adviser addressed that the current academic year is a transition period towards the newly enforced Constitution.

“You have to understand why: because this is the first year [of the USG Constitution], transition and *wala pang mga* disqualifications other than major offense,” Lineses explained. “We’re (Transition Government) on the process on (sic) forming, building, and strengthening this government.”

Article XV, Transitory Provisions, Section 9 of the USG constitution stipulates that “Any student officer so appointed on in a Transition Student Government shall be immune from disqualification, except when such student officer shall be found guilty of committing any major offense, as defined in the Student Handbook.

The USG Constitution was authored last AY by then University Student Council (USC) 2018-2019 Vice President Jason Real and Secretary Joshua Ladaga, along with USC Adviser Edwin Lineses with the purpose of “expanding student inclusivity” and “providing opportunities for student leadership” in the highest student-governing body.

USEC to release Omnibus E-Code, implements IRR for primary election

by Patricia Recaña

The University Student Election Commission (USEC) plans to release the amended Election Code (E-Code) or the Omnibus Student Election Code, before the start of the second semester of the academic year (AY) 2019-2020 by December or January in compliance with the new University Student Government (USG) Constitution, according to USEC Deputy Chairperson John Cedrick Lacro.

Constitutional Commissions provision, Article IX, Section 6, of the USG Constitution states that “The Omnibus Student Election Code shall be solely authored by the Commission (USEC) and shall be enacted by Congress without amendment.”

USEC started with its revisions on August 12 this year, “First week pa lang, nag-uusap-usap na kami what will be the mechanics since this will be the first time [having a revamped E-Code following the new USG Constitution],” Lacro said.

Last AY, the student body ratified the USG Constitution through a plebiscite which requires the USEC to revise the E-Code as there are changes in the electoral process, as well as fundamental changes in the role and functions of student leaders in the highest student-governing body. Among the changes in the USG Constitution is the moniker change of the electoral body to USEC, which was formerly referred to as the Student Commission on Election.

Provisional IRR for primary election

While the new E-Code is subject for release before the start of the second semester, and USG Constitution Transitory Provisions states that the first primary election will be held on December 2 this year, USEC will be

releasing implementing rules and regulations (IRR) for the upcoming election, Lacro stated.

As of press time, The IRR for the 2019 primary election has been officially signed into law by the USG president on October 30, being the first Act of the Congress.

With the provisional IRR, the election commission will follow through the electoral process as mandated in the Constitution, while USEC will be asking for nominations for presidency from the college deans. “We will be requesting the dean to note, to recommend only one student from their respective colleges,” Lacro explained.

Releasing Certificates of Candidacy (COCs) for aspiring candidates on November 4, the enacted bill states that aspiring candidates may file their candidacy only within two days upon distribution of COCs.

Moreover, Lacro furthered that among the provisions included in the proposed E-Code is the implementation of a pre-primary election for cases of multiple COC filings in a certain college. Pre-primary elections will undergo on the affected colleges to give the aspiring candidates equal chances.

In preparation for the primary election on December 2, Lacro shared that USEC is planning a debate within

November 18 to 20, that will serve as a venue for the candidates to share their plans and platforms for the University, as well as for the student body to know who to vote for.

Article IV, Section 2 of the IRR for the 2019 primary elections states that the debate also serves as a platform for the candidates to “articulate their stand and positions over issues that affects the students, the University and the nation.”

USEC to handle elective positions

Lacro clarified that the USEC will only be handling elective positions such as USG president and vice president, members of the Congress, the College Student Government (CSG) governors and vice governors, and the college legislative council, the USEC deputy chairperson stated.

Meanwhile, Judiciary Department positions are not part of the elective positions where the Judiciary Advisory Council, together with the USG President, shall be in charge of appointing its members.

Article IV, Section 3 of the USG Constitution, stipulates that “the Judiciary Advisory Council along with the [USG] President will be in charge of choosing the members of the High Court.”

NEWS BRIEF

Researchers use squid ink to detect water pollution

by Patricia Recaña

DLSU-D researchers discovered aid in detecting organic pollution in bodies of water like rivers, as a way to motivate local government units (LGUs) to address local water pollution, through the discovery of a luminous bacteria found in squid ink.

According to the study conducted by DLSU-D faculty members Jocelyn Luyon, Ma. Luisa Cuaresma, Marlon Pareja, and Ruth America, bioluminescent bacteria called *Photobacterium leiognathi* is found in the ink of a native Philippine squid that is a common dinner viand named *Photololigo duvauceli*.

After collecting data from different Dasmariñas rivers to record deviating reactions to the bacteria, the researchers discovered that bacteria can be utilized to detect water pollution by observing the light emission from the bacteria, where if high, the water sample is said to have high levels of organic pollution.

According to DLSU-D High School Vice Principal for Academics and Research and BSD faculty member Pareja, The discovery will have a great effect on the future of policies by LGUs. The research was said to be in support of the University in terms of providing research-based policy and governance to the LGUs.

DLSU-D declines in Oct 2019 licensure

by Patrik Aboy

In various licensure examinations administered by the Philippine Regulation Commission (PRC) this October 2019, DLSU-D's overall passing rate dropped compared with its performance during the same time last year.

In the Electronics Engineer board exam held on October 19-21, 60.34 percent out of 58 Bachelor of Science (BS) in Electronics and Communications Engineering (ECE) graduates passed the exam, showing a gradual drop from 63.16 percent last year.

Meanwhile, the University significantly dropped in performance with a passing rate of 29.27 percent during the Certified Public Accountant Licensure Examination held on October 5-6 and 12, showing the lowest performance of BS in Accountancy graduates after achieving an average of 87.73 percent in the licensure examination for the past five years.

Earlier this year, DLSU-D achieved 100 percent in the Mechanical Engineering board exam on August 25-26, with all seven takers passing the exam. On the other hand, 71.43 percent (15 out of 21 takers) passed the board exams for Sanitary Engineers, and 80 percent (four out of five takers) passed the board exams for Registered Electrical Engineers.

REACT

As a part of DLSU-D's initiative on environmental concerns, Lasallians are oriented towards proper eco-waste practices that earned the University its moniker to be “green campus.” Following the Global Climate Strike in September, we asked Lasallians if they think the University is taking initiative on maintaining a green ecosystem and preserving the environment.



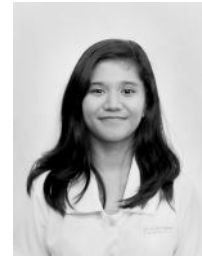
“Partly, yes. I could see that in some ways, our University is taking initiative on environmental concerns by maintaining a green environment, promoting proper waste segregation, encouraging recycling, and lessening the use of plastic waste. But personally, I think we could do more than that to further take part in amending our environment.”

Jenica Joy Del Carmen
Second year BS Psychology



“Yes, I agree. Inside the University, there are different practices that help in promoting and protecting our environment like the CLAYGO and segregation of garbage. In other subjects, they also require green planting activities which help in increasing the number of trees in the country.”

Dianne Angelika Pito
Second year Tourism Management



“I agree that DLSU-D is taking initiative on environmental concerns towards the current global crisis of climate change because DLSU-D is now implementing different rules, such as waste segregation, ‘no to plastic’, or the plastic ban inside the campus. This is a big help because it exercises the students and faculties to reduce waste as much as possible.”

Leila Rose Caparas
First year Secondary Education



“I believe that the DLSU-D environment has always been as green and bright-looking ever since I laid my eyes on this University. With that impression, I believe that each student has their own initiative of following the school's environment. Change doesn't always come in big ways such as being politically active; change really begins with us.”

Katrina Miguela Bunolna
First year Medical Biology



“Yes, DLSU-D is taking initiative on environmental concerns. They teach their students to act for the sake of our environment. CLAYGO is a simple practice that can benefit to lessen ecological problems. This practice can be used inside and outside the campus.”

Brian Henry Yparaguire
Second year Marketing Management



“As a DLSU-D student, I don't clearly see that we are being [an] advocate in climate change. For me, La Salle is very vocal when it comes to scholarships but when it comes to issues like the environment, I don't clearly see that except when prohibiting the use of plastic but there's still plastic users inside the campus.”

Dorothy Aubrey Abejo
Second year Communication Arts



“There are still numerous points to consider before being called “greenest.” One of which is that most garbage is not sorted properly due to the lack of proper trash bins. Another is the use of very old machines, which are very harmful to the environment in comparison to newer models.”

Edward Maala
Fifth year Computer Engineering



Medyo naga-agree ako dito dahil may mga hakbang naman talaga na ginagawa ang DLSU-D tungkol dito, katulad ng tree-planting [activities], seminars, pagtitipid ng kuryente, tubig, at iba pa. Kaya nga tinatawag itong “one of the greenest universities in the Philippines” dahil sa mga achievements na ito. Ang problema nga lang ay kung sumusunod ba ang mga estudyante, profs, at iba pa sa initiative na ito?

Christian Capistrano
Fifth year Computer Engineering



“I think that DLSU-D is taking an initiative on protecting our environment as they are strictly implementing the CLAYGO inside the campus as well as the proper segregation of wastes. Also, they are having an activity outside the campus which is the tree-planting activity that contributes in saving our environment in their own little way.”

Mana Patricia Cunanan
Second year Tourism Management

K-12 changes DLSU-D educational landscape – CSA

by Patricia Recaña

Enrollees for undergraduate programs this academic year (AY) 2019-2020 dropped by 131 students from 2,324 last AY 2018-2019 as a result of the implementation of the K-12 curriculum, Center for Student Admissions (CSA) Director Romano Angelico Ebron said.

Despite mentioning that “there’s not much significance” to the decrease of enrollees in the University, the CSA director shared that higher education institutions should be prepared to face the changes brought about by the K-12 curriculum: “The implementation of K-12 has changed the landscape of the educational system we have here [in the University].”

Relatively, as there is a rise in other educational institutions offering the same programs with the University, the number of enrollees decreased due to the prevalent competition, Ebron furthered.

The CSA director assured that the office is promoting the University in different ways, including visiting Senior High Schools inside and outside Cavite to entertain admission process inquiries and encourage new applicants to enroll in DLSU-D.

Mentioning that the promotion of the University and its programs is “a shared responsibility among the departments,” the CSA director furthered that the office is collaborating with administrators of the seven colleges within DLSU-D to gain more marketing collaterals and connections with neighboring schools.

Programs drop in freshmen decrease

According to Office of the University Registrar enrollment statistics, programs that experienced a drop in enrollees, having the least number of freshmen, are the Bachelor of Science (BS) in Office Administration, BS in Applied Mathematics, Bachelor (B) of Early Childhood Education, B of Physical Education, and Bachelor of Arts (AB) in Broadcast Journalism.

The enrollees in BS in Office Administration for last AY amounted to 19, which dropped to 12 this AY. While there is only nine B of Early Childhood Education freshmen this AY, as compared to 12 last AY. Based on enrollment trend, the BS Applied Mathematics maintained a low number of undergraduate enrollees, having two students this AY, with five

last AY. Showing another drop, B of Physical Education enrollees declined from 21 enrollees last AY to 16 enrollees.

Meanwhile there is a total number of 15 enrollees in AB Broadcast Journalism program which showed a continuous drop in enrollees in comparison to last AY with 18.

“We went back to how Broadcast Journalism started, [like] with only 8 students,” Communications and Journalism Department (CJD) Chair Artin Umali expressed his concern in the drop of Broadcast Journalism freshmen.

Umali shared that, in consideration of students he interviewed under the CJD, many AB Broadcast Journalism interested applicants wanted to become a broadcaster or newscaster, but ended up choosing the AB Communication program since it covers broader topics over the other, focusing on broadcasting and covering news.

He added that there is an economic factor to this decrease, pertaining to the low income of journalists in the country. Another factor that caused for the decrease are safety concerns, emphasizing cases of harassment towards journalists in the country.

In effect of the drop, Umali mentioned that CJD had to temporarily stop recruiting part-time faculty members, “The part timers can provide *kung ano’yung hindi namin nabibigay*,” Umali said.

Previously, the CJD considered cutting off the AB Broadcast Journalism program, following the constant drop. However, despite the challenges that the department is facing, Umali addressed that the CJD remains positive and hopes to regain and increase the number of students. As such, the department initiated multiple projects in order to maintain or gain more enrollees, such as asking for assistance from Broadcast Journalism alumni or practitioners to speak about their experiences during promotions in other senior high schools.

Furthermore, the department chair encourages the Broadcast Journalism Program Council to organize events that caters to the DLSU-D Senior High School,

showcasing what the program is all about and featuring a tour to the broadcasting laboratory, along with a partnership offer for training participants of journalism, or documentary contests.

Programs increase in freshmen

The enrollment statistics show that programs having a low number of enrollees last AY have increased this AY, which includes BS Business Administration Major in Economics, B of Special Needs Education, AB Philosophy, and AB Community Development Studies.

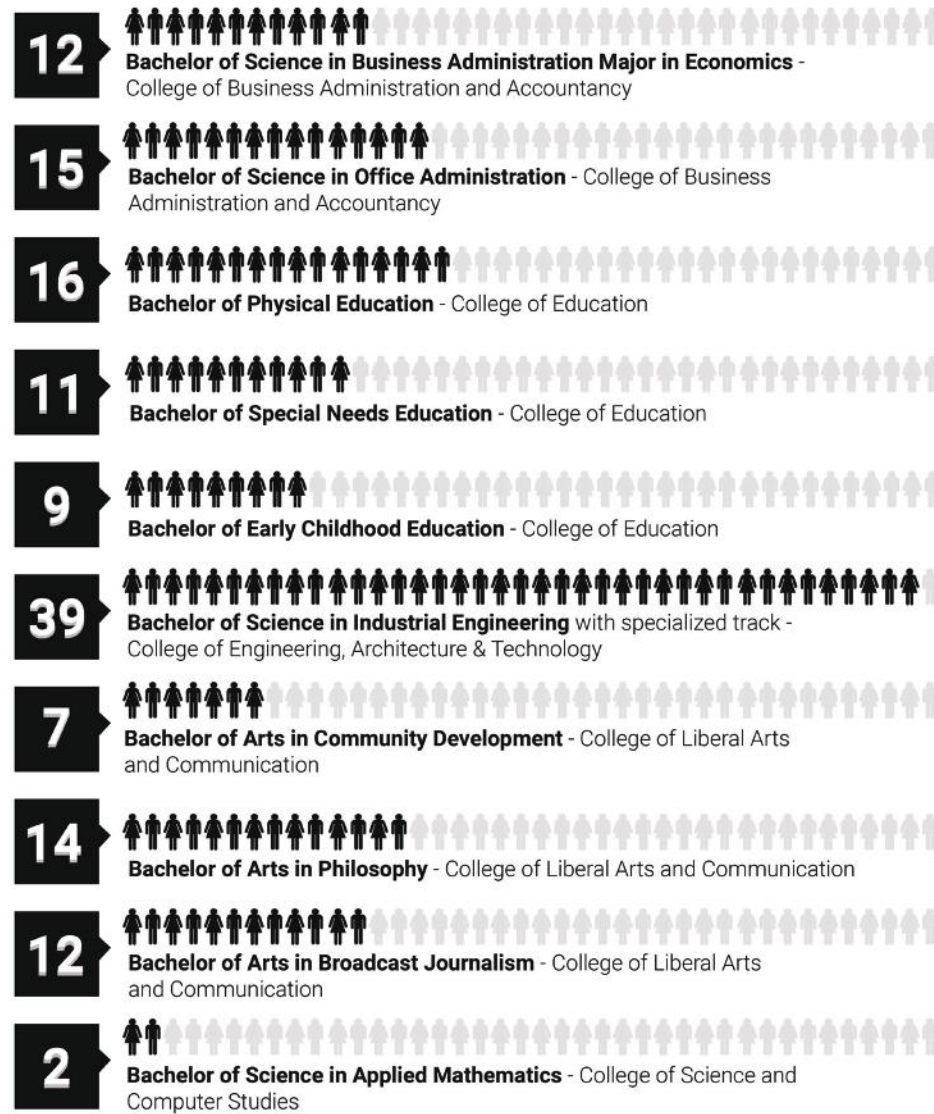
Having no enrollees last AY, BS Business Administration Major in Economics program gaining 12 new students this AY. While B of Special Needs Education enrollees showed a gradual increase from 10 last AY to 11.

