Dr. Katherine Faith M. Bustos, a solid AC baby, positioned herself as she pocketed a slot in the Search for Metrobank’s Ten Outstanding Teachers of the Philippines during the 54th Metrobank Founding Anniversary, last September 5.

Dr. Bustos is the eldest daughter among the four children of the late Ariston Maddela and Dr. Prescilla Esperanza Adalem Soriano, now the president of Aldersgate College, Solano. She is blessed with two kids, namely Aries Khristian, 19, and Asher Keith, 16, both students of AC.

Dr. Bustos finished her Pre-School up to College at Aldersgate College. She finished the course Bachelor of Science in Secondary Education, Major in English and was awarded Founder’s Medal for Academic Excellence in her graduation.

She pursued her Master’s Degree at NVSU Bayombong Campus and finished with Best Masteral Thesis Award and her Doctor’s Degree at NVSU Bambang Campus and graduated with distinction. She is currently employed at Nueva Vizcaya General Comprehensive High School as Master Teacher 2 and is a part-time professor of the Graduate School of AC.

Even if she is already in the teaching world, she still shines out among her colleagues. She was awarded as 2015 Outstanding Master Teacher 1 in the Division of Nueva Vizcaya, passed the National Qualifying Examination for School Heads or Principal Test, is currently the Editor-in-Chief of the 2016 CAVRAA Bulletin and the NV Flash, and is a Contributor of IP Voice and Brigada Eskwela Bulletin.

The Local Government Unit of Solano sponsored a Drug Rally Campaign in line with the Anti-Drug Campaign of President Rodrigo Duterte at the Tomas Dacayo Community Center, August 12. The said event aims to stop illegal drug trade and usage to reduce the crime rates in the Philippines.

LGU Solano holds rally vs. illegal drugs

The winners are: Christian Hector G. Misanes - 2nd Place Individual Highest Pointer, 1st Place in DevCom Writing English, 3rd Place in Column Writing Filipino; Mael D. Viluhan - 1st Place in DevCom Writing Filipino, 7th Place in Feature Writing Filipino; Mikaella Andrea L. Sison - 3rd Place in Poetry Writing English, 3rd Place in Photojournalism English; Rizelle Jeane B. Fernandez - 3rd Place in Sports Writing English, 4th Place in Column Writing English; Mar Jonathan Dave D. Fabro - 5th Place in Sports Writing Filipino; Leomarr Ysrael A. Disay - 7th Place in Editorial Writing English, 7th Place in Photojournalism Filipino; July First Domingo, John Michael Bartolome, Jonquil Khryss Amigo, Rizelle Jeane Fernandez, and, Madel Villuan, (inset) Mikaella Andrea Sison. (Contributed photo)
In response to the AASEN integration which calls for Global competitiveness and today’s educational trends and challenges, the Student Teachers’ Organization (STO) held the Student-Teachers’ Congress 2016 at the Audio-Visual Room, August 5. In her opening speech, Dr. Prescilla Esperanza A. Soriano, President of the College-Community Extension Program Committee, in collaboration with the College of Arts, Science and Education-Secondary Education (BSED), Bachelor of Elementary Education (BEED) and those taking Education units.

The first part of the program was the Induction Ceremony where Dr. Katherine Faith M. Bustos, President of the College, graciously met the event with her inspirational message where she quoted the different qualities of a global teacher and expressed her gratefulness to Dr. Hector G. Misanes, Director of the College-Community Extension Program, for his timely encouragement. The participants were from Calaoacan, Maasin and Layugan, God’s messenger during the thanksgiving ceremony. They even managed to instill one’s knowledge and understanding of God’s Word, to decrease one’s frequency and severity of sin, to increase one’s practice of Christ-like qualities, and to boost one’s faith and trust in God. “This celebration has engaged the students and community in a variety of activities which aim to promote AC as a learning center for excellence in Nueva Vizcaya.”

The program which aims to recognize the unwavering dedication, passion and vital contribution to education and development of AC teachers was organized by the Academic Council. The College-Community Extension Program Committee is not ready for class. But, we have very good lecturers. We can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can surprise quizzes when they are not ready for class. But, we can
Twelve civil engineering students together with their adviser attended the 2016 National Civil Engineering Summit with the theme “Accelerate: Gearing Up as Civil Engineers for the Nation” held at the University of the Philippines-Diliman, Quezon City, September 15-16. The two-day activity was attended by thousands of civil engineering students from all over the Philippines.

Big names in the construction industry guested in the said activity introducing their own companies to the future civil engineers of the country and presented some lectures about their upcoming projects. The event also hosted a job fair which was actively participated in by the students who aspire to acquire a job after graduation. The delegates were also entitled a pass for the UP Lab Tour, where machines and equipment are presented to them by the 5th year civil engineering students of UP-Diliman.

The event was hosted and organized by the University of the Philippines-Association of Civil Engineering Students. The delegates and the adviser received a certificate as a proof of their appearance. #MarJoJo

The School of Informatics and Hospitality Management (SIHM) gathered for the first time for the Nutrition Month celebration at the SHM Room, July 29. Enthemed, “1,000 days ni baby na kinabakasan”, the activity was graced by Prof. Fely S. Viernes of Quirino State University, Maldalca Campus. She challenged everyone to put in the spotlight the problem on malnutrition among infants and children and to be aware about how they can prevent it. Through the cooperation and initiative of the HM students, the said affair has carried out various contests like Nutri Jingle, Table Skirting, Cook Fest, Slogan Making, Poster Making and the search for Mr. and Ms. Nutrition Month 2016.

The SIHM held its annual acquaintance party and induction program at the AVR, August 12.

This year’s theme was “Serving, sustaining and growing new leaders”. The main objective of this party was for the students to build companionship towards their fellow students. The College Chaplain, Rev. Richard M. Reyes, guest speaker, reiterated the importance of every leader during his keynote speech. Reyes spoke to the students about how leaders serve as good examples to their followers.

The SIHM students showcasing their creativity in the Nutri Jingle Contest

Eleven civil engineering students attended the annual Philippine Institute of Civil Engineers (PICE) 13th Regional Technical Conference enthemed “Making a difference in mainstreaming disaster risk reduction and climate change adaptation in the Civil Engineering practice,” University of La Salle, Santiago City, August 25.

Civil engineers from both public and private sectors of the Region attended the said conference. The main objective of the two-day event was to present the PICE Board of Directors for Region 2 and the presentation of latest designs on buildings and bridges by some company engineers through PowerPoint presentations and lectures.

Another highlight was the Bridge Building Competition which was participated in by 5 competing colleges where the Aldersgate College team ranked 2nd, receiving a cash prize of P6,000.

Meanwhile, Boysen sponsored the socialization night which included the raffle draw where Myke Dayson won a flat iron, pressure cooker and the grand prize of 36” flat screen television respectively.

The delegations were accompanied by Engr. Josephine P. Jasmin, PICE member and AC Administrative Officer. #MarJoJo

CET studies join Reg’l Conference

The debating team from the College of Arts, Sciences and Education dominated the championship round of the inter-departmental debate as part of the culminating activity of the Speech and Drama Club (SDC), October 27.

AB Church Management (ABCM) students won during the elimination round over BSED and BEE students last October 25, but they were scored the Schools Division Office of Nueva Vizcaya thru Mrs. Marilou C. Roderos, Nurse II of Solano I and II districts conducted a health inspection, health education and treatment of minor ailments of pupils of different public elementary schools in Solano, Nueva Vizcaya.

The first health inspection and education was held at Solano South Central School last October 6 and it was followed last November 24 at Solano East Central School. “Proper hygiene was the pupil’s main problem. So our 25 student nurses and midwives did the assessment and health teaching at the same time,” said Mrs. Ma. Eloisa P. Corrales in Filipino, the coordinator of nurses and midwives who accompanied the volunteers during the inspection.

