THE RIDGE

We, the editors and staff of The Ridge, commit ourselves to the highest level of professional journalistic ethics. We promote among our fellow students a love for noble ideals and a desire to overcome personal egos.

We foster an awareness of social problems and encourage fraternity in keeping with the school’s family spirit. We love the truth thus we report with facts, without judging intentions, upholding the legitimate diversity of opinions in a calm way, without resorting to personal attacks. We seek the truth, love it and humbly tell it.

EDITOR-IN-CHIEF
Lance Katigbak

MANAGING EDITOR
Miggy Marasigan

OFFICIAL PHOTOGRAPHER
Miguel Yatco

LIAISONS OFFICER
JV Valerio

MODERATOR
Benjie Fortunato

CONTRIBUTORS
Josef Singion
Gino Cuevara
Nico Barzaga
Troy Bautista
Julian Ferrer
Alvaro Adizon
Joquin Escano
Gio Glorita
Jamey Jimenez
Ikile Lloret
Matthew Abas
Nevan Rafer
Kevin Cabanban
Mico Montemayor
JM Abesa
Jose Garcia
Isaac Tambunting
William dela Cruz

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SOUTHRIDGE
Private School for Boys
Hillsborough Subdivision, West Service Road
City of Muntinlupa, Metro Manila
Telephone 842-0506 to 07, 807-7719 to 21
Fax 842-1542

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EDITO R I A L

Leaders and Proud of It

BY LANCE KATIGBAK

A leader can be defined in many ways—one who excels in a certain field, one who heads a particular group. I like to define a leader as someone who sets the bar for others by being the bar. In other words, he is a man who brings others to follow him by showing them how to act, and what benefits you’ll reap if you act as such.

If there’s one thing that puts Southridge students at an advantage when compared to students from more populated schools with longer histories, it’s the opportunities they’re given to become leaders. In other schools, jocks are jocks, club heads are club heads, and honor students remain honor students. In our school, scholastic stereotypes are defied and boundaries are crossed. That’s what makes a Southridge Gentleman Leader.

Southridge students are known for setting the bar high—not just in sports, but in other fields as well. The Candidates Football team is the RIFA Peat Champion, The Ridge is the only high school organ in the country in the Catholic Mass Media Awards Hall of Fame, and The Podium Debate Team was the inaugural champions of the Asian Schools Debate Championship. And that? That’s only the beginning of a very, very, very long list.

Despite the glory which students have brought to the school, it seems as though the glory has not reached the students. Students continually mope about the school, its facilities, its teachers, and its management, without realizing how fortunate they are to have gotten the opportunity to study in Southridge. Other schools may have more technologically advanced hardware set-up, have more sports facilities, or have a larger campus. But do these things by themselves really turn young boys into men? Are these the things that matter?

When you tell someone that you graduated from a high school which had wi-fi in their campus, LCD projectors in each classroom, and five basketball gyms, what does that tell them about who you are? Not much, really. But, when you tell them that your alma matter focused on forming your character, gave you opportunities to excel, and ensured that you would leave the school a better person, they’ll look up to you and say, “You must have come from a very good school.” You can go ahead and tell them, “Yup, I came from Southridge.”

The beauty of this small school is in its Unity. In other schools with their 300 plus students in a batch, it’s not uncommon to meet a stranger who had actually been with you since the first grade. In Southridge schools, we become part of a tightly-knit society where it’s not only the classes which are united, but the batches as well. Only in the walkways Southridge can you find Senior high school student high-fiving an intermediate school student. Only in stairs of Southridge will you see an older student haul up to the next floor the heavy bag of his primary school counterpart. In fact, whole school units “work as one team, move as one body”! With this kind of unity comes the focus of achievement. It’s not such a huge chore for the school to assist the students with their college application forms, or for the guidance department to assign personal formation mentors to each one.

With this personalized attention comes the development of the students. Because each student is given the achievement he needs, nay, deserves, he is given the opportunity to excel. How often do we see students with potential from bigger schools go to waste simply because they weren’t given the chance to show off their skills because there were too many people who were “better” than them?

As Southridge continues to turn young boys into the gentlemen which society needs, there’s no way to go but forward and above. As students, it is our solemn duty to stand up for our school, and to bring back the Southridge pride into our lifestyles. The next time someone asks you where you’re from, don’t sheepishly utter the name of the school. Look into their eyes with a truthful gaze, and say, with all the conviction you’ve got, “I come from Southridge.”
Strength. Integrity. Leadership. This is what the Admiral represents, and this is the name under which Southridge students shall now be united under. Ever since its foundation in 1979, the school missed one thing—a moniker representing it. There had been previous attempts to unite the school under titles like Stingrays, Oarsmen, and even Panthers. However, none of these inspired any ideas of nobility and strength. But, thanks to efforts of this year’s High School Student Council, Southridge students can now proudly call themselves the Southridge Admirals.

The Student Council launched the school’s new mascot in an exciting and energetic pep rally underneath the covered courts last August 27, 2010. The Southridge Drum Line taught new school chants as high school student volunteers hyped up the crowd. Different varsity teams climbed onstage to be received by well-deserved rounds of applause, and a group of seniors, dubbed “The Steppers” presented a krump inspired dance number that cheered the house down. While all these were going on, council members gave away Admiral stickers, and sold t-shirts and baller IDs.

Southridge’s logo is enshrined with references to the sea, and there is no better mascot to symbolize the school than the leader of these maritime vessels. Admirals are the naval counterparts of the generals, the highest Navy officers. These men play Battleship for a living—they formulate plans that lead fleets to victory. Theirs is not an easy job; they exercise skill, determination, and sheer willpower to overcome all obstacles which come their way.

As the school breeds Leaders and Men of Integrity, the Southridge Admiral unites the entire community. A lone ship cannot do much harm, but an entire fleet of warships sailing together is both a sight to be behold and a force powerful enough to win the toughest of battles. Arrows and talons can’t scratch the ships the gallant Admiral controls. The world better watch out. The Southridge Admirals are here.

For the fourth consecutive year, Southridge is sending a team of select high school students to participate in the annual Teenpreneur Challenge organized by the Institute for Social Entrepreneurship Education and the Entrepreneur School of Asia. The Teenpreneur Challenge is a major initiative that aims to promote entrepreneurship and social responsibility among high school students. Over 200 students from more than twenty high schools around Metro Manila participate in the challenge every year. After poring over a long initial list of qualified and interested students, the selection committee chose Kevin Habaluyas, Aldo Manzano, Troy Bautista, Justin Filart, Aldo Manzano, Javier Puno, and Lance Katigbak from Fourth Year, together with Rafa Abaya, Mark Lozano, and Santi Arnaiz from Third Year, to be this year’s Southridge representatives.

Each high school is assigned a local livelihood product made by indigent residents of Malabon and Boni-Mandaluyong City. The team is tasked to come up with creative, sustainable improvements to the existing product to make it more saleable and attractive to a wider range of consumers. The products run the whole gamut of items from boxer shorts to local rice cakes to slippers and bags made from recycled materials. The team recommends modifications to the product owner who will then implement the improvements. The innovated products will be sold at the Teenpreneur Challenge Expo on November 14 and 15, at the SM Megamall. The school with the highest gross sales for its product wins the competition.

