

THE Ampayag Chronicles

The Official Student Publication of the College of International Hospitality and Tourism Management

Placing Students at the Center of Learning

Uniform and Individuality:
How We Can Have Both?

**NWU-CIHTM Students Shine
at UTHP National Skills
Competition 2025**

Truth in Freedom and Service
Issue 3

Editor's Note

Growth rarely announces itself. Most of the time, it happens quietly through pressure, reflection, and the decision to keep going.

This third issue of The Ampayag Chronicles, *The Art of Becoming*, centers on that reality. It speaks to students who are learning in real time—questioning systems, navigating identity, and carrying responsibilities while still figuring themselves out. The stories in this issue do not offer perfect answers; they offer honesty. To our editorial team, thank you for your discipline, courage, and commitment to telling stories that matter.

To our readers, your continued support gives weight to every story we publish. You remind us that these conversations deserve space and that student voices deserve to be heard.

The Art of Becoming is not about having it all figured out. It is about showing up, learning in real time, and choosing progress over silence. This is where we stand—still growing, still questioning, still becoming.

Jamie Nacino
Editor-in-chief



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About the Cover

The Art of Becoming

Every story is a beginning, and every beginning is a transformation.

This is a chapter shaped by change, courage, and the quiet bravery it takes to evolve.

This year, we step into a new form. Not as the pioneers we once were, nor as the roots and wings we discovered along the way, but as something still unfolding—still becoming. This is our art. A shift in voice, in vision, in purpose.

Within these pages, you will meet the changemakers of CIHTM, revisit moments that reshaped our community, and witness stories that remind us why growth—though uncertain—is always necessary.

The transformation is far from complete. But *the art of becoming has just begun.*

Editorial

Placing Students at the Center of Learning

For many years, education has followed a teacher centered approach in which students are expected to listen, memorize information, and follow instructions. While this method may have been effective in the past, it is no longer sufficient for the needs of today's learners, particularly in dynamic and service oriented fields such as hospitality and tourism. These industries require practical skills, adaptability, and strong interpersonal competence. As such, learning must be active, relevant, and focused on student engagement.

The shift toward student centered learning is therefore both timely and necessary, and the College of International Hospitality and Tourism Management (CIHTM) is well positioned to lead this transition in line with the Commission on Higher Education's Outcomes Based Education (OBE) framework.

Student centered learning views students as active participants in the learning process rather than passive receivers of information. This approach promotes critical

thinking, collaboration, and personal responsibility, which are essential qualities in hospitality and tourism professions. Learning is no longer limited to lectures and written examinations. At CIHTM, this is reflected in applied assessments such as case analysis based examinations, where students are required to analyze realistic industry situations and propose appropriate solutions. In this setting, teachers serve as guides and mentors, supporting students in both academic and professional development.

In addition, students' comprehension of lessons is gauged through actual demonstrations and performance based tasks. Faculty members deliberately design innovative and engaging assessment methods that allow students to demonstrate understanding through practice rather than mere recall of information. These assessment strategies are carefully planned during the crafting of the course syllabi to ensure alignment with learning outcomes and subject relevance. As a result, in highly skilled or performance based tasks. Faculty members deliberately design innovative and engaging assessment methods that allow students to hrough practice rather than mere recall of information. These assessment strategies are carefully planned during the crafting of the course syllabi to ensure alignment with learning outcomes and subject relevance. As a result, in highly skilled or performance

based subjects, traditional paper and pencil major examinations are limited or avoided, giving greater emphasis to authentic assessments that measure real competencies. At CIHTM, student centered learning is also demonstrated through large scale, student led activities such as the conduct of AMPAYAG. Instead of merely studying event management concepts, students are tasked to plan, organize, market, and evaluate an actual hospitality event. They manage real resources, coordinate with stakeholders, and respond to real challenges.

These experiences allow students to make decisions, manage pressure, collaborate with others, and learn from actual outcomes, skills that cannot be fully developed through theoretical instruction alone.

Students at CIHTM further benefit from experiential learning through educational tours and industry immersions, which allow them to observe hospitality and tourism operations firsthand and relate classroom concepts to real world practice. Success in hospitality and tourism is not determined by theoretical knowledge alone but by confidence, communication skills, professionalism, and the ability to respond effectively to real life situations. Through these learning experiences, CIHTM prepares students to meet industry expectations with competence and confidence. Some may argue

that student centered learning may lead to a lack of discipline or structure. However, CIHTM's experience demonstrates that when students are given responsibility and engaged in meaningful tasks, discipline is strengthened rather than diminished. Students become more motivated, accountable, and committed to their learning. Active participation replaces passive attendance, and responsibility replaces simple compliance, an outcome strongly aligned with CHED's emphasis on learner accountability and outcomes.

CIHTM's approach is commendable because it recognizes the need for education to evolve in response to industry demands. By supporting flexible curricula, outcomes based assessment, continuous faculty development, and experiential learning opportunities, the college reinforces its

commitment to producing graduates who are prepared for the professional environment. This educational direction emphasizes long term skill development rather than short term memorization.

Education should not be limited to the transmission of information but should focus on developing students' ability to think critically and act effectively in professional settings.

By placing students at the center of the learning process, CIHTM demonstrates a progressive and CHED aligned approach to hospitality and tourism education. The move from traditional instruction toward real world application is not merely an innovation but a necessity. Through this commitment, CIHTM is not only adapting to change but also setting a standard for industry oriented education.





The Weight of Minor Subjects

Jamie Nacino

Let's be honest—something is off when minor subjects begin demanding more time, effort, and pressure than the major ones. As students, we enter college fully aware that our majors will be demanding. That is expected. They form the core of our degree and shape the careers we are preparing for. What we do not expect is for minor subjects to take over our schedules and drain the time and energy meant for our specialization.

This is not about disrespecting minor subjects or denying their importance. They are part of a well-rounded education and serve a clear purpose. However, when minor courses assign excessive workloads, overlapping deadlines, and responsibilities that rival—or even exceed—those of major subjects, the balance of learning is lost.

Students are not speaking up because we want things to be easier. We are speaking up because we are stretched too thin. Between major requirements, presentations, practical exams, institutional activities, and personal responsibilities, the added pressure from minor subjects pushes many students into constant exhaustion. At that point, learning stops being meaningful and starts becoming survival.

Instructors play a crucial role in shaping how learning happens, and with that role comes responsibility. Empathy is not optional in education. Being aware of a student's overall workload does not lower academic standards; it strengthens them. Coordination among faculty, realistic expectations, and consideration of academic priorities are not favors but necessities.

Minor subjects should complement major subjects, not compete with them.

Education works best when it allows students to focus deeply on what matters most, without being buried under unnecessary pressure. We want to learn. We want to perform well. But this can only happen when fairness, balance, and awareness are part of the classroom and not afterthoughts.

This is not a request for easier education. It is a call for balance, accountability, and a learning environment where effort leads to growth, not burnout.



Uniform and Individuality: How We Can Have Both?

Vianca Shanell Vita

Seen as one - our uniforms are a sign of unity, discipline, and belonging. In schools, offices, and organizations, they remind us that we are part of something bigger than ourselves, they show that we are a community driven with the same passion and sharing the same road in individual journeys. It inspires us to look around and see not strangers, but fellow dreamers walking alongside us on the way.

But unity should never erase individuality. While uniforms standardize appearance, they don't have to suppress self-expression. The way someone carries themselves in the sense

that their confidence, kindness, and character is what shapes how the uniform looks and feels. It is in the pride and individual stride in wearing the attire that is what reflects personality without breaking uniformity.

