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Tel La Salle's Strength 10 Fervor

Nadine Mae A. Sagun

After the very stressful yet fulfilling college week, we're back to our computer screens and with sore fingers!

Ahh! The pleasure I get from the rush of all the deadlines and the energy boost from the unending sermons.

For this issue, we are very privileged to be tasked to cover "Strength 10", a weeklong celebration of our college's 10 years in faith, service and communion. When I look back at that wonderful week, I can't help but think about the infinite possibilities our college has. I remember how Sir Louie Reyes, our campus minister, always tells us that we make the college, us the people (not the buildings or the facilities that we may have). I remember the surprised faces of our graduates from different batches as they saw the changes we have undergone—changes we acquired through challenges. And these challenges we turned into achievement. I see new opportunities for us to make little differences that may mean a lot in the future. I have learned the value of the words "Work hard. Party harder." I look back at how we

all moved over to the brighter side of college life and how we celebrated laughter.

I feel each one's connection, that we all share the same experiences and the same pride of being called Lasallians. And for the first time since I got here, I still feel the effect of being infected with true Lasallian love—a love which I hope we keep on spreading to others. Having said all that, I cannot over emphasize that I am in love with La Salle College Antipolo.

This issue hopes to capture all that Strength 10 high! From "solar" sports fest to the star-studded college night, we've got it all right here. So again it is with utmost delight that we present to you the second issue of this year's Tel La Salle—a product of constant harassing, sleepless nights, insufficient computer RAM, caffeine overload, blood (turn to page 18), sweat, tears and so much more! This is definitely the fruits of our labor.



Tel La Salle

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Biologists all over the world consider the Philippine forests as one of the world's richest haven for plant and animal species. According to the research made by IBON foundation, the Philippine forests "harbor about 8,120 species of flowering plants, 3,500 species of indigenous trees, 33 species of gymnosperms, 640 species of mosses, 2,400 species and sub-species of fish, around 240 species and sub-species of mammals. There are 3,000 species of plants which are endemic to the Philippines." These are amazing numbers which at the rate of extinction would be significantly lowered if greed will not be moderated or better yet eliminated.

Introduction

Forests can be considered as one of the most hard working among the many ecosystems. Forest acts as sink that traps huge amount of carbon dioxide present in the atmosphere. Forests serve as watershed absorbing massive amounts of water during the rainy season thereby preventing floods. During summer, it slowly releases absorbed water for household and industrial use.

Forests are home to millions plants and animals. They are also home to millions indigenous people who were slowly driven upward due to low land logging. Logging at present forces indigenous people to go else where for food and other needs.

It is saddening to think that the percentage of forest land area of 92% in 1575 is now down to 18% in 1997. At present the Philippine forests is dwindling at "average of 2% per annum of 550,000 hectares per year." The numbers are expected to decrease not because logging has stopped but because there are no trees to cut. At least the numbers are going down.

Conservation of Endangered Species

The endemic plants and animals shown in the eBook "Vanishing Treasures" are indicators of how special the Philippine Forests are.

It must be exhilarating for scientists to see how a very small country can harbor thousands of different plant and animal species. I remember a story told by a friend who went to Canada to attend the celebration of the World Youth Day. She said that at one point during the week-long celebration they would need to ride a train to go from one venue to another. She told me that the landscape in Canada is very beautiful except that she noticed one thing... it appears that there is only one specie of tree growing there. They all look the same and they are actually the same. The climate in Canada is not suitable to support the life of many different plant and animal species. This, according to her, made her appreciate the biodiversity of the Philippine forests more.

At this time, with the diminishing forests, the number of endangered species is quickly rising. In the future we would

only be seeing the plants and animals endemic in the Philippines on the internet or some of them would be preserved in Natural Museums. Then a lot of people would be saying, "at least we get to see one even if it is dead." Some would be asking, "Why is there a need to conserve these endangered species anyway?"

Botkin and Keller (2003) in their book entitled, "Environmental Science: Earth as a Living Planet", present the five reasons: utilitarian, ecological, aesthetic, moral and cultural. The utilitarian justification discussed in the book is that we can use different species to study and cure diseases. There are a lot of chemical compounds found in plants that could help treat many illnesses.

The ecological justification is that we are all part of the ecosystem. We play a certain role, whether big or small, in the environment. To allow one player to disappear is to permit imbalance to happen like in areas where there are cases of malaria or dengue. A friend from DENR told me that a lot of frogs are being poisoned by pesticides and therefore significantly lowering their numbers which in effect allow the increase in the population of mosquitoes since the number of predators are diminishing.

"An aesthetic justification asserts that biological diversity adds to the quality of life, providing some of the most beautiful and appealing aspects of our existence." (Botkin and Keller, 2003).

Moral justification discusses the right of every organism to exist. The role of humans is to promote ecological balance and to ensure that every organism will be given an equal chance to propagate and reproduce. We humans are tasked to take care of the environment, not to extract whatever it is that we can get from it.

The last justification is the cultural justification. Some of the endangered species are of great importance to many indigenous people. They provide the basic needs for people. That is why in some cultures animals are considered as god.

No amount of money can justify the abuse of our forests and other natural resources. Seeing the different organisms up close, behind the cage or hopefully with fences, is better than seeing them in encyclopedia. It would be nice for every Filipino to go to other countries to appreciate our gift of biodiversity.

Chain Reactions

It's hard to look at a problem, know the solution and still not have the power to solve it. I feel for the biologist who made a study of the different organisms at Mt. Isarog. They were able to see the sources of the problems for the fast forest denudation and rapid extinction and still can do nothing to change the situation.

I guess another tragedy would compel the government officials to do something but still that is not an assurance. It seems that the Ormoc tragedy is not enough to encourage the government to take action. A similar scenario is happening at Rodriguez Rizal Quarrying is big business there. I will not be surprised when some of the towns there would be flooded.

I just don't think that most government officials are actually listening to their science teachers or maybe they are

TREASURES: TEACHING THE FILIPINOS TO VALUE WHAT THEY HAVE

It matters!

listening and still not hearing them or worst... their greed made them deaf and throw away the values that they've once learned in high school.

One priest is right to point out that Filipinos love their family more than they love their country. A government official would easily issue a permit to a relative involved in large scale mining without assessing its impact to the environment.

Looking the Other Way

The secret to healing is to admit that you are sick. There is a need to acknowledge that we are sick in order to encourage us to seek help or in a way look for medicines.

Same is true for the logging problems here in our country. A lot of people don't see it as a problem since it is used to put rice on their plate, but for how long? We are so used to denying the problem at hand because we don't want to face it. It is always easier to look the other way than act responsibly on a given problem.

One would be surprised to know that DENR is blaming forest fires and the indigenous people for the rapid forests denudation. This is very understandable since it is easier to blame forest fires and the indigenous people because they don't retaliate.

