



PAMITINAN

The official student publication of University of Rizal System, Rodriguez Campus



“STUDENT REGENT”- URS Rodriguez Campus' USSG President seats as the new student regent as he topped the URSSF election for AY 2016

Carranza joins BOR, breaks 12 year drought

by Paul Angelo Adriano

Mr. Christian Andrew Carranza of College of Agriculture broke the 12 year drought on the history of URS Rodriguez of having no elected Student Federation President coming from the campus.

Carranza was elected as the new URSSF president on August 9 at URS Morong with towering 34 votes against the 25 votes of Eronna Mae Esmade (Binangonan) and Mark Bugarin (Pililla) with 12 votes.

John Michael Siochi (Binangonan) was elected VP External with 39 votes; VP Internal, Allysa Mae Guieb (Morong) garnered 25 votes; General Secretary, Miriam Erasga (Pililla); Eronna Mae Esmade of Binangonan (Deputy Secretary) and Dave Garcia of Tanay (Deputy Secretary) amassed 29, 14, and 10 votes respectively; Auditor, Jonathan Perez of Tanay; Raven

Rodriguez and Ryan Mimis (P.R.O.) obtained 31, 20, and 20 votes respectively.

The 4th year, Bachelor of Agricultural Technology (BAT) student said in his short election speech, three points he wanted to express: 1) “Hindi ko nakikitang karapat-dapat ako sa posisyon na ito—pero meron ba?” 2) “For me, Leadership is the privilege and honor of serving the Lord by doing man’s purpose.” 3) “Bubuwagin ko ang sistema ng alyansa at ipagtanggol ang karapatan ng lahat ng estudyante.” that pleased the student leaders to vote for him.

“A Seminar on Student Leadership is the first project that I want to accomplish in my term. Gusto kong bigyan ng focus ang mag train ng mga susunod na student leaders ng ating Unibersidad. Naniniwala ako sa kahalagahan ng training,” he said.

Mr. Christian Andrew Carranza took his oath as the Student Regent of the University of Rizal System on October 3, 2016, during the 56th Regular Meeting of the URS Board of Regents at 4th floor Executive Lounge Commission on Higher Education (CHED), C.P. Garcia Avenue U.P. Diliman, Quezon City.



Akin ang LEGS!

Featuring the
Student Regent p6

URS goes “EPALified”

Joining for the first time in the Philippine Association of Campus Student Advisers (PACSA), URS students actively participated and transformed into effective student leaders.

The launching of the 4th Regional PACSA anchored with the theme “Effective Partnership in Effective Leadership (EPAL) Towards ASEAN Integration” aimed to help students be more innovative, creative, and competitive.

The event was held at Sitio Lucia Hotel and Training Center in Sta. Maria, Bulacan from September 2 to 4. Over 200 participants from various state universities and colleges converged in a three-day activity. Some of the institutions participated were Camarines Sur Polytechnic Colleges, Cagayan State University, and Bicol University.

The primary aim of the association is to empower teachers and students to be modern-day heroes our country needs; motivate participants to be effective and transformational leaders and develop network and camaraderie. There were several topics discussed on the event including Servant Leadership by Ed Panlilio. In one of his lectures, he talked about the essence of true leadership- among these is to serve people in the right way into the right way.

The first step towards getting somewhere is to decide you are not going to stay where you are’- Leonardo Da Vinci. The quote was mentioned by Dr. Dulce Atian in her talk about Administrative Leadership. In her discussion, she urged that the youth leaders must be the catalyst of change. She caught up the attention of the audience when she sang the song Hero by Carey which was followed by burst of applauds. Councilor L.A Tuando cited the environmental issues in his topic Environmental Leadership. He urged the youth leaders to **pg 3**

**Larong Pilipino para sa
Buwan ng Wikang Filipino**

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PRAISE salutes faculty, staff, retirees

The 11th Annual University of Rizal System Program on Awards and Incentives for Service Excellence (URS-PRAISE) with the theme: “Sigaw ng Lingkod Bayani: Malasakit para sa Taumbayan, Kapwa Kawani, at Kalikasan”, was held on September 23, 2016 at Eulogio Amang Rodriguez Tanghalang Sining (EARTS), Morong Campus.

Assistant Secretary of the Department of Science and Technology (DOST) Dr. Urdujah A. Tejada, keynote speaker, said “Excellence should be attained by public servants like us so that we can contribute towards the development of our country”.

A total of 98 faculty mem-

bers along with 15 service retirees from different URS campuses were recognized for their loyalty and service rendered in the University.

Loyalty Awardees from URS Rodriguez are enumerated below:

Fifteen (15) Years: Dr. Analyn V. Inarda and Prof. Jericho M. Inarda.

Twenty (20) Years: Prof. Anna Blanca SP Colina, Prof. Soteraia A. Lagrada, Prof. Christopher O. Perez, Prof. Maricar O. Soberano, and Dr. Stephen P. Soliguén.

Career and Self Development Incentive Awardee: Romalyn O.

Bombita, Campus Registrar.

Service Retirement Awardee: Prof. Luzviminda Millares for teaching 18 years in URS Rodriguez.

The URS PRAISE committee also awarded this year's top performer courses in government and board examinations.

URS Rodriguez: 1st Citation – Bachelor of Science in Business Administration (COB); 2nd Citation – Bachelor of Secondary Education (COE); 3rd Citation – Bachelor of Elementary Education (COE). -SPS



20 years and counting. URS faculty awarded for their loyalty and committed to quality education for all.

“This is a happy celebration because we are now 15 years old,” quoted Dr. Marita R. Canapi as she gave her opening remarks in the 15th Foundation Day of URS with the theme **URS: Catalyst of Change in Progressive Society** on August 11, 2016, held at URS Binangonan Campus.

The celebration started with a mass at Binangonan Auditorium with the administration, faculty, staff, and students from different campuses gathered together. President Canapi said “We are starting a war. War intended not to destroy the foundations of education, but rather to nurture, empower, and improve the knowledge and skills of students against the challenges of modern society”.

Before the literary and Musical contests started, Ms. Liezel Pascual, the pride of URS B gave an intermission number followed by the cultural presentation from Hiyas ng Rizal Dance Troupe of URS Cainta and Balangay Dance Troupe.

Winners in the Literary Competition are the following: Pagkukuwento, URS Cainta got 3rd place, URS Rodriguez got 2nd place, and URS Pililia got 1st place. Story Telling. URS Cainta got 3rd, URS Rodriguez got 2nd, and URS Binangonan got 1st place. Short and Sweet Plays URS Taytay won 3rd place, URS Rodriguez won 2nd place, and URS Binangonan won 1st place. Radio Drama, URS Binangonan got 3rd, Antipolo got 2nd place, and URS Rodriguez got 1st place.

Winners in Musical competition are the following: Instrumental rendition (violin), URS Angono got 2nd place and Antipolo's pride got the 1st place. Vocal Solo (pop genre), Morong got 3rd place, URS Rodriguez, got 2nd and Angono got the 1st place. Vocal Duet, Rodriguez got 3rd place, Tanay got 2nd place, and Morong got 1st place.

Students enjoyed the University Fair scattered in front of URS Binangonan campus where there were zip line, different booths, and rappelling in celebration of the URS 15th Foundation Day.

The echo of Pain



Her voice shuns every nerve with jitters that drive every bone cold and each drop of blood into excitement. It was her voice that kept the drama alive.

Playing the protagonist of the radio drama, Ms. Michelle Rondina displayed vocal skills at its finest as she portrayed a poverty stricken girl with bigger ambitions.

The 18 years old secondary education student lives within San Mateo and believes that she has her “own drama” to showcase and poverty is never an isolated fragment in her personality.

“Mahirap iportray yung character ko pero kayang kaya ko makarelata dun sa pagkatao niya kaya I managed to give justice to the role..” says Michelle.

DYNAMITES spark cultural events

Shaira Bungaos



In the darkness of the cave, let our pens be the light!

Pamitinan bags 3rd runner-up in Hayag 2016

Judy Ann Cabuyao

18 Delegates from URSR joined in the 2nd University Wide Journalism Skills Training with the them "Access to Information and Fundamental Freedom, This is Your Right." held at URS Morong on August 5-6, 2016.

The organizers of the 2-day press conference invited well-known speakers in the field of journalism to give workshops participated by the students in different URS campuses.

The Pamitinan student journalists bagged 3rd runner-up.

Winners for English categories are: Danielle Fajardo, 1st place, Feature Writing and 2nd place; Poetry Writing; Piolo Martin Moreno, 2nd place, Editorial Writing, 3rd place, Sports Writing, and 3rd place, News Writing; Norhaynie Dianalan, 2nd place, Copy reading and Headline Writing; Paul Angelo Adriano, 3rd place, Sports Writing; Judy Ann Cabuyao, 1st place, News Writing; and Shaira Bungaos, 3rd place in Poetry Writing.

Winners for Filipino categories are: Ezra Abegail Guillermo, 3rd place, Copy reading and Headline Writing; Kenneth Christian Maranggga, 1st place in Editorial Writing and 3rd place, Sports Writing; Jerickson Dumaoal, 5th place, Literary Graphic Illustration; and Princess Mae Malicad, 2nd place, Feature Writing.

1st, 2nd, and 3rd placers received gold, silver, and bronze medals while 4th and 5th received certificates.

"Karamihan sa kanila 1st timers lang pero nanalo na agad," said Dr. Soliguen, Pamitinan Adviser.



The Sports Authority. Piolo Martin Moreno



The copyreading duo takes home the silver and bronze at Hayag 2016



"The poet" inspires young writers to pursue their craft

ROTC fires all cylinders

Rhey Abila

University of Rizal System Rodriguez ROTC Unit conducted a firing activity training to develop and enhance their marksmanship skills held in Baras, Rizal on August 6, 2016.

It was a unique program for URSR-ROTC officers that started with 25 meter zeroing ranges 50, 100, 150, and 200 meters.

CPT Arnel Palermo (QMS) PA showed the results of

Top 3 Sharpshooters: C/LTC Eugene Doctor, Battalion Commander, ranked 1st with 43/50 scores; C/CPT Regie Congreso, senior volunteer officer, placed 2nd with 40/50 scores; and C/CPT Mark Bryan Marino, 2nd class of the unit secured 39/50 scores in 3rd place.

The training aimed to develop the marksmanship skills of the URSR ROTC units in protecting the society, civilians, and students of URS Rodriguez.



Ready Aim Fire. ROTC joins marksmanship training

From Epalified pg 1

participate in taking responsibility of the nature as the tomorrow's greatest hope.

The leaders, by nature, are active, optimistic and energetic. As expected, all out participation was given in every segment of the program. Competitions were conducted including essay writing, singing contest and Mr. and Ms. PACSL. Giants won't let URS burry down deep securing 3rd place in Ms. PACSL from URS Binangonan, 2nd place in Mr. PACSL (Antipolo) and bagged the first place in essay writing contest from URS Antoplo.

-P. Adriano

Jaw Dropping lines

Meeting Rod Marmol and knowing that he noticed and acknowledged my work (poem) as 2nd place in poetry writing actually one of the best experience ever. His poems and the way he deliver was pretty amazing. After hearing two samples of his work, it made my jaw drop out of amazement.

