After submitting the documentary requirements, 125 college students of Aldersgate College can now continue their studies with their automatic inclusion in the Tertiary Education Subsidy (TES) of the Universal Access to Quality Tertiary Education Act (UAQTEA) thru the Commission on Higher Education (CHED) and Unified Student Financial Assistance System for Tertiary Education (UniFAST). Students whose names are included in the Listahanan 2.0 or the Pantawid Pamilyang Pilipino Program (4Ps) list of the DSWD were also granted subsidy. TES is one of the core programs of the Universal Access to Quality Tertiary Education Act that provides financial assistance to poor but qualified students enrolled in both private and public universities and colleges starting this academic year 2018-2019. The subsidy amounted to beneficiaries. The subsidy amounted to

125 students get government subsidy

After submitting the documentary requirements, 125 college students of Aldersgate College can now continue their studies with their automatic inclusion in the Tertiary Education Subsidy (TES) of the Universal Access to Quality Tertiary Education Act (UAQTEA) or RA 10931 thru the Commission on Higher Education (CHED) and Unified Student Financial Assistance System for Tertiary Education (UniFAST).

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Domino ranks 2nd in Comic Strip Drawing-English

July First A. Domingo, fourth year Civil Engineering student, landed second place in Comic Strip Drawing-English during the 17th Regional Higher Education Press Conference with the theme “Shaping Critical Thinkers through Fair and Balanced Campus Journalism” at the PLT Resort, Bascaran, Solano, Nueva Vizcaya, December 5-7.

Domingo revealed how he prepared himself prior to his winning. He said, “All it took me is 20% support, 30% preparation and 50% faith in God”. July advanced to the Luzonwide Higher Education Press Conference (LHEPC) at Villa Alfredo’s Resort, Brgy. Baliti, San Fernando City, Pampanga on March 6-8.

Other winners in the 17th RHEPC were: Crizza Mae B. Saquing, BEED 3, 10th place in Poetry Writing English and 8th place in Sports Writing Filipino; Logen M. Solis, BSED 4, 8th place in News Writing English and 6th place in Sports Writing English; and,
Aldersgate College celebrated the 54th year of educational excellence with its unique self-paced unfolding, with the theme: “Giving Thanks for our Past, Celebrating our Present, and Transforming our Future” on January 31 to February 1 at the AC quadrangle.

AC’s foundation week celebration began with a Thanksgiving service which was attended by the Aldersgate College community and presided by our very own school chaplain, Rev. Lay Ciriaco D. Galima together with our campus minister, Rev. Phoebe L. Bacayana and the Guest Preacher, Rev. Jaime R. Bolusan, PhD.

“It is a great privilege to be part of this institution as you celebrate your 54th founding anniversary. I am overwhelmed seeing the AC community grow faster and ready to compete with others,” Rev. Bolusan said during the interview.

Adding more excitement to the said event is the recognition of outstanding alumni who can be described as dedicated, passionate and loyal – these words may fit but will not be enough to describe this year’s awardees who have proven, once again that they deserve the honor that was given to them during the Gabii ng Alumni. Epitomizing the true service and academic excellence for the institution, Aldersgate College community never fails to pay back those fruitful memories and years of service rendered by our alumni-awardees.

“Rendering your service and academic excellence to the AC community is a great opportunity to all of us since this community truly has developed every individual to be a well-rounded and global,” said Dr. Divina Gracia B. Apolonio, Vice President for Academic Affairs.

Accountancy Students rake awards in RMYC 2018

Equipped with great determination and intellectual prowess in the field of accounting and other academic and non-academic skills, 4th year accountancy students of Aldersgate College joined the Regional Mid-Year Convention (RMYC) organized by the National Federation - Junior Philippine Institute of Accountants (NF-JPIA) with the theme “Danggayan” held at Saint Mary’s University, Bayombong, Nueva Vizcaya last September 28-30.

Driven by their aim of bringing honor to the school, the students competed in various quiz bees, sports and other non-academic activities in both individual and team categories.

The winners for the individual categories

Student-Teachers’ Congress conducted

To be able to become productive and effective educators, the Student-Teachers’ Organization of the College of Arts Sciences and Education together with their advisers conducted the Student-Teachers’ Congress with the theme: “Teaching for Life; Teaching for the Future” at the Audio-Visual Room, September 13.

With the leadership of the STO President, Agnes R. Tovara, this event became a big help to those who are enrolled in education and a preparation for the student-teachers for their In-Campus and Off-Campus teaching. The seminar was full of inspirational messages and inputs from different resource speakers.

One of the topics discussed was “The Effective Student-Teacher” by an AC alumnus, Mr. Christian Hector G. Misanes, teacher at Paniki National High School in Bagbag.

Mr. Jesus G. Laureta of Solano South Central School discussed the “Policy Guidelines on Classroom Assessment for the K to 12 Basic Education Curriculum Program”.

The third speaker, Dr. Rosalie R. Valdez, a professor of Nueva Vizcaya State University, shared her understanding about “How to be an Ethical Teacher”.

Another speaker shared her wisdom and expertise on “How is Action Research Conducted Inside the Classroom”. She is Dr. Divina Gracia B. Apolonio, the Dean of College of Arts, Sciences and Education and the Vice President for Academic Affairs of this institution.

Mr. Kevin Marf B. Saquing as he delivers his lecture to future journalists (Photo by Crizza Mae)
CASE holds Acquaintance Party

As tradition dictates, the College of Arts, Sciences and Education with the leadership of CASE-Student Council (CASE-SC) officers, the annual acquaintance party and induction ceremony with the theme “CASE: Lighting the way, A night to remember” was conducted at the Audio Visual Room, September 26.

The activity aims to allow the students, both old and new, to mingle and acquaint themselves with one another and to allow them to function better as they will become more comfortable with, working and interacting with the people around them.

Ms. Ann Lauren C. Tuvera, CASE alumna, inspired every CASE student in her message. She emphasized the significance of possessing qualities that would help one to move way up the ladder of success. Anyone can create the life she/he wants. He has to see the big pictures but take baby steps that would motivate him to keep going.

After the preliminaries, the induction rites of year-level officers and the CASE-Student Council officers followed. Ms. Agnes R. Tovera, 2017-2018 CASE-SC President, turned over her responsibilities to the newly elected CASE-SC President, Ms. Crizza Mae B. Saquing.

“To my CASE Family, believing in yourself is the key to every success, serving people wouldn’t be easy; it would be a road of challenges, pains and sufferings. But learning to live with God for His plans, it would be a great journey to all of us. Let us all brace ourselves for an unforgettable year,” Saquing said in her acceptance speech.

The CASE students spent the night away with different activities such as parlor games and the search for CASE’s Top Model. Lioonie S. Lim and Florimae Y. Lacanagan bagged the title.  #rowenalync.andres

A Tropical 63rd Birthday of Dr. Soriano

Aloha! Another prosperous year for the College President of this institution, Dr. Prescilla Esperanza A. Soriano, has passed as she celebrated her 63rd birthday last November 13, at the AC quadrangle with a Hawaiian-themed party.

This simple celebration left a smile to our President, showing her thanks to the AC family for remembering the most important event of her life. The celebration was as colorful as the faculty and staff with some students dressed up in their creative Hawaiian attires.

Presentations from the different departments, gifts and wishes showered the birthday celebrant. One of the touching moments of the celebration was the greetings and message coming from one of her beloved children, Korina Marie: “To our Super Mom, We thank God for giving us a wonderful person like you. No matter how old you become, you’ll always be the same beautiful amazing woman in our eyes. You really have a loving heart and you deserve all the best in this world. We wish you good health, happiness, wonders, lots of love and joy. Happy 63rd birthday! We love you so much.”

The celebration ended with Dr. Soriano’s inspirational message. She expressed her gratitude to everyone for the efforts in making her birthday a wonderful blast. #jonquilkhryssg.amigo

Historyya visits AC

Filipinos wonder how our country survived in the struggles it faced in the past. Now, a stage Production enlightens one’s doubts and assumptions towards the unending obstacles of colonization.

