



Photo by The Bedan

FORMER RED SPIKERS DECRY “UNJUST” DISMISSAL BY HEAD COACH

▼ Paolo Vital (1st of 2 Parts)

IN A SIGNIFICANT development, former players of the San Beda University (SBU) Men’s Volleyball Team, widely recognized as the Red Spikers, have come forward with allegations concerning their removal from the team. Speaking exclusively to *The Bedan*, they outlined grievances regarding what they allegedly describe as a “violation of institutional rules” and instances of “unethical behavior” attributed to the team’s Head Coach.

In a now-deleted Facebook post by Mr. Tomas Africa, former Team Manager of the Red Spikers and current San Beda College Alumni Foundation (SBCAF) Vice President, it detailed how five players from the Season 98 roster were allegedly removed “verbally and with no official reason,” prompting the loss of their scholarship, lodging privileges, and spot in the forthcoming roster for Season 100.

ESCALATING GRIEVANCES

In light of the situation, *The Bedan* conducted interviews with the former Red Spikers and current Head Coach Ariel

Dela Cruz. However, the athletes asked to remain anonymous in order to safeguard their identities and speak openly regarding the manner.

In 2017, SBU appointed the celebrated Nes Pamilar as the Head Coach of the Red Spikers, with Dela Cruz joining him as assistant coach. Following Pamilar’s passing in January 2019, Dela Cruz subsequently took on the Head Coach mantle for the Red Spikers.

“The day before nag-usap kami, ang sabi niya sa akin ‘dapat ikaw na, kaya mo yan, matagal na tayong magkasama, may tiwala ako sayo,’”

said Dela Cruz.

Following Dela Cruz’s instatement, the players were presented with a “hopeful start” given the privileges and benefits, saying “*hindi ka basta-basta makakatangi.*”

However, conflicts between the players and their coach arose when the players were reportedly prevented from attending their classes. This escalated to the point where, according to one account, “*...Hindi na pinapadala yung phone namin o pag nabuli ka, i-coconfiscate.*”

The situation only worsened as the players alleged that they

were reportedly “prevented from answering exams,” with one saying, “*bigla kami sinabihan na pwede niyo naman sagutan ‘yan nang ibang oras kasi binigay ‘yan the whole day.*”

Addressing these allegations, Dela Cruz stated that these instances only occurred “*kung hindi ko alam, kasi kabigat walang exam ginagawa nalang nilang excuses.*” Finally, urging the athletes “*basta pakita sa akin yung proof na may exam ka.*”

Ultimately, the treatment faced by the athletes would culminate into abrupt dismemberment of their benefits.

“*Matutulog ako sa dorm, nagpeperform ako sa training, pupunta ako nang tamang oras.*” However, when the coach learned that the player was sleeping outside of the dormitory, it resulted in the latter being kicked out of the dorm. “*Isang linggo yun. Wala akong meal. Parang homeless ako nang isang linggo. Nakikitira lang ako kung kani-kanino,*” he narrated.

The issue then quickly escalated to players having their scholarships threatened, with Coach Dela Cruz asserting, “*Kung ayaw sumunod, ayaw mag-training, tatanggalan ng scholarship.*” The Head **P8**

CAS celebrates a year of SBU as a Laudato Si’ institution

▼ Mika Isidro and Jennifer Gwyneth Fabros

SUSTAINING THE MISSION of Pope Francis to “advance environmental protection and justice,” the College of Arts and Sciences (CAS) held a series of festivities last October 4 to celebrate San Beda University’s (SBU) first anniversary of becoming a Laudato Si’ University, with the theme “To Hope and Act with Creation in the Journey Towards the Jubilee Year.”



The Bedan community gathering at the streets of Mendiola to celebrate SBU’s anniversary of being a Laudato Si’ University.

Photo by Nathaniel Soriano

The University Rector-President, Rev. Fr. Aloysius Ma A. Maranan, OSB, highlighted the steadfast commitment of the institution in advocating for actions to

protect the planet, through projects and activities such as lectures, art exhibits, and provided access to environmental learning resources that “ratified **P6**

SC addresses lack of canteen ventilation, facilities after “Usap Tayo” discourse

▼ Veronica A. Balbin

TAKING INTO ACCOUNT the concerns forwarded after the Usap Tayo: The Year Level Representative Talakayan last November 3, the College of Arts and Sciences (CAS) Student Council (SC) launched a “Hygiene Corner” and a rent-a-locker system last November 13 and 16, respectively.

Beige Benedict Campbell, the SC Second-Year Representative, spearheaded the “Usap Tayo: The Year Level Representative Talakayan” discourse with the aim of “lobbying” the educational challenges “that hinder the growth of each student present in San Beda University (SBU).”

While representatives forwarded a number of concerns through Privilege Speeches, the “lack of ventilation in the Snack Bar, weak internet connection in certain campus areas, lack of facilities, and the locker system were the ones highlighted. This then prompted the SC to post a Quick Response (QR) code on their Facebook page calling for students’ “thoughts and insights” on the San Beda Canteen and Snack Bar.

Campbell addressed after the forum, “*Sa canteen natin na sobrang usok na hindi ka na makakakin dahil nga it has risks din sa health mo lalo na kung may hika ka sa*

sobrang usok dahil wala nga tayong proper ventilation.”

Moreover, he also spoke on the lack of sanitation stations, saying “*Hindi present sa ating mga CR na wala tayong mga napkin. Oo may napkin tayo pero sa bookstore pa, bibili ka pa doon, bababa ka pa. Eh, paano naman yung mga female students natin na hindi alam, or bigla nalang nagkaroon. So, hindi sila ready.*”

Hence, such became the reason why the SC introduced the “Hygiene Corner” stationed at the SC Office last November 13. The Corner provides all-year provisions of free essential products such as sanitary pads, hand sanitizers, tissue, and dental floss for CAS students.

In addition, previously in the “Usap Tayo” forum, Political Science representatives requested the use of lockers due to their congested schedules. At that time, Campbell told *The Bedan* that **P3**

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“Sincerely believe in your own narrative,” says Hon. Carpio in WPS forum

▼ Manssel Jianne M. Latonero



Justice Carpio speaking at TR's WPS Forum at the Jonathan Sy Auditorium.

Photo by Nathaniel Soriano

“THIS IS A MATTER of formulating and imbibing our common narrative—communicating this to the rest of the world,” said former Supreme Court (SC) Associate Justice Antonio Carpio during The Republic's (TR) “Navigating Tensions: A Round Table Discussion on the West Philippine Sea,” held last November 15 at the Jonathan Sy Auditorium.

This discussion stems from the collective drive of the students to equip themselves with the necessary knowledge and information regarding the sovereign rights that Filipinos

possess over the territories that foreign powers have claimed for a very long time, enabling them to “learn how to fight for and assert these rights through the proper avenues,” as promoted by TR

through their Facebook page.

In consonance with the ambition of the students, Justice Carpio's discourse was thus centered on the national need for maritime

rights recognition to be peacefully enforced across the world—showing how the Philippine narrative is grounded in factual rights, both historically and legally.

Justice Carpio, together with Commodore Jay Tristan Tarriela, the Philippine Coast Guard (PCG) Spokesperson on West Philippine Sea (WPS), discussed the expansion of China and their fabricated historical revisionism, all anchored in their intention to “seize territories that are both historically and legally beyond their right and capacity.”

In addition to the discussion, Justice Carpio asserted that, both legally and historically, the disputed territories “belong to the Philippines, and Filipinos should stand up for their rights,” while further reiterating that the Filipino people must be made aware of the rights they possess as this is the only way to empower their rightful claims and combat the “massive misinformation and propaganda spread by China.”

“We must understand the issues, have a common narrative, and communicate this to the rest of the world,” he emphasized.

After the talk, Mr. Leonardo Cuaresma, Chairperson of the Federated Association of Fisherfolk in Masinloc, resonated with the sentiment, disclosing that “*maraming kabataan natin ang walang kaalaman sa kasaysayan ng ating karagatan.*” As such, Mr. Cuaresma thus emphasized the power and significance of the common narrative founded upon the knowledge possessed by every citizen, specifically the Filipino youth.

In addition, both Mr. Cuaresma and Justice Carpio also underlined the roles of educational institutions in utilizing the academic landscape as “avenues for information dissemination,” which will then foster a “deeper understanding of what maritime rights are.”

“They should formulate this common narrative and make it part of the curriculum because we have to start from grade school to college so that it becomes part of our DNA,” Justice Carpio stressed.

On the legislative angle, Justice Carpio expressed his view on the recently signed maritime laws defining and solidifying the Philippine maritime zones in accordance with the United Nations Convention on the Law of the Sea (UNCLOS), stressing these laws “cement the arbitral award and binding it within Philippine law for ages to come.”

He further asserted that through the inclusion of these maritime rights in our laws, the sovereign rights of our country will not be abandoned or ridiculed by any entity as they are now engraved in our laws.

“No president can later on say the arbitral award is just a piece of paper,” Justice Carpio noted as a remark on the minimization of the landmark arbitral award to a “piece of paper that can easily be thrown in a wastebasket.”

Besides that, Justice Carpio and Mr. Cuaresma also laid down the important role of youth in the national conversation on maritime rights, encouraging them to play their part through educating themselves and promoting the Philippine narrative that is well-aligned with the legal and historical aspects.

“Start familiarizing yourself with the issues and know our rights in the West Philippine Sea,” Justice Carpio advised.

Finally, Mr. Cuaresma added that the ongoing dispute is now more than just a political and economic concern, as it is now also a “matter of national pride and identity as Filipino people.” “*Kung nakikita nila na ang sambayanang Pilipino ay naninindigan... malaki ang laban natin.*”

(with Samantha Calderon)

SC spearheads business center-inspired COR Week

▼ Mika Isidro

WITH THE THEME “Bedan Global City: Building the Future Towards SOCcess,” the College of Arts and Sciences (CAS) Student Council (SC) spearheaded the annual College Organization Recruitment (COR) week last October 17 to October 19 at the Lydia Tan Sy grounds.

This year's COR Week, an annual event for students interested in joining non-professional organizations, centered on a “business hub” model, with the organizations rebranding themselves according to their chosen businesses in their respective booths.

Amir Hussin, the SC's Vice President for Internal Affairs (IVP) and Activity Chairperson, explained that to surpass the COR week theme last year, he “conceptualized the event thoroughly, bringing into service his course in Human Resources (HR), which is a program from the business department.” Furthermore, by choosing this theme, non-professional organizations could rebrand themselves and use their creativity in-line with the theme.

To incorporate the event with Laudato Si', the SC “encouraged the non-professional organizations to at least have a booth that is at least made out of sustainable materials,” Hussin explained. But amid this, Hussin reiterated how the use of plastics was “inevitable” as some organizations continued to utilize said materials and tarpaulins for their designs.

Ultimately, in following the SC's guidelines for the overall best booth, the San Beda Electoral Board (ELBO), under the brand “ELBC,” emerged victorious with their use of recycled cardboard banners, reusable curtains, and even used books.

On the other hand, the Bedan Musicians' Guild (BMG), named “Sheesh 107.5,” won as the most engaging booth, while the Social Sciences and Humanities Association (SSHA), or “Mang

InaSSHA,” won as the wittiest booth.

In terms of the adjustments with the schedule, Hussin disclosed how winners were announced the week after the event “to give way sa postings for the Bedan Welfare Check,” a result of typhoon Kristine that suspended classes last October 23.

In addition to that, the IVP also revealed how COR week extended until Saturday “kasi nagkaroon ng rescheduling in terms of usage of Lydia Tan Sy because the admins asked me to give way para doon sa anniversary ng priest,” he said.

But Even with the event's

“adjustments,” Hussin, nevertheless, called the affair a “success.”

“But of course, we could've done better. *Nagawa ko na 'to before eh, so ang expectation ko to myself were too high, but of course, 'di ko naman ni-limit 'yung sarili ko na, 'ay ito lang ang kinaya ko for this year. Alam ko na may maibubuga pa ako.* Overall, I know naman na I did well, and my team did well as well. So, all throughout the planning, *alam ko na* all our efforts *ay nagbunga talaga,*” he added.

(with Myrna Ydwina Xialea Pelayo)



The CAS SOC gathering at the Lydia Tan Sy grounds for the opening of COR Week

Photo by Rizian Balleto

SBES drives anti-smoking campaign in SBU forward, signs pledge with SOC

▼ Jake Ellis Evangelista

SPEARHEADING A BOLD STEP towards a healthier Bedan community, the Student Organization Circle (SOC) of the College of Arts and Sciences (CAS) signed a pledge against smoking and tobacco as part of the San Beda Economics Society's (SBES) Anti-Smoking and Tobacco Campaign titled, "No Ifs, Ands, or Butts," held last November 7 at the Collaboration Room of the College of Arts and Sciences (CAS) Library.

In partnership with the 14 professional organizations of the CAS and global advocates like the Global Youth Voices (GYV) and the Global Center for Good Governance in Tobacco Control (GGTC), the event sought to "combat smoking and tobacco use while raising awareness of their adverse effects."

Prior to the pledge signing itself, the initiative kicked off with a webinar last November 6, titled "Addressing Tobacco's Economic Influence: Policies, SDGs, and Industry Accountability."

Esteemed speakers, including David Delos Santos of Global Youth Voices, Atty. Benedict Nisperos of Health Justice Philippines, and Atty. Deborah Sy of the GGTC, presented comprehensive insights on the economic and societal impacts of tobacco.

Moreover, the session also provided a global perspective on how tobacco policies intersect with the Sustainable Development Goals (SDGs), emphasizing the need for "stricter accountability in the industry."

Ultimately, participants "gained a deeper understanding of the pervasive influence of smoking and the tobacco industry on public health and governance," according to SBES' Vice President for External Affairs (EVA) and Activity Chairperson, Isaiah Luiz Funes.

Finally, day two of the campaign featured the signing of a pledge of commitment by officers from various CAS organizations. Speaking to *The Bedan*, Funes emphasized on the importance of the campaign, deeming it as a



Student-leaders from professional organizations of the CAS signing a pledge against smoking and tobacco. Photo by Dianne Francisco

"catalyst for long-term initiatives."

Moreover, the activity chairperson also highlighted the importance of "spreading awareness" in an effort to tackle the negative effects of smoking and the tobacco industry's influence. With this, he declared that "It always starts with small steps."

Ultimately, the Pledge of Commitment marked a collective acknowledgment of the problem, setting the foundation for broader initiatives such as policy formulation, community support, and expanded partnerships.

Funes further noted that the campaign is designed to be sustainable, envisioning further efforts to engage other Bedan campuses and the wider community.

"Projects need to be sustainable," he remarked. "This is just the start. We aim to strengthen this advocacy within

San Beda and eventually spread it to a national level."

Funes then concluded with a message to smokers and supporters, quoting a former president: "Wag mong subukan, masisira ang buhay mo." Through this, he encouraged individuals to "seek community support to quit smoking" and urged the Bedan community to "stand united in creating a tobacco-free environment."

With the Anti-Smoking Campaign serving as a foundation, SBES hoped to see Bedans taking the lead in the fight against smoking, proving that "even the smallest steps can spark meaningful change."

Following this, the Student Organization Circle (SOC) displayed their own support for the campaign on their official Facebook pages through publicity materials on the dangers of smoking and tobacco.

»» SC addresses...

from P1



Photo courtesy of the CAS San Beda Student Council (SC)

"[SC] President Mari Okol [was] working hand in hand with IVP [Amir Hussin] and the administrations na mas gumana na and magamit na ng students ang locker system."

As such, taking the initiative into fruition, the SC finally implemented a Locker Rental system last November 16 where

CAS Students, before anything else, would have to scan the QR code or click the link posted on their Facebook page to reserve a slot to a personal locker with a fee of Php250 per semester.

Other concerns addressed at the Council Meeting were more batch and organizational events, campus guards'

implementations on improper dress codes, mental health issues because of academic loads, gaps between students and administrators, overlapping non-academic events with academics, and early closing of the CAS Library.

(with reports from Myrna Ydwina Xialea A. Pelayo)

KASB promotes healthy habits with inaugural Kalusugan caravan

▼ Paolo Vital



KASB President, Alvin Mangaliag, speaking during the inaugural Kalusugan caravan

Photo by Diane Francisco

ADVOCATING "HEALTHFUL LIVING," the Kapisanang Agham ng San Beda (KASB), alongside the 'Boses ng Kabataan' Youth Organization, initiated their "Healthy Havits: Kalusugan Caravan," event series at the City of Mandaluyong Science High School (CMSHS) last November 20.