Actually there is a case wherein a certain tribe declared a war against a big logging company after the DENR sided with the latter and allowed them to cut trees on the area inhabited by the indigenous people.

Logging companies are tasked to do reforestation but still who's doing that? For centuries, most of our forests have been flattened by the colonizers and as a sign of gratitude we are still continuing what they've started.

Total or Selected

After every election environmentalists are hopeful that somehow the new government officials would do something for the environment. During the time of Aquino, there was a debate about commercial or total log ban. The 12-year commercial log ban did not stop the denudation. Still a lot of permits were released to logging companies.

Whether it is total or selected still there is not much of a difference. No one gives a damn about the laws anyway. Are the illegal loggers in Ormoc placed behind bars?

Hope is What We Need

In the case of our environment, we can lose everything except hope. The Second Law of Thermodynamics can always bombard us with impossible things but still we should focus on the possible. We owe it to the future generations of this country. Again any effort to conserve the environment is for the greater good.

Suggested Readings/References

Botkin D. B. and Keller E. A. (2003). *Environmental Science: Earth as a Living Planet*, (pp. 258-262). USA: John Wiley and Sons, Inc.

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Figure 1. The existence of tarsiers and other endemic species is now being threatened by logging.



An Alternative Direction for Hotel and Restaurant Management Track

Mr. Pedro Simon T. Ledesma

Over three hundred years ago, St. John Baptist De La Salle started a ministry right in his own home in France and today, the ministry permeates into the burning fire of the kitchen in the Philippines. Indeed, the Hospitality track takes hold of an alternative direction.

This year marks the tenth anniversary of the college. It also marks a turning point in the direction of a new educational partnership between De La Salle- College of Saint Benilde (CSB) and La Salle College Antipolo (LSCA) in the Hospitality Management program as the college continues to evolve in developing curriculum beyond the standard.

Beginning of a Partnership

On April 6, 2008, Bro. Marco Rey G. Macatangay FSC, the Director of the Institutional Lasallian Mission, wrote a letter to Bro. Victor A. Franco FSC, the Brother President of De La Salle- College of Saint Benilde requesting for a management contract in sending the first batch of HRM scholars from LSCA. The program would include professional culinary training from CSB. They worked on the educational alignment of the courses to be offered. The first batch of the HRM scholars consisted of 12 students who were sent to CSB to take the following courses:

PRMILEC/LAB - Principles of Food Preparation and Selection
PROCOO1 and 2 - Quantity Food Production
BAKIPA1 and 2 - Bakery Science
INTECU1 and 2 - International Cuisine

Evolving Program

After the student-scholars from LSCA successfully completed the program, a group composed of Bro. Marc Macatangay FSC, Peter Ledesma from LSCA and Dean Lettie Delarmenta, Chef Pam Obieta from CSB deliberated and evaluated the outcome of the tied-up program. The scholars responded positively on their individual assessment. The program administrators noted as well the areas needed for improvement. They agreed to follow the strict competency flow chart of CSB, that the students need initially complete the Foundation subjects before taking the Intermediate and moving onto the Advance offerings. The administrators ironed out the proposed subjects for SY 2009-2010. Four courses are still on the table however International Cuisine is replaced by Butchery subject.

The strategy is taking root and proving the complimentary ingredients work.

Not Just Good Food!

Jennifer Diane O. Aguila

Every year, millions of students with different courses and from different universities graduate with only one goal in mind – to get a decent job. A job that will not only help them sustain their basic needs but will also lead them to where they always wanted to be – the road of success. But today's competitive world challenges every one of us in reaching that goal. Certain requirements are needed before one can acquire a good job.

That is why it is a rare and great opportunity for the 3rd year HM students of LSCA to be part of the scholarship program which our college and the De La Salle College of Saint Benilde in Manila worked on and implemented this school year. The program was headed by Professor Pedro Simon T. Ledesma, the HM Department Chair. Honing and mastering their skills, the eleven chosen HM students namely Jamie Danise Aguila, Estelle Marie de los Santos, John Joseph Garcia, Giselle Faye Jovellano, Prince Monfiero, Jenelyn Morales, Milfred Punugganan, Bernard Quilala, Kimberly Salgado, Jewel Samson and Jhoana Marie Villarba attended their class in the College of Saint Benilde last May to September, 2008. Equipped with values, skills and knowledge, the "CSB Scholars" travelled all the way from Antipolo to Manila to learn and discover more, and to make their friends, family and school proud.



As a result last Friday the 13th of February the CSB Scholars proved that day not an unlucky one. Indeed a lucky day for they were given the chance to show the students of LSCA the different cuisines and desserts that they have learned to prepare and cook during their 4 – month stay in CSB. Arranged by their Meal Management instructor, Ms. Kathy Guevara, and Professor Pedro Simon T. Ledesma, the cooking demo entitled "HM Society presents Good Food: Bon Appetite!". As additional spice, Feliza Tolentino and Cherie Brito, 3rd year tourism students hosted the event.

The CSB scholars prepared famous cuisines from different countries from pastas to the main course and from the main course to the desserts. The mouth-watering smell filled the badminton court and made the audience crave for what they were preparing. Apart from the food demo, the audience did get the chance to taste the food they prepared.

The program ended at 12 o'clock in the afternoon. A short celebration was held at the HM lab and a scrumptious lunch was served to the CSB scholars, thanks to the ushers and usherettes for a job well done.

Another group from the incoming 3rd year HM students will be sent to CSB next school year to learn more about the hotel industry, enhance more their skills in cooking and managing and at the same time, make their school, friends and family very proud. Great work to CSB Scholars and all thanks to our La Salle family!



"How Does an Entrepreneur Strive in Today's Global Market?"

Stephen Joshua M. Losaria

"How Does an Entrepreneur Strive in Today's Global Market?" This was the topic of the Bro. Cotter Memorial Seminar which was held last February 12, 2009. Ideas, insights on certain issues, and inspirational messages were shared by one of the country's most successful businessman, Consul Armando H. Rodriguez. As he progressed, he shared his humble beginnings, from dust to riches. He shared more than enough values in handling money. A man of perseverance and ideas, that is how a true entrepreneur must be. "Take a step back, then take two to three steps forward..."

"A Paradigm Shift"

Virgilio Farcon III

The Accountancy Department along with the Junior Philippine Institute of Accountants (JPIA) held its First Quiz Bee and Symposium. It was themed "A Transformation to a brighter shift in Paradigm: Strive to Become a Successful Certified Public Accountant" and was held on February 14, 2009 at the Bro. Cody Hall.

The event started with the Accounting Quiz Bee which was participated by 2nd to 4th year students. The activity consisted of two levels. The winners from the first level are Mabel Cabana, Carla Navarro (3rd yr.), and Mariel Racho (4th yr.). The winners on the second level are Angel Abrena, Jerica Mallan, and Rionel Zarate (3rd yr.).