The Historyya Production in partnership with the Department of Education staged a unique, lively, innovative and pioneering show entitled “Historyya: the Story of our History”, that focuses on Philippine history, nationalism and culture, at Aldersgate College last September.

Historyya aims to empower and educate institutions and their students as they reminisce the origins of people, influences and how values have evolved, struggles of heroes, valor of men and beauty of women.

The show included the following segments and activities: Pre-colonial Era (Chinese), Colonial Era (Spanish, KKK), Americans, and Japanese and the New Philippines (Luzon, Visayas and Mindanao).

“Historyya is indeed a total review of the history of our Country. Each single step of their dances relays a strong message to the audience. No one can even just close his/her eyes for he/she doesn’t want to miss any episode or any of the dances,” said Mr. Benjamin C. Tuvera, History instructor, in an interview. #marloualmazan

Accountancy students bag award in ARC 2019

Geared with the theme “Virtue: Breakthrough to Excellence”, the National Federation of Junior Philippine Institute of Accountant (NF-JPIA) organized the Annual Regional Convention (ARC) held at University of Saint Louis – Tuguegarao, Tuguegarao City March 22-24.

Fourth year accountancy students of Aldersgate College participated in the said event together with their JPIA adviser, Patrick John Toledo. The activity aims to enhance the students’ competitiveness, a means for them to flaunt their wit and skills in various academic and non-academic activities and to showcase their talent both in individual and team categories.

With just less than a week of preparation, the said participants managed everything possible. Some of the winners are Ian Jonas Pasicolam (Game of the General Champion), Victor dela Cruz (Word Factory Champion), Hanzon Clark Jasper Perez (Videoke King), and Marianne Macalaeg (1st Runner-up in Snake and Ladder) and addition to that in 2nd Runner-up in Sport Quiz Bee.

At the end of the event, the participants received certificates of participation for showcasing their wit and talents. #foyoyboj.mata

ACians celebrate Teacher’s Day

In recognition of teachers’ tireless dedication and unwavering commitment to service, Aldersgate College celebrated Teachers’ Day on October 8 at the AC Quadrangle.

With the theme, “Gurong Pilipino: Turo mo, Kinabuksan Ko,” the celebration highlighted the teachers’ invaluable contribution to the delivery of quality, accessible, relevant and liberating basic education in the school.

School Chaplain Rev. Ciriac L. Ordinario shared his deep respect and appreciation to all teachers, as they continue to strive for excellence in helping shape their students’ lives.
Beware! Be Alert
By Joey Boy J. Mata

HIV/AIDS infection in the Philippines might be low but growing. The estimated incidence of this infection in the country remains under 0.1% of the total population in 2015 (www.unaids.org.ph). The Philippines has one of the lowest rates, yet one of the fastest growing numbers of cases worldwide. The Philippines have grown in number of cases over 25%, from 2001 to 2009 (UNICEF Phils).

On December 20, 2018, Republic Act No. 11166, also known as the Philippine Republic Act No. 11166, was passed. The law repealed the 21-year old Republic Act No. 8504, also known as the Philippine AIDS Prevention Act of 1998 and made health services for HIV/AIDS more accessible to Filipinos. It is hardly a wonder how our nation traditionally shy away from sensitive topics like sexualities and HIV/AIDS which has come to this disturbing point. We are brought up to associate anything remotely related to sex with the immoral, indecency, improper and unsafe ways. We avoid directly and pragmatically talking about sexual health, but now, we cannot deny the fact that we should start acting to prevent ourselves from getting involved in this kind of infection.

Cases are concentrated on those who are not aware of this kind of infection. Victims are those who are uneducated about safety precautions in preventing this HIV cases are getting younger. It’s tough to debate about morality, but if it boils down to our principles of what is right and wrong, then this epidemic should make us reconsider something about what is Moral, Proper or Decent. The willingness of the crowd to talk and learn about sexual health is no longer a decent choice. And on the contrary, it is harmful because it keeps us vulnerable to misconception about HIV and health status. At this point, schools, municipalities and even workplaces should conduct some seminars or orientations to help people understand the condition of the fast growing rate of HIV/AIDS infections. Inform others for them to make smart decisions around. This does not only enable them to protect their own individual health but also prevent the further spread of this infection.

In addition, the more educated and broadminded we are about AIDS, the better access we have to preventive measures and health care options. The more educated and broadminded we are, the sooner we can get rid of our prejudice against those who are battling this infection. It is easier to be a good neighbor when we’re not wrongly afraid of contracting a virus through a simple handshake or physical interactions.

We cannot talk about AIDS while staying abstinent; we can talk about HIV while staying in our religious convictions. HIV/AIDS conversation is not about abandoning these. It is about science-based information, about rational, judgment-free treatment of the subject. It’s all about age-proportionate but cut-clear discussions. It is all about parents guiding their teens, about young adults making informed decisions. It is about some concerned agencies conducting seminars regarding this kind of serious condition of infection. Prevention is better than cure, act now, be responsible and discipline ourselves before it is too late.

Here is the proper time to ask, read, learn and discuss. When we finally take logical steps to protect the health of our bodies against this HIV/AIDS infection, we help others to protect theirs and keep caring for those who are contracting the infection. We still have time to do the right thing, to stop the growing rate of HIV cases and to prevent unnecessary sexual related actions.

Turning dreams to reality
by: Crizza Mae B. Saquing

Excellence is a big word; while for others, it is a painful process. Most of us think and might say that an individual can’t have a taste of it if he/she will not push himself/herself beyond his/her limits. In achieving this, one must convince himself that his dreams could be turned into reality.

Excelling in life is about proving yourself to others. It is also about the outcome of your hard work and sleepless nights. On the other hand, dreaming is part of your goals that could be turned into reality. But, how would you do it?

The taste of success would be difficult and sometimes it would be easy. Success is between you and your environment. Knowing yourself will help you embrace changes. It will lead you also to discover your purpose by knowing your mission and what you want to become in the future. Stepping towards success would be difficult for it might bring you to a road of doubts especially when you don’t know what you want to achieve and when you are full of hesitations. So, to get your dreams turn to reality, you must know the things you need to do and you want to do.

In setting your goals, make sure your plans are realistic. You must not be confused in accomplishing little things. In meeting your goals, you should have a right mind-set. Believe in yourself and accomplish everything. Always remember that obstacles and criticisms are always on the way to challenge you and might bring you down, but, learn to stand because challenges are part of life. Instead of avoiding and running away, learn to embrace them for this will measure your capability and ability in turning your dreams to reality.

Be reminded that they are your contributors to your success and can be used as the reason for you to push yourself beyond your limits. Furthermore, don’t be afraid to try new things; to explore and discover. Just give your best shot. Second chances may never come. Just remind yourself that committing mistakes makes you a better person. If you stop making mistakes, it means you stop learning. Mistakes are part of learning. Never give up on trying. What matters most is you learn. Encountering difficulties is just part of achieving your dreams. Be strong and face the consequences and don’t worry too much.

To my fellow ACians, if you fall, stand again. It is not the end. Never mind the pain. Success will always come through your efforts and dedication. Make your efforts worth it.
Today, we always hear news about water shortage happening in different parts of the country, especially in Metro Manila where people struggle in lining up waiting for many hours to have at least a pail of water. Some netizens say “the struggle is real,” “too hung serbisyo ngayang!”, and some say “halag magkatapay na kami ako sa pula lagi na dahil sa drating tubig.” This is very alarming, for, instead of helping one another, they fight and hurt each other. What is the reason behind this kind of chaos for everyone? It is all because of what we are experiencing, the natural phenomenon called “El Niño.”

What is El Niño? El Niño is a climate pattern that describes the unusual warming of surface waters in the eastern equatorial Pacific Ocean. That is, according to the National Geographic System when El Niño hits our country, we will experience drought and extreme heat.

How would we know if we are now experiencing El Niño? It usually occurs between December to February, but today, it starts in March and lasts until May. This kind of natural phenomenon is a big problem especially in the agricultural and fishing industries. Lack of water in crops and dryness and lack of water supply can affect the prices of basic commodities. Most importantly, it causes water shortage because of the continuous dropping of water level in all dams in the country. That is why Metro Manila is suffering from now.