The truth is, individuality isn't about rejecting sameness but it is about showing how you can shine within it. When a uniform and the person carrying it complement each other, both purpose and personality can shine. We may see it as structure stitched together but in a different light, it's a shared identity enriched by unique stories.

However, we cannot erase the challenges brought by circumstances such as the uniqueness of one's identity. In here, the hope of understanding, consideration, and compromise strengthens as what bends to some is what gives spine to another.

In the end, uniforms should remind us of belonging while allowing us to be ourselves. They bring us together, yet they also give us a chance to show the best version of who we are. We can be united, we can be expressive, and we can be both - seen and one.



₱500 Is Enough—If You Don't Live Like Us

Robelle Gerardo

Noche Buena has never been just another meal for Filipino families. It is a feast, a gathering, and a tradition that happens only once a year. It is the one night when families try, even just a little, to set aside their worries and sit together at the table. That is why it is difficult to accept the idea that ₱500 is enough for a family's Noche Buena.

It is easy to say that ₱500 can work when you sit in Congress.

Most lawmakers have the means to celebrate Christmas without thinking twice about prices. They do not have to choose between food and utilities, or between celebrating and saving for the next emergency. Their salaries, benefits, and security place them far above the daily realities of ordinary Filipino families. Because of this, their understanding of what is "enough" is very different from those who live paycheck to paycheck.

For many households, Noche Buena is not about excess. It is about making the night feel special, even with limited resources. A little more food on the table. A shared meal after months of sacrifice. Calling ₱500 sufficient ignores the fact that prices of basic goods have steadily increased, while wages have not kept up.

Rice, cooking oil, onions, and a small portion of meat already consume most of that amount. By the time families try to add even a simple dessert, the budget is gone. Suggesting that this amount can already cover a proper Noche Buena feels disconnected from the experience of those who actually do the buying.

What hurts most is not just the number, but what it represents. It shows how far removed some leaders are from the people they serve. It shifts the burden to families, implying that if they struggle, it is because they failed to

budget properly, not because the system itself has become harder to survive in.

Noche Buena is meant to be a celebration of togetherness. It is supposed to be a feast, not necessarily grand, but meaningful. When officials reduce it to a tight calculation, they miss the point entirely.

If leaders truly want to help, they should listen first. Listen to families in public markets. Listen to parents who stretch every peso just to make the night feel special for their children. Only then will conversations about affordability reflect real life.

₱500 may seem enough from the halls of Congress. But for most Filipino families, it is a reminder of how unequal our realities have become, especially during a season that is meant to bring people together.



Meet, Grow, Let Go Rycel Hernando

Looking back to our first days in college, many of us shared the same quiet confusion. We didn't yet know what "TBA" meant on our schedules. We wandered the halls wondering where our assigned rooms were. We looked around at unfamiliar faces and reminded ourselves of a phrase often repeated during orientations: no man is an island.

In those moments, friendship felt necessary for survival.

College has a way of bringing people together quickly. We bond over shared uncertainty, missed rooms, confusing schedules, and the pressure of adjusting to a new environment. Friendships form easily when everyone is trying to figure things out at the same time. We meet people not because we have everything in common, but because we are walking through the same unfamiliar phase.

As time passes, those friendships grow. We share notes, meals, group projects, and late conversations about stress, dreams, and deadlines. College friends become witnesses to

our unfinished selves. They see us struggle, improve, fail, and try again. In many ways, they help shape who we are during one of the most transformative periods of our lives.

But college also teaches us something quieter and harder to accept: not everyone we meet is meant to stay.

As semesters go by, paths begin to change. Interests shift, priorities evolve, and people grow at different speeds. Some friendships fade without conflict. Others drift quietly into the distance. And often, this happens without warning or explanation. It can feel like loss, even when nothing went wrong.

Yet letting go does not mean erasing what once mattered.

The friendships we form in college are real, even if they are temporary. Their value is not diminished by their ending. Growth sometimes requires distance, and outgrowing people does not mean we have outgrown gratitude.

The idea that "no man is an island" remains true, but it does not mean every connection must last forever. We are not meant to hold on to everyone forever. Some people are meant to walk with us only for a while—long enough to help us survive confusion, find our footing, and discover who we are becoming.

Letting go is not failure. Sometimes, it's the only proof that growth actually happened.

College friends may not all make it into the future we imagine, but they remain part of who we once were. They are in the memories of first-day nerves, shared laughter after stressful exams, and quiet moments of understanding when words were unnecessary. Even if paths diverge, those moments stay.

We meet. We grow. We let go.

And sometimes, the bravest thing we can do is honor the people who shaped us—even when they are no longer beside us. Because some friendships are not meant to last forever—only long enough to change us.



When Clearance Takes Time Away from Learning Roger Labiste

Semestral clearance is a required part of the academic system, intended to ensure that students have fulfilled their financial and administrative responsibilities. However, during the busy final weeks of the semester, this process often becomes a major source of distraction for students because instead of spending their time reviewing lessons and preparing for examinations, many students are forced to wait outside offices for long hours just to secure approvals for clearance.

This situation causes students to lose focus on their academic responsibilities.

The final examination period is meant to be a time for concentration and preparation, yet for many, it turns into a stressful race against time.

Moving from one office to another, dealing

with long lines, and adjusting to limited office hours can leave students mentally and physically exhausted, making it harder for them to focus on studying.

The impact of this distraction can be seen in students' academic performance. Some students who perform well throughout the semester end up receiving an Incomplete (INC) grade simply because they were unable to complete all clearance requirements on time. For those aiming for scholarships or Latin honors, this can affect their academic standing and future opportunities. More importantly, the pressure and anxiety caused by the clearance process can reduce the quality of students' exam preparation and performance.

This raises a serious concern: if clearance is meant to support order and responsibility, should it come at the cost of students' academic focus? Accountability is important,

but the system should not interfere with learning, especially during critical academic periods. When students spend more time waiting outside offices than reviewing for exams, the purpose of education is unintentionally compromised.

Improving the clearance process could help address this issue. Setting earlier clearance schedules, allowing online processing, or reducing the need for physical office visits can help students manage their time better. These adjustments would allow students to focus on their studies while still fulfilling school requirements in an organized manner.

Semestral clearance should encourage responsibility without becoming a barrier to learning. By making the process more efficient and student-friendly, schools can help ensure that students remain focused on what truly matters and that is their education.



Equality at the Gate: Why NWU Must Enforce Its Rules Consistently Galen Pamo

Northwestern University's decision to strictly implement the rule that only students wearing an official NWU shirt may enter the campus has stirred mixed reactions, but it also carries a valuable lesson. While some students find it restrictive, the policy encourages a sense of discipline, responsibility, and proper representation of the school. Wearing the appropriate attire helps students become more mindful of their actions and fosters a stronger school identity and unity. In a way, this rule pushes students to plan ahead, be organized, and take accountability for even small details like what they wear to school.

However, the concern arises when the implementation becomes inconsistent. Many students have observed that NWU guards allow female students to enter the campus even if they are not wearing an NWU shirt, yet male students in the same situation are denied entry. This inconsistency creates frustration and sends a message that rules only apply depending on who you are. Such gender bias not only undermines the fairness of the policy but also damages trust in the system meant to maintain order. If NWU wants to uphold professionalism and discipline, then the rules should be applied equally to everyone,

regardless of gender.

The enforcement of the dress code should reflect the values NWU stands for—fairness, respect, and equality. By ensuring that the guards implement the policy consistently, the university can create a more respectful environment where all students feel they are treated with the same standard. In the end, a rule becomes meaningful only when it is fair, transparent, and upheld without discrimination.