The organization distributed 200 packs of Ascorbic Acid to 200 grade seven students who participated in the activity that was headed by the organization's President, Alvin

Sebastian "Basti" Mangaliag. This activity will serve as the official commencement of the Caravan's other initiatives for this Academic Year (A.Y.) 2024-2025.

According to him, the event was originally born from one of the recommendations given to KASB during the Organization Selection Evaluation (OSE) last Academic Year (AY); motioning

the organization to spearhead an event that would "incorporate teaching a healthy lifestyle."

The City of Mandaluyong Science High School became the event's first location because the school, give its nature, was "more likely inclined *talaga sila sa science*." Moreover, he also mentioned his background as an alumnus of the institution, emphasizing that CMSHS "is very close to my heart to share my knowledge with my fellow batmans or *batang ManSci*."

In addition, behind-the-scenes, the activity was initially planned to target the entire high school. However, "because of time constraints and the compact space of the venue," the organization thus settled on the grade seven students to ensure that "all sections of said year level will participate smoothly."

Into the event proper, Mangaliag's talk, titled "From A to Zinc," discussed the importance of vitamins where he stressed that "vitamins cannot be manufactured by the human body." Because of this, the KASB president disclosed that "we actually get vitamins from our diet."

Additionally, Mangaliag also highlighted the critical role of Vitamin C, or ascorbic acid, in boosting immunity and overall health, and warned of the adverse effects of vitamin deficiency such as bleeding gums, breaking of blood vessels and the skin becoming itchy and scaly. Hence, this prompted KASB to distribute 200 packs of ascorbic acid, each containing 40 Vitamin C tablets, to 200 grade seven students.

Mangaliag further explained that "ascorbic acid is one of our main aids *para sa* immune system," noting that it is an essential component in teaching the youth to incorporate it into their diets.

Overall, the KASB president considered the event as a "success" but also assessed important points of improvement, stating "we will assess how to deliver our information in a way *na maaintindiban talaga siya ng person na di inclined sa science*."

Setting his sights forwards, Mangaliag hopes for the caravan's continuation after the University's activity ban. "Hopefully *matuloy namin siya* after *ng* activity ban *ng* school so we have venues *na kung saan namin itutuloy 'yung caravan* starting *sa* January."

JBLC marks second year of PIL Week; endures multiple typhoon delays

▼ Nathaniel Soriano



LM students gathering at the Lydia Tan Sy Grounds for the second PIL week.

Photo by Rizian Ballesta

AFFIRMING THE PHILIPPINES' sovereign right to "uphold national security and promoting awareness of its role in global affairs," the Junior Bedan Law Circle (JBLC) inaugurated its second Public International Law (PIL) Week that began on October 21 and concluded on November 21 at the Lydia Tan Sy Grounds.

On the opening day, students from the Department of Legal Management gathered at the Lydia Tan-Sy Grounds to officially launch the celebration, featuring a keynote address by Marc Byran Montero, Director General of the San Beda International Law Society (ILS) and a current third-year student from the San Beda University College of Law (SBU-COL).

Montero delivered a discourse on navigating global laws and their local impact, highlighting the "intricate relationship between international legal frameworks and their effect on domestic governance."

Following this, Ramon Gabriel Ledesma, JBLC Treasurer, announced the official launch of the organization's TikTok account, an initiative he described as "a way to engage more with the Bedan community."

Furthermore, the first day of the event culminated in a ribbon-cutting ceremony led by the JBLC Executive Board, officially opening the booths showcasing critical themes in contemporary international law prepared by junior Legal Management students taking the PIL course.

Group 1 of 3ALM presented "The Challenges of Defining National Territory under Existing Jurisprudence and the Constitution," offering critical insights into legal ambiguities surrounding territorial claims. Group 2 of 3ALM, on the other hand, explored "Implications of the United Nations Convention on the Law of the Sea (UNCLOS) to Laudato Si," examining the intersection of international maritime law and environmental stewardship.

Meanwhile, Group 1 of 3BLM focused on "The Concretization of United Nations Convention on

the Law of the Sea (UNCLOS) Enforcement Mechanisms in the Philippines," analyzing the practical application of UNCLOS in domestic settings. Group 2 of 3BLM delved into "Exploring the International Tribunal for the Law of the Sea (ITLOS)," shedding light on the tribunal's role of resolving international maritime disputes.

The panel of judges for the competition included esteemed figures from the College of Arts and Sciences (CAS). Among them was the Assistant Prefect of Student Activities, Asst. Prof. Sybil L. Agreda, M.Ed., along with notable CAS faculty members in the likes of Asst. Prof. Gerard Mark Santos and Prof. James Loreto C. Piscos, PhD. They were also joined by distinguished members of the San Beda International Law Society (ILS).

The booths, intended to remain

open throughout the week as part of the Best Booth competition, also required the participating groups to create TikTok videos for JBLC's official account. The video with the highest engagement would secure the People's Choice Award.

Unfortunately, the event faced significant delays due to consecutive suspensions caused by inclement weather and the landfalls of several tropical cyclones. These included Tropical Storm Trami (Kristine), Typhoon Kong-rey (Leon), Typhoon Yinxing (Marce), and Super Typhoon Man-Yi (Pepito), which occurred between late October and early November, disrupting the planned schedule of activities.

JBLC Secretary-General and Activity Chairperson Denise Diaz emphasized their commitment to proceeding with the event despite multiple suspensions, highlighting the enthusiasm of the third-year Legal Management students.

"We really wanted to push through with this event because we believe that the third-year Legal Management students have the desire to share what they have learned," Diaz stated, while also recognizing the collaborative efforts of her co-activity chairpersons, Ledesma and Third-Year Level Representative Nico Delfin, in ensuring the event's success.

Consequently, despite the challenges, JBLC wrapped up the celebration with a symposium entitled "Sovereign Seas: National Security and Enforcement Mechanisms of Public International Law on the West Philippine Sea," held at the Jonathan Sy Auditorium on November 21.

The event featured notable Bedan alum Atty. Jeremy "Jemy" B. Gatdula, Vice Chairman and Dean of the Institute of Law at the University of Asia and the

Pacific (UA&P), as the resource speaker.

"Our country has a strategic role in global geopolitics," shared Atty. Gatdula in discussing the importance of current diplomatic alliances in territorial disputes and outlining the legal remedies available to the Philippines to strengthen its territorial claims in the West Philippine Sea.

An open forum followed, where students engaged with the speaker on foreign policy and international relations, specifically how the Philippines could balance its alliances with the United States and China amid rising geopolitical tensions. Atty. Gatdula emphasized the importance of "prioritizing the country's interests" in navigating these challenges.

Thereafter, a spirited game of Family Feud was held among the Legal Management students, with the team composed of seniors Rutanya Bonayon and Marco Perez, junior Frank Anthony Magdame, and sophomore Maxinne Marie Lampa emerging as the winners.

The awarding ceremony then followed to recognize the outstanding participants from the booth exhibit. The People's Choice Award was conferred to Group 2 of 3ALM while the Best Booth Award was presented to Group 2 of 3BLM.

In her closing remarks, Diaz expressed her "heartfelt appreciation and commendation" to all who persevered in making the event a success despite unforeseen challenges. She urged the Bedan community, particularly her fellow Legal Management students, to "remain steadfast" in their commitment to invoking the rule of law, stating, "I hope that we hold in our minds and our hearts the duty to be informed and to protect what is ours."

(with Paris Isaac E. Falcone)

CAS celebrates faculty members for World Teachers' Day 2024

▼ Jake Ellis Evangelista

SALUTING THE TIRELESS heroes behind students' success, the College of Arts and Sciences (CAS) honored its faculty members for World Teachers' Day 2024 with games, performances and heartfelt tributes last October 3 at the Jonathan Sy auditorium.

Before the program officially began, students and faculty from the CAS gathered for a Eucharistic Celebration presided over by Rev. Fr. Placido Ma. B. Acta, OSB.

The event kicked off with an ice-breaker activity where professors were asked about their favorite student blocks to set a lighthearted tone. The celebration continued with an energetic intermission of P-pop Girl Group BINI's "Karera" performed by the Bedan Dance Theater (BDT). A lively game of "Pinoy Henyo" followed where CAS Faculty members engaged in a spirited battle of wits.

Among the event's highlights was the distribution of raffle prizes, which included a voucher for Vikings worth Php2,600, a Spa Wellness Treatment worth Php3,000, and an Air Fryer.

Afterwards, the Bedan Musicians' Guild (BMG) performed

Eraserheads' "With a Smile," chosen to express "comforting words for teachers' hard work," touching many students' hearts.

On behalf of the students, the Student Council (SC) President Mari Okol expressed her "deep gratitude" to the faculty for their "tireless dedication and positive impact" on students' lives.

In her speech, she acknowledged teachers as "heroes without capes" who often work behind the scenes without seeking recognition. She then introduced a video presentation highlighting the faculty's hard work, guidance, and mentorship, as well as messages from the student body.

College of Arts and Sciences Faculty Association (CASFA) President Asst. Prof. Gerard Mark Santos shared the occasion's significance from a teacher's perspective, stating "As faculty members, we are extremely

happy that San Beda continues to celebrate World Teachers' Day. It's been a tradition for many years, and we really appreciate the efforts of the Student Council

and students for organizing this event."

On the other hand, Prof. Moses Aaron T. Angeles, PhD, in his closing remarks, reinforced the importance of the teaching profession, likening teachers to "Christ, who was also called a

rabbi." He then left his fellow educators with an inspiring message that "if you want to build a tower so high that it could touch the skies, the first thing you need to do is descend and build a foundation."

(with Maegan Belicena)



The College of Arts (CAS) students and faculty members gather for a photo opportunity at the Jonathan Sy Auditorium.

Photo by Aquila Anastacio

SBELS Celebrate Eng-Lit Month with ENG-LIT Week 2024

▼ Rcee U. Tenefrancia

THE DEPARTMENT OF Languages and Literature (DLL), together with the San Beda English and Literature Society (SBELS) and Milflores Publishing, celebrated the English-Literature (ENG-LIT) Week 2024 under the theme, "Empowering Bedan Stories" with various activities and competitions last November 7-8 and 13-20 in San Beda University (SBU).



Students from DLL with Dr. Wilfredo Liangco posing for a photo opportunity at the Collaboration Room of the CAS library.

Photo by Veronica Balbin

Among the activities were the Stylistics Seminar, Literary Characters Parade, creative writing and theatre workshops, and guest authors book talks. The contests, on the other hand, consisted of three literature encounters, "The Challenge of the Poet Laureate" a spoken poetry bout, "Quest for the Orator" oratorical speech match, and an essay writing competition.

MASS AND THE STYLISTIC TALK

After a Eucharistic Celebration last November 7 at the Abbey

of our Lady of Montserrat as the event's overall initiation, the English week began the next day with a seminar entitled, "English Week: Brandish the Language, Revitalize the mind." The discussion was led by Dr. Hjalmar P. Hernandez, PhD, MA, LPT, a faculty of the University of the Philippines Los Baños (UPLB) who discussed "Digital Stylistics."

Jan Gilan Canzana, President of SBELS and Activity Chairperson of English Week, explained that two speakers were

meant to make an appearance in the activity. However, due to "unforeseen circumstances," the other speaker cancelled at the last minute.

PARADA DE LITERATURA

Kicking off the first day of Literature week, SBELS initiated the "Parada de Literatura," a parade featuring characters from a literary work with a rehash from their 2017 theme, "Flaring up the World with English and Literature" last November 13 at the University Plaza.

The Parada is an annual event every English and Literature Month by the DLL. According to Assoc. Prof. Rowena J. Rivero, PhD., the event was a "brainchild of [Prof. Larry J. Ambion] and Asst. Prof. Sybil L. Agreda, M.Ed. in 2016."

"We thought of reviving this activity to invoke interests on these pages of Great Books by allowing those who will witness the Parade an experience of the literary masterpieces," Assoc. Prof. Rivero shared.

She added that the parade is meant for the students to be able to "visualize" the characters who inspired and empowered the readers, and for them to be "immersed with the characters who 'literally' stepped out of the book."

The Parade came with recognition through the awarding of the Best Dressed and the Literary Character of the Year.

The Best in Costume awardees are as follows: Kate Manahan from 3APS who got first place with an Athena costume; Asbi Edding from 1BPL who placed second as Prince Caspian; and Daphnie Cenidoza from APS3, dressed as the Greek Goddess Persephone.

The Literary Characters of the Year on the other were Daphne Cenidoza who got the highest rank, followed by Manahan, and Carl Arago from 2AHB who came as Dr. Victor Frankenstein.

In addition to that, on the same day, Dr. Rivero launched her anthology entitled, "Waiting for the Rain to Stop," a collection of short poems published last September

CREATIVE WORKSHOPS

The SBELS commenced day two of its Literature Week 2024 consisting of a creative writing workshop at the Multimedia Room of St. Bede's Hall, and a theater acting workshop at the Collaboration Room of the College of Arts and Sciences (CAS) Library last November 14.

The event was pioneered by two guest speakers taking in the esteemed likes of Dr. Ernesto Carandang, a full-time professor at De La Salle University (DLSU), who gave a lecture about creative writing. Meanwhile, Dr. Jeremy Respeto, an Associate Professor at Ateneo de Manila University (ADMU), introduced the Eng-Lit students into the world of theater acting.

Canzana disclosed how there were certain stereotypes suggesting that Eng-Lit students were "always buried in their reading materials." As such, said activities were anchored at "getting SBELS' students out of the book," in hopes that they can "enact" what is written inside the book and "go out of the written side of things."

Moreover, he extended his "gratitude" to the SBELS members as the event has presumably been "more eminent" than their previous events in Eng-Lit week due to the participation of more members from the department.

"Gathering the members of SBELS has been very hard for us," said Canzana as he reflected on how the process for participation has become "transactional" through giving out academic incentives for the students to join. "But at least *kabit gano'n 'yung* mentality, they can take home something that can be useful for the future," he added.

FINALE

To wrap up the event, the SBELS celebrated their last day of ENG-LIT Week 2024 with three competitions simultaneously and ended with two authors' "Book Talk" last November 15.

The three contests consisted of "The Challenge of the Poet Laureate" at the Collaboration room, "Quest for the Orator" at the Fidel V. Ramos (FVR) room, and "The Essay" at the Focus rooms of the Senior High School (SHS) library.

Winners of the poetry and oratorical speech were already announced right after the panel judgment. However, the victors of the essay writing competition were announced a week after.

Jian Alexis Ariola from 1BLM, took the grand prize. Meanwhile, Veam Razaleigh from 1ALT finished second, and Veronica Balbin, 4ALT, settled for third.

For the Oratorical competition, Ari Sophia Bautista, from 2AEN, clinched first place; Ace Guanzon, 2BMC, ranked second, and Jeremy Lanze Tomas from 1AAC placed third.

For the essay writing, Catherine Bismonte from 1ALT aimed for the golden spot, Sky Famoso, 1ALT, as the second runner up, and Nathaniel Soriano from 4ALT notched a bronze finish.

In addition to the competition, SBELS also invited the two authors from Milflores Publishing to give an informative discourse to the English-Literature students. Dr. Wilfredo Liangco, who introduced his book "Even Ducks Get Liver Cancer," and Ms. Kannika Claudine D. Peña, who gave a background on her novel, "All The Lonely People" at the CAS Library's Collaboration room.

Canzana shared with *The Bedan* how "grateful" they are for the esteemed guest speakers, saying "Even though published authors *sila*, they still make time for us... to be with us. I think that's a big thing," stressing the authors as of "high caliber status."

Furthermore, he also shared how SBELS overcame such minor setbacks in their first-ever major event in the DLL, emphasizing the event had become "smooth" despite having "minor inconveniences" that turned out beneficial for the final day activities.

"Of course, there will be many hurdles for us to jump on and I'm very happy of course that despite these small hurdles we are able to come out victorious," he added.

CEC mobilizes relief operation for Typhoon Kristine-hit provinces

▼ Paolo Vital

WITH DONATIONS AND resources gathered from the Bedan community, the Community Engagement Center (CEC), along with key organization partners, spearheaded a relief operation in Barangay Tubigan, Batangas and other severely affected areas amid fallout brought by Typhoon Kristine on October 30.

The CEC spearheaded a donation drive ahead of the relief operation alongside The Republic (TR), Bedan Volunteers (BV), and Student Council (SC), who supplied manpower and oversaw the distribution and transportation of relief goods.

To maximize the reach of their effort, the CEC coordinated with external organizations such as Angat Buhay, ensuring that necessities were distributed effectively to communities in dire need.

The relief operation also extended to provinces including Oas in Albay and Tuguegarao, Cagayan, where the severity of the catastrophe left families struggling to recover.