The Philippine Atmospheric Geophysical, and Astronomical Services Administration or PAG-ASA has announced that El Niño has not yet officially started. But now, we can already feel the dry spell and experience above normal air temperature and weak monsoon wind, which is responsible for that.

This natural phenomenon causes the forest country struggle for water. Water is so important to us that it is our life. We can survive in a week without food but we can’t survive in a day without water because water helps us sustain oxygen in our brain to function well and also to become hydrated.

This time of water shortage, we must keep in our mind that we need to conserve water for us to survive. Here are some ways. Turn off the faucet if it is not in use. Water usage in washing our clothes can be used in watering the plants. Don’t turn the faucet in full blast when washing your dishes. Use dipper instead of showering in a bath. In cleaning your car, use the water that you need only. Lastly, don’t try to stock water in containers so you could have something to use in case of water shortage.

These simple tips will help you reduce wasting water. Bear in mind that water is the number one source of electric energy. When the water reached its critical level in all dams, for sure, there will be electrical disturbances in the country which will cause another type of trouble.

So, as early as now, start conserving water, start it at your own homes, encourage others to do the same. There is nothing to regret doing that, do it because we are created to be the guardians of God’s creation. We should not forget that there is still that All-Powerful Spirit up there that will help us solve this. Just start a change, be the catalyst of change.

Are you ready to face the battles? How about the consequences? Are you ready? Challenges are connected with pain. Sometimes, we do not understand what those plans are.

In facing consecutive challenges, I’m pretty sure that we might question our Savior why burdens are always there. When a child is born.

Take time to read the message below about someone who encountered consecutive challenges in the month of January.

“My father passed away two weeks ago which caused one of our family members to be admitted in the hospital last January 28 and was diagnosed with severe illness. We can’t say if this illness needs a short- or long-term medication because it will be based upon how fast his body will respond to the medication.

‘Last January 31, my grandmother was admitted also in the hospital due to old age and was diagnosed with pneumonia and hypertension. Since I am the youngest among the three of us, I had no choice but to provide them with a round the clock care most especially for my grandmother who will be left at home during the scheduled medical treatment of my second elder brother, since Mama and Kaya Kevin will accompany my elder brother for the treatment.

‘Under these circumstances, it will be impossible for me to do my roles at home and in school. I would love to continue taking on the roles, unfortunately and regrettably, it is no longer possible for me due to my health. It has been a great privilege to be a part of the Supreme Student Council but in this instance, my loyalty and respect to my family must come first. ‘This was a very difficult and heart-breaking decision.’

The month of January was full of burdens to this young lady. It was full of tears, challenges and problems that no one can understand. It was a test and I think that God was giving her and her family challenges to test their faith and courage. But this lady believes so much on His plans.

From this situation, we could say that everything happens for a reason. Encountering consecutive problems and challenges is not easy. Because of this, many people might get depressed and don’t know what to do. All we need to do is to set our priorities. We need to balance our decision before making the final choice.

Why sometimes we can’t understand what His plans are for us, but learning to live with Him would be a great source of our strength and understanding. At first, we may not figure out why. But after many years, the answer would be in front of us. Always remember that His plans are always greater than ours.

Let’s all brace ourselves for His plans and never lose hope.
A Fire within You
Waywaya

There is a little fire inside of you
Along with it are the outrageous wind and the rain of your personality
Let those threats mess your fire a little
Let the blush light be like fading in the darkness
Yet leaving no smell of smoke
When you are already conveyed
That the tiny fire is gone
When you think it was vanquished by your rain and wind
You will be surprised to witness
How it laid down for a bit so you would yearn for it
As you are standing motionless in the dark
You will be awed to perceive a tiny flame
There will be a glowing reflection through your eyes
By then, you would be making a realization
It is good to have a light be in you
A burning personality that would always make you go
However dangerous sometimes
For when the time that your fire is gone
You might not know how to survive the oblivion
If it happens, take it as a way of learning
If you let the threats mess your fire a little
Make sure that it will not be completely gone
Bear in mind that you are given a dark time
To enjoy the light, only the fire inside you can bring

Oh Pag-Ibig!
Jonquil G. Amigo

Oh pag-ibig ano ka nga ba?
Isa ka bang kuro ang asignatura,
Titser ba na dapat ituro sa mga bata,
O pulis na magpapalabas sa mga bata.

Inihinyo na ipaplano para tumatag at tumagal pa,
O ‘di naman Accountant para balansehin ka.
O HRM para timpla na aking pagpakapansin.

Batid mong pilit ka umagot tuwing umaga
Nais mong mamahinga ngunit alam mo na
Sa maraming pagkakataon maaaring manghula ka na
Babangon dahil may mithiing nais makamtan
Araw-araw na isasaisip dahil makakailangan

Mahirap man ang sumabay sa oras na puno ng mga bata
Magpakailanman, mahal kita, hanggang sa muli nating pagkikita.

Oh Aking Pagtitik
Wena

Pag-ibig ang bumuo sa ‘yo aking katna
Madamdami ito ang bawat kataga
Ang magalaw nga ang mababatu
Sa aking pagkadli mo, ohi giliw
Kaya’t iyon pag-ibig, ngayon ako’y aking hilang...

Pagtatagpo natili isa bagang eksena sa pelikula...
Sa aking paglipad ang mga ngiti
Tagimbang ang aking mga ngiti sa aking mga ngiti
Aking pilyo, isak lang ako sa aking mga ngiti.

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Waywaya

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Along with it are the outrageous wind and the rain of your personality
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Babangon dahil may mithiing nais makamtan
Araw-araw na isasaisip dahil makakailangan

Mahirap man ang sumabay sa oras na puno ng mga bata
Magpakailanman, mahal kita, hanggang sa muli nating pagkikita.
Salvador C. Aquino, lifetime honorary member, AC Board of Trustees

Jerry Paul G. Aquino, who is an Aldersgate HS alumnus himself, gave this fitting tribute to his beloved grandfather.

"The hardest thing about living overseas is when someone you love so dearly passes away and all you can do is cry on your own because you can’t be there where they are just as much as you want to.

"My dearest Lolo, I’m so sorry that I wasn’t there to look after you when you got ill. I’m sorry that I wasn’t there to personally tell you how thankful I am for the many things you have shared to me and the whole family; for the things that you have taught me; for instilling discipline in us; for your generosity, and most of all, thank you Lolo for loving us.

"You love us, your grandchildren, so much since we were born. Our parents said you bought us Formula Milk when we were babies. When we were growing up, each one of us will have one whole Lechon (roasted pig) on our birthdays. You love us so much that we always have good food to eat, mostly meat as you don’t like vegetables. Adobo, Pork Knuckle Soup (Pata), Pata Tim, Pininyahang Manok, Longganisa and Tocino have been few of my favorites growing up as kid as these are your favorite too, and those Buko Pies that you bring home from the other town are a treat.

When it’s time for you to change your slippers after they get worn out, each of us will have new ones, too. You love us that you burn eucalyptus leaves in the afternoon because you didn’t want us to be bitten by mosquitoes. Every morning, our daily allowance to school would all be lined up on the table, all ready for each of us.

"Back when I was a kid, you taught me the value of money. Generous as you were financially, you were also generous in teaching us a lesson – to work hard for our money. I remember you assigning tasks to us, your grandchildren. A few that I could recall are: to sweep the fallen leaves off the ground at the front and back yard; to feed the chickens and the dogs; to water the plants; to fetch water from the artesian well. I remember having to painstakingly pick up snails off the rice fields, too. Oh bless those days!! I remember how much I love going to the "taltalun" (farm) with you, early in the morning. I would ask you, “Lo, sumurootak!” (Lo, I want to go with you) And you never say no and I rush getting into your old green Jeep. You want me to go with you because you knew that the fresh air is good for my asthma back then. I also remember being annoyed every time you pick me to pluck the hair stubble off from your chin and upper lip, and my older brother and cousins would laugh at me and tease me because I couldn’t play out yet until your face is hair-free.