The quiz bee was then followed by a symposium featuring guest speaker Mrs. Ester Ledesma, the Dean of Accountancy in St. Scholastica's College in Manila. She is a member of the Financial Reporting Standards Council. She discussed how the Accountancy profession has changed from back then compared to now. According to her, as the theme suggests, there is a need for a shift of paradigm because there are a lot of factors that have changed with regards to the business world namely the Global Economic Crisis, Globalization, etc.

After the symposium, Ms. Bernadette Dimzon, the Department Chair of Accountancy and I, as the President of JPIA in LSCLA, handed out a certificate of appreciation to Mrs. Ledesma for her knowledge and expertise.

There's enough for a good cause...

Stephen Joshua M. Losaria

2 weeks preparation for the college seemed not enough. We were running out of time and ideas were out of nowhere. Mr. Donald Kwan of the Student Council came to me and said, "Why don't you pursue the La Salle Movie house for the college week?" It surprised me that he supported my idea. We consulted our Department head, Prof. Pedro Simon T. Ledesma for some ideas. The following day we made the proposals and guidelines for the "La Salle Cinema".

One week left before the College week starts and we haven't finalized the proposal yet. I was scared that it wouldn't work because of lack of time. We dashed to Mrs. Long's office and got our proposal approved.

So the college week came. We prepared for the event and shed our money because we were running low in resources. The first day of the event wasn't good for us since we were having technical problems. As an alternative, we did a by-request movie showing. We raised little revenue for our organization's fund. Luckily we pushed through the event with the help of Liga de Comercio members and officers.

Psych Symposium

Marcia Destacamento

I got upset, I was humiliated, I felt like I was alone, and now what? If I ask you, what would you do if no one seems to be there for you – when it seems like you carry the whole world on your shoulders?

Last February 11, 2009, the Psychological Society hosted a symposium entitled, "Building Awareness, Reducing the Risks: Depression and Suicide". With Dr. Brigida Buenasada and the staff from the Philippine Mental Health Association, the students as well as the professors were enlightened to know that "depression is treatable".

Dr. Buenasada made mention of the ABC of Mental Health:

- Awareness
- Balance
- Connection
- Drug free
- Eating
- Flexibility
- God-centeredness

When we talk of mental health, we mean wellness of being or balance in all aspects of our lives such as physical, emotional and social.

For instance, if one part of your body is hurting

your whole body seems to synchronize with that pain and you get stuck in your bed and forget your responsibilities for the day – bad way to start the day, isn't it? To avoid this kind of situation, we should learn how to take care, not only our physicality, but also our mental health.

On the issue of depression, I quote from Dr. Buenasada's presentation "Depression: Silent Menace". As I have read it, the first thing that came to my mind was that depression can be hidden – thus, we must be sensitive to other people's emotions. Depression has a number of symptoms varying from a simple feeling of sadness to hypochondriasis to the thought of death and suicide. But among those symptoms, there can be no single cause of depression. It can rise from a chain of depressive events and it differs from person to person. However, there are identified causes of depression namely Biophysical (including genetic predisposition and biochemical imbalances in the brain) and Psychosocial (i.e., stressful life events and environmental stresses).

In the middle of the discussion, the speaker presented a case vignette of a depressive case from which the girl experienced a series of depressive events that led her to commit suicide. The questions left hanging were – 1) wouldn't the girl have dismissed the idea of suicide if one among the depressive events did not happen? 2) Would the girl not commit suicide if one, at least one family member, helped her in overcoming depression?

This had been the challenge for everyone – to be sensitive of other's feelings. A little show of affection can have a big effect on the depressed person. We must learn how to consider the other person's sentiments, whether it was verbally stated or not. Your attention counts!

February
Bro. Cody Hall

Who said teachers can't have fun?

Mrs. Mitch C. Gadja

Despite the oozing heat of the afternoon and outnumbered teachers for the volleyball game, we still pushed thru with the exhibition game. At first, it wasn't that easy to look for players because all of us have not practiced for a long time. Nevertheless, we were able to have at least seven players. One thing that inspires us most is that we will be playing with the students. Confident with ourselves (over confident I should say), we waited for the game of 1st yr vs. 3rd yr to finish. We felt a bit nervous, and Mrs. Guevarra even commented *"Kami ang pipili ng kakalabanin namin huh!"*. The game started around 3 o'clock in the afternoon and the good thing is few trees provided a shade on one side of the court. And it's the teacher's side. A 30 – min long warm up set us to the real game. During the game, students around us were really cheering some of us. The favorite of the crowd was Ms. Trinidad who was cheered all throughout the game. Mr. Clemente was effortless in serving the ball and Mrs. Guevarra was poised and relaxed. Talk about MVPs on our end we have Mr.Cruz and Ms.Bibe. My job was to remind the students' team to be easy on us. There were high jumps, spikes, tosses, and good ball during the whole game. I am not sure about the score, better ask the scorer... Perhaps, contrary to what the spectators thought, we all had fun!



Believe and Live Thy Passion

Marjorie Ditan

Communication Arts Department

Photo Exhibit

February 14

TEU Conference Room

Happy 10th Anniversary, Lasallians!

To have been given such great talents that once were unrecognized, Communication students in 3rd & 4th levels "Gave It a Shot!" It was truly amazing how my fellow Communication students discovered and captured memories, landscapes, abstract ideas and arts in a diligent and distinct manner. Among the spectators who applauded the works of the students were Bro. Manny Hilado, FSC, and Mr. Maripo Bacani (City Councilor) who passed by after the opening ceremony of tourism exhibit.

For my favorite part of our college week, I would like to focus on the informative documentary festival of the Communication students from the 2nd and 3rd year levels taking up majors in Writing for Radio & TV and Writing for Film respectively. Enlightening and inspiring us to master our craft and interests, the guest documentarists, directors, writers, photographers and researchers were Mr. Tom Estrera who won awards in the CCP & NCAA, Ms. Dada Docot, another award winning director in the International Docufest in Tokyo, and Mr. Xavier Gravides of ABC5. Out of question is their spontaneity in giving their critique, suggestions and words of wisdom. These three young and passionate documentarists etched in our hearts to continue believing in our potentials and share them. The Communication students definitely were entertained and loaded with insights which I believe will be LIVED.

A Show and Tell...

Justin Emmanuel Yanga

Last February 12th, the Educera organization presented a play entitled "Sampung Mga Dalin". It's a story of how ten different high school students had a complete life transformation ten years after they graduated from high school.

The play was directed by Education sophomore Lan Antjen-dra. The main cast was composed of other 2nd year college students like Coco Rafinan, Edua Marcelino, Angel Asido, Jael Asor, Gel Del Val, Grace Cadorniga, Jeslan Herrera, Arvin Romero, Tin Doronila, Rhina Reyes, and Paulina Hermari. Alongside them were Nikki Purisima, Justin Yanga, Sheila Perez, Nathan Cadampog, and Robert Iigan.