Essential supplies that included water, food, clothes, and rice sacks were distributed to the Barangay, sourced largely from donations contributed by first-year National Service Training Program (NSTP) students and the College of Law (COL) student government. Notably, the COL student government contributed more than Php13,000 which was used to procure the prompt need of water and rice supply.

According to Mrs. Norielyn C. Tabag, RSW, Director of CEC, the CEC's initial research and reports identified Bicol as "one of the most affected regions of the

typhoon." However, they focused on other vulnerable communities that received "scarce and limited assistance."

"Eh, *gusto naman natin na 'yung mga hindi narreach na affected areas, 'yun naman ang ating tutulongan kasi diba para kabit papaano, mayroong tutulong sa kanila kung hindi nga sila napprioritize. That is why napunta tayo ng Barangay Tubigan," she explained.*

The CEC Director also emphasized the extent of the damage brought by the impact of Typhoon Kristine as much of the area was covered in debris.

Noting the height of the flood experienced by Barangay Tubigan, "ang mud flow, size ng isang tao kasi 'yung basketball ring na supposedly 10-12 feet, nasa five to six feet ang tangkad," further adding, "yung mga bahay hindi mo na halos makita at the same time 'yung mga bubong makikita mo kalabati tapos makikita mo lang mga basura."

In carrying out the relief operation, volunteers also faced difficult area conditions such as walking nearly two kilometers over flood water and encountering distressing scenes, all of which "did not deter their goal of extending help to the community."

Despite significant hindrances

like road closures, navigating flood-affected terrains, and transportation issues, Mrs. Tabag "praised the whole team" for their persistence in delivering what they had received, even with "low donation turnout and tight preparation notices."

Moving forward, Mrs. Tabag shed light on the spirit of "Bedaniban," symbolizing collective effort and solidarity of the Bedan community. She emphasized how the relief effort was "well-represented" with the active participation of different members of the community—students, administrators, staff, faculty, and even the Rector President, Rev. Fr. Aloysius Ma. Maranan, OSB.

"Meron tayong monk, may Fr. Aloy, may faculty, admin, students, of course, 'yung mga driver tumulong din sa atin, may mga janitor, so nakakatuwa kasi na-represent ang buong community," Mrs. Tabag expressed.

The success of the relief operation was also a clear reflection of the Benedictine education, primarily its emphasis on community as one of its hallmarks. "Although innate in us, I think in every individual naman to help, but yung strength natin, dahil nga yung formation natin dito to serve the common good," Mrs. Tabag remarked.

(with Cass Manao)

SBCAF champions native trees in seminar, reinforces Laudato Si' mission

▼ **Thirty Pabilico**



The Bedan community gathering at the Pamanang Bedista for a seminar titled, "The Role of Native Trees in Building a Laudato Si' Community".

Photo by Carl Casilag

MAINTAINING THE COMMITMENT towards a "greener future," the San Beda College Alumni Foundation (SBCAF), together with the College of Arts and Sciences' (CAS) Student Council (SC), San Beda Junior Marketing Association (SBJMA), and Kapisanang Agham ng San Beda (KASB), held a seminar titled, "The Role of Native Trees in Building a Laudato Si' Community" last October 22 at the Pamanang Bedista.

The discussion took place in line with the celebration of the first anniversary since San Beda University (SBU) became

a Laudato Si' University last October 4.

To kickstart the seminar, Mr. Jershon Verejano Pagilagan,

founder of *Luntiang Pamana* and *Elatostema* Philippines, led a discussion on "The Social Consciousness of Planting Native Trees," where he outlined the

"importance of native trees, their current conditions, and ways we can take action to preserve and promote the practice."

Afterwards, Prof. Axel Arriola, Ph.D, Chairperson of the University of the East (UE) Natural Sciences Department, tackled the "role of these native plants in environmental sustainability," including the research aspect, varieties, and revisions of ecological studies.

For the final speaker, Mr. Adrian Romero, Course Facilitator of the University of Santo Tomas' (UST) National Service Training Program (NSTP), delved into the "best practices and projects" in line with the Laudato Si' mandate.

"I think San Beda University can contribute to the preservation of *Katutubong Puno* by actively participating in environmental activities such as tree planting," Mr. Pagilagan shared in an interview with *The Bedan*.

He also acknowledged the "increasing environmental awareness" among Bedan students, noting that events like these serve as an "eye-opening activity" that inspires individuals to engage with environmental issues. Regardless, he encouraged the Bedan community to go beyond the initial steps for greater

environmental conservation, saying "It's a good start, but you can do more."

Amir Hussin, SC Vice President for Internal Affairs and SBCAF scholar, shared similar sentiments, praising the Bedan community's involvement, particularly through initiatives like the *Katutubong Puno* Program, which he described as a "crucial step forward."

Moreover, he evaluated the event as a "success," emphasizing its alignment with SBU's commitment to the Benedictine hallmarks and the global call for ecological reforestation under the Laudato Si' encyclical. As such, he envisions this project as a "strong reaffirmation" of the Institution's role in environmental advocacy, with the potential for long-term impact.

As a final word, Hussin called on the Bedan community to "take pride in planting trees native to the Philippines," reinforcing the idea that "preservation must start from one's roots."

"Let's own this, because these trees are part of our heritage. Let's start from where we come from," he highlighted.

(with Samantha Calderon and Prince Piolo Tagarino and reports from Carl Angelo Casilag)

BDT reigns supreme as champions in WSB 2024

▼ **Jennifer Gwyneth Fabros**

AFTER A LONG hiatus, the Bedan Dance Theatre (BDT) made a triumphant return by clinching their first ever championship out of seven competitors during the Manila Quali-Schools Division of the World Supremacy Battlegrounds (WSB) 2024 last November 23 held at Tanghalang Pasigueño, Pasig City.

WSB is an international street dance competition that began in Melbourne, Australia last 2004 that later expanded globally and influenced the Philippine dance community. It had since been a platform for Filipino dancers to showcase their own talents on the international stage.

By winning the WSB School Varsity Championship as Manila qualifiers, BDT has secured the

opportunity to advance to the Nationals Division, where they will compete against teams from Luzon, Visayas, and Mindanao. Furthermore, a victory at the nationals will earn them the honor of representing the Philippines in Dubai this coming year.

For BDT, this victory is a "return to the competitive scene" after a long hiatus since the Pandemic. "Super *hindi namin ine-expect*

na mag-compete, let alone *na magkaroon ng determination para maituloy 'yung pagt-training and masungkit 'yung champion*," shared Kenzo Santos, BDT's Internal Vice-President and Team Captain, reflecting on the challenges they overcame to achieve this milestone.

Prior to this achievement, Andrei Bautista, a Senior Member of BDT, recalled that the team was only limited to performances and

"gigs" post-pandemic.

"*Kulang kami sa condition, walang manpower, kulang kulang sa members*," Bautista shared, further explaining how these factors kept them from competing.

However, under a new Head Coach, Martin Lester De Luna, "the stars aligned," adding that "*labat ng factors, nag-jive siya together [tapos] 'yun, nakuha namin 'yung [championship]*."

Leading to the WSB, the team initially joined the Harana Dance Competition, a small open dance competition, against what Santos described as the "best of the best sa Metro Manila."

It was to "test the waters," he explained, and after winning 6th place out of 30 competitors, "*naging fire namin and ginamit namin siya para sa WSB* and it turned out well *naman*."

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»» CAS celebrates...

its pledge to care for God's creation."

"*Parang kabapon lamang, tayo ay nagkasama upang simulan at itagyuod na tayo ay maging katulong, kaakbay, at kaunabay ni Papa Francis upang ating maipakita ang pagmamahal sa ating Inang Kalikasan, at tunay na hindi natin binigo ang ating mga pangako para sa kanya. Hindi lamang para sa kanya, ngunit ito'y pagtugon natin sa ating pagmamahal sa Diyos sa pamamagitan ng pagmamahal sa ating kalikasan*," Rev. Fr. Maranan expressed in his opening remarks.

LAKBAY PARA SA KALIKASAN

The institutional celebration kicked off with a Laudato Si' walk titled "Lakbay Para sa Kalikasan" along Mendiola Street. The walk spanned from Mendiola, Conception Aguila and Jose P. Laurel Street with a bike parade exhibited and led by the Bedan Bikers.

Students, administrators, and staff attended the walk while carrying banners and placards instilling messages to reaffirm the University's commitment to environmental stewardship. Contents of said placards included "Let us BEDA-One to make the change," "Once a Bedan, Always an Eco-Guardian," and "Hand in Hand for the Land," to name a few.

EUCHARISTIC CELEBRATION AND PROGRAM

Following the walk, a Eucharistic Mass was celebrated at the St. Placid's Sports

Center, presided over by Rev. Fr. Maranan, who emphasized that the inaugural year of the University as a Laudato Si' institution sought a "deeper spiritual call and practical care for God's creation."

"This is our institutional manifestation to the world that in our own little way, we are responding to the call of his holiness, Pope Francis, to really make our environment, our mother earth, a safe, happy, and healthy place to live for the coming generations," he added.

Following the Eucharistic celebration, Rev. Fr. Maranan expressed that "*Hindi natin binigo ang ating mga pangako*," extending his recognition to the dedication of the Bedan community in forwarding initiatives as a testament to their reverence to God and his creation.

Afterwards, two guest speakers offered their inspirational messages to the Bedan community. Ms. Elvira Yap Go, President of Anak TV Philippines and the Ambassador to the Vatican City Gravissimum Educationis Foundation and Global Compact Education, focused on describing the students as "the light" while carrying the challenges to "give hope and do action to inspire others."

Moreover, Ms. Go emphasized that "If you want to be the light, you have to know your mission," indicating the vital role of youth in pioneering and shaping responsible environmental construction.

Following Ms. Go's speech, Mr. Rodney

Galicha, Executive Director of the Living Laudato Si' Philippines, pointed out how "God loves us, and Christ saves us," explaining that the Holy Spirit has been rendered to us to be our guide in pursuit of the ecological reformation.

In an interview with *The Bedan*, Ms. Go explained that the students serve as "ambassadors of peace and hope" in the mission to transform society into a place inhabitable to future generations.

"Your role now is how to serve this next generation that will follow in your footsteps; be an example to your younger brother and sister—that will be your mission. You have to protect them. Give them the best environment when they grow up."

Later in the program, Dr. Divina M. Edralin, the Vice President for Academics, presented a Laudato Si' accomplishment report while simultaneously launching the manual action for the institution's response to Laudato Si'.

RECYCLING DRIVE AND WATER DISPENSER LAUNCH

Subsequently, the CAS Student Council (SC) spearheaded a recycling drive, titled Make it Green, at St. Maur's Hall in line with the celebration of the anniversary. The event launched a segregating waste bin together with water dispensers in a ribbon-cutting program.

While initially planned as a full-day

campus cleanup drive, the recycling drive was changed to half a day after face-to-face classes resumed in the afternoon. In addition, the rainy weather conditions played a role in the sudden shift of the SC's activity.

In an interview SC President Mari Okol emphasized that, despite the sudden shift of plans, the intention to uphold the concept of Laudato Si' "remain unchanged."

"The main intention behind this [event] was to provide students with an opportunity to participate through the concept of Laudato Si'. What does that mean? Caring for our campus, ensuring we have a clean environment, and contributing to our common home. Even though the execution shifted, the intention remained," she explained.

The items collected during the drive were sorted, and preparations were made to transform them into resources that would help the University and its students in connection with the Laudato Si' movement.

Nevertheless, the SC remains "hopeful" that the original cleanup drive would be rescheduled. Updates on the progress of the recycling drive and future events will be announced through the SC's official Facebook page.

(with Nityananda Dasi Santos and Cass Manao)

Bedan debaters display wits at NDC Hermosa 2024

▼ Paolo Vital

THE SAN BEDA Debate Society (SBDS) showcased their skills at the National Debate Championships (NDC) Hermosa hosted by the Western Mindanao State University League of Debaters held last November 12 to 17 in Zamboanga City, producing two teams who placed 23rd and 27th, respectively.

SBDS Team Captain and Prime Minister Alexandra Chloe Baylon recalled that the last time they participated in a face-to-face

national debate competition was in Cebu last 2019.

The SBDS organized two teams for the debate portion of

the NDC. Coincidentally, 60 teams participated from different institutions and universities. SBU A, composed of Baylon (IV - AB

Political Science) and Denver Provideo (IV - AB Literature), finished as the 27th ranked team nationally and advanced to the Open Octofinals.

SBU B, on the other hand, was represented by Maxinne Marie (II - BS Legal Management) who advanced as the 23rd ranked team in the Philippines and reached the Open Quarterfinals.

Meanwhile, Erin Denise Fajardo (IV - BS Human Biology) reached the National Quarterfinals as a breaking judge.

In an interview, Baylon shared that they "had to set up tryouts for NDC, primarily because NDC costs a lot of money." Debaters underwent five rounds of tryouts, including a judge test, to determine the team lineup and the level of subsidy they would receive.

Once the team was finalized, SBDS focused on training which

included "in-house sparring sessions, participation in online tournaments, and cross-training with other debate teams." Alumni of the Society also actively supported the team by "providing feedback and judging sparring matches."

Into the match, Baylon expressed how the challenges of the competition "would be waking up early. In online debate tournaments, sometimes we just wake up 30 minutes before the first round," further expressing the greater physical effort in a face-to-face setting, attesting to having to move from different locations constantly.

In addition to that, Asst. Prof. Gerard Santos, the moderator of SBDS, also disclosed the ordeal of having to face delegates who were "seasoned debaters with a number of experiences in said competitions." Even after the match, the team's journey back home was "delayed due to the typhoon, prompting them to stay another day."

Despite these challenges, Asst. Prof. Santos, highlighted that the participants made the most of their experience as they were able to garner the achievement of "reaching to the quarterfinals." Moreover, in a way, the SBDS moderator also shared that the delay back home "gave us an opportunity *ng ilang oras lang paikot-ikot* [around Cebu]. So *'yun, magandang bonding time din 'yun sa kanila.*"

Along the way, Asst. Prof Santos expressed his "pride and confidence" toward the skills and training of the SBDS participants—moreso that even despite the time and effort extended in committing to the trainings "Proud *ako sa kanila, hindi naman nila cinocompromise 'jung studies nila,*" he added.

Looking ahead, Baylon encouraged aspiring debaters to join the organization, regardless of their experience level, saying "If you really, really want to be a debater, just join, even if you do not have any debate experience, even if you are really shy. If you think you have something in you to prove, that's enough motivation."

(with Nityananda Dasi Y. Santos)



Photo courtesy of San Beda Debate Society

SBU's year-end Laudato Si' report reflects sustainable progress

▼ Rizian Veniz Ballea

CHARTING NEW HORIZONS upon commemorating its first year as one of the pioneering Laudato Si' universities in the Philippines, San Beda University (SBU) presented its Laudato Si' Year-End Report, sharing the progress of its commitment to realizing the vision of Pope Francis' encyclical on caring for our common home last October 4.

Rooted in the spirit of dialogue, SBU took its initial steps toward such a commitment on September 8, 2023, when the University's religious and lay administrators convened to develop a course of action responding to the call for sustainable development.

As a result, the SBU Laudato Si' Action Plan 2023-2024 was formulated and officially submitted on October 24, 2023, to the Vatican's Dicastery for Promoting Integral Human Development, solidifying SBU's pledge to "advancing ecological transformation."

Through further evaluation of the action plan, the Oplan Tugon operational plan then emerged, a robust control mechanism requiring interventions to attain its envisioned targets.

The 2023-2024 Laudato Si' report, authored by the Vice President (VP) for Academics, Dr. Divina M. Edralin, PhD, the College of Arts and Sciences' (CAS) Dean, Prof. Christian Bryan S. Bustamante, PhD, and the Graduate School of Liturgy (GSL) Dean, Dr. Josefina M. Manabat, EdD, SLD, alongside groups of notable academic contributors, under the stewardship of the University Rector-President, Rev. Fr. Aloysius Ma. A. Maranan, OSB, outlined the Institution's strides toward integrating Laudato Si' principles into "actionable programs within and even beyond the Bedan community."

Some of the key environmental measures implemented on campus include improved waste segregation through color-coded bins, a shift to digitalized systems to reduce paper use, and a "Bring Your Own Tumbler" policy, coupled with the installation of water fountains and dispensers to foster "eco-conscious behavior" among students, faculty, and staff.

SBU also intensified its energy conservation efforts by instituting scheduled shutdowns of lights, air conditioning, and computers, complemented by an Efficient Energy Audit Program that utilizes LED lighting that is monitored through systematic maintenance protocols.