Addressing Social Sciences Department (SSD) programs, department chair Loreto Camiloza said that due to the fact that there are only four enrollees in the AB Philosophy course last AY, it was previously decided by the administration to not continue the program, however, after regaining students this AY with 12 students, they have decided to reopen AB Philosophy. While, AB Community Development Studies has only six enrollees.

Camiloza expressed his worries on the low number of enrollees in these programs, considering that Philosophy and Community Development Studies, along with International Development Studies, are priority programs of the SSD. The SSD department chair also added that part of the reason for the low number of enrollees in the Philosophy course is because it is unrecognized. “I think only one of the few institutions that offer [the] philosophy course is La Salle Dasma,” thus lacking interested applicants in the program.

This low number has caused discussion between SSD professors on possible plans to promote the courses. Similar to CJD, multiple projects have been done by the department, such as Senior High School visits within Dasmariñas and online promotions with the help of SSD alumni.

Undergraduate programs with lowest number of freshmen per college



ENROLLMENT DROP. Number of enrollees in DLSU-D significantly decreased this AY. Among programs in the seven colleges, BS in Applied Mathematics has the lowest with only two undergraduate freshmen.

Infographic by **Rachelle Calastro**

CEAT Building delays completion until 2020 due to weather, design revisions

by **Andrew Encapas and Patrik Aboy**

The construction of the new College of Engineering, Architecture and Technology (CEAT) building is delayed for completion next year due to inclement weather and design revisions, according to Buildings and Facilities Management Office (BFMO) Director Arch. Dennis Pontanilla.

In an article released in The HERALDO FILIPINO Broadsheet Volume 33 Issue 2, the supposed completion of the new building was before the start of the academic year (AY) 2019-2020, however, the construction of the building was not able to meet its first expected completion date due to import delay of some construction materials.

“We have to accept the delays ... it’s possible *na magkakaroon ng mga* delay due to unavoidable circumstances,” Pontanilla addressed, stating that it is specified on the contract that there are unavoidable circumstances that may

cause delays in construction.

While, there are still design consultations and revisions being conducted in the building’s interior and electrical components, including pipes and air conditioning systems, which were caused by a “chain reaction” in delays.

As of October 30, “*Wala pang* color scheme,” Pontanilla said, “which means *“made-delay’yung pintura. [Hangga’t] hindi napipinturahan, maraming ‘di mai-install, made-delay sa installation ng some of the electrical [wirings and] some of the plumbing utilities.”*”

Following the topping off ceremony of the CEAT building

held on September 12, CEAT Laboratory Supervisor Engr. Edgardo Alasco mentioned that the first phase of transfer into the new building will begin with heavy laboratory machineries and to be followed by remaining equipment, like office furniture. However, Pontanilla clarified that there is yet a definite date for the transfer as it will follow construction scheduling.

As of press time, the CEAT building is currently on its finishing stages, particularly painting and fabrication of architectural finishes, such doors, floors, bathroom accessories and fixtures.

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that some of these professors now render their service at the National Service Training Program Department, teaching Civic Welfare Training Service, and Language and Learning Center, instructing foreigner students on English and Filipino subjects.

Ignacio addressed that this is a “short-term remedy” as the administration is currently looking at the possibility of changes in the resolution, whereas the department is “problematic” as how best to sustain the number of units as a result of low turnout of enrollees in the University.

As of press time, dialogues are still ongoing in the administration on “creative means” on how to accommodate full-time Filipino professors in avoidance of them getting laid off from the University, citing research as a means to “de-load” full-time Filipino teachers in lieu of regular teaching loads of 18 units.

Addressing CHED decision

The Commission on Higher Education (CHED) released CHED Memorandum Order No. 20, series of 2013 on June 28, 2013, to which the Supreme Court issued a temporary restraining order in 2015. However, in November last year, the court lifted its order, upholding that Filipino and Panitikan are no longer needed as core college subjects.

On the CHED decision to reinforce both subjects in secondary education, “Looking at the curriculum of elementary and Junior and Senior High [School], the bulk of Filipino subjects are actually there,” Ignacio addressed. “The question is if it is no longer needed in college, my take is that, it would depend on the discipline that the student choose to study.”

In addition, the department chair addressed that each program follows a specified number of units, adding that

no matter how “curriculum designers would like to include Filipino subjects, they could no longer do as such as this would result in an overflow of units in programs.

“The department (LLD) is saddened by this reality that Filipino subjects is no longer in the curriculum of the programs of the different colleges. We do understand the fact that we are in the transition period because of the implementation of the K-12,” Ignacio added, pertaining that the Filipino subjects are not removed in actuality, but were just transferred to Senior High School.

“But I think a lot of discussion still has to be made whether we follow this system, we follow this new practice that we don’t have Filipino subjects anymore. Because for some reason the study of Filipino are still needed in the different fields that our students are going to venture in the future.”



LABAN BABAE. During the 37th commemoration of Martial Law held in Luneta Park on September 20, representatives of Gabriela Youth, together with other women, bravely took a stand against the looming dictatorship of the current administration.

Photo by **Ma. Pamela Beatriz Cordero**

A look into the University's data privacy

What are your rights over your personal data?

by Patrik Aboy | Photo by Aprilean Octavo

Upon opening the DLSU-D student portal, students may wonder about encountering a Data Privacy Statement, clueless as to what it entails. It's easy to skip reading and just agree, like how we do with terms and agreements that we never read. However, what does data privacy in the campus really mean? How is DLSU-D accountable to your personal information?

With that, The HERALDO FILIPINO delved into the data privacy policies in the University.

Enforcing Data Privacy Act

Earlier this academic year, Sancho Castro, CPA was designated as DLSU-D's Data Protection Officer (DPO) to fulfill the role and responsibilities of upholding data security, managing information data, and enforcing data protection in compliance with the Data Privacy Act of 2012.

The act, which was put into law in 2012, only became effective in 2016 after its implementing rules and regulations (IRR) were formulated by the National Privacy Commission (NPC), which was established solely for the purpose of overseeing the country's data privacy management and assessing how different institutions, whether academic, corporate, and government, manage its organizational information and data.

Appointing a DPO is just the first step as required by the Data Privacy Act and its IRR, as it also demands institutions to formulate privacy impact assessments and privacy management program, and to implement privacy and data protection measures, along with breach reporting procedures.

The IRR of the Data Privacy Act of 2012 states that "Any natural or juridical person or other body involved in the processing of personal data shall designate an individual or individuals who shall function as data protection officer, compliance officer or otherwise be accountable for ensuring compliance with applicable laws and regulations for the protection of data privacy and security."

As emphasized by NPC Deputy Commissioner Ivy Patdu, in an article released in 2017, the delegation of a DPO highlights "accountability," focusing on monitoring compliance of members to data privacy in an institution and ensuring that policies are met as asked by the republic.

Understanding 'breaches'

The occurrence of "breaches" resulted to the formulation of the act, "This act (Data Privacy Act) basically tries to protect the data privacy of every individual because right now if you may have been aware of certain fraudulent acts being committed which involve personal information," Castro addressed, pertaining to identity theft, scamming, among others.

Castro stated, however, that there has not been any cases of information breaches in the University. Nevertheless, with the nature of academic institutions to collect data from its students, faculty, and staff combined, information may easily be accessed and be manipulated for misuse.

He mentioned that disclosing personal information wasn't previously acknowledged as unacceptable, citing examples of how

information is gathered and may be wrongly used, like disclosing someone else's academic performance grading, which he referred to as a "breach." Addressing how people are unaware that disclosing information is a breach, "now, the law is giving you the right to protect your data, in effect, you can mount a suit against a person who is disclosing information. *Dati noon* we call that *chismis* ... breaches, of course, of information."

Furthering about accountability

Discussing the importance of appointing a DPO, "it is (DPO) required by law so it's significantly important." The DPO furthered that if a company is found not to have appointed as such, the institution may be penalized. "They (NPC) can have the head of the organization jailed for instance, or fined, if they did not comply."

As stated in the IRR of the Data Privacy Act, other instances that may be penalized include relative to personal and sensitive personal information: unauthorized processing, improper disposal, unauthorized access or intentional breach, or unauthorized disclosure, among others.

Using improper disposal as an example, "let's say the clinic have records, medical records of students, [which] they were not able to shred after let's say five years after the student graduated. They did not shred the records [and] what they did is throw that to the waste basket." He furthered that once these records are accessed due to negligence, the head of the University may be fined six months to three years jail time, or P100,000 to P1,000,000 penalty.

While he noted that it is the head of DLSU-D, Br. Augustin "Gus" Boquer, who will get penalized; if they are able to pinpoint who in the University has the direct responsibility or negligence over the breach, he or she will be penalized instead. However, Castro clarified that the penalty will not be immediate as it will be evaluated through trial in court.

Specifying its coverage

"It (data protection in the University) covers all of your information, not just, of employees, but also of students," Castro expressed, pertaining to what is the coverage of Data Privacy in the University, which he categorized as personal information, sensitive personal information, and privileged information, or information as decided in the court.

Using our identification (ID) cards as an example, "here in your ID, you have some information, your name, your program, your student number," he specified as personal information. While he briefly provided examples for sensitive personal information: religion, sexual preferences, medical records, legal cases—for example, "a lawsuit filed against you."

Addressing how the University gathers sensitive personal information, "Have you given the University any of these? When you applied, what did you put in your application? Did you put there what religion you have? Did you put there where you graduated high school?," he said. "The school has a lot of sensitive personal information but the thing is that the school needs all your personal information to be able to use these to trying to give the education that you want in effect."

Knowing your rights

The DPO explained that the reason for the need of the government to seek security measures provided by institutions for every individual, "each and everyone of us has rights that needs to be protected." He furthered that everyone, as data subjects, should "know their rights", adding that these rights are classified as: right to be informed, right to object, right to access, right to rectification, right to erasure or blocking, right to damages, and right for portability and accessibility.

"Anybody giving information to the organization must explicitly indicate that a consent is given," Castro said, explaining why everyone, students through the student portal along with faculty and staff through the staff portal, is asked for consent in a Data Privacy Statement.

At the same time, each individual has a right to be informed why the organization is getting the data, what it will be used for how they are processing it, and most importantly, how long the data will be kept.

While everyone has a choice to object, "there can be cases you say I don't want to give my data especially if you know for instance the purpose does not merit or does not require for you to give that data," Castro said, pertaining to information asked that does not provide an acceptable basis for acquisition of the data. Despite this, Castro addressed that if information is not provided to the organization, there are services that they may not be able to deliver.

Moreover, for the Office of the University Registrar (OUR) transactions as an example, everyone has access to their own data, like the Certificate of Registration (COR), and right to correct erroneous information.

After five years from graduation, students have a right to erase their records. This, however, is limited to certain offices. "Not all, the registrar will have to keep the records. Can you imagine if UST (University of Santo Tomas) deleted their records for students who enrolled there way back, they wouldn't have records of Jose Rizal."

He added that each office in DLSU-D should have policies on the duration in which the students' records are kept, "They (departments) should have a policy that after a certain time, they must erase it (records)."

Among other, the right to damages enables filing complaints and damages when there are problems with their data; and right for portability, where the University must provide access (digital or print) as asked.

In the fulfillment of the data protection policies of the University, DPO Castro appealed to the members of the academic to know the importance of data security and their data rights. "Everybody must be aware of this because it can lead, because we have seen a lot of problems arising due to lack of awareness on data security and hopefully, nobody in this school is a victim of such."

Along with this, the DPO has provided orientations to faculty, staff, and student organizations on the importance of the Data Privacy Act, sharing how risks can be avoided by knowing their rights as data subjects.

Against cultural extinction: La Salle Filipiniana Dance Company

by Kelsey Telo | Photos by Rona Santarin

The crowd screamed at each turn of her hips, and every time she circled around the dance floor. Any performance could wow an audience, but it was all with a different thrill if one of the performers was balancing a tall stack of banga on top of her head. Among all, one woman held the highest stack, and it surmounted almost as tall as herself. The others around her added one banga on top of the other, then one again, and more—until the tower breathtakingly swayed as she moved. All of the other female dancers have their own banga on their head too, while they are all dressed in authentic Igorot garment from Kalinga. This dance is called *Salidsid*, one among many folk dances La Salle Filipiniana Dance Company performs, and one that brought them championship during the World Folklore Festival 2019 held on October 4 to 6, at Yeongdong Cultural Center, South Korea.

Performing the same repertoire *Salidsid*, they competed with other Asian countries like Taiwan, Hong Kong, Indonesia, China, South Korea, and Malaysia. Their victory meant a lot to them, and the six-month preparation paid off, but the chance to pay homage to Philippine indigenous dances in an international stage is already one for the books. They just hope, sadly, that the recognition is the same locally.

LSFDC knows they have a bigger battle in their homeland—the battle to prevent cultural extinction. “*Tumutulong ang LSFDC na magkaisa tayo dahil sa panahon natin ngayon, lalo nang nawawala ang pagkakakilanlan sa Pilipinas.*” LSFDC President Czarina Cledera said.

Inside LSFDC

Established in 1993, LSFDC was once called La Salle Filipiniana Dance Group before it was renamed in 2000. The dance company has since then flourished into a pool of talents guided by their choreographer Nina De Leon for almost a decade now. From time to time, alumni members come to teach the current batch, which is a tradition they have kept through years.