It all started in the first day of school. Duday, a new student from the province, was constantly ridiculed by her fashionable and elite classmates Lyca (Edua), Scarlet (Gel) and Cassandra (Jael). Meanwhile, shy girl Crystal (Tinrin) was also bullied for being extremely quiet in class. Little did Crystal's classmates know that she acted inferior due to the sexual harassments she's been receiving from her step father (Nathan).

Aside from them, different people from the same class had their own stories too. Jeslan had family issues due to his drunk and irresponsible father (Justin) who beats him up every night. Meanwhile, cool guy Arvin Romero was uncertain of what his gender is due to his confused romantic emotions for a girl and a guy in his class. It was also revealed in the story that Cassandra acted as the bad girl in school because of her insecurity towards her step-sister (Rhina Reyes) and her frustration over her stepmother (Mary Joy Panaligan). Scarlet, on the other hand, also confessed in the story that even though she has wealth, cars, and fame, she still felt empty because her parents didn't really show love and affection to her. Lyca (Edua) was also longing for her mother's love and attention for she's always left alone while her mom (Nikki) was gambling with some neighbors.

Another highlight of the play was the amazing performance of Coco Rafinan. She starred as the mentally retarded mother of

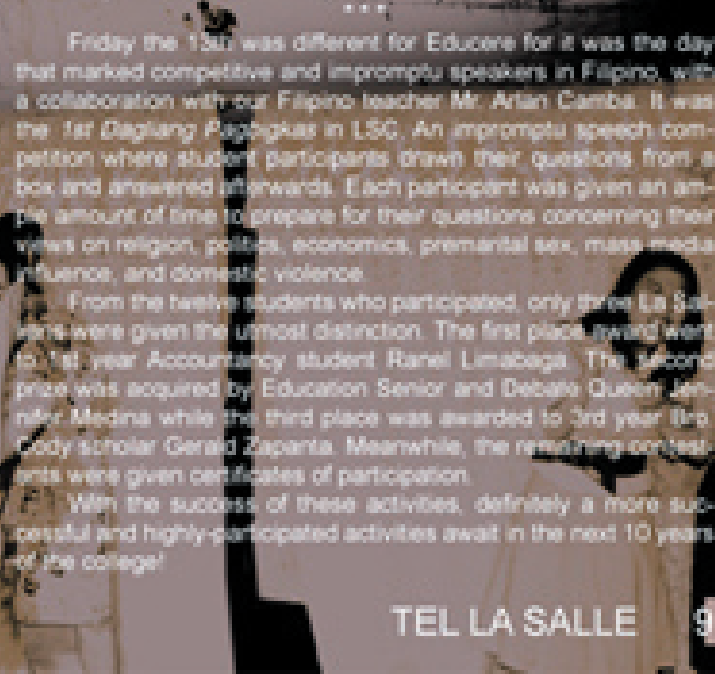
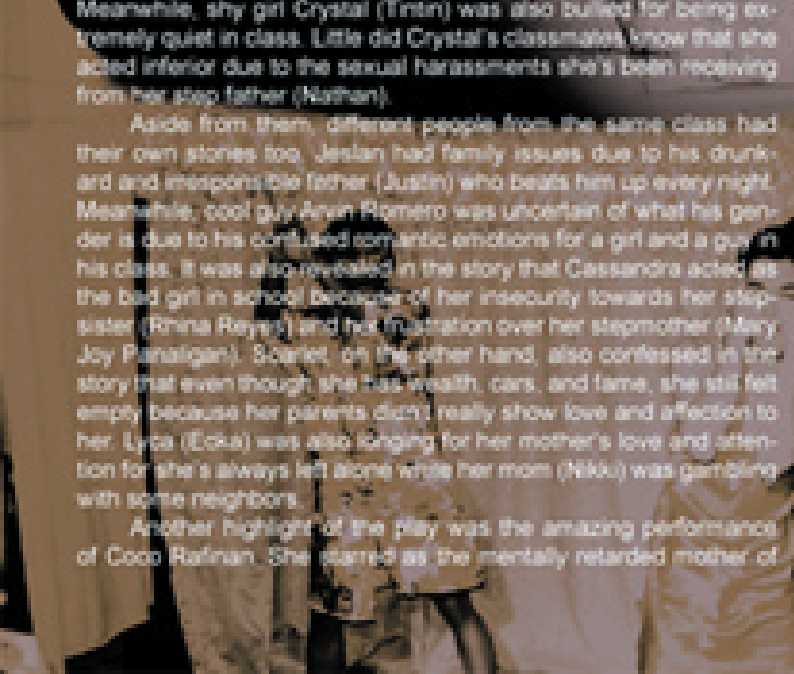
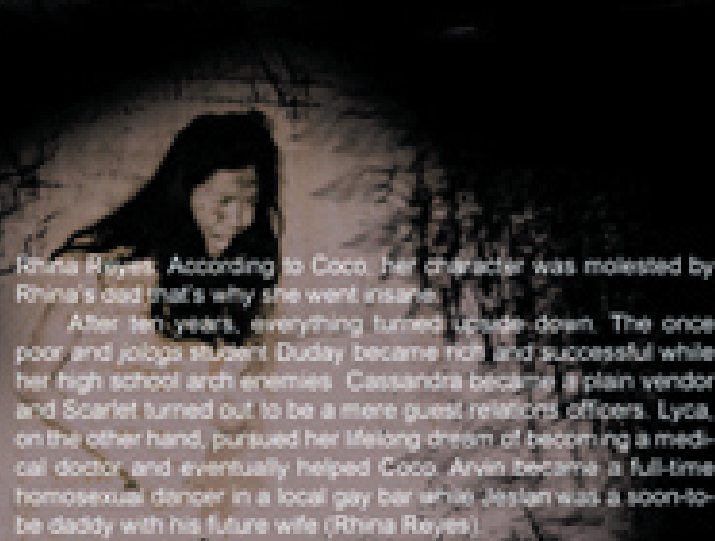
Rhina Reyes. According to Coco, her character was molested by Rhina's dad that's why she went insane.

After ten years, everything turned upside-down. The once poor and jolags student Duday became rich and successful while her high school arch enemies, Cassandra became a plain vendor and Scarlet turned out to be a mere guest relations officers. Lyca, on the other hand, pursued her lifelong dream of becoming a medical doctor and eventually helped Coco. Arvin became a full-time homosexual dancer in a local gay bar while Jeslan was a soon-to-be daddy with his future wife (Rhina Reyes).

Friday the 13th was different for Educera for it was the day that marked competitive and impromptu speakers in Filipino, with a collaboration with our Filipino teacher Mr. Artan Camba. It was the 1st Daglang Pagpakius in LSG. An impromptu speech competition where student participants draw their questions from a box and answered afterwards. Each participant was given an ample amount of time to prepare for their questions concerning their views on religion, politics, economics, premarital sex, mass media influence, and domestic violence.

