



The SLS AVISI



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The Official Newsletter of the Secondary Laboratory School

June-January 2009

SLS Beauty reigns Miss COED 2009

The pride of the Secondary Laboratory School, the beautiful Ms. Giovanne Loise Asuncion, was crowned Ms. CoEd 2009 during the pageant held at the EVSU Inner Court last January 30, 2009.

Asuncion, a 3rd year highschool student bested ten (10) other candidates and romped away with the Best in Evening Gown and Best in Swimsuit Awards to boot.

Completing the roll were Mavie Valerie Lagario and Hannah Marie Joy Estola who were adjudged 1st Runner Up and 2nd Runner Up respectively. Lagario also won the Miss Photogenic and Students'

Choice Awards while Estola won the Miss Eloquence Award. Other winners include Claudette Mae



Tercino, who was awarded the Best in Production and Retro Attire; Mae Corazon Arjon, Miss Congeniality and Miss Uno Glutathione; and Katrina Dimafiles, Best in Talent. With eleven (11) stunning and brainy beauties vying for the crown, the judges chaired by Ms. Liza Calda had a hard time deciding who the worthy candidates were.

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Giovanne Loise Asuncion, Ms. Coed 2009 poses with Kristel Marie Cordero(left) Ms. Coed 2008, Ms Liza Calda(right) Chairman of the Board of Judges and Dr. Rosario E. Garcia(far right)Dean of the College of Education

Bantaculo, Visayas Region's Outstanding Boyscout

Scout Venturer Arnold John Bantaculo, of Visayas of Eastern Visayas State University, has been chosen as one of the three outstanding boy scouts of the whole of Visayas. He has been selected to be a candidate for the National Search

"Winning isn't everything, but the will to win is everything"

for Ten Outstanding Boy Scouts of the Philippines (TOBS) to be held on 28th - 30th day of September 2008, in Manila, he has the qualities of a good boy scout, that made him qualify to the national level. With the help and support of

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SLS bids goodbye to Ma'am Sol



Dr. Sol Rostata Arteche served EVSU as a very dedicated teacher of English, and Music, Arts, and Health in the Intermediate and Secondary Laboratory School for decades. She became the principal of the ISLS Department in October 2002 and retired last December 2008.

After six years of service as the principal of the Secondary Laboratory School of Eastern Visayas State University, Dr. Sol R. Arteche a.k.a. Ma'am Sol has made significant improvements in the department not only in terms of its facilities but also of the programs and services offered to its students. She was truly a mother to both the teachers, the parents, and the students of the ISLS. Her legacy as a very supportive, dedicated and committed principal will remain in the minds and hearts of the students as well as the faculty members of the Department.

Au Revoir, Ma'am Sol!

By: Cellips and Kathleen

"We bid you a fond and affectionate farewell,"



SLS Feeding Program

“ It really touches my heart when I see these kids, some of them had no shoes, and they were walking barefooted. When I asked one of the kids if he had eaten already, his reply was– “Hindi pa ako kumain ate”. Hearing these words made me feel that I am so lucky to eat three times a day.” Ramse said.

On the 31st of July, the Nutrition month, the Secondary Laboratory School Faculty and Students conducted a feeding program to be held in the City Central School of Tacloban. The overall in charge of these event was the MAPEH teachers consisting of Mrs. Reggie Regina Diaz, Mr. Marlon Lora and Mr. Arnel Villanueva.

The highlight of this event was the SLS Feeding Program. Other teachers also helped prepare the food, Mr. Richard Brun, Mr. Arnel



Abuda and Mr. Ricky Alalid. The City Central School’s principal, Mrs. Milagros Pilutin, said “We already held a feeding program on the first week of July. The money that we used was the profit of ocanteen, our budget was not enough to feed all the pupils were fed. So we are Very thankful to have chosen our School to have this feeding program.”

The SLS students and faculty’s cooperation made a harmonious and successful gist, to make the children of the school happy. Kristine Mae, one of the Grade I students said that she’s very thankful. One of the interviewed teachers, Mrs. Alejandra Abella homeroom teacher of Yakal said “This program is very good, maraming mga bata ang pumapasok na hindi kumakain,

Kaya very helpful ang feeding project na to.”

Jayvee, one of the boy scouts who helped organize the pupils said that he is very happy to see that many pupils are having a good time participating this program.