Rainwater collection systems have also been optimized through the introduction of a piping distribution network, ensuring effective water reuse and conservation.

Moreover, the University's sustainability initiatives extended beyond campus boundaries, with active participation in local and global efforts such as the International Ecological Sustainability Advocacy Conference and the Annual International Coastal Cleanup.

Furthermore, Academic units administrators and faculty participated in the "Laudato Si' Circles of Discernment" sessions from September 18, 2023 organized by the Office of the VP for Academics and facilitated by Fr. Ranhilio Aquino, Dean Jo Manabat, and Fr. Ricky Pacoma, with the objective of deepening the understanding of faculty and administrators on the matter and to reflect on "aligning its goals into programs."

Educational and extracurricular initiatives have also been a cornerstone of SBU's sustainability framework. The Student Organization Circle (SOC) 2024-2025 have actively conducted campaigns and activities in support of this cause such as the San Beda College Alumni Foundation's (SBCAF) *Katutubong Puno*, in collaboration with the CAS Student Council (SC), San Beda Junior Marketing Association (SBJMA), and *Kapisanang Agham ng San Beda* (KASB), starting a discourse on, "The Role of Native

Trees in Building a Laudato Si' Community" last October 22.

In the same vein, the College of Medicine (COM) hosted impactful symposia, such as "Safeguarding our Common Home: An Interactive Symposium of Laudato Si's Impact on Healthcare" last October 4, 2023, and "Beyond Borders: One Planet, One Health" last January 26 explored the critical intersection of health and environmental issues.

The College of Law (COL) also took part by organizing the symposium, "Green Justice: Addressing the Triple Planetary Crises through Laudato Si' and Legal Reform," emphasizing the role of legal reform in sustainability last September 11, 2023 alongside communal initiatives such as the "One San Beda Laudato Si' Advocacy Fun Run" last January 21 and the "Ride and Roar 2 - *Lakbay para sa Kalikasan*" last January 28,

generating funds to transform SBU's Sabater Garden into an ecological Laudato Si' space.

In research and policy, SBU has established interdisciplinary teams dedicated to ecological studies, resulting in the publication of the Institutional Laudato Si' Manual and the launching of campaign programs in social media by the Office of the VP for Academics, utilizing platforms like RedCanvas and the Bedan Research Journal website, to promote clean and sustainable energy and responsible water use and consumption.

Despite commendable progress however, the report acknowledges the challenges that remain, noting the "limited financial resources, lack of access to technical expertise, and gaps in stakeholder awareness which require sustained efforts and strategic adaptation."

To reflect the sentiment of the student

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Photo courtesy of San Beda University

►►► Former red spikers decry...

from P1

coach justified this by claiming that scholarships are his only leverage, saying, “*Yun lang bitbit ko eh,*” arguing that scholarships are a privilege granted through him. “*Akala mo ba privilege ‘yung binigay sayo, na award sayo ‘yun? Hindi, dahil sa coach inaward sayo ‘yun,*” he explained.

To set out, insofar as scholarships are concerned, Dela Cruz claimed that each season included a “100% tuition fee discount,” along with “lodging and a daily food allowance of Php300.” However, a former player disputed the claim, alleging that he only received 50% scholarship—a situation similar to that of another former Spiker, he said.

FILING PETITIONS

In 2020, the players filed a petition addressed to Prof. Christian Bryan S. Bustamante Ph.D., the Dean of the College of Arts and Sciences (CAS) outlining their grievances against the Head Coach, including allegations of misconduct and mistreatment. Moreover, the

petition stressed how it “it’s quite hard to work with someone this unprofessional,” as players see themselves “being treated like dogs.”

The petition garnered 15 signatories, all of whom were active players in the Red Spikers roster at the time. It was then forwarded to former Athletics Moderator Ato Badolato resulting in Dela Cruz being reportedly suspended for two weeks.

The issue was abruptly silenced due to the pandemic. But with the resumption of contact sports in the National Collegiate Athletic Association’s (NCAA) Season 98, Dela Cruz presided over both the Men and Women’s divisions. The Red Spikers finished stage with a silver, while the Lady Red Spikers concluded their run with a 1-8 record.

CIRCUMSTANCES OF TERMINATION

The bemedalled Red Spikers were originally set for the season 99 lineup. However, they were eventually displaced from the

active roster.

“*Ayaw nilang maniwala sa programa ko. Di naman tanggal, pero di ko lang sila pinapansin, ang focus ko dito is sa paglalaro, bakit ako magfocofocus sa kanila?*” said Dela Cruz, raising suspicions within the players who allegedly “planned their exit” from the team.

The former Team Captain was initially expected to remain in the lineup, but, according to Dela Cruz, “*Kapag pinapunta ko sila sa clinic para mag medical, wala naman siyang napasang requirements.*” He also urged the Captain to fulfill the requirements, further noting the leeway and efforts made. “*Ilang weeks na binigyan ko siya ng palugi, tinawagan ko na siya, kinausap ko na siya.*”

Two days later, the player approached Dela Cruz, expressing their desire to play again. However, Dela Cruz reportedly questioned the player’s intent, stating that their eligibility “should have been addressed earlier.” As a result, the captain was removed from the lineup.

Due to his contractual status, Dela Cruz was set to have his contract expire by July 1 this same year, two months after Season 99 run. However, he was reinstated immediately after termination.

Come July, the players had their suspicions realized and noticed that there was a new group chat moderating the training of the Red Spikers, “*hindi nila kami tinanggal doon sa GC na luma.*”

They were eventually notified of a tryout taking place but were not told that they themselves were to participate, “*ang sabi sa akin ni Sir Aler na pupunta ko doon para tumulong - walang sinabi na magtatryout kami,*” said one of the players.

When they arrived at the venue, Dela Cruz told them that they were effectively terminated from the team, “*sinabihan ko lang sila, pagdating sa training*

ayaw naman mag perform, tapos ang ginawa nila puro issue, kaya sinabihan ko na si Sir Aler na ayoko diyay,” said Dela Cruz.

When the players sought Athletics Moderator Dr. Diosdado Aler III, PhD for consultation, he reportedly said “*wala daw siyang magagawa dun, desisyon ng coach ‘yan,*” said one of the former Spikers.

Unwilling to give up, the players asked for a formal letter of termination but “*tinawagan ako ni Sir Aler tapos pinaliwanag na dahil doon sa tryout kaya kami mawawala,*” wherein the players responded “*dahil sa tryout, kaya ako mawawalan ng scholarship? Di na nagreply, sineen lang.*”

Stressing the lack of due process “*wala talaga kaming naging formal meeting para sa isyung ‘yun, di man lang nagkaroon ng meeting para may chance na pag-usapan.*”

Shortly afterwards, the players promptly had their scholarships and other benefits terminated.

Aiming to shed light on whether or not the tryouts were the grounds for termination, The Bedan has reached out to the athletics moderator. However, he has declined to release a statement for now.

DELA CRUZ’S CONCERNS

Putting his own grievances into light, “*lagi lang tayo pupunta dito, maghabarutan, gagastos, may mga equipment pa yun, eh ang reality ng volleyball, hindi naman dapat, kailangan lang natin pagtrabahuhan.*” Highlighting the importance of the players mindset, he finishes by saying “*if you have heart training, it’s easy to win.*”

Dela Cruz further underscored the low wages provided to coaches, and coupled with their inadequate and irregular allowances, the head coach stated how he resorted to shouldering the team’s

equipment. To make matters worse “*kinakaltasan pa kami ng tax, parang for the love of the sport na lang kaya kami nandito,*” he added.

When asked if the coach had received any benefits or support from outside organizations to alleviate the supposed lack of funding, Dela Cruz responded “*not really, pero dati nagtatanggap kami.*”

But in a direct rebuttal of the coach’s prior statements, contrary to the claim of Dela Cruz supposed initiative of “*shouldering the team’s equipments,*” the former team manager revealed that he had also funded plane and land fares for recruitment efforts, team upkeep, out-of-town team buildings, lodging, curated recovery meals and even after-game dinners, paid in cash and bank transfer.

Also conflicting with the narrative of the Head Coach, the former team manager also stressed that Dela Cruz received a total of Php805,000 from June 2017 to April 2023 from the MVP Sports Foundation (MVPSPF). The foundation has also assisted the SBU volleyball sports program with 1 million pesos every year from 2015 to 2023, for a total of Php8 million.

Asking Dela Cruz if there were any efforts of reconciliation leading up to their termination, he said “*meron pero sa player kasi gusto palaging may kabig,*” recalling how problems would intensify to reach threats like “*isumbong kung kani-kanino.*” For Dela Cruz he states his disapproval, saying “*di naman pwede ‘yun, kung dito lang sa team, dito lang. Paglabas mo sa gym dapat closed na.*”

But for the athletes, they said “*nagkaroon ng reconciliation, nag usap-usap po labat,*” however, “*hindi kami nagkaroon ng lakas ng loob kasi may mga nainclude pang other coaches.*”

As a conclusory statement, a former Spiker states “*Ang hiling lang namin ‘yung mabigyan, hindi naman sa hustisya, [pero] marinig lang nila kung ano ‘yung totoo. Kung ano ‘yung nangyayaring kababalaghan dito sa San Beda Men’s Volleyball. Sana matigil ‘yung mga ganyang pangyayari. Kasi San Beda is home of the champions. Para narin sa mga bagong henerasyon na maglalaro. Maraming masisirang pangarap hangga’t may mga ganyan. Sana madinig kami or makita ng ibang kapwa nating Bedans na ganito ‘yung nangyayari.*”

The grievances of the student-athletes underscore the necessity for a fair and equitable system within San Beda’s athletics, transparency and ubiquity within its rules and policies, and accountability for all parties involved, thus calling for greater measures of oversight. The recurring testimonies as a product of longstanding issues and hostilities in management has led to several key players in abstaining from their dreams and aspirations, if not altogether dismembered. Thus, calling for greater measures in nurturing the athletes to be the best they can be in carrying the banner of the lion’s pride.

(with reports from Dianne Radel Magallon and Prince Piolo Tagarino)

►►► SBU’s year-end...

from P7

body, Second-Year Level Representative, Beige Campbell concurred that while progress has been achieved, there remains ample opportunity for improvement expressing.

“*Ang kailangan natin sa Laudato Si’ is isa-ugali natin siya, parang make it a religion. We need to be part of the solution, not part of the problem,*” he added, calling upon his fellow Bedans to embody the institution’s evolving core values.

Echoing this demand for greater efforts, Jestony Lumabi, President of the Bedan Pastoral Ministry (BPM), underscored the critical need for action, saying that

“*the groundwork is there, but proper implementation remains lacking.*”

As SBU’s sustainable practices reflect efforts to establish a framework for long-term environmental stewardship, Lumabi emphasized the need to discern the deeper purpose of Laudato Si’, stating, “*The Laudato Si’ serves not just as a social, moral, and environmental doctrine of the Church, but also as an element for igniting our activism, awareness, and progress in the name of healing our common home before it’s too late.*”

(with Samantha Calderon and Prince Piolo Tagarino)

►►► BDT reigns...

from P6



Photo courtesy of Bedan Dance Theatre

Their performance at WSB was “*risky*” given that they competed with only 12 members, far fewer than the maximum of 40 allowed per team. “*Super risky... forty yung maximum, twelve lang kami. So kinalaban namin, mga twenty and thirty. Nagmukha kaming maliit sa stage talaga,*” Kenzo admitted.

Despite all the odds and being outnumbered, guided by their coach, the team’s “*determination and execution*” turned this apparent disadvantage into a strength. “*Na-utilize [ni Head Coach De Luna] ‘yung buong stage without making us look thin na parang konti lang,*” Santos explained.

With winning the WSB, the team is now closer to achieving international recognition. They are now gearing up for the Nation-wide competition happening in January 2025, a critical step before advancing to the international stage. If victorious, they will represent the Philippines on the world stage in Dubai.

Coach De Luna explained the gravity of this opportunity saying that “*this goes beyond the team, it’s about representing the Philippines.*”

Furthermore, the team competed in the inaugural National Collegiate Athletic Association (NCAA) Season 100 Street Dance Competition last December 12. Their participation served as a paradigm shift, as Coach De Luna shared, “*Hindi na ‘to about BDT. It’s about San Beda.*”

Now, in preparation for the team’s upcoming events, BDT is expanding their ranks by holding walk-in auditions to increase their membership. “*We really need the manpower,*” Bautista shared, disclosing that aspiring members are welcome to audition any time of the year.

As a final note, Santos expressed his hopes for the Bedan community’s support. “*I hope you can also support us outside when we represent Beda... Makakita lang kami ng isang Bedan ‘don, sobrang nakakataba na ng puso.*”

(with Jasmine Casadores)

EDITORIAL

Eye of a typhoon

IN THE EYE of a typhoon the weather is quiet, with little to no rain, and even sometimes clear skies. Filipinos are often compared to such calmness as they are known for their resilience and strength in the face of adversity. But much like the eye of a typhoon, this tranquility is temporary—a fleeting moment before the storm resumes.

Resilience, one of the most abused words to characterize Filipinos. Inevitably, due to the geographical location of the Philippines which lies within the typhoon belt, along with its climate and geographical size, the country is prone to at least 20 storms and typhoons every year, bringing heavy casualties to human life and destruction to crops and properties.

Given these realities, one might expect the government to be well-prepared for such recurring disasters with supplies and evacuation plans ready to mitigate its unavoidable rage. However, with the simultaneous advent of typhoons in just months time, the story remains the same: heavy casualties, demolition of private and public properties, and baseless promises from the government to cap it all off. And yet the calamity, and its dire consequences, have been concealed over the most popular narrative of all—that Filipinos are resilient.

Resiliency has often been used to praise Filipinos for their ability to recover and survive on their own. In reality, however, it's nothing but flattery. Over time, the media's continued portrayal of Filipinos as symbols of resilience has drained the word out of its meaning. Instead, it highlights the cracks in our system—one that openly submits to the harsh reality of a nation lacking sustainable solutions. Far from being a compliment, this overused narrative now feels like an insult, masking systemic failures behind a facade of admiration.

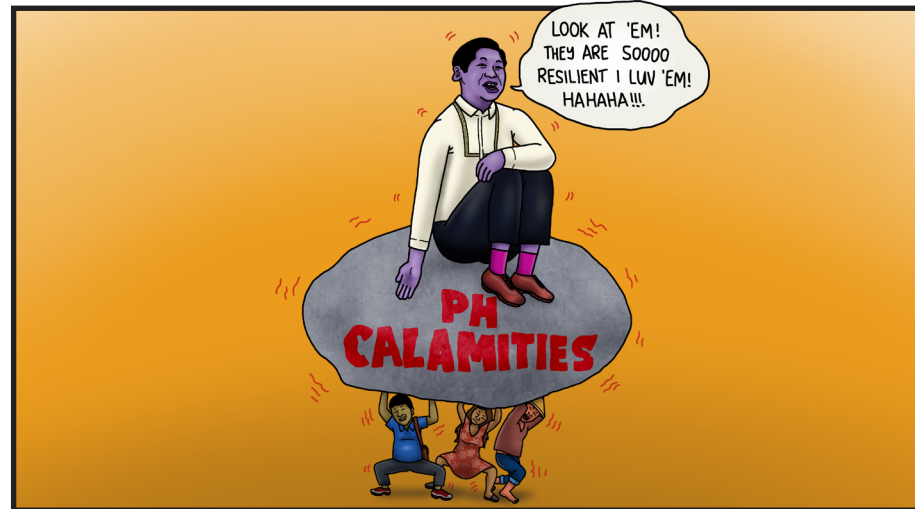
It's intriguing, in a sense, how powerful the word resilient is. On one hand, it inspires hope and motivates people to move forward despite the adversity. But on the other hand, Filipinos have romanticized the word to the highest degree which obscures their sight from the flaws and the inadequacies of the government. Too often, resilience is misunderstood and misplaced to suggest Filipinos being accustomed to calamities at the expense of, instead, being prepared for it. As a result, when typhoons have reached the Philippine Area of Responsibility (PAR) and bring destruction, Filipinos are left clinging to the illusion of resilience rather than facing the reality of insufficient disaster preparedness.

The back-to-back onslaught of Typhoons Kristine and Leon has affected at least 4.2 million individuals—approximately 1.3 million children—and displaced more than 300,000, according to the United Nations Children's Fund (UNICEF). Moreover, to make matters worse, Super Typhoon Pepito has severely affected over 850,000 individuals nationwide according to the National Disaster Risk Reduction and Management Council (NDRRMC) last November 17. The uncertainties brought about by typhoons are indeed irrefutable, but for a country with a long, dark, and recurring history of typhoons, one would expect that all gaps have been addressed to mitigate its precariousness.