Until now, he still inspires

me to do my best to enhance my craft, strive harder for my passion in writing and most of all, to dream that someday I would be able to write and publish my own book that contains most of my work as I inspire more writers and writer-wanna-be just like what Rod Marmol did to me.

-Danielle Fajardo



EDITORIAL

The University had its first taste of computerized registration last enrolment, 1st semester, AY 2016-2017. Students, on one hand, had their adjustments with this new system. In fact, they still experienced long hours spent standing in line at the Cashier's Office and the Registrar's Office. Encoding and printing have been the cause of delay but the general impressions have been noted as good.

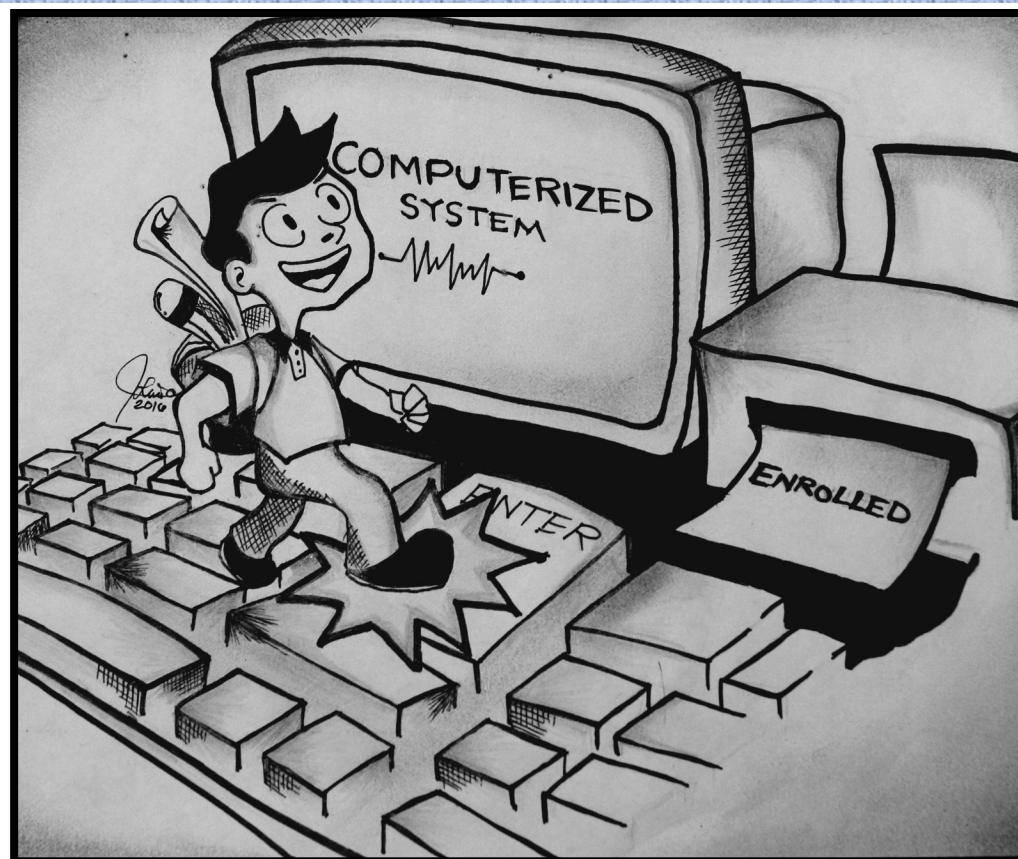
What we usually don't see in this picture is the sight of development and we limit our visions to our personal comforts as we engage in a war called "enrollment". Change does not come overnight for it has to undergo a process. What matter now is, change has started already.

Our University, on its part, has tried its best to meet the demands of the millennials. Computerized system allows greater efficiency for both the students of URS Rodriguez and offices such as the OSDS, the school registrar, the cashier and the library. Little by little we can say goodbye to manual transactions and save more papers.

Digitizing school transactions would also mean less hours in queues which normally consumes a day or two to accomplish. Other advantages include automation, and easy data access. In addition, computerized systems secure school documents.

Yes, computerized registration has been in its initial stage of implementation during the first semester enrollment. This is the first step to systematize all campus transactions in a computer database. Eventually, the database will be set to be online and registration will be decentralized from traffic ports such as the computer lab and the cashier's office. Registration will be online, and payments will be through banks.

Computerization is a big leap for us, the URSR GIANTS, towards excellence and progress. We can really feel that change is indeed coming our way!



God Uses Thorns

In 2 Cor. 12:7-9, we read Paul was given a thorn in the flesh . It is not an actual piece of wood stuck in his body but something that causes him pain. Three times he pleaded with the Lord to take it away from him, "My grace is sufficient for you, for my power is made perfect in weakness."

Like Paul, we also have suffering in life. It may be a relationship, financial, or physical matter which we are most vulnerable. If we only depend on ourselves, we will fall short—we will be always on a losing end—defeated!

God will never lead us where His grace cannot keep us. In fact, we never have trials greater than we cannot bear for God's grace is sufficient for us. His power is made perfect in our weaknesses. Sometimes our thorns are just designed to help us appreciate God's greatness in our lives.

So, before we complain about the thorns we bear, remember that Jesus Christ first experienced it. On the cross He wore a crown of thorns. He carried our thorns on himself for us. He made himself weak enough to suffer and die so that His power could be made perfect in us. -sps

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ADVISER: Dr. Stephen Soliguen

You may submit your contributions directly to the office of the Pamitinan located at the ground floor of College of Business.

In the darkness of the cave, let our pens be the light!



Manong
KEVIN

OPINION POLL

The following are the actual answers to the question: Are you in favor of the late Ferdinand Marcos be buried in the Libingan ng mga Bayani? URSR students who passed by Pamitinan Office were randomly selected to write their answers on a piece of paper.

"As a former president and soldier, deserving sya ilibing sa Libingan ng mga Bayani." Wilson Torres, BSOA 4.

Hindi! Ramdam ko ang naging pahihirap ng aking mga magulang noong Martial law. Sa Ilocos na lang siya ilibing." Gina Mae Esperida, BSSW 3-B

Pabor ako. Naglingkod sya sa ating bansa ng buong katapatan, nararapat lang na malibing siya sa Libingan ng mga Bayani." Aerton Jhan Adanes, BSOA 4

"Oo, pabor ako malibing si Marcos sa Libingan ng mga Bayani kasi marami siyang nagawa magaganda proyekto sa bansa." Reyman Calinsag, BSSW 3B.

"Hindi nararapat na ilibing si Marcos sapagkat grabe ang pahirap na naranasan ng mga Filipino noon ayon sa aking kaanak." Shoebi Montano, BEED 2-E

"Hindi ako pabor hanggat hindi pa rin nabibigyan ng hustisya ang sa sinapit ng mga naging biktima ng Martial law. Marami pandaraya, kamatayan, at kawalang hustisya ang naganap sa panahon ni Marcos." Jesron Rosano, BSE, 2-A.

Para sa akin dapat lang na ilibing na si Marcos sa Libingan ng mga Bayani. Napakarami natambag niya para mapabuti ang ating bansa. Hindi din biro ang sakripisyong ginawa niya para sa mga Filipino." Ma. Angelica Cledera, BEED 2

Sa aking parananaw, panahon na para alisin ang alitan namamagitan sa mga tagasuporta ng mga Marcoses at Aquinos. Ang pagpapalibing kay Marcos ang pwede maging daan nito." Anthony Mercado.

This opinion poll proves that the giants are also aware and can express their views on the political issue such as Marcos burial.

EXPECT

Kevin Gil V. Guanzon- BSE Math

strives toward ISO certification.

The preparation by the admin is felt by most students with professors leaving assignments as they go into seminars towards this great leap by the Campus. Frontline offices, though on experimental stages, upgrade their customer transaction with the University's prime consumers, us, the students. For example, a short transaction with the registrar "must" only consume less than half an hour if the protocol is observed.

Grading is converted digitally and those small sheets of cardboards no longer add to the growing amount of "recyclables". An access to the internet would allow us (and our guardians) to monitor our grades and deficiencies. Well, that saves us a lot of time and effort into going into traffic just to grab our class cards.

Change has been very evident as each month passes. We are changing for the better as manifested by the admin's effort to be more "customer friendly" with its student body. Change has come, for the campus management, at least.

Change is really coming. That goes for URS Rodriguez as the University

Catering the "other" customer

Growth is growth, but we are still growing. As the Historical Materialist follows the model of the triangle with an "economic base", we believe that our starting point (of reinforcing infrastructure and man power) is the best igniter towards a globally competent university.

It's high time that we cater the "other" customer. A university is expected to generate knowledge and a good university generates not just more knowledge, but more relevant knowledge. As we boost our libraries, train our instructors, and educate our students, our mentalities must be anchored on this fact that we take these courses to be part of the University's "knowledge creating" venture.

Professional Institution towards a full blown University

The ISO certification would serve as a landmark that we are a Global University.

The institution would not only provide the world with workforce ready-for-the-job, but with creative employees and researchers innovative enough to be a catalyst for change.

Let's expect nothing but change.. for the better.



Danielle Fajardo

BSE-English



#CHAINge

They say that nothing is permanent in this world except change. Indeed, changes do happen because we crave for better results, which will surely make our lives easier.

Changes happen through our own will like we change our clothes everyday to refresh ourselves and to make ourselves clean. So change it is necessary.

Changes bring us closer to modernization—a better future for our generation. It's like a chain reaction that triggers everyone to start changing. Example, we change one brand of cell phone to hundreds of other brands today; we used to have keypads to touch screens; and we encode data in typewriters, now to computers. These are the results of changes brought by modernization that made our life better. Thus, we undergo changes because we want to be better; we want everything to improve little by little if not drastically. But on the other hand, changes can also bring destruction. Why are there instances that make people change for the worst? What is the reason that triggers a person to change? Pain? Anger? Loneliness? Do the changes made by these reasons create good effect? Do they make our life easier? Better? Or do they destroy, wreck, or bring people down?

Whatever the reason is, it's not an excuse to change ourselves into a worse version. Changes should made for us to improve ourselves. We, the children of this generation, are the leaders of change—not only for ourselves but for the community/society, and even for our country.

Change should start with us. Like a chain reaction, change will spread if we have the will to make it happen. So let's stop blabbering and start the #CHAINge.



Thesis it!

Before.

It gives you the creeps because of its heart-pounding and nerve wracking nightmare effect due to sleepless nights thinking how to defend the thesis you conducted and hoping it would be approved by panelists. It also causes cracks in some unfortunate friendships, or even breaks up

good relationship of sweethearts. It's the root of disaster and a big deal among group mates. Raging tempers. Migraines. Drained ideas, name it, and one can have it.

During.

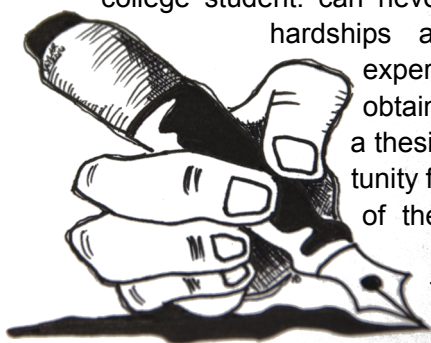
Standing before the panelists is even more creepy. The feeling is indescribable.