While the students of City Central wait for their turn to eat. Two students of the SLS, namely “Kenneth Phurps Laurente and Ramse Capatoy” sing some action songs for the students. And the students had some great time learning the song.

One of the parents interviewed said “We are happy of the fact that many malnourished children in the City Central School are given concerns by other schools, like EVSU. We are overwhelmed because one of our children was fed in this program.”

“Give what you have to somebody, it may be better than you think.”

Nutrition Month: Jingle Contest

“No more piatos, chippy in the listahan. Di kasi to pwede si iyong katawan.

Kung gusto mong healthy si baby, kumain ka ng veggie.”

Were only few lines taken from the victorious III-Athena nutria-jingle performers under a fine weather at the EVSU outer court held last July 31, 2008, as a part of the long month celebration of the nutrition month with the year’s theme “Sa wastong nutrisyon ni mommy, siguradong healthy si baby”.

The nutria-jingle contest was hosted by Mr. Marlon Lora. It started at

9:00 in the with an opening prayer and the singing of the Philippine National Anthem. Mr. Eduardo Malpas enlivened the students with a nutrition-related opening remarks. The judges of the event were introduced by Mrs. Reggie Diaz, namely: Mr. Ruel Advincula, Mr. Bernard Niño Membrebe, and Mrs. Marilou Avendaño, all from the College of Education.

The said event was delegated by different year levels, 3 sections from the freshmen, 2 from the sophomores, 3 from the juniors, and 3 from the seniors.



Continuation page 3

SLS Studs attend 3rd Inter School Debate Seminar Workshop

University of the Philippines Visayas, held a 3rd Inter School Debate Seminar and Workshop on August 9, 2008 at the UP Tacloban Multi-Purpose Building.

The UP Tacloban Debate society introduced to the future debaters the mechanics, basics, and case building. The chosen SLS students were briefed to a world of competition and argumentation.

Starting with the program of activities, hosted by Mr. Sabulao and Mrs. Jopson of the UP Debate Society, was the registration. Students of different schools from different cities attended and participated at the different activities. Soon after distributing ID's and envelopes with the programs, was the invocation of Ms. Realino and followed by Dean Sabalo for the opening remarks.

TOBS...from pg. 1

all, there are 26 boy scouts around the Philippines who will compete. The criteria on selecting the TOBS are Performance (45%), Character (10%), and Interview (45%). The Chairman and the members of the selection committee were the one who selected the candidates in each region for the nationals.

By: Jessica Daffon

SLS Beauty...from pg.1

However, amid the booming cheers and shouts of encouragement the three SLS beauties outshined and

After the inspirational messages, the workshop began with Ms. Pabelico's topic, the matter of debating. Next was the mannerisms observed during debate was discussed by Ms. Salipot and Ms. Briones. After the 30 minute break, an open forum was held where students and teachers could question the speaker. British Parliamentary Basics were discussed by Mr. Basilan and Ms. Gaspay.

Entertainment was given by Briann Fred Lipardo who happens to be a great guitarist.

The UP Tacloban Debate Society, prepared a mock debate only for the students. The parties were debating about the right to ban Sangguniang Pangkabataan. Both teams were full of heat and their arguments were really good. The teams all caught the attention of the audiences' "shame" were

outsmarted the rest which made Mrs. Menchi G. Nayad, the SLS new principal, very proud but at the same time she reminded everyone the importance of knowing who the real source of beauty is saying, "There is no beauty than the beauty that comes from God".

The pageant was the first formal search held by the College of Education yet it proved to be a resounding success with the full cooperation of the students and the inspiring efforts of the faculty of the college and the untiring support of the Dean, Dr. Rosario E. Garcia.

By: Jonarey Jazmaine Seno

muttered by the audience if they disagree but they utter "hear, hear" when the audience agree.

Both teams did their best and since it's only a mock debate, no one knew who won.

Now, the real workshop and seminar began for the students. They have the chance to experience debating for real since an organizer is with them and at the same time their adjudicator.

SLS was adjudicated by former student Orlando Lipardo. The team had a great time summing up, rebutting and purely being rude to the POI's (Point of Information). Kuya Orlando was there to observe and to guide the team. In the over-all output the students did well. At the end of the seminar workshop, certificates were given to all the students for their participation.

By: John Nestor Rubio

Nutrition Month...from pg. 2

The first placer of the contest only had the final piece for the jingle the day before the event. "Kinulang pa nga kami ng practice. Imagine we only had a practice in the morning before the contest. It was the first yet the last. Still we got the 1st place," reported a student from III-Athena.