But amid the vulnerability faced by Filipinos nationwide, the government must lead the people out of this plight. Given the myriad of resources at their disposal, not to mention the billions of funds allocated for situations such as these, it is extremely preposterous and deeply troubling for President Marcos Jr. to feign feeling "helpless" in the face of these calamities. His admission, reported in myNews last November 4, raises serious concerns about the government's preparedness and leadership during critical times—a not-so-unfamiliar pattern and practice that must change.

Ultimately, a collective effort must be made to bring back the significance of the word "resilience" through forging plans and enhance the current system to guarantee that the ill-effects brought by calamities would be mitigated. All institutions of society, with the government leading it, must take a more proactive step to produce stronger dwellings, permanent evacuation centers, and even emergency supplies ready for uncertainties.

But through it all, in consideration of the country's situation as prone to typhoons, we turn to the nature that we have—forest, mangroves, and even our own Sierra Madre mountain range. Their evidently active role in shielding us from disasters must strengthen even more the resolve to advocate for their protection.



In necessariis, unitas; in opinabilibus, libertas; in omnibus, caritas

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TUGSTUGSTUGSTUGS!!! Psh. Tik. Tak. Chk. Chk. Boom!

Oi BediiiZzta fReNniiieess! Kamustah pOhzz? y0w t4mb0l1st4ng cOolkID, the gr8 collect0r of m0nthly T, izzzz backk!!! YALL knOw wHat mAkeZ dA rAiny sZn spEcial??? oPkuRzz, da hAguplt of ChIKAs dat mAke da cOld nEvaH botHa u eNiwEii tUtUruTuru.

Furr ouR FiRStt EntRy, slneTch iTeY? mEmBerZ nG isAnG non-prof oRg rUmArAmpA sA fourth estate pRA liNiSn Ang RePutasyon Nila lAbAn sA ChiKa nG IsAnG fA1th-fully self righteous na exeCuTivE MeMBer Na mY acCuZati0nz oF FuNd miSmEoWnAgeMent diumano within da orgg. PuRrrrr! Ang ShALaLaaa, InTerNaL IsHUs NiLA iN-aiR sA s0c Med. WheRe lZ dA dEcOrUm, MgA PuSaNg GaLa?!

RemaYnDer: Be lNg An0n-prOFoRg d0s not MeAn U ur are not Pr0fesSionAl ah. Ang ir0ny? napa OPSD na raw ang mga people RunNIng dis particular Adv0KaCY oRg. With mIsUnDerStandIng Aftr mIsUnDerstAndInG, ModeRaT0r, naSaan ka? bAg0 mAgIng FuLL-bl0wn TeLeNoVela, pAwS mUna. Should've kept lT Purr-FessioNaL.

nOwWw, speaking of "acc0untability", aLaM nAtIn laha T nA w0rDs hAve wE1ght, kAh lT aN0ng shAde ng truth, totoo pa r1n yAn, kAyA dApAt panindigan. Did yall knoww, may pina-tak3d0wn na article ang eHetong Kownsil, nAgr3reKlaMo dAhil daw sA article ng4 sA sUppLi3r nila which Reklam0 at hinAnak1t lng s1nabi n1la sa int3rvieW, kaya YUN ang lumabas. Da NgAyon, bigLang atrAs? bKt nAman? Faults are due where faults are due but anong wat do U expect na laman ng balita kung yun ang iyong linahad sa ikaapat na estado? Out of respect to da sUppli3r? pr0fit? Eh, wat abt da quality na deserve ng bEdans? Kng s1nAbi ny0, stAnd by iT! K0wnsilz, bEDIZZTAS r asking 4 more trAnsparEncy! O chEkAAa!

DandAlandAndan! In h0n0r of da tEach1ngs oF our b3l0vEd Sant0 Papa, we're all called t0 take carE of the environment, LAUDATO SI CHECK! mAHal k0ng SBU, are we r3Ally fulfilling this promise? Calling disz out 'cause I've had enough of b3d1zztaS not taking this seriously, huh!

Fr0m da undizziplined segrEgati0n ng bAsura, harsh use of adhesives sa decorations—parang di naman pwede 'yan? Hindi dapat' to mArketNg strategy langs. It's SHowld be a culTUrAl shift, dapat ramdam sa bawat sulok ng iskool.

Kung seryoso kayo sa pagiging Laudato Si' University, tigilan ang performative galawanss. Step up! Checking boxes lang ba habol nyo o tunay na pagbabago? Hindi lang sa utak—dapat pati puso at gawa. We caN do BeTter! Chekaa!

Drumrooolllll fls! Thaat's itt aking mga ka-Bedizzz! That's a wrap for da months of October and November! With all these cold freezing chik4s, always remember that everything you've read are definitely straight up facts onliiii! 100% leg8im8ly no dagdag and no bawas! I swear on my scout's honor, eks ma heart, ask niyo pa my trusty tambol!

Please drop your drummie some juicy deets anytime cuz ur t4mb0l1st4ng cOolkID never rests in the pursuit of truth "wink wink" and para sa chik4han natin next taym, ready for showtaym! Just email me thru: <https://thebedan.com/contact-us/drummer-boy/>

Chk Chk Boom! Boogsh! Skrrrt! Catch ya on the flip side, mga bedizzz! Byeeeee!

Drummer by the Flagpole is a long held and deeply cherished *The Bedan* tradition. Drummer Boy is celebrating his 35th anniversary this year.

Who is Drummer Boy?
The answer may be found in the September - October 2007 issue of *The Bedan*: "Many have asked who he really is. But more than the question of who writes Drummer Boy the question we must ask is why he writes. And what will happen if he stops to write. He writes because we need him to write for us. He writes because some of us are ashamed to question the wrongdoings around us. He writes for freedom. He writes for you. He writes for us. Drummer Boy is each and everyone of us."
Contact: <https://thebedan.com/contact-us/drummer-boy/>

THE GREATEST MAGICIANS' have something to learn from Mr. Mistoffelees' Conjuring Turn - PRESTO! But let it be known, that even the greatest of performers need a break away from the play, away from the facade, and away from the illusion that "we are okay," said with a sickening grin.

Musical plays are often divided into two parts—an Act I and an Act II—with the intermission serving as the short interval for thespians to rest and take a breather in preparation for what is to come. And finally, after a span of usually 15 to 20 mere minutes, a whole new persona possesses their entirety as the work resumes. The show must go on.

Beneath the spotlight, anything is possible. A beloved 31-year-old singer transforms into a "popular and good" witch descending in a bubble. A princess from the kingdom of Agrabah finds herself navigating Saigon, with her son, during the Vietnam War. A viscount, who finds a spinster to be the "bane of his existence," suddenly dances through life. And an enthusiastic mortal from the land of rolling hills reimagined as a soulless writer. The line goes on.

But beyond all that glimmer lies

MR. MISTOFFELEES

a whole different, and somewhat, disappointing reality. After all, amid the roles temporarily taking over our entire being, the bottom-line is the fact that they are merely fleeting; for nothing—not even the greatest mantle ever imagined—could possibly defy and shadow our most authentic self. It glances through the pretense. It shimmers even in hiding. And it defines you in ways which words never could.

Every day, the stage is set for us to take part in the roles society has in store for us. There are some made to be a leader, others a preacher, and even a chosen few as a writer to observe, report, and comment on the reality shown before him/her. This is the status quo. To contravene the norm is to violate the entire system, therefore compromising the standard functioning of society. Yet in an effort to really immerse ourselves with these roles, the limit exists; and believe me when I say that we are mere seconds away from breaking character.



“

It glances through the pretense. It shimmers even in hiding. And it defines you in ways which words never could.

In the grandest of podiums called life, there is no intermission in-between to give us a breather of the road ahead. Heck, there isn't even an overture to, at the very least, alert us in keeping our act together. Forever, we are left standing on the perpetual stage while carrying this stressful burden to appease the public gaze. There is no time to be human, no bubble to defy gravity, no yellow

GIAN MARCEL CHIU

brick-road to wander, and even no space to simply dance through life. And that's the unfortunate truth.

And yet, despite the somewhat suffocating roles one is positioned in, it is equally pivotal to wonder what drives an individual to continue living in this charade? Wouldn't it be easier to simply stray away from these responsibilities and pursue personal pursuits?

This, I plead, is what's fascinating about being human. While one can never hide away one's authentic self, this does not imply that the roles assigned are entirely deviant from us. Yes, it is admittedly daunting to work and to be hindered from embracing different heights, but through these roles, one is heard, one is seen, and one is given the opportunity to try and make a change. Whether we are living in a facade or as our truest selves, it is certain that innate within our

nature is the capacity to think, imagine, and pursue what could be the next big thing.

Famed American novelist, Ernest Hemingway, once quoted that "there is nothing to writing. All you do is sit down at a typewriter and bleed." This is the plight that we are currently up against. We embrace the roles given to us in an effort to reveal a world as it is and as it could be. Yet doing so demands an immense sacrifice—a willingness to pour a part of ourselves into the work. It is a daunting task, but such a profound sacrifice is undeniably noble.

While there might forever be no clear intermission to the acts that we play in life's eternal podium, as humans, maybe we could just forge our own trajectory in life—one that continues to strive for change through the roles we belong to without the expense of our being human. Ironically, take this from a cat who is deemed to be one of the greatest magicians ever known.

Essentially, we deserve a good break.

Oh! Well, I never! Was there ever a cat so clever as magical Mr. Mistoffelees?

STORYTELLING IS AN unrelenting pursuit. Faced with looming deadlines and stories demanding to be told, one often feels compelled to write—even when the words seem elusive.

Lately, sleepless nights have become the norm. I often find myself staying up until 2:00 in the morning, working on an article that has been sitting in my drafts for weeks. While I am partly to blame for setting aside these commitments, balancing them alongside academic priorities is an entirely different challenge.

To make matters worse, I am not a night owl. I neither experience bursts of energy nor find enough inspiration to write instantaneously and continuously during these hours. Yet, despite these misgivings, there persists the compulsion to write with every fiber of my being.

FINDING MEANING IN SLEEPLESS PURSUITS

RIVERCHILD

As campus journalists, we are taught early on the importance of crafting timely stories, a sort of responsibility we willingly signed up for after reading the figurative primers. Accordingly, there lies the stern commitment to crafting something out of nothing in the shortest period of time to catch up to the publication date.

One might say it's mentally taxing—excruciatingly frustrating even—to which I reply, "true." For all the physical exertion we must put up through everyday presswork, writing without the necessary drive to do so leaves us scrambling to find our next "Eureka!" moment.



“

We write, not because we want to, but because the truth compels us to speak.

Regardless, it's not entirely in vain. After many failed attempts at making coherent paragraphs,

THIRTY PABILICO

endless revisions, and battling through writer's block, there is that sense of fulfillment in seeing our stories make the cut.

Still, it doesn't make it any easier. There are times where I question why I even bother doing all of this in the first place, why I stay up late sacrificing my sleep just to meet deadlines. After all, it's not exactly the dream job of many to be cuddled up in their workplace, desperately trying to find the right words to describe what happened and why it happened.

But then, I am reminded that stories do not wait for themselves. They are there for us to amplify,

much like how the voice of the afflicted deserves to be echoed in the face of injustices.

After all, at the core of journalism is the obsession with finding the truth, a burden that we will carry on even when the circumstances prevent us from doing so. We write, not because we want to, but because the truth compels us to speak.

It comes at the expense of our own undoing, but there is no greater calling than carrying the weight of the narratives that shape our society.

Hence, we move forward. Write, rewrite, and let us sink ourselves into this endless, monotonous cycle until failure. Because for every sleepless night and fleeting moments of despair, the next big story is out there, desperately waiting to be discovered.

PERHAPS, THE COMFORTLESS philosophy of Arthur Schopenhauer made sense when he said, "As soon as the terrors of life reach the point at which they outweigh the terrors of death, it is only reasonable for a man to put an end to his life."

Most would tout the supposed heartlessness of a person committing suicide, accusing them of being indifferent to the pain they leave behind. Of course, one cannot deny the horror of how one's loss can devastate the people in their orbit however, one can't help but wonder why people can be so quick to categorize suicide as an uncalled-for attack on those who care, peddling them with the same rhetoric that is pushing them over the edge.

It may be shocking for some to learn how many walk a fine line, clinging to the fear of how much their loved ones would hurt if they were gone. People struggling with

'HUWAG KA MUNA MAMATAY'

G. GERILYERO

these thoughts even encounter well-meaning friends or family who, in their desperation to help, blur the lines between empathy and insensitivity. Such an impulse to fix or protect, though mostly rooted in care, often inadvertently deepens the sense of isolation that someone may be feeling.

"*Kahit papaano swerte ka pa rin,*" one common yet troubling response often heard in vulnerable conversations. This notion, which is conceivably meant to comfort, only suggests that the best consolation in times of affliction is the thought of other people who are in a worse plight than themselves. Such comments, though not ill-intended, reinforce the idea that pain has no place in a life touched by privilege, as if gratitude alone



“

While it may seem easy and agreeable to preach optimism, one must not overlook the value of being able to navigate, with grace and grit, the truth that lies in tragedy.

can silence suffering.

In that same breath, while

RIZIAN VENIZ BALLETA

getting professional help can be invaluable, most can attest that these people cannot do their job without the willingness of the distraught to engage. Hotlines, therapists, or counselors can only offer support if one has the courage to seek them.

One has probably doomscrolled enough online to have seen the quote, "You can't teach someone to swim when they're drowning," and maybe, just maybe, love can be found in that same vantage point of giving people the space to find their "footing". While it may seem easy and agreeable to preach optimism, one must not overlook the value of being able to navigate, with grace and grit, the truth that lies in tragedy.

Let it be understood that these words are not an invitation for anyone to find justification in taking their own life. Instead, may they stand as a reminder that to feel hopeless and hurt is simply part of being human, and when the battles that one has been fighting may reach a point where they seem futile, consider this — near the end, when the blade caresses your skin, you might realize that ending things may stop the suffering within your control, but it does not erase the pain from existence. Putting this into perspective, you're not exactly winning, are you?

For the young and weary, here comes a thought: Just like dragging yourself to an early morning class, when all you want is to stay in bed, take a moment to appreciate the strength it took to resist hitting that snooze button. You'll find that fight in you. Breathe. Find something to hold on to. Find something to wake up for. Find your reason to stay.

PAPAGAIO! RUNNING A publication is no easy feat—there's no denial in that. I suppose it's partly because it has to delineate the line between what's personal and what's professional, what's biased and what's impartial, who's a friend and who isn't. In a frenzy of coverages that involves connections and close relationships, I find myself measuring the value of friendship and a non-partisan stance as a member of a student publication.

It's a running joke between me and a colleague – technically my boss and now a close friend – that we both had no social life outside of *The Bedan*. We're always holed up in the office, only seen beelining for the OPSA, or speed walking to a coverage holding a camera, or interviewing, before retreating to our office by the main gate.

FURACÃO
You could call us workaholics, maybe even a bit out-of-touch, but trust me, we know things – and we're just dedicated to our work, leave us alone.

I digress. But I see that part of our "detachment" as a blessing because it saves us from unwanted strings pulling at the publication's arms and limbs, which is why they're only called "connections" and not "leashes."

A friend approached me, a key person of a covered event, telling me to make an article of the program. "It's an institutional event," was their reasoning, and I couldn't argue with that. But the staff and I were instructed that we were only to provide media

THE LEASH



VERONICA A. BALBIN

are only for media coverages. Meanwhile, written articles will be a decision from the Publication – we are supposedly independent in what we release.

After being told that, I was torn. Was I formulating questions for an interview to appease my friend's assertion or was I drafting questions to shed light on an Institutional stepping stone?

To this day, I'm picking apart that question. I didn't want to write an article because I was being told to, but at the same time, am I the enemy for disagreeing with their sentiments? Am I making the Publication an enemy for disagreeing?

“*The Bedan is not some dog you take out on a leash when you want. We're not meant to sit, heel, or grovel on the*

coverage at that time. Service Agreement Forms, for starters,

This isn't the first time I've felt cornered by personal attachments in my line of work. It's like being in two places at once, knowing both sides, but not really knowing where I stood. But I know very well where my values lie as a harbinger of truth. The *Bedan* is not some dog you take out on a leash when you want. We're not meant to sit, heel, or grovel on the ground on command.

We are a non-partisan organization meant to serve a community – real breathing people who juggle with academics and our personal lives to tell your stories, the good and the bad.