From the twelve students who participated, only three La Salle-ians were given the utmost distinction. The first place award went to 1st year Accountancy student Ranel Limabaga. The second prize was acquired by Education Senior and Debate Queen Jennifer Medina while the third place was awarded to 3rd year Ilo-Ilo Cody scholar Gerald Zapanta. Meanwhile, the remaining contestants were given certificates of participation.

With the success of these activities, definitely a more successful and highly-participated activities await in the next 10 years of the college!





College Night Raves Elaine Aizah Balazar

Everyone had a blast in Valentine's season as LSCA's Tertiary Education Unit celebrated the last day of 10th anniversary celebration held at the open field. The night was filled with laughter, talents, celebrities and even food! Stronger, bigger, better and louder, the college Department is indeed Strength10 as the years go by.

It was a very exhausting as well as enjoyable week for us. Izah Tolentino of HM and Ceajay Valerio of Communication hosted the event. Aside from our in-house talents for hosting we also enjoyed the bubbly guest – DJ Hazel of RX 93.1 who also brought the band Paratuman all the way to our now "monsterized" campus. Quick Stare which featured Don Capa on drums, Uno Mass

which featured Jer Villamayor, an alumnus, on vocals rocked the night away! Slumping their way into our hearts were the boys of the dance troupe Cross Effects which featured Sam Villanueva of Communication. To top it all off, Sam Dela Pena serenaded everyone and invited the couples to a romantic dance.

Part of that night were competitions such as the battle of the bands, solo singing and cheer dance. Out of the seven contestants, the hailed singing champion was Carlson Basco of Communication. Giselle Faye Javeliano was awarded 1st runner up and Diana Pecaoco won as 2nd runner up. The blue team composed of sophomore Education, Accountancy and Communication students took home the trophy for cheer dance competition.

For the love of music... Den Joshua P. Cabasal

The love for music is a passion which some people are born with. For them, music is a part of their life and a part of their body just like the heart. For these people, music is a driving force of their life. It gives meaning to each life's journey.

Last Valentine's Day the football field was filled with good music and talents for the Battle of the Bands as main event of the closing night of Strength10. Three bands were enlisted to compete to be the victor of the competition. They were all juiced and ready to play their hearts out in front of fellow La Sallians and to show off their God given talents that they were all proud of.

The first band to compete was the A and F band which was composed of first year BSBA students namely Cahandel Sanchez on vocals, Judd Fernandez on Bass, "Vegeta" on rhythm guitar, Al Dumandan on lead guitar and Randal Ilagan on drums. They awoke the spirits of everyone while they played the song "That's What You Get", the hit song by Paramore and presented two more namely "I Guess" and the punk version of the song "Crazy for You" to complete their performance.

The next band who took the stage is Dominion. The band members are Dominico Lucas on vocals, Ian Rito on rhythm guitar, Jamie Danise Aguila on bass, Randal Ilagan on drums and Den Joshua Cabasal on lead guitar. They roared the whole field with heavy metal songs such as "Redneck" and "Laid to Rest", both songs by Lamb of God and

added more fuel to the audience fire with the song "Dying in Your Arms" by the Trivium. Contrast to their first songs, they closed their performance with the song "Jeepney" from Spongecola.

The last band to perform that night was the James Band. They caught the attention of everyone, not only by their retro and colorful attire. The band's herchmen were Precious Reyes on vocals, Philip Evangelista on lead guitar, Varon Limjap on rhythm guitar, Ian Rito on bass, and Jonathan Magbag on drums. James Band amazed the crowd by playing their cover version of "I Believe in a Thing Called Love" and "The Darkness" then closed their performance by playing Guns and Roses hit "Sweet Child of Mine".

Finally, the much awaited awarding followed. The bands were all excited to know the result of their practice and labor before performing on stage. The hailed winners were:

Champion	James Band	Best Drummer	Jonathan Magbag
1st Runner-up	Dominion	Best Vocalist	Precious Reyes
2nd Runner-up	Al and Friends	Best Guitarist	Philip Evangelista

All the three bands are winners because of the smiles they wore on their faces as the night ended. The main goal of the contest is not just to bag the prizes and the titles, but to put up an incredible show powered by their passion and love for music.



A photograph of ten lit torches standing on a green lawn. Each torch is made of a wooden handle and a woven basket of sticks at the top, with a flame. The handles are decorated with colorful ribbons: red, white, black, green, white, blue, and yellow. The torches are arranged in a line, receding into the background. In the background, there are white concrete steps or a low wall.

“Strength 10”

Ten years of growth and development could be measured through

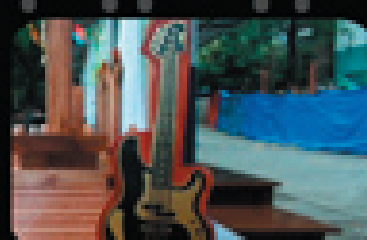
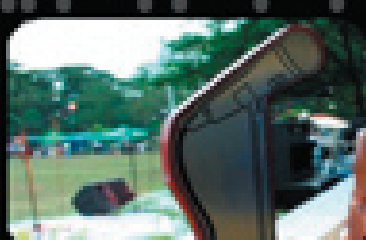
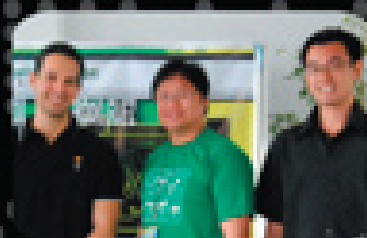
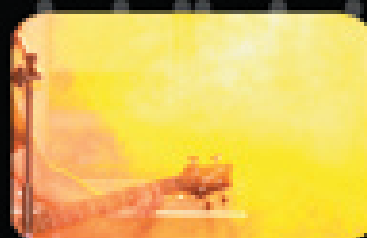
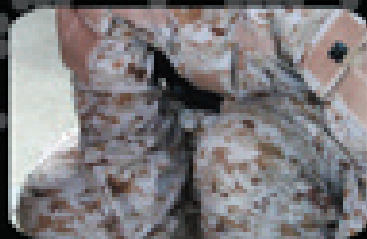
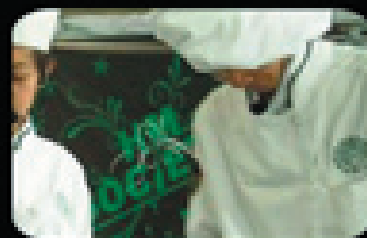
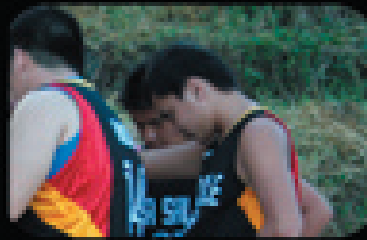
- the number of students seeking admission to this institution*
- the number of students who enrolled*
- the number of graduates La Salle College has sent out to join the professional world.*

Through the 10 years of teaching minds, touching hearts, and transforming lives La Salle College has “Strength 10” in her mission of Christian Education.