The activity aims to identify pupils who are in need of treatment and referral and for the student nurses and midwives to gain experiences and have a mastery of school nursing. #CHGM

With the theme “Competent, Extraordinary, Talented Engineers and Technologists: Striving High towards Globalization”, the College of Engineering and Technology (CET) held the CET day, August 12.

The program which aims to build strong relationship among students and teachers, was divided into two parts: the sportsfest in the morning and the induction and accreditation program in the evening.

The sportsfest began with a zumba dance led by Engr. Mary Abigail Cadang, CET instructor, followed by different ball games played between the Civil Engineering (CE) and the Electrical Engineering (EE) with the Technical Vocational (TechVoc) students. The CET students and the faculty members shone in their semi-formal attire during the induction program held at the EZE Rooftop.

Engr. Jaime Pe Benito, General Manager of Hiligo Electric Cooperative (IFELCO), graced the evening affair. In his keynote address, Pe Benito encouraged the students to strive for excellence, uphold the common good and treat others with respect, understanding and compassion. Engr. Pe Benito, together with his wife gave cash incentives to the CET Department. #JoapaAmigo

CET 28th anniversary held

The first health inspection and education was held at Solano South Central School last October 6 and it was followed last November 24 at Solano East Central School. “Proper hygiene was the pupil’s main problem. So our 25 student nurses and midwives did the assessment and health teaching at the same time,” said Mrs. Ma. Eloisa P. Corrales in Filipino, the coordinator of nurses and midwives who accompanied the volunteers during the inspection.

The activity aims to identify pupils who are in need of treatment and referral and for the student nurses and midwives to gain experiences and have a mastery of school nursing. #CHGM
1st AC Club Expo Held

To acknowledge accredited clubs and organizations in the campus and to familiarize AC students with upcoming projects and events, the Supreme Student Council (SSC) together with the Office of Student Affairs (OSA) conducted the 1st AC Club Expo with the theme, “Be INVOLVED!” held at the AC Badminton Court, September 12-16.

Despite the changing weather, the five-day event was still pursued and was visited by students and teachers from different departments.

“The expo really exhibited what the students should know,” Misanes said. With catchy decorations, explicit designs and superb plans and accomplishment reports, the participating clubs and organizations of the Office of Student Affairs were showcased during the 1st Club Expo, AC Badminton Court, September 12-16. (Photos by CHGM)

Christian Hector G. Misanes, the Supreme Student Council (SSC) President, represented the college in the 1st Cagayan Valley Young Leaders’ Summit with the theme, “Student Leaders’ Convergence: Young Leaders of Tomorrow.” last September 29-October 1 at the Duranal Farmers Training Center (DFTC), NVSU, Bayombong, Nueva Vizcaya.

The summit was composed of plenary sessions wherein respected icons were invited as lecturers like Ms. Rowena Panaan of ABS-CBN Cagayan Valley who spoke on “The 21st Century Young: Upholding Philippine Democracy” and Sen. Risa Hontiveros who was not able to attend, but she still delighted the crowd in her video clip emphasizing “Personality Development: Revisiting the Filipino Values”.

Prior to the summit, Misanes was one of the organizers of the 1st Nueva Vizcaya Young Leaders’ Congress together with student leaders in the province last February 12-14.

“Aside from representing our institution in such activities, I am very motivated to involve myself and to interact with other student leaders across the country because we share common mission and vision. Through that, we can learn from each other for our own campus and community,” Misanes said.

The three-day summit, which was sponsored by the Nueva Vizcaya State University, Bayombong, promotes social and socio-political awareness, understanding the nature of work and the obligations of student leaders in nation-building, and creating camaraderie among student leaders across Region 2.

#PangalawangPunongPatnugotCHGM

Business and Accountancy days

The School of Business and Accountancy (SBA) held its yearly business and accountancy days with the theme “Level up” last August 9-11.

An inspiring message was delivered by one of the alumni of this institution, a Certified Public Accountant (CPA), John Paul Valdez, who shared his experiences in life and gave words of encouragement to the future CPAs.

Meanwhile, Dr. Christian Hector G. Misanes, the President of the Red Cross Youth Chapter this school year, said, “I was overwhelmed to be part of the Red Cross Youth advocates and its mission to develop effective and competent leaders.”

I look forward to more trainings of the RCYC-AC Chapter this school year,” said Agnes R. Tovera, the elected President of the Red Cross Youth Council-AC Chapter. #CHGM
Speech and Stage Arts in English festival

2 ACians qualify in reg’l TOSP

Jhonia Grace M. Estacio, BSED, and Daryl R. Bolante, BSA, made it among this year’s elite roster of regional finalists in the search for Ten Outstanding Students of the Philippines (TOSP). The awarding ceremony was held at Cagayan State University (CSU) - Andrews, May 5.

Before they were named as finalists, the two ACians were nominated by the institution to pass a bid book to the Commission on Higher Education (CHED) after excelling in the three pillars of the award-giving body which are Academics, Leadership and Social Responsibility.

A regional formation followed at Tin-Tin’s Resort, Pelagbiana, Cagayan last May 3-4. This year’s batch of regional finalists was dubbed “KisLaP” or Kislap at Pangarap. Prior to the awarding ceremony, a panel interview was held at the Archbishop’s Place, Tuguegarao City.

“When I found out that I was qualified in the regional level, I was very happy and at the same time, challenged. I learned a lot of things in the formation, foremost is that even a small thing can make a big difference in the community,” Estacio said in an interview. Out of 20 regional finalists, only 10 were qualified to advance to the national search. However, Estacio and Bolante didn’t make it to the top 10. “Hindi man kami pinadal, I am still very grateful to represent our humble institution, Aldersgate College – a producer of outstanding and excellent graduates who contribute for the betterment of our country,” said Bolante. It can be noted that only Aldersgate College and Saint Mary’s University from Nueva Vizcaya have regional qualifiers in the said tilt.

Dyana Maria A. Dangilan, Alexis L. Dumeold and Benjamin C. Dulatre were their coaches. The prestigious search for the Ten Outstanding Students of the Philippines (TOSP) was sponsored by the Republic Floor Mills (RFM) Corporation, RFM Foundation, Commission on Higher Education Region 02, PLDT and TOSP- Alumni Community.#CHOM

AC Celebrates Religious...’p2

entire AC community in spiritually strengthening activities that will nourish both our physical and spiritual welfare, and will deepen our knowledge of God’s presence among us,” said Rizelle, BSA student, in an interview. The success of the event was the result of joint efforts of the students, teachers and staff of Aldersgate College under the leadership of the College Chaplain, Rev. Richard M. Reyes and the Spiritual Nutrition Committee.#yraelisday

AC GEM...’p5

Her passion in saving individuals from ignorance made her more qualified in the said victory. Dr. Bustos advocates the blended learning approach that promotes the integration of online and face-to-face environments. She also pioneered the development of English Subject of NVGCHS students in Facebook, in which the discussions were continued online through their own Facebook Page.

She also organized the Tuesday Reading Clinic which aims to assess students’ reading levels and improve their reading competencies. She also sponsors less-fortunate children in their studies to help lessen the burden of their parents in sending these children to school.

ACians flocked to the audio-visual room to witness their fellow students as they competed in the various contests during the English Festival 2016 which was anchored on the theme: “Speech & Stage Arts: Treasure Trove of Chances, Choices, Challenges & Changes,” August 3-4.

The event was a two-day annual event with various activities: SDC’s Got Talent, Impromptu Speech, Poster Making, Extemporaneous Speech, Poetry Recitation, Essay Writing, Spelling Bee, Eloquency, Declamation and Tourism Quiz Bee all done in the first day while Super Quiz Bee, Story Telling, the Search for Mr. and Ms. SDC 2016, Singing Contest on the second day.

The event kicked off with the induction of officers by Rev. Daton Jonathan B. Palitayan, Jr., instructor of Aldersgate College, who was then the guest speaker. The festival was supported by the English Teachers, the Dean of the College of Arts, Sciences and Education of the institution to pass a bid book to the Commission on Higher Education Press Conference to be held at A&KA Plaza Hotel, Puerto Princesa City, Palawan this February 22-24.