Then you realize it isn't that scary because the panellists are more than willing to help you with their sound suggestions on how you will improve your thesis. Your worries and fears little by little subside and you now begin to smile.

After.

Finally, the final verdict comes. You'll be surprised to hear that you pass the final defense. Accomplishing something out of your hard work is fulfilling.

Thesis defense is such an experience you, college student. can never forget. The hardships and delightful experiences you obtained in making a thesis is an opportunity for you get out of the box, to explore and to learn new things in life.



4th Year Students Join Career Seminar

Rosenda Maisog

4rth year students from COE, COB,COA and CSWCD attended career seminar with the theme "Seminar on Career Job Preview for Graduating Students" on September 16,2016 at URSR function hall initiated by Prof. Maricar C. Soberano,

OSDS Officer-in-Charge and Prof. Salome Santos, guidance counselor.

Mrs. Sonia Victoria Gongora, Resource Speaker, gave some tips on how graduating students immediately be hired after graduation. Some of her tips were: the importance of being confident and being well-dress in applying for a job, and how to make a pleasant resume in applying a job.

The speaker also emphasized the significance of being a skilled worker. It is advantage that

nowadays skilled workers are being highlighted and in demand here and abroad", said Mrs. Gongora. She also discussed the importance of taking TESDA (NC1, NC2, NC3) as additional qualification of a job applicant.

After the speaker gave some preview in a career job, it was followed by an open forum where the students had the chance to ask questions that concerned about job hunting. Students found the tips very important as they look forward to applying jobs after graduation.

COE holds STEP 2016

College of Education conducted the Annual Student Teacher Enhancement Program (STEP) with the theme "Gearing Towards Responsive Teaching Competencies" at the Function Hall on July 30 to July 2, 2016.

Guest speakers discussed topics which geared toward the student teachers competencies in preparation for their internship as part of the curriculum.

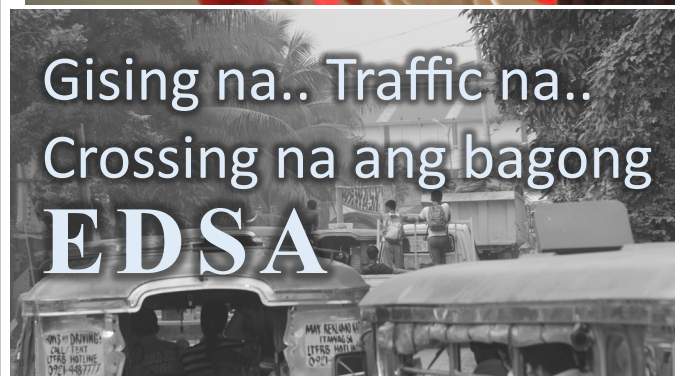
The College also invited DepEd Teachers to critique Demonstration Teaching as represented by a student teacher per major and content course.

The program concluded with the pinning ceremony which marks the start of their teaching endeavour.

BSEd Program Head, Rosanna Calanasan assembling "future educators"



Gising na.. Traffic na.. Crossing na ang bagong EDSA



AACCUP elevates the URSR graduate school programs

The University of Rizal System Rodriguez Campus welcomes the Accreditors in the opening program held at the function hall of the Administration Building on July 27, 2016 to subject its Graduate School Programs for Accreditation.

The Accrediting Agency of Chartered Colleges and Universities in the Philippines (AACCUP) is coor-dinated by Dr. Marcela T. Caluscosin, with Dr. Bernardo A. Zabala Jr. (Team Leader, MAEd Educ), Dr. Reermeline B. Plano (TL, MAT Educ), and Dr. Wenceslao M. Paguia (TL MBA).

(Lead Accreditors: Dr. Josue C. Delfin, Dr. Adelina D. Ancheta, Dr. Pastora S. de Guzman, Dr. Carlo T. Nabo, Prof. Maricris M. Usita, Prof. Ofelia V. Silverio, Prof. Josephine R. Tanciongco, Dr. Amelita E. Infortunio)

Meanwhile, the URS Rodriguez Campus is headed by the Vice President for Research Extension and Production and the Dean of the Graduate School of the university, Dr. Namerod Mateo, campus director, Prof. Maricel B. Berdan, graduate

school secretary, Dr. Analyn V. Inarda, deans of the different colleges, professorial lecturers, faculty members and students.

Hence, the administration subject its programs for accreditation starting July 27-29, 2016 such as; Master of Arts in Public Administration, Master of Arts in Teaching, Master of Arts in Educational Management and Master of Arts is Business Administration to assure quality and standard in offering this courses in URS Rodriguez. Hence, the certification issued by the AAC-CUP team will give pride and prestige to the University of Rizal System Rodriguez to become the premier and alternative Higher Educational Institution in Rodriguez catering the towns of San Mateo, Marikina, Quezon City as well as San Jose Del Monte, Bulacan. This endeavor by the administration is the turning point for URS Rodriguez to achieve its goal to become the leading university in human resource not only in the Province of Rizal but also in Region IV and in the country as well.

— Alexander C. Altamarino

In the darkness of the cave, let our pens be the light!



Christian Andrew Carranza
Birthday 19 years old
Bachelor in Agricultural Technology
College of Agriculture, University of Rizal System, Rodriguez Campus

Affiliations:

Vice President, College of Agriculture SC
President, University Supreme Student Government
President, URS Student Federation

“I’M A LEADER WHO SERVES”

Jellie Anne Concepcion

19-year-old, 4th year Agriculture student and USSG President, Christian Andrew Carranza was recently elected as the Student Federation President on August 9, 2016.

He first started to run in the University Supreme Student Government (USSG) as the College of Agriculture representative when he was just a first year student. Now he holds the highest position a student can hold in our University. Remarkably, he is the first Student Federation President from Agriculture and the second president coming from Rodriguez campus.

In an interview he was asked what type of leader he is and he answered: “A servant leader, for me, is the type of leader who is more on service,

dun sa point na gusto ko ako yung mas mababa kasi ako yung mas maraming trabaho.” Having a big responsibility is not new to him, after all, it is not his first time handling a position in the school government. He said, “sabihin na nating malaki ang ginagampanan ko pero para sa kin part na yun ng pang-araw-araw na ginagawa ko, so hindi siya totally ibang area para sa kin, parte na yun ng pagkatao ko.” His past experiences help him cope with all the duties and responsibilities that he has now. It helps

him focus on what’s important and the plans that he and his co-officers have for our school.

Being a president includes a lot of responsibilities and of all the activities that he and the other officers have planned, his topmost priority is to give a voice to the students and to protect their rights, which is just what they need right now. Someone who is willing to do his work for the sake of all the students, someone who has the ability and strength to do what needs to be done and someone who makes himself available to deal with all the issues and responsibilities that comes with the title of Student Federation President.

Of course, he alone would not be able to accomplish anything without the cooperation not only of his co-officers but also the students. After all, no school event or activity will ever be successful without the united effort of the students. President Carranza wants the students to know this, “I suggest na mag-stand yung bawat organization, para hindi lang manggaling dun sa pinaka-mataas yung pag-aapoy kundi galing din sa mga nasa baba, I suggest na mag-umpisa sa kanila yung kagustuhan at kalidad ng mga student activities dito sa University natin.”

“A servant leader, for me, is the type of leader who is more on service, dun sa point na gusto ko ako yung mas mababa kasi ako yung mas maraming trabaho.”

But his responsibilities do not end with being the Student Federation President, as we all know, he is also the USSG president. The students trust his abilities to lead and elected him as their president for school year 2016-2017.

“I suggest na makipagtulungan sila sa USSG, maliban doon, intindihin nila ang sitwasyon ng USSG, as you all know, nagsimula kami sa, as in, wala... So wag silang mag-expect sana agad-agad na meron agad... makikita ninyo yan sa action plan namin... nakaplano na yung mga activities natin until March, so nagawa naman na naming itong dalawa, yung URS hotline established na, yung suggestion box, nagawa na din, at yun ICAM participation tapos na din ito, so ongoing pa rin yung process ng iba pa at later on mas maramdaman pa nila ang USSG.” Carranza said.





The Flyer soars

Laarni A. Morada

She stands 4'11, has a slim body structure, and weighs 40 kls., these are the physical features of a 24-year old BSBA student and the "star flyer" of URS Rodriguez pep squad.

She is Jovy Quilanto, a transferee from QCPU. Due to financial problem, she opted to stop from her schooling and looked for a job just to support her baby out of wedlock. When she had enough money, she decided to go back to school but this time, she enrolled in University of Rizal System Rodriguez Campus.

She used to be a member of a pep squad from her former school and she wanted to pursue it in her new school. Jovy recalled when she auditioned to URS pep squad. A lot of questions came into her mind like how would she introduced herself to the group; what would be the reaction if they would find out she's already a mother?; would she be facing to hostile members of the group, etc. but she was stupefied because everyone in the group welcomed and accepted her no matter who and what she is.

During the audition, her coach saw her potential that she could be an asset to the group. Impressed by her performance, the coach recommended her to be a campus varsity scholar.

She believed that her height and weight are plus factors why she was accepted as the new member of URS pep squad. "Ahm, sa height ko po kase madali lang makagawa ng stunts at mas madaali lang din po ako ihagis at saluhin kase nga maliit at magaan lang talaga ako."

With her temerity, she is never afraid to be the flyer in the pep squad. Fear is never in her vocabulary. In fact she is very thrill every time she makes her stunts like climbing up in the human pyramid, doing lifts and her breath taking twirl in

the air without thinking who would catch her. "Hindi ako takot kasi tiwala naman po ako sa mga nagbubuhay at naghahagis sa akin na sasaluhin din nila ako. She describes the feeling when she flies in the air, "pakiramdam ko po wala akong problema, napakagaan po kasi sa pakiramdam at ang sarap lumipad!"

**"PAKIRAMDAM KO
PO WALA AKONG
PROBLEMA,
NAPAKAGAAN PO
KASI SA PAKIRAMDAM
'PAG NASA ERE...
ANG SARAP
LUMIPAD!"**

ished the group's routine. After their performance, she fainted and when she woke up, she never remembered anything happened from her accident. Nevertheless, that fall didn't stop her from joining the URS pep squad. "Gusto ko ituloy kun ano man ang sinumulan ko kaya mananatili akong member ng URS Pep Squad.

In her almost three year stay in the pep squad, she had already participated in different cheering dance competitions some of which are Inter-Campus Athletic Meet 2014, 3peat champion. National Cheer dance Competition, South Luzon Qualifiers 2014, 1st runner up. STRASUC Olympics 2014, 2nd runner-up. NCC Finals, Mall of Asia, top 11 with award "most promising new squad". ICAM 2015, 4PEAT CHAMPION,. FOX Cheerdance Competition, Samsung Hall, SM Aura, 3rd place with P20,000 cash prize. NCC QUALIFIERS SOUTH LUZON 2015, 1ST runner up., 2015 MILO Cheerdance competition, Champion. 2016 MILO Champion. 2016 MILO Cheerdance Competition, 1st runner up. Last-

Jovy had also her share of unforgettable experiences in the pep squad. "I wasn't able to climb on top of our human pyramid due to a leg injury I got from a hard fall. As to her most embarrassing experience, she *reminisced* an instance she was hurl in the air and nobody was able to catch her when she fall. She hit her head hard on the ground yet she still finished the group's routine.

ly, 2016 NCC Cheerdance Qualifier 1st runner-up.

