Photographs and Memories: A SPECIAL YEAR-END ISSUE
TRIUMPH

By Eunice Miña

Every school year, school directress Sister Ma. Angelica Leviste, OSB would give us words of inspiration and update us with the focus and the theme to keep us moving towards one direction.

The teachings of St. Benedict motivate me to study hard, be the best that I can be, and reach my goals through prayer and work. In the high school department, the students are given more opportunities to learn like attending symposiums, joining competitions, and participating in leadership trainings. With this, we can develop our skills and eventually learn to apply them in real life.

As we are about to close academic year 2014-2015, allow me to tell something about our Blue Heights outgoing editor-in-chief Julia Ornedo. I look up to her because of her humility, kindness, and talent in writing. Truth is, I have never imagined myself to be part of the editorial board, but when our chief editor formally announced my new position in Blue Heights, I felt my hardwork paid off. I called it "sweet success." Thank you for believing in me, Ate Julia.

This year's batch of graduating students will say their most meaningful “goodbyes” to their friends, classmates, teachers, and Benedictine Sisters. This time, they will wear their gala in their most elegant way. This time, they will sing their graduation song in their most meaningful way. This time, they will look at each other like it’s the first time.

Julia Ornedo, Alexia Manuel, Sathya Lopera, Chelsea Macahilas, Angela De Guzman, Charlotte Berbon, Rexanie Martizano, Raeven Davis, Josephine Esparrago, Camille Lapid, Bianca Blanco and Angela Tiausas gave you a blast of the past in this Yearend Special of Blue Heights. We wish you all the best.
Nothing Beats the First Time

Back in the days, bicycling was a popular pastime of the teenagers. If the weather was fine, the park would be filled with bikers, and certainly, I would be right there watching the bikers scooting, coasting, and steering in their exciting looping turns. I had a big fascination for bikes. My mother knew how I'd really wanted to have a bike even if she reprimanded me for borrowing my uncle's old bicycle which he often used in selling smoked fish around the community.

One time my father surprised me with a big bike he saw in a scrap warehouse in Riyadh. Although the bike was too big and heavy for me, I still wanted it for the reason that it was a gift of love from my hardworking 'tatay'. Using it was no big joke. I had to lean against the wall to find my balance before hitting the road. Whenever I stopped, I had to find another wall where I could lean; otherwise, I would ran the risk of having a bad fall. It was really a struggle to use my big bike. I had minor accidents, too. From that experience, I learned how to deal with risks and challenges. Despite of it all, I enjoyed my first 'biking experience'. Honestly, nothing beats the first time.

For the first time, we took the challenge of coming up with a 76-page Yearend Special in less than three weeks. Aside from their academic and extra curricular activities, our campus writers and editors had to write articles, edit materials, and layout numerous pages relentlessly.

Just like my 'bike story', may this new copy of Blue Heights be one of your precious treasures in your high school life. It's time to travel down memory lane as you turn every page of Blue Heights. Happy summer vacation! - By Menere Nasiad

Pagbabago

Sa mga nakaraang buwan, nakita mo na ba si ‘Pagbabago’? Si “Pagbabago” ay batbat ng pakikipagsapalaran sa buhay. Siya ay mahina, madaling malinlang ng mga katulad nina ‘Mandarambong’, ‘Ganid’ at ‘Sinungaling’.


Sa bagong isyu ng Blue Heights, ihahayag sa atin ni ‘Pagbabago’ ang kanyang saloobin sa pamamagitan nito:

P aano mo maisasakatuparan ang lahat ng iyong inaasam?
A ng pagtitiyaga, pagsisikap, at pagkakaroon ng determinasyon ay susi ng ikatagumpay ninuman.

G awing sentro ng buhay ang PANGINOON sa lahat ng bagay.
B abagi ng buhay ay pagharap sa maraming dagok at unos.
A ng pag-iyak, pagtitiis at pagkarapang ay normal lamang.

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June marked the turning over of a new leaf as all the Scholasticans prepared themselves for another challenging yet memorable and fruitful school year.

It was during that season when school grounds were again filled with happy people - from the security guards to the general services personnel, from the students to their parents, and from the teachers to the administrators - all excited for the new academic school year to formally unfold.

Compared to the previous year, the SSAM Community kicked off the school year 2014-2015 with a short opening program at the Sister Imburg Covered Court. The highlights were the formal introduction of security guards, general staff, teachers and administrators, and the awe-inspiring message of school directress, Sister Ma. Angelica Leviste, OSB.

With the school theme, “Stand Up, Speak the Truth, Spread Jesus to the World,” the SSAM Community initiated actions to mobilize its mission of spreading God’s kingdom throughout the world.

“**As members of the Benedictine community, we must be empowered to do things in response to what is happening around us. We are called to live like saints.**” Sister Angelica said.

The high school department was also introduced to **Generation Youth**, an online learning management system that aims to enhance the teaching and learning experience and to create authentic performance and product-based outputs. Teachers also involved selected employees from the different departments to facilitate a short discussion related to farming, waste segregation, and carpentry, among others. Community involvement programs facilitated by the CLE department were mapped out and outreach activities of the high school teachers were conducted at Pintong Bukawe in San Mateo Rizal, the newest adopted community of SSAM. - **By Rain Javinez**
July may bring heavy rains and thunderstorms, but to every Kulasa, it is a season of “tremendous outpouring of love and support” for one another.

The SSAM community flocked to the gymnasium for the institutional Eucharistic celebration in honor of St. Benedict on July 11, 2014. St. Benedict was known for his tranquil life away from worldly desires and temptations. He valued silence and revered God deeply. He taught the Scholasticans that it is in silence that one can truly feel God’s presence, commune with nature, and recollect oneself.

The institutional celebration of the Feast of St. Benedict gave Scholasticans a chance to express and spread love in creative ways. The high school students facilitated an interaction activity with the grade school pupils, construction workers, and elderly nuns at St. Benedict’s Home. On July 28, selected students, teachers and general staff participated in the Consecration of Marikina to the Immaculate Heart of Mary, proving that, indeed, SSAM is always actively involved in community services.

High school campus minister and CLE Subject Area Coordinator Sister Imaya Calingayan, OSB said that the annual celebration of SSAM during the feast day of St. Benedict really has an impact on the students’ lives.

“The community members, particularly the students, gave their full support and cooperation in mobilizing all our spiritual development activities,” Sister Imaya said in a past interview with Blue Heights. Through the simple acts of sharing their resources, the members of the SSAM community felt how their spiritual being was renewed, and how their faith was nurtured.

Nurturing the physical body is also a highlight during the month of July. The MAPEH area organized and sponsored a symposium on disaster preparedness in line with the nationwide Nutrition Month celebration.
The talk emphasized on the country’s problems on natural disasters, hunger, and malnutrition. The high school faculty also visited Pintong Bukawe to conduct a seminar on food preservation and processing to give the poor families within the area the opportunity to start a livelihood program in spite of the meager resources they have.

On the other hand, the Student Development Center mapped out enriching activities that challenged the Kulasas to think critically in different situations and to make smart decisions in choosing college courses. The Career Month was also celebrated in July. SDC head Ms. Violeta Ochave, RGC, initiated a series of career talks capturing the theme, “Scholasticans, Stand up, Make a Mark, and Create Your Future Career.”