The said 3-day Press Conference was attended and participated in by all Universities and Colleges entire Region 02.

Mrs. Curie D. Palattao and Mrs. Jonalyn P. Lutrania accompanied the writers as their coaches.#ChiefVIlluan

THE GOD AND THE GODDESS.

Zenaida Umamo as Medussa and Jerome Saliptol as Hermes were adjudged as King and Queen of Mythology held at the Audio-Visual room. Together with them (from left-right) are Christian Hector Fabro, Benjamin Dalatre, BSA 2; Divina Gracia Apolonio, CASE Dean, Orville Padilla and Flora Castro, judges during the Search for Mr. and Ms. SDC 2016.

“Through this club, our confidence is developed, camaraderie is built and shyness and stage fright are conquered,” said Agnes R. Tovera, SDC President, in her acceptance speech.

The winners are as follows:

SDC Got Talent
1st Cristina Penalta, BSIT 4
2nd CET Dance Group (John Michael Bartolome, July 1st Domingo, Jessa Ringer and Mary Grace Paraiso)
3rd Jerry Aghayani, BSIT 1

Impromptu
1st Hector Misanes, BSED 4
2nd AizenPumhice, BSED 4
3rd Madiel Villanue, BSED 4

Extemporaneous Speech
1st Hector Misanes, BSED 4
2nd AizenPumhice, BSED 4
3rd Juryi Leagha, BSED 4

Poem Recitation
1st Marcus Sison, BSA 2

Spelling Bee
1st Marcus Sison, BSA 2
2nd Jonias Mandingel, BSED 4
3rd Abigail Bangauna, BSCE 2
4th Kristina Maruquin, BSA 3
5th Jerome Butac

Postering Making Contest
1st Marlom Gumaru, ABCM 2
2nd James Damengung, BSCRIM
3rd Rufo Canastoso Jr., BSCE 2

Essay Writing Contest
1st Yraniel Damaynay, BSED 3
2nd Anna Faye Dela Cruz, BSA 4
3rd Jean Farinas, BSA 3

Elocution
1st Michelle Lacaden, BSA 2
2nd Hector Misanes, BSED 4
3rd Heidie Samhah, BSCRIM 4

Declaration
1st Zenaida Umamo, BSED 3
2nd Alyona Fernandez, BSHRM 2
3rd Michelle Rafael, BEED 3

Tourism Quiz Bee
1st Yrael Disay, BSED 3
2nd Jonias Mandingel, BSED 4
3rd Angelica Belen, BSA 4
4th Reyna Jimenez, BSC 2
5th John Mark Linda, BSIT 2

Super Quiz Bee
1st Yrael Disay, BSED 3
2nd Angelica Belen, BSA 4
3rd Ma. Xari Salinas, BSED 1
4th Logen Solis, BSED 2
5th Mary Joy Corpuz, BSA 2

Story Telling
1st Ruesel Narvasa, BSA 4
2nd Jean Farinas, BSA 3
3rd Catherine Crisostomo, BSED 3

Mr. and Ms. SDC 2016 awards: King of Greek Mythology-Jerome Saliptol; Gold Prince of Greek Mythology-Jeffry Upda; Silver Prince of Greek Mythology-Daniel Parallong; Bronze Prince of Greek Mythology-Adrienne Kurt Ebball; Queen of Greek Mythology-Zenaida Umamo; Gold Princess of Greek Mythology-Ivy Calingayan; Silver Princess of Greek Mythology-Mary Joy Corpuz; Bronze Princess of Greek Mythology-Nazeth San Jose.

Alyona Fernandez, BSHRM 2
3rd Michelle Rafael, BEED 3

LGU Solano...’p1

Local Government Unit joined the walk that started from the Tomas Dayaco Community Center, around the Town Proper then back to the Community Center where a program was held.

“Let us work together through this rally so we can eradicate the use of illegal drugs here in our town,” said Mayor Eufemia A. Dacayo in her speech. She also pointed out the importance of the support of the family, the community and the school in this campaign.

The said event was headed by the Solano Municipal Mayor with the Philippine National Police.#EICGienda
HUMAN RIGHTS: What it takes to be a Human

Human rights allow a person to live with dignity and in peace, away from the abuse that can be inflicted by abusive institutions or individuals. But the truth remains that there are rampant human rights violations around the world.

But before going further, what does the word Human Rights mean? According to Stanford Encyclopedia of Philosophy, human rights refer to norms that aim to protect people from political, legal and social abuses.

From the definition itself, it is often exercised! In school, students think that their rights are violated when they couldn’t use school facilities immediately; where in fact they didn’t bother asking the personnel in charge the reason why the facilities are not available at the moment; or when the security guards and other school personnel call their attention for violating school rules and regulations. Why not ask yourself first? Are my actions in conformity with what is stipulated in the Student Handbook and with the standards set by the school?

If human rights is the case, try to look at the government. It’s new administration, new leadership, new rule. When Rodrigo Roa Duterte won the presidency in the May elections, the word Human Rights is already attached to his name. He is known for his “Kamay na Bakal”, that is, what Duterte wants, Duterte gets, and even if big names are involved, he doesn’t care because he knows that he is in the right track. Killings after Killings, murders after murders. According to EPA about 800 people were killed since Duterte won. All of them were suspected only in illegal drugs, what if, 799 of them are innocent? According to Rappler Website, Duterte named 158 officials, many of whom are police officers, including three members of Congress and seven judges. What if 157 of them were just accused, what will happen to their families who would suffer the “name-and-shame campaign” of POULUO? What will happen to the name they built for so many years? In just one second, it turned all to trash just because of wrong allegations.

“I don’t care what the Human Rights say. I have a duty to preserve the generation. If it involves human rights, I don’t give a sh*%# T, I have to strike fear because the enemies of the nation are out there to destroy children,” said President Duterte in one of his press conferences. “You destroy my country; I’ll kill you, and it’s a legitimate thing. If you destroy our young children, I will kill you. That is a very correct statement,” he added.

See? Even the president of the country, the role model of having a peaceful and orderly nation, doesn’t have any care about the rights of his fellow countrymen. These caused the Commission on Human Rights, United Nations and the Catholic Bishop Conference of the Philippines to be very terrified because of the statements of the president.

In the homily of Archbishop Socrates Villegas, he commented on the Killings that are happening in the country. He said, “I am in utter disbelief. If this is just a nightmare, wake me up and assure me that it is not true. This is too much to swallow.”...“From the generations of drug addicts, shall we become a generation of street murderers?” (Cited posted on his website.) Human rights is just a statement for some and a big word to everyone. In every place and in every situation, in school or in the government, there is still widespread violation of human rights. What does it take to be human? Follow the rules and regulations of the school? Be a law abiding citizen? Or just do what is right, right to be human? Right to do what is stated in the law and right to exercise the rights of an individual? #

I started in this publication as field reporter and I still remember how proud I was when my first article was published in the November 2013 issue of The College Paragon. Three years after, the publication gave me the chance to be its Associate Editor. The same is true with my stance in the Supreme Student Council, I started at the bottom of the organizational chart. Now, I am the one who calls for meetings and speaks in front of ACians.

It was Year 2000 when I first entered Aldersgate College as a kindergarten pupil, and I am still here completing my education. Spending almost 16 years in this institution, I have seen myself evolve into many aspects – academically, morally, socially and spiritually. I owe the things I have and what I am right now from my experiences as a true-blooded ACian and that is because I STAYED.

But, why did I stay?

Loyalty

I was raised by a family who taught me to be loyal in whatever relationship I will commit myself to. This is one reason why my parents are still together up to this time. However, there are times when loyalty is tested, this is when you see that something out there is better without considering what you have, when you start doubting without enough proof, and when you feel it’s not working, where in fact, you didn’t give your best.