In fact, they never considered the jingle contest as a contest, but just a presentation of what they learned about the importance of proper nutrition of pregnant moms to make their babies healthy and strong. This advisory class of Miss Mary Jessica Tiozon only did this for fun and experience.

The 1st placer got a cash price of 150.00. The 2nd and 3rd places which were bagged by IV-Einstein and III-Zeus also got a cash price of 100 and 75, respectively.

By: Marinel Octa

Interesting Facts:

☺The longest one-syllable word in the English language is "screched."

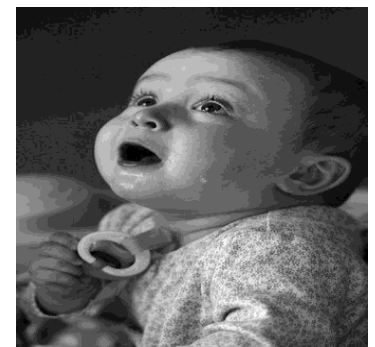
☺"Dreamt" is the only English word that ends in the letters "mt".

☺No word in English language rhymes with "month," "silver," "purple," or "orange."

☺The symbol on the "pound" key (#) is called an octothorpe.

☺The dot over the letter 'i' is called a tittle.

☺There are only four words in the English language which end



in "-dous": tremendous, horrendous, stupendous, and hazardous.

☺There are two words in the English language that have all five vowels in order: "abstemious" and "facetious."

☺The Chinese language does not require punctuation.



Giving : An Incessant Endeavor

Christmas, still a time of giving?

While many of us were thinking of how to make the holidays happier and brighter only for ourselves, our families and our friends, there were some people who thought of making the holidays more meaningful for people they did not even know.

Among these were the fourth year students of Secondary Laboratory School, Eastern Visayas State University who held a feeding program and gift-giving to the unfortunate children sheltered in the Missionaries of Charity in Sagkahan, Tacloban City on the 5th day of December 2008.

The said project was made possible through the efforts of Mr. Marlon Lora, CADT Adviser. together with selected fourth year officers who contributed and gave some unused clothes for the ill-fated children and senior citizens. We all mingled with the children seeing happiness in their muffled eyes.

Everyone felt the spirit of Christmas as we gave our little gifts, seeing the glimmer of bliss mirrored in their eyes and beaming faces.

Thoughts of joy lead to thoughts of giving. Christmas, in spite of all the efforts of those who would destroy the joy, remains the season of giving. That spirit of Christmas giving did not originate with the giving of material gifts. It began with God's greatest gift to man: life itself.

Christmas celebrates the birth of a baby some 2,000 years ago. That baby was Jesus Christ. The story of the life of that baby was destined, through centuries of suffering and martyrdom, eventually to expand across the pages of history to become one of the world's principal religions, Christianity.

The practice of gift giving on Christmas arose by virtue of God's gift of his Son to a sinful and fallen world. Wise men from the East, realizing that the baby born of humble circumstance was God incarnate, brought gifts to him as an act of worship. (Matt. 2:1-11) Christians emulated their actions by giving gifts to one another as they celebrated their Savior's birth.

Christmas is also a time to celebrate the gift of life to children everywhere. Christmas more than any other celebration is a child's season. It is in gratitude for this great Gift that we ought to give to one another this Christmas. We ought not to give merely in response to cultural pressure or out of fear of the disappointed response of a loved one who does not receive a gift. We ought to give out a spirit of thankfulness for what God has done for us. We ought to give out a spirit of love for our friends, our family, our neighbors, and the poor as God showed his love to us through his great Gift. Through this imitation of His love, we draw nearer to him. Remembering this great Gift and giving out of love will enable us all to have a truly Merry Christmas.

“You give but little when you give of your possessions. It is when you give of yourself that you truly give.”

The spirit of giving, particularly at Christmas, is one of personal fulfillment. It matters not the value of the gift; it is the thought of giving that provides the fulfillment.

Giving should not only be done on Christmas day instead it should be a continual endeavor of those blessed with more in life so that everyday becomes Christmas day and that everyday becomes a day of giving and sharing.

*Maturity begins to grow when you can sense your **concern** for others outweighing your **concern** for yourself.*



Principal's
Corner
Mrs. Menchi G. Nayad

As the new principal of the Secondary Laboratory School Department, I would always want what is best for you, for you to be responsible and disciplined individuals.