NWU-CIHTM students shine at the 2nd UTHP National Skills Competition 2025

By Marga Lucero

Northwestern University's College of International Hospitality and Tourism Management (NWU-CIHTM) proudly represented the institution at the 2nd United Tourism and Hospitality Professionals (UTHP) Skills Competition, held at De La Salle Lipa, Batangas on October 4, 2025.

The event gathered more than twenty schools across the Philippines, celebrating excellence and innovation in tourism and hospitality education.

The program opened with a message from Dr. Mae Borbon, President of UTHP, who emphasized that the competition was not only a test of skill but also a reflection of the participants' readiness for the professional world. "This is not just an exhibition of your knowledge and skills, but a definition of your future-ready professionalism," Dr. Borbon stated.

Dr. Tessie Palma, Vice Chancellor of De La Salle Lipa, also welcomed the participants with an inspiring message, saying, "Tourism and hospitality go beyond being industries—they are bridges that bring people and cultures together, empower communities, and open doors to progress."

Meanwhile, UTHP Vice President Dr. Maria Madel Ocampo highlighted the event's theme, encouraging participants to cultivate their skills and showcase their passion for the tourism and hospitality industry.

The competition featured a variety of events, including Tour Guiding, Tour Package Proposal, Flight Attendant Showmanship, Travel Photography, Art of Napery, Cocktail Mixing, Waiter's Race, Bed Making, Front Office Dream Team, Quiz Bee, and Mr. & Ms. UTHP.

NWU-CIHTM students earned two bronze medals:

Nivek Simon (2nd-year BSTM) and Lerina Foronda (4th-year BSTM) earned a bronze medal in the Flight Attendant Showmanship category.

Zyrel Menor (2nd-year BSTM), Xyra Dela Cruz (1st-year BSHM-CM), and Jomar Palar (3rd-year BSHM) earned a bronze medal in the Front Office Dream Team competition.

Their achievement was not just about bringing home medals—it also reflected NWU-CIHTM's commitment to excellence.

In an interview, Flight Attendant Showmanship bronze medalist Nivek Simon shared, "I really wasn't expecting anything. I even told Ate Lerina that whatever happens, it's okay—win or lose, what matters most is that we came here to make memories, learn, and represent our school the best way we can."

For Zyrel Menor, the experience was both humbling and inspiring: "What mattered most to me wasn't just winning. It was the experience itself. I learned a lot, and I really gave my best. It was such a real and emotional moment. Sometimes we doubt ourselves, but God has a way of reminding us what we're capable of in the most unexpected ways."

Their victory was more than a medal—it reflects NWU-CIHTM's commitment to nurturing competent, competitive, and compassionate professionals ready to thrive in the global tourism and hospitality industry.

More than a medal, it was proof that resilience, faith, and passion can transform challenges into unforgettable triumphs.



CIHTM holds General Assembly for AY 25-26

By Rycel Hernando

Northwestern University's College of International Hospitality and Tourism Management (CIHTM) successfully held its first-ever General Assembly for the Academic Year 2025-2026, on September 25 at the International House Conference Hall. Spearheaded by the CIHTM Student Organization (CIHTMSO), the assembly opened with a welcome address from CIHTMSO Vice President External Stephanie Madamba, who emphasized unity and collaboration within the college.

"Today is not just about formalities and plans. It's about coming together as a CIHTM community. We make this year a memorable one not just for ourselves, but for the entire CIHTM community," Madamba said.

Prof. Nikki Bersalona, Officer-in-Charge Dean of CIHTM, delivered a message highlighting the importance of student involvement in shaping the college's programs and activities. "This is actually a very important meeting for the CIHTM because this is going to be about you," Prof. Bersalona said, encouraging students to engage and speak up about their concerns.

"If you have dreams that you really want to be achieved, if you want us to really help you, and you want the officers to really serve you, then I hope that this afternoon, you will really involve yourself and speak up," Prof. Bersalona added.

Moreover, Ms. Precious Domingo, the CIHTMSO President, presented

the main agenda of the assembly, which included the uniform policy, budget allocation and membership fees, and the timeline of upcoming events and activities.

The event concluded with an open forum, where students' questions and concerns were addressed by Mr. Romel Gerson, the CIHTMSO Adviser.

The first General Assembly marked a historic milestone for CIHTM, setting the tone for stronger student participation, deeper engagement, and a more unified community within the college.

First Innovation Hub of Region 1 Launched in NWU: A New Home to Ideas, Solutions, and Future Innovators

By Roger Labiste

The first Innovation Hub (iHub) in Region 1 was officially launched at Northwestern University in partnership with the Department of Science and Technology (DOST) on November 20, 2025 at the NWU CEAT Building.

This historic event highlights the increasing leadership of the university in the conduct of research, innovation, and technology in the Ilocos Region.

In the welcome address, Prof. Shiela Navasca said that launching the iHub is a major achievement for the university.

"What was once a dream has now become a reality," she said highlighting the NWU's growing research culture and rising visibility in local and international research. She said the Innovation Hub is aimed at "being a catalyst for researchers, start-ups, young

innovators, and community partners to explore, collaborate, and push boundaries."

Regional Director Dr. Teresita A. Tabaog was proud of NWU for leading innovation in the region. "Congratulations po sainyo dahil kayo po ang may unang innovation hub dito sa Region 1," she said.

University President Atty. Ferdinand S. Nicolas called the event as a 'milestone' for the university and the region as a whole.

"This space is dedicated to ingenuity, invention, and endless possibilities," he said, adding that innovation is about solving problems like climate change, economic issues, and global changes.

He also reminded students and researchers that "innovation is a necessity if we are to compete and transform our

communities."

Under Secretary Engineer Sancho A. Maborang highlighted the iHub's importance for future development, saying, "This is the first in Region 1," while adding that DOST aims to put up innovation hubs in every province across the country.

He described the iHub as a center for AI, smart infrastructure, and digital learning. It can also provide support in creating local startups and jobs. "Our innovation will only make sense if we transform ideas into impact," he said.

The launching of the NWU-DOST Innovation Hub marks a new step for Region 1 in strengthening research, supporting local innovators, and promoting science and technology to help in community development.



Fourth-year BS Tourism students hold Gallery Walk for World Tourism Day

By Roger Labiste

The fourth-year Bachelor of Science in Tourism Management (BSTM) students of Northwestern University held a Gallery Walk on September 16, 2025, at the International House, Third Floor, to celebrate World Tourism Day 2025.

With the theme "Tourism and Sustainable Transformation," the event highlighted how tourism can protect the environment and strengthen communities. The students showcased their best photography outputs capturing sustainability, culture, and the beauty of tourism.

The activity was part of their Travel Writing and Photography course under Ms. Kyla Aguda, who guided the students in combining photography and storytelling to produce meaningful work. The gallery walk allowed students to showcase their photography skills while promoting sustainable tourism.

The gallery featured photographs of landscapes, cultural traditions, and local attractions. Each piece carried a backstory and conveyed a message of positive change that tourism can bring when practiced responsibly.

The event allowed students to express their creativity and deepen their understanding of tourism's role in building a sustainable future. It also encouraged them to reflect on how to promote tourism in ways that respect both nature and local communities.

The event concluded with students expressing appreciation to their teacher and peers for their support, highlighting the experience as a step toward their growth as future tourism professionals who will champion sustainable and responsible travel.

CIHTM sends first-ever international student delegates to Jakarta for Student Mobility Program

By Jamie Nacino

The College of International Hospitality and Tourism Management (CIHTM) of Northwestern University marked a significant milestone as it launched its first-ever International Student Mobility Program, held from November 24 to 29, 2025, in Jakarta, Indonesia. Seven delegates from the BSHM-CM program represented the college in a week-long series of academic, cultural, and institutional activities designed to broaden global perspectives and strengthen international linkages.