Although she has already participated and won in different pep squad competitions, she still dreams to compete in International Cheerdance Competition if given a chance. "Pangarap ko po talaga ang lumaban sa ibang bansa kung saan irerepresent ko ang Pilipinas".

As a college student, she maintains good grades in all her subjects for she still prioritizes her studies. She manages to attend her classes regularly and she never misses a single training in PEP SQUAD. "Time management lang naman yan," she said.

On being a single mom, she confesses that it is hard to raise a child alone especially that she lives away from her parents. Her baby is her inspiration in life. She wants to give her little one a good life someday and that is her reason why she is determined to finish her studies and be successful in her chosen field.

As a mother, she learns how to divide her time between her baby and extracurricular activities in school. She ensures that she can go home early to have an intimate time with her baby who is the light and joy of her life.

"Sa mga gusto mag pep., 'wag sila matakot... 'wag sila uunahan ng takot...try lang nila kahit isang araw lang..wala naman po mawawala kung susubukan nila. Masarap at masaya mag perform at isang karangalan ang mag represent ng banner ng school kun saan ka nag aaral". This is the piece of advice she offers to those to want to try out to be the pep squad members.



In the darkness of the cave, let our pens be the light!

ROAD TO FOREVER

It seems like yesterday, my dear
When we exchanged "I dos"
God was the witness when we made our vows
That we would always be together Forever

Sixty years have passed
Yet, we remained faithful to each other
For better or worse we stay together
Because our love for each other is
Forever

Now that we are in the onset of
lives
May God grant Our ultimate
wish?
So hold my hands and prom-
ise me dear
together, we will travel the
road to Forever



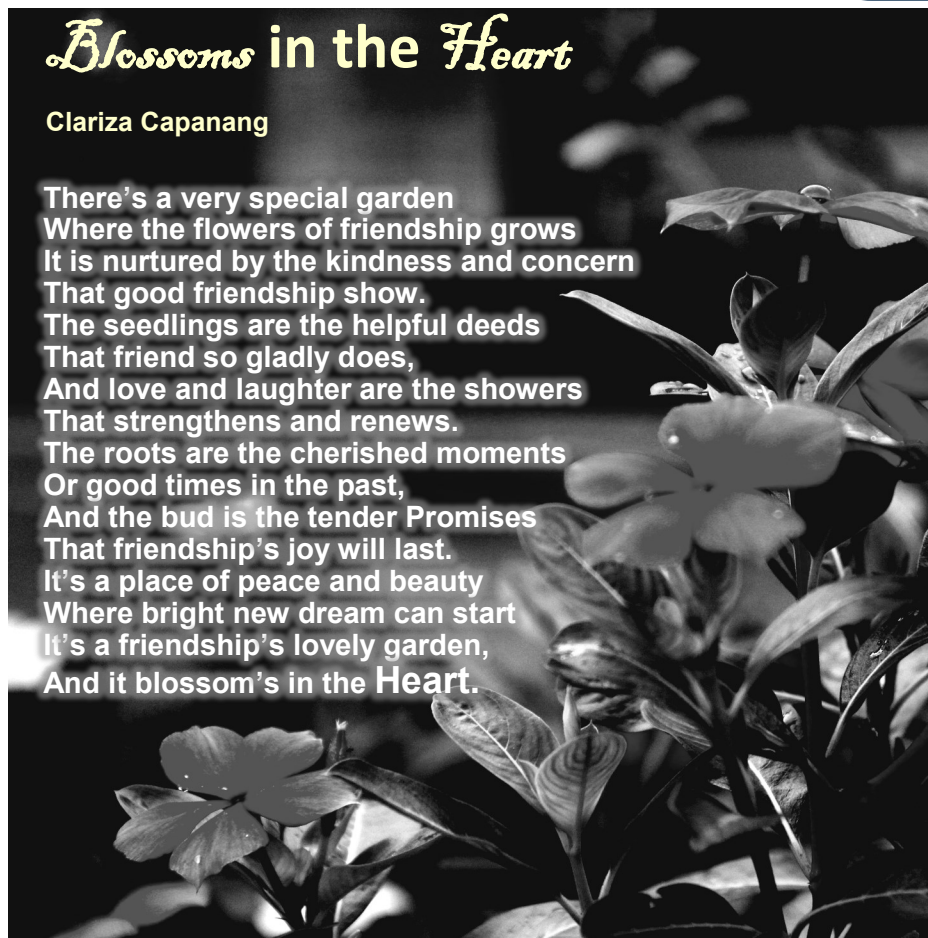
I woke up as early as the "cock a doodle doo". I prepare the things that I use for my adventure. I see the beautiful sunrise as I leave my house. I see Mang Tonyo riding his carabao while he scatters his seeds to his farm. Then I start to begin my journey alone, but I'm happy because the people I meet are so nice they all great me "Magandang Umaga Iho," and I bring those positive vibes in my roadtrip. I ride my jeepney and see the beautiful mountains that full of trees and animals. I first stop my journey when someone holds me, it's my friend and he invites me because today is their town fiesta. I go to his house and his family treats me as a "highness" they let me relax and give me a warm welcome; they also offer me a glass of fresh juice full of ice; and they also give me a plate with spoon and fork. Then they usher me to the table full of foods. They have adobo, menudo, sisig, chop suey, pinakbet, and my favorite lechon. I really enjoy his company and as I leave their house they give me pack of foods for my roadtrip. As I continue my journey I saw a family living in a nipa hut and I stop by their house and give them the foods I have. I'm amazed to know how happy they are living in a small house yet they all got smiles in their faces full of contentment! Even they had nothing they still give me a banana to eat.

I rode again my jeepney and bid them good-bye. I'm so glad to meet them. Instead of going to express way, I choose provincial lanes and I love the view. I meet tribes also, like Aita, Ibaloy, Ibanag, etc. they have preserved their culture. It's already 8 pm but I still have my last stop. I'm already at the front of an old place so I knock on door, an old lady who looks like my mom opens the door, tears fall from her eyes then she hugs and kisses me saying "Namiss kita apo! Salamat sa pagbisita," she treats me like a child again. After a while I start packing up my things. I hate to leave but I really have to for the sun is about to go down. I kiss my grandmother on the forehead and bid her goodbye. While I'm on way back home, I just recall what has transpired this day, then I think of one thing, with all our cultures, I smile and say, " 'm proud to be a Filipino," then, I sight and utter, "Ang sarap talaga maging Pilipino"!

Blossoms in the Heart

Clariza Capanang

There's a very special garden
Where the flowers of friendship grows
It is nurtured by the kindness and concern
That good friendship show.
The seedlings are the helpful deeds
That friend so gladly does,
And love and laughter are the showers
That strengthens and renews.
The roots are the cherished moments
Or good times in the past,
And the bud is the tender Promises
That friendship's joy will last.
It's a place of peace and beauty
Where bright new dream can start
It's a friendship's lovely garden,
And it blossom's in the Heart.



Roadtrip.ph

Russel-James



In the darkness of the cave, let our pens be the light!

Wika ng Filipino, Patuloy na yumayabong

John Paul Ligue Vinas

Ngayong 2016, sari-saring mga salita ang umusbong at naging bukambibig na ng maraming Pilipino. At marami nga raw sa mga salitang ito, nagmula sa World Wide Web, partikular na sa social media.

Ano-ano nga ba ang ilan sa mga bagong salita o Pinoy slang na ito na ginagamit nating mga Pilipino sa araw-araw nating pakikipag-komunikasyon?

BAE - KAHULUGAN: Ayon sa isang urban dictionary, acronym daw ito ng pariralang "Before Anyone Else." Pero nanggaling daw talaga ito sa pet name ng mga magkasintahan na baby o babe! Naging popular ito lalo dahil ito ang naging tawag kay Pambansang Bae Alden Richards.

USE IN A SENTENCE: Ang guwapo-guwapo talaga ni Carl! Feeling ko talaga, siya na ang Bae ko!

PABEBE - KAHULUGAN: Isa itong pang-uri na ang ibig sabihin ay umarteng parang baby o magpa-baby o

magpa-cute. Tulad din ng salitang Bae, naging popular ang pabebe dahil sa pabebe wave ng Aldub. Ang pabebe wave ay ang pa-cute o mahinhing pagkaway.

USE IN A SENTENCE: Huwag ka nang mag-pabebe diyan. Gawin mo na 'yang trabaho mo, ngayon na!

BEAST MODE - KAHULUGAN: Mala-halimaw ang enerhiya na ipapamalas ng isang tao. Maaring dahil galit o may nais ma-achieve kaya pursigido! Posible raw nagmula ang mga katagang ito sa video game na Altered Beast ng Sega, kung saan nagpapalit-anyo ang karakter dito at nagiging halimaw.

USE IN A SENTENCE: Ang dami kong kailangang gawin. Kailangang kong mag-beast mode mamaya para matapos lahat ng trabaho ko.

NINJA MOVES- KAHULUGAN: Patungkol daw ito sa magaling, mabilis, madiskarte at kalimita'y tahimik na pagkilos. Nagmula raw ito sa mga "ninja" o mga warrior na mayroong kakaibang galing na maisakatuparan ang kanilang misyon nang hindi masyadong napansin.

USE IN A SENTENCE: Bigla na lang nawala 'yung pagkain ko dito. Mayroon na naman sigurong nag-ninja moves at kinuha ito.

GALAWANG BREEZY - KAHULUGAN: Ito na nga raw ang bagong termino para sa mga pasimpleng diskarte ng mga kalalakihan sa mga bae. Maaaring hango ito sa salitang

breezy na ang ibig sabihin ay mahangin,

at ngayo'y nabigyan ng kakai-bang kahulugan bilang pagpapalipad-hangin.

USE IN A SENTENCE: Papalapit nang papalapit si Joshua kay Karen ah. Galawang breezy na talaga!

FOREVER - KAHULUGAN: Ang tunay na kahulugan nito ay "habambuhay" o "walang hanggan." Ngayon, naikakabit na ito sa paksa ng pag-ibig. Para sa ilan, ito ay ang estado ng "love life."

USE IN A SENTENCE: Diamond anniversary na ng nanay at tatay ko. Sila na ang may forever!

Tunay ngang patuloy na yumayabong an gating wika mula noon hanggang sa ngayon. Marahil ito rin ay dahilan ng impluwensya ng mga banyagang bansa sa ating mga Pilipino. Ngunit, ating pakatandaan na kahit mahaluan man ng ibang wika, o mag-ing bulaklak na ang wikang Filipino ngayon, huwag natin kalimutan na maging mapanuri parin sa mga salitang ating bibitawan sa ating kapwa, personal man o mag-ing sa social media.

GOOD NEWS BAD NEWS

Good News: Makakapulot ka ng 100 pesos sa tricycle bukas pag uwi mo mula sa eskwelahan.