Aside from this, they also keep an organizational culture that makes them the group that they are, valuing the concept of seniority, where new members are highly expected to greet their seniors when they see each other. “*Hindi lang sa pag-galang ang nae-establish, pati na rin nakikilala nila nang lubos ‘di lang ‘yong seniors pati na rin ‘yong bagong members.*” Cledera shared.

She also imparted how their pursuit has influenced them into being culturally inclined, even if it just means buying authentic memorabilia from different parts of the Philippines.

This is an organic culture built over time

though, as Cledera shared how some members didn’t have any background about folk dance upon entering, and how even some of them are initially more into K-pop. At the end of the day, through passion that is built gradually, they all have learned to appreciate Filipino indigenous culture more and more. To which Cledera exclaimed, “*ang folk dance, hindi lang importante, napakaganda pa.*”

Cultural awareness

Each of their performances needs precision. One mistake or missed detail could derail the entire performance, or even their whole identity. “*Nagre-research talaga kami,*” Cledera said, explaining that they prioritize accuracy with all parts of their performance; if a knowledgeable critic happens to come across their performance and saw one simple flaw, they can get in trouble. In fact, they can be charged for it.

Every move in all cultural dances means a lot, which is why they extensively study the history of whatever they are performing. The swing of the hand, the point of the fingers, the direction of their movement—they each have a story, and it’s a story that dates back to the beginning of time, and a story that should be respected.

“*Makikita mong may storya siya habang kinakanta. Sinasayaw mo ang espirito ng ating kultura,*” Cledera narrated.

Even Cledera herself confessed that striving for complete accuracy could be taxing, but for all of them, it’s a prize worth paying for. After all, their goal is rooted in the promotion of folk dance as what it is. This is why they exert effort to achieve authenticity not only in costume, but also in music. Known as a dance



company, LSFDC also recruits musicians. “*Mostly sa mga ginagamit namin na music, live namin silang tinutugtog,*” Cledera mentioned.

Overall, they have a variety of five suites: rural, muslim, spanish (Maria Clara), Cordillera, and tribal. Among these folk dances are *Tinikling*, *Singkil*, *Pansak si Laley*, *Bulaklakan*, *Pandanggo sa Ilaw*, *Binasuan*, *Sayaw sa Bangko*, *Paunjalay*, *Mangalay*, and *Salidsid*.

Salidsid’s story

Originating from peace-loving people of the Kalinga province, *Salidsid* is a courtship dance that’s also often performed during a peace pact. The groom performs an elaborate footwork, imitating a rooster to impress his bride who then imitates a hen. The women celebrate the marriage thereafter, using a spherical jar made of clay or *banga* to fetch water and balance them on top of their heads.

The LSFDC president shared that part of the reason they chose to perform this particular dance in the competition is for its impactful spectacle—most especially if you see the performance live. Everyone holds their breath in anticipation, thinking whether or not those banga would fall and break. When they performed in South Korea, their choreographer Nina De Leon did the balancing stunt, while in their performance at ULS (as seen from the photo above), member Chesha Wynel Cosep did.

Even at just one look, keeping its balance is not an easy work. Cledera recalled hearing about an incident when the tower of banga actually fell: “*Pero tumuloy ‘yong performance as parang part siya ng dance.*” The dancers picked each banga, stacked them up again, and continued dancing. They were, anyway, oriented about all possible mishaps. The show goes on.

“The role of La Salle Filipiniana Dance Company *sa society natin* is to advocate our culture. *‘Di lang sayaw ang pinapabalagaban ng LSFDC, binibigyan niyang halaga ang art na mayro’n tayo,*” Cledera shared. “*Lalo pa nitong pinapalalim at pinapabalagaban ‘yong meron na ang Pilipinas noon, magpabanggang ngayon.*”



CULTURE AND POWER. During Indayog at the Ugnayang La Salle (ULS) on October 14, La Salle Filipiniana Dance Company performed *Salidsid*, the same repertoire they used for their competition in South Korea.

EDITORIAL

Transpo crisis denial

Presidential spokesman Salvador Panelo took the jeepney on October 11 over a public dare. Taking three and a half hours to get from New Manila to Malacañang even with the help of a motorcycle rider, he still insisted that there is no transportation crisis in Metro Manila. There are many reasons why Panelo would say so, but none of them is because what he meant is true. One apparent reason is to keep his word against the Filipinos' outcry about dreadful daily commute. What supposedly is an urge for him to get off his high horse is nothing but a stunt and an immersion that serves only as a diversion. At this point, it has not been any clearer that the government would resort to denying a crisis if they can't fix it.

The case is: Panelo insists that there is only traffic crisis, explaining that as long as commuters reach their destinations, we are just as close to being fine by adapting to hostility. If he is then just being careful with terminology, this clarification still makes no point, no alleviation, and no compassion to the sorry state of the problem. He, after all, is devoted to trivializing it in the first place. It's true indeed, the deep-rooted traffic issue is helpless at a glance, but the fact that the government should take a deeper look at it to find solutions and looks away instead is one huge case of negligence.

Now, Panelo's stunt is a comic paradox for government officials who have the convenience of air-conditioned and efficient high-end cars (or luxury jets). But actually, what Filipinos hope Panelo sees with the commute dare is the real deal that has heaven-and-hell difference between the rich and the rest.

The rich can afford to rent or own condominium units near school or work, while the rest have to wake up at 4 AM just to commute day-to-day. The rich can use time stuck in traffic for "me time" (like Marian Rivera), while the rest waste half their life in public rides with no discernible peace for any form of "me time", not even naps. It destroys life in the long run to leave early and arrive late. In short, workers are restless.

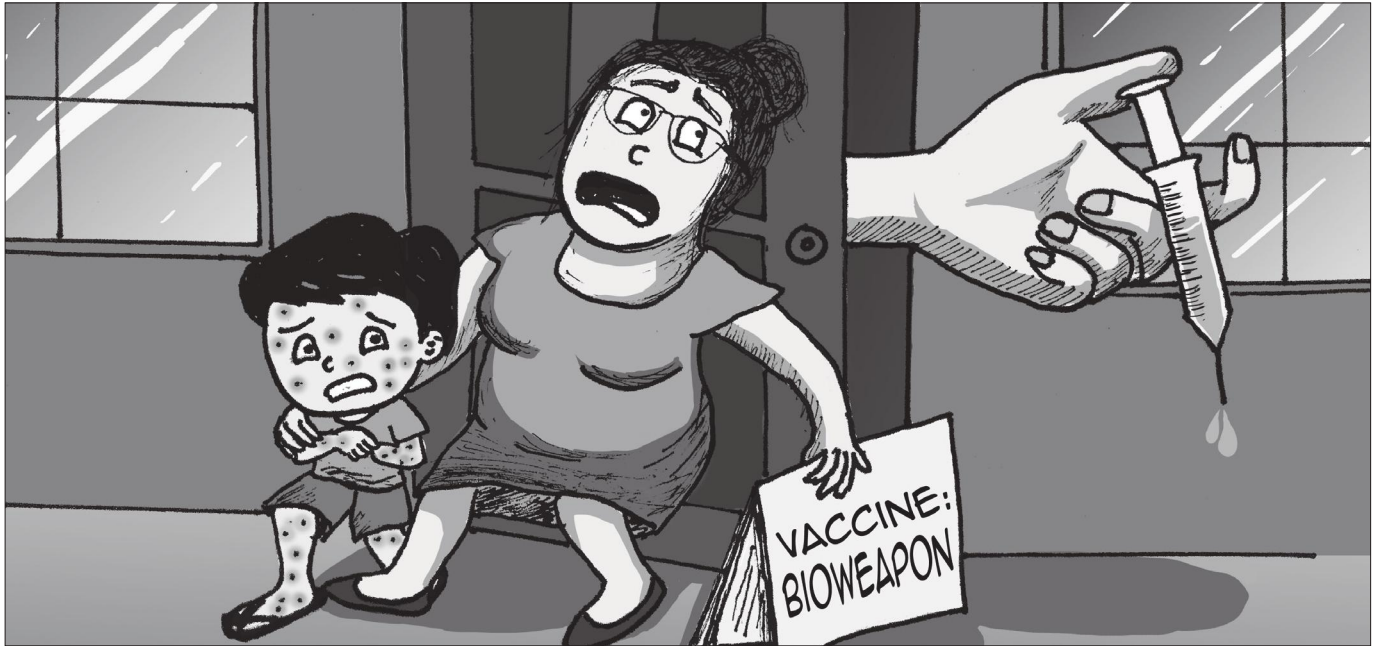
The government would resort to denying a crisis if they can't fix it

What we need is a willful intervention starting from our leaders, acknowledging that Filipinos who's had enough of suffering in silence are furious for a reason. But if mere compassion to the public isn't enough for a drive, perhaps economic collapse is.

According to the Japan International Cooperation Agency (JICA)'s data in 2017, the worsening traffic in Manila costs P3.5 billion in lost opportunities per day. When JICA Philippines chief representative Susumu Ito discussed this in Makati City in 2018, he mentioned how Manila population, combined with nearby provinces, is getting larger and that President Rodrigo Duterte's "Build, Build, Build" (BBB)—the "golden age of infrastructure" expected to roll out until 2022—is the answer.

Ideally, the Philippines would want to take advice from Japan considering the success of their urban planning. Although there is more time to see how the BBB program unfolds, it's suffice to say that Philippines isn't building any smooth road to ease transportation at this point. Even Senator Bong Go agrees. "Ang makaka-solve ng traffic sa Metro Manila, alam mo kung sino? Superman," he said.

While waiting for Superman and the government's next ridiculous excuse, the struggle continues for the mass. Among all this denial and fantasy, one fact remains true: Filipinos have the right to efficient transportation.



STAGANOS
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Growing up abroad, I had a hard time speaking in Filipino since I was exposed to three languages: English, Filipino and Arabic, although English has been my medium of speaking ever since I was a child. I didn't want to learn Tagalog as a child because of how badly adults around me portrayed the environment in the Philippines is. That impression of the situation in the Philippines, as described by the adults working abroad, made me dislike the language and look down upon it, which reached the point that I didn't want to be heard speaking it. But it all changed when I had Filipino friends during high school who spoke in Tag-lish that influenced me to speak the same way as them. When I arrived here in the Philippines to study in college, I was glad that I, at least, knew how to speak Filipino. Upon starting college, I discovered that there was a term for people who spoke Taglish and it was called "Conyo", which gives a semi-derogatory connotation.

Living here for some time made me realize how locals frown upon those who communicate using Taglish. Recently, a Facebook user posted on her experience while commuting in a jeep with her

Conyo kid

friend, who were giggling whenever they spoke in English. The post garnered attention from those who spoke English, such as those who want to troll, receiving remarks such as "can slay but can't do an essay," while those who have English as their first language shared their bullying experience for speaking a language they were comfortable with. It stumbled upon me how relatable the comments were, for instances like people interrupting conversations just to say "nosebleed naman" or "ikaw na".

being mature in situations that are happening in our surroundings

When I was taking Filipino subject during the first year of college, I expected the same hostility that I get from my surroundings, but unexpectedly made me appreciate the language, professors of the Filipino subject here in DLSU-D were mature and patient enough with me, a person who couldn't speak

Tagalog fluently, and respected that I couldn't speak the language that well.

Which is why the decision of Supreme Court to remove the Filipino and Panitikan from the curriculum in college in May this year, concerned me, the topics that are discussed in such classes are not only about lessons on language but also related to the social situation of the Philippines. This makes me rethink what we were told by our friends or our relatives in social media and make us think logically and not to immediately trust what other people share on what had happened. These subjects not only teach me about our language but also on being mature in situations that are happening in our surroundings. These subjects help me realize how uninformed I was with the country and its language, which taught me that just because other people said it doesn't mean it's true, which helped me to mature and have a different perspective.

Even though I'm still being called as "conyo kid", I don't mind it because it's what I'm comfortable at, but ever since the Filipino subject, I get to know the stories and experiences of interesting people. For a Filipino who lived abroad her whole life and many others like me, I think college is still a place to keep learning our roots, our language.

Heraldo Filipino

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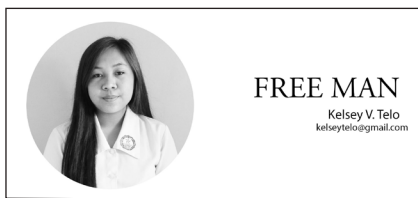
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FREE MAN
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What does it mean to live in a society where "rape culture" exists? I found out on-field when I was covering a local breaking story.

The news was about alleged cases of hold-up, robbery, and rape in Dasmariñas that went viral through an alarming tweet of a young woman. I went to the police station to verify what was otherwise hearsay. For the nature of my job, I needed to find out the truth about the cases. But I found out more than that.

That day, I was sent to the women and children crime division where I waited to get an initial interview with who supposedly is the head of the department. While I waited, two police officers were in the room with me, and we all talked about what I came there for. So it went on, but later for the sake of proving a point, the male police officer told me "sa labat naman ng lugar may ganiyan (rape)." "Lalo na sa tulad ninyong mga babae, walang kalaban-laban."

I was appalled. He was obviously trying to trivialize what happened, true or not, to say that it wasn't worth the alarm. If I had let him speak further he would have continued his monologue about us, the youth, and our overreaction. I told him it wasn't our fault we are scared, but I was too dumbfounded with his misogynistic remarks to say anything more than that.

Rape is worth the alarm

His point, if carefully thought about is this: don't make a fuss out of it, rape is everywhere.

If one thing comes and passes by, it's sadly true that it becomes a thriving culture that is accepted, but you don't need to be a law enforcer to help stop welcoming rape in the city. The thing is, if we don't change the way we think, there will be more cases of sexual violence that will be seen as a part of an endless, helpless loop that's not worth the alarm. Nothing could be worse than rape culture in a country of impunity.

if we don't change the way we think, there will be more cases of sexual violence that will be seen as a part of an endless, helpless loop that's not worth the alarm

According to the Center for Women's Resources in 2017, one woman is raped every hour in the Philippines. This hard fact, however, isn't the entire problem yet, but the cultural and social stigmatization that

force women to keep silent and belittle their own suffering.

In the book "Not That Bad: Dispatches From Rape Culture", Roxane Gay writes about spending half her life succumbing to society's notion that what happened to her isn't that bad, and that she was lucky she was just raped but not killed.

"I fostered wildly unrealistic expectations of the kinds of experiences worthy of suffering until very little was worthy of suffering," she writes.

Suffice to say, this is what it means to live in a society where rape culture exists: women are told to their faces that rape is everywhere, women are forced to rethink damage, and women should apologize for the alarm.

*Thank God, I'm not killed.
Sorry to have made a fuss about it.*

If I could go back to the conversation I had with the police officer, I'd flip out Roxane Gay's book and read these words: "No, I will not be grateful for my rights. I will stand with two feet on this earth and I will always say thank you when someone does something kind and sorry when I've done something wrong and never outside of that. And yes, I am furious that I am pulled between poles of gratitude and apology—both of which are violent erasures."