The program opened with a cultural city tour featuring Jakarta's major historical and national landmarks. Delegates visited Masjid Istiqlal—considered the largest mosque in Southeast Asia—followed by the Jakarta Cathedral situated directly across it. The first day concluded at the Thamrin City Batik Center, where participants examined traditional Batik craftsmanship and its role in Indonesia's textile industry.

Academic engagements formed the core of the second day. During the morning lecture on "Sustainable Tourism Development in the Digital Era," Mr. Mark Dio F. Palcon and Mr. Romel S. Gerson discussed the natural and cultural parallels between the Philippines and Indonesia, including similarities in geography, heritage, and shared linguistic roots. The lecture emphasized the role of cultural identity and hospitality excellence in enhancing tourism competitiveness across ASEAN.

In the afternoon, delegates attended "The Economic Impact of AI: Opportunities and Challenges in the Global Market," delivered by Prof. Dr. Eric S. Parilla. The discussion examined the expanding influence of artificial intelligence on global industries and its expected impact on future hospitality and tourism professionals. An open forum allowed participants to raise concerns and insights on AI-driven opportunities, risks, and ethical

considerations. The day's activities concluded with a visit to Monas (National Monument), a major emblem of Indonesian national identity.

A key feature of the program was the Indonesia-Philippines Cultural Exchange Performances, which showcased traditional dances, musical presentations, and a cultural snack exchange between participating institutions. The exchange highlighted areas of cultural convergence and underscored the value of cross-cultural understanding in regional collaboration.

The CIHTM delegates also took part in UPI Y.A.I.'s General Lecture Series, where discussions centered on global education, international cooperation, and research-driven approaches in developing future-ready graduates for the hospitality and tourism sector.

The week-long engagement concluded with hands-on cultural

activities, including a batik-making workshop, traditional dance and music sessions, and a guided city tour. These activities provided students with enhanced insights into Indonesia's cultural identity, creative industries, and socio-historical landscape.

This inaugural international deployment marks a major step in CIHTM's internationalization agenda, establishing a model for future mobility programs that aim to expand academic exposure, cultural competency, and global readiness among its students.

CIHTM holds Industry Placement Fair 2025: Fourth-Year Students Step Up and Stand Out

By Robelle Gerardo



College of International Hospitality and Tourism Management (CIHTM) successfully conducted its Industry Placement Fair 2025 on November 7, 2025, at International House, Conference Hall, Northwestern University. The event officially began at 8:00 AM with an opening message from Mr. Romel Gerson, followed by inspiring guidance from Prof. Nikki Bersalona. The program was conducted in collaboration with the Center for English Language and Communication (CELC).

The event brought together 4th-year students from the following programs: Bachelor of Science in Tourism Management (BSTM), Bachelor of Science in Hospitality Management (BSHM), and Bachelor of Science in Hospitality Management Major in Cruise Management (BSHM-CM). The event was to orient students regarding their OJT deployment in the coming months in partner establishments or industries.

In the morning, the Internship English Workshop was held to enhance students' communication and interview skills. The session was filled with engaging activities and simulations that helped participants learn to speak confidently in professional interviews.

In the afternoon, students underwent mock tests and real job interviews courtesy of CIHTM's partner companies and agencies, which included some of the most recognized names in the hospitality, tourism, and aviation industries — The Peninsula Manila, Grand Sierra Pines, Hilton, Camp John Hay, Costa Cruises, Shangri-La Mactan Cebu, Obeil, Dusit Thani, Radisson Blu, Italianni's, 7th Bucandala Café, TGI Friday's, F1 Hotel Manila, L'Altrove, Plaza del Norte, Fort Ilocandia, as well as the Civil Aviation Authority of the Philippines (CAAP) and the Civil Aeronautics Board (CAB). These interviews were used for assessment and to



match students with suitable OJT placements aligned with their skills, interests, and career goals.

The event served as a bridge connecting students to potential employers and internship sites for real-world, hands-on experience. It also highlighted CIHTM's continued commitment to producing competent and industry-ready graduates.

Under the theme, "Step Up and Stand Out," the Industry Placement Fair 2025 brings forth the encouragement to students toward adopting professionalism, building confidence, and preparing for a forthcoming journey in the hospitality and tourism industry.



HM, TM students unite for the 2nd UTHP National Convention

By Jamaica Mangaoil

Future tourism and hospitality leaders gathered on October 3, 2025, at the Aquamarine Recreational Center in Lipa City, Batangas, for the first day of the 2nd United Tourism and Hospitality Professionals (UTHP) National Convention and Skills Competition. With the theme “Empowering Future-Ready Tourism and Hospitality Professionals for a Sustainable and Innovation-Driven Industry.”

Among the attendees were representatives from Northwestern University's College of International Hospitality and Tourism Management, including BSTM 3B students, together with Dr. Reynar Taoing, Dean of CITHM, and Mr. Mark Dio Palcon.

The convention featured a full day of inspiring speeches, cultural performances, and discussions focusing on innovation and sustainability in the tourism and hospitality industry.

Dr. Noelah Mae D. Borbon, UTHP President, warmly welcomed all the participants, followed by an inspirational message from Hon. Michael Gerard T. Morada, Vice Mayor of Lipa City. In his address, he encouraged students to embrace innovation, promote sustainability, and uphold the true essence of Filipino hospitality in their future careers.

Notable speakers included Dr. Sharad Agarwal, founder of Botspice, who discussed the integration of Artificial Intelligence (AI) in the tourism and hospitality industry, focusing on machine learning, deep learning, AI in customer service, emotion analysis, and sustainable tourism. He emphasized the importance of human-AI collaboration and the ethical use of technology to enhance guest experiences and operational efficiency.

The second speaker, Mr. Ariel M.

Labonite, Sales Account Executive of Hotel Lucky Chinatown, presented on Sustainability Practices and Responsible Management in the Accommodation Sector. He highlighted eco-friendly initiatives, green procurement, and community-based tourism through the Binondo Food Crawl. He also introduced the Sampaguita Brand of Service, which embodies love, honor, dignity, and healing, values central to Filipino hospitality.

Meanwhile, Mr. Glenn T. Fegarido, an international airline crew member of Philippine Airlines, spoke about the future of the flight: a sustainable and innovation-driven airline industry. He discussed some of the world's leading airports, showcasing innovations like paperless cockpits and eco-friendly flight systems.

Mr. Fegarido encouraged future tourism

and hospitality professionals to view sustainability not as a burden, but as an opportunity to reshape the industry responsibly.

Each speaker shared valuable insights on the roles of technology, sustainability, and innovation in shaping the future of the tourism and hospitality industry.

The event concluded with a panel discussion, an awarding ceremony, and a closing message from Dr. Alex D. Ylagan, UTHP Chairman of the Board, who expressed his gratitude to all participants and reminded everyone to keep learning,

innovating, and serving with passion and purpose.

In an interview, Jamaica Mangaoil, a third-year BSTM student, reflected on her experience: “Attending the UTHP Convention made me realize how important it is to keep learning and adapting in a fast-changing industry. Being future-ready isn't just about using new technology, it's about growing with it responsibly.”

“It reminded me that no matter how advanced the industry becomes, genuine Filipino hospitality should always stay at the heart of what we do,” Mangaoil added.

The convention served as an inspiration for students to become future-ready tourism and hospitality professionals who uphold sustainability, innovation, and the true spirit of Filipino hospitality.