During the launching of the Challenge last August, Southridge already made waves and attracted much attention as it topped the different activities and contests during the 2-day launch. The Teenpreneur Admirals wowed the crowd and the judges with their innate dancing skills and out-of-the-box ideas. The team selected an ordinary canvas pillow for its product. The item is manufactured by Aling Norma from Boni, who was ecstatic to discover that she will be working with Southridge School. They are in the process of coming up with possible innovations for this pillow, in order to make it more attractive, functional, and appealing to a wider market.

The Southridge team is showing everyone that not only are Southridge students creative and innovative, they are also extremely passionate in helping other people. It is no wonder that membership in the Southridge Teenpreneur Team is very much coveted among the high school students. Participating in the Challenge is endlessly fun, exciting, and a fantastic opportunity to lead in service.
“We had always assumed that the Bible gave birth to the Church but realized, after some research, that that was really a fallacy. The Church was there. Jesus did not leave us with an authoritative Book, He left us with an authoritative Church and later, through time, that Church gave us an authoritative Book, but the Church came first.”

This is one of the many quotable quotes of Stephen K. Ray, a Catholic convert who came to Southridge to share his story last July 20, 2010. It was certainly an opportune moment for us to be reminded about the importance of our faith. An illumined and trustworthy speaker for our Catholic faith is hard to find in this age, thus the encounter with Steve Ray was a breath of fresh air for everyone.

Ray is a renowned Catholic Apologist who has been all over the world to speak about his conversion story. From being Protestant, he “returned to Rome” in 1994 and described it as both difficult and rewarding. Although he remained a Protestant for a certain period of time, he always felt that there was something missing. This was a feeling that allowed him to pursue the truth. Eventually, he was lead to the Catholic Church. It was difficult because he faced and endured the abandonment of his family and friends, and rewarding because he was able to rediscover the true essence of his faith and above all, find God’s love in his day-to-day life. It is through his transformation from a Protestant to a Catholic that makes him a renowned Apologist. Whatever lessons he has learned from being a Protestant, he has found a way to counter them.

Aside from being an Apologist, he is also a tour guide and a devoted family man. They call him Jerusalem Jones because he guides tourists through the city of Jerusalem with a Fedora hat a la Indiana Jones, bringing them to the places where Jesus walked and lived. He gives tourists the opportunity to take in the knowledge of how the Catholic Church started first hand. When he’s not out traveling, he lives with his wife, four children, and six grandchildren in Michigan.

He came to the Philippines as the last stop of one of his tours before going back to America to return to his family. The school, with the help of the religion department and their connections, was fortunate enough to have him talk to the high school students in the Southridge Auditorium. He definitely raised the roof that day as he caught and sustained the attention of the students, being a foreign man speaking to them about their faith. He talked about how he was amazed by the Filipino people’s respect and enthusiasm for their superiors. He even told the students that we should be proud that we live in a Catholic country.

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HS Student Council leads “Don’t Hide! Show your Southridge Pride!”

BY MIGGY MARASIGAN

Every time a morning assembly is held in the Southridge Courtyard, there’s always a small group of students who stand on the concreté oblong stage. If you thought that they’re just there to lead the ceremony, think again.

This group of young gentlemen is the Southridge High School Student Council. Composed of seven students, they have been elected to lead, for the betterment of Southridge as a whole. They are the ones who come up with most of the activities during the school year.

This year’s Council consists of: Julian Ferrer (III) and Faisal Tabusalla (III) as the Members-at-Large, Rafa Abaya (III) as the Public Relations Officer, Chucky Quemado (IV) as the Treasurer, Aldo Manzano (IV) as the Secretary, Mac Valdez (IV) as the Vice-Chairman, and Gabs Castillo (IV) as the Chairman. It’s an interesting combination; three out of the seven members ran independently during the campaign period, including the Chairman and the Vice-Chairman, which is a rarity. Though they came from different parties, these gentlemen overcame that seeming division easily.

This year’s Student Council has one main goal: foster school unity and school pride. They plan to have many activities in order to reach that goal, and the first thing they worked on was themselves. Over the summer, from May 24 - 25, 2010, they conducted a planning and bonding seminar in Anilao, Batangas, and it looked like it worked! Since that time they have successfully launched projects, and have more in the pipeline.

Already united as a group, the Student Council now sets its sights on uniting the student body, and the first activity they had as an attempt to achieve this was done on the very first day of school. They distributed free pins with catchphrases promoting school unity and school pride, pins that high school students use until today.

The Council didn’t see it as a temporary project: a Southridge student is always a Southridge student! In addition they also put up posters in highly visible areas again to promote and foster pride as a Southridge student.

Another project that they accomplished even before the start of the school year was to get victims of the huge fire that affected an estimated 4,000 people in Brgy. Cugang, Muntinlupa. They united the school in organizing a drive to donate goods that helped their neighbor, literally across the street.

A few days into the school year, the Student Council revived the day-long freshman-senior bonding, dubbed “Southridge Big Brother”, which did well to break the ice between the freshmen and the rest of the high school. But for the Student Council, high school bonding doesn’t end there; they stress that there must always be ‘bonding activities’ all throughout the school year with the efforts of every student.

“By the end of the year, we want to be a unifying symbol for Southridge,” says Castillo.

The Student Council doesn’t want to work on their projects alone; they want everyone to have a great year, and they can only achieve it with our help. They seek input from their fellow students as to come up with the best output, for a more united Southridge. Anyone can approach them at any time for any concern or suggestion. They’re gung-ho about this year and encourage us with their motto: “Don’t hide! Show your Southridge Pride!”

Busy Building Leaders

BY JULIAN FERRER

Last July 23-24, 2010, the Student Council hosted the latest, and perhaps one of the most important projects this year, the formation of our nation’s future leaders—the Southridge Leadership Seminar.

An annual event hosted by the High School Student Council, the seminar aims to develop and train class officers and club officers to further hone their leadership capabilities. This year’s seminar was a bit of a change of pace, however, as it was the first to invite a speaker external to the school organization. Ralph Guzman of Guthrie-Jensen, a leading Management and Consulting training firm, a distinguished alumnus of Southridge, who garnered 1st prize in the search for the Most Outstanding Student of Muntinlupa (MOST) was happy to lend a helping hand to the group of forty students.

With the help of Mr. Francis Ong, Mr. Guzman presided over the two-day long seminar and through his wisdom the students of Southridge learned what it really meant to be a leader.

The ability to plan and manage a project is a prerequisite in a leader. Unfortunately not all leaders are capable of successfully organizing an event and envisioning activities. This is why the chosen theme of the seminar was “The Ideal Southridge Project Manager”. Mr. Guzman began the seminar by posing a question, “What do the Pyramids of Egypt, President Noynoy’s Inauguration and a Southridge Outreach project have in common?” The reply came in the form of a long and awkward silence, nobody daring to answer the cryptic question. Then, suddenly a hand, “Sir, they all require a great amount of planning.” A smile spread across Mr. Guzman’s face. “Yes, exactly!”

“One thing you can learn from all three of those events is that no matter how big or small a project, they all require one thing—planning. Failure to plan... is planning to fail,” he said. Soon after this there was a discussion about the challenges that leaders face when starting a project, such as budgeting, sponsorships, deadlines and time management; however, membership commitment seemed to be the biggest problem hindering the projects. The seminar participants complained that organizational plans bog down when the club or class members aren’t wholly committed to the activity. They analyzed the superficial reasons some wanted to be part of a club, such as its space filling ability when writing out college applications, or simply because they want to give others a good impression. They agreed that this was a problem that needed to be addressed. The seminar participants recognized that it was imperative that their peers and fellow students should join clubs with the genuine conviction of the club’s goals and take on that obligation to accomplish what it takes to make it happen.