The SDC also conducted a program dubbed “Fostering Family Values and Empowering the Daughters of Migrant Workers” last July 12, 2014 for the overseas Filipino workers parents, who try to get involved in their children’s day-to-day activities in school. Parallel sessions entitled “Where Do You Go from Here? Find the Right School” for grade 10 students were held in the classrooms. Seven representatives from different universities gave short talks about admission policies, course offerings, and scholarship grants.

On the other hand, high school teachers continued to upgrade their technological know-how to prepare themselves for the 21st century learners. Blue Heights writers and editors took their time out at the Majicus Junctra Corporation Printing Press in Pandacan, Manila and Bandera Publications in Pasong Tamo, Makati City to observe the process of production a newspaper and experience the thrills of being a radio announcer.

July may have been a month jam-packed with activities, but it was definitely one that all Scholasticans enjoyed and will never forget. - By Trishia Sarmiento
ST. BENEDICT’S FEAST DAY
August wouldn’t be awesome in the high school department without the annual National Situationer and the traditional Buwan ng Wika celebration.

It was during the National Situationer that students became more conscious of their community and society. It was at this juncture that social action, awareness, and a call for change became the Kulasas’ battlecry, upon learning about the controversial Priority Development Assistance Fund that allegedly involved senators, congressmen, and mastermind Janet Lim Napoles.

Through the initiative of the Social Studies Area, the National Situationer 2014 stirred the consciousness of the young Kulasas while listening to the ‘no holds barred’ speech of resource speaker Anthony Taberna, a popular broadcast journalist, at the SICC last August 6.

“Your school theme, ‘Stand up, Speak the Truth and Spread Jesus to the World’ will make you the future leaders of this country,” Anthony Taberna said in an interview with Blue Heights. Indeed, media has become a powerful tool in communication.

Moreover, media can build one’s character, strengthen a person’s credibility and make a stronger connection with different people across cultures. However, media can destroy one’s reputation and weaken a formidable organization when journalists become brave enough to expose sensational issues like graft and corruption.

Speaking of journalism, Blue Heights moderator Mrs. Menere Nasiad was invited to share her knowledge about news writing with the school paper advisers from both private and public schools in Marikina last August 15. The event was organized and sponsored by the Department of Education, Division of Marikina.
Bayan Muna Partylist Representative Carlos Isagani Zarate took a backseat at the Congress for an in-depth discussion about the Disbursement Acceleration Program under P-Noy’s administration with the selected high school students at the audio-visual center on August 1.

On enhanced digital learning, chosen students from different sections tested their knowledge and computer know-how in the first ever quiz bee titled, “Pasiklaban sa Paaralan Mobile Quiz” using the online management system, Genyo, last August 6.

The Student Council Organization officers attended a three-day Youth Congress sponsored by the Association of Benedictine School in Pampanga from August 28 to 30.

Selected fourth year students also attended the 2nd Philippine Development Youth Congress at the Ateneo de Manila University, which called for youth empowerment and stressed the importance of innovativeness and creativity in the field of science and entrepreneurship.

For the whole month of August, Filipino teachers, namely, Mrs. Sheryl Cinco, Ms. Rhizza Santos, Mrs. Laniflor Adigue, Mrs. Rowena Pantaleon, Mrs. Elsie Ramirez, and coordinator Mrs. Marycil Labasan, promoted the use of Filipino language through creative interpretation of speech choir and dances.

In the culminating activity for the Buwan ng Wika anchoring on the theme, “Filipino: Wika ng Pagkakaisa,” all school community members, including the security guards, wore Filipiniana to signify their deep respect for our Filipino identity through actions and words.

The Sining Tanghalang Pilipino staged an interesting story dubbed as “Eleksyon” that revolved around graft and corruption, and public trust. - By Kly Macaraeg
BUWAN NG WIKANG CELEBRATION
September can be described as the fusion of science and history. In this month, Scholasticans took part in activities highlighting the past life of our forefathers, the present condition of the country as it gears towards globalization, and the future of the young generation in the emerging world of information technology.

The “Roving Museum” that traced back the heroism of our forefathers, and the many revolutions that cost many lives but made a great impact on Filipino history were the highlights during the History Week. An example was the hardship of brave couple Gabriela and Diego Silang to gain freedom from bondage and slavery. Both sacrificed their lives for the sake of the Filipino people. The students had the opportunity to rub elbows with actor cum indie producer Carlo Maceda after watching the film, “Sisa and Gabriela,” at the audio-visual center. With this experience, it opened the minds of the so-called digital learners to be socially responsible despite diversity of beliefs and cultures.

Students exploring the wonders of science and technology through laboratory activities and watching discoveries via YouTube and television programs have tremendously increased. In fact, information technology has been a great help in improving the country’s education system. During the Science month, the students themselves enjoyed activities such as the Young Scientists’ Forum; Chem Magic, Physlympics, and many others.

Moreover, varsity players in the different categories joined the annual MARIPRISAA competitions, students actively participated in community involvement program initiated by the Christian Living Education teachers, and Blue Heights reaped 12 medals in the 16th Division Press Conference and Contest held at Parang Elementary School. - By Julia Ortega
Octoberfest. You have probably heard of the phrase, ‘Oktoberfest na!’ many times on television advertisements to usher exciting activities in the month of October. On this special occasion, people gather on the streets to drink and to party. This yearly celebration of Octoberfest, which started in Germany during the monarchy of King Ludwig I from which horse races marked the close of the special event for the whole of Bavaria, has been part of the Philippine History.

At SSAM, October means a month for Mama Mary. The stage was adorned with flowers, candles and posters all for the Virgin Mary. The school community offered one rosary—53 roses of prayer—every day for the whole month, to deepen the relationship with the Blessed Virgin Mary.

On October 21, SSAM observed the Living Rosary participated by the members of the high school department. Selected staff, students, teachers and administrators led in the recitation of the Holy Rosary, and some members of Sining Tanghalang Pilipino, Arte Etra, Obra, Benedictine Circle took the centerstage in a dramatic presentation of the passion and death of Jesus Christ.

“Praying regularly strengthens our faith in God,” the students said.

SSAM commemorates ASEAN Fest, which highlighted arts and cultures of member countries such as Vietnam, Indonesia, Laos, and Malaysia. There was an art exhibit at the school grounds and a fashion show showcasing different cultures at the SICC. The high school students wore their creative costumes made of recyclable materials. - By Janica Año
November, do you still remember? For the Kulasas who have been very familiar with all the major activities in school, November is said to be the busiest month as all students prepare for the much awaited National Book Week, English month, interschool competitions, graduation song practices and seminars.

On its first week, the English teachers prepared the students for the Spelling Bee, Essay Writing Contest, Gazette Making and Music Video of the School Hymn Competitions.

The English area, headed by subject area coordinator Mrs. Grace Abdon and composed of Mrs. Myra Tingson, Ms. Janina Iglesias, Ms. Cecil de Leon, Ms. Sherlyn Caluma, Ms. Charity Faminialagao, Mrs. Anita Ramos and Mrs. Menere Nasiad, prepared exciting and values-laden activities anchored on the theme “English Language for Spreading the Truth and Bridging the Gap between Real and Unreal.” The activities were designed to enhance students’ creativity and resourcefulness, to utilize communication competencies, and to maximize the students’ macro and multimedia skills.