While I continue to speak my mind, remember that your News Editor is still as small-minded and timid as she was in her previous spiel. This ex-SOC officer's mind is still fluctuating between time and space, so forgive her if the words she speaks feel far away.

WITH ALLEYS DARKENING and smog filling up the atmosphere, the season of horror begins being felt by its embrace. Possessed is my spirit with a certain English poet, pounding to tell the truth, slant. In the spell of ghosts and pumpkins, most settle for ornaments and frills to depict fake scenarios and attempt sinister and harmless surprises but failed are the people to see the biggest spook of them all; the country's worsening political scene. R.I.P Emily Dickinson, walk with me on this.

October 1 to 8 were the days the Commission on Elections (COMELEC) opened the filing of certificates of candidacy (COC) for those who are vying to run for the May 2025 Local and National Elections. What should be a glimpse of hope, seeing exceptional individuals, aspiring lawmakers,

or honorable professionals with an advocacy to have the interests in the betterment of the people's lives, what occurred was like witnessing entertainers depart from a clown car. The ghost of integrity is on the run, nowhere near or far, out of sight, out of spirit.

As the month began with terrors and now concluding with the spirit of Halloween, I'd like to have an attempt in scaring everyone; the content-creators, washed-up entertainers, and those with a tainted criminal record probably have a greater chance at being elected than the promising lawmakers that the country deserves. While I

GHOST UNFOUNDED - INTEGRITY

DICKINSON



MANSSEL JIANNE LATONERO

can't help but be in awe of the youth, with their unpretentious and naive charm, lavishing themselves to imitate fictional characters, they don't know they're in line for the most terrifying amusement ride; the future, both theirs and their future kins.

Haunted houses are no longer uncommon and an attraction site for doomed are every house and the country they're in. Spooked are the past's ghosts and the future generation.

In the season of ghouls, creeps in the shadows of greed disguised in a politician's suit. Bloodied are the poor, along with the fake

“*Society never seemed to find peace, especially in the Philippines. Only would I pray for it to be haunted by the ghosts of integrity, but it remains unfound, wishing it could be discovered by the youth.*

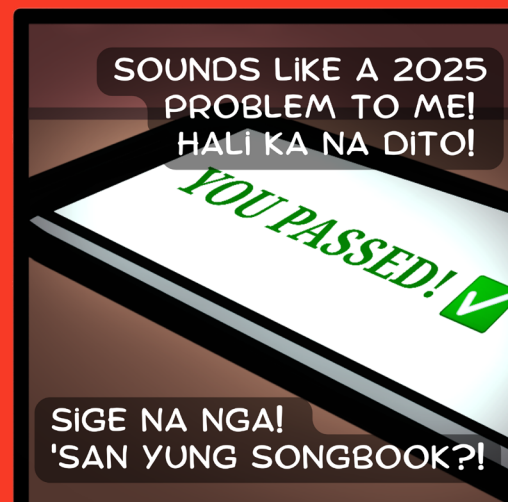
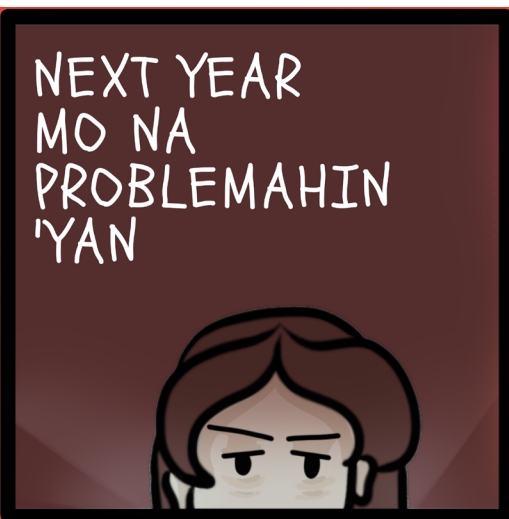
dead bodies used as decoration, used to scare, but, in reality, are used to warn. "Run, kids, run!" is what I would say, both from the imaginary ghosts and ill-intended blue-collar workers. Now as November ends, we are greeted by the instability among such a united tandem, unleashed tantrums by one half that finally breaks and diminishes the only thing promised by the duo; unity.

Society never seemed to find peace, especially in the Philippines. Only would I pray for it to be haunted by the ghosts of integrity, but it remains unfound, wishing it could be discovered by the youth. Although, for now, my spirit remains possessed, and yearning for a future free of spook and terror. R.I.P. Emily Dickinson, you would have never gradually dazzled the truth on this one, for blinded are the people already by the false and foul narratives.

KOMIKS

Next year mo na problemahin 'yan!

ni Rizian Ballela



The Halfway Stretch:

A GUIDE TO POWERING YOUR STUDY TECHNIQUES

▼ Mansel Jianne Latonero
Art by Rozetti Jena De Leon

ONE OF THE least anticipated yet inescapable challenges of the semester's halfway mark is the tedious week of final exams. This often deemed 'bane' of academic life carries immense pressure, as stakes for students grow higher than ever—grades hang in the balance, piles of outputs rush to completion, and time seems to slip by a fleet unconsciously.

As students reflect on the aftermath with a mix of triumphs, burnouts, and letdowns, it becomes increasingly indispensable to use this time to recharge, bounce back, and prepare for what's to come without dwelling too much on the results. To help gauge and navigate these uncharted waters, *The Bedan* has gathered insightful tips and advice from outstanding Bedan scholars who continue to champion excellence, spark influence, and epitomize resilience.

UTILIZING AND MANAGING TIME

Hanna Shamiha Alawiya, a sophomore from the Department of Legal Management (LM), is no stranger to relentless readings and a truckload of pendants that come with preparing for examinations. To gradually release herself from pressure, she adopts a proactive approach, starting her preparations at least three to five days ahead to stay on top of her workload. "I think this study routine helps me manage the pressure since I begin to prepare myself ahead of time," she stated, expressing how this tactic helps her maintain focus and comprehensively review past lessons from each subject.

Her routine strikes a balance between productivity and rest. Alongside her structured study schedule, she employs the "Pomodoro Technique," slightly tailoring it to better suit her needs by studying for one to two hours with a 15 to 30-minute break, steering away from the standard 30-minute study and



10-minute break intervals. For Hanna, finding that middle ground between focused learning and essential downtime sustains her motivation.

"It's all about balance and being flexible when things get hectic," Alawiya added, highlighting that time allotment for rest and recharge ensures clarity and composure and prevents academic burnout.

WELL UNDER PRESSURE

Shara Chrisly Esteba, a sophomore from the Department of Legal Management (LM), has a distinct yet quite relatable study method. She finds focus in slightly crammed study blocks. With her trusty to-do lists and organized schedule, she's able to manage her responsibilities and tasks efficiently. To keep things fun and light, she adds an element of amusement by treating her stuffed toy as her 'student,' using it to explain topics verbally and putting a quirky twist on the "Feynman Technique."

She believes that focusing on priorities over rigid time management boosts her productivity and efficiency. "It's really a matter of managing priorities for me rather than managing my time, *tapos disiplin na lang*," Esteba explained. She also highlighted the vital role of community and support in thriving through academic burdens, whether from study groups, fellow organization members, or family and friends. "At the end of the day, we are all students before we are leaders and, in an organization, we can each carry heavy burdens for each other in times of need," Shara expressed, encouraging students to lean on each other when things get tough.

On top of that, she reminds everyone to be kind to themselves, noting that "In every act or even thought of kindness, you don't just make yourself better during the hardest days in school but also the whole Bedan community and even more so, the world."



CELEBRATING SMALL WINS



Samantha Sarmiento, a student from the Department of Marketing Management, manages midterm pressures by using apps like "Todo Mate" and "Time Tree" which help her regulate her time and tasks effectively. To store her energy and maintain efficient study time, she indulges in short breaks every hour, allowing both her physical and mental self-time to rest. She emphasized that "balancing rest with adequate preparation requires discipline and self-awareness. It's important to listen to what your body and mind is telling you, so take breaks when needed."

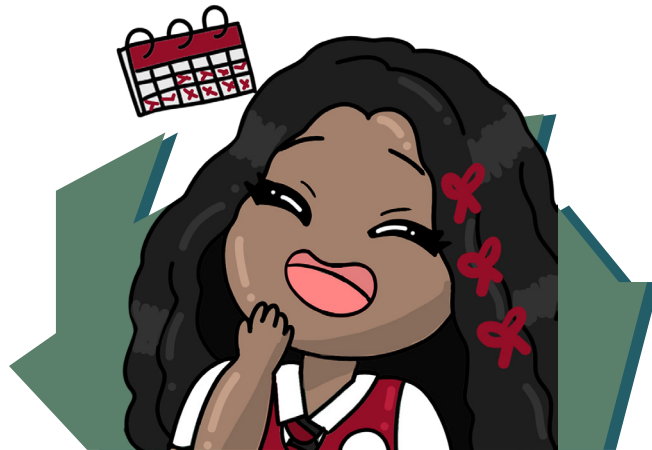
Clinging to a normal approach, Samantha stressed the importance of notetaking as a productive way in retaining and understanding loads of information. To enhance active learning, she also recommended the use of highlighters and visual aids, which improves both engagement and comprehension.

Her advice for staying motivated is to break down tasks into smaller, attainable goals and to reward yourself by celebrating each accomplishment, no matter how small. To bear the weight, she also relies on her family and circle for support, signifying that "a little encouragement can make a big difference." She believes that a positive mindset and firm self-belief will empower students to stand their ground amid academic worries.

While it's natural to feel disappointment over unfavorable results, especially since finals can be a make-or-break moment, it's also worth commending yourself for reaching this point. After all, if something doesn't seem quite daunting, it may not truly drive growth. Success rarely happens overnight – aiming for it also means having the guts to fail.

Studying is just as much about cultivating effective habits and developing character. It challenges one's self-discipline and determination. However, you shouldn't feel intimidated if others outmaneuver you; focus on moving at your own pace. Know that each experience, especially the tough ones, molds a stronger and more capable version of yourself. So, take the time to give yourself a pat on the back! We hope these tips not only help you prosper through the finals but also arm you for a strong finish to the Academic Year.

(with Ma. Casandria Mallen Manao)



LOCKED-IN!

Angel Raheema Edding characterized her study approach as fairly straightforward—or what Gen Z might call being "locked in." As a sophomore Human Biology student, she meticulously curates checklists and timetables to monitor her progress, prioritizing subjects based on their demand to alleviate anxiety about falling behind. To streamline her tasks and manage her time effectively, she utilizes productivity apps like "Notion" and incorporates study techniques such as mnemonics and flashcards to enhance understanding and retention.

Despite facing obstacles like health issues and organizational demands that have tested her resilience, Angel remains unabated and driven to persist through such setbacks, embodying the principle of prayer and work. She advises fellow students going through the same struggles "to remind yourselves of the very reason as to why you are doing this in the first place." Finally, she encouraged students to constantly reflect, reconnect, and use this purpose as their driving force to succeed.



BEDAN LEADERS, NATURE'S STEWARDS:

LAUDATO SI' IN STUDENT LEADERSHIP

▼ Mansel Jianne Latonero
Art by Rozetti Jena De Leon

INFUSING STUDENT LEADERSHIP with the encyclical calling to provide for a common home, San Beda University (SBU) boasts organization heads who have remained committed to the Benedictine mission of stewardship, ensuring that Bedans alike are able to transform our dearest Mother Earth through innovative and sustainable solutions, thus heeding the call of Laudato Si'.

As an institution rooted in Benedictine teachings, it becomes evident that student-led organizations share a common commitment to environmental consciousness in answering the Earth's call for sustainability.

The Bedan Advocacy and Consciousness Enhancement Society (BACES) stands at the forefront of student organizations whose resolve in meeting the Laudato Si' mission has made it a "beacon for the papal letter on ecology."

The organization has been met with resounding success through events such as the 'Beda Ang Zero Waste' wherein

BACES partnered with Bambuhay, a company promoting the use of bamboo instead of single-use plastic.

Aldrich Rivera, BACES President, emphasized that the program provided for "100 bamboo toothbrushes, which were exchanged for plastic toothbrushes from students." Thus, setting an example for future projects as "with the University's support, students will be encouraged to organize similar activities that focus on caring for our common home."

More recently, BACES exemplified Laudato Si' through their College Organization Recruitment (COR) Week

booth, which was made entirely from recycled materials.

Whereas, Kloie Lim, President of The Republic (TR), cites the role of the organization in "upholding the principles of Laudato Si' through working closely with the Community Engagement Center (CEC)." Moreover, she underscored instances wherein "The Republic joined the community engagement operations sa Batangas, giving donations sa community, and advising the officers ng barangay sa Batangas to take care of the environment so they can recover sa effects ng dala ng bagyo."

WELL UNDER PRESSURE

One thing to keep in mind is that programs do not happen continuously. And these projects will not be met if principles aligned with sustainability are not instilled within each and every individual. Therefore, there must be conscious efforts in having the organization's respective members participate in upholding Laudato Si.

In line with this, Rivera points towards the disasters happening throughout our country as a reminder of the

importance of the ecological mission, "we've already witnessed just in the past few months how Typhoons Kristine and Leon have decimated the different regions of our country," thus highlighting that members can become more involved by clearly explaining the gravity of the situation, "the longer we neglect the environmental crisis, the more dire the consequences will be."

On the front of the Department of Legal Management,

the Junior Bedan Law Circle's Vice President for Internal Affairs, Iane Tabor, posits the great number of readings in their academic workload and how they can support their mission of Laudato Si' through shifting to digital copies of their readings instead of opting for hardbound covers, seeing this approach as two-pronged because "*makakamura na nga, tapos makakabawas pa ng carbon emissions.*"

A SHARED GOAL WITH SBU ADMINISTRATORS

While the task of upholding Laudato Si' may seem like an arduous feat, we are constantly reminded that we are not alone in this pursuit, for not only is there a great slew of student organizations, but the University's administration itself is a constant guide and visionary in meeting this mission.

As such, Aldrich cites that earlier this year, "the OPSA gathered select organizations to provide them with ideas for possible projects related to Laudato Si'," further noting that the University empowers its students in the ongoing effort

to promote Laudato Si' by supporting student initiatives that focus on caring for the environment.

On the side of The Republic, Lim stressed the role of the University in integrating Laudato Si' in "considering the percentage ng grade ng isang organization sa Laudato Si'."

Augmenting this, Tabor reminds us that the University, and its respective administration, helps in "maintaining the vision and direction" of the encyclical.

Furthermore, he cites the "hands-on nature" of the school.

"In my time as a student leader, *nakita namin 'yung tulong ng admin* when we launched the *Katutubong Puno* project," highlighting the support from the Rector-President, the administrators, and the board of trustees of the San Beda College Alumni Foundation (SBCAF).

Finally, he concluded that the effort towards reaching the goal of Laudato Si' is a joint effort by everyone, "*Nakita namin na grabe 'yung effort ng University hindi lang sa University level, 'di lang sa org level, but it takes the whole Bedan community to make Laudato Si' a reality.*"

SEEDS FOR A FUTURE WE MAY NEVER SEE

While the call for Laudato Si' entails environmental protection and care for Mother Earth, for the student leaders of SBU, it may also mean planting a legacy that will carry the mission for decades, if not centuries to come.

As Rivera notes, "I do not want my organization to be known merely as one that champions Laudato Si',

but also as one that openly exposes the causes of the environmental crisis in the first place," further underlining that a right to a balanced and healthful ecology is a constitutional right. He also urged Bedans to "seek to understand that one cannot advocate for something without addressing the root cause of the problem."

Thus, calling other organizations to "follow the same principles, continue doing what you're doing. We can't do this alone, nor can a few organizations or groups of people. But as a collective body of organizations, I believe we can make a difference for a better environment not only for ourselves, but also for those who are yet unborn or are to come."