Bad News: Mawawalan ka ng 200 pesos bukas sa jeep sa biahhe mo pauwi sa bahay.

Good News: Makikita mo crush mo.
Bad News: Kasama niya JOWA niya.

Good News: Perfect exam mo.
Bad News: Pananginip lang pala..

Good News: Gaganda ka na!
Bad News: Joke lang pala.

Good News: May holiday for this month.
Bad News: Sunday natapat ang holiday.



Pulang Bestida

Ronel C. Bago

I.
Pagmamahal, kanyang natamo sa mahal na inay,
Ngunit kamay na bakal sinapit sa kanyang itay,
Anak laging sinasaktan, ginagawang alalay,
Anak, daig pa ang kabayo na laging may latay.
II.
Bangungot kung ituring tuwing uwi siya,
Kung kaya't sa kwarto ng inay akoy lumuluha,
Ako'y napag-isa't napansin ang kabinet na luma,
Aking binuksan at nakita ang Pulang Bestida.
III.
Suot-suot ang pulang bestida ng kanyang ina,
Lumabas sa kwarto at rumampa na parang reyna,
Masama man ngunit inay sinuportahan siya,
At naging dahilan para itakwil ng kanyang ama.
IV.
Hanggang sa nagkaisip at naintindihan ng lahat,
Masasabi narin ang dahilan ng tinamong peklat,
Ang kanyang pagiging butihing anghel ay'di sapat,
Pagiging bading niya ang dahilan ng bawat sugat.
V.
Hanggang tumanda, buto ay unti-unting humina,
Wala nang nagbawal isuot ang Bestidang pula,
Marahang lumapit amang may luha sa mga mata,
Sabi "anak intindihin mo ako, naiintindihan kita".

In the darkness of the cave, let our pens be the light!

KAMFIL spearheads Buwan ng Wika

The Kapulungan ng mga Mag-aaral sa Filipino (KaMFiL) kicked off the celebration of Buwan ng Wika with the theme, “Wikang Filipino: Wika ng Karunungan.” on August 25, at URS Covered Court.

Contests in consonance with the celebration of event were held right after the program and representatives of different student organizations in the campus participated.

Winners in the Slogan Writing are Jayrald Lariosa (Society of United Mathematicians), 1st placer; Mylene Abelgas (Guild of English Majors), 2nd placer; and Liezel Edang (Kapisanan ng Kaalaman sa Kasaysayan), 3rd placer.

Winners in Palarong Pinoy such as Luksong Sako, Ale-ale Namamaypay, Tumbang Preso, Luk-song Tinik, Agawan ng Panyo, Piko, Kadang-kadang, at Hilahang Lubid are Leo Anac, Christopher Rafon, Anthony Lareza, Eliel King Velasquez, Marco Zonio (Society of United Mathematicians), 1st placer; Joshua Evangelista, Gave Beryl Fernando, Jojo Banzales, Richard Nicerio, Philip Christian Pacis (DAT-1A), 2nd placer, and Ricky Soriano, Giducos, Rosano, Ramon Eleuterio, Fercess Jim Bo of Guild of English Majors (Guild of English Majors), 3rd placers.

Winners in Solo Singing Contests are Gelie Ann Chiquito, (BSE/BEED 1A), 1st placer; Dominic Cabo (BSBA 1A), 2nd placer; and Myla Belama (SWCD 1-A), 3rd placer.

Winner in Kalokalike Mitoloya are Richmond Toribio (BSE/BEED 1A) got 1st place for his portrayal of tiktik; Cherish Candido (HREMS) got 2nd place for her portrayal of mangkukulam and was given “Mitoporta” (Hikayat sa Madla) award, and John Paul De Guzman and Michelle Rondina (Kapisanan ng Kaalaman sa Kasaysayan) got 3rd place for their portrayal as mga aswang got 3rd place and was given “Mitolento” (Best in Talent) and Mitooohan (Best in Costume) award.

“Bigyan ng Barong” contest was patterned after Willie Revillame’s expression “Bigyan ng Jacket” in Wowowin added color in the celebration of the event.

-Jethro Quebral



ETO NAMAN LARUIN NIYO!



SACK RACE

Siguraduhing malakas ang mga binti ‘pagkat mapapatalon ka at makikipagunahan sakay sa isang sako.



LUKSONG TINIK

Tumalon ng mataas at siguraduhing lalagpas sa mga kamay nilang pataas ng pataas.



CADANG CADANG

Pwedeng gumamit ng bao ng kahoy basta’t pagsabayin ang kilos ng paa’t kamay, mababalense mo ba ang iyong galaw?



TUMBANG PRESO



PATINTERO

Wag kang patataya sa mga harang at taya. Bilisan ang pagtakbo para puntusan ang mga kalaro.

ALE ALE

Ilang pamaypay ba’ng kaya mong iipit sa iyong katawan? Sa leeg, sa binti sa kili-kili? Ale-ale, paypay pa nang paypay.



AGAWAN PANYO

Bibilang akong isa, dalawa o tatlo, maguunahan kayo sa pagagaw ng panyo!





Computerized grading system, initial move to ISO

The faculty members of URS Rodriguez took time out as they attended an Orientation on Local Area Network Encoding of Grades conducted by Engr. Marvin Baquiran, Head of University Management System Information (MIS), held at Computer Laboratory on September 13, 2016.

The faculty welcomed the idea of change and found this endeavor timely in preparation for making URS an ISO accredited in 2017.

"I will designate schedule of encoding of grades per college so that you can maximize the full use of our computer laboratory," said Prof. Christopher Perez, comlab in-charged. "Definitely studyante ang malaki pakinabang dito especially yung nagrequest ng grades nila hindi na madedelay kasi may deadline na ng submission of grades ang mga teachers nila," Prof. Perez also added.

-SPS

Admin welcomes 214 freshmen, transferees

URS Admin welcomed the 214 freshmen and transferees for SY 2016-2017 in an Orientation Program held at Function Hall, Admin Building on June 30, 2016.

The discussion on school policies pertaining to school services were delivered by the faculty and staff-in-charge.

The neophytes' queries with regard to the school rules and regulations were answered during the open forum.

COE bags 3rd in STRASSUC Quiz bowl

"Masaya naman kami, kaya lang hometown talaga nila.." expressed Rocky Victoria, a URS delegate in the Regional Quiz Bowl held at Southern Luzon State University (SLSU), Lucban, Quezon last October 5 2016.

The team, composed of JC Medina, JJ Quebral, May Romasanta and Rocky Victoria, fell two places short from the coveted crown, placing third out of 11 participating schools from CALABARZON and MIMAROPA. SLSU grabbed the "hometown" advantage and championed the quiz with Palawan State University taking the second place.

Prof. Graciella D. Inocentes organized and trained the University's team as they have won last year's niversity- wide history quiz bowl.

Library goes online

Paul Angelo Adriano

The augmentation of campus library resources creates thriving youth knowledge towards an integrated academic community.

The Institution has recently launched the library website, (rodriguez.urs.edu.ph/Library), the newest development in the facility.

The arrival of the Integrated Philippine eLibrary (IPEL) in September 2015 marked a major progress in the campus library. URS is one of the recipients of the (IPEL) through Commission on Higher Education and National Library of the Philippines. It is a collaborative project of CHED, National Library of the Philippines, University of the Philippines, DOST, and Department of Agriculture. This enables URSians to digitalize Filipiniana materials, including thesis and dissertations, special collection ns/researches and union catalog of the five agencies.

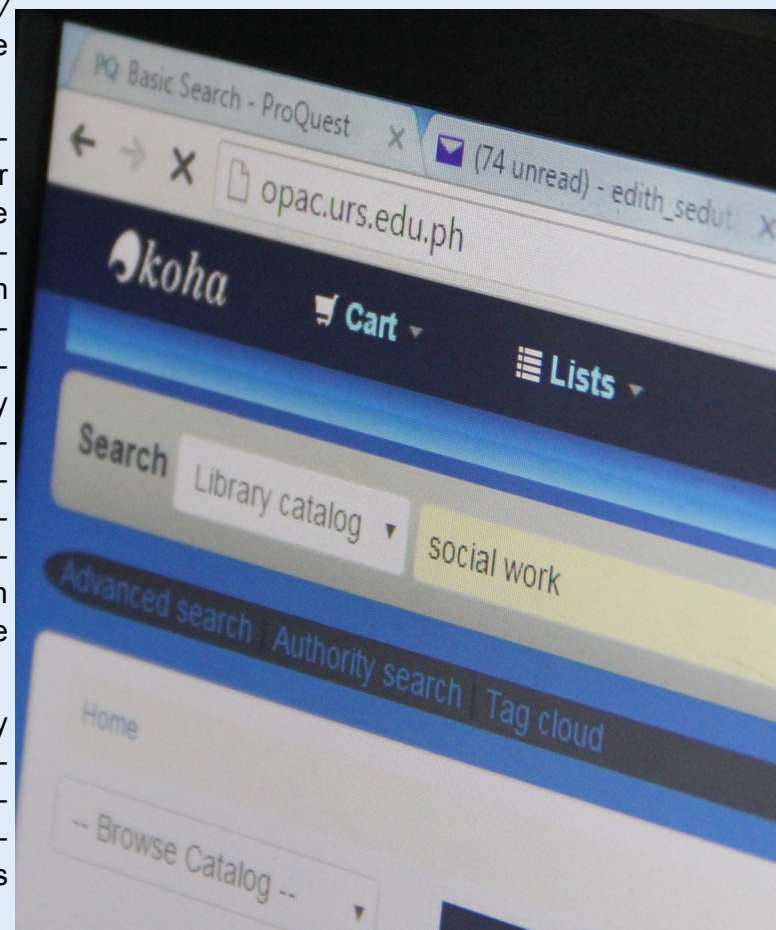
The University has begun its way towards excellence through library automation. In the automated system, archives use bar codes on books and borrower's IDs which make it a paperless and convenient transaction.

The OPAC (Open Public Access Cata-

log) is a new renovation of the facility. With this new system acquired by URS-R, students now have the access to books from different libraries incorporated in this online system.

The URSR libraries of ten campuses will export bibliographic records of its resources and book holdings in the KOHA database, the system used by the Institution to facilitate organization. It would allow borrowers to know the specific campus and call number of books they are going to borrow.

This progress is a major milestone of the Campus that would produce competent graduates and empowered community through sustainable and innovative education.



URS ranks 4th in Inter-University Engineering Quiz Bowl 2016

URS Giants shared victory along with the top 5 universities out of 23 contenders in the recently concluded Regional Inter-University Electronic Engineering Quiz Bowl 2016.

The Giants are set to compete in the National Electronic Quiz Bowl which will be held Philippine Trade Training Center, Manila in October 2016.



In the darkness of the cave, let our pens be the light!

Mariano and Sarandi crowned Mr. and Ms. URS 2016

Shaira Bungaos

13 hot gentlemen and 11 sexy stunning ladies stylishly ramped their casual wear, sports-wear, swim wear, and high fashion wear as candidates in 2016 Mr. and Ms URS held at Binangan Auditorium on August 11, 2016.