Other topics discussed were the importance of Communication and Trust. Communication, Mr. Guzman emphasized, is the key to successful projects, while Trust is essential to teamwork. At one point the students were asked to separate into their respective clubs or class councils for them to tailor goals and projects. Each group was given tools like the Project Charter (a paper containing the goals, logistics and stakeholders of the project) and a Gantt Chart (a timeline detailing every task to be done) to help us further assess projects. The first day ended with a memorable workshop. Each student leader was asked to write down two things: first, why he believes he was chosen to lead; and second, what promise he could make to better serve the school in the coming year. Everyone gathered into one circle. The first speaker was asked hold a ball of yarn and to read his paper. Once he was done reading, he was to tie the yarn to his finger and throw it at someone else and let him read his paper. The passing of the yarn continued until each of the 40 students were connected by an intricate web. Mr. Guzman explained that the yarn represented the web that would be 10 years later in the class reunion. So, there’s always a small group of students who stood on one concrete oblong stage. If you thought that they’re just there to lead the ceremony, think again.

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Since 1988, Southridge has awarded the highly acclaimed Magister X to teachers who have served the school for ten years, hence the name. This school year 2010, both awardees have something uncommon to past recipients; their relationship with Southridge spans more than the usual decade. Mr. Adolfo Nisperos, present HS Principal, joined the School in 1993, and Mr. Gerard Benjamin Fortunato, Intermediate School Principal, joined the high school right after his college graduation in 1988. Both men are veteran teachers who are just now being inducted into the school’s own version of the Hall of Fame—Magister X.

Mr. Nisperos is a graduate of BS Education Major in Math from the University of the Philippines Diliman. He has also earned an MA in Industrial Relations from the same university’s School of Labor and Industrial Relations (SOLAIR). His stint in Southridge has included teaching a variety of subjects: Science, Social Studies, even Filipino, and of course, Math. He served the school as the Department Head of Math, and is presently the High School Principal. Of course, Math continues to be his passion, and he translates Lion King’s Hakuna Matata into “No worries in Math!”

He first came to Southridge way back in 1993 upon a friend’s recommendation but he stayed only for a year. He transferred to UP Integrated School in Diliman, Quezon City where he remained for three years, and then went to work in PAREF Northfield in Quezon City for another three years. In 2001 he returned to Southridge where he has since stayed.

During my interview with Mr. Nisperos I asked him what factors keep him staying in Southridge and what in the school impresses him the most! He answered that Southridge has always been known for the good formation given to students and teachers, especially its professional and spiritual guidance. One thing he notes is that the school makes for a much easier working atmosphere given that all students and teachers are male. From his first moments in the school, he had the impression of clean and well maintained facilities.

Mr. Fortunato is one of them.

Coming from a non-Education background, how did he come to Southridge? Mr. Fortunato completed his BS Medical Technology in Cebu, and joined Southridge in 1988 as a Chemistry, Biology, and Algebra teacher. A fortuitous shortage in the English department led the school to request that he handle a 1st Year English Composition class; that in turn led Southridge to appreciate his innate love and faculty for the subject matter. And although he continued to teach other subjects throughout the years—Philosophical Anthropology and World History among others—well, he regards having grown up in Southridge as an English teacher.

He considers these days to be his second round in Southridge. Where had he been during those “missing years”? Well he finished a Masters in Educational Management at the University of the Philippines while taking charge of Study Centers and the PAREF Springdale School in Cebu. Nowadays he continues to study, writing a dissertation for a PhD in Education at UP Diliman.

Why does he continue to study? He said, “The teacher is the first learner, and I want to be a good teacher.” How does he keep his sanity in the SR environment? “Tennis, biking, books, friends, and prayer,” was his reply. Why stay in SR? “Sounds corny, but I do believe in the Southridge mission and vision. I’m not willing to die for it, but I am willing to live for it.” He goes on further to explain Southridge’s relevance to contemporary Philippine society, including government.

So we see Mr. Fortunato in the corridors and greet him as a friend. I’ve heard students admit, “Mr. F? He can be strict, but we’re really lucky to have him.” It has taken long years—since 1988—to admit and publicly acknowledge it, yes, he is truly a Magister X.

I also asked him what he enjoys most from teaching in Southridge. He said that he enjoys learning new things from students, and also, letting the students learn from him. According to him, this two-way learning process makes for a day’s work that’s more enjoyable than following a normally monotonous daily routine in some other office. How long does he plan to stay? He replied that he would stay as long as the school trusted him, and as of now, he believes that he is still not ready to go.

Some hobbies that he does in order to keep himself safe from all the stress in being a teacher are watching movies, reading, playing table tennis, and jogging. Some people that he looks up to are Gandhi, for his patience, Galileo Galilei for his scientific mind, and lastly, Paolo Coelho an amazing Brazilian author.

Many see the task of education difficult, not everyone has the patience and ability to guide and nurture groups of fast growing boys. However, there are men who have these qualities, and surely Mr. Fortunato is one of them.
**AKAP**

*(Alay Kamay Alay Panahon)*

**Officers:**
- Chairman – Bryan San Jose
- Vice Chairman – Ikie Lloret
- Secretary – Raffy Rodas
- Treasurer – Derek Parreñas
- P.R.O. – BJ Bass
- Moderator – Dr. Oscar Olmos

AKAP is an outreach-oriented organization whose volunteers devoted themselves to serve the needy. This service consists of organizing medical missions and participating in the construction of low-cost housing ala Gawad Kalinga. Through its decade-long existence, the club truly lives up to its name.

**SOUL**

*Students’ Organization Upholding Life*

**Officers:**
- Chairman – Angelo Santiago
- Vice-Chairman – Janer Jimenez
- Secretary – Miguel Marasigan
- Treasurer – Isaac Tambunting
- P.R.O. – Santiago Arnaiz
- Moderators:
  - Mr. Chock Encabo & Mr. JM Abesa

SOUL is a charitable, pro-life organization that aims to promote & defend the God-given miracle of life in all forms. It redefines the idea of being pro-life by also being geared towards being charitable, pro-education and pro-support in the hopes of guiding the youth towards social involvement and igniting them to create brighter futures for themselves and their communities. Working in partnership with other organizations and groups, SOUL hopes to motivate and instill in the modern youth the ability to organize, practice and teach others the importance of social involvement and the principles that support the miracle of life as well as the values behind these in the hopes of upholding and uplifting life in its various forms.

Rough Program of Events for SY 2010-2011:
- August – Medical Mission
- September – Operation: Souldier
- October – Medical Mission
- November – Prisoner’s Wares Sale
- December – Christmas Outreach
- February – Operation: Souldier
- March – Final Outreach

**SSS**

*Southridge Servers’ Society*

**Officers:**
- Chairman – JO Pangilinan
- Vice-Chairman – Troy Baustista
- Secretary – Jolo Dimayuga
- Treasurer – Lance Katigbak
- P.R.O. – Luis Puno
- III Batch Representative – Joel Dimayuga
- II Batch Representative – Carlos Vickers
- I Batch Representative – Chico Calabatungan
- Moderator – Mr. Ruth Regencia

The SSS is geared to serve God and the needy. It aims to imbibe a spirit of service in its members by training them to live a life centered around God as they learn to Live, Love, and Serve. The organization trains the servers for the daily Masses, as well as for special Masses like the First Friday, First Communion, and Confirmation. Aside from this, the SSS also organizes the annual Christmas Party for the Auxiliary Staff, and other outreach projects for members of the Southridge community.