On the third week, high school librarians formally launched their program of activities, such as Starbooks, Bookay-Bookay, Pope Francis Exhibit, Film Viewing, and many others in response to the objectives of the 80th National Book Week.

High school head librarian Mrs. Evangelina Orga, together with her librarians, makes sure to address students’ requests related to books and online sources and the internet, and to assist in furnishing or locating latest information.

Meanwhile, exposure trips were also scheduled in the same month. The grade 8 students took a weekday break at Nuvali and Enchanted Kingdom on November 7 while the grade 10 went nostalgic as they visited National Museum, Bangko Sentral ng Pilipinas Money Museum, The Myth of the Human Body and the
Philippine Army Museum and Library Foundation, Inc last November 18.

With the desire to help students decide for their career, the Student Development Center invited six alumna, namely, Dra. Grace Nario, Atty. Jhoanna Elacio, Ms. Beverly Abergos, Ms. Triza Mannag, Ms. Abby Medina, and Ms. Krizelle Lacson to facilitate a discussion about making career choices. The students were also inspired by the stories of the speakers. They talked about how hardwork and perseverance helped them in achieving their goals.

Award-winning broadcast journalist Rhea Santos, who is also an alumna, once again visited her alma mater not only to exchange pleasantries with her former teachers, but also to pay forward by sharing her knowledge about servant leadership with the current student leaders in the high school department.

“You don’t need the mandate of a group to become a leader. Everyday, we are leaders of our own lives,” Rhea Santos said.

Honing the leadership skill of the Scholasticans is one of the major objectives in the high school department. In fact, the students have been empowered to organize small events and promote peace and order in their creative ways. The student leaders attended the Youth Empowerment Summit, where Marikina City mayor Del De Guzman was the guest of honor.

In the international scene, SSAM played host in the Wushu Competition for the 6th Association of Southeast Asian Nations (ASEAN) Games late November. Selected students and SCO members welcomed the foreign visitors warmly, and assisted during the international competitions.

- By Isabelle Mallillin
ENGLISH MONTH CELEBRATION
December joy was in the air on the first week of the said month. Clad in their cool getup, the high school students rushed to the SICC excited to have an up close and personal with the indefatigable dance group FMD Xtreme and rock band Silent Silent Santuary last December 6.

Organized by the Student Council Organization, the fundraising dance concert dubbed as “Iovious” was fully supported by the high school students and other guests from nearby schools. Ticket sales of the “Iovious” dance party went to the social involvement program of the school.

Increasing cooperation between education and business has given the high school students more opportunities to engage in the outside world. That’s why Technical Livelihood Education has become indispensable toward student’s learning. This year, the TLE area opened its competitions in cinematography, video editing, cooking, sewing, nail art, and selling during the TLE Week celebration last December 15 - 17.

On another note, the grade 10 students were expected to compose a graduation song. Seven sections took the challenge of crafting their own music and lyrics for the Graduation Song Competition held last December 15. The class of 10-St. Irene, who got the highest rating from the judges, delivered their sentimental ditty, “Ang Aming Panata.” For sure, this winning song will touch the hearts of the many come graduation day just the same.

Before the start of the Christmas break, Scholasticans and the children of the school’s adopted communities gathered at the quadrangle for the annual Club Christmas Sharing last December 18. Smiles and laughters were evident in everyone’s faces during the two-hour jolly celebration. Yes, Jollibee mascot
was there to surprise the kids. The children were also treated with a simple Jolly meal and were given gifts as the students’ way of thanking God for the outpouring of blessings.

Meanwhile, high school teachers, headed by principal Sister Ida Morin, OSB, prepared a special program and gave several pails of goodies to the invited families of Pintong Bukawe situated in San Mateo, Rizal. The theme focused on compassion for the poor as the teacher themselves spent their precious time for the “getting to know you” party.

As Francis Farley once said, “Christmas is perhaps the only time in the year when people can obey their natural impulses and express their true sentiments without feeling self-conscious and, perhaps, foolish. Christmas, in short, is about the only chance a man has to be himself.”

After a meaningful Dawn Mass celebration at the SICC, the Scholasticans went back to their classrooms and started preparing for the Christmas party. Students hopped from one classroom to another to surprise their friends with their lovely gifts.

The entire community was also surrounded by busy but happy people exchanging Christmas greetings and gifts.

In the afternoon, the Benedictine Sisters took the lead in the institutional Christmas party, which was participated in by the general services staff, TCCFI personnel, PTA members and teachers. Everybody went home with loads of gifts from the Benedictine Sisters and from the PTA. Each department prepared a special song or dance presentation on stage.

The holiday season that December brings keeps all people united. Indeed, it is the most wonderful time of the year. - By Jan Cuyco
CHRISTMAS CELEBRATION
“Together with many people throughout the world, I have admired the heroic strength, faith, and resilience demonstrated by so many Filipinos in the face of this natural disaster, and so many others. Those virtues, rooted not least in the hope and solidarity instilled by Christian faith, gave rise to an outpouring of goodness and generosity, especially on the part of so many of the young.”
January is the time when people want to start anew. They usually have New Year’s resolutions and commit to be better than they were before.

Luckily, the Philippines started the 2015 with the coming of Pope Francis, who wished to meet the Boholanos right after the big storm that massively affected the lives of the people in Tacloban, Leyte. Pope Francis arrived first in Manila for the courtesy call at the Malacanan Palace, to sympathize with all the Filipinos - children and adults - for their resiliency after the great storm, and to celebrate the Holy Mass with thousands of devoted Catholics. The Pope was delighted to see how the Filipino people showed faith in God and love for mankind in different ways. During his visit to the Philippines, Pope Francis had touched many lives, inspired many souls and softened many ‘steel’ hearts.

Last January, Blue Heights featured Pope’s message to the youth, and the several ways of showing mercy and compassion. More than just the Pope exhibit and post-its for the Pope, the SSAM Community had a string of social involvement programs for the poor families. To recall, the faculty raised funds to mobilize different programs such as livelihood, spiritual, education and alike to Pintong Bukawe families.

“During my visit to the Philippines, I want in a particular way to meet young people; to listen to you and to talk with you. I want to express the love and the hopes of the Church for you, and I want to encourage you as Christian citizens of this country to offer yourselves passionately and honestly to the great work of renewing your society and helping to build a better world,” the Pope said during his speech held at the University of Santo Tomas.
Hundreds of teenagers flocked to the Sister Imburg Covered Court on January 17, 2015 to witness the singer and songwriter Bamboo Manalac perform live in a concert sponsored by the alumnae of SSAM Batch 1990.

Before the concert began, a raffle was held in which ticketholders were selected randomly and were given prizes like gift certificates, gift packs, backpacks and shirts.

Screams and cheers were heard from the crowd as the stage lights dimmed a few minutes before show time. The High School Faculty Band opened the event, with Mrs. Ingrid Delfino, Mrs. Teresa Pangilinan, and Mr. Amor Mallari on the electric guitars; Mr. Daniel Guerrero on the bass guitar; Mr. Alfred Recede on the drums; and Mrs. Janice Derilo and Miss Gloria Diuco on the keyboard and lead vocals.

The band members performed a variety of songs such as the upbeat pop song “Domino” and sentimental love songs “Wag na Wag” and “When I Look at You.”