Fourth-year Tourism students celebrate Tourism Month with “Philippine EATsperience”

By Roger Labiste

Northwestern University's fourth-year Bachelor of Science in Tourism Management (BSTM) students celebrated Tourism Month with a lively and flavorful showcase of Filipino cuisine through their event, Philippine EATsperience, held on September 26, 2025, at the International House, Third Floor.

Organized as part of their Philippine Gastronomical Tourism course under Ms. Kyla Mae R. Aguda, the activity highlighted the Philippines' diverse food culture by presenting signature dishes from different regions of the country.

Each region of the Philippines is renowned for a distinctive dish that reflects its local culture and the ingredients available in that area. In Region I, Dinengdeng nga Aba showcases the Ilocano preference for fresh vegetables cooked simply with bagoong. Region II is famous for Pancit Cabagan, a noodle dish that highlights the culinary creativity of Isabela. Region III is well known for Sisig, a savory and flavorful dish that has become popular

nationwide. In Region IV-A, Lomi Batangas stands out as a hearty noodle soup enjoyed for its rich broth and thick noodles. At the same time, Region IV-B features Ginataang Puso ng Saging, a coconut milk-based dish that reflects the region's love for gata.

Moving south, Region V showcases Laing, a spicy and creamy dish made from dried taro leaves and coconut milk. Regions VI, VII, and VIII share Pork Humba, a slow-cooked dish known for its sweet and savory taste. Region IX offers Piyalam Istah, a traditional fish dish that highlights Mindanaoan flavors. Region X is known for Binaki, a sweet delicacy made from corn and wrapped in corn husks. In Region XI, Durian Cream showcases the region's famous fruit transformed into a decadent dessert. Region XII is represented by Tilapia in a Curry Sauce, combining freshwater fish with bold spices.

Meanwhile, Region XIII features Tinolang Isda, a light and nourishing fish soup. The Negros Island Region (NIR) is famous for Piaya, a flatbread filled with

muscovado sugar. The National Capital Region (NCR) is symbolized by Adobo, widely regarded as the country's unofficial national dish. The Cordillera Administrative Region (CAR) is known for Pinikpikan, a traditional highland chicken dish. At the same time, the Bangsamoro Autonomous Region in Muslim Mindanao (BARMM) highlights Putli Mandi, a sweet rice cake that reflects the region's rich culinary heritage.

The experience showed students that tourism is not only about traveling, but also about experiencing unique foods because food allows people to connect with a region's history, culture, and traditions.

The Philippine EATsperience concluded with everyone enjoying the different dishes and appreciating even more the Filipino cuisine. The celebration emphasized that Filipino cuisine is more than nourishment—it is a gateway to understanding history, culture, and identity.

CIHTM Day 2025 embraces 'Ampayag' theme, concludes with meaningful socialization night

By George Agcaoili

The College of International Hospitality and Tourism Management (CIHTM) marked a vibrant milestone as it celebrated its annual CIHTM Day, December 5, 2025 at the International House, followed by the Socialization Night at the University's Oval. This event is designed to strengthen camaraderie among students, faculty, and industry partners.

The celebration began with a morning gathering at the International House, followed by a communal prayer at the Worship Center that brought participants together in reflection and unity.

One of the day's early highlights was the Parade and Street Dance Competition, which transformed campus pathways into a rhythmic and colorful showcase of creativity, teamwork, and cultural pride. Performers marched and danced through various university landmarks, showcasing creativity, teamwork, and cultural pride before returning to the International House.

The formal Opening Program followed, leading into an engaging Industry Session where students gained valuable insights into emerging trends in hospitality and tourism. As the academic discussions concluded, the atmosphere shifted toward hands-on excellence through the Simultaneous Skills Convergence, an immersive showcase of talent in tour guiding, flight attendant showmanship, events planning, bed making, waiter's relay, and napkin folding. At the same time, The Cultural Stalls Competition and Culinary Heritage Contest led by Ms. Kyla Aguda also took place. In which, each area of the International House became a dynamic space where skill, accuracy, and youthful professionalism were on full display.

As the day transitioned into evening, the celebration moved to the Oval for the historic CIHTM Socialization Night. The gathering opened with preliminaries led by the CIHTMSO officers, followed by warm and inspiring messages from faculty leaders

who emphasized unity, purpose, and the college's shared vision of growth.

A captivating Runway Presentation set the mood for the night's activities, complemented by energetic intermission performances from the CIHTM faculty and The Ampayag Performing Arts (TAPA). The Socialization and Awarding Program recognized outstanding performers from the day's competitions.

Another meaningful message was later shared, enriching the sense of togetherness before everyone gathered for a shared meal, a simple yet symbolic gesture that strengthened the bonds within the CIHTM community.

One of the most outstanding moments of the evening was the Launching of the Ampayag Gesture — presented by Mr. Romel Gerson, Mr. Mark Dio Falcon, and Ms. Kyla Aguda. More than a symbolic act, the gesture introduced a new cultural hallmark for the college — a representation of identity, unity, and collective pride.

The event drew to a close with heartfelt remarks that officially marked the celebration as one of the most memorable in the college's history.

Blending culture, skill, and community, the CIHTM Day and its Socialization Night showcased not only the talents of its students but also the strengthened bonds within the college — setting a promising foundation for even more impactful celebrations in the years ahead.



NWU marks holiday season of giving in Badoc, Ilocos Norte

By Robelle Gerardo



The College of International Hospitality and Tourism Management actively participated in Northwestern University's Christmas outreach program, "Sagut ti NWU: Jesus is the Reason for the Season," on December 14, 2025, bringing joy and hope to the Badjao community in Badoc, Ilocos Norte.

With University President Atty. Ferdinand S. Nicolas at the forefront, in coordination with the Office of Student Affairs (OSA), the Supreme Student Council (SSC), and other organizations within the university, the event allowed CIHTM faculty members, student organizations, and students to unite

in the spirit of sharing through small gifts, warm encounters, and genuine presence.

For CIHTM, it was more than just distributing gifts. It was a joyous celebration of hope, love, and unity, demonstrating how education in hospitality and tourism can promote empathy, social responsibility, and service for a good cause.

The event emphasized CIHTM's commitment to developing exemplary professionals—not only in skills and knowledge but also in values that create a positive impact on society. Through collective efforts, they were able to show that the true meaning of Christmas is

realized through service, compassion, and unity among people.

As Rev. Fr. Joel Reynold P. Castillo of the Minor Basilica of St. John the Baptist in Badoc reminded everyone, "The Church is at its greatest when it humbly reaches out to those in need." The presence of the CIHTM community demonstrated that generosity is not just about giving gifts but, more importantly, about being present.



BSHM-CM fourth-year students set sail toward success with Basic Training, SDSD in Cavite

By Jamie Nacino

The fourth-year Bachelor of Science in Hospitality Management major in Cruise Management (BSHM-CM) students of Northwestern University successfully completed ten days of intensive Basic Training and Ship Security Awareness Training for Seafarers with Designated Security Duties (SDSD) at the COMPASS Training and Convention Center in Silang, Cavite.

For ten intense days, they stepped out of their comfort zones and into a world of drills, discipline, and determination. With lifeboats at the ready, survival suits strapped tight, and the unpredictable sea as their imagined backdrop, these BSHM-CM seniors faced training that tested both skill and spirit—and emerged stronger, sharper, and ready to navigate their future on the open waters.

Each training batch was led by dedicated and highly experienced instructors:

Batch 001 – NWU: Mr. Joenicar Ordoñez

Batch 002 – NWU: Mr. Rodney Aguilar

Batch 003 – NWU: Mr. Kent Tangente and Mr. Ronaldo Banagan

Their expertise and guidance played a pivotal role in equipping the students with the knowledge, discipline, and readiness required in the industry. Special thanks are extended to Ma'am Mary Jane Roca for her invaluable assistance throughout the training process, as well as to Mrs. Gerly M. Tabili and Ms. Julliene Yne Cabacungan for their unwavering guidance and support in ensuring the program's success.