And probably add: rape is not everywhere. Rapists are.

✓ The opening of Ayuntamiento de Gonzalez building **unified part of the DLSU-D administration into one compound** which is more accessible from Gate 1, while student organizations reshuffle and still settle in the GMH building.

✗ Despite the transfer of administrative offices to the Ayuntamiento de Gonzales building, students experienced a **recurring enrollment queuing concern** on the last day of adding subjects, with students lining up at the new building until past 10 PM.

✓ **Multiple structural improvements and upkeep of facilities** throughout the campus, such as the refining of various concrete pathways and transferring of underground electrical systems.



DETOUR AHEAD
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Beyond green and yellow

Earlier this academic year, we were introduced to a revamped system in the highest student-governing body, the University Student Government, which was previously referred to as the University Student Council. Aside from its renaming come changes in functions and duties in student governance, which brings about a surplus of positions to uphold student welfare in the University.

Now, we cannot deny that the authors of this Constitution only wanted the best for its

students to progress as they vye for student inclusion and representation. But we may share the same thoughts: why the shift? In this governance that's so-patterned to the proposed Federal system of government, even politicians in the Philippine government had to rethink, and rethink, whether the shift is feasible. Although it is important to note that the USG Constitution isn't completely based off it.

I speak for everyone to say that at this time, we are all transitioning. One of the

many imperatives of the shift to USG is that it comes along with the adjustments brought by the implementation of the K-12 program. It's not just the University that has to suffer from the loss in effect of the

We may share the same thoughts: why the shift?

drop in students for some time, but particularly students who

had to, as they are expected, step up and take major roles in student organizations and governments.

It is my observation that, being in the frontlines of what's going on in the University, we are faced with a problem: student governance is transitioning, they are not impeachable—which you may consider an excuse to fulfill their responsibilities.

With that, it is, likewise, evident that student politics in the University is heating up, with the recent call for impeachment

from the College of Liberal Arts and Communication Student Government to USG, which is actually a call for the highest body to improve and reassure Constitution enforcement.

It is also important to note, which has already been a vicious cycle passed from generations of student leaders, that as student leaders, they should be the one to lead students in taking a stance on issues and not just merely followers of the system. We cannot blame them, however, as they are brought about by the circumstances

to take over; they focus on the more vital issues such as constitutional provisions, event planning, etc. We didn't vote for them after all.

For that reason, everyone, in this incoming primary election, should head to the polling stations and (this time, with the opportunity to) vote—vote not solely basing off credentials and past achievements—but based on who they think is capable enough to actually "reinforce" the new Constitution.



SKIDROW
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Life and spoiled lemons

Growing up, we would envy independent adults around us that make us rush to move past our childhood. All our friends would agree with that notion that they paint us a pretty clear picture of what's waiting for us in the future: a flexible sleeping schedule, being able to go anywhere, the joys of independence vis-à-vis sleepless nights, going to the same places daily, and how independence is dreadful for some of us. What we didn't know back then is that growing up also comes with pain that drive us to acceptance of life being cruel.

Now that we are about to be adults, some have become their

own masters of when and where we sleep. We are now capable to travel anywhere seldomly restricted by responsibilities and prior commitments, while, a lot of us are now independent in our own ways but still get help from our parents and guardians. But, accept it or not, we are approaching adulthood already. We know all of our responsibilities that wake us up in the day and keep us up at night.

We often run into new obstacles that test our strength and will, improving ourselves once we overcome these hurdles as we tend to encounter such daily. This has become a

phenomenon that goes on and on for a lifetime every time we're at the other side of an obstacle.

Is one where we have to go through crashing and cruel waves, and in that swim, we must stay afloat

Frequent are the times where we fail these tests and fall into an abyss that pushes us to give

up and sulk in one corner. But we were never taught to easily give up on things that matter. These obstacles are constant in growing up and part of the pains coming from failures.

Everyday is a risk of failure with a trial and error routine of determining what is right and beneficial for ourselves with no one to stand as a guide. It's a duty for us to tread on and figure out what to do next on our own as it is how independence is developed and practiced. Once we got it figured out, prejudices in adulthood will be patched up, but it's still a rough road ahead.

Early adulthood is also when we ponder and wish to go

back to our younger selves again.

Regrets will and already have come when we start to realize that we have wasted a small part of our life clinging to an idea we were clueless about. The period of childhood ended without us noticing but we still kept going. Thus, we are now by ourselves trying to figure out how to grow up, and to become people who contribute to society. We also have different paces and experiences in growing up, some go at a slow pace while others move swiftly. Going at a slow pace is never a bad thing for anyone. What solely matters is that we are all trying

to reach a goal that will satisfy us and our expectations.

While adulthood was never made to be breezed through easily, this monumental period of our lives is one where we have to go through crashing and cruel waves, and in that swim, we must stay afloat. The joys that we cherish are the things that keep us going in adulthood and these are what we should be reminding ourselves: to stand tall to keep up with being independent and remember to pick up some positivity in life that will help us bear the journey of independence.

WITBREAD

A nation's paradox

Rachelle Lionel Munsayac (JOU21)

A paradox.

One living contradiction in the Philippines lies between sex education and sex as a culture. Sex is something that is widely condemned in the Philippines. As a broadcast journalism student, I've frequently heard the phrase "sex sells." In fact, it is all around us. It is present in our media, from our magazine covers to how we advertise whitening soap, going even as far as our so-called 'family-friendly' television programs. But that isn't all of it, the idea of sex is very present in our culture not only as an alarming statistic but also history.

During pre-colonial times, we originally had well-defined sexual and relationship practices. We were polygamists very comfortable with the idea of sharing partners. Our ancestors had multiple gender identifications and lived out their lives in accordance to this belief. A lot of men dressed and lived as women, and the community even partook practices involving what we would know today as sex toys. When we were colonized by the Spanish, they brought with them their own religious dogma and our sexual culture was more or less erased.

Going back to modern times, in an article published by Business Mirror, about a third of young Filipinos aged 15 to 24 have engaged in premarital sex. It was reported by the Philippine Statistics Authority that the majority of this third does not use any form of contraceptive. In another report by the PSA, one in every ten young Filipina women are single mothers. We have one of the highest statistics for teenage pregnancy in the world. I cannot help but feel that the state of our nation today was brought about by yesterday's decisions, beliefs, and culture. If you're an optimistic nihilist like I am, then you might believe that our existence was meant to be filled by the choices we make and that our present state is the result of these choices, which begs the question: where did we go wrong in history for us to end up this way? The progressive conversation around sex today is headed by the bravest of feminists, though it's hard to find them outside of their social media pages. Sex, especially sex education, is often reciprocated with snickers, green jokes,

and misinformation. Many still believe that the subject is taboo, we giggle at the mention of a penis or a vagina, and God forbid any elder hear us talking about our reproductive health would call us *bastos*. But that's the point, we need to get to the bottom of this shame. We need to get to the core of why we feel so much angst and hesitation around a subject that could very well propel our nation to better heights health-wise. Not only does the country suffer from teenage pregnancy but extremely high cases of HIV. Why aren't we giving this the attention it deserves? These problems are what most afflict our youth—the future of our nation

Change is scary, unfamiliar, but it is very much needed

I can think of two main causes for this mass public reaction: the structure of our government and our religious angst. It would be wise to note that our politics today is filled with conservative men, beliefs of older people who are hard-pressed when it comes to talking about change or revolution. Change is scary, unfamiliar, but it is very much needed. The conservativeness of our government has halted much of our liberal progression and has left us usually on the fence. We have access to contraceptives, but we do not have access to abortion, not even quality family planning. We have the option of annulment, but we are forbidden from divorce. We are constantly endeavoring to build wider highways and flyovers, but do not want to invest in an efficient public transportation system.

My second reason is an enduring religious angst regarding any topic of sex. This aversion to sex stems from religious teachings that even thoughts manifest as sin. If we go about it that way, not talking about sex is a sensible course of action if you want to be a good person. This all or nothing philosophy is what got us here in the first place. The truth is that our youth

have been gradually adapting a more liberal mindset. But at risk of generally learning from all the wrong resources, therefore unaware of the difference between truth and misinformation. As a result, what we know of sex is often lacking.

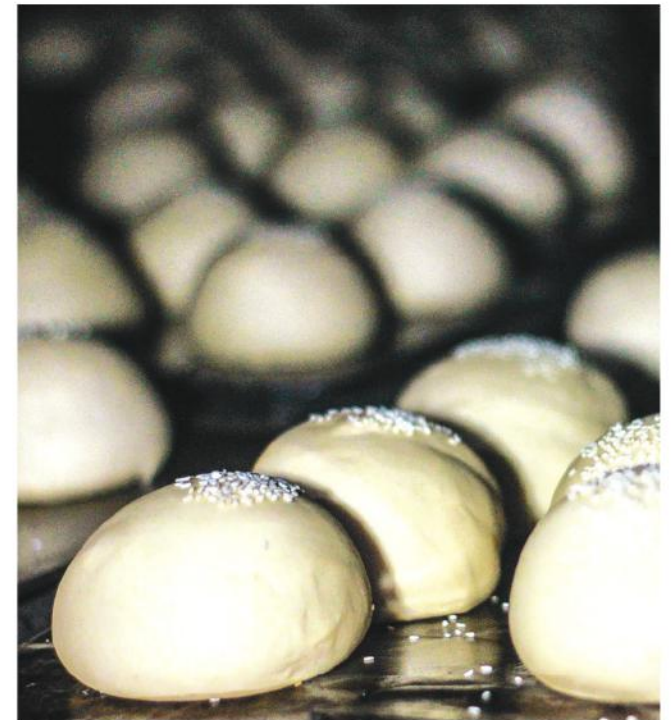
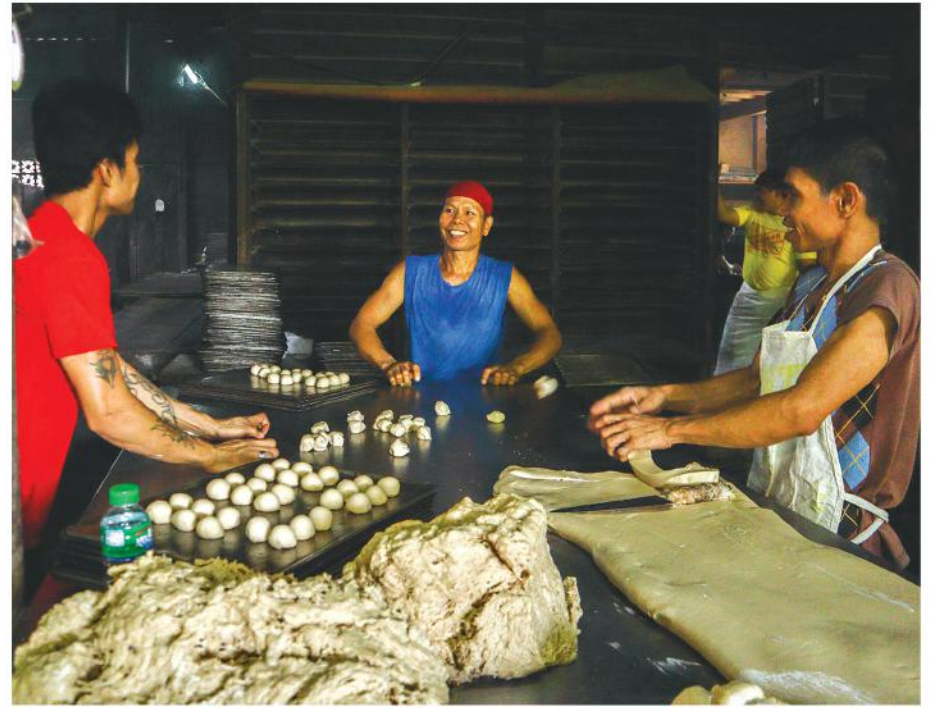
We also have a conservative history and background, the culture's ugly habit of self-racism and local discrimination. While we are known to be some of the kindest people on earth, I dare say we can be downright awful to one another. This combination of societal pressure and religious guilt causes many of us to turn away from the topic of sex, shrugging away the idea of self-education about our own bodies. In a theology class, our professor asked on which day do women become fertile after their menstrual cycle. Personally, I had a vague idea of a fortnight. Only one young woman answered as the rest of the class stared blankly in hesitation. This is not an uncommon scenario. I've come to notice that tracking ones cycle is uncommon here, and as my male friends have told me before, sex doesn't often come into the conversation without it turning sensual. In other words, we don't have the ability to talk about sex from an objective or medical stand point.

Our lack of education and willingness to have debate and discussion put us in a cognitive deficit, we are not progressing as fast as we ought to. In order to spark lasting change, not band aid solutions, we must look to the very core of the nation. That core is us, the people. You see sex education in the Philippines has existed for decades, we do have the internet after all. But it's never been standardized or academically recognized. As of 2018, the Department of Education is forming sex education policies to be integrated in primary and high schools across the nation. This is most definitely a step towards the right direction. We need to rally, we need to use these resources to improve ourselves and in turn help our communities. The time for being a Maria Clara is long gone, the nation calls forth open mindedness, the nation needs a healthier environment for proper conversation on pressing matters. We need sex education, we need all kinds of education to spark awareness.

✗ P.E. uniforms are still unavailable at the campus uniform warehouse midway through the semester. Once the uniform is available, this may leave second year students only less than a semester to use the uniform.

✓ Local police presence around the University, strengthened by the police mobile in front of 7/Eleven outside Gate 1. The police presence combats the worries of students and residents on reported incidents such as robbery.

✗ New delivery policy not widely disseminated to the community, causing confusion and undelivered food and packages, due to failure of compliance with Permit to Enter Form or guest approval from General Services Office (GSO).