"I remember back then, when there’s a power shortage in the evening you will ask us to light a candle, and there, we’ll sit in front of it, whilst you sit on your favorite chair drinking your favorite San Miguel Pale Pilsen Beer, and when you’ve had plenty to drink, you will tell us the story of how you met Lola, on how "she courted you" and as soon as Lola hears it, she will get so pissed off but you would just laugh out loud.

"I went to college in Manila, and every semestrak I go home and there, I see you sitting on your rocking chair reading your newspaper. Then you’d look at me, smile and say "Adda kan!" (You’re here!) It was always good to see you! But same spot of the house will never be the same again, Lolo.

Then, I finished studying and started working, but you also started losing your sense of hearing, and sadly your memory, too. You had fails and multiple admissions to the hospital. You started being unable to care for yourself.

Then I went abroad to work, and each time I come back, you get worse. It was painful to see how Dementia has slowly taken you away from us. It was so painful to see you like that. Gone were those days when you talk so smartly, dress up gorgeously, and being able to do so much things independently. I remember the first time I went home after 2 years of work abroad. I stood in front of you but you couldn’t recognize me. I patiently stood there and stared at your eyes until you finally said my name, “JP?” I felt so happy then because I know I’m still there deep inside your memory. Years had passed and your memory has gone worse. You couldn’t tell everyone’s name except for one, and that’s Lola’s name. When you are asked who your wife is, it wouldn’t take a second for you to answer - “Concordia”, now, that to me Lolo, is one true love.

“The last time I saw you in February, you barely talked. Before I left you, I hugged you so tight, and I cried hard as I was parting you, then they’ve noticed, you were also crying, Lolo, did you also feel at that moment that that will be the last time we’ll see each other?

“Among the thousands of memories we have of you, what marked to us the most is the song “Di Kan Ton Malipatian” (I will never forget you). This is your favorite song. All of us know this song so dearly because each time you sing this, you sing it with all your heart.

“This song is your love song, Lolo, and now we sing it back to you. Lolo, ‘di kan ton malipatian. I love you so much.”

Mr. Salvador C. Aquino was one of the original incorporators of Aldersgate College and served as a member of the Board of Trustees up to his last days.

ñjudepearlisan
AC gears up for ‘The Big One’

To develop and test the school’s emergency response plan, Aldergate College conducted an earthquake drill last March 12 at 3:00 pm.

At the first sound of the alarm bell, the students and employees and even parents who were in the campus simulated what it would be like to be in a classroom, or anywhere in the campus, when an earthquake strikes.

“What we do now, before the earthquake, will determine what our lives will be like after. There are many things we can do to evaluate and increase our earthquake preparedness before the shake out. That is why we are conducting this earthquake drill every semester to make all students, employees and visitors become ready when an incoming disaster comes because we don’t know when it will happen, said Mr. Omar B. Cayayan, AC’s Disaster and Risk Reduction Management Coordinator.

Mr. Cayayan also emphasized the importance of the continuing conduct of the Nationwide Simultaneous Earthquake Drill as a tool that can ensure the survival of the Filipino people against the threat of an earthquake hazard.

“The police massive participation in the simulated drills and mock demonstrations in the event of an earthquake or major disaster is in support of the government’s ‘Bida ang Handa’ campaign as the National Disaster Risk Reduction and Management Council (NDRRMC) initiated health education to their children.

The ultimate goal of this health education is to improve the health of the individual and the community. Everyone needs health education to the young and old, men and women, educated and illiterate as it works to improve the alertness and raise the level of interest and awareness among all segments of society,” said Mrs. Leticia Serrano, one of the Clinical Instructors, in an interview.

The Physical Assessment of the school children being conducted by the BSN 3 students during the medical mission with the guidance of the Clinical Instructor at Solano East Elementary School.

Devis and Beltran grab 3rd place in Nueva Vizcaya Cuisine

Minerva C. Devis, BSHRM-3 and John Verni C. Beltran, BSHRM-2 won Third Place in the Nueva Vizcaya Cuisine contest with their Creamy Moringa Lasagna during the Nueva Vizcaya Provincial Tourism Celebration, September 24, PLT College Convention Center, Bacacaran, Solano, Nueva Vizcaya.

The Department of Tourism of Nueva Vizcaya conducts this yearly “Tourism Skills Olympics” to feature the skills of Hospitality and Tourism students from different Universities and Colleges in Nueva Vizcaya.

Other contested activities were Bartending (Flairtending and Mixology), Fruit Carving and Tour Packaging Contest. Raynald Asuncion, BSHRM 4, competed in “Flairtending and Mixology” (Bartending) with his “The Fighting Dragon” while Vernon Carlo J. Malingan, also a BSHRM 4 student, showcased his talent in “Fruit and Vegetable Carving.”

Mr. Benjamin G. Aggasid, Jr. together with two BSHRM-4 students pose with Ms. Maria Venus Raj, Miss Universe Philippines 2010, after her lecture in “Personality Development Through Perseverance” at Baguio Country Club Hotel Event Hall, Baguio City.
Local News

Vizcaya PLGU praises eco-friendly towns, barangays

BAYOMBONG, Nueva Vizcaya, Dec. 12 (PIA) – The provincial government here recently recognized and awarded various barangays and municipalities that continue to advocate eco-friendly practices in their respective communities. The awards and recognitions were offered through the conduct of the 2018 Search for “Makakalikasang Barangay and Municipio” last month.

Forester Tito Tanguilig, Provincial Environment and Natural Resources Officer, said the awarding ceremonies highlighted the yearly celebration of Environmental Awareness Month in the province which was institutionalized through a provincial ordinance in 2014. The awardees were Sta. Fe town as 1st place with P700,000 cash prize while Kasibu and Diadi towns emerged as 2nd and 3rd places for upland municipalities category with P500,000 and P200,000 cash prizes, respectively.

For lowland category, the winners were LGU Aritao as Grand winner with P500,000 cash prize, LGU Solano as 2nd place, with P300,00 and LGU Dupax del Sur as 3rd place with P200,000.

For Barangay Level, the winners were Brgy. Sto. Domingo Proper, Bambang as Makakalikasang Barangay Grand Winner with P250,000 cash prize, Barangay Imugan, Sta. Fe as 2nd place with P200,000 and Barangay Kongkong, Kasibu as 3rd place with P150,000.

The Public Market of the local government units of Sta. Fe and Solano also reaped special awards as Best Municipal Disposal Facility and Cleanest bodies of water, respectively, while barangays Sto. Domingo Proper, in Bambang town, barangay Casat in Bayombong town and Paniki barangay Bagabag town were chosen as Best Material Recovery Facility (MRF), Best Vermicomposting Facility and Best practices for Solid Waste Management Program (SWMP), respectively.

“Even though we are celebrating Environmental Awareness Month, it is an ongoing effort,” Tanguilig said. “We expect that other barangays will also employ their best practices and innovations so that we can all do our share in reducing the threat of solid waste to our health and effects of climate change,” Tanguilig said. (ALM/BME/PIA 2 - Nueva Vizcaya)

National News

Fossils of new human species discovered in Philippine cave

Fossilized bones and teeth suggest a long-lost cousin that scientists dubbed Homo Luzonensis.

In a study released by the Journal Nature, scientists describe the cache of seven teeth and six bones from the feet, hands and thigh of at least three members of the species. They were recovered from Callao Cave on the island of Luzon in the northern Philippines in 2007, 2011 and 2015.

Tests on two samples show minimum ages of 50,000 years and 67,000 years.

The main exodus of our own species from Africa that all of today’s non-African people are descended from took place around 60,000 years ago.

An analysis of the bones from Luzon led the study authors to conclude they belonged to a previously unknown member of our “Homo” branch of the family tree. One of the toe bones and the overall pattern of tooth shapes and sizes differ from what’s been seen before in the Homo family, the researchers said. They dubbed the creature Homo luzonensis. (April 11, 2019, 2:08 am GMT+8 By Associated Press)

Fossil bones and teeth found in the Philippines have revealed a long-lost cousin of modern people, which evidently lived around the time our own species was spreading from Africa to occupy the rest of the world.

It’s yet another reminder that, although Homo sapiens are now the only surviving members of our branch of the evolutionary tree, we’ve had company for most of our existence.