Loyalty is indeed beyond a word. If you are going to commit yourself into something, it should not be because you do not have a choice or you were forced to do it, but, it should be because you want to do it, you are happy for it and you fight for it. According to the “Loyalty Ladder” of the website, Power of Positivity, a loyal relationship is sincere along with trust, integrity, support and respect.

Gratitude

What matter most in a relationship are the learnings and experiences shared. Although paying back is not a requirement, my stay is my way of showing my gratitude and treasuring my commitment, and most importantly, the camaraderie and the strong relationship I have with the people around me keeps me.

Julie M. Simon mentioned in her article entitled The Three Types of Gratitude, that “as we expand our practice of gratitude by acknowledging and appreciating the people around us, a nourishing sense of connection permeates all our activities and encounters that lessen too much expectations and disappointments.”

Because with too much expectations, that will end up to disappointments, that will lead us to disregard our experiences and worse, give up on the relationship.

Patience

I have known students who claim themselves as “Soma” or “Magna”. Soma for them doesn’t mean Soma cum laude but Soma-sampung taon sa college and Magna, which is commonly used for Magna cum laude, for them is Magna-nine years sa college.

They are indeed very loyal for staying too long in the college, but kidding aside, their reason for being “forever college” is that they do not have the patience to handle the burdens in their chosen course that’s why shifting from one course to another or transferring to another school (as if other schools don’t give assignments and requirements) is their escape.

ACians, always remember, college life is no joke. You will soon understand how hard it is to send someone to school.

So, track the right direction because your choice today will be the product of who you are tomorrow.

Courage and patience are two important qualities I display in doing tasks and attaining dreams. Comedian-actor Vice Ganda is quoted to have said: “There is no elevator to success, everyone must take the stairs.”

I may sound like a cliché in writing this column about my staying, loyalty, gratitude etc. But after all, this is my last article in this publication as an editor,
Play Safe
Rizelle Jean B. Fernandez

Aldersgate College annually holds the Intramural Meet which usually falls on the last week of September. This event is organized and held not only for the sports-inclined students to enjoy and be able to play their favorite sports but it also serves as an avenue to select students to represent the school outside the campus in some interscholastic competitions.

There are many reasons why the said event can really be unforgettable. Perhaps, the trophies and medals you’ll be winning? Or, perhaps the certificates that will be awarded to you? But what can make it really memorable sometimes are things that do leave a mark, a scar, perhaps?

In the AC intramurals held last year, there was this particular incident that left the crowd dumbfounded. While earsplitting cheers from the teams of Tycoons and Falcons pounded the basketball court, one cry quieted the crowd as Giebert Rogel, BSA-4, howled with pain looking at his fractured elbow. He was about to rebound when someone accidentally pulled him and as a result, he had a really bad fall causing him to land, hand first, and his elbow wasn’t able to take on the pressure.

Everyone thought that, that will be the last indelible incident to happen during Intramurals. Unfortunately, there was another situation that occurred.

This year, while the Basketball Women’s Division was in full swing, Jermina Bueno, BSCE-5, accidentally bumped into one of her opponents, lost her balance and banged into the ring standing leaving her a slight head injury. However, she got a quite big lump really visible on her forehead that was needed to be checked.

She had a CT scan run through and luckily, there was nothing wrong except for the pretty big conkusion she got.

So what can be learned from these two given incidents? Playing sports is a lot of fun but getting hurt is not. No one shouldn’t be blamed if these occurrences take place. That’s why they are called accidents, right? So, what you can do best is to prevent those from happening. But, how?

Here are some of the ways to prevent sports injury according to NSC Knowledge Center Safety.

1. Adequate training. Make sure you’re on the proper physical condition for your sport. Don’t expect the sport itself to get you in shape.

2. Play by the rules. This part is really important. Know and abide by the rules of your sport. If they are designed to keep play safe and organized.

3. Wear protective equipment. Don’t play without the protective gear such as helmet, eye protection, mouth guard, wrist/ knee elbow guards, pads and footwear. Make sure equipment meets national standards, is in good condition and properly fitted.

4. Stay hydrated. Schedule regular fluid breaks during practice and games. Proper hydration is an important process. Be sure to drink enough fluids before and after exercise.

5. Warm up and cool down. Warm up with a low intensity cardiovascular activity to get body tissues warm and flexible. Stretch to help minimize the chance of muscle strain or other soft tissue injury. Cool down when the body’s muscles that have tightened during exercise.

6. Don’t play if tired or in pain. Pay attention to your body’s warning signs. If tired, rest to avoid injury from fatigue or poor judgment. If you’re in pain, stop playing and seek medical treatment. If injured, keep watchful on the follow through - you run a greater risk to re-injury if you come back too soon.

Though sprains are always on stand by and are always ready for cases like this, would you still wait for them to happen?#Zelle

May I end this bitter-sweet article with a quote from one of the best EIC’s, the publication exists has ever had, Mr. Jose Morgan T. Reyes: “Letting go has never been easy, yet strength is measured not by holding on but by letting go.”
Intramurals 2016 Snapshots
Where do broken hearts go?

1. “These are the days of our lives, but they’re not. They’re just passing through us. They’re not a part of our lives anymore. They’re just a part of the past.”

2. “I hope you know that you’re not alone, and that you’ll always have a friend in me.”

3. “I want to say thank you for being a friend. You’ve made my life so much brighter.”

4. “I want to say thank you for being a friend. You’ve made my life so much brighter.”

5. “I want to say thank you for being a friend. You’ve made my life so much brighter.”

Aminin mo bes! Ngayong bitter ka, sila ang nilalapit mo. Sa lahat ng isang iyong bigat sa kaniyang masilayan ang aking masilayan sa lugar na ito.

Ang mga halakhay ay dapat nangipatigue at bigot kay naghihintay sa pag-uusap at nagpapahugot sa kaniyang masilayan sa lugar na ito. Una sa kaniyang masilayan kay sa kaniyang masilayan ng isang tapat na guro at empleyado bilang isang tapat na guro at empleyado. Napabahay ako sa su'a ngunyang hintay sayang apat na sulok na silid ng aking masilayan, naglalaman may bayan sa aking masilayan sa lugar na ito.

Magmahal, Nasaktan, NaBIGVANG PANSIN ANG FRIENDS AT FAMILY!

Aminin mo bes! "NaBigVang Pansin ang ang Family!"

Ang mga halakhay ay dapat nangipatigue at bigot kay naghihintay sa pag-uusap at nagpapahugot sa kaniyang masilayan sa lugar na ito.

Magmahal, Nasaktan, NaBIGVANG PANSIN ANG FRIENDS AT FAMILY!

Aminin mo bes! "NaBigVang Pansin ang ang Family!"

Ang mga halakhay ay dapat nangipatigue at bigot kay naghihintay sa pag-uusap at nagpapahugot sa kaniyang masilayan sa lugar na ito.
APELYIDO
Ang mga apelyidong halimabawa ay nakalap sa Aldersgate College Lamang at pawang estudyante ang institusyon ang kinahumnan. Kung ano man ang aming interpretasyon sa mga apelyido ay omin itong sariling opinyon at walang nais na tapakang tao.

AGUDONG - salitang Ilokano na tagagubad sa kung anig ibaadi o buyumay na papuntah bayan.

Halimabawa: "Ayabam ni manang mo ta mapan kami AGUDONG dyay ili na agdalenge kami," kininun ni Nanang.

LABASAAN - lugar kung saan dumanada pag-alis.

Halimabawa: "Maraming mga tao ang ngumuman sa pagtakbo sa LABASAAN.

TINDAAN - salita na ang ibig sabihin ay lugar kung saan may dumalad.

Halimabawa: Gyinness ni Rosie ti tinapay iday TINDAAN ni baket Nene.

RINGOR - salitang Ilokano na ang ibig sabihin ay ingay.