Basic Calendar:
- August – Servers’ Seminar and Investiture Program
- September – Outreach
- December – Auxiliary Christmas Party
- Regular activities are spread throughout the year.

**SEA**

*Southridge Environmental Association*

**Officers:**
- Chairman – Kipper Capulong
- Vice-Chairman – Derek Parreñas
- Secretary – Kevin Catabran
- P.R.O. – Francis Fernandez
- Treasurer – Orion Besabe
- M.A.L. – Raffy Rodas
- Moderator – Mr. Rally Ganar

The Club’s goal is for students to appreciate and care for the natural environment, one of God’s greatest gifts. Students will learn to appreciate man’s role and responsibility within the earth’s ecosystem. Members will undertake and develop initiatives that nurture plant and animal wildlife for succeeding generations. Guiding all these are the Southridge virtues and values that permeate all the club’s activities.
I naaahan na magiging mapagmahal ang mga Filipino sa kanilang wikang pambansa na nagbibigay ng pagkakakulangan sa kanila bilang isang labing mahusay na palay sa Wika ay naaahan na magbasa at pag-aaral o kaya sa ibig sabihin ang mga estudyante sa kanilang pangunahing wika ngayon. Bilang bahagi ng hakbang tulad ng mga estudyante sa kanilang klasrum, nagpapakita ang mga estudyante ng kanilang mga kahangalan sa pagdiriwang ng Buwan ng Wika. Bilang bahagi ng hakbang tulad ng mga estudyante sa kanilang klasrum, nagpapakita ang mga estudyante ng kanilang mga kahangalan sa pagdiriwang ng Buwan ng Wika.

**Ang pagdiriwang ng Buwan ng Wika sa Southridge, hindi magkukulang ang mga estudyante ng kanilang mga kahangalan sa pagdiriwang ng Wika.**

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A few months ago, I was just an ordinary incoming 4th year high school student trying to make the most out of my final year in Southridge. I wanted to minimize all the school work in order to have more time with my friends. It didn’t occur to me that I could have the best of both worlds—learning and fun until I attended the Global Young Leaders Conference (GYLC), a two week stint from June 13 to 26, 2010 in Washington, D.C.

It all started last school year when JO Pangilinan, Javier Puno, and I were approached with an invitation to the GYLC 2010 conference. Two weeks in the U.S. with two of my best friends? How could I say “No” to that? Anxiety followed soon after the initial rush because I did not know what to expect but I realized it would be a great privilege, to represent not only Southridge, but more importantly the Philippines. This was definitely a once in a lifetime opportunity we couldn’t pass on.

Upon arriving in Washington, my uneasiness gave way to exhilaration—it was a marvelous sight of students coming from over a hundred nationalities who interacted as if they had been friends since childhood. Coming from a relatively small school like Southridge, I felt like a cub thrown into an unfamiliar jungle with no clue as to surviving outside his natural habitat. But I was determined to face up to the challenge of proving to myself—and my parents—that I was capable of flourishing in this and other situations.

Although I wanted to stick close to my friends, I soon realized that the point of the conference was to interact with people from different cultures. It wasn’t long before I felt comfortable talking to strangers. I met people from countries I’d never heard of, like Namibia, which I learned was a country beside South Africa. I also met people from India, South Africa, Brazil, and so many more. Never in my life had I been exposed to so many sociable people. I was now ready to make as many friends as I could.

As GYLC “scholars”, each participant was assigned to a country/group whose culture he would study and then represent in the three part conference. I was assigned to Venezuela, JO to the USA, and Javier to France. We were all very excited to face all the challenges that would be presented to us in the conference.

For the most part, we spent our time in our Leadership Group Meetings. Here, we discussed issues that affected our assigned country/group; these we would bring up to the “United Nations” during the three main simulations: Politics of Trade, Peace and Security, and the culminating activity, the Global Summit. We studied handbooks that contained all the information we needed to know about the simulations and the whole conference in general. I was very eager to prove that I could contribute to the group, but I was intimidated by the others who made me feel like a twelve year old because they were very confident and articulate during discussions. Fortunately, I shared my opinions well enough to impress them with their novelty that I could communicate in fluent English!

During the Politics of Trade simulation, we were asked to settle a real-life dispute between Boeing and Airbus, manufacturers of planes, regarding subsidies that both accused each other of receiving from their respective countries. This was a very interesting simulation because we were able to reach a peaceful agreement with a minimum of debate. For the Peace and Security Council simulation, we acted as UN ambassadors, foreign ministers, and information attaches to help settle a fictional issue regarding maintaining the peace in Cyprus. It went fine as the policy we proposed was going to be passed by majority of the votes until it was vetoed by Russia. Finally, for the Global Summit, we passed proposals for the eight commissions of the UN and, to our great delight; we were able to pass seven out eight proposals. It was during these simulations that I realized that we were not in an ordinary leadership seminar—we were tackling global issues.

The GYLC was not all about debating, studying and reading. We toured around Washington, for the first week, Philadelphia for a few hours during a stopover, and last but not least, New York City. This was our way of resting from all the studying and, at the same time, exploring the tourist attractions. In Washington, we visited the Smithsonian museums and the new US Holocaust Museum; I was lucky enough to meet two Holocaust survivors in the museum. We also visited the different monuments and memorials in the area. In Philadelphia, we got to see the Liberty Bell and the chance to taste the original Philly Cheese Steak.

In New York, we visited the UN Main Headquarters, passed by Times Square, rode the ferry to Ellis Island from where we admired the Statue of Liberty, climbed up the Empire State Building, walked around China Town, and even watched a Broadway musical, Mary Poppins, and on the final night, we had a dinner party/cruise around Manhattan Island.

All in all, my greatest fears about the GYLC didn’t materialize thanks to the warm company of new friends. I never imagined being close to people from so many countries; that was a revelation only experienced in the GYLC. From all the lows (like being roommates with two Indians who gave me the privilege of using our bathroom exclusively) and the highs (befriending a multitude of people), it was all worth it.

My outlook has changed dramatically. I used to be so narrow-minded about the world, but the conference taught me to look at life from a broader perspective, while surprisingly I learned that the best way to appreciate my own culture is to temporarily leave it and look at it from another’s point of view.

I will cherish the people I met and the experiences we shared. By the end of the conference, many cried because no one wanted to leave their new friends. But, as Dr. Seuss said, “Don’t cry because it’s over, smile because it happened.” For that I am grateful.
The campaign is over. The elections are done. A new President has been elected. Now, the real work begins.

No introductory statement is good enough to encompass what the Filipino nation has accomplished in those past elections. The story of how President Noynoy Aquino ascended to the highest post in the land is one worth telling for generations to come, but it is clearly not only his story. It is the story of how the Filipino nation fought hard, through peaceful and credible elections, for the chance to hope for the government again. The long lines during the last elections, which is deemed by many as the most successful, peaceful, and credible elections in the post-Martial law era, and the overwhelming victory received by the new President is a testament to nation’s hunger for a credible and trustworthy government. I myself was not a supporter of the new President during the campaign. I agreed with many that there were arguably better candidates for the presidency. Yet there is no room for bitterness or hoping that the elections could have yielded a different result. The majority of the nation has clearly spoken, and the respect for that will of the majority has always been the essence and beauty of any democracy. As what the other presidential candidates called us to do and have done themselves, we should all unite behind P-Noy helping him and helping each other towards a better Philippines.