And it makes our understanding of human evolution in Asia “messier, more complicated and whole lot more interesting,” says one expert, Matthew Tocheri of Lakehead University in Thunder Bay, Ontario.
This teacher was scary and mean (because students have to and must speak in English before this Teacher could understand what they want to say to him) – but only in the eyes of those who had never been in his classroom. Those of us who were his students encouraged the rumors and bolstered our reputations for bravery, secure in the knowledge that he would protect and defend us with every ounce of his being, because we were “his students.” What kind of teacher inspires such trust? One of the best kind!

Sir Joseph Sidney Allen has started working with Aldersgate College in November, 2006 to March, 2007, then in November, 2006 to March, 2009 and then in November, 2011 to May, 2019. He has been in his classroom. Those of us in the eyes of those who had never failed to turn in an assignment or were “his students.” What kind of teacher inspires such trust? One of the best kind!

One of the part-time instructors of the School of Business and Accountancy here at Aldersgate College is Nicole Jane L. Gimarino. AC is one of her preferred schools to render her teaching services because she strongly believes that AC’s love, laughter, creativity and imagination are like eternal fountain of joy and vitality. She even has realized that teaching ACians is fulfilling because they are craving in making a contribution and in shaping the world of tomorrow. People around may ask why Gimarino chose teaching than working in an accounting firm. She is a CPA but her heart is on teaching. She says teaching is not just a profession but a mission. She believes that children are like clay who could be molded and shaped through the teacher’s hands. Besides, there is no career and work that can be more rewarding than that of being an educator who is pre occupied in building the learner’s positive personality in order to face the challenges of a competitive world.

Ms. Gimarino accepts that judgments from this cruel society had been part of her success. She is a woman full of responsibilities, plays an important role to her family and bravely faces life’s daily offer to her with her benevolent hands through her sense of humor. She is a 22-year-old lady from Solano, Nueva Vizcaya, graduated Cam Laude from the University of Santo Tomas with the degree Bachelor of Science in Accountancy. Nicole Jane L. Gimarino, a fresh graduate from UST, successfully passed her Certified Public Accountant Licensure Exam (CPALETE), last October 2018.

Storms and Rainbows

"Possibilities are endless when you learn to put Him first and we must know that whatever happens, his plans are always greater than ours."

Many of us would say that the equation for success would be faith in God added to an intensive focus on set goals and motivation. Add to it love on what you are doing, self-confidence, and eagerness at the right things at the right time. In applying those formulas and calculating the equations; we are pretty sure that the result would be a path of success and meaningful triumph by putting Him first.

One of the best kind!
Nine outstanding alumni were inducted to stand as honored during the “Gabi ng Alumni” held at the CSS building lobby on February 2. This event is part of the 54th Founding Anniversary celebration of Aldersgate College that intends to appreciate the distinctive accomplishments of graduates who attained and maintained extremely high stations in their chosen field of endeavor and in their service to society.

The Outstanding Alumni Awards were given to:

**ATTY. KRIZZA FE P. ALCANTARA-BAGNI (Academics)** is a graduate of BSED English, CASE batch 2007. She finished her Master’s Degree in Education in 2016 and has also finished her academic requirements for the Degree, Doctor of Education. She’s a passer of the National Qualifying Examination for School Heads. Now, she is the School Head of Bugkalot National High School. She has received awards from the Regional Level such as Best Paper Award and Best Presenter during the 2017 Regional Pre-Service Teachers’ Research Colloquium and Best Action Research Proposal in Teacher Category during the 2016 Regional Basic Education Research Caravan. She has also received many more awards in the Division and School Levels.

**MS. JOCELYN GACO LACANGAN (Academics)** is from the HS Batch 1981. She finished her BSED in 1985 and MAED in 2016 at Aldersgate College. She passed the Philippine Board Exam for Teachers, now known as the Licensure Examination for Teachers, in 1986. Talented and zealous of her job, she brought laurels to schools where she served. When she headed Uddawan Elem. School, various awards were received such as 2016 Leader School Division Level, 2017 Best Brigada Implementer Division Level Mediterranean School Category, and Best Mathematics and Science Park Division Level. When she was assigned as Principal at Solano North Elementary School last 2012, the following recognitions were awarded: 2018 Best Implementer Galayan Sa Paranal Municipal Level; Best Implementer School Canteen Management Municipal Level; and, distinctively, she was awarded Most Outstanding Principal in both district and division levels and Outstanding Chapter President of the Nueva Vizcaya Public School Teachers Association. Recently, Solano North Elementary School was declared 2019 Most Eco-Friendly School District Level.

**MR. PINK EURIA MONTANO (Practicing Professional)** finished Bachelor of Science in Information Technology in 2009 and his MPA in 2012 here at Aldersgate College. He competed in different competitions and won awards such as first place in computer aided drafting and design. He also generously shared his invaluable time and expertise as a resource speaker and trainer for different seminars. In 2009, he was awarded for the successful development of Online Private Accession Cataloging System of AC Professional Library; another award was given to him in the same year when he successfully developed the Internet Lognite System of our school’s internet laboratory and the Computer Aided Audit in Review and Testing System.

**MR. JANICE RAMIREZ DANGUILAN (Practicing Professional)** is a graduate of Bachelor of Science in Nursing in 2005 here at Aldersgate College. In the same year, she passed the Nursing Licensure Examination. In the practice of her profession as a nurse, she worked at Medical Mission Group (MMG) Hospital from 2006-2013 and became OIC Chief Nurse from 2014-2016. While working, she pursued further studies and finished Master of Science in Nursing in 2014. She transferred to Salubris Medical Center and became assistant chief nurse from 2016-2018. Prior to being a Registered Nurse, she finished Bachelor of Arts in 1996. She became a Licensed Professional Teacher in the same year. She taught at Solano High School from 1999-2003 as English teacher. Changing career pathways in 2005, she is currently employed at Salubris Medical Center-Solano as Administrative Director.

**HON. EUNICE GALIMA-GAMIBOL (Public Service)** is from Elementary Batch 1992 and HS Batch 1986. An elderly alma mater, she graduated Bachelor of Science in Commerce Major in Business Management at Aldersgate College in 2002. Following the footsteps of her father, Vice-governor Atty. Lambert Galima, she ran as Municipal Officer and was elected as Senior Counselor of the Sangguniang Bayan of Solano from 2010-2016. During her term as councilor, she was the Chairperson of the Committee on Finance, Appropriations, Budget, Ways and Means; Chairperson of the Committee on Social Services, Women, Children, Senior Citizens and Persons with Disability; Chairperson of the Committee on Environment, Solid Waste Management and Climate Change. She was also concurrently the Manager of the Solano Pioneer Press Inc., Solano, Nueva Vizcaya.

**MS. ARLYN DE JESUS-LABAAN (Practicing Professional)** is a graduate of Bachelor of Science in Accountancy in 1996. She also finished Culinary Arts at Henny Sison Culinary School and earned units in Master in Business Administration at Saint Mary’s University. During her college life, she received the following awards: Outstanding Leader, Outstanding Student in Journalism, Outstanding Student in Literary Musical Activities and 4th Runner-up Ms. Intrams. Her career started when she worked as Financial Analyst and later as Local Technical Assistant in Micro Finance at CASCADe (Special project of the Department of Agriculture funded by the European Union) from 1999 to 2001. As a Micro Finance Officer, she had major accomplishments such as: Designed the Basic Accounting Manual for Rural Finance Centers, Launched the pilot Rural Finance Center of CASCADe at Sawmill, Villaverde, and organized and launched 5 Rural Finance Centers at Cabulan, Cabulan, Pieza, Nagbittin, Villaverde, Nueva Vizcaya & Calaoaca, Querion, Nueva Vizcaya. In 2004, with much courage and determination she opened and succeeded in her own businesses: Gorio’s Grill Solano (2004), All About Face Facial Center (2008), Bernabe Commercial Building (2010), Basti’s Grill Solano/ Bodies & Faces Day Spa (2010), Basti’s Grill San Jose City (2014) and Streetyard Food Park (2018).