With the University's commitment to the doctrine of Laudato Si' exemplifying how student leadership can transcend traditional boundaries, it allows the beginning of a collective pursuit of sustainability and ecological

consciousness. In acknowledging the continuous efforts of the school's organizations in taking part in this collective pursuit, we slowly witness an established demonstration of true stewardship involving, not only addressing

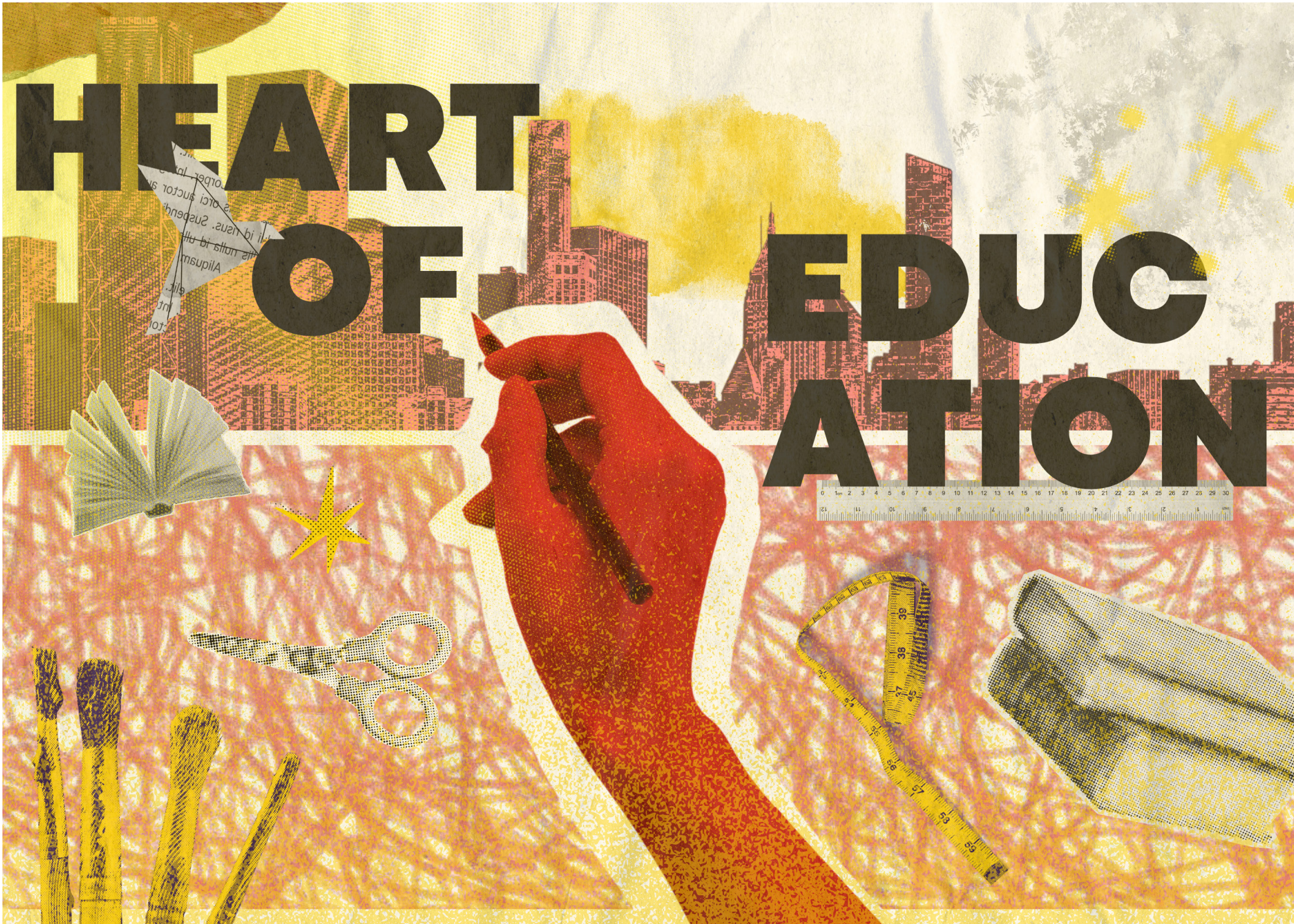
environmental challenges, but also instilling values that resonate across generations.

(with Nityananda Santos)

Celebrating the pillars of Bedan Education

▼ Marc Joseph Felix
Graphic Art by Catherine Flores

SHIFTING THE SPOTLIGHT to the individuals behind the foundation of Bedan education, teachers are the unsung heroes that continuously nurture the future of every student. As World Teachers' Month is celebrated every October, the footprints of their passion and dedication will forever be engraved in a student's minds and hearts.



The World Teachers' Month, held every October, is a testament to the global recognition of teachers' indispensable role in shaping the world in its past, present, and future forms. It is an opportunity to show appreciation to the tireless hands that push society toward the continuity of growth. In the heart of this year's celebration, the drive and influence of teaching are unraveled.

LESSONS OF A LIFETIME

Teachers are the significantly unsung heroes of society. They are tools of inspiration and mechanisms of skill development that shape a student's individuality. As stated by Nicko Dela Vega, the Second Year-Level Representative of the Junior Bedan Law Circle (JBLC), teachers serve as a guiding light that "impacts a student's life positively in profound and lasting ways."

"Teachers expect highly from us because they know that we have more to give than we let on. And I think that's really great because it pushes you to go beyond your limits," he explained.

In today's fast-paced world where productivity is often prioritized over personal well-being, Yzabella Rei Gayanelo, a junior from the Department of Political Science, reflects on the crucial advice she received from her former professor: "That rest, whatever form it may take, really is essential."

This simple yet powerful reminder highlights the importance of taking time to recharge in order to maintain

mental clarity, physical health, and emotional resilience, paving the way to a better approach in tackling challenges without sacrificing one's well-being.

It is well-established that teachers are the instruments that craft the general future of the world, as they are the fuel that ignites the flow of wisdom and knowledge, preserving its transcendence.

THE HEART OF EDUCATION

However, from a teacher's point of view, being a teacher is more than just teaching. As Dr. Maybelle Gallardo highlights, "Teachers do much more than teach subjects. They act as mentors, role models, and even counselors. So, they support students emotionally, instill values, and foster a sense of community and responsibility, especially in challenging times."

Furthermore, Prof. Roy Consulta stated that being a teacher is also "being a student's second parent," stating "*Kumbaga ibinibigay ng parents sa teacher 'yung continuance para maging safe, maging knowledgeable, maging God-given 'yung estudyante.*"

Inspired by his mother who is a retired teacher, Asst. Prof. Kerwin Mark Martinez, M.A., developed his passion for teaching by witnessing its contributions to the holistic development of students. Beyond academics, he also cites that teachers are "role models who inspire success and foster values."

These three Bedan professors exemplify what it means to be a teacher as they share their drive and inspiration for pursuing their passion for education.

Prof. Consulta emphasized that his inspiration stems from an "internal purpose" he strives to fulfill: "*Di ba meron tayong excerpt from the Bible na kailangan ma-share mo what is given to you—your talent.*"

Meanwhile, Dr. Gallardo draws her motivation from her students: "When I look into the eyes of my students, I see curiosity and the desire to learn, and that keeps me going. It's incredibly rewarding to know that I can contribute to their growth."

For Asst. Prof. Martinez, teaching is a noble pursuit rooted in his philosophy of transformative education. "Being a teacher means a lot to me. It is a profession I take pride in. I believe that teaching is grounded in nobility and magnanimity."

Ever since the foundation of education, the impact of a great teacher remains timeless, and their influence extends far beyond the classroom—building paths and carving the future of each student towards being the person they want to become in the future. Let us continue to support and appreciate the tireless efforts of educators everywhere, ensuring that their contributions are acknowledged and celebrated for years to come.

(with Samantha Calderon and Prince Tagarino)



ticket scalping

it's a bad idea, right?

Consideration, not for sale?

Confronting ticket-scalping culture

▼ Jennifer Gwyneth Fabros
Graphic Art by Catherine Flores

BEHIND ALL THE “#SECURED!” posts from excited fans, the thrill of securing tickets to see their favorite artists has turned into a battleground against the rising tide of scalpers. As fans eagerly anticipate the return of their beloved icons, they are confronted with not only soaring ticket prices, but also with the frustration of seeing their dreams get overshadowed by those looking to profit from their passion.

With all the icons coming back and forth in the Philippines, fans are pouring their hearts and souls into making their dreams a reality. Yet, the growing presence of scalpers, who view concerts as mere business opportunities, raises a pressing question: how can genuine fans hope to secure their tickets amid this exploitative environment?

A “Gutsy” Announcement

Last September 10 Olivia Rodrigo surprised her Filipino fans by announcing her GUTS Tour date in the country. The news of her concert, which happened on October 5, sparked a mix of shock, excitement, and anxiety among fans who anticipated tough competitions for tickets. Priced at only Php1,500 for all sections, the tickets quickly attracted the interest of both fans and scalpers, creating worry about skyrocketing resale prices. Additionally, it was announced that all the net proceeds from this Manila stop would be donated to Jhpiego Philippines, a non-profit organization that focuses on women and children’s healthcare.

There are usually two ways to secure tickets for a concert: “camping” on-site and purchasing online. The term camping is used when fans go on-site and wait overnight outside the malls prior to the day of the ticket selling. However, purchasing on-site can also be used when the buyer only buys the ticket physically in the mall, without staying the night before. For other buyers, it’s a matter of purchasing online, where hopeful fans wake up early, armed with multiple devices and a stable Wi-Fi connection, ready to join the virtual queue.

Behind their desperation

Fans would dedicate their time to achieving their goal: to see their favorite artist. Without hesitation, those opting to camp come prepared with packed meals and fully charged power banks, ready for a night under the stars with fellow fans.

On the other hand, those who prefer buying tickets online would intently wake up early, anticipating the start of the online queue. In most cases, they would have two to three gadgets prepared and a stable Wi-Fi connection in hopes of securing their spot as soon as sales begin. For three or more hours, these die-hard fans are willing to burn their eyes out while guarding carefully for their turn.

Between these efforts requires patience and determination. Jerziel Romaine Farol, a student from the Department of Political Science and a seasoned concertgoer since 2019, shared her experience with camping for the GUTS Tour ticket selling that took place on September 29, 2024.

“Imagine, *alás-sais nando’n na ‘ko. Ine-expect ko, dahil 6:00 nando’n na ‘ko, ano, kumbaga okay pa-maikli pa lang ‘yung pila,*” Farol explained, noting her disappointment when she realized that even her early start might not secure her a ticket. Nevertheless, Farol also

showed her “sympathy” for the situation of others who had been present since the end of mall hours.

Standing against scalpers

“*Kung hindi ako makakakuba, hindi ako makakakuba.*” As the number of scalpers continuously increased, they provoked the utmost hatred from society. Maria Katrina Castillo, a senior from the Department of Political Science, criticized the doings of these scalpers, saying “*Dinadagdag nila ng additional price ‘yung original ticket, at hindi very reasonable ‘yung dinadagdag nila kasi sometimes doble pa nung original price ‘yung binibigay nila...*”

Castillo also added that the consequence of hoarding tickets could result in an unfortunate event because the sellers are not guaranteed that they will achieve the benefit they are assuming, which could place them on the losing side.

From the lens of an expert

“The price should be leveled for everyone. You cannot call it a fair market if the prices are not standardized and the number of tickets in the market is not standardized,” noted Prof. Gregorio Borja III, MPE, CPE, the Chairperson of the Department of Marketing Management of the College of Arts and Sciences (CAS).

Prof. Borja explained that scalping cannot be considered a marketing strategy because “marketing strategies should be pro-consumers” and should be a “win-win situation between the seller and the consumer.”

When asked what should be done to prevent scalping, he explained that “almost definitely the sources, the ones that distribute, will have to be very meticulous and conscious of their dealers. License them as much as possible. Who are the only entities allowed to actually carry the tickets for selling because if you just allow anyone, then these people will have the power to actually raise the price, correct?”

The rise of ticket scalping has turned the exciting experience of attending concerts into a frustrating challenge for Filipino concertgoers. As fans confront opportunistic scalpers, they are left questioning a system that prioritizes profit over passion. Fan communities have begun to voice their concerns, highlighting the need for stricter regulations to protect against unfair practices. As discussions about ticket scalping progress, many fans hope for a fair solution that preserves the integrity of live music events while addressing their interests.

(with Myrna Ydwina Xialea Pelayo & Maegan Belicena)



Checking In: How Bedans take charge of their wellbeing

▼ Mansel Jianne Latonero

IN THE HECTIC environment of university life, students face constant challenges that make prioritizing mental health essential. The Commission on Higher Education (CHED) revealed that mental health issues are a major reason for student dropout, highlighting the critical need for mental well-being. As students navigate academic demands and personal growth, effective coping strategies become vital.

To shed light on how students cope with these challenges, The Bedan has gathered practical tips that can help manage anxiety, along with perspectives from two students whose experiences may resonate with many.

TAKE REGULAR BREAKS TO RECHARGE

Taking regular breaks throughout your study sessions, or even life in general could give you the boost to tackle all and every upcoming obstacle that you will face. Decide which tasks are urgent and which can wait, and don't hesitate to say "no" to new responsibilities if you feel overwhelmed. At the end of the day, take a moment to appreciate your accomplishments.

EFFECTIVE RELAXATION TECHNIQUES

Relaxation techniques help trigger the body's natural relaxation response, which can slow breathing, lower blood pressure, and ease muscle tension. Common methods include progressive relaxation, where individuals tense and relax muscle groups; guided imagery, which involves focusing on positive mental images; and biofeedback, utilizing devices to monitor bodily functions like heart rate. Other effective techniques include self-hypnosis to achieve a relaxed state through specific cues and deep breathing exercises to promote calmness and well-being.

GET MORE SLEEP

Make sure you stick to a schedule, and make sure you're getting enough sleep. The National Heart, Lung, and Blood Institute (NIH) reports that sleep deprivation changes brain activity in specific parts. You may struggle to control your emotions and behavior, solve problems, make decisions, and adjust to change if you don't get enough sleep. Lack of sleep has also been connected to risk-taking, depression, and suicide.

FROM THE STUDENTS PERSPECTIVE

Akiah Loveighne Agbanlog, a freshman from the Department of Economics, shared that while she's "proud" of her academic accomplishments, she often feels the weight of expectations as a student leader. "I'm somewhat satisfied with my academic standing, but I feel like I can do better," she says.

To cope, she studies with organizational activities, which provide a mental outlet, saying that "Being a freshie is challenging; sometimes we become so overwhelmed that it clouds our judgment, so taking a pause is really helpful," she adds.

Izzy Ylagan, a student from the Department of Political Science, emphasizes the positive effects of encouragement from professors on student engagement, stating, "*Masyado siyang mapagbigay* [like] *si Sir Ruzol sa mga papuri, kaya dahil sa mga* praises *ng mga* professors, *mas na-encourage kaming mag-participate.*"

She copes with academic pressures by taking breaks and enjoying relaxing activities, such as watching childhood cartoons, which she finds essential for maintaining mental health. "Mental health is crucial because it impacts our physical health," she adds, highlighting the importance of support from friends and family.

University life presents many pressures, but taking charge of mental health can make a significant difference. From finding comfort in familiar activities to setting realistic goals, Bedans have ways to cope with the demands of university. The experiences of Akiah and Izzy show that while the challenges are real, there are accessible strategies to maintain balance and prioritize mental well-being throughout their academic journey.

(With Paris Isaac Falcone)

CONQUERING THE WORLD:

RED JINS DEBUT ON THE INT'L STAGE

▼ Rizian Veniz Ballela and Jake Ellis Evangelista

GLOBALLY COMPETITIVE ATHLETES Reymundo “Yomyom” Calamba III and Felix Ace Perez, both from San Beda University’s (SBU) Taekwondo Team, showcased Bedan grit and prowess and proudly represented the Philippines with standout performances at elite international competitions.

Exemplifying the spirit of Bedan pride and the winning culture engraved in the minds of every athlete, Calamba and Perez’ feats remain as a testament to San Beda’s capability to perform in the world stage.

Perez represents the Philippines at World Taekwondo Junior Championships

Perez, a Grade 11-STEM student, kicked off his international debut at the World Taekwondo Junior Championships 2024 in Chuncheon, South Korea, last October 1 to 6. The young Bedan athlete competed in the Junior Men’s Flyweight category, having worked his way up through national selection ranks and committing fully to his training with the national team. For Perez, extra training was essential to ensure that he had “bala” for the competition ahead.

“Wala naman po akong binago. Kung ano po yung training dito sa San Beda Red Jins, sinusunod ko pa rin naman po,” Perez explained. He added that he made

significant adjustments to his diet and routine to meet the competition’s weight requirements.

“Nagpapa-nutritionist po ako para makuba ko yung weight ko,” he shared, demonstrating a Bedan athlete’s definition of discipline, which empowered Perez to carry the flag of the Philippines with unwavering pride.

“Yung naging drive ko po talaga, unang-unang po is yung mga sumusuporta po sa akin tulad ng parents ko po, mga friends, and lalo na po kay God,” Perez emphasized, highlighting the deep, emotional strength that fueled his every push forward.