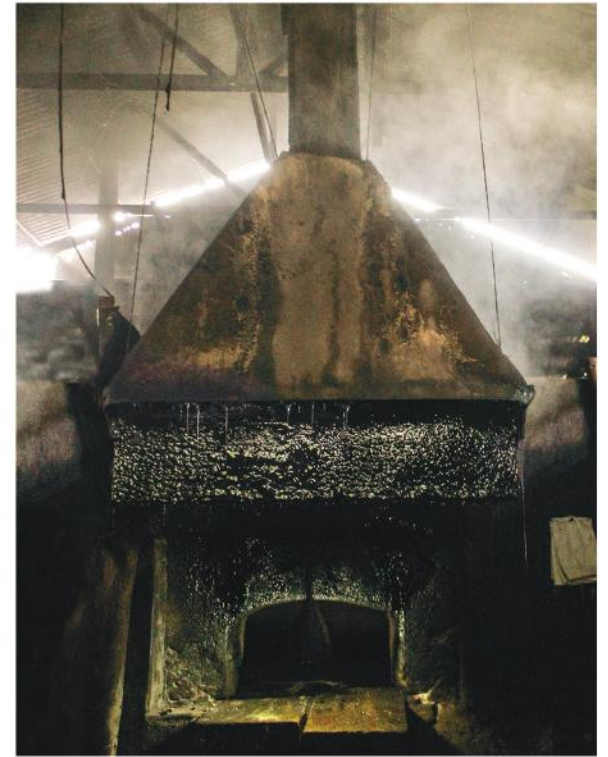
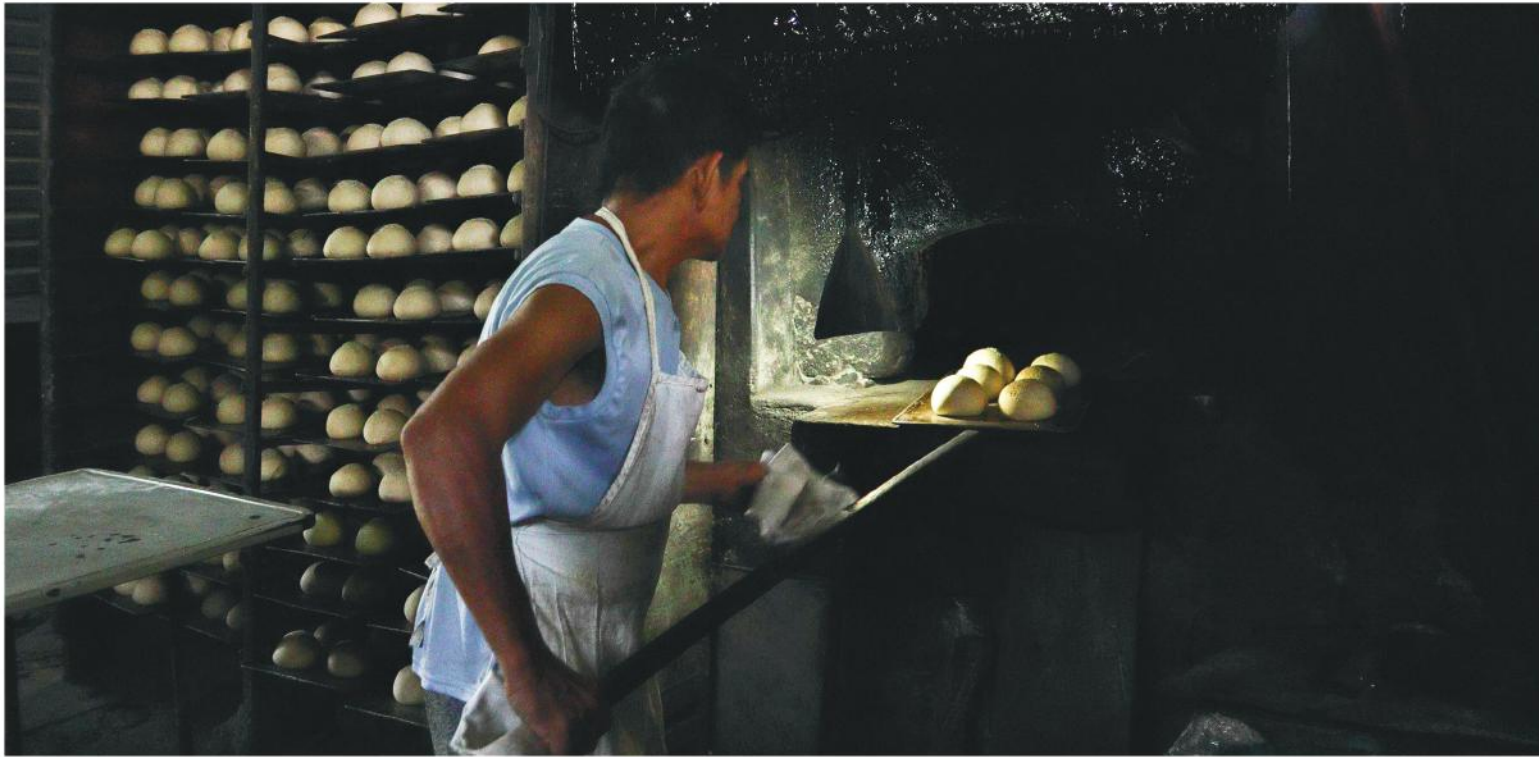


Taste of old times

Flour-covered hands of bakers kneading dough and stacks of dough-filled trays in shelves are a common sight in Kaibigan Bakery, an old artisanal bakery established in 1920 located in Tanza, Cavite, which up to this day, still houses its two 99-year-old *pugons*, also known as wood-fired ovens used to bake most of their products. There's nothing like bread baked in a *pugon*—because aside from *pugon* being known to be more cost-effective, the use of local wood such as Sampaloc, Ipil, Kakwate, and Kaymito produces bread that tastes better.

Even though the art of traditional baking is being passed on through generations, it is slowly disappearing with the modernization of bakeries being one of the main factors, considering that it takes talent, skill, and mastery of baking techniques to perfect bread-making the old-fashioned way. Luckily, this old tradition is still being preserved, which is still heavily practiced by distinct bakeries like Kaibigan Bakery, aiming to continue to create their authentic signature products.





HERALD ODLES

WHEN WILL YOU GRADUATE? BY DARLA THE BUDDHA



REGISTRA-SHUN BY MADAME DAMIN



Art to heal by

by Casvel Teresa Lopez, Ahmad Mahusay,
and Maria Victoria Busine



The Kid: Healing the inner 'wounded child'

Released in 2000, Walt Disney's *The Kid* presents how recognition of the past could mend people's hearts. This film written by Audrey Wells and directed by Jon Turteltaub linked a theory called "wounded child" as a metaphor expressing the chain of unhealed emotional wounds and traumas usually formed during childhood.

In this story, 40-year-old Russ (Bruce Willis) is a self-centered, pessimistic man who sees no good in life. As a part of his job as an image consultant, he enhances clients' appearance to be appealing—just like what he does with his life by burying his childhood and presenting himself as a tough man with no worries. But the truth is, under the image he tries to portray is a fragile personality who is running away from an unwanted past.

Consulting a psychiatrist for his mental being, he shares that a mysterious child keeps sneaking into his house at midnight. He thinks that it is just a simple hallucination from his medication—until Russ catches the child.

The kid then gets reprimanded—before he horrifyingly figures out that the kid was his seven-year-old self. He reaches out to his secretary Janet (Lily Tomlin) who eventually attests that the existence of Rusty (Spencer Breslin)—his childhood tag—was undeniably true.

The days they were together leaves an impact to the present career and private life of Russ, constantly making him rethink his stone cold heart.

A mission of accepting the ill past he once had forgotten from his childhood is revealed on the middle part of the film where Russ and Rusty travel back in 1968 to change history and make the right decision he should have done.

The film's visual and acting premises are convincing especially when their eerie situation tilts off the relation of the strange young boy to the lead character. In terms of the storyline, it excellently started with the mystery that surrounds the man living in a dark shadow of pessimism, yet it exhibits an unexpected build-up until all versions of himself come together in one scene, making the story exciting.

The Kid attempts to show that there is still a chance to change life at the present, even if it means confronting and resolving difficult issues in the past that we once thought were impossible to deal with. It tells us that the manifestation of traumatic events in our actual being will be inevitable and not even time could mend it, but making peace with the damaging chapters of our life is always the page-turner that we need.



Heal to feel: Golden Hour

If you want music that gives off new hope and possibilities, *Golden Hour* by Kacey Musgraves' released in 2018 is ideal for you. In this collection, she tells her story that can help individuals recoup from past affections—and invite new.

Like most of her songs, "Space Cowboy" speaks for her nation's roots. It may seem like country as a music genre is slowly fading in the industry, but Kacey Musgraves is one talented artist who begs to differ. "High Horse", on the other hand, is the most radical and expressive takeoff from her tracklist, with all its shaking disco beats and slapping bass. The verses of "Oh, What A World" reads like a gushy journal passage, which doesn't come as a surprise from a natural narrative songwriter like her. Meanwhile, Musgraves channels sentimental despair with mindful limitation in the song "Mother," which she wrote in the wake of her mom. By a similar token, the piano melodies in "Golden Hour" feel sincere and intimate. The collection, overall, is immaculate, especially if you're planning to discover something or someone new. It resembles yearning to see the future to see what's good ahead and finally let go of a painful past. Kacey, as an artist, communicates by demonstrating what she does when she discovers genuine romance. Likewise, her songs hint one simple message: hang tight for the ideal somebody.



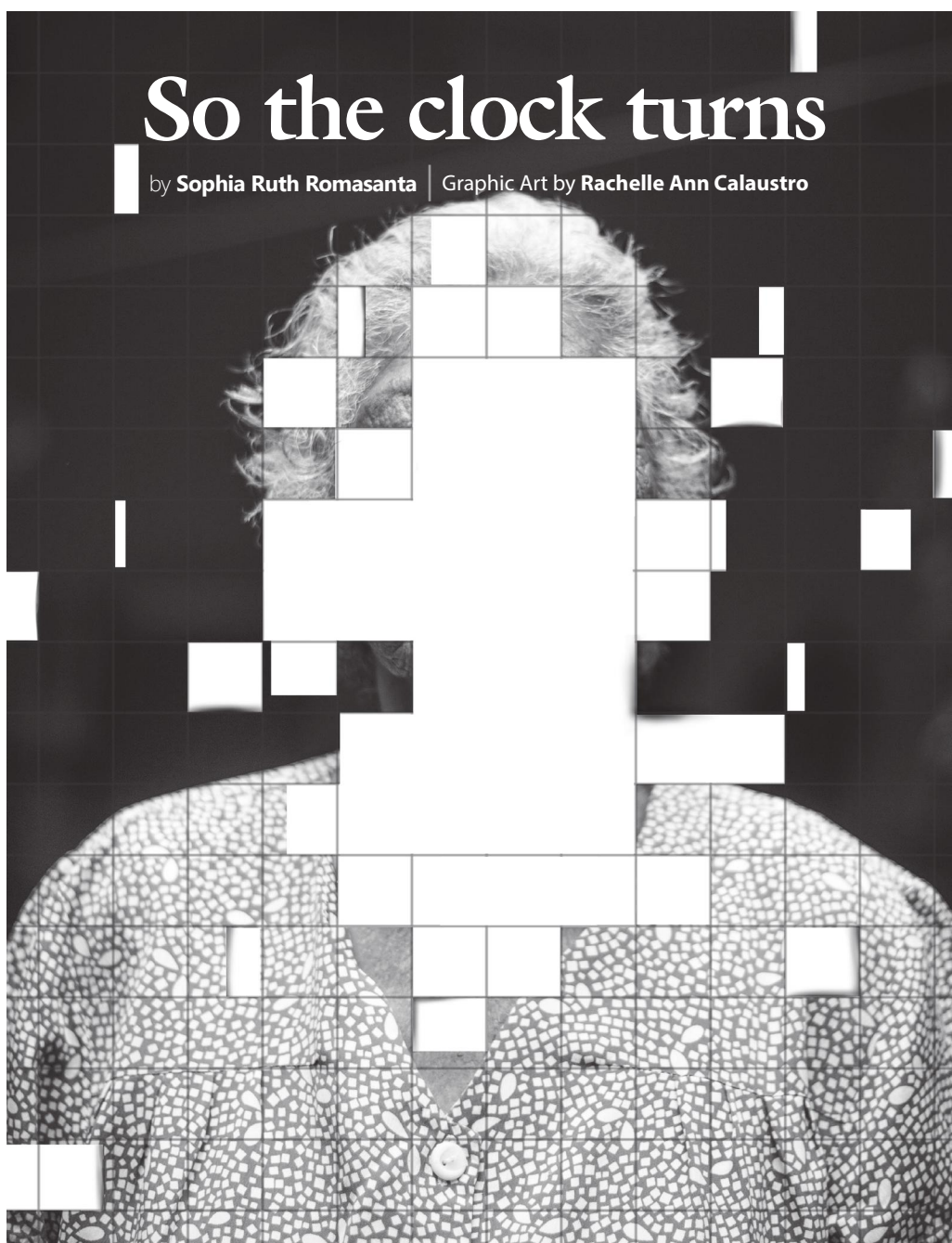
The Last Time We Say Goodbye: Reflections on a story of loss

At some point, if not at most, we learn to brush off pain and pretend that we don't feel it. However, there is pain that sticks with us, one that remains and haunts us even in the mundane life that we live.

The Last Time We Say Goodbye is a 2015 contemporary young adult novel that reflects on the pain of loss, the kind that leaves off fragments of hurtful memories. It follows Lex as she faces the loss of her brother to suicide and how she felt like her world has changed forever. The story is told through a narrative that intertwines the past when her brother was still alive and the present where she feels the lack of his presence, illustrating the difference between memories and reality.

The story is reminiscent of mistakes that we wish we could change, those that make us wish that we can go back to the past and do things differently. As Lex learns in the story, it is a struggle to come to terms with what could have been. The night her brother died, she received a text from him that could have possibly changed everything. It led her to believe that she is somehow at fault for the death of his brother, that if the circumstances were different, her brother would still be alive. This belief affected how she interacts with other people in her life, isolating herself from friends and family.

What we can reflect upon stories like this that revolve around loss is the struggle in acknowledging the pain of losing someone that is close to us. There is this wishful thinking that if we could go back to the past, we would do things differently in order not to lose them. The idea that sometimes loss had defined us makes it hard to put our lives back together after losing someone. Through this story, we learn the importance of forgiving yourself for what you cannot change. Lex thought that she's at fault for the death of her brother and manifests the guilt that she feels by relentlessly drowning in her own thoughts. But in the end, she comes to a realization that she can't blame herself for the decision that her brother made. Only then with this realization came the start of her self-forgiveness and freedom.



So the clock turns

by Sophia Ruth Romasanta | Graphic Art by Rachele Ann Calaustra

of father's parents because unfortunately, they both work during the day. My grandpa, a well-known man because of his social nature, then explores the barangay all day long to talk to his kumares and *kumpares*. He would tag me along at times when my mother allowed. This led to my grandma taking the brunt of my childish wiles back then. I was what a person would describe as a "handful", but aren't all kids like that? To be honest, I was excitable and curious which only made babysitting more difficult. Looking back, she would scold me countless times because of my childish tendencies.

"Apo, 'wag ka diyan mauunvog ka!"
"Bakit ka ba nagtatatakbo? Baka madapa ka!"
"O, ayan napapala mo kakatalon!"
"Dito ka lang sa tabi ko para 'di ka masagasaan!"
"Huwag masyado madaldal baka makagat mo dila mo!"