Who would have thought a year ago that that then Senator Noynoy Aquino would be the next president of the country? No one. As many writers have said again and again throughout the past year, “the presidency is destiny”. After Former President Cory Aquino’s death in August last year, the nation was reminded of the sacrifice Ninoy and Cory made for the sake of the democracy which we enjoy today. Then some groups started pushing that their only son, then Senator Noynoy Aquino, should run for the Presidency to continue the legacy of his parents. It is really “pinoy na pinoy” attribute for Filipinos to believe that if the parents are good, so is the son. In fact, the first few months of the Aquino campaign, starting from the moment he announced his candidacy on September 9, 2009, Senator Aquino did not seem particularly “presidentiable”. It seemed that in the way he spoke, he very much relied on the good name and legacy of his parents to communicate his message. Notwithstanding the naysayers, his campaign slowly but surely attracted more supporters even though it seemed that other candidates had a better war chest and logistical advantages. As they say, the rest is history.

“The campaign is a time for making promises and saying beautiful words, but government is a different story”. Mr. Escasa told our class during the heat of governing is a whole different story”, Mr. Escasa told our class during the heat of the election campaign early this year. This cannot be more true. It is one thing to speak beautiful rhetoric about change during the campaign, but it is a whole different ballgame to deliver on those promises and commitments. The new President has his plate filled with problems which are all yearning for solutions. As the President shared in both his Inauguration Address and SONA, he promises to lead his government towards solving the nation’s basic headaches of poverty and corruption as well as the problems concerning education, health, justice, environment, peace in Mindanao, the military, the economy, foreign relations, and much more. These challenges are indeed too much for one man to handle. As P-Noy has said over and over again, “Kayo ang aking lakat!” (You are my strength).

Many Filipinos believe that the President should be a “savior” of sorts, a person who must be able to solve all the country’s difficulties single-handedly. Indeed the President, along with all government officials, have an important role to play when it comes to solving the nation’s ills, but much like an election, they cannot do it without the rest of the nation playing its part. Every good and faithful citizen helps build his nation. While P-Noy did promise to fight corruption and eradicate poverty, and we truly hope he does, more importantly, he has called each Filipino to exercise their citizenship, keeping the same spirit of patriotism we had during the campaign, and directing it to correct the small things which cause our country’sills. We will be able to aid our country along the right path, as P-Noy says it, “ang daang matuwid”. He envisions a country that is united, working hand in hand to solve its own problems.

How can we as Southridge students possibly help in solving our nation’s massive problems? We can help build a better Philippines in simple but concrete ways, such as telling your parents not to litter on the street, or by spending some time tutoring a public school kid who needs your help. It is a matter of standing up for what is right and doing the right thing. As St. Josemaría Escrivá once wrote in his book, The Way, “Perseverance in little things for Love is heroism”. These actions may seem small, but in the long run, these “little things”, without a doubt, contribute to our building of a better country. It is not only the true Filipino way, but it is also the Southridge way!

P-Noy wants to establish a “people power” kind of government, one that is truly at the service of the Filipino nation. Many say that words remain words until translated into action, and this is very true. It is too early for us to say whether P-Noy is a good Commander-in-Chief, and we, as a nation, pray he will turn out to be a very good one. Early on we have seen signs of P-Noy’s sincerity and commitment to his message of change. His decision to refrain from using the ang ang kating lakat! (You are my strength).

The supreme quality for leadership is unquestionably integrity. Without it, no real success is possible, no matter whether it is on a section gang, a football field, in an army, or in an office.

From Perseverance and from the way he lives his life, it is the Southridge way! To have long term success as a coach or in any position of leadership, you have to be obsessed in some way.

The function of leadership is to produce more leaders, not more followers.

Leadership requires the courage to make decisions that will benefit the next generation.

P-Noy na Pinoy

BY ISAAC TAMBRUING
TOP GEAR: The Courses

After sixteen years of waiting, you’ve finally got your student driver’s permit! But who’s going to teach you? If your parents or driver don’t have the time—or the courage!—your best bet would be to enroll in a driving school. The Ridge asked some students to review some of the more prominent driving schools in the country.

**Polaris Driving School**
**Reviewer:** Ikie Lloret
**Length of Course (hrs):** 5h and 14h
**Cost:** P1,800 and P4,200
★★★★★ star rating

**Instructor**
The instructors are very patient and informative, teaching you everything you need to know. Like other driving schools, they teach using a hands-on style, where you will learn everything behind the wheel, making the learning process a very interactive one.

**Vehicle**
Polaris has very decent cars, like the Toyota Vios, which was relatively new. The cars are all in excellent working condition, so you will not find the car breaking down while you’re behind the wheel.

**Management**
The management only helped me a little, because I had to figure everything out on my own. I think it wasn’t value for money considering the amount versus the no. of hours I enrolled for, mainly because the teacher did not even exhaust the entire hour. They also didn’t help me get my permit. In the end, all I knew were the basics and nothing more.

**Socialites Driving School**
**Reviewer:** Mico Montemayor
**Length of Course (hrs):** 5h, 10h, 15h, 25h
**Cost:** P500/hr
★★★ star rating

**Instructor**
The instructor was not very helpful, but he was very patient. He allowed me to drive at my own pace. But even so he gave vague instructions and often stepped in the lesson by using his own brakes to slow down the car, without giving me the chance to do it myself.

**Vehicle**
The Honda City that I drove was relatively new. The brakes and accelerator of this car were good and responsive. It was comfortably cold inside.

**Management**
The management only helped me a little, because I had to figure everything out on my own. I think it wasn’t value for money considering the amount versus the no. of hours I enrolled for, mainly because the teacher did not even exhaust the entire hour. They also didn’t help me get my permit. In the end, all I knew were the basics and nothing more.

**A1 Driving School**
**Reviewer:** Jose Garcia
**Length of Course:** 21h
**Cost:** P11,000
★★★★ star rating

**Instructor**
The instructor was helpful, but was strict most of the time. Although he arrived on time, he was impatient, and I just had to learn how to live with it. My teacher was a good one, but he wasn’t a great one.

**Vehicle**
The car I used was rather old; sometimes the windows couldn’t be lowered! Since the car wasn’t in optimal condition, it was tough to adjust to my own car after the lesson proper.

**Management**
The management was also helpful, especially when scheduling my appointments. But I did not get much value for the money; I didn’t even learn how to park, so I had to learn it on my own. The upside was that they assisted me in getting my student permit at the LTO. They had lectures, although I did not avail of them.

SURVIVE THE FUTURE!

**By JV Valero**

Have you ever wanted to feel like a storm trooper in the heat of battle? To feel the adrenaline that releases a sudden burst of energy, while dodging laser beams? Well, now you can! (Without the whole I’m a soldier and I’m going to die if I get shot by a death beam or I’m going to get chopped up by a light saber sort of thing)

Heck, you don’t even have to be in ‘a galaxy far far away’—all you’ve got to do is check out Alabang Town Center’s newest attraction: Lazer Xtreme and bring P170 with you.

Yes, the term “lazer-tag na tayo!” finally reached the south. And I say that it’s a good thing. Why? Lazer Xtreme is extremely fun. The facility is equipped with forty vests and phasers, the weapon of choice in the game of laser tag. The facility is also equipped with a state-of-the-art laser maze (yes, the type of thing you see in Mission Impossible movies) and a futuristic mini golf course.