Bamboo went onstage and was greeted by the relentless cheers of the excited audience. A number of OPM songs that he sang were “Hinahanap-hanap Kita,” “Ulan,” “Tatsulok,” “Aleluya,” and “Awit ng Kabataan.”

Bamboo even carried a little girl, Anika Santiago, to the stage. She was serenaded by singer and had a kiss on Bamboo’s cheek. The singer-songwriter closed the show with a meaningful rendition of Michael Jackson’s “Man in the Mirror.”

“At first, I wasn’t a fan of Bamboo. I just stood and watched him perform, but after the concert I became a fan,” says Erin Sanchez from 7-St. Rose after watching the concert. “The experience was great, it was more than I expected.”

The organizers made sure to maintain peace and order throughout the show. They were proud to say that the concert was a tremendous success as it garnered positive feedbacks and full support of the high school body.

“We met our objectives of raising funds for the school and bringing fun to the SSAM community and beyond. The concert was definitely worth all the hard work that our batch put into organizing it,” said Ms. Lala Fabella, one of the event organizers.

“It was our first time to organize an event like it so we just followed the Benedictine motto all throughout—Ora et Labora,” she added.

Bamboo Manalac is a well-known Filipino musician and singer-songwriter who rose to fame as the frontman of the band Rivermaya from 1993 to 1998 and later on formed the band Bamboo in 2003. He launched his solo career in 2012 with his debut album “No Water, No Moon.” He is currently one of the coaches on The Voice of the Philippines: Season 2 together with Sarah Geronimo, Apl.de.Ap, and Lea Salonga and is also a mainstay on the Sunday variety show ASAP on ABS-CBN.

Share of the ticket sales was donated to mobilize SSAM’s K12 program and TCCFI projects.

The proceeds of the construction of the SSAM’s K-12 and TCCFI Programs.
HIGH SCHOOL FACULTY BAND CELEBRATES ITS 8TH YEAR

By Julia Ornedo

They’re hardworking and passionate teachers by day, but they’re celebrities by night. The members of the High School Faculty Band are living proof that there’s more to teachers than just classroom discussions and powerpoint presentations. Scholasticans can't help but dance and sing along to the band's wonderful renditions of a variety of songs, from OPM to well-loved classics to the very songs of the new generation.

The High School Faculty Band is composed of Mrs. Ingrid Delfino, Mrs. Teresa Pangilinan, and Mr. Amor Mallari who play the electric guitar; Mr. Daniel Guerrero who plays the bass guitar; Mr. Alfred Recede who is the band's drummer; and Mrs. Janice Derilo and Miss Gloria Diucowho are on the keyboard and lead vocals.

Blue Heights was given the opportunity to get up close and personal with the band members as they celebrate their eighth year of making music together.

When asked how the band was formed, Music teacher Mrs. Gloria Diuco shared that there were so many talented teachers in the high school faculty who were willing to make sacrifices like skip lunch, rehearse even on Saturdays, and at the same time have the commitment to and passion for music, that made her think of starting a band. “There was commitment and passion for music, so why not?” Mrs. Diuco said.

She recalled that the band's first performance onstage was way back in 2007 when they performed songs such as “Alone” and “Kisapmata.” The band officially came together in the year 2008, and their first piece was the Christmas song “Jingle Bell Rock.”
Blue Heights: What do you love most about being part of the High School Faculty Band?

Mrs. Diuco: It's the feeling of playing songs that is liberating. Some people would just hum and listen to their favorite songs but here we are, playing music onstage.

Mrs. Derilo: I love the bonding, playing together of different genres of music.

Mr. Guerrero: I enjoy playing together onstage.

Mrs. Pangilinan: The solidarity of the group is amazing!

Mrs. Delfino: When I perform, I feel younger and I really enjoy jamming with my bandmates.

Mr. Mallari: I love the company of everyone. We have different personalities, but I appreciate the friendship each one has to offer.

Mr. Odevilas: I enjoy playing music together as a group.

Mr. Recede: I always have fun while delivering good music to the crowd.

Blue Heights: What new lessons have you learned from being part of the band?

Mrs. Diuco: You have to understand your music to be able to deliver it well to your audience. I discovered my vocal strength in singing alternative pop-rock songs. I love Paramore! To think that I had 5 years of training in classical singing.

Mrs. Derilo: I have learned to accept that not all members are professional musicians. I just smile whenever I hear a wrong chord being played.

Mr. Guerrero: I have become and continue to become more disciplined.

Mr. Recede: I learned the essence of teamwork and always being on time.
Mrs. Delfino: I continue to enhance my musical skills and this is really boosting my confidence.

Mrs. Pangilinan: I learned the value of community life and the sense of belonging to a group of supportive and loving people.

Mr. Odevilas: I used to be the rhythm guitarist when I played for a band back in college, but when I became part of the HS Faculty Band, I was assigned to be a bass guitarist. I guess, I learned from experience.

Mr. Mallari: I realized that I still have so many things to learn. I became more open to positive criticisms and learned to just enjoy everything on the stage.

Blue Heights: What do you love most about performing onstage? What has kept you going all these years?

Mrs. Diuco: I love the applause and the cheering of the crowd. There is power in singing. We will keep on playing and playing.

After performing in the Bamboo Concert, I can’t wait to see what’s in store for us next school year.

Mrs. Derilo: I get excited whenever we learn new songs. I love performing onstage.

Mrs. Delfino: I love music and performing. Playing music with my bandmates is one of my distressing activities.

Mrs. Pangilinan: I appreciate the band’s passion for excellence, and how we do things for the glory of God and the inspiration of everyone who sees us perform.

Mr. Recede: What kept me motivated was my love for music and my bandmates who always believe in me.

Mr. Odevilas: We don’t get paid for performing, so we just really love sharing our God-given talents. It’s an honor to represent the faculty whenever we perform, and it is fulfilling to know that we help the school when we play, like when we raised funds for the new building. Our performance during the Bamboo concert is our SIP.

Mr. Mallari: I found family and a different kind of love in our band. Happiness and love for music fuel our hearts. Making people happy through our music keeps us going.
What does it take to become an effective teacher?

During the Students’ Week that ran from January 20 to 24, selected high school students changed their usual uniforms into smart casual wear, including heeled shoes, and armed themselves for a more challenging responsibility; to become a teacher. After the formal introduction of the student-teachers by Student Formation Coordinator Ms. Anunciacion Gabor, they pulled out their lesson plans from their shoulder bags and proceeded at their respective classes. For two and a half days, the student-teachers discovered lessons in life.

“I should be more appreciative of my teachers. I consider them heroes for their patience and hard work,” Health 7 student-teacher Frances Soriano said.

Gillian Mortera said that it was fun having her fellow Scholasticans as her teachers.

“I learned that it’s important to respect others, even if they’re not teachers,” Mortera added.

The Students’ Week was followed by a three-day Sportsfest organized by the MAPEH area headed by coorinator Ms. Rose Aspilan.

A teacher approached me months before the Students’ Week. She encouraged me to apply for her as a student-teacher. For a while I thought it was just a fun role play. But when I took the chance, I was presented with responsibilities I had never imagined. I wasn’t the typical student who would sit and spend the rest of the day listening and doing school-related tasks. It would have been a weekend with nothing to worry about if I had chosen to become a typical high school student.