Halimabawa: Pamanan kayo man, aming dito, nag-RINGOR kayo!

LACADEN - paraan na kung saan hindi ka gaagaw ng transportasyon kundi paalaman lamang.

Halimabawa: Bilisan niyong maglagak, at malayu-loy, pa ang ating labad at LACADEN.

MABBAYAD - paraan kung saan tutubusan ng kalasay kung ang isang bagay na bati o imung.

Halimabawa: May mahalbig MABBAYAD ng anong taya masabihan itimo ang habay baybay.

MACALMA - paraan upang hugaw matalata.

Halimabawa: Painumin niyo muna ng tugig para MACALMA.

BULAN - salitang Ilokano na ang ibig sabihin ay Buwan.

Halimabawa: Nagrangyan ti BULAN katuwa nga rabì. #

10 Weight Loss Tips to Make Things Easier (and Faster)
Compiled by: Pangalawang Punong Patnugot CHGM
By Kris Gunnars, BSc

As retrieved from, https://authoritynutrition.com/how-to-lose-weight-as-fast-as-possible/ Here are 10 more tips to lose weight even faster:

1. Eat a high-protein breakfast. Eating a high-protein breakfast has been shown to reduce cravings and calorie intake throughout the day.
2. Avoid sugary drinks and fruit juice. These are some of the fattest things you can put into your body, and avoiding them can help you lose weight even faster.
3. Drink water a half hour before meals. One study showed that drinking water a half hour before meals increased weight loss by 44% over 3 months.
4. Choose weight loss-friendly foods. Certain foods are very useful for losing fat.
5. Eat soluble fiber. Studies show that soluble fibers may reduce fat, especially in the belly area.
6. Drink coffee or tea. If you’re a coffee or a tea drinker, then drink as much as you want as the caffeine in them can boost your metabolism by 3-11%.
7. Eat mostly whole, unprocessed foods. Base most of your diet on whole foods. They are healthier, more filling, and much less likely to cause overeating.
8. Eat your food slowly. Fast eaters gain more weight over time. Eating slowly makes you feel more full and boosts weight-reducing hormones.
9. Use smaller plates. Studies show that people automatically eat less when they use smaller plates. Strange, but it works.
10. Get a good night’s sleep, every night. Poor sleep is one of the strongest risk factors for weight gain, so taking care of your sleep is important.

Hugot - a Tagalog word which means pull or pulling. But in modern times, the word Hugot is associated with words or sentences that are used to express feelings. Here are some of these Hugot Lines.

RELO
Sana relo nalan ako, para Makita mo yang oras. Ora para ako naman yang panaanim mo.

MALIIT
Minsan pakalat-kalat, madalas EX mo.

YELO
Minsan yung panahon, pero madalas yung relasyon niyo.

PLASTIK
Pakalat-kalat kung saan, madalas kay matalik mong kaibigan.

PAGALAN
Lagi mo na lang tinatangong yang pangalan ng taong mahal ko, baliw ka ba? Bakit mo tina- tanong yang pangalan mo?

BATO
Bako ka ba? antigas mo kase eh, ang tigas ng pusong mo.

BOLA
Minsan yung pinapatalbog, madalas isak, pinapakot.

YOYO
Bati pa yang yuyo pag tinaon mo bumahalik, ikaw pinulot ko na, pero ayaw mong bumanalik.

PAGANER
Minahal kita ng PAK NA PAK, inwan mo ako ng GANERN GANERN lang?

JESEP
Jeep nga una lalakad, pero ayaw ko na, pag gising mo pa buwan na, taoo pa kay a.

DRAWING
Minsan nasa sketchpad, madalas mga trolley mo.

CELLPHONE
Sana cellphone na lang ako, para pag gising mo ng umaga, ako agad hanap mo.

DOTA 2
Sana DOTA 2 na lang ako, at sa kanya lagi kagay kay oras.

UNAN
Sana unan ka na lang para lagi kitang kayakap.

MALIHIT
Minsan pagmahal niya sa’yo, madalas height mo.
In an interview, Dr. Katherine Misanes, Aldersgate College’s president, said in an interview.

“I have always been a teacher-centered for students will just concentrate on what is being written on the board. Thus learners are deprived of involvement and interaction making these instructional media boring for them. Because of the boring appeal of the chalk and board, teachers have started to advance classroom interaction through the use of manila paper and cartolina. Because of the vibrant colors of cartolina, teachers can more easily catch the attention of students. Shortly after, the emergence of computers in the classroom has challenged the creativity of teachers-to-switch from traditional into modernized instructional media. Although chalk, board, manila papers and cartolina are still useful up to this date.

Modern DMs

Computers and LCD Projector

Gone are those days when teachers try their best to draw different animals and to act something that is far from reality. Big thanks to the computers and LCD projectors for teachers could bring “the real world inside the classroom.”

Big thanks to the internet where teachers can easily download what to teach and what to present. And big thanks to the producers of modern technology who contributed more effective ways of teaching.

E-books

Before, we often see students bringing books with them to school. Today, through the help of the internet, there is now called the “e-books” where students can download different books, modules and manuals in their phones and laptops making learning innovative.

Social Media

It is through this media where teachers can update their students on their lessons whenever and wherever they may be. The teacher can create Facebook chat, page and group for discussions making learning interactive.

Multimedia

Despite the rapid changes in technology, teachers still can use traditional and modern instructional media at the same time for the more senses of the students that will be touched, the more they will be involved, the more learning will occur.

We witnessed different instructional media that come through our way for the sake of learning, but this is not the end, as long as the world is evolving, there will always be advancement in technology. And so, we must embrace it, learn from it so as to teach well the children of tomorrow.

A woman

Leonard, a 15 year-old girl from Bataan, said the only way to answer my question is to go to school and ask the guard. I was in my school uniform with a book on my hands, doused in water. I’m sure that experience, Dark mooring avenue for students to receive real-time updates most especially in guiding them in solving their dilemma was then deliberated during a meeting of the council.

In the prior to launching the hotline, the council noted some students to get the most updated information with the school. Raquel Dugyonon, a junior BSED student, became the inspiration of the project but the council did not have any idea if their classes are suspended. I tried to text msg...p15

Modern DMI

Comps and LCD Projector

Modern DMIs and LCD projectors for teachers could bring “the real world inside the classroom.”

Big thanks to the internet where teachers can easily download what to teach and what to present. And big thanks to the producers of modern technology who contributed more effective ways of teaching.

E-books

Before, we often see students bringing books with them to school. Today, through the help of the internet, there is now called the “e-books” where students can download different books, modules and manuals in their phones and laptops making learning innovative.

Social Media

It is through this media where teachers can update their students on their lessons whenever and wherever they may be. The teacher can create Facebook chat, page and group for discussions making learning interactive.

Multimedia

Despite the rapid changes in technology, teachers still can use traditional and modern instructional media at the same time for the more senses of the students that will be touched, the more they will be involved, the more learning will occur.

We witnessed different instructional media that come through our way for the sake of learning, but this is not the end, as long as the world is evolving, there will always be advancement in technology. And so, we must embrace it, learn from it so as to teach well the children of tomorrow.

A woman

Leonard, a 15 year-old girl from Bataan, said the only way to answer my question is to go to school and ask the guard. I was in my school uniform with a book on my hands, doused in water. I’m sure that experience, Dark mooring avenue for students to receive real-time updates most especially in guiding them in solving their dilemma was then deliberated during a meeting of the council.

In the prior to launching the hotline, the council noted some students to get the most updated information with the school. Raquel Dugyonon, a junior BSED student, became the inspiration of the project but the council did not have any idea if their classes are suspended. I tried to text msg...p15

Modern DMI

Comps and LCD Projector

Modern DMIs and LCD projectors for teachers could bring “the real world inside the classroom.”

Big thanks to the internet where teachers can easily download what to teach and what to present. And big thanks to the producers of modern technology who contributed more effective ways of teaching.