Two simple instructions govern laser tag: shoot and don’t get shot! That alone allows a player to survive, but life isn’t just about survival, is it? To enjoy the game to the full requires knowing teamwork, bases, points, and where exactly to shoot. That’s all part of the fifteen minute fun that begins right after the orientation.

The unique experience starts when you walk through the futuristic gates. You sign up, wait a bit with some of your best buds, and when it’s your turn, you all enter a small briefing room where they tell you about the rules and regulations. Then they let you suit up your laser-gun-vest combo, and give you your codenames for the game. The sound rings, and boom; you’re off!

Frantically you search for cover and start running up and down as laser beams pin you left and right. You shoot at whatever moves, occasionally searching a partner or two because of all the adrenaline. Crying out for help, you duck, crawl, do whatever you can to survive. The display of lights is organized chaos at its best. You feel vibrations at the points where the sensors indicate you’ve been tagged. After fifteen minutes of this high-powered action, a voice echoes across the room: “Game over!”

You walk out, sweaty, but happy, to look at the scores. If all goes well, then your team is victorious! They call out the names, and give each player a copy of the scores, something to remember your game by, and surprise surprise, you’ve won first place! You walk out of those doors, a champion, and the player with a free iced tea.

Well, words can’t sufficiently describe the Lazer Xtreme experience, so my advice is for you to try it right away. Don’t forget to call in advance; reservations make sense to avoid long queues. Go ahead, enjoy your space-age experience!
Review Classes

Compiled by Ikie Lloret

College is at an arm’s length away for the seniors, and the undergraduates will soon face the dilemma of choosing the right college entrance review center for them. If you’d like to take these classes during the summer before senior year, try taking a look at what some of the students who went to these places have to say.

LOGOS
Reviewer: Miggy Marasigan
Length of course: 2.3hrs/24 sessions
Cost: P 8,000
★★★★★ stars

Quality of Instruction
The instructor understood us very well, as students about to take the entrance exams. He was a veteran teacher and knew our strengths and weaknesses. He was very knowledgeable with the coverage of the exams and he was open to tackling topics we wanted to go over. He also preferred that sessions would contain only a few students, usually five, which in my opinion was very advantageous for those of us attending. The low number made us more involved and allowed him to understand us. We were able to communicate with the teacher very well.

Initially I had balked at attending review sessions because I wanted to accomplish it without anyone helping me during the summer. But later on I gave in when I realized it was difficult to do it on my own, and I must admit that it gave me more than what I expected. We tackled past lessons—long forgotten—and learned some new ones, especially in the Math section. Also, I learned a couple of tricks in solving and test taking in general, so that I could manage my time well in the actual exam. Also, all the math exercises paid off, even in Southridge, where my performance improved, albeit by just a bit. It was a great and worthwhile learning experience.

References
Our instructor personally researched on each of the entrance exams, and compiled them all into one comprehensive book. Informative and complete, his book included quizzes and mock tests. He even added a 3,500-word vocabulary list! It made things easier for me, since I didn’t have to go to multiple sources.

Learning Environment
There is no ‘center’. Sessions were held in the house of my classmate. I had no problem whatsoever with the learning environment.

MSA REVIEW CENTER
Reviewer: Matthew Abas
Length of Course: 72h
Cost: P 13,500
★★★★★ stars

Quality of Instruction
The teachers were very good in teaching, as well as entertaining us, no one ever slept in class. An assessment was given after every lesson. They were available for consultations before or after classes to address each student’s needs.

References
At the start of the program, all of us were given seven modules, an English guidebook, and a notebook. The modules were very helpful as the teachers discussed each of the modules individually. Exercises were also provided to further develop our skills in every subject that we took up.

Learning Environment
Janitors clean the facilities before and after the class. There’s a bathroom inside the classroom that’s always available for those who needed to go. Every time we have lectures, they always use an LCD projector in order to explain the lessons very well. It was a comfortable learning environment.

MSA really provided outstanding training for the college entrance tests. They taught more than what we needed by providing us with great tips on for every part of the entrance test, and even specified techniques that we could use, like those that dealt with time pressure, mental blocks, etc. The school taught us in a very advanced and quick way but most of us were able to cope with it. We became supportive of each other and ended up with great friendships.

LOYOLA STUDENT CENTER
Reviewer: Kevin Catabran
Length of Course: 30 days, 4h per day
Cost: P 9,000
★★★★★ stars

Quality of Instruction
I learned many things that I didn’t learn in school, mostly about Math, and the techniques involved. The teachers taught at their own pace, and were sometimes not concerned about some of the people’s capabilities. There were many teachers, and most of them were effective teachers from whom I learned many things which I might not have learned elsewhere.

Overall, the school was helpful with my problems in Math, although I’m still confused with some of the topics. There were also teachers who were fun to listen to because of the way they taught. On the other hand, the people were fun to be with, and we hung out in different places all over the metro.

References
There were books that were sold, which were supposed to help us review better for our college entrance tests. However, I didn’t buy any because they were rather expensive.

Learning Environment
I had issues against the comfort rooms and classrooms. Minor setbacks included a few rooms being too cold, some uncomfortable chairs, and the occasional dirty white board.

EXPERT GUIDES
Reviewer: Nevin Rafer
Length of Course: 14 days, 8h each day
Cost: P 6,000 – 8,000
★★★★★ stars

Quality of Instruction
Many topics I hadn’t learned in Southridge, especially in second year Mathematics, were taught at Expert Guides. Sadly, the teachers did not understand our individual capabilities, so you either kept up with the entire class, or fail. However, the teacher was effective and able.

References
We were given modules and mock tests as study materials, and these proved very helpful. The study materials also covered many topics which I needed to work on.

Learning Environment
The facilities were clean and orderly, and it was air-conditioned; the classrooms were small, so the teachers can easily get your attention. Classes were extensively elaborate, as they covered every all the topics comprehensively, and they also made me remember more things than I expected. Overall, it had a good, quiet, and friendly environment.
Fifteen years ago on November 1995, Pixar Animation Studios came up with one of the greatest movies of all time, Toy Story. Great comedy and superb animation brought viewers back to their childhood. Four years later, Toy Story 2 was released and became another box office success hit. Now, fifteen years after the start of the movie franchise comes the latest treasure, Toy Story 3! The third movie takes a huge leap into the future—Andy goes to college! But what is to happen to the toys we’ve all come to love and enjoy? Well, Andy decides to keep all his toys in the attic to await his return. All of them, that is, except Woody, whom Andy plans to take with him.

That was the intention; however, after a turn of unintended events, the toys find themselves in Sunnydayside Daycare Center, where toys are forever loved. All the toys seem to love the new place, everyone except Woody, who stays true to Andy. So, he goes alone into the open, looking for a way home. While Woody embarks on his journey, Buzz and the rest of the gang find the truth behind Sunnydayside, and the nightmare it truly is.

Toy Story has always been a fun movie for all ages, with mild (yet funny) violence and pure comedy and the newest one stays true to the formula. Yet comedy entertainment isn’t the only offering this movie has. Insights about what people need and the good that’s inside them are revealed within the story telling. Toy Story 3 portrays virtues, like charity, teamwork, and the golden friendship.

A common theme that runs through the three movies is proper and effective leadership. Woody rounded up and organized Sid’s toys in the first Toy Story. Then in Toy Story 2, Buzz led the gang on a rescue mission to save Woody from Al in his Toy Barn across town. In Toy Story 3, well, you’ll just have to go and see for yourself.