The festivities we are participating today and the days to come make us feel and make others feel the continuous “Strength 10ing” in our growth and development as a center for learning.

Join us in our jubilation!

*Mrs. Ma Lourdes P. Villanueva
Associate Dean, TEU*



10TH ANNIVERSARY



H A N T
GALLERY

On Being a Future Educator

Nadine Mae Sagun

More than a century ago, our national hero, Doctor Jose P. Rizal said that we need education before revolution. Otherwise, we will only gain more masters and we shall not be truly free. Sadly, modern day Filipinos have completely forgotten about the lessons Rizal tried to impart to us.

When I entered college, I never really thought that I'd end up in education. Who wants to be a teacher anyway? The work load is just too much and I am not the holiest of all saints.

It was only when I dived into the pool of teachers by teaching street children that I realized that education, for me, is the most underrated course. Let me tell you why.

First, most people don't really know what education means. Contrary to what the majority says, being a teacher is not a profession. We don't teach and expect to have a great amount of loot by doing so. We have far greater reasons than that. Our work is never about the money or material goals but it's about making a difference not only in our country, but in the entire world. Education is to enlighten individuals. It is to equip students with a better understanding of life based on knowledge gained from the classroom, the campus and their peers. Education is to empower its students with abilities to be citizens of the world. Being a great educator requires so much more of oneself. Sadly, our educational system has produced not so many. And this is because people see education as a profession, and the least promising one at that. What we don't realize is that the moment we decide to be great teachers, we accept that more than a profession it is a vocation.

We don't only improve our lives and the lives of those innocent little eyes staring at us in class, but we are also improving the lives of all Filipinos by shaping the minds and the souls of these children. And by doing so, we build a better Filipino nation.

Second, what we withhold will diminish. But what we give away will multiply. This is exactly what teachers are doing—selflessly sharing their knowledge with the end result of producing a better generation. We teach so that the young may have a future. We may not be holding the riches of this world but we have the power to change the world one person at a time.

Lastly, it is a sacred duty firstly, to yourself—that you would enhance your own talents and own well being. And secondly, to the society—to be able to contribute in making things better for everyone else. Being educators, it is not our goal to become rich because in the first place, money is not the very essence of education. Sometimes, learning itself is the reward and not the good career we may get out of it. We can call ourselves rich without having material possessions but investing in the minds of the children goes a long way.

I would like to quote John F. Kennedy when he said "Remember that our nation's first great leaders were also our first great scholars." The importance of education is quite clear. Education is the knowledge of putting one's potentials to maximum use.

Come to think of it, even our Lord Jesus Christ is a teacher, the greatest rabbi. What could be more important than following our Lord's footsteps? Many teachers have followed Him. I know I would.



SBMA: La Salle College's Sanctuary of Hope

Arvin Jesus L. Romero

Every child has the right to education. Education starts at home then to school and to the real world. As a child dreams, ideas and expectation come forth to satisfy his needs for the future in the real world. However, one problem delays that dream, the lack of education. Even if a child has a right to be educated, he/she is deprived of that because of poverty, apathy, discrimination, war, and so many worldly factors. Yet hope remains for the million children scattered around the world for a better and free education provided by zealous individuals or groups.

Speaking about communities and groups, the De La Salle community around the world has proved its worth countless times, actively servicing the marginalized and giving the poor free and Christian education. Having a range of six continents, eighty countries, seventy-three thousand lay colleagues and nine-hundred thousand students, the Lasallian spirit of hope and service continues to shine forth for the unfortunate ones. Specifically in the Philippines, there are eighteen district schools under the flagship of De La Salle Philippines that aid hapless neighboring and distant communities through reach-out programs. Through the reach-outs, underprivileged Filipinos were given a free Christian education and a chance to redeem themselves to the world. A concrete example of one of the reach-out programs is the Saint Brother Miguel Academy (SBMA) in La Salle College Antipolo. Not to waste St. Bro. Miguel's legacy, LSC continued his work by establishing SBMA in 2003. The Social Action Center and Vocations Office of LSCA conceived SBMA after surveying and establishing partnerships

with communities such as Sitio Upper Dao and Sitio Pinagmahalan whose children need follow-up studies in the major elementary subjects especially in English and Math. As a Saturday school program, SBMA offers free tutorial classes (Reading, Writing, Math, and Catechism) for Grade 1 up to Grade 6 with the help of volunteer teachers and students from the Basic and Tertiary Units. The sessions start with the line-up of students in the entrance at 1pm where they are guided to the St. Benilde Gym and vacant elementary rooms, and La Salle Pavilion where the classes are taught up to 3pm.

Teaching the neighboring students is not an easy matter for the volunteers. The volunteers must have trainings and regular meetings during their school time to equip them. They also sacrifice their resources, time, and service for the benefit of the children. Such joy emanates from the heart when hearing this. It is proper to give tribute to their zeal for service that brought hope and change to the lives of the children.

As SBMA gives children the right of education, it also gives a chance to change the world. We must remember that we cannot live alone and without education. It is time for us to stand up and take the initiative to change ourselves and bring hope to our country. SBMA's work is a solid model in solving the world's major problem, APATHY that resulted to millions of children deprived of education and right to a just life. I am hoping that my message will not fall on deaf ears. Let's show what we are good at – teaching minds, touching hearts and transforming lives of all people around.

Choosing the Odds

DanRodis Gelito

I entered La Salle College with indifference and hostility. I told myself that as long as I attend all my classes and my grades are okay, everything will go well until I graduate. This was the principle that drove my freshman year. I had fun though for all I did was to criticize my friend who happened to be in the Student Council, my suggestions to her was wild and way better. Second Year came and I felt this "efficiency discontentment", I knew then that what I wanted to do is to go out of my comfort zone.

I kept on running for different positions in the council but I always lose until I became the Vice President for Operations this year, my last school year. I was so glad to be part of the council until I saw myself waking up early just to go to school on a summer, talking and even arguing to people just to make sure that the college's name is kept with prestige and respect, not going with friends when they have gimmicks, getting physically and emotionally drained, being blamed by some students and narrow-minded people when all I know was my intentions were pure.

This did not stop me from my commitment to the school, I had to be firm and make sure that time is managed well – academics, Family, regular dog-walks, friends, feasibility study, commitments and Student Council. I came to realize that my struggle towards excellence of

everything that had happened in the college was not my struggle when I was in my freshman year.

I was changed from being indifferent and hostile to a person who wants what's best for La Salle College Antipolo.

As I wave my term in the council off, I would like to know that my testimony to this school would have been negative if I did not choose to be proactive. I chose to learn in the midst of adversities, I chose to get along with my block instead of just attending class, I chose to help instead of watch. I choose to help instead of watch others do things, not because I am stuck in this position but because I know that there is always a choice. I believe that who I am today is determined by my past decisions.