E-books

Before, we often see students bringing books with them to school. Today, through the help of the internet, there is now called the “e-books” where students can download different books, modules and manuals in their phones and laptops making learning innovative.

Social Media

It is through this media where teachers can update their students on their lessons whenever and wherever they may be. The teacher can create Facebook chat, page and group for discussions making learning interactive.

Multimedia

Despite the rapid changes in technology, teachers still can use traditional and modern instructional media at the same time for the more senses of the students that will be touched, the more they will be involved, the more learning will occur.

We witnessed different instructional media that come through our way for the sake of learning, but this is not the end, as long as the world is evolving, there will always be advancement in technology. And so, we must embrace it, learn from it so as to teach well the children of tomorrow.
A Foldable Samsung phone? Samsung has been working on bendable displays for years, but 2017 could be the first time we actually see it in a phone.

The company recently filed a patent for such a device, fueling speculation that it’s coming soon. The galaxy-s8-1

New iPads

Apple is expected to refresh its iPad lineup in the spring of 2017, according to Bloomberg’s Mark Gurman. The new iPad models will focus on the Pro line, with improvements to the Apple Pencil stylus and new screen sizes.

The next iPhone is going to be a major refresh for the product, according to various reports and rumors. The so-called iPhone 8 is said to have an all-glass design, an organic LED display for better images, no home button, new screen sizes, and more. We’ve also reported that Apple is working on adding built-in augmented reality features — think Pokemon Go, but for all kinds of apps — that might not make it into the next phone. 2017 will mark the iPhone’s tenth birthday, so expect Apple to go all out to mark the occasion.

galaxy-s9

An update to the Google Pixel phone

Google hit a home run with its first ever phone, the Pixel, this year.

Although there haven’t been any rumors for 2017’s Pixel phone, the company’s hardware ambitions are just getting started. It’s more than interesting to expect another great Pixel phone from Google in the fall of 2017.

A new laptop from Google running a special version of Android

Google is planning a major overhaul of its Chrome and Android operating systems to work on many more devices.

The so-called Andromeda OS will also power a new kind of laptop built by Google, according to Android Police.

The computer is expected to launch in the fall of 2017 and show off Google’s vision for the future of Chromebooks. The laptop is said to work as both a tablet and traditional laptop and have a lot of power under the hood.

A smartwatch made by Google

Google delayed its big software update for Android Wear watches until 2017, and the company is expected to launch its own watch as well, according to Android Police.

The circular smartwatches will be Google’s opportunity to inject new interest into its wearable computers, a category that’s been dominated by the Apple Watch so far.

A new version of Microsoft’s Surface Pro

We didn’t get a new Surface Pro in 2016 — that’s the first calendar year with no refresh since the Surface Pro debuted. We’ll be back.

So, what to expect in 2017? It’s pretty reasonable to expect one from Microsoft.

New virtual reality headsets that work with Windows 10

A new, free update coming to Windows 10 early next year will let just about anyone use a VR headset with their PC. The headsets will start at just $299 and come from a variety of companies like Dell, Asus, and Lenovo. That’s much cheaper than other headsets like the Oculus Rift, which starts at $599.

Nintendo Switch

March 17, 2017 is going to be a big month for Nintendo fans.

That’s when the iconic video game company will release the Nintendo Switch, its new gaming console that works on televisions and doubles as a portable system.

Nintendo announced the Switch in a three-minute video this fall, but we won’t get a full look at the hardware before E3 kicks off in June.

An update to the Google Pixel phone

Google hit a home run with its first ever phone, the Pixel, this year.

Although there haven’t been any rumors for 2017’s Pixel phone, the company’s hardware ambitions are just getting started. It’s more than interesting to expect another great Pixel phone from Google in the fall of 2017.

A new laptop from Google running a special version of Android

Google is planning a major overhaul of its Chrome and Android operating systems to work on many more devices.

The so-called Andromeda OS will also power a new kind of laptop built by Google, according to Android Police.

The computer is expected to launch in the fall of 2017 and show off Google’s vision for the future of Chromebooks. The laptop is said to work as both a tablet and traditional laptop and have a lot of power under the hood.

A smartwatch made by Google

Google delayed its big software update for Android Wear watches until 2017, and the company is expected to launch its own watch as well, according to Android Police.

The circular smartwatches will be Google’s opportunity to inject new interest into its wearable computers, a category that’s been dominated by the Apple Watch so far.

A new version of Microsoft’s Surface Pro

We didn’t get a new Surface Pro in 2016 — that’s the first calendar year with no refresh since the Surface Pro debuted. We’ll be back.

So, what to expect in 2017? It’s pretty reasonable to expect one from Microsoft.

New virtual reality headsets that work with Windows 10

A new, free update coming to Windows 10 early next year will let just about anyone use a VR headset with their PC. The headsets will start at just $299 and come from a variety of companies like Dell, Asus, and Lenovo. That’s much cheaper than other headsets like the Oculus Rift, which starts at $599.

Nintendo Switch

March 17, 2017 is going to be a big month for Nintendo fans.

That’s when the iconic video game company will release the Nintendo Switch, its new gaming console that works on televisions and doubles as a portable system.

Nintendo announced the Switch in a three-minute video this fall, but we won’t get a full look at the hardware before E3 kicks off in June.

An update to the Google Pixel phone

Google hit a home run with its first ever phone, the Pixel, this year.

Although there haven’t been any rumors for 2017’s Pixel phone, the company’s hardware ambitions are just getting started. It’s more than interesting to expect another great Pixel phone from Google in the fall of 2017.

A new laptop from Google running a special version of Android

Google is planning a major overhaul of its Chrome and Android operating systems to work on many more devices.

The so-called Andromeda OS will also power a new kind of laptop built by Google, according to Android Police.

The computer is expected to launch in the fall of 2017 and show off Google’s vision for the future of Chromebooks. The laptop is said to work as both a tablet and traditional laptop and have a lot of power under the hood.

A smartwatch made by Google

Google delayed its big software update for Android Wear watches until 2017, and the company is expected to launch its own watch as well, according to Android Police.

The circular smartwatches will be Google’s opportunity to inject new interest into its wearable computers, a category that’s been dominated by the Apple Watch so far.

A new version of Microsoft’s Surface Pro

We didn’t get a new Surface Pro in 2016 — that’s the first calendar year with no refresh since the Surface Pro debuted. We’ll be back.

So, what to expect in 2017? It’s pretty reasonable to expect one from Microsoft.

New virtual reality headsets that work with Windows 10

A new, free update coming to Windows 10 early next year will let just about anyone use a VR headset with their PC. The headsets will start at just $299 and come from a variety of companies like Dell, Asus, and Lenovo. That’s much cheaper than other headsets like the Oculus Rift, which starts at $599.

Nintendo Switch

March 17, 2017 is going to be a big month for Nintendo fans.

That’s when the iconic video game company will release the Nintendo Switch, its new gaming console that works on televisions and doubles as a portable system.

Nintendo announced the Switch in a three-minute video this fall, but we won’t get a full look at the hardware before E3 kicks off in June.

An update to the Google Pixel phone

Google hit a home run with its first ever phone, the Pixel, this year.

Although there haven’t been any rumors for 2017’s Pixel phone, the company’s hardware ambitions are just getting started. It’s more than interesting to expect another great Pixel phone from Google in the fall of 2017.

A new laptop from Google running a special version of Android

Google is planning a major overhaul of its Chrome and Android operating systems to work on many more devices.

The so-called Andromeda OS will also power a new kind of laptop built by Google, according to Android Police.

The computer is expected to launch in the fall of 2017 and show off Google’s vision for the future of Chromebooks. The laptop is said to work as both a tablet and tradition
SABI MO OKAY NA.
WALA NANG PROBLEMA. WALA NANG SAGABAL PA.
AGAD NAMAN AKO NANIWALA. NGAYON HETO UMIIWAS NA.