The crowd went wild as the students and faculty members of URS from different campuses rooted for their representatives dressed in formal while they were being serenaded by JM Salamat one of the judges in the said event.

Afterwards, Top 10 contestants (5 Gentlemen and 5 Ladies) were chosen. The contestants wits were tested as they interpreted the mind blowing word interpretation flashed on screen.

Announcement of special awards followed as pre-judged by the board of judges. Winners are as follows: John Rivera and Pamela Sierra got Mr. and Ms. Photogenic; Dave Zonio and Kristen Sarandi bagged the best in casual wear; Albert Ivan and Kristen Sarandi nailed best in sports wear; Ariel Masucob and Pamela Sierra grabbed best in talent; Joseph Padilla and Roselyn Tolentino grabbed Mr. and Ms. Placenta; Emmanuel Mark Mariano and Trishia Malaban grabbed Mr. and Ms. Olive C; and lastly, Albert Ivan and the breath-taking drum roll ended as the masters of the ceremony announced the winners. 3rd runner-ups, Erwin Calicarpio and Trishia Malaban; 2nd runner-ups, John Rivera and Shiela Mae Moran; and 1st runner-ups, John Gabriel Gutierrez and Ma. Roselyn Tolentino.

Albert Ivan and Princess Leah Biyayez grabbed the Mr. and Ms. Socio-Cultural; and Emmanuel Mark Mariano and Kristen Sarandi nailed the Mr. and Ms. SCUAA.

This event proves that the URS students do not only excel in academics and sports, but also in wit and beauty.



Kristen Sarandi flaunts her beauty as she glammed in her long gown



A Night of Beauty. Candidates from different campuses gather as they compete for MR. and MS. URS

No Adviser No President No Problem-MsciEducs: Science day, all green

October 6, 2016- Science Day celebration proceeds as the Millenium Science Educators pushes through their event despite the absence of their adviser and president.

Events such as the Scie-birit and Scie-yawan had set the crowd on their feet as each organization laud their bets. In the end, the BSE English student, Benito Estabaya, championed the vocal contest and the KKK dance squad grabbed the dancefloor's spotlight as they won the Scie-yawan.

History majors prevailed in the science quiz bee as they outdo 15 other teams from around the campus. GEM and Agri came in second and third place respectively.

Jerickson Dumaoal's masterpiece was featured in the event as he won the poster and slogan making

contest.

"Very proud ako na ako yung nanalo kasi mas naaangkop sa Agri yung tema ng Science ngayon, proud Agri here!"- exclaimed the artist from the College of Agriculture

On the other hand, the Society of United Mathematicians muscled their way on the obstacle course winning the Science Olympics.

"Naging tradition na naming yung Science Olympics kasi classic na siya sa Msci ever since kasi pinopromote niya yung healthy lifestyle at of course, teamwork.." stated Gerry Estiller, MSciEducs president.

Despite the absence of prof. Michelle Garcia due to a scheduled operation, the club manages to run one hell of a day filled with "science".

YES to ISO 9001-2008

A resounding "YES!" was heard from the URS faculty and staff in response to President Canapi's challenge in making URS an ISO 9001-2008 accredited in 2017.

"Naniniwala ako sa puso ko, kaya natin ito! We are indeed URS Giants!" the President said during the URS ISO 9001:2008 Official Launching and General Orientation on September 14, 2016 at Binganonan Auditorium. President Canapi tapped URS Tanay, URS Morong, and URS Rodriguez to be the first cam-

pus to subject into ISO accreditation in 2017. Challenged accepted as URS faculty and staff vowed to commit themselves in these endeavors.

President Canapi will allot Php 16 million for the purchase of necessary equipment, renovation, and installation for the improvement of the three campuses in order for the first three URS campuses be aligned with international standard.

"Try to work together.." the president said in her closing remarks.





In the darkness of the cave, let our pens be the light!

MARAHIL ay magkakaroon talaga ng pagkakataon sa buhay ng mga kabataan na magagawa nilang mai-pahayag ang kanilang saloobin sa pamamagitan ng mga napapanahong social media accounts o ang mas kilala natin bilang "hugot". Bawat isa nga sa atin, may love life man o wala ay may napagdaanang masakit na karanasan na kinakailangan ng hugot. Siguro ay humuhugot ka dahil pakiramdam mo ay sawi ka; ngunit sa kahit ano pa mang dahilan ang mayroon ka, ang hugot ay isa sa pinakasi-kat na paraan upang ipahayag ang iyong damdamin.

Kadalasang makakakita ng *post* tungkol sa #hugot sa Twitter o sa Facebook dahil kung mas marami ang nakakaunawa o nakaka-*relate* sa iyo, mas masarap sa pakiramdam. Patunay nga ito ng isang kasabihang, "*Misery loves company.*"

Heto ang lima sa mga pinakatanyag na #hugot na mahahanap mo sa *Internet*:

Rejection hugot

Deadma ka ba kay *crush*? O 'di kaya naglakas-loob ka pang kausapin siya at ang sinagot niya lang sa iyo, "Sorry, I'm not interested"? Ito ang hugot mo

kapag ni-*reject* ka – isa sa pinakamasakit at pinakatagos-sa-pusong hugot.

Matamis mong oo lang ang hinihingi ko kanina, pero bakit mo ako sinabihan ng "hindi"?

Kasawian

Single at walang ka-*mingle*? Namimiss mo ba ang pakiramdam na may karelasyon? Ang hugot para sa iyo ay ito.

Lahat kayo puro "cuddle weather" pero ang ka-cuddle ko lang unan ko.

The Past hugot

Minsan, hindi man sinasadya ay nagugunita mo ang mga nakalipas na pangyayari kasama na rin ang ibang tao na maaaring iniwan ka o ikaw naman ang nang-iwan. Gayunpaman, mahirap makalimutan ang mga taong naging malaki ang impluwensya sa buhay mo. Kung wala sila, malamang ay hindi ka rin makararating sa kinaronan mo ngayon – hindi ka mahuhubog sa kung sino ka man ngayon.

Hindi kita dapat isipin, pero anong gagawin ko kung ayaw mong umalis sa isipan ko? Nariyan

pa ang sikat na mga katagang "It's hard to forget someone, who gave you so much to remember."

Paghihintay

Ganito ang pinaghuhugutan mo kapag matagal ka nang single at parang bang naiinip ka na sa pagdating ng "The One" mo.

Hanggang kailan pa ba ako maghihintay? Kailan ka darating para makapagsimula na ang buhay ko?

Hugot kasi trip mo

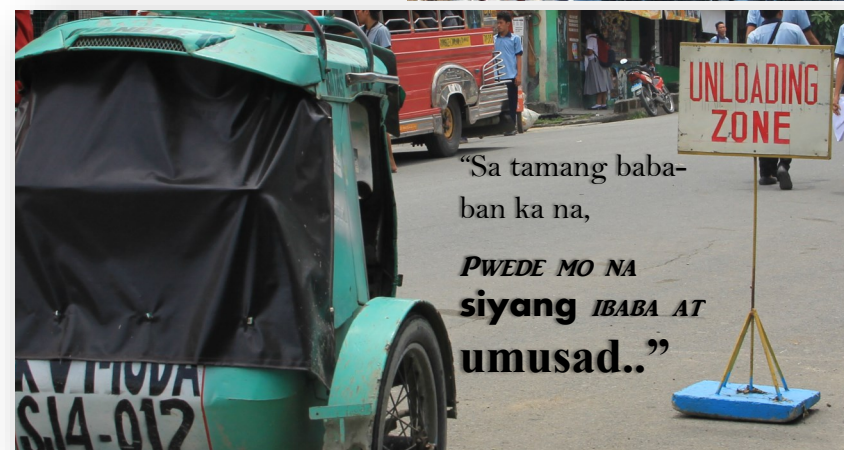
Hindi ka nagdaramdam ngunit nais mo lang maki-*ride* sa trip ng iba. Kaya hugot ka lang ng hugot at ayos lamang sa iyo kahit maging katatawanan pa ng iba.

Binuhos mo na ang lahat, ayun pala naka-drain. Sayang lang effort mo. #WashingMachineFeels

Tunay ngang ang #hugot ay patunay rin ng pagkamalikhain ng ating henerasyon. Iba-iba man tayo ng paraan ng pagpapakita ng ating saloobin, ang mahalaga ay alam natin na mayroon ding nakakaunawa ng mga bagay na ating pinagdadaanan at palagi lamang nakahandang paking-

gan at suportahan tayo kahit sa pamamagitan ng *like*, *comment*, *share*, *favorite* at *retweet* pa.

Ikaw, ano ba ang pinang-huhugutan mo? - Vinas



The Maslow's Hierarchy of Needs was used in this literary analysis. This aimed at interpreting the actions and behaviors of the main character, Lara Cameron, in the novel, *The Stars Shine Down* by Sidney Sheldon.

THE STARS SHINE DOWN

Review by Emily Dulla

I believe that one of the strongest motivations of the character to succeed is her physiological needs especially in her childhood. Her being deprived of these basic needs is evident in the text below. These hardships in her earlier life pushed her to become wealthy and powerful. She would not stop to aim for more and more as she had nothing as a child. The text below supports it.

Most of the girls at school were nicely dressed in clean skirts and blouses. Lara had outgrown her few faded plaid dresses and threadbare blouses. "I need some clothes for school," Lara said. (Chapter 3, Page 37)

Lara needs for security and safety. As she grows up in the story, she just realized that she would no longer want to merely survive but to feel secure and safe by owning a land of her own- a job that will provide support and continuous sustenance.

"No. Land. I want to own land. My father never owned anything. He had to live off other people's favors all his life." (Chapter 5, Page 59)

At an early age, Lara was aware of her status in life. He felt envied with her playmates' toys yet she was contented because she has a father despite the relationship, Lara would still cling to her father.

She had no toys or dolls to cherish nor any playmates. She had no one except her father.

it for her.

When Lara was five years old, she overheard her father say to one of the boarders, "The wrong child died, ye ken. My son is the one who should have lived." That night Lara cried herself to sleep. She loved her father so much and she hated him so much (Chapter 10, page 134)

Lara wasn't able to find love from her father and so tried to seek fulfillment of that needs from others. Her longing to love and be loved is expressed in the text below.

Lara had no time to feel lonely. She spent every day with her family: the architects and the construction crew, the carpenters, the electricians and surveyors and plumbers. She was obsessed with the buildings she was putting up. Her stage was Chicago, and she was the star.

Her professional life was proceeding beyond her wildest dreams, but she had no personal life.

Her experience with Sean Mac Allister had soured her on sexual relationships, and she never met anyone she was interested in seeing for more than an evening or two. In the back of Lara's mind was an elusive image, someone she had once met and wanted to meet again. But she could never seem to

She made childish little gifts for him, desperate to please him, but he either ignored or ridiculed them.

However, Lara was dismayed having felt rejected by her own father whom she loved so much. She felt hungry for love of which she felt deficit because her own father couldn't even provide

capture it. For a fleeting moment she would recall it, and then it was gone.

There were plenty of suitors. They ranged from business executives to oilmen to poets, and even included some of her employees. Lara was pleasant to all of the men, but she never permitted any relationship to go further than a good-night handshake at the door. (Chapter 10, page 134)

The character had relationships with a number of men but felt as if she was still looking for something. When she finally met Philip Adler, a famous classical pianist, she knew that he was the man she had dreamed of. She finally met her Lochinvar.