The point is, Toy Story always sends the message that good leadership is built on trust. It’s not about the leader’s ability to scare his men into obeying him, but about how the leader is trusted by his comrades and their loyalty to one another. Trust is the root of loyalty, and that’s crucial for a leader to be efficient in his role. Now that you know this, maybe you can be a leader yourself too.

Charbroiled Burgers: Perfection in a Bun

How many times have you cruised along Aguirre Avenue in BF Parañaque without noticing Gourmet’s Palate, a small, inconspicuous restaurant near the Tirona intersection? It’s been around for so long as I can remember so much that its walls have turned to a dirty orange. So the next time you’re along Aguirre, pull over and grab a bite. Gourmet’s Palate has got the best burgers this side of town.

I love a good burger as much as the next guy; and long have I been searching for the holy grail of burgers, until one day I found it! Gourmet’s Charbroiled Burgers are just about the most mouth-watering, burger-satisfying burgers you will ever find for its price. How much? Oh, around eighty bucks.

Wait, eighty bucks? Fine, it’s not eighty bucks. It’s P90. That’s for the specialty burgers though. The rest go around P75-P80. Wait, wait, just how big is this burger?? These are mini-burgers, aren’t they? No, not really. They’re bigger than, if not as big, as the Big Mac, although the patties are twice as thick. All the patties are sandwiched between two warm, toasted buns, and smothered with vegetables, and a sauce specially made for each burger.

Each burger? Gourmet’s offers eleven unique burgers to suit your taste. Do you like it hot? Try the Red Alert, infused with enough chili to keep you beside the water dispenser, or the Samurai, which is described as “Tokyo’s answer to America’s Hamburger craze”. If you’re of the Mexican-type, sample the Chianco. Of course, you can’t leave out the King Kong of Charbroiled Burgers—The Blue Thunder. Sounds like a superhero? Well, it is. If you like blue cheese, then you’ll love the Blue Thunder, guaranteed.

My personal favorite is the Garlic Scream. I never found myself a big garlic fan until I tried this culinary masterpiece and a gastronomic entity; it never fails to impress. Its herb-based sauce oozes with natural garlic, and the flame-grilled patty beckons you to come devour it. After slowly peeling off the wrapper and squirting more of that garlic placebo, I was that much impressed.

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SPORTS

-- A
-- Ultimate stresses
-- Each time the offense completes
-- Players are responsible

and a pair of biking gloves.
Okay, so you've got your
mountain bike, but where can you
find trails to ride on? For beginners,
I would recommend the Filinvest
Mountain Bike Park, beside Petron
across Westgate. It has some easy trails
and even a flat section for those who
aren't ready for the inclines, as well
as some technical stuff for the more
advanced riders. Some trails extend all
the way to Asian Hospital. The
next trail area you can try out is Navali
in Santa Rosa, Laguna. It has some fairly
easy trails and a four-cross track for
Rosa, the guys with good conditioning
may want to try climbing the infamous Cardiac Hill, a long, steep, long-bustling road
climb which only the fittest can climb non-stop.

For the more adventurous, there is a network of trails in Daang Hari. To get
there from Alabang, follow Daang Hari until you get to Petron gasoline station, then
turn left to the smaller branch road leading past Portofino. At the end of the road is
a rotunda, and on the Portofino side is a dirt path leading to the start of the trails.
Unlike the other two aforementioned trails, there is no set path here, just a bunch of
trails crisscrossing each other, some just looping back to the start area, others leading
all the way to Gen. Mariano Alvarez and Dasmarinas, both in Cavite. It's easy to get
lost there, so best to go with someone who is familiar with the terrain. If you don't
know anyone who does, join one of the many groups of mountain bikers headed
there—they're always willing to help out newbies. Don't forget to bring lots of water
and a spare tube and a pump or a tire patch kit so you won't be stuck in case you get
a flat tire.

Mountain biking can be very fun, but like all sports it has its own risks. Know
and understand the dangers out there, always wear your helmet, and ride within the
limits of your skills and equipment. Follow these pieces of advice and you too can
have your own adventures on your mountain bike.

The Ultimate Game

by Jake B. Cureg

On a cool, dry Saturday
morning, just after
sunrise, when many of
you would probably
still be fast asleep, I'd be wide
awake ripping up and down trails
on my mountain bike. Most
Saturday mornings, my dad and
I go out mountain biking. This
particular weekend, we decided
to try the trails at the Filinvest
Mountain Bike Park, recently
reconfigured for a race sponsored
by Land Rover. Compared to its
original layout, the newly reconfigured trail is a thing of beauty, having a
wider path, faster descents, and plenty of flowing turns. As soon as my dad found
a parking spot, I rushed to unload the bike from the car, slpped on helmet, gloves,
and hydration pack, and raced off to the trail entrance. The trail starts off with a
short climb, followed by a fast descent then a long, sweeping right-hand corner that
I took flat out, my rear tire teetering out of control. I went to full speed, passing
a couple of other bikers on the way. Then it's on to a short section through some
trees and on to the exit of the first part of the trail. I kept this up for two more hours,
unable to get enough of the feeling you get running down a hill at full speed, perfectly
carving through corners, and getting some air off a slope. It's moments like these
that never fail to bring a smile to my face and that remind me why I love mountain
biking.

For those of you who would like to get into mountain biking, the first thing
you should do is get yourself a bike, and I don't mean those P2,000 bikes available
in malls and sports shops. Those will fall apart once you bring them to a trail. A decent
starter bike should cost you about P12,000-15,000. That may sound like a lot of
cash, but trust me, if you take care of it, it'll all be worth it in the long run. However,
if you want something more high-end, be prepared to shell out something in the
high-fi ve-to-six digit price range. Of course, you also need to get yourself a helmet
and understand the dangers out there, always wear your helmet, and ride within the
limits of your skills and equipment. Follow these pieces of advice and you too can
have your own adventures on your mountain bike.

By Jake B. Cureg

The Ultimate Game

by Rafa Abaya

Under the scorching sun,
people may wonder
why we run around a
grassy fi eld trying to
grasp the technique of throwing
a disc. One may have a day of excellent
throws (“pulls”) the disc to the offense.
A regulation game has seven players per
team.

The Field -- A
rectangular shape with
endzones at each end. A
regulation fi eld is 70 yards by 40
yards, with endzones 25 yards deep.

2. Initiate Play -- Each point begins with
both teams lining up on the front of
their respective endzone line. The defense
throws (“pulls”) the disc to the offense.
A regulation game has seven players per

3. Scoring -- Each time the offense completes
a pass in the defense’s endzone, the offense
scores a point. Play is initiated after each
score.

4. Movement of the Disc -- The disc may be
advanced in any direction by completing
a pass to a teammate. Players may not run
with the disc. The person with the disc
(“thrower”) has ten seconds to throw the
disc. The defender guarding the thrower
(“marker”) counts out the stall count.

5. Change of possession -- When a pass
is not completed (e.g., out of bounds, drop, block, interception), the defense
immediately takes possession of the disc
and becomes the offense.

6. Substitutions -- Players not in the game
may replace players in this
game after a score and during an injury
timeout.

7. Non-contact -- No physical contact is
allowed between players. Picks and screens
are also prohibited. A foul occurs when
contact is made.