**MS. JANICE HOPE TAN-BERNABE (Entrepreneurship)** is a graduate of Bachelor of Science in Accounting in 1996. She also finished Culinary Arts at Henny Sison Culinary School and earned units in Master in Business Administration at Saint Mary’s University. During her college life, she received the following awards: Outstanding Leader, Outstanding Student in Journalism, Outstanding Student in Literary Musical Activities and 4th Runner-up Ms. Intrams. Her career started when she worked as Financial Analyst and later as Local Technical Assistant in Micro Finance at CASCADe (Special project of the Department of Agriculture funded by the European Union) from 1999 to 2001. As a Micro Finance Officer, she had major accomplishments such as: Designed the Basic Accounting Manual for Rural Finance Centers, Launched the pilot Rural Finance Center of CASCADe at Sawmill, Villaverde, and organized and launched 5 Rural Finance Centers at Cabulan, Cabulan, Pieza, Nagbittin, Villaverde, Nueva Vizcaya & Calaoaca, Querion, Nueva Vizcaya. In 2004, with much courage and determination she opened and succeeded in her own businesses: Gorio’s Grill Solano (2004), All About Face Facial Center (2008), Bernabe Commercial Building (2010), Basti’s Grill Solano/ Bodies & Faces Day Spa (2010), Basti’s Grill San Jose City (2014) and Streetyard Food Park (2018).

“Things work out best for those who make the best of how things work out” by John Wooden.
The Golden Lady

By: Julie Pearl A. Tan

Many say that staying in the job for decades is a legend for others. Others retire in early years and others when they reach their retirement age which is 60 or 65, they decide to settle down. I know someone who has reached her 50 years in the service and until now is still working with compassion and determination. She is known to be the “Golden Lady” of Aldersgate College, because she is the only employee who has served the school the longest.

She is Mrs. Teresita Sapon Arreola. She has been serving in this institution for 5 decades and still counting. Oh yes! It is amazing right? Who do you think can beat her? No one. She owns the crown of being the queen of FORTITUDE in work.

Mrs. Teresita S. Arreola was born on January 16, 1944 and resides at 51 Silawan St., Roxas, Solano, Nueva Vizcaya. She is currently the college treasurer. She was married to the late Mr. Nicomedes Arreola and blessed to have two children namely Kathleen and Carmelita and 5 loving grandchildren.

In June of the year 1968, she was hired as a part time teacher in the High School Department and in the college until the year 1980. In 1972-1974, she was lucky to be one of 5 scholars of NSDB (National Science Development and Board now DOST) in the entire Luzon which qualified her to study at Siliman University in Dumaguete. After teaching for 12 years she was assigned as the acting Treasurer until 1981. And after that, she was appointed as the College Treasurer, a position she occupies up to the present.

During my interview with her, she volunteered to narrate her life story on how she faced the different problems and challenges during her stay in this institution.

“I started working as Assistant Treasurer in 1979 and eventually took the position of a college treasurer the following year and assumed the responsibility from 1980 to year 1999. In the year 2000, I was also designated as the Vice President for Finance and Administration for 9 years. I was given back the position as the treasurer in Feb. 2009 after my retirement up to the present.

“As one of the longest serving employees in this institution, I have helped lay the foundations of Aldersgate College and will forever remain one of the cornerstones of our beloved institution. I am very thankful to this institution for having given me the opportunity to serve for more than 50 long years. My services have helped me and my family a lot in many ways.

“In my stay at Aldersgate College, I was a witness of the glorious days, when enrolment was beaming. Finances were safe kept and well accounted, expenditures were controlled and everything was in order. The school had savings then. Aldersgate was able to acquire more assets due to the savings in the S. Y 2005-2007 like the purchase of 2.6 hectares of rice field, 13.6 hectares of farmland was purchased due to savings and projects of Dr. Junifen F. Gauuan, former president of the institution. Five hectares from the 13.6 hectares of rice fields was classified into residential and industrial purposes.

“Due to the sharp decline of enrollment in the Nursing Department in the year 2009, which has the most significant impact on the school budget, finances was at stake, a part of the savings. For S. Y 2006-2007 was used to begin the construction of the CSS building. The school had difficult times then. My patience and loyalty was put to test when employees cannot receive their salaries on time because of the lack of funds. I heard a lot of hurtful comments from employees that include “Can we postpone hunger?” “What’s happening in this institution?”, etc., but I stood still and remained calm. I pursued the collection of old and unpaid accounts of students. My staff went house-to-house, office-to-office to remind and appeal to former students to settle their obligations in school, persuaded those who dropped to come back and offered incentives to employees who can collect from old students.

“Aside from those mentioned above, as a treasurer, I worked out on cases of real properties providing our legal counsel evidentiary documents to support the cases. All the decisions of the court were in favour of AC for cases. I was able to get approval of the Sangguniang Bayan of Quezon and the Provincial Assessors Office for the reclassification of farmland to residential and industrial.

“My greatest contribution to Aldersgate College as far as I know is my commitment and dedication in serving for 50 long years. Through thick and thick, I never left the institution which has become my home and the employees as my family. My strictness which sometimes led to misunderstanding persons I come in contact with in the office was my way of safekeeping the funds that were entrusted to me for I believe, if I was not strict, the funds could have been squandered. Because I was also a teacher, one of my greatest achievements is to see my former students in the high school and college successful good professionals in their chosen careers. Some of them are also employees of this institution.

“I stand great knowing the Lord has used me to be a channel of service to a Christian school like Aldersgate College. I may not be perfect but I have legacies that will remain in the hearts of those whose lives I touched. The persons I worked with are also persons I want to thank – for with them I was able to grow and realize that life is beautiful. They have inspired me to go on with life considering my distance to my children. But I will forever be grateful to my home, my Aldersgate College dear”.

Before I left, I asked her about her secret for staying in her job for so long and she said, “If you have this (pointing her heart) and a passion to serve this institution you will last no matter what will happen.”

The Golden Lady

By: Julie Pearl A. Tan
Children are getting fatter faster

Many children are getting fatter faster than ever. Four to six million youngsters aged 6 to 11 have developed weight problems, and the number of very fat children has doubled during the last several years. That’s hard to believe, isn’t it? Our culture more health conscious now. Are your fitness clubs booming?

Physical fitness is a trend among adults, not children. It is grown-ups who are out running, walking, jogging, and joining fitness clubs and aerobic classes. It is the older people who flock to wellness lectures and examine menus at restaurants for healthier and leaner food. But don’t school have health courses, physical education, and sports activities? Due to budget cuts, overcrowding, and teacher shortages, many schools have had to cut back on their programs in recent years. In some cases, they’ve eliminated physical education classes and requirements altogether. Health classes are often unpopular with students, and relatively few youngsters qualify for team positions in school sports. Isn’t obesity in children mostly inherited?

Genes do play a role in a person’s weight, but they aren’t the whole answer. Environment plays a critically important role.

We now have an environment that supports obesity. There was a time when children raced home from school to change clothes and go outside to play. They climbed, played, skated, played games, and dribbled basketballs. Today’s children average 5 to 8 hours a day watching television and fond of playing with their gadgets.

What are the chances of a fat child becoming a fat adult?

About 80 percent of overweight teenagers will remain overweight as adults. The increase in adolescent obesity (about 40 percent during the last several years) will have serious consequences in the future.

Does obesity produce disease in childhood?

Being overweight predisposes a child to heart disease, gallstones, adult onset diabetes, hypertension, cancer, and, full-blown obesity later in life. Obese children have more orthopedic disorders and upper respiratory diseases.

Itching is an unpleasant sensation related to a skin eruption or irritation that frequently produces scratching. In contrast, generalized idiopathic pruritus, or severe itching, is often not associated with primary elementary skin lesions. Most importantly, generalized idiopathic pruritus represents the manifestation of a systemic disease. Some studies report that 14 to 30 percent of patients with a clear dermatologic cause have an underlying systemic disease. In such patients, among which iron deficiency may play an important role.