It was my first time to be a student-teacher. I wouldn’t say it was easy, even if I was just handling a minor subject. All teachers, in general, would go through the same difficulties, that’s why I commend them for their hardwork and patience.

Those three “teaching days” of my life at SSAM were tiring enough, but cannot be compared to our teachers who have painstakingly been doing the same routine for 20 to 30 years. Unbelievable.

Going back, it was actually a great time to meet new people. I got to talk with people I’ve been hearing about, and I got to spend time with them as well. I’d shared a bit of myself, and they’d shared theirs too. After experiencing what it felt like to be the one talking in front, to be the one facilitating everything, to be the one making sure everyone was on the right track, it totally gave me a deeper admiration and respect for teachers. I couldn’t imagine myself teaching the same lesson in the same place for years as I watch my past students talking about their greatest dreams.
DANCE CLUB WOWS CROWD IN COLLIDE

By Ella Baduria and Janica Año

With their jaw-dropping moves, funky music and contagious enthusiasm, the SSAM High School Dance Club members wowed the hundreds in attendance with their dance numbers. They received warm applause from the audience as they performed in their dance concert dubbed as “Collide.” The concert was held on the night of February 6, 2015 as part of the Putok sa Bundok school fair.

For four months, the Dance Club, under the tutelage of their moderator Mrs. Ingrid Delfino, practiced their dances -- which ranged from ethnic to hiphop and from basic gymnastics to ballet -- to make sure that audience would witness a concert they would never forget.

Dance club member Nicole Del Rosario shared that the success of the dance concert was a fulfillment for all the club members. “The sweat, tears, pain, and sacrifices were all worth it. I can say that all our hard work paid off, especially as I saw the audience and cheer for each of us onstage.” She added that she and her club mates are most thankful to God for blessing them with the gift of dancing.

The open house event attracted a lot of viewers who were not disappointed by the amazing performances of the Dance Club.

Proceeds of this event are alloted for the Social Involvement Program of the Dance Club.
SPORTS FEST 2015: SCHOLASTICAN SUPERHEROES UNITE

By Jaijeca Cabang, Jacqueline Lopez, Josephine Esparrago, and Raeven Davis
The wannabe athletes stretch their muscles, the competitive spirit fill the air and the four corners of SSAM reverberate with cheers and yells.

It’s that time of the year when you root for your color. It’s that time of the year when you aim for glory and victory.

It is the 2015 Sportsfest.

This year’s games were held on January 22-24 and the four competing teams are Dragon Blue Z, Yellowvengers, Greencredibles, and Redauntless.

**Opening Ceremony**

Anchored on the theme “Stand Up, Speak the Truth, Spread Jesus through Sports,” the annual Sportsfest kicked off in the usual Benedictine fashion -- a solemn prayer service -- followed by the energizing opening remarks by the school principal, Sister Ida Morin, OSB.

The guest speaker during the opening ceremony was not unfamiliar to the Scholasticans as she was a former Swimming teacher in SSAM.

Mrs. Cheska Pituk, a former Scholastican and decorated competitive swimmer, shared her story of triumph and the obstacles that hampered her way to success as an athlete. The audience was inspired by her perseverance and persistence in reaching for her dreams.

Her talk was followed by the customary oath of sportsmanship and the ceremonial lighting of the torch.

To recall, Mrs. Pituk was the MAPEH Coordinator of the high school department in 2010.

**Song, Yells and Cheer Dance**

The hype that surrounds this much anticipated event in the Sportsfest was given justice by the creative seven-minute performances of the different teams.

The Redauntless were the first to perform and enthralled the audience with their catchy beats. They were followed by Greencredibles who remixed the most famous cheers of each team in the past Sportsfests. Next in line were the Yellowvengers who wowed the crowd with their moves, followed by the Dragon Blue Z with their Chinese New Year-themed performance.

The judges were the former MAPEH teacher Mrs. Edith Fitero, Philippine Science High School MAPEH instructor Mr. Joselito Enlamereta, and school directoress Sr. Angelica Leviste, OSB.

After an intermission number from the SSAM High School Dance Club, the judges announced the champion by unanimous decision: the Blue team.

The Yellow team placed second, the Green team settled for third and the Red team finished fourth and last.

**Battle of Songbirds**

Next was the singing competition which was sponsored by the Music House anew.

Singing Kelly Clarkson’s, “Breakaway”, the four contestants made it hard for judges Mrs. Gloria Diuco and Mrs. Janice Derilo to pick the winner. When the smoke cleared, it was Pamela Eve Mijares of the Red team who bagged the crown.

**And the overall winner is...**

After three days of fierce but friendly competition, the Blue Team came out on top and bagged the overall championship. At close second place were the Yellowvengers. Greenade came in third and the Redauntless placed fourth. The event was headed by MAPEH Coordinator Ms. Rose Aspilan.
YEAREND ISSUE

Blue Heights

[Images of various activities and people engaging in them]
SSAM’s trademark “Putok sa Bundok” fair returned this year to celebrate 54 years of Benedictine education last February 6 to 7. Amusement rides such as Go Kart, Rodeo, Bungee Jumping, and Zorb, endless food stalls, and game booths featuring popular arcade games were installed to make the fair as fun and enjoyable as possible. A Dedication Booth that played energizing music all day long and announced messages from students was set up by the Parent-Teacher Association (PTA) in the lobby area and was manned by Student Council officers. The SSAM High School Faculty also set up a karaoke booth where students enjoyed singing their hearts out whether alone or with friends. Other booths offered a variety of products such as shoes sold by the school’s ENFIDE scholars, accessories, and clothes. Food and drinks stalls were made available to the students and visitors. Popular favorites such as Bubba Lab and Pizza Hut were present at the event to satisfy everyone’s cravings.

Bracelets (bracelet-cum-ticket), inclusive of 3 rides and 7 arcade games, were sold to visitors for Php 400. Scholasticans were offered bracelets for a discounted price prior to the fair. The first day of the school fair was officially opened through a short program in which
Scholasticans from different grade levels showcased their talents in singing and dancing to the visitors. The day was concluded by the much-awaited concert of the High School Dance Club dubbed “Collide,” which was attended by hundreds of students and parents who cheered relentlessly for the Dance Club members.

On the second day of the fair, a field demonstration was held at the Quadrangle. The grade school pupils entertained the crowd with their adorable moves and upbeat music, while the high school students proudly presented their teams’ Songs and Yells performances.

Exhibition games were also held in the SICC. SSAM’s varsity teams went head-to-head against teams from other schools such as St. Scholastica’s College, Manila and Assumption Antipolo. The audience enjoyed cheering for their chosen teams, while the varsity players made new friends after the competitions.

Capping the second day off was the ”Employees Got Talent!” show during which the school employees showed off their talents in the spirit of fun.

The biannual fair was a success that was made possible by the collaborative effort of the school administration, the dedicated alumnae, and Parent-Teacher Association.

The title “Putok sa Bundok” dates all the way back to the early years of SSAM. The title was meant to suggest that the school causes an “explosion” of fun on the hill on which it stands whenever it holds its fair.

The event, which was sponsored by Propan TLC and Evensia Events Management, was organized by the Parent Teachers Association of SSAM.
Recognizing the years of service and loyalty of the employees gives them more motivation and inspiration to keep doing what they have loved the most: Serving the people in the school of the Lord’s service. Thirty-five employees dressed in style were given a formal recognition for their fruitful years of continued service at SSAM during the Service Awards at the SICC last February 9.