I am a student council, I chose to commit.

I am a Lasallian, I chose to serve.

Lessons that do count...

Jennifer Diane Aguila

Rushing to get to LSCA, I was panicking, hating the fact that I haven't studied well for my first exam. The night before that day I only studied for two subjects (I had three exams) then spent the remaining few hours doing nothing and listening to the deafening silence in my room. Procrastinating, I told myself that I could study the first subject on the last minute, thinking that I could memorize all the dates, names and terms in the morning.

But I was so wrong.

I arrived at the SLTD (San Luis Tricycle Driver's Assoc) terminal and saw that one tricycle was waiting for only one passenger. I took the ride at the back and beside me was an old man, wearing dirty and worn out clothes, his hair untidy. He smiled at me and I was shocked at first, my mind kept telling me to get out of the tricycle at once. But I stayed, and I was glad I did.

The old man started the conversation by asking me if I were studying in La Salle, what year I was in, what course I was taking and how much was the tuition fee in La Salle

questions that I have answered easily except for the latter. "Mayyaman ka siguro noh. Kasi lehat ng nag-aaral diyan sa La Salle mayyaman," he told me. I was surprised. I just laughed at his comment. "Mayyaman at masipag mag-aaral," he continued.

The conversation went on. Then, he told me stories about his family and his life. I, who wasn't interested on listening at first, started to pay attention when he told me about his education.

He stopped going to school and he didn't finish high school even though his parents had the money to send him to school. He was just too lazy. He wanted to work instead of studying. "Akala ko noon pag nagtrabaho ako habang maaga pa, makakapagtrabaho ako ng marangal sa hinahanap. Tamad kasi ako mag-aral noon e... Akala ko noon di ko kailangan ng edukasyon. Basta marunong lang ako maka-kubilo, may trabaho na ko, matagumapay na ko. Mali pala ako. Nagisali ako dahil winalang bahala ko ang importansya ng edukasyon sa buhay ko." His words hit me hard, like a soccer ball was thrown at my

face. This was also my wrong belief and I know some of us too. I knew he didn't tell me these things because he wanted me to pity him. All he wanted was for me and for the youths also, to realize how important education is. He made me see in a different light that not everyone is given the chance to study so it is important for me to treasure this opportunity and not take it for granted. My mind dwelt on the familiar quote "Education is our key to the doors of success." Cliché but it is the truth.

"Kaya raw, sinasabi ko sayo -alam kong nasabi na sayo ito ng mga magulang mo at tama sila- wag na wag mong papabayaang ang pag-aaral mo. Maswerte ka dahil sa ngayon, pag nakagraduate ka na, alam mo na ang patutunguhan mo- ang masarap na tagumpay. Basta wag ka lang magapapanwara. Gawin mong proud ang mga magulang mo. Para sa iyo din yan." This was his last advice before he got down the tricycle. I have heard this many times from my parents already but I wasn't really listening. I think I also needed to hear it from someone who had really experienced it- someone who showed and told me the consequences of not acquiring an education -before I finally fully realized that what my parents were saying are true.

I wasn't able to ask his name and worse, I wasn't able to say "thank you". I believe all I could do for him is to pray for him and for his family and to spread what he has told me on that short but very significant tricycle ride.

When I reached La Salle and stepped into its huge gates, I promised myself that I would be studying hard now. You and I can make this promise too.

No- I won't forget -this morning I still have to memorize dates, names and terms and... I will do my best.

My Watermelon Years in LaSalle

Katty Faye Regaspi



It has been four years now and I can still remember the good old days I've spent in La Salle. The fear that almost engulfed me during my first day in college now turned into excitement.

Have you heard of the watermelons in Japan? They were forced by the farmers to grow in square shapes by inserting these melons into square, tempered glass cases while the fruit is still growing in the vine. But it did not affect its taste after all and that's what's amazing.

I am one of those watermelons, I can say, from being oval shaped. I turned into a square one who learned how to adapt to the Lasallian environment and grew in the process. Thinking about studying in a far-from-the-urban school made me nostalgic. But I guess, it wasn't an agony after all, but one fruitful experience.

Studying in LSCA is neither easy nor hard. The complaints I made on every drop of sweat while walking along the school is far beyond the challenging days I enjoyed. This green pasture I've been with for the past four years cultivated my seeds of dreams. From there, I knew, that life will be offering me more of what I expect. The never ending friendships, the reverberating laughter and the heartbreaking cries when put together, can sum up my college years. The bunch of difficulties emotionally and

academically made each one of us the kind of students who will never run out of reasons to learn, learn and learn more of what life is.

The tough adjustment days are like those steep roads on our way to school. But never let it block your way to the top of the mountain. Feed every opportunity that comes along the way and starve all the problems because every step brings us closer to our goal. No matter how hard it is for you to adjust in a different environment, remember to stay composed. Learn to use what you only have and start from there.

A new chapter will start soon. I have to take a step far from the school grounds. I will leave with memories that will continuously live as I tell my story about La Salle to the people I will meet outside. My life here is not about waiting for the storm to pass. It is like learning to dance in the rain.



“Failure is not the finish line, but only the beginning.”

Johanna Magbag

My title for this article struck me when I saw it in a commercial for the 2010 Olympic Games in Beijing China. It was an excellent commercial. The commercial is about athletes coming from different countries aiming for one goal, to get a gold medal for the glory of their country.

What is really the feeling of having to fail for the things that you want and aim your whole life? Is failure the finish line? Is there life after being torn down into pieces? Is there tomorrow after failing?

Allow me to share with you a story about a little girl who loves to sing. However, every time she sings together with her cousins during family reunions, one of her uncles would take the microphone away from her and would tease her that her voice is bad. Trying to comfort herself, the little girl just continued what she thought would be best. That is turning back from singing. As

time goes by, even if she tried to develop other skills, music still knocks her down. Eventually, she joined a singing club together with her school friends which has taught her to sing and dance and even act on stage. Performing has become her passion, but then she's still not that confident in singing solo. To cut the long story short, when she went to high school, she pursued her other talents and stopped singing, at least in school. But then when she became an active member in church, more opportunities were given to her.

Apparently, what her uncle had said made an impact which made her stronger and better as a singer. Until one day, during another family reunion, one of her cousins forced her to sing. Even though she was afraid to sing in front of them, the little girl now a lady sang, and she was happy that her uncles said that her voice had improved. That was her first assurance that striv-

ing will make her family proud of her.

Obviously, that little girl in the story is me. What is the connection of my story to the things that I had said about failure and telling you that it is only the beginning and not the end? Realizing that all the things that happened to me in the past with my family, I now set my foot forward and continue to prove others wrong when they criticize and put me down. From experience, people say and do things to pull you down, but what should you do? You have two choices, one is that after they criticize you, you'll cry and isolate yourself from them, and **EVENTUALLY** to redeem yourself is the next thing you would do. You would smile, and look at these people straight and tell them, "thank you for saying such words, you have made me strong". Or, two is that you will let yourself be pulled down, and drown in your misery. It is your call!