My grandma was a beautiful woman who, despite her constant sermons, loves all her grandchildren very much. Whatever she did, from waving a threatening hanger to singing a sweet lullaby, were all done out of love. It does not matter to her whether we did something naughty and mischievous, she would still cook for us with all her heart. To me, there was nothing special about that but it was not until a few more years later that I realized just how much I should have valued it. Noticing the common denominator between all my family's warnings, I realized why I find it hard to analyze my emotions. Such warnings were all about physical pain, and none of them ever warned me about other aspects of pain in life—that there is more to pain than getting bruises and bleeding wounds.

The month of June this year, I was introduced to a pain I could not describe. I was busy with my summer activities when grandpa called to say that grandma was diagnosed with cancer again. Again.

It already took more than 20 years of her life and just when she was beginning to enjoy life as a breast cancer survivor, it came back reaching her bones, stronger. They offered suggestions for treatment but my grandma simply refused.

"Matagal na akong nabubuhay, kung oras ko na, hayaan niyo na," she told us nonchalantly. At that time, she looked like a soldier retired from war, one who I have been sending letters to, wishing God to give her strength to win.

Unfortunately, even the bravest soldier's strength can only win so much battle.

When I was younger, I would always watch my lola do her makeup. It almost never mattered where she was going, because she always put on her best fashion. I also remember the times she combed her long dark tresses and how she has not cut it since her last Chemotherapy session years ago. I remember her explaining to me why she had to

wear breast pads on her left side and how she joked about cancer being kind to take only one of her breasts. I had spent most of my days as a kid with her presence that it never really dawned on me that someday, I could get this close to losing her.

One of my visits wasn't as lively as the others. It felt like I had just witnessed the tallest mountain shrunk down for a passing hurricane. I know my grandma is a strong woman. She smiles but I also knew she was sick and that fact is breaking me inside.

My parents have been busy the past few months and could not grant my grandparents' wish to pay a visit, so we settled for a video call. The video started with my grandpa's forehead peeking through the bottom of the screen. He then cracked a joke to lighten up the mood of the call. Grandma joined the conversation, inserting her own set of jokes and belching out a hearty laugh whenever my father told his childhood adventures where he often got injured. My sister, though grumpy, shared snippets about her day in school. I shared my own stories and showed them how much I appreciate hearing their voices. It was fun, I guess. It was supposed to be fun but at the back of my mind, I ask: why is it that behind the facade I am putting on—all the chuckles and cheeriness—there is a birthed emptiness? Inexplicable and expanding. I was left empty by the time the call ended with promises and warnings.

"Dumalaw kayo agad ha!"
"Sa sumod na holiday, pupunta kami!"
"Dalian ninyo, baka mauna na si lola niyo bago pa kayo makarating!"

My grandpa went on with his usual dark humor, my parents rode along with it as if it was fine to say that. This must be how adults manage sadness and pain, I thought to myself. Maybe they are hurting a lot more than what they let on and maybe their positivity is a lie to help them cope with reality. This scares me but I try not to show a hint of it.

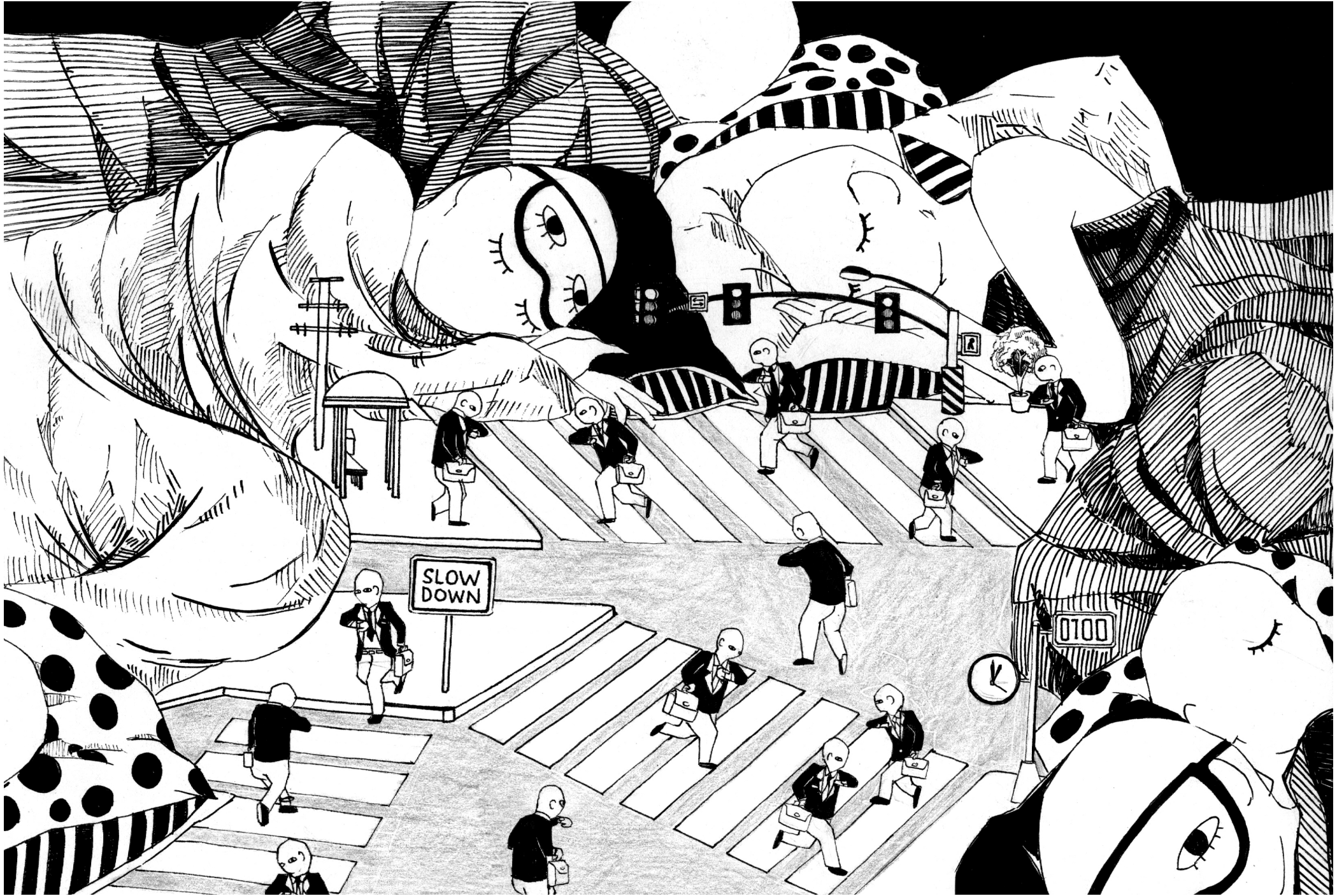
No one warned me about deeper, more destructive pain in life—the kind that's beyond physical and yet somehow permeates through your bones, beyond the range of human emotions and yet makes one feel more humane. This phantom—unseen and intangible—has taken refuge somewhere in my chest. The pain that's never really crashing and never really rising. It remains as a constant weight on my being, simmering underneath my skin. I say this but I know that my grandma is experiencing something far worse. I suppose this is the way most people learn about pain—on one's own, in silence and contemplation while days remain as busy as ever.

"To live is to suffer, to survive is to find some meaning in the suffering"

- Friedrich Nietzsche

Pain is a normal thing for us humans to feel whether we like it or not. At a young age, we are already taught what to do by our guardians. In the Asian setting, getting hurt often meant that we disobey our parents. This is equivalent to a smack of your worn tsinelas or worse, a whack of a handy *walis*. Of course, every family has a different way of shaping us—we, after all, are unique people with unique positions in life.

My grandma always warned me about pain. From the days that my height reached her waist and up until now that I'm almost as tall as her. When I was a kid, my parents made it a routine to leave me in the care



Why humans deprive themselves of sleep

by **Lean Jane Pantorilla** | Art by **Alexandra Rey**

Sleep had always been different for every person. Most people believe it has to take up several hours to be considered rest, some would argue that a 10-minute power nap would suffice—it varies. But there’s one thing we can all agree on: whatever the true definition of sleep is, we aren’t getting enough of it.

According to the National Sleep Foundation, young adults age 18 to 25 should have at least a good seven to nine hours of sleep, or a minimum of six hours and not exceeding 11 to maximize the benefits of sleep. Anything in good moderation, as anyone would say, but it’s always easier said than done. There’s always work that needs to be accomplished, always more emails that need to be replied to, always more “tea” to spill and sip on social media—in short, there’s always something to keep our eyes open at the dead of the night.

“Human beings are the only species that deliberately deprive themselves of sleep for no apparent gain,” says British neuroscientist Matthew Walker. In his book *Why We Sleep: Unlocking the Power of Sleep and Dreams* (2017), Walker tackles the many dangers of insufficient sleep: how it can lead to mental health problems, pose a greater risk for cancer and Alzheimer’s, and many more. He considered sleep as a vital part of people’s health, and how it still remains as a man-made problem.

Here’s a fact: sometimes, it’s not really that we *can’t* sleep. We just *won’t*.

Sleep is for the weak

While nobody knows exactly when sleep deprivation had turned into a competition, we’ve all met that one person who can stay up past three and live to tell the tale. Some are known to even go days without sleeping a wink and word has it that they’ve transcended into a higher plane of existence (read: too sleepy to care). There’s a certain pride in knowing you burned the midnight oil while everyone is snoring away.

In the article *How The World Forgot to Sleep*, Joannas Fuertes makes use of prominent and illustrious figures from President Obama, Steve Jobs, and even Jack Dorsey, the CEO of Twitter as practitioners of this behavior. She refers to the ‘rise-and-grind’ mentality as an “odd form of machismo,” which eventually translates into a “self-flagellatory lack of slumber.” The idea is that a person’s success are defined by the number of hours they are willing to work, and the more hours you put in, the better.

True enough, except that people need to understand that there is a line between ‘putting in hours’ and ‘not having any time left to put in at all.’ There are 24 hours a day but just like our gadgets that we so love, people can only work for so long until our batteries run out.

Fuertes also questions the romanticized idea of sleep deprivation, and how late-night hedonism came to be known as “the magic source of creativity.” We’ve all seen those posts where brilliant ideas only seemed to manifest itself at night. As a result, people stay up all night in order to catch their muse, but with no such luck. Sleep is often treated as a sacrifice—a necessary loss in order to please the creativity gods—and we cling to our nightly rituals so much that 12 midnight has started to look like 5 PM in the evening, where night had only just begun.

Fear of missing out

“I don’t want to miss a thing.”

Performed by the famous rock band Aerosmith, the song hits a deeper meaning for the sleep-deprived: they *don’t want to fall asleep*, because they *don’t want to miss a thing*. Whether it’s a call from “babe”, latest announcements, or idle gossip—the fear of missing out (FOMO) lingers, and it’s there to stay.

You’ve probably dealt with FOMO at some point in your life. In her article published at Psychcentral, Linda Sapadin remarks that FOMO is especially strong for avid users of social media: in a place where everyone is tagged with everybody, and viral posts keep spreading around like wildfire. It’s normal to feel the pressure of keeping up, and make sure you’re there in case something goes down. As a result, you stay up all night to keep up with the latest updates, refreshing your news feed almost every minute to see if you “missed something out.”

That being said, Danielle Braff relates FOMO with sleep issues and stress, as shown in her compilation of FOMO-related studies and insights as published by the Chicago Tribune. She included a scientific explanation for FOMO and how FOMO

affects every age group, and that our survival has always been based on “being included in group activities.” To make up for our shortcomings, we had to share resources with others, who in turn also benefits from us.

Tess Brigham, therapist and life coach, explains how we used to live in tribes and needed them to protect us, and rejection from the tribe means death altogether.

Ironically, in a world where everyone is more connected than ever, the need to keep up sets us apart from others, leading to a sense of disconnection that makes us feel that we are never really quite “there.”

Braff added that “many people feel that they’re never doing enough in their work or personal lives.” In an attempt to reclaim their lives, some people use the night to do the things they can’t do at daytime, such as immerse themselves even more in social media. However, this only leads to more feelings of isolation, as we continue to live vicariously through each other’s lives.

No rest for the wicked

At some point, we’re all going to talk about the things that keep us up at night—the demons on our back, the monsters under our beds, the skeletons in our closets. But until then, everyone deserves a good pat on the shoulder and a good night’s rest—wicked or not. What keeps you up may be the fact that you can’t sleep—but rather, the pressing feeling *that you shouldn’t*.

“Deep down, they say, we simply do not respect the need for human repose,” Zoë Heller stated, in a New Yorker article titled *Why We Sleep, and Why Often We Can’t*. “We remain convinced, in contradiction of all available evidence, that stinting on sleep makes us heroic and industrious, rather than stupid or fat.”

The capitalist society has led to believe that sleep is a luxury only few people can afford, and if you sleep, it’s because you have the means to do so. How often is it that people treat sleep as a reward, instead of basic necessity? “*I’ll sleep when I’m done*”

becomes both a truth and a lie, because either people sleep and leave their work unfinished, or finish their work and end up not sleeping at all.

We treat ourselves like machines bound by code, programmed down to the specifics, and capable to work anytime at will. But one thing we have that machines don’t, is that we can dream.

Sleep as a form of healing

Since most of us operate on a “work first, before sleep” mentality, why not try switching it up? You might find that a good night’s rest does more wonders than pulling an all-nighter, and we’re not just talking about the physical and mental aspects. To be able to rest is not a form of weakness, but rather, a form of strength that most people overlook, yet still badly need.

Rachel Cooke, a writer for The Guardian, delves deeper into Walker’s research about sleep and its benefits, summarizing one of sleep’s most valuable gifts in a sentence: “When your mother told you that everything would look better in the morning, she was wise. [...] If we sleep to remember, then we also sleep to forget.”

She also explained how deep sleep, or Rapid Eye Movement (REM) sleep, is a “therapeutic state during which cast off the emotional charge of our experiences, making them easier to bear.” This goes to prove that sleep can also be viewed as a form of “reset”, as the mind and body are given the chance to re-calibrate and recover from everyday activities.

As many people view sleep as a sign of weakness, be the one who finds strength—just like how in the words of Oliver Goldsmith, “He who fights and runs away, live to fight another day.” To sleep is not to declare the world you’ve given up. That’s *death*. On the other hand, to tuck yourself in bed after a long day and feel your body sink into your bed—that’s sleep. That’s telling the world, “*I will rise again.*”

Punding lampara

By Jacinth Banite

Binabalot man ng makakapal na alikabok ang bawat sulok ng tahananang pinasok, ang tinta ng mga larawan nito ay nananatiling sariwa sa aking isipan. Ang mga marurupok na haligi ay matibay nang nakaukit sa aking puso. Isinisigaw ng nakabibinging katahimikan ang mga alaalang minsang nilisan.