Similar to FAMAS of the Philippines, the special event dubbed as Service Awards 2015 was participated in by all the employees and the Benedictine Sisters, namely, school director Sister Angelica Leviste, OSB, high school principal Sister Ida Morin, OSB, grade school principal and security officer Sister Alexis Lamarroza, OSB, and TCCFI directress Sister Theodora Bilocura, OSB who awarded certificates, cash gifts and plaques of recognition to the employees in five, ten, fifteen, twenty, twenty-five and thirty, thirty-years, and forty years in service.

In the high school faculty, the awardees were: Ms. Ma. Lourdes Guizama, Ms. Sherlyn Caluma and Mr. Alfred Recede (5 years), Mrs. Laniflor Adigue, Mrs. Marycil Labasan, Mrs. Karen Cardinoza and Mrs. Marilou Tomagan (10 years), Mrs. Ingrid Delfino and Mr. Armando Odevilas (15 years), Mrs. Sierra Lina and Mrs. Leonida Cruz (30 years).

Sister Angelica expressed her gratitude to all the SSAM employees for their astonishing performances throughout the years. Sister also emphasized the value of hardwork, perseverance and patience as key factors to achieving success.

Videos of all the awardees that traced back their humble beginning and how they have managed to balance their time between work and family served as inspiration, especially to the younger teachers who have just learned the ropes of academic life at SSAM, to keep moving forward despite the many challenges and hurdles.

The recently concluded service awards was an opportunity for the school administrators and colleagues to listen to the success stories of the awardees, and to reminisce about the community’s history and founding. Likewise, it is a chance to enculturate newer employees with the legends and stories that have made SSAM what it is today.
Service Awardees
Five Years

Ms. Rowena Garcia
Ms. Catherine Orfano
Ms. Sherlyn Caluma
Mr. Alfred Recede
Ms. Ma. Lourdes Guizama
Ms. Cleofe Arayan
Ms. Ma. Criselda Abagon
Mr. Erwin Victorino
Mr. Randolph Salcedo
Ms. Susan Duarte
Service Awardees
ten Years

Ms. Rachelle Camaya
Ms. Laniflor Adigue
Ms. Karen Cardinoza
Ms. Marycil Labasan
Ms. Malou Pacis
Mr. Ramil Solano
Ms. Filipinas Santos
Ms. Marissa Bero
Service Awardees

fifteen Years

Ms. Pamela Baroman
Ms. Luzviminda Cañete
Ms. Ingrid Delfino
Mr. Armando Odevilas
Ms. Emerita Baylan

twenty Years

Ms. Florencia Bilaro
Ms. Lea Puno
Ms. Cristeta Arcilla
Ms. Letecia Delos Reyes
Ms. Nieva Viray
Ms. Alma Vera

twenty-five Years
Service Awardees

Thirty Years
Ms. Catalina Tungol
Ms. Lina Sierra
Ms. Marites Baul
Ms. Leonida Cruz

Thirty-five Years
Mr. Benie Pacayra
General Services Personnel

Forty Years
Ms. Sofia Saligumba
General Services Personnel
Scholasticans once again proved their prowess in the performing arts when selected members of the Arte Etra club bagged the championship in the University of the Philippines Speech Communication Association (UP SPECA) Speech Cup 2015 held at the GT-Toyota Asian Center Auditorium last February 21.

Arte Etra went against a number of other high schools in the country in the two categories of the Speech Cup: speech choir and oral interpretation. Club member Ricci Gentica represented SSAM in the oral interpretation competition.

Each of the competing groups was allowed to choose its own piece to perform so long as it was written by a Filipino author and relevant to the theme. Arte Etra’s chilling choric interpretation of Joi Barrio’s “Sumpa ng Kawayan” had earned them the top prize.

Arte Etra received a 7,000-peso cash prize and a trophy for winning the championship title. Following them as first runner-up was Marist School, with Fiore Del Carmelo School landing second runner-up.

Entitled “Catharsis: Art, Healing, and Responding to Climate Change,” the annual UP SPECA Speech Cup aimed to raise awareness about climate change and create a positive impact through the performing arts.

The event was co-presented by the Haribon Foundation and Speech Coach.
Freshman year is a time full of firsts and a period of adjustment into the high school life. It may be hard not to feel scared and intimidated by upperclassmen when you’re the newest and youngest kids on the block, but the grade 7 students never shied away from opportunities to shine and showcase their talents, thus they immediately became well-loved by the rest of the student body.
Ask any SSAM alumna about her fondest high school memories and she’s sure to recall lots of moments from her sophomore days. The second year in high school is when students truly begin to bloom and grow as individuals as they slowly begin to develop confidence the way these sophomores have.
GRADE 8
Junior year is when the pressure of college and getting good grades set in, but is also one of the most memorable and enjoyable stages of high school. Even in the face of all the academic and extra-curricular responsibilities they have to juggle, the grade 9 students still make sure they have time to have fun and relax so they don’t get too stressed out.
GRADE 9
Four years ago we all stepped into the grounds of the high school department of the campus, excited to begin with what many people claim to be the “best four years in one’s life,” while at the same time terrified at the idea of high school and everything that comes with it: bigger responsibilities, new faces, and intense pressure.

And here we are now, four years later, days away from graduation, struggling to come to terms with the reality that we’re leaving SSAM for good and thinking, “Is high school really over? Has it really been four years?”

As graduation draws nearer and nearer, we can’t stop ourselves from looking back with nostalgia at all the years that passed by: from the very first Sports Fest practice we attended in first year, to the bonding moments with our classes while preparing for the Nutri-Jingle competition in second year, to the stress and sweet success of creating our own musical plays when we were Juniors, down to the maddening frustration of having to juggle so many responsibilities at once as Seniors.

But in between all those milestones in every Scholastican’s life are the unspoken moments that truly make high school memorable: the times you and your friends were so high on happiness that you got yourselves into trouble; the times you cried because you got bad grades, or got better ones; the victorious moments of winning first place in competitions; and even the times you broke down because there was too much for you to handle.

Inarguably the greatest, most difficult task any senior has to do is to let go and say goodbye. Goodbye to the cheerful ates and kuyas, goodbye to the teachers-slash-parents-slash-friends from whom we’ve learned so much more than just academic lessons, goodbye to the routines like the silencing prayers and the morning praises, goodbye to the schoolmates who have become our family, goodbye to the campus that sometimes feels more like home than our own houses.

But on the flipside of all the sadness that surrounds graduation is the relief and happiness in knowing that we made it. We made it through years of sleepless nights and endless school work. We made it through countless competitions and exhausting extra-curricular activities. We made it through high school, and we made it out alive. So congratulations, fellow ‘Seniors’. We have made it to the finish line.

Now, a more threatening question looms over us: where do we go from here? As our high school journey comes to an end, another adventure awaits us, but it is no longer an adventure which we’ll go through together. The inevitable time for us to separate ways has come.

Regardless of the distance that will separate us once we leave, we can find solace in the knowledge that we will always be bound by the things that make us distinctly Scholastican: our Ora et Labora philosophy, our Benedictine formation, our wholehearted compassion and generosity, and our eternal conviction that that in all things, God may be glorified.
My dear Scholasticans,

PAX! As you leave the stage on graduation night, and take a last look at your Alma Mater, I hope you will never forget the reason why you came to St. Scholastica’s Academy.