Itching without a rash is one of the peculiar symptoms of lymphoma. In some cases, the itching starts before the diagnosis of lymphoma is made. It is often felt as a burning sensation occurring on a particular area of the skin, frequently on the lower leg. Itching can be extremely severe in these cases. The cause of this itch is not definitely known. It is believed that some blood cells release a chemical near the nerves of the skin and irritate these nerves. In lymphoma, itching has more importance, as it may be an indicator of a less favorable prognosis when associated with fever or weight loss.

Then there is LM, a 50-year-old woman who presented with intense pruritus and skin lesions. She had controlled hypertension and stage 3 chronic renal disease. Examination revealed again the presence of generalized pruritus (large, hard, pigmented bumps on the limbs and trunk). Prurigo nodularis is a dermatosis originating from the skin that frequently affects chronic renal failure patients. Symptoms include itching, rash, and occasionally fever or weight loss.

There is a new generation of itching that is itchier than ever, which is why we’ve become addicted to over-the-counter medicines for itch relief.

The face and the palms are seldom affected. Prominent features include crusting and excoriation with post-inflammatory pigmentation and sometimes telangiectasia. Itching can herald a condition known as chroplasia or the development of psoriasis.

Dr. Bernard, director, of the Division of Dermatology at the University of Massachusetts Medical Center credits itching with sometimes being the first symptom of a disease that may not show up for months, even years. For example, in one group of patients with a type of liver cirrhosis, six out of 10 first went to a doctor to be treated for itching.

Itching after a swim or bath can herald a condition known as polymyxia rubra. Pruritus in the nostrils has been linked, at least, to brain tumors. An intractable, burning itch sensation may be a sign of lymphoma and even AIDS may sometimes be signaled by itching.

Therefore, systemic causes must be considered, especially in elderly patients in whom pruritus is persistent and refractory to dry skin management and other nonspecific therapies.

A multidisciplinary approach with a dermatologist, psychiatrist, and internist is required to prevent psoriatic morbidity and possible deterioration of quality of life in these patients. Patients should keep skin hydrated and avoid skin-drying activities such as hot, prolonged bathing, a dry environment, using alkaline soaps and wearing irritating fabrics. (Source: Grace Carale Beltran, MD, The Philippine Star, Feb 19, 2010)

The Philippine Star
AC claims the top spot... from p1

Transfer (ERT), Hose Connections (HCS), Replacement, Bucket Relay, Hose Laying, Tug-of-War and Fire Fighting 2019 among others. One of the highlights of the program is the Search for Ms. NVBF Fire Olympics 2019 where the newly-crowned Ms. AC 2019, Desiree Tawaran, represented the school and was hailed Ms. NVBF 2019 1st Runner-up. She likewise was awarded M.I. in Talents. “We joined in the competition because we need more talents, we are ganging up all the students to do more.”

Student-Teachers’ Congress conducted... from p2

teachers to know how to make one. The last speaker gave her strategies and different ideas on “How to make Lesson Plan in Filipino”. She is Mrs. Jade D. Asuncion, a teacher in Bascaran Elementary School.

RMYC 2018... from p2

and their fields were Reyniv Domingo (Best Director CinePJIA), together with the two casts Jolina Mae Abrenica (Best Supporting Actress) and Bilt Jerome Danag (Best Actor). On the other hands, Hanzon Clark Jasper Perez (Your Face Sounds Familiar Champion), Carl John Ignacio (Table Tennis Champion), Fenny Ariola (Best Female Model). On the other hand, the awards on team activities are CinePJIA Champion, 2nd Runner Up: JPIA Parody, Scavenger Hunt, and Tugawavat, 1st Runner Up: Basketball and Runway Modelling. Addition to those awarded were JONAS Pascolan who was awarded as Best in Talent, Best in Casual Wear and Best in Team Wear, together with his partner Carl John Ignacio (Table Tennis Champion), Fenny Ariola (Best Female Model). On the other hand, the awards on team activities are CinePJIA Champion, 2nd Runner Up: JPIA Parody, Scavenger Hunt, and Tugawavat, 1st Runner Up: Basketball and Runway Modelling. Addition to those awarded were JONAS Pascolan who was awarded as Best in Talent, Best in Casual Wear and Best in Team Wear, together with his partner

CET on its 30th Year

Regional Student Conference with the theme “IEEE 2018: Embracing Challenges through Sustainable Energy Practices” at the Nueva Vizcaya State University, Bambang, Nueva Vizcaya, September 27-28. The convention aimed to discuss the new trend of designs in the field of civil engineering. The event was hosted by PICE Nueva Vizcaya.

Subsidy... from p15

P60,000.00 per year per student to finance their tuition, miscellaneous, and other related fees. Library, computer, laboratory, school bus, O, athletics, admission, development, handbook, registration, medical, and cultural fees are included in the miscellaneous fees.

Domino ranks... from p1

Joquill Khryss G. Amigo. BSCE 4, 7th place in Writing Filipino. Bearing this year’s theme, the 17th RHEPC was organized by the Cagayan Valley Association of Tertiary Press Advisers (CVATPA) in coordination with the Commission on Higher Education.

Foundation Day...from p2

All awardees as well as the faculty and employees, donned nice dresses and for a breath of fresh air seeing our AC employees, faculty and board passers looking so elegant and fabulous. One highlighted event was the motorcade experiences as adviser and coach in school journalism; he also gave ideas and useful techniques to help the journalists compose better news and produce good quality photos.

Intercollegiate confab held... from p2

After each speaker was an activity for the participants to do. This determined the best writers in each event. The top 5 in every category were given medals and certificates. #julepelpearl

Care is What We Need... from p15

issues and is required to present a waiver signed by his parent/guardian. Other students who are not athletes, have their full support to their athletes by providing them sports equipment such as shoes, snacks and most importantly, their cheers. The school administration also provides the equipment for practices and for the official games; the back-up stocks of officiating personnel are provided; and the playground is well-prepared.

Florimae for me because all of us

“I am very happy and pleased that I’m the talent holder for my team. At first, I was afraid I might not get that gold. The game wasn’t easy for me because all of us players wanted to win. What I did was to focus on my goal, to win. And so, I won! I am very thankful for the support of my VITTA Club family, my team, Dazzling Falcons and of course to God, who is the source of my strength.” Saquing as she was declared champi-

Students’ Intercollegiate Academic quiz earned Jonquil Khryss G. Amigo, BSCE 4, 7th place in Writing Filipino. Bearing this year’s theme, the 17th Regional Press and Education Conference (RHEPC) was organized by the Cagayan Valley Association of Tertiary Press Advisers (CVATPA) in coordination with the Commission on Higher Education.

CET days

With the them “Building the Future through Sustainable Practices,” the College of Engineering and Technology (CET) conducted CET days, September 25-26. The main objective of the said event was to promote camaraderie among students and faculty of the department. It serves also as a way of selecting athletes for the intramural meet and other competitions.

Frances Vallejo which was awarded also as 4th Runner Up (female) and Best in Team Wear, Talent, Best in Casual Wear was awarded also as Best in Academic achievement. The Search for the Gandang Lalaki, participated in by 8 gentlemen, was the highlight of the event. Mr. Kevin Rafael was crowned Gandang Lalaki ng CET 2018.

IEEE attend 14th RSCON

Institute of Electrical Engineers of the Philippines (IEEE) of the Aldersgate College joined the 14th Regional Student Conference with the theme “IEEE 2018: Embracing Challenges through Sustainable Energy Practices” at the Nueva Vizcaya State University, Bambang, Nueva Vizcaya, September 27-28. The convention aimed to discuss the new trend of designs in the field of civil engineering. The event was hosted by PICE Nueva Vizcaya.

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Care is What We Need... from p15

issues and is required to present a waiver signed by his parent/guardian. Other students who are not athletes, have their full support to their athletes by providing them sports equipment such as shoes, snacks and most importantly, their cheers. The school administration also provides the equipment for practices and for the official games; the back-up stocks of officiating personnel are provided; and the playground is well-prepared.