Nangingitim na ang dating kulay rosas na mga kutsong sa sala. Maaaring ang napalakas na hangin ang pumunit sa mga sapin nito na niluma na rin ng panahon—patuloy na hinuhubaran ang bahagi ng tahanan kung saan dating nagmumula ang mga tawanang sinasabayan ng pagaspas ng pakpak ng mga paruparo, habang ang mga alitaptap ay pumaparada sa gitna ng harding tuluyan nang nalanta.

Nagkalat sa sahig ang mga piraso ng bubog mula sa kusina. Sumama na sa mga dumaang bagyo at pumaibabaw sa kawalan ang amoy ng adobong dating inaabangan na maihain sa hapagkainan. Ang nananatili na lamang ay ang masangsang na ili ng mga daga na tuluyan nang namahay sa loob ng mga latang kinakalawang.

Mayroong dalawang silid-tulugan ang tahanan, ang isa ay kung saan tanging ang kahoy na kama na lamang ang nakahimlay—unti-unting inuubos ang mga espasyong nagsusumamo sa laman. Ang dating kulay asul na mga pader, tuluyan nang naging makulimlim gaya ng papaiyak na mga ulap sa labas.

Sa lahat ng parte ng tahanan na aking nasulyapan, ang kabilang silid ang tanging humihinga. Walang bakas ng luma ang parteng ito ng bahay. Yakap-yakap ng kama ang kutsong binabalot pa ng makapal na sapin. Ang nag-iisang unan ay tila nakaukit na sa ulunang parte ng higaan. Sa tabi ng naturang tulugan, isang aparador na ang pinto ay sumasayaw sa indayon ng hangin—sumasabay ang kumukutikutitap na lampara sa ibabaw ng lamesang nasa sulok ng silid. Ang nakatuping papel na pinapatungan nito ang pumukaw sa aking pansin.

Sa pinakamamahal kong Teresa,

Matagal nang naghibintay ang liban na ito mula rito sa dati mong silid na araw-araw kong inihahanda upang sa iyong pagdating, ika'y may mahibigang. Ako na siguro ang pinakamasayang tao sa oras na mabasa mo ito, dahil iyon ang hudyat ng iyong pagbabalik. Maaring wala na ako sa tabi mo ngayon, ngunit nais kong sabihin na labis akong nagagalak dahil muli mong dinalaw ang tahananang ito. Sana lang ay magagawa ko pang salubungin ka at yakapin nang mahigpit. Simula ng lumisan ka, walang araw na hindi kita inabangan. Araw-araw akong umaasa na sa tuwing sasapit ang gabi, kakatok ka sa ating pintuan.

Sana'y mapatawad mo ako sa lahat ng aking pagkukulang. Patawad dahil hindi naging sapat ang simpleng buhay na kayang kong ibigay. Inakala kong sapat na ang mga tawananan natin sa sala na sinasabayan ng paglipad ng mga paruparo. Akala ko patuloy kang mamamangha sa pagparada ng mga alitaptap sa harding sabay nating inilagaan. Akala ko, hindi ka magsasawa sa paghain ko ng paborito mong adobo.

Nawa'y sa iyong pagbalik, nakamtan mo ang iyong binahanap. Ang sinabi mong kulang sa iyong puso, sana'y napunan na. Dahil hindi ko mapapatawad ang tadhana kung ang kapalit ng pagpapalaya ko sa'yo, ay labis mong kawalan.

Paalam, at maligayang pagbabalik, anak

*Nagmamahal,
Recardo, ang iyong ama.*

Kasabay ng pagtulo ng mga luha sa papel, tuluyang humupa ang liwanag mula sa punding lampara.



4th gunshot

By Jacinth Banite

Police mobiles are parked in front of a rusty house with its strained front door and swinging curtains—restricting the tension inside, keeping it unseen but felt by everyone surrounding the house. Deafening whispers dominate the area from people standing behind the police tape. Flashes of red and blue blind the site under the fading light of six o'clock. The media keeps arriving uninvitedly, covering the ongoing hostage-taking inside the said house in Brgy. Hustisya.

Bystanders impatiently wait for whoever comes out first from that house—wondering who is left alive after three gunshots coming from one of the bedrooms upstairs echoed in a now chaotic neighborhood. Aside from the weep of a seemingly young infant and a haunting howl of a man, nothing else followed after that. It has been two hours since the disarray started. At that moment, everyone knew that every second counted in anticipation of any more gunshot. Authorities are then ready to enter the house by force, tired of

failed attempts to make contact as the taker remains to be unknown.

A blaring sound disturbed the agitating atmosphere, baffling the assembled men as the front door was smashed open without any force coming from them. A silhouette of a man carrying a baby in his left arm seemingly holding a gun in his right then becomes a clear terrifying image. The man stood motionless a few inches away from the doormat. The infant's weep now fades—slowly turning into comfort with a lean on the man's chest. Flashes of cameras become wild, while police guns are on the target as everyone holds their breath.

"Put that gun down, and slowly walk out that house!" a policeman shouted.

The hostage-taker started moving but not according to the police's command. His hold tightens as he pecked a kiss on the baby's head without removing his gaze at everyone watching his every move breathlessly. Then he gently laid the baby below him and gets back on standing firm.

After sharing an emptier stare to all the people in front of the house, within seconds, he swallowed the head of the gun and pulled the trigger. A fourth gunshot echoed the neighborhood. Two visible bodies are on the floor. Grips on the guns loosen as heads begin to shake.

That night, a breaking story topped the news: "Hostage-taker shot himself after killing his wife in their own house, drilling three bullets on her chest with a .45 caliber pistol. The hostage-taking lasted for almost three hours during the afternoon of Wednesday, drawing terror from the residents of Brgy. Hustiya who witnessed such an unimaginable event. An eight-month old infant survives the incident as the man, who is known to be the father, released the baby seconds before he killed himself.

Moreover, authorities found sachets of illegal drugs hidden in one of the locked cabinets inside the house. Based on an autopsy report provided by the Police, the couple, who were both declared dead on the spot, were found of substance use and abuse."

Blackout

By Kayla Nicole De Quiroz

Unvoiced hatred,
now empty stare—
a deafening silence.

Losing your warmth,
this is the last time
I'll hold your hand.

A long lasting curse,
never to be undone.
What wrath caused
never ending pain.

As you lay,
your heartbeat stops—
A tragedy never meant to happen.

Isang daan

By Louise Nicole Escario

Abot tanaw ko na agad ang dami ng tao na nag-aabang ng dyip mula sa labas ng gate. Nagdidilim na ang kalangitan at mukhang handa nang umiyak ang mga ulap. Hinalukay ko ang hawak na bag upang humanap ng payong ngunit wala akong makapa bukod sa mga balat ng biskwit at basurang papel. Napabunrong hininga na lamang ako at inayos ang bitbit na gamit. Dali-dali akong tumawid parungo sa kabilang dako ng kalsada habang iniisip kung papaano magiging creative sa pagkakataong ito.

Matapos makipagsiksikan at makipag-unahan ay nakasingit rin ako sa sumunod na dyip. Medyo duda ako sa sabi ng barker na kasya pa ngunit, dahil kailangan ko nang makasakay, nakinig na lang ako't sumampa. *Sabi na 'eh. Akala ko ba tatlo pa?* Umurong ang mga nagbubulungang pasahero para makaupo ako. *Upong limang piso.* Inabot ko ang aking pamasaha at bumiyaha na agad ang dyip papalayo.

Tumigil kami sa may *stop light* at bahagya akong natulala sa kaiisip ng mga tambak na gawain. Isang babae ang nagmamadaling sumampa ngunit umatras nang mapansing wala nang upuan. Bakas sa kaniyang mukha ang lungkot at pagkadismaya. Doble ang kanyang bitbit at ninais kong bumaba para lang paupuin siya. Bago pa man ako makapagsalita ay humarurot na ang dyip.

Bawal matulog. Dinadapuan na ako ng pagod at antok. *Bawal matulog, baka mairan ka ng mga kasabay mo.* Nilalabanan ko ang hilo nang mapansin na sumusulyap-sulyap ang driver sa may salamin—*alam ko 'yang mga ganiyang tingin.*

"Sa akin po 'yong isang daan."

"Naku, wala akong panukli." *Minsan, mas mabuti talagang huwag ibigay ang buo.*

Muling tumigil ang dyip dahil sa trapik at isa na namang pasahero ang nagbabakasakali na makasama sa biyahe. Parchas

kami ng uniporme ngunit halatang mas bago 'yung kanya. Hawak niya ang isang makapal na *planner* at sa kabilang kamay ay yakap ng mga palad niya ang hinandang pamasaha. Nakangiti siya habang sinisipat kung may natitira pang espasyo sa loob ng dyip. Nagsimula na ang pagpatak ng ulan kasabay ang pagbuhos ng mga tanong sa aking isipan. *Tama ba ang biyaheng sinakyan ko? Dito ba talaga dapat ako? Paano kung—*

Nagkatinginan kami.

—ipaubaya na lang sa iba?

Nagmamadali akong makarating sa bahay ngunit, bukod sa problema at sarili, wala naman akong ibang iuwi.

"Sa tabi na lang ho may bababa," hindi ko na namalayan at kusa na lamang lumabas ang mga salita.

"Para."

Natagpuan ko na lamang ang sarili na naglalakad sa gitna ng ulan, pabalik doon sa pinanggalingan. *Aayusin ko muna ang aking sarili.*



DOUBLE RULE

Rose Kristine S. Amarillo

"Hindi nila gusto 'yan kaya 'wag na 'wag mong gagawin 'yan."

"Sabi nila maganda raw gawin ito kaya gawin din natin."

"Matutuwa o magagalit ba sila kapag ginawa ko ito?"

"Ano na lang ang sasabihin ng iba?"

Ilan lamang ito sa mga katagang naisip ko sa iba't ibang sitwasyon sa aking buhay. Ipinapakita ng mga ito ang aking personalidad na, sa aking opinyon, ay hindi dapat magkaroon ng ganitong ugali ang kung sino mang tao. Inaamin ko na iniisip ko kung ano ang sasabihin ng iba sa akin tuwing gagawa ako ng desisyon. Nakadepende sa tanong, iniisip ko kung ano ang sasabihin ng aking mga magulang, mga kapatid, kaibigan, at kahit sinuman, kakilala ko man o hindi. Sa ilang taong pumumuhay natin sa mundo, marami na tayong taong nakasalamuha. Halos araw-araw na may nae-encounter akong ganitong sitwasyon. May mga experience ako na 'yong ibang tao ay pinipilit

akong gawin 'yong gusto nila na para pumantay sa standards nila. Kaakibat nito ang iba't ibang responses na aking ginagawa sa uri ng sitwasyon na sangkot. Halimbawa, ginusto ng pamilya ko na BS in Accountancy ang kursong kuhanin ko. Sumangayon ako dahil gusto ko rin itong kursong ito at dahil alam kong gusto nila 'yon para sa akin dahil iniisip lang nila kung ano ang nakabubuti para sa akin. Isa pa ay ang paggawa ng desisyon sa pagpili sa mga damit na sinusuo ko. Minsan ay nasasabihan ako ng mga kapatid ko na "wag mong isuo 'yan, hindi naman bagay sayo 'yan." Kung minsan ay pinakikinggan ko sila dahil tina-take ko ito bilang advice lamang, ngunit kadalasan naman ay nagsi-stick ako sa ideya ko na susuotin ko ang gusto kong suotin at hindi na ako nagpapalit pa ng outfit.

May iba ring sitwasyon na nag-i-involve sa standards ng ibang tao. Halimbawa na lamang ay ang iba't ibang sitwasyon na nangyayari sa loob ng eskuwelahan. Sa pagpapasa ng mga bagay na subjective ang pag-gradong tulad ng mga essays, artworks, at iba pang proyekto. Maaaring magandahan ang isang propesor sa gawa mo at bigyan ka ng perfect score dahil na-meet mo 'yong standard niya ngunit maaari ring hindi niya ito magustuhan at bigyan ka ng mababang marka dahil hindi mo na-meet itong

Meeting the standards

standards niya. May ibang propesor din naman na bibigyan ka ng mababang grado sa class performance dahil hindi mo na-meet mo 'yong standard niya na pagre-recite at pagiging active sa klase. Isa pang halimbawa ay ang nagaganap tuwing eleksyon. Ang mga ipinapakitang kilos ng isang kandidato ay nakabase sa kung anong magugustuhan ng mga tao.

Hindi mo kailangan pumantay sa standards ng iba kung hindi mo gusto o kung labag sa loob mo

Ginagawa nila ang mga iniisip nilang makakapantay sa standard ng mga botante. Sa kabilang banda, ang ibinoboto ng isang botante ay ang kandidatong pasok sa standards niya, na mamumuno nang tama at para sa tao at may mauidulot na maganda at makatarungan sa ating bansa.

May mga sitwasyon ding required ang isang tao na sumunod sa standard o mag-please ng tao.

Halimbawa na lang nito ay ang pagp-please at pag-sunod sa requirements ng isang job applicant sa isang job application. Ginagawa niya 'yon para makuha ang trabahong ina-apply-an niya.

Ika nga, "you don't have to please everyone." Ang punto ko ay dapat pakinggan natin ang sarili natin. Ngunit, dapat din nating alamin kung kailan tayo makikinig sa iba dahil may mga sitwasyon ding kailangan natin ng gabay ng ibang tao. Depende lahat ito sa sariling sitwasyon ng bawat tao, tulad ng mga halimbawa ng mga nabanggit ko kanina. Hindi naman mali ang magtanong para sa opinyon ng ibang tao o isipin ang sasabihin ng iba. Maaaring nagagawa lang natin iyon dahil gusto nating maka-sigurado na magiging positibo ang epekto ng ating mga desisyon, hindi lang para sa ikabubuti ng ating sarili kundi pati na rin para sa ikabubuti ng ibang tao.

Nasa tamang pag-iisip na tayo. Alam na natin kung ano ang pagkakaiba ng tama sa mali. Alam na dapat natin sa ating mga sarili ang dapat at nararapat na gawin sa iba't ibang sitwasyon. Hindi mo kailangan pumantay sa standards ng iba kung hindi mo gusto o kung labag sa loob mo. Basta laging tandaan: gawin mo lang ang gusto mong gawin hangga't wala kang tinatapakang ibang tao.

New SDO director implements Sports Dev't Program

by Joanne Cabasag

After serving as the Student Welfare and Formation Office (SWAFO) director for five years, John Casidsid is now appointed as the Sports Development Office (SDO) director this academic year 2019-2020.

Following this, he shared that the SDO, under his leadership, will focus on achieving the goals of the program given to him by the Office of Student Services (OSS) Dean Antonio Gutierrez Jr.

"Actually, there are really no changes ... kasi itutuloy [ko] lang 'yong ginagawa rito sa SDO. It so happened that I was given a new program to implement in the office ... dahil may binigay sa akin 'yong dean (Antonio Gutierrez Jr.) ng OSS [at] ng academic council ng institution, na bagong program," Casidsid clarified. "'Yong tinatawag na 'Sports Development Program,' that is what I will be implementing."