I hope you will never forget the Christian atmosphere and the Benedictine heritage of Ora et Labora which we tried to pass on to you. As you leave St. Scholastica’s, I hope you shall have ingrained within you the Benedictine values of prayer, community life, respect for the dignity of each human person, discipline, responsible freedom, stewardship, care for the earth, zeal for justice and peace, and that certain virtue called finesse.

I hope that as you leave St. Scholastica’s, you can truly say that you did take your lessons seriously, did strive for academic excellence, and that you were compassionate towards people, especially the weak and the poor.

I am confident that you will all do your best, and contribute your little share in making our world a little better than it is today. Congratulations and Godspeed!

Sincerely yours,

Sister M. Angelica Leviste, OSB
IV - ST. CATHERINE
IV - ST. CECILIA
Blue Heights

YEAREND ISSUE

IV - ST. TERESA
PULANG PULSERAS, ITINANGHAL NG STP

ni Angela de Guzman

Matapos ang mahigit na tatlong buwang pag-eensayo, itinanghal ng Sining at Tanghalang Pilipino (STP) ang kanilang na-tatanging palabas na pinamagatang “Pulang Pulseras” sa SICC noong ika-30 ng Enero, 2015. Ito ay dinaluhan ng iba’t ibang organisasyon upang matunghayan ang inihandang pagtatanghal ng STP.

Ang bida na si Kara Ramos ay gumanap bilang si Miley, isang anak na sumusuway sa kanyang mga magulang na ginampanan nina Anya Cruz at Maxine San Diego. Ang kaniyang mga kapatid naman ay ginampanan nina Lianejoy Borlagdan, Andrea De Quiroz, at Elanica Santos. Si Bianca Osma naman ang gumanap bilang kasambahay na laging nakaagapay sa pangangailangan ng pamilya.

Tila isang regalong pang-araw ng mga puso ang inihandog ni G. Pat Villafuerte sa mga miyembro ng Blue Heights nang kanyang paunlakan ang paanyaya ni Gng. Laniflor Adigue na magbahagi ng kanyang kaalaman tungkol sa pagsulat ng editoryal.

Idinaos sa AVC (Audio Visual Center) noong ika-14 ng Pebrero, dinaluhan ang seminar ng mga estudyanteng nais madagdagan ang kanilang kaalaman sa pagsulat, bukod sa mga miyembro ng Blue Heights nakilahok din ang mga estudyante ng ENFIDE.

Si G. Villafuerte ay isang malikhaing manunulat, peryodista, at manunulat ng kurikulum. Sampung ulit na siyang nakatanggap ng Carlos Palanca Memorial Awards for Literature at sa kasalukuyang isang full time professor sa National Teacher's College.

Nabanggit din ni G. Pat Villafuerte ang iba't ibang katangian ng isang manunulat ng pangulong tudling gaya ng pagiging mulat sa mga nangyayari sa paligid, pagkakaroon ng hilig sa pagpapaikli ng mga salita at pahayag, pagtatanong hinggil sa mga bagay-bagay, sitwasyon, at uri na nangangatwiran. Tinukoy rin ng tagapangasiwa ang mga uri ng editoryal tulad ng sumusunod; nagpapabatid ng impormasyon; bumabatikos at pumupuri sa isang tao, bagay, sitwasyon at uri na nangangatwiran.

Upang suriin ang kanilang mga natutunan, binigyan ni G. Villafuerte ang mga dumalo sa seminar ng ilang ensayo sa pagsulat ng pangulong tudling. Sinundan ito ng pagbabahagi ng tagapangasiwa ng mga bagong terminolohiyang ginagamit sa peryodismo.

Sco dumalo sa youth forum kontra - tabako ni Clare Pillos

Seryoso ang pamahalaang lokal ng Marikina sa kanilang pangangampanya kontra sa paninigarilyo sa mga pampublikong lugar at lantarang pagbebenta ng sigarilyo sa mga kabataan. Sa kasalukuyan, dumarami na ang mga kabataang nalululong sa masasamang bisyo tulad na lamang ng paninigarilyo, gayong batid naman na ito ay nakasasama sa kalusugan at kapaligiran.

Upang tugunan ang isyung ito, nagtipon-tipon ang ilang mag-aaral at mga guro mula sa iba’t ibang mataas na paaralan sa Marikina para pag-usapan ang paksang Tobacco Control sa pamamagitan ng isang Youth Forum sa Marikina Convention Center noong nakaraang ika-12 ng Pebrero. Ang Youth Forum na may temang “Malusog na Puso para sa Kabataan” ay naisagawa sa pakikisa ng New Vois Association of the Philippines sa Marikina City Government. Kabilang sa mga kinatawan ng SSAM sina Ayannah Abo-Abo, Leonisse Susa, Meylyn Lanuzo, Clare Pillos, Aira Masangkay, Jan Parcon, Alexa Cevas, at Francesca Posadas.

Bilang pormal na pagsalubong sa mga dumalo sa nasabing okasyon, nagtalumpati ang Bise-Alkalde ng Marikina na si Jose Cadiz hinggil sa mga kampanyang kontra sa paninigarilyo na inilunsad sa lungsod. Inilahad naman ni Engineer Emer Rojas, ang presidente ng New Vois Association of the Philippines (NVAP) at isang cancer survivor, ang kanyang mga karanasan bilang isang dating maninigarilyo at kung paano niya kinakaya ang kawalan ng vocal cords dahil sa dating bisyo. Nagbahagi rin ng karagdagang impormasyon ukol sa graphic health warnings, mga programang isinakatuparan ng pamahalaan ng Marikina upang bawasan ang bilang ng mga naninigarilyo, mga sakit na dulo ng paninigarilyo gaya ng Buerger's disease, stroke, nicotine addiction at cancer ang tatlong tagapagsalita na sina: Dr. Ulysses Dorotheo, Gng. Luz Tagunicar, isang empleyado ng Department of Health, at si Dr. Joselito Mariano.

Ang pagbabago ay pamalagiang sumisibol sa ating bansa kailanman, subalit ito’y lumawig bilang isang rebolusyon hanggang noong pagpasok ng bagong milenyo. Maaaring ngayon ay masasabi nating magkasimbilis ang pag-usad ng pagtuklas sa mga makabagong kaalaman at ang pagtulak ng oras dito sa ating bansa, ngunit may mga sitwasyon na hindi maaaring iwasan at maaaring maging hadlang sa ating pag-unlad, tulad ng mabagal na pamamalahad ng pagpapanahon dahil sa kasakiman o kaya, ang pagkalimot sa ating mga kaalaman.

Ngunit ang pagbabago ay may maraming mukha – may pagbabagong nagaganap sa bawat antas ng lipunan, pagbabago sa mga kaalaman ng simbahang Katoliko, pagbabango na nagaganap sa ating mga kasaghang pagpapapanahon, at sa bawat isa. Tunay na ang pagbabago ay hindi magagamit sa sistema ng pamumuhay, dahil ang pag-usad nito ay isang pahayag ng ating sangkatauhan ay matimtimang naghahangad ng pag-unlad sa kani-kanilang kabuhayan.