8. Fouls -- When a player initiates contact
on another player a foul occurs. When a foul
disrupts possession, the play resumes as if
the possession was retained. If the player
committing the foul disagrees with the foul
call, the play is redone.

9. Self-Refereeing -- Players are responsible
for their own foul and line calls. Players
resolve their own disputes.

10. Spirit of the Game -- Ultimate stresses
sportsmanship and fair play. Competitive
play is encouraged, but never at the expense
of respect between players, adherence to the
rules, and the basic joy of play.

Taken from http://www.cs.rochester.edu/~
ferguson/ultimate/ultimate-simple.html

By Jake B. Cureg

Crank-up Adventure

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A Dengue-rous Disease

by Alvaro Adizon

It’s hard to believe that a painless bite from such a miniscule mosquito transmits the virus that threatens thousands of people, adults and children alike, here in the Philippines. But it is true—day after day, the number of dengue cases affecting the people of this country continues to add up. In fact, according to the Department of Health, the number of Filipinos who have contracted the virus from January up to March of this year has reached 11,803 cases—61% higher than there were in the same period last year.

With this alarming fact, the common question that comes to one’s mind is: How can we be prepared?

Dengue is transmitted from the bite of the *Aedes* mosquito—also known as the ‘Tiger Mosquito’ for its black and white striped-body—infected with any of the four dengue viruses. The mosquito becomes a disease bearer when it bites a person already carrying the virus.

The symptoms of dengue include high, incapacitating fever (39-40°C), muscle and joint pain, persistent, severe headaches, nausea, and pain behind the eyes. Occasionally, a person suffering from dengue may also experience bleeding, in places such as the nose, gums, and skin. Dark stool may also show bleeding in the intestines.

There are no specific anti-viral medicines for dengue. However, most patients with dengue fever can be treated at home. They should have a lot of rest, drink plenty of fluids, and eat plenty of nutritious foods. Oral rehydration salts should also be used to help keep the patient hydrated. Hydration is the key to making a patient survive dengue.

A patient should be hospitalized, though, if he shows the following symptoms: persistent vomiting, inability to take drink fluids, abdominal pain, or bleeding.

Everyone should do his part to reduce the number of mosquito breeding places. Remove any stored, exposed water from our houses. These are the favorite breeding places of the dengue mosquito. Also, remove objects where rain water can collect, such as bottles, plastic bags, cans, tires, etc.

Using a good mosquito repellent when outdoors is a good way to avoid getting bitten. Light-colored clothing also helps since these don’t attract mosquitoes.

Hopefully, awareness leads to prevention, and preparation leads to protection.

Mumps by Gio Gloria

Last year, a series of common childhood diseases struck down a number of high school students, one of the culprits: mumps. Mumps, according to Dictionary.com is “an infectious disease characterized by inflammatory swelling of the parotid and usually other salivary glands, and sometimes by inflammation of the testes or ovaries, caused by a Paramyxovirus. A blood condition where the white blood cell count drops below 5,000 per mm2. Leukopenia also causes mumps. Complications that can arise from mumps include inflammation of the testicles, inflammation of the ovaries, miscarriage, or deafness (which may be permanent).”

So what would be the symptoms of mumps? A headache, fever, muscle aches, or a loss of appetite coupled by the swelling of the parotid glands below your ears most likely indicate mumps.

Mumps is an airborne disease, meaning that it can be spread when one coughs or sneezes and mumps can also be spread through fomite transmission, which is when, for example, a person with mumps touches an object and someone else touches that same object and rubs their eyes, nose, mouth, etc.

So what happens if you do have mumps? It would be best if you stayed home for 5-7 days for precautionary purposes. Mumps does immediately manifest so it’s best for those around the sick person to take precautionary measures. Unfortunately, there is no treatment for mumps but vaccinations are available. Most people get sick with mumps only once in their lifetime. The disease may not be rampant but foreknowledge is the best prevention.

Escape the Pox by Joaquin Escano

Chickenpox brings images of fluid filled blisters rapidly multiplying all over the body and their post red itchy spots. Children are the stereotypical victims. Adults aren’t immune—some just haven’t gotten it yet, and for the few who haven’t, their time will come, and they’ll eventually have to be more wary. Experience has shown that cases of chickenpox among adults or teenagers are usually more severe. A vaccine helps a lot and attenuates the effects but a person will still experience a mild form.

The culprit is varicella zoster. Normally, a person experiences chickenpox once but the virus can lie dormant and erupt later in life, causing a painful breakout—what we call shingles or herpes zoster. The virus was never really eliminated, just waiting for the right stress to break down the immune system and then take advantage and reactivates.

Before the breakout of the rash, many people experience fever, headache, and loss of appetite. Symptoms usually occur a day or two before the breakout and last 2-4 days after. The average child develops 250-500 small itchy, fluid-filled blisters over red spots on the skin. They often appear on the face, torso, and scalp first, then spread from there. After a day or so, the blisters become cloudy and scab while new crops of blisters develop in groups.

Most of the time, it’s usually enough to keep the sick child comfortable; it’s the immune system that fights the virus, so support is the usual route. Oral antihistamine and topical lotions can help ease the itching. Doctors recommend trimming the sick child’s fingernails so that should be scratch himself, secondary infections and scarring can be avoided. Though there are antiviral medications, they must be administered within the first 24 hours of the rash. For otherwise healthy children without severe symptoms, antiviral medication is not used.

Expect large and crowded areas to be hot spots for chickenpox. The problem with virus is that it’s airborne and very contagious. Furthermore, one can get it from touching an infected person’s secretions, or from objects that person has handled that have virus on them. 

Thanks to the vaccine, fewer are subject to an unpleasant experience. Yet some opt to get the virus with a mentality of “Better get it now than later in college since you’re going to have to get it anyway.” So should chickenpox be a choice?

A Sight for Sore eyes by JV Valero

There’s more than a fine line of difference between having a sight for sore eyes, and having a sight with sore eyes. Without a clear vision, one can’t think clearly, and with an easily communicable disease like conjunctivitis, students should know the whats, whys, and hows of this bothersome ailment. 

Sore eyes is an infection characterized by an irritation of the outer eye area, specifically the regions of the inner eyelid; swelling usually spreads to the cornea and the outer eyelids. One can easily spot a case of conjunctivitis given the obvious—very red, irritated, and itchy eyes. A sticky discharge can clog up the lids and a burning sensation can accompany other symptoms.

There are three types of sore eyes. First there’s bacterial conjunctivitis. This type of infection is caused when bacteria enters your eye, which results to the redness and irritation. Some cases maybe light, but the worse cases have pus discharge as well exhibit other complications. Next is viral conjunctivitis, quite similar to the bacterial conjunctivitis but more severe. In fact the eye ball tends to get really affected to a point that this specific disease has been given the name “pink eye”. Viral conjunctivitis has been known to spread through school communities like wildfire. Last is chemical conjunctivitis, this is caused by inorganic and organic substances that irritate the eye. Examples of these are allergens and toxic materials (soap, shampoo, alcohol, etc.)

The standard treatment for viral infections is to alleviate symptoms and support the human body’s immune system to deal with the virus. Towards this end one can’t really do more than apply over the counter eye-drops. First aid tips include flushing the eyes with clean tap water. A warm compress soothes the eyes and prevents the sticky discharge from drying on the lashes; and a cold one shrinks swelling and reduces itchiness.

It has been said that the eyes are the windows to the world. When people look into each other’s eyes, they shouldn’t have to turn away. See to it.