Major and minor leagues

Due to recurring budget deficiency, Casidsid confirmed that the Patriots will be competing in only three major leagues this academic year: Philippine University Games (UNIGAMES), National Capital Region Athletic Association (NCRAA), and Private Schools Athletic Association (PRISAA).

"Actually, mayroon pa dapat, 'yong Universities and Colleges Athletics Association

(UCAA) pero hindi tayo sumali diyan. 'Yong tatlong leagues na lang muna because of the limited budget that we (SDO) have," he furthered.

Aside from these major leagues, he also mentioned tournaments that the Patriots will be joining: Universities and Colleges Volleyball League (UCVL) for the Men's and Women's Volleyball Team, and other minor leagues for chess and swimming, among others.

Well-being as part of training

Acting as the father of all the student-athletes, Casidsid shared his vision for the Patriots which is not only about enhancing their skills but also paying attention to their Lasallian formation, emphasizing that well-being is also a part of their training.

Executing the role of an SDO Director, Casidsid mentioned that he needs to implement the vision of the school, which is the same as his, for the athletes to be formed as a whole person and as holistic athletes of DLSU-D.

"Holistic,' that means may brain. Dapat 'yong atleta natin, academically competitive din. Di ba that is what it means to be a Lasallian? 'Yong aim ng program natin ngayon is to create an athlete which is competent in sports, not only in our region but also in the national level and international level," he explained.



ANIMO PRIDE. With pride and passion, the Patriots marched proudly as they represent our University in the UNIGAMES 2019 held at the University of San Agustin, Iloilo City.

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recognize assistance from various DLSU-D departments, including Parents Organization La Salle Cavite (POLCA), De La Salle Dasmariñas Alumni Association (DLSDAA), University Student Government (USG), and other "generous people", who are willing to support the varsity on its financial needs.

Just recently, the office only approved deployment of the DLSU-D Women's Basketball Team and Athletics Team for

the 24th Philippine University Games (UNIGAMES) held on October 20-27 at the University of San Agustin, Iloilo City, as a result of the budget shortage. However, the University's Men's Basketball Team was also able to join with sponsorship aid from DLSDAA.

As of press time, SDO eyes POLCA to back the DLSU-D Women's Volleyball Team in the upcoming Philippine SuperLiga (PSL).



WARM WELCOME. Powerful cultural performances borne in Iloilo City welcomed the delegates from different universities and colleges around the country as they gather to compete for the 24th UNIGAMES.

Iloilo hosts 24th UNIGAMES

Cagers, cagebells, and tracksters represent DLSU-D

by Joanne Cabasag

Hosting the 24th Philippine University Games (UNIGAMES) with the theme "The Games that Bring Us Together for Unity and Peace," Iloilo City warmly welcomed more than 2,500 delegates from different universities across the country during the opening ceremony on October 20 at the University of San Agustin (USA) gymnasium.

Showing off passion and determination, student-athletes from 41 universities including DLSU-D vied in five featured events, such as basketball, volleyball, beach volleyball, football, and athletics.

USA President Rev. Fr. Frederick C. Comendador, OSA spearheaded the invocation and addressed the welcoming remarks to the athletes, coaches, guests and committees who were present during the opening ceremony.

Along with the USA band, the USA Troubadours led the national anthem, followed by a performance from the USA Kawilhan dance troupe, highlighting the different cultures of the Philippines.

Meanwhile, representatives from DLSU-Manila, USA, Ateneo de Davao University, and Adamson University spearheaded the lighting of the torch and represented Luzon, Visayas, Mindanao, and National Capital Region,

respectively, followed by a performance from Dinagyang 2019 champion Tribu Ilonganon.

Cagers, cagebells, tracksters represent DLSU-D

Representing DLSU-D, the Patriot Cagebells ended up in the 4th place of the basketball women category after being edged by the University of Mindanao for the battle for third despite registering a 5-0 record in the elims. While, the Cagers failed to advance to the semifinal round notwithstanding winning by default against the Technological University of the Philippines-Manila in their last match.

On the other hand, the Tracksters failed to secure a spot in their Athletics campaign as the University of the Philippines - Diliman bagged gold for the men's category, while the University of Santo Tomas grabbed the women's category.

On your marks for the new Patriots

Student-athletes to watch out for

by Joanne Cabasag and Christine Marie Romero

Every athlete has a story. No one knows how far the fresh faces of the Patriots will go, but one thing is certain: their determination and passion for sports will kick off this academic year, showcasing what Lasallians can give. If you have never heard of their names, keep an eye on them as they could be the ones to boost the pride of the green-and-white team.



Shan Exequiel Vesagas

Cager

Playing basketball since elementary, DLSU-D cagers rookie Shan Vesagas, BS Hotel and Restaurant Management student, previously represented De La Salle University (DLSU), which made their spot in the final four of the University Athletic Association of the Philippines (UAAP) Basketball Juniors Division.

Inspired by National Basketball Association (NBA) players especially LeBron James, Vesagas shared that an athlete should possess commitment to the team and show good character inside and outside the court while representing the University.



Angelika Marie Armillo

Cagebelle

Born in a family with a love for basketball, sports surely does run in her blood. She pursued basketball in remembrance of his late uncle who supported her throughout her journey, while her father taught her how to play.

Having participated in various tournaments, the 18-year-old cagebelle brought home two gold medals from 2018 Palarong Pambansa and a silver medal for representing the National Capital Region (NCR) 2018 for Pambansang Tatluhan.

Armillo focuses on prioritizing both her studies and keeping her passion for sports burning. Along with this, she aims to influence fellow Lasallians in embodying fairness and discipline at all times, for she believes that being an athlete does not mean one is ahead of others. After all, she plays more than just for the game and glory—but as an ode to her family.

Mark Joshua Antioay

Trackster

Coming all the way from Ilocos, Mark Joshua Antioay admits not being into athletics at first. However, after a coach discovered his potential and believed in him, doors opened for him to exhibit his talent and skills in 110-meter hurdles events and eventually led him in pursuing the sport.

The 19-year old was a silver medalist in the Region I Athletic Association in 2015 and 2017.

Embracing his new found home for his passion, Antioay took on the responsibility of manifesting the Lasallian athlete identity through valuing sportsmanship. For him, being part of the DLSU-D varsity team entails giving importance to the aforementioned value, as they are expected to be the pride of the University.



Christian Audie Hidalgo

Spiker

Excelling in both academics and sports, he has been a believer of the essence of sports being not just a game simply played but also something that involves dedication, sacrifice, and commitment. Through this belief, he has been able to seize multiple achievements, including five consecutive championships in the National Collegiate Athletic Association (NCAA) from Season 90 to 94, four medals each in NCR Palarong Panrehiyon (2014-2017) and Laguna Southern Manila Schools (LSMS) in 2015-2018, a victory in the 2016 Palarong Pambansa, and ruled twice as the best setter in two different leagues.



Hallah Abdallah

Lady Patriot

Driven to play not only for explosive spikes and superb plays but also for the holistic growth in the process, Hallah Abdallah, DLSU-D Women's Volleyball Team rookie, has learned to love the beauty behind the sport.

From starting to engage in the volleyball just for fun, she began maximizing the pursuit of this passion through representing DLSU-D in volleyball since her junior high school years, securing sports milestones such as Inter-Secondary Volleyball League (ISVL) 2017-2018 championship and participating in the Cavite Schools Cultural and Athletic Association (CAVSCAA) for two consecutive years.

"I think an athlete should have the tenacity in both playing and studying. An athlete should also be patient, determined, and disciplined."



Daniel Cajegas

Woodpusher

Moving straight towards his goal, woodpushers rookie Daniel Cajegas perceives his family as one of the significant motivators in his life. He is convinced that being humble and having faith are two of the things that an athlete should possess.

Having participated in the National and Regional Division of the Private Schools Athletic Association (PRISAA), Cajegas believes that following the rules is one of his ways of being a good example to his fellow Lasallians.

Lois Gwyneth Simoune Mallillin

Tanker

A pride of DLSU-D in swimming since high school, Lois Gwyneth Simoune Mallillin continued the sport as she kicks off her journey in college as a result of her family's influence, alongside the common denominator among most athletes—passion for the game.

Prior to this, she was able to join swimming tilts such as Southern Tagalog CALABARZON Athletic Association (STCAA) from 2013 to 2016, PRISAA Regionals and Nationals (2016-2017), and club competitions, including the Philippine Swimming League in 2013 to 2017.



Jasmin Ayessa Pullon

Shuttler

DLSU-D Badminton Team rookie Jasmin Ayessa Pullon was raised in a family inclined to sports. In fact, his brother is also a varsity player in the same sport and in the same University.

For the rookie shuttler, her sport has been her stress-reliever which allows her to strengthen her determination in various aspects. Before she smashed her way into the Lasallian team, Pullon had also been victorious in high school intramurals and numerous private schools competitions.



Erbert John Pastolero

Jin

The moment he stepped into the life of being an athlete, taekwondo rookie Erbert John Pastolero knows that loving his sport is one of his ways to help and support their family financially. It drives him to be the best athlete he can be.

He shared that he needs to be a fighter at all aspects—physically, mentally, and spiritually—like a soldier being equipped for battle. Valuing what he learned as an athlete, he emphasized that one should apply everything they gained inside and outside the court.

Bringing home both gold and silver medals from the Dual Meet and NCR championships, Pastolero admitted that being a student and athlete at once is not as easy as others may think, as it requires intricate management, especially with time. Inspiring other Lasallians, he mentioned that if he can manage his endeavors, others can do such as well.



Celso Calderon Jr.

Paddler

Before he unleashed his potential that allowed him to make his way to the DLSU-D Table Tennis Team, Celso Calderon Jr. could not disregard his humble beginnings with Rev. Fr. Mario Rivera of St. Peter of Alcantara Parish, as his mentor.

On his decision to continue his journey as a student-athlete, the rookie paddler believes that having character is the most essential aspect of being a player, emphasizing the difference between those who are on top and those who aim to be on top, not only in games but also in society.

Aiming to consistently excel in his sport while also mindful of his humble beginnings, Calderon was able to bag bronze medals twice in both leagues: NCAA - South and in League of Southern Manila Schools (LSMS).



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KICKSTART. After waiting for years to be recognized as a varsity team, football players rejoiced as the Football Varsity Team is announced as part of the official varsity teams but will remain as understudy varsity of DLSU-D. Photo by Pia Margarita Marantan

Football Team now 'understudy' varsity

United Patriots Football Club to remain as student org

by Rose Kristine Amarillo

Starting this academic year, Office of Student Services (OSS) Dean Arch. Antonio Gutierrez Jr. confirmed that there will be an official football varsity team, but will be declared as an understudy team.

"There will be a varsity team for football *pero* understudy team *siya* (football team). *Hindi pa siya* full-pledged [varsity team] *na kagaya ng* basketball *na may* full scholarship ... *Dahil bago siya* (football team), *yong kamilang mga* benefit [ay] *hindi pa kasing laki nang nakukuha ng kagaya ng* teams *na* basketball [at] volleyball," OSS Dean Gutierrez clarified.

Homegrown talents

Newly-appointed head coach of the football varsity team, also current DLSU-D Junior and Senior High School Football Team coach, Sheila Tabangcora expressed her sentiments regarding the proclamation of the football team as an official varsity team: "ten years na kaming naghintay ... *ang matutuwa rito ay ang mga bata at*

ako as a coach."

Some of the official varsity players of the football team are "homegrown," or already football players of DLSU-D since junior high school (JHS) and senior high school (SHS). As per Tabangcora, previously, players from SHS would enroll in different universities upon graduating as DLSU-D does not have a football varsity team.

"*Ang pinanghahinayang ko* is *yong mga* players *ko* na from JHS at SHS, *at ngayon ay* nasa college *na mawawalan sila ng* chance to continue to play [football at DLSU-D] *kung hindi*

na-push ang varsity team *ngayon* (this academic year)," she said.

Since the football varsity team will not be receiving scholarship grants and other benefits as of the moment, Tabangcora expressed "hopefully, next semester or school year [ay] *magkakaroon na ng* scholarship."

UPFC to remain as student org

On another note, Tabangcora stated that United Patriots Football Club (UPFC) continues being an organization under the Council of Student Organizations and is still open for new members.

"UPFC is still an organization [and] not a varsity [team]. *Masaya lang ang UPFC na sa wakas ay magkakaroon na ng* varsity [team] *ang* DLSU-D [para sa football]," Tabangcora said.

On recruiting members for the Football Varsity Team, "siguro may mga members *sila* (UPFC) *na puwede kong i-absorb* as varsity players," she added.

Vision for the team

When asked what her pursuit is for the team, Tabangcora shared: "To help the less fortunate through sports (football) and to develop a good

and quality football players in and out of the field."

She also added that her plan for the team is to join festivals, tournaments, and leagues, like PRISAA, among others, to expose the varsity players in different opponents and game plays.

Anticipating fresh recruits, Tabangcora announced that the team has five available slots remaining in the lineup, "maybe after the intramurals (intercollege sports competition) *mabuo [na] ang* line-up. *Baka may makitaan pa akong magagaling na bagong* students sa intrams."

NEW COACHES

	OLD	NEW
Men's Basketball Team	Arnold Oliveros	Ephraem Sarrano
Women's Volleyball Team	Joven Racells	Vic Carranza
Men's Volleyball Team	Joven Racells	Jerome Mirano
Football Team	None	Sheila Tabangcora

All other coaches are retained in their positions.

SPICK-AND-SPAN GUIDANCE. The roster of new head coaches for the DLSU-D Men's Basketball Team, Men's and Women's Volleyball Team, and Football Team appointed for the student-athletes to develop holistically, to deepen their passion, and to boost their skills in each sport.

Patriots scholarships, leagues funding still on budget cut

by Christine Marie Romero

As DLSU-D continues to suffer decline in enrollees due to the implementation of the K-12 program, the Sports Development Office (SDO) will sustain curbing budget for operating expenses this academic year, which include student-athlete scholarships and allotted funding for sports leagues, SDO Director John Casidsid stated.

"*Yong* budget ng SDO just relies on the enrollment [of undergraduate students]. There will be a shortage of students for four years. *Ngayon*, first year and second year [students] *lang ang mayro'n. Kung may mga* third year *at* fourth year [students] *man, kakaunti lang. Malaki ang* impact *no'n sa* budget ng offices including SDO," he explained.

Casidsid added that following the decline in student population, only those

athletes who are sought to be "needed" in their respective teams will be prioritized for scholarship grants as well as recruitment.

"As much as possible *nga, hindi na lang muna* kukuha ng scholars. *Yong mga nandiyan na, yon na lang muna,*" he stated, emphasizing the impact of budget deficiency to scholarship. "*Yong mga nandito na* [upperclassmen varsity players], tuloy 'yong [scholarship grant]."

On the other hand, SDO continues to