Pero dahil sa patuloy na pagpapalawakan ng modernisasyon at globalisasyon sa ating bansa, nakalulungkot malaman na kapalit nitong pagbabago ay ang paglagay at pagtalikod sa mga tradisyong pinamana ng ating mga ninuno sa halip na pangalawakan ito. Sa kabilang dako, napabilis at napadali naman ang takbo ng buhay sa tulong ng bagong teknolohiya na mga halimbawa ng pag-usad ng tao, ng isang hakbang sa mas makabagong tulay ng pag-iisip, patungo sa hinahangad na “tuwid na daan”.

Pati rin na ang simbahang ay hindi naiwasan ang pagbabago sa iba’t ibang antas – dalawang taon na ang nakalulupit nang ipasa ang Reproductive Health Bill na tumutugon sa mabilis na paglaki ng ating populasyon, ang walang katapusang pagbatikos sa mga isyu ukol sa diborsyo, homosexuality, child labor at human trafficking, at sa nagdaang pagbisita ng Santo Papa ay nasunggahan ang mga ito, kasama na rin ang mga isyu ng katiwalian ng goyernong at ang mga isyung pangkapaligiran.

Mayaman sa kasaysayan ang simbahan kaya maaaring masabi na hindi ito magiging hadlang sa pag-asenso kung lahat ay makikiisa at makikipagtalak at maaaring masabi na hindi ito magiging hadlang sa pag-asenso kung lahat ay makikipagtalak at maaaring masabi na hindi ito magiging hadlang sa pag-asenso.
Isa sa mga pelikulang pumatok sa takilya at pinilahan ng tao noong nakalipas na Metro Manila Film Festival 2014 ay ang “English Only Please” ni Direk Dan Villegas. Ito ay pinagbidahan nina Derek Ramsay na gumanap bilang si Julian Parker at ni Jennylyn Mercado na gumanap bilang si Tere Madlansacay. Nagsimula ang istorya ng pag-ibig nilang dalawa sa paghahanap ni Julian, isang Fil-Am, ng isang tagapagsalin ng sulat na puno ng galit na para sa dating kasintahan. Si Tere, isang Filipino-English tutor at isang martir sa kasintahang pera’t katawan lang ang habol, ang napili ng binata na magsalin ng wika at magbigay ng karapat-dapat at tamang emosyon at diin sa kanyang liham.

At dahil sa pareho silang sawi sa pag-ibig at “bubot” pa ang pag-iisip kapag puso na ang pinag-uusapan ay nakasundo ang dalawa at doon na nga nagsimula ang lahat.

Sa kuwento ng buhay pag-ibig ni Tere makikita ang realidad na sitwasyon bilang mga totoo mong tao-- Sila ay magsakripisyo para sa minamahal kahit alam nilang mali na, sobra na at wala na sa lugar. Kahit sa kuwento ni Julian ay marami rin ang makapag-uugnay sa kani-kanyang tunay na karanasan sa pag-ibig; sila ang magkasintahan na hindi nabigyan ng tuldok ang kanilang relasyon. Ang mga banat at salitang sinasambit ni Tere na karaniwang ginagamit sa pang-araw-araw ng mga Pilipino ay binigyan ng mga orihinal at sariling depinisyong sa diksyunaryong ipinakikita sa pelikula. Nakatutuwa’t nakaaaliw na konsepto ito ng pagsasalaysay ng mga pangyayari sa buhay ng dalawang romantikong ito, mga pangyayaring tumukoy sa pagkatao’t buhay nila.

Mula sa mga nakatatawag linya at eksena hanggang sa mga seryosong usapang pag-ibig at buhay nina Tere at Julian ay makikitang napakabalanse ng pelikulang ito. Hindi sumobra ang pagpapatawa at pagdadrama at hindi rin nakauumay ang mga kilig-eksena. Madaling sundan ang daloy ng kuwento dahil magaan lamang ang istorya, tunay na kagiliw-giliw at nakapagpakilig sa mga manonood. - Ni Bianca Blanco
Mia Quisumbing

Kapag Nanalamin ang Pagkatao

Salamin, salamin, anong ibig sabihin? Repleksyon angkin,
tunay o dapat iwaglit sa paningin?
Isang malakas na istratehiya
upang magwagi sa mga
kompetisyon nangangailangan
ng pulso ng bayan ay ang pag-
eendorso. Ang mga opisyal ng
ating pamahalaan ay naupo sa
kani-kanilang puwesto dahil
sa mga desisyong isinagawa na
naimpluwensiyanan ng samu’t
saring patalastas.

Ayon sa mga nangampanya,
sila ay mapapagkatiwalaan,
matulungin at iba iba pang
mahahalimuyak na mga salita
ngunit kung susumahin ang mga
pampulitikal na pangayari ng
mga nakalipas na taon, talaga
nga bang mararamdaman ang
presensya ng mga nabanggit?
Ipinakita ba nila ang kanilang
palabra de honor?

Pagpapakatotoo ang naging
kakulangan nila. Isang salita na
dapat ipinamalas nila sa simula
pa lamang. Madaling sabihin at
isa kilos kung pagtutuunan lamang
sana ng pansin. Bagamat medyo
may kahirapan kung isasabuhay
lalo na at napapalibutan na ang
sambayanan ng mga kaisipang
maaaring magdulot ng pagbabago
sa kanilang pagkatao at paraan ng
pamumuhay.

Samantala kung ikukumpara
natin ang sitwasyon na ito sa
hinog na saging na pinitas mula sa
puno maaaring kapag tiningnan
natin ang panlabas na anyo ay di
gaanong kaakit-akit ngunit kapag
natikman na ay hahanap-hanapin.

Malaki ang maitutulong ng
papapakatotoo. Una tataas ang
iyong tiwala sa sarili. Pangalawa,
magiging mas matibay ang iyong
relasyon sa taong minamahal, at
higit sa lahat ay makaiiwas ka sa
mga alitan.

Ngayon, ano ang mas
mainam? MAGPAKATOTOO o
MAGPAKA-PLASTIK?

Bianca Blanco

Sa Piling Mo

Sa piling mo,
Ang unang iyak ko
Sa piling mo,
Ang unang salita ko
Sa piling mo,
Nakangiti ako
Sa piling mo,
Nakasimangot ako
Sa piling mo,
Natatakot ako't nagtatago
Sa piling mo,
Kinakabahan ako
Sa piling mo,
Gumiginhawa ako
Sa piling mo,
Naiinis ako
Sa piling mo,
Nadapa na ako
Sa piling mo,
Pero higit sa lahat,
Sa piling mo, masaya ako
At kumpleto.
Ngunit ngayon,
‘Bakit ‘di ka nanatili
Sa piling ko?’
Friend Zone

A Humans of St. Scho series

This series of Humans of St. Scho features the most basic unit of any school: the barkada.

Various groups of friends in SSAM were asked about their fondest memories as a group and what they love most about each other. The Scholasticans eagerly participated in the interview and shoot, not wanting to pass up the opportunity of having a complete group photo!

Shocking Pink
“Ibang klase yung happiness kasi ngayon na lang kami nakumpleto.”

The Cycle
“Sobrang iba-iba kami sa lahat ng bagay pero nagkakaisa pa rin kami.”

Tropang OP
“Walang pa ring iwanan... kami pa rin sa hulihan.”

Danitos
“Kahit iba-iba kami, naiintindihan namin ang isa't isa.”