Lara stood there watching, mesmerized her childhood dream had come true. Her fantasy had become flesh and blood. "Are you ready to go?" Brian MacIntosh asked Lara. No. She wanted nothing more than to stay. She wanted to talk to the vision again, to touch him, to make sure he was real. "I'm ready," Lara said reluctantly. (Chapter 17, Page 259)

Status, Competence, Success- spelled out Esteem Needs of the main character as shown in the text below. She gained respect from others when she succeeded in her chosen field. She gained self-respect upon seeing everything she has accomplished.

You're a role model for so many women. "You're very flattering," Lara laughed. "I don't have time to think about myself as a role model. I'm much too busy." "You're one of the most successful real estate developers in a business that's usually considered a man's domain. (Chapter 10, Page 137)

Lara's empire kept expanding. She was beginning to get recognition from the city fathers and from the press and the public. She was a glamorous figure, and when she went to charity events or to the opera or a

museum, photographers were always eager to take her picture. She began to appear in the media more and more often.

The character's succeeded in becoming a glamorous, powerful real estate developer. When she married the man she ever loved, it seemed like a perfect life for her. These then became the realization of her dreams.

"How does it feel to be in your position-to having accomplished all the incredible things you've done and to still be so young and beautiful?

You're a role model for so many women. "You're very flattering," Lara laughed. "I don't have time to think about myself as a role model. I'm much too busy." (Chapter 2, Page 9)

The novel *The Stars Shine Down* gives us a mirror to reflect our journey through life in one way or another. We all work on our goals and achieve them in all might. Day in and day out, we come to school or offices, all these small steps – all toward achieving our goals in life. It is interesting to know that Maslow's Hierarchy of Needs explain the motivations behind our actions in fulfilling the needs namely: Physiological, Safety and Security, Love and Belonging, Esteem, Self-Actualization.

The main character in the novel also had deficiencies and was driven to work on fulfilling the needs mentioned above. The novel presented her struggles to succeed in life, pushing her to do more and more until she reached her goals or has self-actualized.



In the darkness of the cave, let our pens be the light!

DA donates IM-Green House Project

Rhey Abila

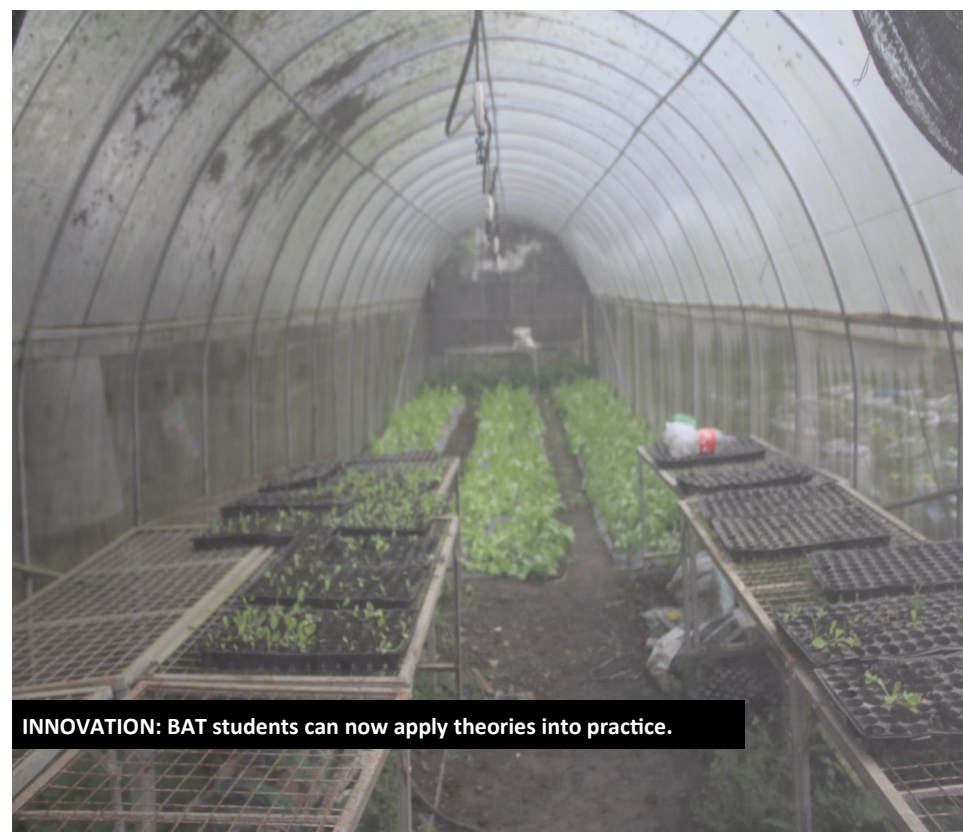
The structure was made possible through the collaborative effort of Vilma Dimaculangan, Regional Executive Director, Department of Agriculture Regional Field Unit 4-A and Engr. Jericho M. Inarda, Dean of the College. The structure was constructed on 2014 with an estimated budget of 1 million pesos.

A Green house is a structure with walls and roof and chiefly made of transparent materials to trap the heat and sustain the life inside. The idea of growing vegetables in environmentally controlled areas has existed since Roman times and now being applied by the BAT IV students, fostering the growth of the plants.

One of the many commodities planted inside the green house is the lettuce (*Lactuca sativa*). The 4th year students cultivate the soil, nurture and plant this crop until such time when it will bloom abundantly.

This innovation helps the aspiring agriculturist to nourish the people, cultivate today and harvest the bountiful tomorrow.

The latest development in the College of Agriculture is the green house, standing erect at the campus, providing students with first hand learning to herbiculture.



INNOVATION: BAT students can now apply theories into practice.

Guard house levels up

Justine Caballa

With the installation of the Close-Circuit Television (C.C.T.V.) around the campus, the University of Rizal System Rodriguez campus aimed to level up the security system by constructing a new "guard house" in front of the Administration Building to aid the efforts and hard work of the University guards.

The guard house construction began in November of 2015 and inaugurated at the start of first semester, school year 2016-2017.

The new guard house is made of concrete walls. It is complete with an information desk with small space which serves as a waiting area for the visitors. There is also the monitor for the CCTV that is accessible for all to see. The outer wall is plastered with announcements and warnings which prove to be useful to the students' well being.

The new guard house has the suggestion box which is accessible to the students.

"Malaki ang magagawa ng suggestion box. Mas madali na ngayon mai-parating ng mga stuyante and kanilang mga comments and suggestions for the improvement of our beloved University said by Jonel, BSBA student.

The suggestion box aims to know all the concerns of the students and faculty as well. In this way, the Administration will get comments and suggestions which will be used for the improvement of the URS Rodriguez campus most especially now

that it will subjected to ISO next year.

"Functional. Makakatulong ito sa mga estudyante para mapangalagaan pa ang seguridad sa school," stated by Mr. Erwin Murillo, President of the Student Council of the College of Education.

"Mas magiging motivated pa sila (officer-in-charged of the day) na gawin pa ng maayos ang trabaho nila lalo pa at maganda na ang guard house nila." commented by Mr. Mark Sonio, Vice President Internal of the Guild of English Majors.

The new guard house makes the officer of the day comfortable in monitoring all people who go in and out of school and in implementing and securing order inside the campus.

In compliance with Republic Act No. 9485, the Office of the Campus HRMO has issued schedule of Officers of the Day in the Public Assistance Desk (PAD) and activated the public assistance / complaints desk to be manned by staff members of URSR campus from Monday to Friday to give assistance to the concern individuals.

Their daily reports are submitted at the end of the day.

on the daily basis.



College of Agriculture's Vermiculture

Eating organic foods has become a well liked by any nowadays. Not only it has become a trend but also a conscious effort towards healthy living.

The URSR College of Agriculture helps promote organic farming at the same time preventing the consequences of excessive use of chemicals with the use of vermicomposting.

Vermiculture also known as farming of worms is used to convert animal wastes, food scraps, and other dead matters into a nutrient rich fertilizer.

The GADD's vermicomposting (derived from initials of the proponents: Gamo, Almacen, Doctor and Depillo) is a project which has the objective to produce a locally made organic fertilizers.

African Night Crawlers (ANC's) or *Eudrilus eugeniae* is the type of worm used in composting because it is one of the most efficient composting worm in the tropics. It has also been identified having the best potential for breaking down organic matters.

The substrates used are cow manure (rich in Nitrogen), Banana stalks (rich in potassium) and

Kakawate leaves. These materials will be consumed by the ANC's and will be broken down into a healthy organic fertilizer after 30-45 days from stocking.

The project site which can be located behind the USSG Office has a total of three vermibeds (10ft ling, 13ft wide and 2.27 deep which can produce eight sacks.

The use of synthetic fertilizer would eventually degrade the quality of the soil and the ground water beneath can affect human health.

Given the growing trend for healthier lifestyle and the needs to address environmental issues, the demand for organic fertilizers and products are expected to rise.



ORGANIC. Farming worms turn into nutrient rich fertilizer

Pamitinan

SPORTS

ICAM 2016



UNITED: Athletes representing the 10 campuses of University of Rizal System gathered all together in URST Sunken oval for the 2016 ICAM opening ceremony

URS Giant Pep Squad bags 1st runner-up

Emiliano Longcob Jr.

The URS Giants' high spirited performance oozing with confidence in their lifts and tosses earned them 1st runner-up in 40th Milo Cheer dance Competition held at SM Mall of Asia Concert Ground on July 31, 2016.

This year's event doubled the thrill and excitement as four cheering squads from different universities showcased their breath taking performances. The participants' death defying stunts made the crowd go wild as they yelled out their support of their respective teams.

University of Caloocan (UC) clinched the 2nd runner-up while Quezon City Polytechnic

University (QCPU) grabbed the 3rd runner-up. The City University of Pasay (CUP) was declared this year's champion judged by the members of the Philippine National Games (PNG).

"Although we never bagged the championship title like what we did last year, we respect the judges' decision. Nevertheless, I still believed we had the crowd's attention and that would be more than enough for us", said Coach Prof. Adrian Maniaol.

The Giant Pep Squad will go back to their intensive training in preparation for the National Cheerleading Championship on September 15, at Robinsons Paranaque.

Rodriguez Paddlers Strike for 2nd

Richmond Toribio

Strike with burning desire!

The Rodriguez Table Tennis Men's and Women's Division smashed to 2nd place overall as they battled in the recent Inter-Campus Athletic Meet at URS Tanay, August 15-19, 2016.

Two gold medals for Men's and Women's singles a silver for the doubles and a bronze

medal in the Women's single are the official tally of Rodriguez's pride that made them qualified for a silver position.

Exceptional strikes and killer strokes are part of Rogelio Lurcha's strategy that made him win and continue to the semi-finals with a 3-0 ticket from the elimination rounds and finishing the championship with a 4-1 bringing home the bacon.

"Pressure syempre kasi marami magagal-ing at late na akong naging varsity player kaya kung matalo pa, paano na kaya?" Lurcha said.