Calamba nabs silver at the KASAD 6th Asian Taekwondo Open

For Calamba, a student-athlete in BS Exercise and Sports Sciences, his silver-medal achievement at the KASAD 6th Asian Taekwondo Open Championships, held in Tangerang, Indonesia, from October 15 to 17, was a powerful testament to his unwavering perseverance and the relentless dedication he poured into every moment of his training. Facing top athletes from countries such as Korea and Pakistan, Calamba’s podium finish was marked by sacrifice and discipline, affirming his commitment to achieving greatness.

Reflecting on the challenges he overcame to reach the international arena, Calamba shared how he adapted his daily routine to elevate his physical readiness. “Yung ginawa ko po unang una is yung mag-lose weight at yun po siguro yung pinakamahirap na ginawa ko since nag-extra training pa po ako every day,” he said, narrating how he took on rigorous

double training sessions—mornings with the Red Jins and evenings with the national team.

The outcome was a proud silver-medal finish, a powerful affirmation to the countless hours of grueling training and “dugo’t parwis” Calamba poured into every punch, every kick, and every moment on the mat, driven by an unbreakable will to succeed.

Behind their successes lie the support of San Beda’s sports community, from coaches to teammates, who have stood by their side through every step of their journey.

With their recent international experiences under their belts, Calamba and Perez continue to don the red and white of SBU as role models, embodying the courage and strength of true Bedan athletes, while remaining committed to honing their skills and achieving new milestones.



Red Netter clinches silver at ISTF Soft Tennis Championships

▼ Rcee Tenefrancia

IN HIS FIRST international stint, San Beda Red Netters rookie, Jason Caminting, brought home silver in the International Soft Tennis Federation (ISTF) World Tour International Soft Tennis Championships 2024 held last September 17-23 in Pathum Thani, Thailand.

Caminting was part of the three gold, four silver, and one Philippine delegation that won bronze medal in the week-long tourney.

In an interview with *The Bedan*,

he revealed that it was his “first time” competing internationally and their preparation was only for two days—leading Caminting to be “pushed into new heights of spontaneity.”

tournament was also made possible through the help of Katindig, who requested monetary support from their city in Santa Rosa, Laguna which helped sponsor his travel abroad.



Photo courtesy of Jason Caminting

He also highlighted that his main obstacle was the “culture shock,” saying “*syempre, baguhan, na-culture shock po ako na ‘ay, ganito pala kapag international game.*”

“So paano ko mas ie-execute nang maayos ‘yung game ko, kasi grabe mga bansa po talaga na parang hindi po sila napapagod,” he added.

Reflecting on his current career, Caminting narrated how his path into the sport of soft tennis started when he was still “in grade two.”

The passion and skill were further heightened during the pandemic when Princess Katindig, a two-time gold medalist in the Southeast Asian (SEA) Games in Tennis 2024 and San Beda University (SBU) alumna, introduced him to soft tennis that paved the way for his entry to the Red Netters.

With this win, Caminting remains “even more motivated” to suit up once again for the Philippines should there be future international competitions. “[Kapag] ‘yung nasa likod ng [damit mo ay] Philippines talaga, ibibigay mo lahat ‘yung best mo... Nandito ka na eh, so bakit ‘di mo pa garwin ‘yung best mo.”

Finally, he expressed his “gratitude to the support of the Bedan community,” saying “Thank you, for recognizing my wins internationally.” Accordingly, he hopes for greater success in future competitions.

“I hope champion naman ‘yung makuba natin soon [sa] international, with the national team and to the Philippines,” he concluded.

(with Nityananda Dasi)

His journey to the Thailand

SBU crashes out of finals contention; loses title defense run to CSB

▼ Veronica A. Balbin



Photo by Xialea Pelayo

DEFENDING CHAMPIONS SAN Beda Red Lions failed to replicate their Season 99 title run after falling to the De La Salle-College of Saint Benilde (DLS-CSB) Blazers, 63-79, in the Final Four of the National Collegiate Athletic Association (NCAA) Season 100 seniors’ basketball tournament last November 23 at the Cuneta Astrodome in Pasay.

With the loss against the Blazers, who hold the twice-to-beat advantage, the Red Lions were eliminated from finals contention—a stark contrast from their Season 99 run against the Lyceum of the Philippines University (LPU) Pirates.

In a post-game interview Head Coach Yuri Escueta explained how the team’s preparations leading to the semis “was [going] really well.” However, “it’s just, during the game, *syempre ‘yung atmosphere was different, and I’m not sure if with some guys, parang first time na punta sa ganitong situation,*” he added.

Regardless, Coach Yuri stressed that the team has a long way to go and a lot of things to learn. “That feeling of defeat will fuel us in preparing, in being humble, and of course, playing with more pride and honor for the school,” he added.

Right off the bat, the Blazers gave no room to score for the Lions, already pulling ahead by 11 points in the first quarter. The Red Lions continued to struggle in both offense and defense during the second quarter, trailing by 26 points behind the far-composed Benilde, 27-53.

Despite narrowing the gap to six points from inside early in the second half, the Red Lions suffered a 28-point deficit by the end of the third quarter. The drubbing ensued until the final stretch, ultimately suffering a 63-79 loss. Graduating senior AJ Royo pushed the team by 14 points, two free throws, and four rebounds. Penny Estacio added his own total of 10 points, three rebounds, and an assist.

(with reports from Prince Priolo Tagarino)



Photo by Irish Macanang

Red Woodpushers win NCAA Season 100 Chess crown

▼ Mika Isidro

RECLAIMING THEIR SPOT as kings of the chess board, the San Beda Red Woodpushers nabbed the National Collegiate Athletic Association (NCAA) Season 100 Chess Tournament Championship after a narrow 2.5-1.5 victory over the Lyceum of the Philippines University (LPU) Chess Team last November 22 at Ayala Malls Manila Bay, Parañaque City.

After finishing with 25.5 points from seven wins and a single loss, the Red Woodpushers secured the top spot in the elimination round as the first seed, setting up a Finals matchup against LPU who finished second with 21.5 points, four wins, two draws, and two losses.

Adrian De Luna, Lionel Escote, Johann Cedrick Gaddi, and Joshua Miguel Yongco were fielded for the team in the championship match of Season 100's Chess Tournament. De Luna played a close game in Board 1 against LPU's Marticio, settling for a draw and splitting the points for both teams, 0.5-0.5.

On Board 2, Escote gave the eventual championship-winning point after a victory over LPU's

Lumangcas, 1.5-0.5. Boards 3 and 4 saw a repeat of Board 1's results as Gaddi's match against Casabuena of Lyceum ended with a draw, and Yongco shared the spoils with LPU's Delgado.

Escote's lone victory sealed the match for San Beda, giving the team their first over-the-board championship since Season 93 with a score of 2.5-1.5. Along with winning the championship, the Red Woodpushers bagged the Most Valuable Player (MVP) and Coach of the Year awards for Season 100.

Lionel Escote's performance in the elimination round and his heroics in the finals saw him earn the Most Valuable Player (MVP) plums while Head Coach Ildelfonso Datu was hailed as



Photo by Nathaniel Soriano

Coach of the Year. Ultimately, this Season's championship serves as retribution for the team's silver finish last Season 99.

"Medyo disappointed kami last year. After that year, I made sure na babawi kami," Datu shared in an interview with *The Bedan*.

"I told myself, I will rebound for that loss,' and nag-pay off naman

because of the practice and also the players nakisama sila. Even though at least four players na graduating, sabi ni Coach, 'Babawi tayo,' and ayun, nag-pay off," he added.

Datu also acknowledged how LPU is a "new team" because of their "high-caliber recruits." Regardless he shared his preparations in facing a tough

team like LPU. "I told the team to focus. I prepared a game plan kung ano gagawin namin, kung saan kami kukuha. I think they have two new players na caliber."

In his final remarks, he concluded by expressing his gratitude, saying "thanks to the Lord, kasi hindi mangyayari 'to kung hindi sa kaniya."

Red Paddlers sweep NCAA Season 100 Table Tennis tourney

▼ Paolo Vital

THE SAN BEDA Red Paddlers capped off a dominant run in the National Collegiate Athletic Association (NCAA) Season 100 Table Tennis Tournament with a golden sweep, securing the championship for the Men's, Women's, and Juniors divisions at the MVP Gym, November 16.

After a string of first runner-up finishes in the Men's, Women's, and Juniors divisions in Season 99, the Mendiola-based squad reclaimed their throne as champions in the centennial iteration of NCAA Table Tennis. Their last triple crown was in 2020, prior to a four-year hiatus.

Despite losing to the Benilde Blazing Paddlers in the elimination rounds, the Men's squad finally got over their hurdle in their final showdown, overcoming the reigning champions in a 3-1 match-up.

In the first singles match, Team Captain Earl Tolentino failed to crack Benilde's Laudato, losing 6-11, 8-11, 11-7, 2-11 to hand the first win over to the Taft squad. Unwilling to let the Blazers extend their lead, standout Matt Andrew Ramos went head-to-head against Deocareza, notching a straight-set victory at 11-6, 11-9, and 11-7.

The pairing of Michael Angelo Aguna and John Daryll Nominador steamrolled the Blazing Paddlers' Arvin and Irvin Garcia, 11-8, 11-5, 12-10, to put San Beda at match point, 2-1. With the championship at arms' reach, Ramos once again faced off against Deocareza, snagging the first two sets at 11-5, and 11-6. However, the Blazers quickly retaliated with their own back-to-back sets, 7-11, 5-11.

In a hotly contested fifth set, the contenders Ramos and Deocareza traded blows, with the score closely tied as the game extended past 11 points. Fortunately, Ramos delivered the coup de grace, winning 12-10 in the deciding set to win the championship for the Men's squad.

Meanwhile the Women's squad

breezed through the University of Perpetual Health System DALTA (UPHSD) Table Tennis Team, 3-0.

Danaia Reblora opened the game with a powerful 11-4 first-set victory over Perpetual's Lucas. However, the Perpetual-based squad came up with a reprisal of their own, putting the game at an even with a 10-12 comeback. Reblora cleared her remaining sets with 11-7 and 11-9 respectively, securing the first game.

In the second game, Nicole Gaspar was met in a razor thin matchup, edging out Perpetual's Ablaza in a five-set thriller, 11-9, 9-11, 11-9, 12-14, and 12-10, to put the Women's squad ahead by two wins.

Closing out the series, the tandem of Team Captain Jaylyn

Valencia and Novy Mae Digamon pair sailed smoothly through the final game, sweeping Perpetual's Celeste and Divinagracia, 11-7, 11-4, and 11-8, to formalize their Season 100 championship.

Lastly, the Juniors' division squashed the Perpetual squad with an emphatic 3-0 record, with Wayne Celestra and Keiji Redor delivering the final blow to seal the triple domination.

Ramos was named Most Valuable Player (MVP) of the Men's tournament, while Reblora earned both Rookie of the Year (ROTY) and MVP honors for the Women's division. Ace Gumabay replicated the feat by earning ROTY and MVP, while Matthan Jamin was named Freshman of the Year in the Juniors category.

In a post-game interview, Head Coach Steve "Kurt" De

Guzman fervently dedicated the Red Paddlers' win to San Beda, while addressing those who had doubted them, saying "This championship is not for us, this championship is for San Beda, ang daming nagddoubt sa amin, pero ito ay ibinigay ko sa San Beda. Mahal ko ang San Beda at hindi ako gagawa nang among mali."



Photo by Veronica Balbin

BITTER TRUTHS LIE BENEATH THE GLORY



**RIVERCHILD
THIRTY PABILICO**



...they reflect a pattern of oversight that questions the University's commitment to its athletes' well-being and fair treatment.

SPORTS HOLD A significant place in shaping the Bedan identity. Much of it is evident in the fact that it is nearly impossible to discuss San Beda without highlighting its numerous achievements in the National Collegiate Athletic Association (NCAA) and beyond. However, behind this celebrated winning culture lies harsh realities that are often overlooked and disregarded.

In just half a year, two troubling stories involving our Bedan athletes and key groups in our sports community have surfaced, casting a harsh light on the irregularities within the Lion's Den. Last September, *The Bedan* released a story about the San Beda University (SBU) Band, outlining the details of their suspension from performing at NCAA games.

A few minutes was all it took for the story to attract widespread criticism. Subsequently enraged, the Bedan community echoed their sentiments through the #LetSBUBandPlay movement, calling for the immediate reinstatement of the embattled organization.

While the issue was eventually resolved after public pressure, with the reason for the suspension reduced to a mere "miscommunication" between two parties, it seemed that the less-than-ideal conclusion to this saga would prompt the University better to handle the situation and the grievances of our student-athletes.

To no one's surprise, we were wrong.

Amid the Yuletide season festivities, the publication, learning about the issue in the months prior, once again released a long-overdue story about the struggles of former San Beda Men's Volleyball Team (Red Spikers) players, who came forward to voice their complaints against the program's current Head Coach in matters concerning their "unwarranted" removal from the roster, the alleged mismanagement of their scholarships, and the "mistreatment" and misconduct they experienced under their tutelage.

Unfortunately, there has been little to no significant recourse or reconciliation in the situation, leaving the former student-athletes without any opportunities to represent the University they once gave their all for.

In light of these controversies, one could not help but reflect on a thought: for an institution that takes pride in its athletic excellence, isn't it uncharacteristic to undermine the very Bedan athletes who contributed to achieving that excellence in the first place?

The uproar after the SBU Band's suspension and the uncertain fate of the former Red Spikers who fearlessly chose to call out the injustices in their conditions exemplify the broader issues of transparency and accountability within the Lion's Den.

Moreover, these are not isolated incidents. Rather, they reflect a pattern of oversight that questions the University's commitment to its athletes' well-being and fair treatment. If the University continues to cast aside these bitter truths—matters that require dire attention—do we deserve to take pride in the feats of our student-athletes?

Unless these deeper systemic issues are addressed, they risk undermining the institution's achievements and failing to create a supportive and equitable environment for student-athletes—one that should have been a cornerstone of our sports programs from the start.



Lady Red Smashers posing for a photo opportunity after clinching the championship title at Centro Atletico.

Photo by Mika Isidro

RED SMASHERS END FOUR-YEAR REIGN AS CHAMPS; LADY RED SMASHERS SECURE HISTORIC FIRST NCAA BADMINTON TITLE

▼ **Thirty Pabilico**

HISTORY WAS MADE on both floors as the San Beda Red Smashers' four-year-long dominance in the Men's Division came to an end while the Women's squad captured their first-ever championship in the National Collegiate Athletic Association (NCAA) Season 100 Badminton Tournament last November 21 at Centro Atletico, Quezon City.

Despite breezing through the eliminations and semifinals, the Men's squad failed to defend their Season 99 title after falling short against the De La Salle-College of Saint Benilde (DLS-CSB) Blazing Shuttlers in the championship match, 1-2.

Fortunately, the Women's squad avenged last Season's silver finish, dethroning the San Sebastian College - Recoletos (SSC-R) Badminton Team, 2-1, to seize its inaugural Women's Division title.

Down a point in the Men's finals, the pairing of Arjay Lazareto and Joaquin Pollentes swept Benilde's Ranie Mullet and Troy Oliveres in the doubles, evening the series and forcing a deciding game.

However, Krenz Valeña failed to overcome the Blazing Shuttlers' Alron Alonzo in the second singles, ending the Mendiola squad's hopes of defending their title in the centennial edition of the NCAA.

It was the same script for the Women's side as Dana Navarro dropped the first game against San Sebastian's Khea Montanez, 0-1.

Regardless, the Red Smasher duo of Chay Red and Melody Galicia evened out the field with a swift victory over Julliana Gonzaga and Luzviminda Gaba, 1-1.

Team Captain Isabella Pollentes pulled through in the second singles after dismantling Andrea Villamor, giving the Women's squad their first title in a 2-1 team victory.

"We've been wanting this before. It's been three years *na second kami* and [since] this is the first time *na nag-champion kami kaya* for us, this is very important to us," Lady Red Smashers Head Coach Rocky Magnaye expressed in an interview with *The Bedan*. Moreover, he also emphasized the "team effort" behind the championship for the Women's team.

"It's all about the effort *ng mga* players and *hindi lang mga* players *na naglalaro* [kung hindi ang] *buong team*—*pati mga* coaching staff and even *yung* support *na nakukuba namin sa* San Beda, *malaking bagay sa* motivation *ng mga* players," he added.

Notwithstanding of the split outcomes for the Men's and Women's, Magnaye remains optimistic about what is in store for San Beda's badminton program, saying "Looking forward, *talagang malaki* ang future *ng* San Beda Badminton Team."

Pollentes was named Most Valuable Player in the Women's side, while Renzo Barlinan earned Rookie of the Year plums in the Men's Division. Magnaye was also awarded as the Coach of the Year.

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