With this achievement, the BSHM-CM fourth-

year students are now anchored in knowledge, powered by skill, and set to sail toward a future filled with opportunities—ready to navigate the seas with confidence, competence, and pride.





NWU showcases culinary innovation at EATS LOCAL Fest

By Jamie Nacino

Northwestern University showcased its culinary creativity and academic excellence during the EATS LOCAL FEST held at SM City Laoag, where students demonstrated how traditional Ilocano cuisine can be reimaged through innovation.

Students from the College of International Hospitality and Tourism Management (CIHTM), under the supervision and guidance of Mr. Romel S. Gerson, Mr. Dennise Viernes, and Prof. Glory Asuncion Domingo, along with the Officer-in-Charge Dean, Prof. Nikki Anne V. Bersalona, prepared a total of 200 empanadas featuring a distinctive and modern take on the well-loved Ilocano delicacy.

Unlike the traditional empanada, the students' version used wrappers made from flour

infused with horseradish, adding a subtle yet unique flavor profile. The filling consisted of bean sprouts, singkamas (turnip), and egg—ingredients that offered a balance of freshness, texture, and tradition while maintaining the dish's cultural essence.

The culinary showcase was part of the Ilocos Pride: 1,000 Empanadas initiative, a collaborative effort among various institutions and stakeholders aimed at celebrating and promoting Laoag City's iconic street food. During the event, the empanadas prepared by NWU students were distributed to festival-goers, allowing the public to sample their innovative interpretation while appreciating the rich culinary heritage of Ilocos.

Beyond cultural promotion, the activity also

served as a practical learning experience for CIHTM students. Through hands-on food preparation, menu development, and community service, students were able to apply classroom knowledge in a real-world setting—reflecting NWU's commitment to experiential learning in hospitality and tourism education.

By participating in the EATS LOCAL FEST, Northwestern University reaffirmed its role in preserving Ilocano culinary heritage while embracing innovation and creativity. The university's involvement highlighted how academic institutions can meaningfully contribute to local cultural initiatives, strengthen community engagement, and help sustain regional identity through food and tradition.



CIHTM tourism students soar high in PTC Aviation Blended Flight Attendant Training

By Aaron Pizarro

Parañaque City — Fourth-year Tourism students from the College of International Hospitality and Tourism Management (CIHTM) of Northwestern University soared to new heights as they successfully completed the Blended Flight Attendant Training at the PTC Aviation Training Center in Parañaque City under Batch 25-09 AM and PM.

The intensive training, facilitated by the industry-renowned PTC Aviation Training Center, equipped students with both theoretical knowledge and hands-on experience in cabin crew duties, safety procedures, customer service, and situational awareness—essential skills for future professionals in the aviation and tourism industry.

Guided by CIHTM faculty in charge, Ms. Kyla Mae Aguda and Ms. Junelyn Gallo, the students engaged in simulated in-flight service, emergency protocols, and professional grooming standards aligned with international airline expectations. The highlight of the program was the awarding of outstanding students who excelled in various categories during the rigorous training sessions:

Batch 25-09 AM Awardees

Valedictorian: Monica Calaoagan
Salutatorian: Trishia Galicinao
Honorable Mention: Stephanie Keith Madamba

Customer Service Award:
Robelle Gerardo, Monica Calaoagan, Mark Gaoiran, Thea Micah Ella Malabo, & Precious Keith Nicolas

Situational Awareness Award:

Shairra Gwyneth Llamelo, Trishia Mae Galicinao, Bella Garganta, Keith Pascual, & Stephanie Keith Madamba

Best Team:

Jannah Echanique, Trishia Galicinao, Bella Garganta, Mark Eslava, & Dylan Clemente

Batch 25-09 PM Awardees

Valedictorian: Maxine Foz
Salutatorians: Roger Labiste, Luis Castillo III
Honorable Mention: Jana Dianne C. Alipio

Best Team:

Karylle Garcia, Pauline Flores, Lerina Foronda, Jana Dianne C. Alipio, & Maxine Foz

Customer Service Award:

Vanessa Bolo, Patricia Castillo, Chynna Lagansua, Jake Taguinod, & Jana Dianne C. Alipio

Situational Awareness Award:

Alysha Hidalgo, Roger Labiste, Luis Castillo III, Maxine Foz, & Lerina Foronda

The Blended Flight Attendant Training served as a capstone experience for the Tourism majors, reinforcing CIHTM's commitment to producing competent, industry-ready graduates.



For Now

For now I guess it's fine,
To hold your hand and let it sway.
In this moment that you're mine,
Before you even drift away.

Away from what was once familiar,
The noise, the silence, and their harmony

They create something that's peculiar,
A beat - our own unique melody.

The waves we share will be a goodbye.
Photographs hanging with wooden
frames.

Though tears may be in our eyes,
The sparkle will always be the same.

Soon, I'm sure it's time.
To let go as your wings spread wide.
The love I have can't be found in rhyme,
But in my memories I'll treasure the ride.

With Our Little Eyes

"Eye spy with my little eye, three horses eating in a field." Like kids we look out the window and ignore the rays of the sun just to see where the horses are. With satisfaction we laugh - amused of all the grass around. The car drives passes it and no more horses are there in sight.

"Eye spy with my little eye, a gasoline station with a vending machine!" The car stops and the driver takes a break while carts are loaded up with snacks to eat along the way. Different cans fizz up and we all worry that it might explode. After steadily opening a can, there was no explosion after all.