"DI BA TINANONG KO SAO?
KUNG SIYA BAY MAY PAG-ASA PANG BUMALIK SIAYO?
MAO MO PA BA SAGOT, MO?
ISANG MALAKAS AT POSTIBONG "WALA NA PO"

GIISIGINGIN SA UMAGA. PATAPATULING SA GABI.
MGA NGIT'T TAWAY TILA MAPAGKINHALIN.
SAMBIT MO PA NGAY 'AKIN KA AT SAO AKO'.
HULI NA NUNG MALAMAN KONG.
LAGUNOLOKHAN LANG TALA PAYO.

HANGANGGA SIYA NA MISO ANG LAMAPITE,
NAKITA KO KAYO, WALO KANG MASAMBIT.
UMASTA ANG WALANG NAKAIT NALAMAN.
ANG LUMAYO SAO'YANG AKING PANINDIGNAN.

KINUSAP MOKO'T IYAK NAGMAKAWA.
SA PANGako MONG IYON IYON HULI NA.
AKO NAMAN TING NANG NANIWALA.
SAPAGAT-IKINAIM KONG SA PILING MO AKO'Y MASAYA.

LAGULAT AKO SA AKING NAKITA.
MAGKASAMA KAYO AT WARY'T KAYO MASAYA NA
AKO PA BA ANG PAGPAPITA?
SA RELAYOS NINYONG TILA BUMALAKIL NA.

DESIYUN KOY MALIGAY SA PUOS'T ISP KO.
NA KANG MAO NG ANG MERON TAYO TIYAK NA SAYANG.
ALAM KONG SIYA ANG YONG KALIGAYAHAN.
SINO NAMAN AKO AT AKO'Y HADLIGNAN.

AT SA IYO SANA AKING KABIGAN.
SIYA SANAY IQONG ALAGAAN AT WAG PABAYAN.
SAPAGAT MINSAN MO NA SIYANG PINAKAIN.
SANG NAHULOG, SIYA NA AT IYONG PANINDIGNAN.

SIGURO
ni Jhajay Amigo

Kung nag may i'ying magkakasaysay.
Gabi tumanga nga aling pasayaw.
Mga bawat isip-ulat ko ay alam ng akin nga hasa.

Kung mo sa iyong magpalit.
Mga pangaralan ko ay aling swastikasad halika.
Mga sahod nga ko ika sa pinapalit.
Huligay ngay sa iyong kaligiyas nga ko nga.

Patulay sa buhay nga magoy nga magigilis.
Ni misan sa ika sa sinunportahan nga icho.
Sino ngay sa iyong magpapakita nga ko.
Iyo ko nga natukha sa iyo aha nga ko nga.

Ano ko nga natukha sa iyo nga ko nga.
Ano ko nga natukha sa iyo nga ko nga.
Ito sa ato sa iyo nga ko nga.

Dako en ang edad nga ko nga.
Bisaya ko nga kinaharana sa iyo nga ko nga.
Pareko nga nga sa sinapil nga ko nga.

At makapal nga ko nga.
Makapal nga ko nga.
Mga utos ko nga.

Dako nga ko nga.

Siyay nga ko nga.

Kung mo nga ko nga.

Ito nga nga ka ko nga.

Ito nga nga ka ko nga.

Good, better, bitter.
Good, better, bitter.

I am very thankful for I had met you,
Though you still may lie.

I am very thankful for I had met you,
Though you still may lie.

I am very thankful for I had met you,
Though you still may lie.

I am very thankful for I had met you,
Though you still may lie.

"FOR YOU, SOLDIER" 
By MikaelaAndreaSison

SABOG
Ni NJKG

13 literary

Ayon kay Dr. Michael Schiff, karaniwan ito sa mga baba sa nasagkalagitaang gulang gayuming, sinonabi ni Schiff na maaari niyang maapektuhan ang sinuman na anumang edad pati na ang mga bata, gayundin ang mga lalaki. Ipinapakita pa ng ilang pagsusuri na ang kulang sa pisikal na mga ito at hindi gumagaling ang kasusakusan, o namamaga ang kakaramdaran kaya’t hindi aprobado ng doktor ay hindi aprobado ang mabili sa maraming probinsya.


Have you ever wondered on how to win at anything? Is it even possible? Are there any secrets? Is there even a way?

A special formula on winning does not exist but having a good winning personality does, plus you may apply your hard work and perseverance and give your whole heart to whatever you do. In winning, practically, you would already think of sports, you can win in sports just by training regularly and putting all your effort in it.

The big question now is, is it even possible to win on anything? I simply say no, because in order to feel better when winning, you must first taste the bitterness of a defeat. That way, the feeling that you would get when you achieve victory is much better.

Admit it, losing is a part of a competition which we can never really avoid, but it is up to the person who would handle the defeat. Why not turn your frustration into inspiration? Sounds good, right? You need to work hard so that the next time you enter a battle or a competition, you would perform better. Plus, losing is a dimension created by you. The questions that run in your mind would be the very reason of your defeat. If you learn how to conquer yourself and your fear, pretty much you will already be a winner.

Learn from your mistakes, after knowing where you went wrong, improve it at least do something about it. Practice makes perfect is what they say, and when the right opportunity comes, you will be ready to face the challenge, and if you do it right, you will become a winner.

In sports, start from the basics and accept defeat. After doing this, good things will follow eventually. Just like in life, when you already have accepted that you are not always a winner, you are in sports.

But, winning isn’t actually always a good thing. It’s not about always winning or losing but rather it’s about how you face the challenges, how you tackle your problems and how you respond to those things. As they say, “a winner is not always a winner.”

**AC 2016 INTRAMURALS OVERALL RESULTS**

<table>
<thead>
<tr>
<th>SPORTS</th>
<th>FALCONS</th>
<th>RAILS</th>
<th>EAGLES</th>
<th>TITANS</th>
<th>DRAGONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>M 5</td>
<td>15</td>
<td>25</td>
<td>10</td>
<td>20</td>
</tr>
<tr>
<td>W 10</td>
<td>5</td>
<td>15</td>
<td>25</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Volleyball</td>
<td>M 10</td>
<td>15</td>
<td>25</td>
<td>5</td>
<td>25</td>
</tr>
<tr>
<td>W 20</td>
<td>15</td>
<td>5</td>
<td>10</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Badminton</td>
<td>M 5</td>
<td>10</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>W 7</td>
<td>5</td>
<td>6</td>
<td>10</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Table Tennis</td>
<td>M 7</td>
<td>5</td>
<td>8</td>
<td>6</td>
<td>10</td>
</tr>
<tr>
<td>W 8</td>
<td>5</td>
<td>6</td>
<td>10</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Chess</td>
<td>M 11</td>
<td>11</td>
<td>16</td>
<td>14</td>
<td>20</td>
</tr>
<tr>
<td>W 17</td>
<td>7</td>
<td>12</td>
<td>15</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Swimming</td>
<td>M 30</td>
<td>38</td>
<td>12</td>
<td>12</td>
<td>25</td>
</tr>
<tr>
<td>W 35</td>
<td>30</td>
<td>36</td>
<td>-</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Shot Put</td>
<td>M 3</td>
<td>6</td>
<td>16</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>W 11</td>
<td>15</td>
<td>11</td>
<td>7</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Long Jump</td>
<td>M 3</td>
<td>4</td>
<td>25</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>W 13</td>
<td>-</td>
<td>23</td>
<td>10</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>High Jump</td>
<td>M 1</td>
<td>3</td>
<td>24</td>
<td>6</td>
<td>13</td>
</tr>
<tr>
<td>W 7</td>
<td>-</td>
<td>25</td>
<td>9</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Marathon</td>
<td>M 17</td>
<td>5</td>
<td>27</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>W 11</td>
<td>-</td>
<td>24</td>
<td>8</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>100 m dash</td>
<td>M 10</td>
<td>-</td>
<td>25</td>
<td>1</td>
<td>11</td>
</tr>
<tr>
<td>W 7</td>
<td>1</td>
<td>24</td>
<td>3</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>200 m dash</td>
<td>M 10</td>
<td>3</td>
<td>25</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>W 13</td>
<td>2</td>
<td>25</td>
<td>6</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Parade</td>
<td>7</td>
<td>5</td>
<td>6</td>
<td>8</td>
<td>10</td>
</tr>
<tr>
<td>Cheer Dance</td>
<td>10</td>
<td>5</td>
<td>7</td>
<td>5</td>
<td>8</td>
</tr>
<tr>
<td><strong>Total points</strong></td>
<td>388</td>
<td>143</td>
<td>474</td>
<td>246</td>
<td>304</td>
</tr>
<tr>
<td><strong>Rank</strong></td>
<td>3</td>
<td>5</td>
<td>1</td>
<td>4</td>
<td>2</td>
</tr>
</tbody>
</table>

Diaz completing a lift. *(Photo from http://www.mashable.com)*

Selected by a Panel of Judges chaired by Senator Joel Villanueva and co-chaired by House Deputy Speaker Romeo Federico Quimbo, Dr. Katherine and her co-winners each received a trophy, a medallion and a cash prize of P500,000.