"It doesn't matter how you started, what matter is how you ended it," he added.

Well executed side spins and repeating killer drives are the winning ace of Yoshabeth Canapit as she dominated and won for gold.

The said paddlers are qualified to participate the incoming SCUAA in December, at URS Tanay



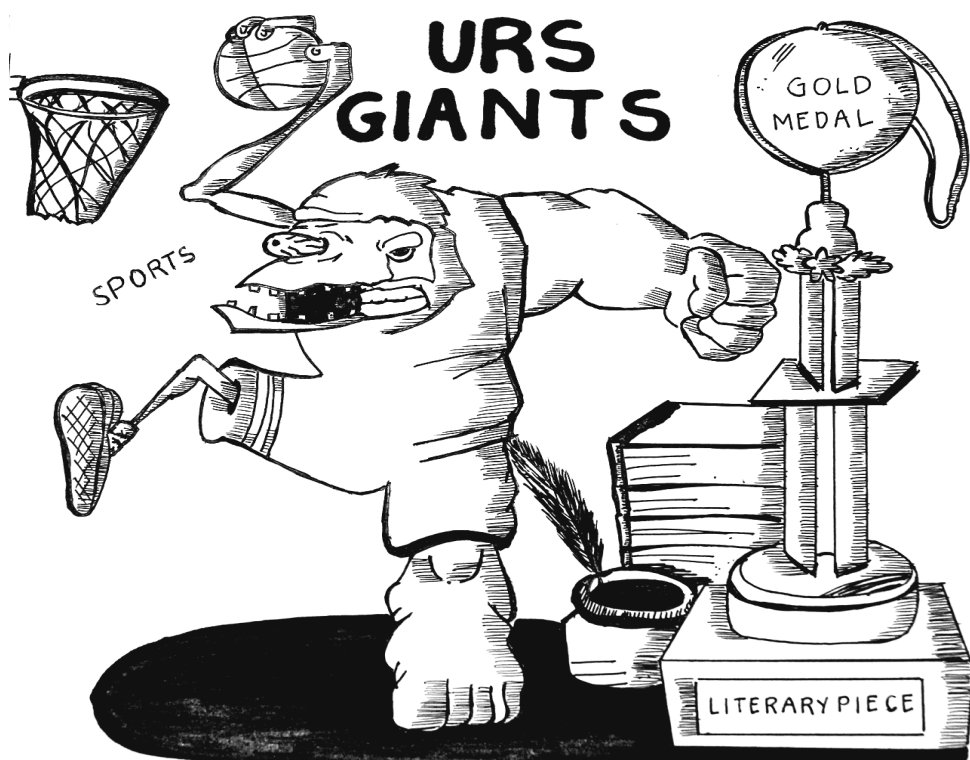
Girl Power: Dynamites hammer down the tables as they grabbed silver



The **DYNAMITES** conquered the rest of the **GIANTS**-ICAM 2016



In the darkness of the cave, let our pens be the light!



Dynamites defend title:

Remains a sports powerhouse

Dynamites definitely remains a sports powerhouse as their reign continues in ICAM 2016.

The reigning Rodriguez Dynamites proved that their win last year was not just by luck after claiming, once again, this year's championship title.

This year's win is a really tough one. Come to think of it, they bagged all sorts of medals, and claimed the trophy even without the help of PepSquad who gives us the "Gold Charm" since we've been completely indestructible in the Cheerdance competition for several years already and so, a gold is expected every opening of the ICAM.

This might just mean that we're no longer playing for selfish purposes but we already play as one. This proves that we already have attained unity through sports.

On the other hand, the Dynamites also stood out as they amassed different medals and trophies in recognition to their remarkable talents and skills shown in the 15th Foundation Day.

The praises go to our school administration, school organizations, and students for their immeasurable support. And of course, this would not be possible without the efforts of our ever supportive sports coordinator, Mr. Adrian Maniaol and all the hardworking coaches who pushed the hyper-charged Dynamites to their limits as they compete in every event they join in whether in sports, cultural, literary, or musical, they must be proud and always do their best for the honor and glory of beloved University.

If our campaign towards excellence, not only in academic but also in sports, continues to spark up like this for the years to come, 3-peat wouldn't probably be shocking.

A new era has come. We're no longer contained. Let's explode and show what the athletes from Rodriguez can do. Support and take care of what is ours. Welcome to the Dynamite Era.

Long live Dynamites!

Dynamites clinch 2nd championship title in SEPAKTAKRAW

Helecent Lomogdang

Tanay - Quenching the winning drought, the URS-Rodriguez Dynamites Sepak Takraw Team clinched their historic back-to-back championship title in the Inter Campus Athletic Meet (ICAM) held URS Tanay on August 15-18, 2016.

The Dynamites finished the elimination rounds undefeated and once again, faced Angono in the Finals. URS Angono clearly had the advantage having Michael Marquez, a former STCAA player and Jason Martinez, a varsity player of the University. The Dynamites faced Angono head on and won the first match with 21-19 in the first set and 21-15 in the second set.

Awakened by the Dynamites' powerful kicks and hits, Angono turned the tides and was able to take the roller coaster ride for

another decisive match after landing a 23-21 score in the third set of the second match. Deadlock, 1-1.

The final face-off has finally arrived - the final match. Headed by team captain Helecent Lumogdang, the Dynamites took the lead and dominated the first set, 21-10. Showing no mercy, the Dynamites dropped the sealing hit and won the Finals with 21-14 in the second set.

Ang sepak takraw dito sa atin (Rodriguez) ay parang isang buto na itanim mo, hindi kaagad ito mamumunga, matuto tayong maghintay", said Coach Freddie Regalario who inspired the team to persevere together with their dedicated trainer, Kentaro Duba.

The team was known for being an "underdog" in the league years back. The Dynamites humbly prays as they aim to get the 3peat in ICAM 2017.



MOMENT. Lumogdang powers his kick for the win!

Badminton: URSR Vaults Honor and Medals

Paul Angelo Adriano

ICAM 2016 – The Dynamites smashed their way clinching 1 gold medal and 1 bronze for this year's Inter-Campus Athletic Meet.

Leading up to the gold medal match, Geralyn Dela Cruz (Rodriguez) displayed motivation. The two tied 27-27 but Dela Cruz blasted gaining the lead ensuring the defeat of the opposition 31-35 earning a gold medal in single A category.



A Walk in the park. The ladies are all set for another smashing game



GAME FACE— Fercress Bo of the URS Athletics team got outran by fellow Dynamite, claiming the 3rd spot in the 800m run. Bo compiled a gold, 2 silvers and a bronze medal.

Athletics:

Rodriguez dashes for TRIUMPH

Paul Angelo Adriano

Boosted by passion and heart, the URS Dynamites athletic squad coasted the ICAM amassing 13 gold 16 silver and 8 bronze medals, generating the highest points in the Dynamites campaign to glory.

On the 100m run, Rodriguez snatched gold, silver, and bronze for the 200m sprint; gold, silver and bronze for the 800m run; a gold and 2 bronzes for the 1500m run; and swept the 3000m run grabbing a gold and a silver.

The dynamites boomed to grab a couple of medals in the team competitions. The squad topped the 4x400 relay event,

managed to outcast silvers on the 4x100 and Swedish relay.

They managed to pile a gold, silver and bronze in the high jump, discuss and shotput throwing event, respectively.

The squad led Rodriguez title defense campaign garnering 155 points sealing down the campus' march to another ICAM trophy.

Kevin Cruz, who breezed through a 3000m distance, dashed towards the top spot followed by Zelso dela Cruz (both from Rodriguez) claiming the silver medal. The two ran closely to each other leaving all other competitors way behind.

"Among the coaches ako lang ang andun (on the track) bago magsimula ang event. We put God first before the game at ito ang gusto ko sa team na ito." Prof. Emely Mendoza, athletics coach, stating with teary eyes.

The URS Rodriguez athletics team bolted and went unmatched as the other campuses went home empty handed and the home crowd stuck to their benches quietly.

Women's Chess Team pins Rodriguez to 1st, Men's 2nd

Christian Kenneth Marangga

Checkmate!

The URSR Women's Chess Team ranks 1st place and Men's Team for 2nd place overall as they battled recently in Inter-Campus Athletic Meet 2016, Tanay, Rizal.

Angel Nicer Alday tops the women's division as she conquered 8 competitors in 9 rounds giving her the lead, clinging for gold.

Even Celso Huertas managed to have unsustainable 9-0 standing, the Men's Chess Team only made it for silver.

"No wrong moves, dapat malakas ang depensa at solid ang atake kasi ang higit ng laro", Alday stated.

"Syempre marami talaga struggle sa game pero kailangan pa rin iimprove and potential sa paglalaro at wag kalimutan magdasal kay God para sa guidance and focus", Huertos answered when asked what they would need to do for gold.

The Rodriguez wood pushers have the chance to participate for the incoming SCUAA 2016 if chosen.



OPENING. The dynamite team sets their pieces to a grand design

"Welcome to finals!"

The URS Rodriguez UCCAR All-girl hip hop snatches a finals spot on the National Cheer dance and Dance Championship last September 18 at Robinson's Place, Las Pinas city.

Despite the tough completion, the neophyte squad secured the third seed on the National dance championship, South Luzon Regional Camp and Qualifier. It was only on July that the dance troupe completed its line-up of 12 girls coming from the different Colleges of URS Rodriguez.

The Silangan Dance troupe Coed managed to grab a coveted third on the Co-ed hip hop contest.

"Halos dalawang buwan kami nagte-training. Kaming mga baguhan, syempre, nahirapan kasi isasalang kaagad sa National Competition" - Mae Ann Christ Malicse, one of the new members of the all-girl squad.

"Sulong lang!.." yelled Aloni-

Dancing towards the "National"

ca Lipon as she expressed her joy as they felt "surreal" with the recent glory.

The All-girl team all set as they drive towards the National finals at SM-MOA this coming March 2017.

Silangan Dance Troupe in Black



All Girl— Hip hop stuns the crowd



Longcob dominates flyweight; Dynamite Poomse team wins gold

International taekwondo champion, Emiliano Longcob, showcased his speed and style as he dominates the flyweight division in the ICAM.

He went outmatched with all of his fights resulting to early stoppage as the difference in skills seemed obvious throughout his contests. The Taekwondo genius remained unscathed after a two-days competition among the best of Rizal.

The Dynamite "Poomse" (formation) team swayed the judges' attention into their fluid Taekwondo routine fending off other competing campuses. Their kicks struck the air with power and their punches and blocks seemed "realistic".

The team is composed of Thirdly Palma, John Mar Raca, Jomar Panarigan, Jude Villaroxas and Abbygail Palada.



Beat em! Athletes exchange strikes



Its all about style Poomse team finishes their demo with all smiles

Dynamite Arnis: Ready to strike SCUAA

Pinoy-styled combat experts march their way to the regional contest as they dominate the URS ICAM.

Romualdo Francisco Jr, Jeffrey Bataller and Remy Martin Antonio are in all gears as they are training to "beat down" whoever comes with them in the full contact event. Aliah Len Bolok, Jeric Arce, and Romualdo Francisco Jr. prepares their baston demonstration in the synchronized baston event.