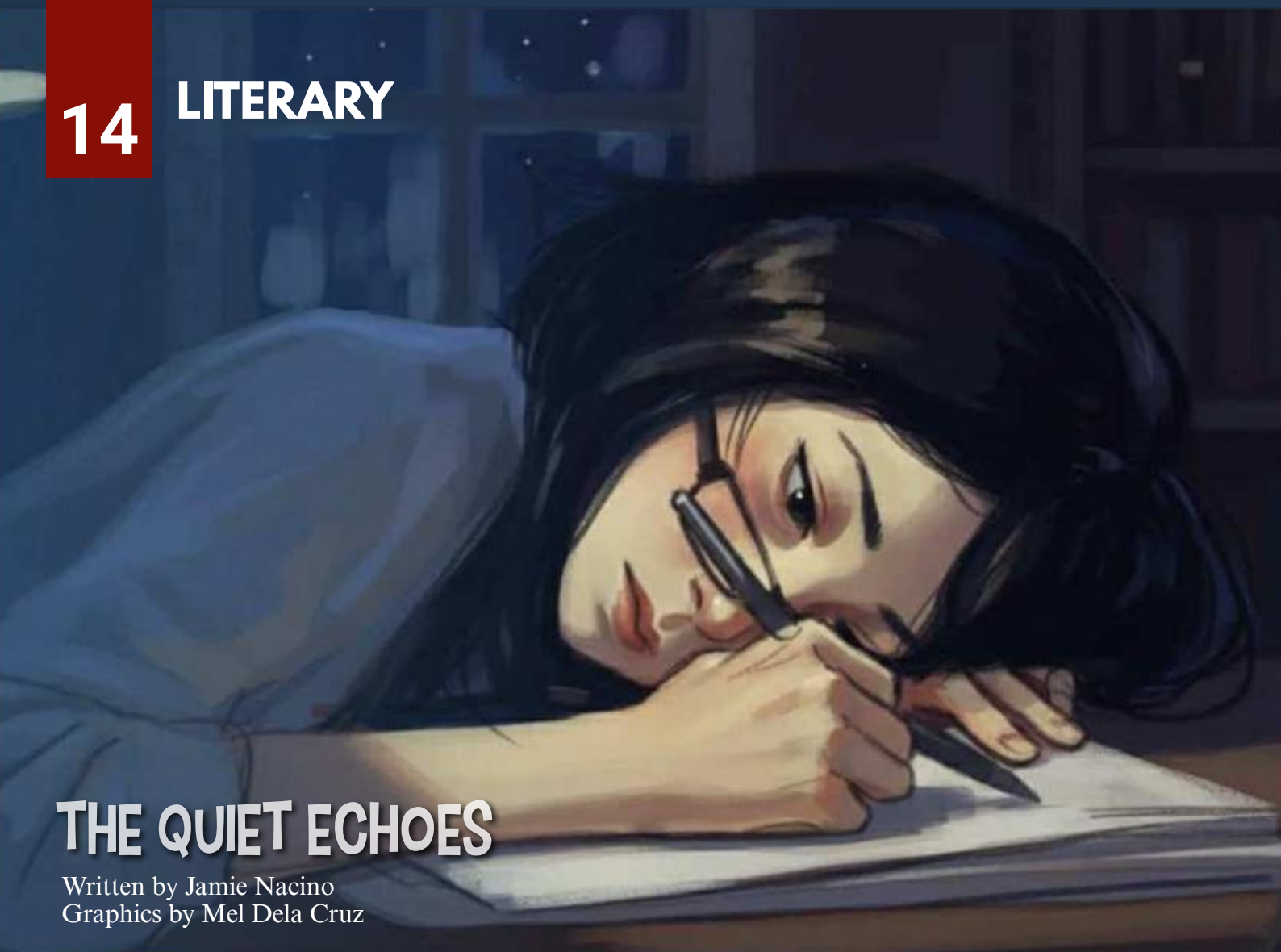
"Eye spy with my little eye, a street with houses well-lived-in." All have different vibes and distinct personalities. Like the people in the car, each gets drawn to different facades as if the gates are mirrors of whom we're yet to be. They're beautiful houses admired by friends who came from different homes and cultivated a new one found in the company of each other. They're different buildings joining to create a colorful street.

Miles have passed and little eyes has spied on wonders from simple to grand. At last, the car parks on a corner of an urban area. As we all go down the street, we walk together and then slowly we part. To see a big world where offices are at the top floor of a skyscraper. To open a roll-up gate of a restaurant that has a scenic view of the foot traffic on a busy street. To watch the birds fly across the glass windows keeping the rain outdoors. Times have passed but we still strive to see - and this time, there's no more need to just spy.

We see with our little eyes a world so big for us to explore. We navigate with a compass built upon the passion for growth. It's a world of choices open for us to pick and learn from. This time, we're little no more.



Written and Graphics by Vianca Shanell Vita



THE QUIET ECHOES

Written by Jamie Nacino
Graphics by Mel Dela Cruz

For the past few months, I have been living my college life to the fullest. I say yes to everything — random invitations, late-night hangouts, spontaneous rides in which we don't even know where to go, and quiet dinners that turned into laughter-filled nights. Even when exhaustion crept in, I still chose to go out. My mindset was simple: *carpe diem* — seize the day.

I told myself that this is my last semester to live freely before the real world begins to unfold. Next semester, I will begin my On-the-Job Training. After that comes graduation. And beyond graduation lies a future I have yet to understand — a future that both excites and frightens me.

Maybe that's why I've been going out so often. Maybe that's why I hold on tightly to every memory, every fleeting moment with my friends. Because deep down, I know that this chapter—the warmth, the laughter, the comfort of being a student, will eventually come to an end.

Then suddenly, on a random day, reality hits me.

What will happen after all of this? Will I be successful? Will I make it? What if all the hard work and all my achievements leads me to nowhere?

I try to silence these thoughts by keeping myself busy — by laughing louder, staying out longer, and pretending I'm not scared. But to be honest, I'm just trying to escape.

Because the thought of growing up terrifies me. The idea of stepping into a world that demands so much yet promises so little makes me feel small, uncertain, and fragile. I am scared of what comes next, scared of not being enough, scared of losing the version of myself that still finds comfort in being a student. I don't have it all figured out. I don't know where I'm heading, or what awaits me after the noise and excitement fade.

But maybe that's okay. Maybe it's fine to admit that I don't have all the answers yet — to stand at the edge of what's next, unsure but still willing to try. The truth is, I'm still scared. I still don't know. But perhaps, someday, I will.



WONDER MOM: THE WONDER SHE CARRIES

By Rycel Hernando

Some heroes wear capes. Others carry their world in their arms.

Every day, in the quiet hours before the world wakes, a young mother rises—not because life is easy, but because someone depends on her strength. And in that powerful, extraordinary act, she becomes a WonderMom.

At 24 years old, Precious Keith R. Nicolas stands at the intersection of motherhood and ambition. A 4th-year Bachelor of Science in Tourism Management student at Northwestern University, she navigates a life shaped by love, responsibility, and unshakable determination to keep going.

If she were to describe her life in three words, they would be grateful, blessed, and contented—grateful for the lessons she learned from the challenges she has overcome, blessed with a talented daughter and a loving partner, and contented with the simple but complete life they're building together.

Her journey began early. Precious learned she was going to be a mother at just 16. Fear and overwhelm were her initial companions—she was young, unsure, and afraid her

dreams might slip away. But alongside those fears came an unexpected joy: the chance to watch her daughter grow into someone smart, kind, talented, and God-fearing. That joy became her anchor.

Balancing school and motherhood has never been easy. Every day is a rhythm of multitasking—bringing her daughter to school, helping with lessons, guiding her through Kumon sessions, and spending weekends cheering her on at dance class. Precious rarely stops to ask how she does it. All she knows is that the exhaustion is worth it, because every moment with her daughter sharpens her purpose.

Still, there are days that test her strength. There were moments when school activities clashed with her daughter's needs—moments that left her torn, sad, and feeling guilty. But she learned to ask for help, to lean on her partner and their families, who have been her biggest supporters. Their hands lifted her when she couldn't lift everything alone.

And yes, she has faced judgment. Being a young mother came with whispers and assumptions. It hurt—but instead of breaking

her, it fueled her. She carried on, proving through her actions that she was responsible, capable, and deserving of her dreams.

Motherhood didn't shrink her dream—it expanded it. For herself. For her daughter. For their future.

To Precious, being a WonderMom means giving your best even when you're tired, choosing love even when the world doubts you, and rising every time life tries to weigh you down.

And to young mothers like her, she offers this message: "Don't give up. You can do it. One step at a time. Your dreams still matter."

Because at the end of each long day—after the schoolwork, the responsibilities, the sacrifices, and the small victories—one truth remains steady in her heart, spoken with pride, certainty, and quiet power:

I am a WonderMom.

Balancing Passion, Purpose, and Entrepreneurship: Charlayne Faye Jacinto's Rising Journey as a Student

ENTREPRENEUR & SK CHAIRMAN

By Isay Alonzo



At just 21 years old, Charlayne Faye Jacinto, a 3rd-year Bachelor of Science in Tourism Management student (BSTM-3A) at Northwestern University, has already made a name for herself—not only as a committed tourism student but also as a thriving young entrepreneur and the proud owner of Cafaye, her pastry and food business. Alongside her academic journey and business responsibilities, she also serves her community as the Sangguniang Kabataan Chairman, embodying leadership, passion, and purpose all at once.