Florimae for me because all of us

“I am very happy and pleased that I’m the talent holder for my team. At first, I was afraid I might not get that gold. The game wasn’t easy for me because all of us players wanted to win. What I did was to focus on my goal, to win. And so, I won! I am very thankful for the support of my VITTA Club family, my team, Dazzling Falcons and of course to God, who is the source of my strength.” Saquing as she was declared champi-

Students’ Intercollegiate Academic quiz earned Jonquil Khryss G. Amigo, BSCE 4, 7th place in Writing Filipino. Bearing this year’s theme, the 17th Regional Press and Education Conference (RHEPC) was organized by the Cagayan Valley Association of Tertiary Press Advisers (CVATPA) in coordination with the Commission on Higher Education.

CET days

With the them “Building the Future through Sustainable Practices,” the College of Engineering and Technology (CET) conducted CET days, September 25-26. The main objective of the said event was to promote camaraderie among students and faculty of the department. It serves also as a way of selecting athletes for the intramural meet and other competitions.

Frances Vallejo which was awarded also as 4th Runner Up (female) and Best in Team Wear, Talent, Best in Casual Wear was awarded also as Best in Academic achievement. The Search for the Gandang Lalaki, participated in by 8 gentlemen, was the highlight of the event. Mr. Kevin Rafael was crowned Gandang Lalaki ng CET 2018.

IEEE attend 14th RSCON

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The School of Business and Accountancy, Raging Bulls, claimed their first title in the cheerdance competition that was held at the AC Quadrangle, November 26.

The Bulls performed energetic dance moves and stunts which made the crowd silent but clapped their hands for a million times.

The event has more than a hundred population and a big part of the crowd chanted “SBA! SBA! SBA IS ON THE WAY! HOORAAAY!” before the winner was announced.

"After several years, we finally pocketed the crown. Our training paid off," said Femy B. Arreola, a member of the said event.

The Dragons of the College of Engineering and Technology placed second.

"We are so proud of ourselves for after the toilsome practices and rehearsals we had and the body pains we endured, everything was worth it," said Leomar C. Aaron, President of CET.

On the other hand, the former champs under the College of Arts, Sciences and Education combined with the School of Medical Sciences graciously accepted the result. They garnered third place.

"We were dumbfounded for we didn’t expect to land on the third spot. But anyway, our team did their best. What is important is that all of them enjoyed the event. The Bulls really deserve the award," said Jonalyn Lutrania, adviser, Dazzling Falcons.

The Eagles gained gold medals in the Laro ng Lahi during the Intramural Meet 2018 last November 29 at the AC Quadrangle.

In the male category, the Blue Eagles claimed the top spot in the Tug-of-War, Kadang-kadang and Sack Race while the Blazing Dragons kicked off the Eagles in Siwa. In the female category, the Batturing Rams were declared champion in Tug-of-War. The Dazzling Falcons made a mark in Kadang-kadang for bagging the gold medal while the Blazing Dragons claimed the title in Sack Race.

Mr. Angelito G. Capuno, Sports Coordinator, said: "The sports committee have thought of launching Laro ng Lahi this 2018 Intrams Meet to foster patriotism, nationalism and appreciation of traditional games from different regions in the country."

"In this age of technology, it’s hard to get kids go outside and play. Laro ng Lahi has become an alien to the generation of today who are referred to as millennials.

Games of today are commonly related to gadgets where children spend most of their time. Through the inclusion of Laro ng Lahi, the Committee hopes to encourage students to appreciate the spirit of the traditional games with everyone," he added in an interview. 

Out of the more than a thousand population in the campus, we can’t deny the fact that there are a lot of individuals who want to play sports. They want to hone their skills in sports and one of the best ways to achieve this dream is to join and participate in intramural meet.

Who are these individuals? These are the students who have talent in sports. Most of them want to join the PRISAA that might bring them to the Regional and to the National levels but a lot of them don’t want to join because of the disappointment and discouragement they usually get. Is it all about disappointment and discouragement? Of course not. Some of them might not have received enough support from their environment.

At Aldersgate College, the intramural meet plays an important role to each and everyone. This event is an opportunity that opens a chance to every student to know his/her strengths and weaknesses in sports. Besides, students would also develop their
Athletes of the School of Criminology flash smiles as they celebrate their victory for being the champion of the Intramural Meet 2018.

The Blue Eagles team garnering 9 gold, 9 silver, and 7 bronze medals was declared Overall Champion in the Intramural Meet held last November 26-29, AC quadrangle.

Overall First Runner-up was the Battering Rams (School of Informatics and Hospitality Management) with 7 gold, 2 silver and 6 bronze medals. Overall Second Runner-up was the Raging Bulls (School of Accountancy and Business) who reaped 6 gold, 10 silver and 5 bronze medals. Overall Third Runner-up was the Blazing Dragons (College of Engineering and Technology) with 6 gold, 7 silver and bronze medals.

All participating academic units competed in different sports events such as basketball, volleyball, table tennis, badminton, dart, chess, laro ng lahi, long jump, high jump, shot put and others.

### TEAM OVERALL Rank
<table>
<thead>
<tr>
<th>TEAM</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>First Runner-up</th>
<th>Second Runner-up</th>
<th>Third Runner-up</th>
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<tr>
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<td>2</td>
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<tr>
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<td>4</td>
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<td>Fourth Runner-up</td>
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<td>10</td>
<td>5</td>
<td>Second Runner-up</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blazing Dragons</td>
<td>6</td>
<td>7</td>
<td>10</td>
<td>Third Runner-up</td>
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</tbody>
</table>

**Falcons trounce Dragons, 3-0**

SOLANO, NUEVA VIZCAYA – It was an intense volleyball championship match between the Falcons and the Dragons.

The Falcons outpowered the Dragons in the volleyball women championship match during the Aldersgate College Intramural Meet held at the AC grounds last November 29.

The crowd intensified the match with loud cheers from both of the teams.

The Falcons opened up the set with some tricky services that got much of the opponent, leading them to a score of an easy set win, 25-19. Accentuated by the spectators’ cheers, the Dragons reduced their unforced error which made the Dazzling Falcons do another move to defeat them on the second set with a score of 25-20.

As the third set opened the Falcons displayed their strong moves which affected the Dragons who were unable to cope up, 25-22.

“It was a tough game, for winning a championship isn’t easy. Our team tried to avoid making errors and so we were able to do it. It’s our lucky day today,” said Rowenalyn C. Andres of the Falcons in an interview.

The Falcons made a new historic record in volleyball this year. #crizzamae

**Dazzling Falcons:** Showing their tricky services against Dragons which made them seal their victory for the Volleyball Women’s Division Championship game.

**Dragons seize gold in volleyball men, 3-1**

SOLANO, NUEVA VIZCAYA – After a long rally under the sun, the Dragons of the College of Engineering and Technology once again proved their volleyball imperium after winning the Volleyball Championship game during the Intramural Meet of Aldersgate College held at the AC grounds last November 29.

The Dragons opened up the set with strong aces and puissant services which shocked the Bulls’ defense that led to an easy first set win, 25-17.

The Bulls answered Dragons with quick set plays that caught the Dragons to do other tricky movements which defeated Bulls, 25-18.

The Bulls continued executing their plays well and the Dragons fell short in the third set. The Bulls showed an amazing great floor defense that made them grab the third set, 25-23.

Despite that situation, proving their worth as the back-to-back champions, the Dragons showed their tricky placings, services and monstrous spikes, the Bulls are now showing signs of fatigue and were unable to cope up with the champs, 25-17.

The Dragons are now in their fourth year as Champions. #crizzamae

**Rams overpower Dragons for the basketball crown, 60-57**

SOLANO, NUEVA VIZCAYA – The Rams of the School of Informatics and Hospitality Management, overpowered the former champs, Dragons of the College of Engineering and Technology, in the basketball championship match during the AC Intramural Meet, AC Quadrangle, November 29.

It was an intense championship match between the Rams and the Dragons.

Proving their team as the back-to-back champion, the Dragons didn’t waste any time to stretch their lead against the Rams. Unfortunately, a basket after basket led by Warren Jay T. Espinosa from the Rams shocked the Dragons and finally overpowered the score.

It was a great battle during the course of the game because the Rams stretched their lead once again to a double digit.

Their tough defense together with their skillset helped them get the championship. They forced the Dragons to commit lots of turnovers and converted it to three-point shots.

The Rams bagged the crown as they won, 60-57. #crizzamae