The said search is a nationwide annual recognition program that honors teachers who are shining examples of unstinting dedication, competence and commitment to the teaching profession.

Dr. Kathy once said in an interview, “The series of screening was very rigid and tough, but at last long, with God’s help, I survived and prevailed.”

She even received a Congressional Letter from Governor Carlos M. Padilla thanking Dr. Bastos for putting the province of Nueva Vizcaya in the limelight and commended her dedication, passion and commitment in the teaching profession.

AC Gem... p5

A 9-digit pay, a victorious retirement match, and a return match from his retirement, is Manny Pacquiao looking for more? But for what? Fame? Glory? Or money?

After his loss from Floyd Mayweather Jr., Manny Pacquiao banked an undisclosed amount of money that is approximately 9-digits in US Dollars. Many of the fans were disappointed as the “fight of the century” didn’t live by its name after Manny Pacquiao reportedly had a shoulder injury and still fought the fight with his condition.

The fight was then followed by the WBO International Welterweight Title match with Timothy Bradley. This was Pacquiao’s retirement match. He decked Bradley twice, which never happened to Bradley before in any of this fights. Pacquiao emerged victorious with all the three ringside judges’ unanimous decision, 116-112, all for Pacquiao.

His retirement in April 2016 marked Pacquiao’s candidacy in the May Elections where he ran and won an office in the Senate. During his post-fight conference in the Pacquiao-Bradley fight, Pacquiao spoke in political manner and said “I’ve committed to my family that after this fight I will spend more time with them and focus to serve the people of the Philippines.”

A few months from his retirement, another name emerged. It was Jesse Vargas (27-0-0). With coach Roach saying that the old Manny is back, Pacquiao recorded another victory via unanimous decision although he knocked down Vargas during the fight, Pacquiao was still looking for the TKO.

Eagles soar high, retains overall championship

The Blue Eagles of the School of Criminology once again showed their dominance over sports for three consecutive years after leading the Overall Tally of scores of the Aldersgate College Intramurals held at the AC Grounds last September 26-30.

Leading in most of the individual events and bagging the Basketball Championship, (men and women), the Blue Eagles posted up enough points to top the other teams with a total of 548 points.

Showing their amazing floor defense, the Blazing Dragons of the College of Engineering and Technology soared high as they outsmarted the twice-to-beat Blue Eagles of the School of Criminology, (3-2)-(3-1), during the Volleyball(Men) Championship Match of the Aldersgate College Intramurals, held at the AC Quadrangle, acquiring their back-to-back championship last September 30.

Both teams showed tenacity at the opening of the first game. Exchange of monstrous spikes and tricky placings were at play. Both sides struggled to win the first set, Eagles, 25-23.

The Dragons, with their service errors reduced, showed great floor defense which led the Eagles in shock, winning the 2nd and 3rd set, 25-20, 25-18.

As the third set opened, the Dragons then displayed their extraordinary set plays, Falcons unable to cope up with, 25-17, Eagles.

As the third set opened, the Dragons then displayed their extraordinary set plays, Falcons unable to cope up with, 25-17, Eagles.

With the will to comeback, the Blue Eagles showed their strong plays and service aces, Dragons were unable to cope up with, 25-17, Eagles.

Leading to the decision set, both sides gave their all, the match was intensified as the spectators cheered for their own team, and Dragon’s great teamwork prevailed, 25-22.

The players and coach received a trophy. #MarJoJo

Dragons crush Eagles, (3-2)-(3-1); defends volleyball tilt

The Blazing Dragons of the College of Engineering and Technology soared high as they outsmarted the twice-to-beat Blue Eagles of the School of Criminology, (3-2)-(3-1), during the Volleyball(Men) Championship Match of the Aldersgate College Intramurals, held at the AC Quadrangle, acquiring their back-to-back championship last September 30.

Both teams showed tenacity at the opening of the first game. Exchange of monstrous spikes and tricky placings were at play. Both sides struggled to win the first set, Eagles, 25-23.

The Dragons, with their service errors reduced, showed great floor defense which led the Eagles in shock, winning the 2nd and 3rd set, 25-20, 25-18.

As the third set opened, the Dragons then displayed their extraordinary set plays, Falcons unable to cope up with, 25-17, Eagles.

With the will to comeback, the Blue Eagles showed their strong plays and service aces, Dragons were unable to cope up with, 25-17, Eagles.

Leading to the decision set, both sides gave their all, the match was intensified as the spectators cheered for their own team, and Dragon’s great teamwork prevailed, 25-22.

The players and coach received a trophy. #MarJoJo

Dragons outpowers Falcons, 3-1

Showing their amazing floor defense, the Blazing Dragons of the College of Engineering and Technology reigned as Champions during their Volleyball Championship against the future educators’ Red Falcons, 3-1, held at the AC Grounds last September 30.

The crowd intensified the match with loud cheers for the obvious crowd favorite, Falcons. Armed with the determination to win, The Blazing Dragons immediately opened up the match with tricky floaters that got much of the opponent, leading them to score an easy first set win, 25-17.

Energized by the crowd’s cheers, the Falcons reduced their unforced error, which managed them to snatch the 2nd set, 25-20.

As the third set opened, the Dragons then displayed their extraordinary set plays, Falcons unable to cope up with, 25-17, Eagles.

With the will to comeback, the Blue Eagles showed their strong plays and service aces, Dragons were unable to cope up with, 25-17, Eagles.

Leading to the decision set, both sides gave their all, the match was intensified as the spectators cheered for their own team, and Dragon’s great teamwork prevailed, 25-22.

The players and coach received a trophy. #MarJoJo

CASE Red Falcons Remains Cheer Dance Champion for the 4th Time

The Blue Eagles of the School of Criminology once again showed their dominance over sports for three consecutive years after leading the Overall Tally of scores of the Aldersgate College Intramurals held at the AC Grounds last September 26-30.

Leading in most of the individual events and bagging the Basketball Championship, (men and women), the Blue Eagles posted up enough points to top the other teams with a total of 548 points.

However, the Blazing Dragons of the College of Engineering and Technology, Volleyball Champions (men and women), fell short garnering 422 points in total.

Despite having the problems of some cheer dance participants, the CASE Red Falcons remained unstoppable as the “Gulat” Factor came out all throughout their performance.

“CASE Red Falcons never failed to amaze me, goosebumps and butterflies in my stomach were present while watching their performance. Congratulations CASE, Red Falcons remained as Champions during the Volleyball(Men), 2nd runner-up; Battering Rams, 3rd runner-up and Yellow Tycoons, 4th runner-up. “

In every cheer dance competition, we know that all departments come up with new techniques. But for sure, we’ll have something new and big to offer this year,” said Shiciel Marie Abubot, one of the Cheer dancers. #MadelVilluan