Charlayne's entrepreneurial journey began with her love for baking. What started as a simple hobby—preparing treats for her family, friends, and school activities—gradually evolved into a vision. With continuous positive feedback and growing demand, she eventually asked herself, “Why not turn this hobby into a business?” At just 14 years old, she officially launched her pastry venture. Today, seven years later, Cafaye has grown into a well-known and trusted brand within the school and their community.

Cafaye offers a wide range of pastries, including cakes, cinnamon rolls, cheesecakes, donuts, and other specialty desserts. She also accepts custom and bulk orders for events. What once began as small requests prepared in their family kitchen now reaches students, teachers, and residents of their barangay.

But behind every sweet success lies a story of determination. As a student entrepreneur, Charlayne admits that time management is her biggest challenge. There are nights when she works late just to meet orders, and still attends classes early the next day. Budgeting, sourcing quality ingredients, and maintaining consistency can also be difficult, especially during busy academic weeks.

Despite this, she manages both worlds through careful planning. She bakes ahead when she has exams or presentations coming up, and she accepts only the orders she can realistically fulfill—ensuring that both her academic performance and her business operations remain strong. For her, discipline and commitment are what keep everything in balance.

Her journey has taught her valuable life lessons: patience, resilience, financial responsibility, and the importance of excellent customer service. Above all, she learned that passion becomes powerful when paired with purpose and perseverance.

One of her greatest accomplishments is being able to consistently serve hundreds of customers while studying full-time and fulfilling her duties as an SK Chairman. For Charlayne, seeing people enjoy her pastries and trust her brand is

the most rewarding outcome of her hard work.

Her experiences as an entrepreneur have also strengthened her academic life. Concepts she learns in tourism and business courses come alive through real-world application.

With all these, she has become more confident, responsible, and independent. She credits her family as her strongest support system, along with classmates and professors who continually encourage her and patronize her products. Charlayne's advice to aspiring entrepreneurs is to “Start small, start now. You don't need to have everything figured out. Mistakes are part of growth—what matters is your consistency and willingness to learn.”

And to those who look up to her, she says: “Thank you for believing in me. Move at your own pace, trust yourself, and never stop dreaming. If I can do it, you can too.”

Charlayne Faye Jacinto's journey is a shining example that age is not a limitation, and that passion—when combined with discipline, hard work, and heart—can open doors to incredible opportunities. As she continues pursuing her degree, managing Cafaye, and serving her community, she stands as a proud inspiration to every Northwesternian who dreams of building something meaningful.

CREW'S SHIP

By Vianca Shanell Vita

When the sea calls, it is a cruise's duty to set sail. Vast as it may seem, it is powered by the passion within. When the kitchen clamors with a line of orders, it's the crew's duty to deliver. Small as it may appear to others, it's what keeps the ship afloat. This keeps going, further every time - this is the journey of Chef Angelo Juarez.

Juarez was raised in a humble and disciplined home with his mother managing their little sari-sari store and his father working as a private car driver in Manila. Their perseverance and virtues molded him to keep the values of humility, hard work, and gratitude, which would later steer the course of his life.

After starting his education at Mariano Marcos Memorial Elementary School, he completed his high school education at Batac Junior College. He then started his college journey by taking Computer Engineering. However, after a year, he found himself being pulled to a new direction which led him to enroll in Northwestern University's Bachelor of Science in Hotel and Restaurant Management program in 2002.

In addition to his academic success, he assumed leadership positions at NWU. He developed his abilities and

encouraged his peers to follow suit when he was elected President of the HRM Student Organization in his fourth year. Additionally, he had the chance to finish his Hotel Phase On-the-Job Training in Singapore, which gave him an early introduction to global culinary standards.

His journey, however, wasn't smooth sailing. As a working student, he balanced his studies with jobs at Jollibee Laoag and Chowking Batac, proving that dedication knows no shortcuts. After his graduation in 2006, he joined Fort Ilocandia as a cook while also teaching part time at NWU and Divine Word College of Vigan.

Eventually, the sea called him. He joined Costa Cruise Lines in Italy as a Commis de Cuisine, stepping into the wide world of luxury cruise dining. From there, his career steadily rose. Today, he proudly serves as a Corporate Chef at Linea Peninsular Shipping Corporation in Miami, Florida, USA.

Starting as a crew member in fast food restaurants, then moving to the grand galleys of cruise ships, and now overseeing culinary operations internationally, his life has been an ongoing journey. Currently, as a skilled chef and mentor, he finds satisfaction in



assisting Filipino chefs in obtaining positions within the cruise and shipping sector. His narrative is not solely one of individual achievement but also of philanthropy as he helps others pursue their aspirations just as he once did.

Invited back to NWU as a guest speaker earlier this year, he sees it as both an honor and a homecoming. Sharing his expertise in culinary arts and luxury cruise experience, he hopes to inspire the next generation of hospitality professionals to dream beyond borders. "I hope someday to organize a culinary event or competition showcasing

international cuisine," he says, "and to share what I've learned from working with world-class chefs abroad."

With all this, it shows, that from the moment he stepped foot in a kitchen, he has already started the journey in his own crew's ship.

So when the world calls, know that it is a bright future that echoes. Vast it may be, it's powered by the actions we give. When the days clamor with a line of hurdles, it's a person's duty to deliver. Small steps they may be, it's what brings the dreams to life.

FILIPINO FISHERMEN ON THE SPOTLIGHT

By Vianca Shanell Vita



The archipelago that we enjoy the sovereignty of that is the Philippines has always been rich in natural resources. The land we have serves as soil for the crops. The wind where the wings of the eagles stretch wide blows the seeds of flowering fruits. The land we walk on cultivated us as what we are now - resourceful and strong. However, it is the waters that need protection. Furthermore, it is the people who set sail on the waters who need much more protection.

Last Saturday, the documentary entitled Food Delivery: Fresh from the West Philippine Sea by Director Baby Ruth Villarama was screened for the students of the National Service Training

Program. It showcased the hardships of Filipino fisherman to provide for their families. As a country surrounded by deep and vast oceans, it is just right for the fishing industry to be cared for as they serve both their families and our economy.

A scene from the documentary showed a moment wherein assumed foreign drones were following a boat of Filipino fishermen who was on the mission to deliver food just within our islands. However, when they saw the drones following them, they were ordered to close their lights to not get tracked - at the first place, why should they be tracked? Why should our ships sailing on our waters be on a tight

spotlight of watchers that aren't from us? After all the waves that the fishermen have been through, they persevere and continue to be the people of our ocean. With this, they do deserve a spotlight of continuous support. They deserve to be guarded as much as the ocean needs to be.

According to the Navy featured in the film, the West Philippine Sea is rich - even without bait. The interest is big. Yet our people are sadly seen as small. Together, let the appreciation of the nation be bright enough to give a strong light to the hearts of our humble fishermen who brave the waters with great engines powered by patriotism.



The Ampayag Chronicles

Vision

The Ampayag Chronicles envisions itself to be the leading collegiate publication that inspires, informs, and empowers the CIHTM community through quality journalism and creative expression.

Mission

The mission of The Ampayag Chronicles is to uphold the highest standards of journalistic integrity, providing comprehensive coverage of events, issues, and achievements within CIHTM and the broader university, while encouraging student participation and leadership in media.

The Ampayag Pledge

I strive for excellence with a sincere heart.
I stand for honesty and integrity, even in unseen moments.
I take active part because my presence matters.
I guard and use our resources with care and purpose.
I show professionalism through respect, effort, and discipline.
I offer selfless service, lifting others as I soar.

With courage, pride, and heart,
I am AMPAYAG.



Truth in Freedom and Service