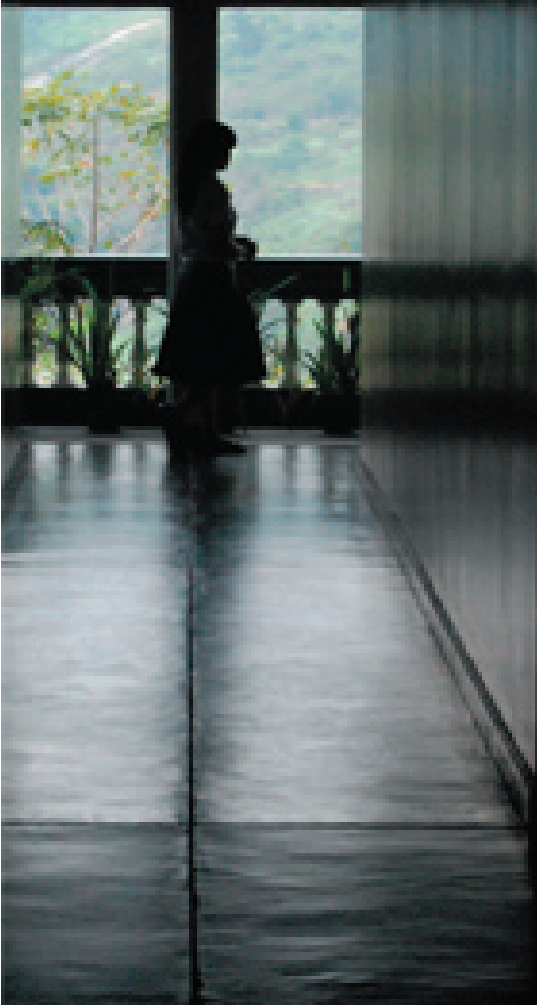
Save Lives While you Can

Lan Antijendra

Last October 19 of year 2007, we were moved by the news about the explosion that happened in Glorietta 4 in Makati. But you may not believe that 35 bags of blood collected from La Salle College that year were rushed to save the victims of that accident.

And for this year, NSTP students of La Salle College were given the opportunity to learn from a seminar about blood donation. February 6 2009 marks the day that students, staff, and faculty members donated blood to save lives once more. In just one day, La Salle donated more than 100 bags of blood. This just goes to show that we La Sallians are not only healthy and brave, but more importantly generous.

May this opportunity be our constant reminder of what really counts in this world. It is not enough that we excel academically, but we have to show to the world that we can give without being burdened. "There are no great things, only small things with great love. Happy are those." – Mother Teresa



What is Really Johanna Magbag the Essence of Being a Woman

What is really the essence of being a woman? I always find myself asking that. Is it always her capability to bear a child? Then what about those women, who can't bear one, are we being biased or are we not hurting them? As I go on with this question in my head, I have come to realize one thing.

For me the essence of being a woman is her aptitude to be strong despite everything that comes her way. Why is that? is it not because women are first who bore the pain of being totally part of the society? Back from the olden times, women are just second class people.

In some parts of the country like Korea, women are entitled to serve their husbands. They are not allowed to mingle with their husbands' businesses. In the Middle East, if a woman is married, she is considered her husbands property and no one should look at the married woman except their husbands. That is why you will see them wearing long robes. Nevertheless, gone are the days that women are discriminated in our society. Women have stopped longing to be heard in the society that they belong to and

be accepted.

In the Philippine History, we have witnessed women who stood against animosity and discrimination. Women were tagged as "katipuneras" who tried to protect the country and were behind the famous and brave heroes of our history and who sacrificed their lives for the betterment of our society. If these women were able to do remarkable things in the past and proved what they are capable of doing, we women of today are called to do something for this country. It is not yet too late to act and answer the call of times. We women are unique in our own ways and we are lucky to have a voice now. An article on a pressing issue submitted to publications would not hurt us. Respecting the lives and privacy of other people is another way of showing others that we are decent beings. Being of service to others despite of our busy schedules is a good sign of responsibility and diligence. These are just few things that we women do every day let us not procrastinate rather do something for our community.

Celebrate LIFE

Joyce Marucot

"The hardest thing to learn in life is how to love fully."

Right at this moment, I keep on bugging my brain to give me even slightest idea to make a decent paper. Don't let yourself be deceived by it; it does not have anything related in love department. For me, this title is just the starting point of all of these random thoughts I have since I step here in La Salle. This is my first time in LSCA. I remember my first impression with this school— a green and calm surrounding. For someone like me, who came from the noisy Quezon City, LSCA is something, well, too disturbing. Its calmness was something that really distracts me here then. I was used with the noise outside the campus. I was used of crossing that wide yet dangerous street, where the jeepneys are having a race every day. As I step in LSCA, I was like, "where am I?"

Just like any other newcomer, I have to adjust with the new system. To be honest, LSCA reminds me of those years back in high school where the rules are followed religiously. The green and white ensemble of the uniform is foreign in my eyes since the last time I wore a uniform was two or three years ago. It's as if I was really in an entirely different culture and my life has to change. But changing your life is not that easy. It was a rough first semester—I survived it however. But I realize that, if I don't

do something to help myself, nothing will happen. That's why during the 2nd semester, I tried to change for the better. This is a bit of weird because honestly, I never thought of doing that.

Meeting new people challenges me to be who I really am. Life is really weird in teaching its lessons—sometimes, if someone just merely says a negative remark about you, it changes you whether you like it or not. Or if not, when others finally know who you really are, they either like you or avoid you. Friendship is the greatest treasure that life can offer you. I'm not really open to new friends, but, maybe as time passes, I will learn how to deal with it and fire those feelings away.

Going back to scratch is embarrassing—at first. But starting anew is merely swallowing that pride that is hindering maturity. Everything happens for a reason. Despite of all those bad events in our life, we have to

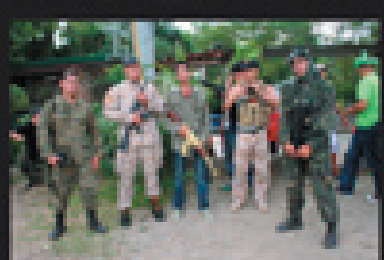


stand up and continue the journey. You just have to learn. It is never too late to think about your life. LSCA celebrates its 10th year of existence. It is the same as celebrating your own life. If LSCA exists for its students and those people who supported it— it is the same thing with us, students. We exist for a reason—the reason, we have yet to find out. Cheers! ^_^



ANIMO LA SALLE

TEL LA SALLE



Merge Layer

Low Resolution