You may notice some changes in the way the SLS is run, but one thing is for sure these changes are not meant to harm you rather these are meant to help you to become morally upright.

I salute all of you for your efforts in your studies and I know that you are talented in some aspects; all you have to do is develop those God-given talents and use them to serve others.

Remember that there is Somebody up there who will always be there for us.

Thank you students and May God bless you always.

SLS Heartbeat

What is it?

It's your heart's voice, my heart's voice, the SLS heart's voices, our essays and poems of love and inspiration. We encourage you to help the SLS SPO come Up with FIRST EVER. Prose and Poetry Magazine showcasing our expressions of feelings and sentiments.

If interested just give your outputs to the following persons anytime.

- Mrs. Ma. Belinda C. Lora
SLS SPO adviser
- Rose Anne E. Balo
Editor-in-Chief
- Kathleen T. Arambala
Editor-in -Chief

(This is not only for SLS students but to our beloved teachers are most welcome to contribute as well.)



Masakit na Katotohanan: Mahirap na Kalaban Ang Kalikasan

Ang bawat isa sa atin, mula sa pinaka maliit na organismo hanggang sa pinaka malaking hayop, ay nakikihati sa planetang ito. At sa makatuwid ay pati ang kalikasan ay kabilang dito, na napapalooban ng mga natatanging kayamanan na napagkukunan ng buhay ng bawat isa. Ibig sabihin nito, lahat tayo ay may tungkuling pangalagaan ang kapaligiran sa lahat ng panahon, nangangailangan man ito o hindi. Kailangang panatilihin ang mundo sa kaayusan.

Damang-dama na natin ang di natural na balanse ng mundo. Ito ay dulot ng tinatawag nating “global warming” o “climate change” o pagbabago sa klima. Ang pagbabagong ito ay maaaring magdulot ng mapanganib na pagbabago sa mundo at

makaapekto sa mga hayop, halaman, at maging sa mga tao. Ayon sa mga datos at eksperto, sa nakaraang taong 1600, ang mundo ay unti-unting umiinit.

Naitala sa nakaraang labing-siyam na daang taon ang apat sa sampung pinaka maiinit na temperatura na nararanasan ng mundo. Naglalabasan na ang mga makabago at iba’t ibang sakit sa balat at kung anu-anu pang karamdaman at kalamidad. Sa bansa ng Bangladesh, maraming pamilya ang nakaranas at nagdusa sa lampas-taong pagbaha na nagbago sa buhay ng kumonidad. Ang mga malalakas na ulan ay nagpapalambot sa lupa dahil sa nalagas na mga kagubatan at mga punong siyang sumisipsip ng tubig dito. Maraming nabubuwis na buhay at kagamitan dahil dito at ito ay tinatawag na “landslides”. Isa rito ang nangyari sa

Southern Leyte at di maipagkakailang ito ay kalunos-lunos. Kapag dumarating naman ang tag-init ay mapapansin ang mga bitak sa lupa na dulot ng sobrang init. Ang mga magsasaka ay napipilitang huminto sa paghahanap-buhay. Dahil sa napakaraming pagsusuri, maigting na napatunayan na ang “global warming” ay dulot ng mga tao at mga gawain nito. Naitalang 90% sa dahilan ng pagbabago sa balanse ng kapaligiran ay ang tao.

Dahil sa mga tao, nagkaroon tayo ng mga pabrika, mga kabahayan at iba

pang imprastruktura, at mga sasakyan na nagiging dahilan ng polusyon.

Kapaki-pakinabang ang mga bagay na ito sa pamumuhay natin ngunit nakakasira sa kapaligiran. Sa taong 1970, napag-alaman ng mga eksperto na mayroong nangyayaring kakaiba sa “ozone layer” sa South pole. Ang “ozone layer” na ito ay parang isang mantel na nakapalibot sa mundo na pumipigil sa direktang pagtama ng mapanganib na sinag ng araw na maaaring magdulot ng kanser sa balat. Ang ozone ay unti-unti nang numinipis at isang butas ang lumalaki taon-taon sa Antarktika. Ang mga butas ay dulot ng CFCs o “chlorofluorocarbons” na ginagamit sa mga pabango at hairsprays, at sa refrigerators. Matinding init ang magiging resulta kapag tuluyang mabutas ang ozone at lubos na paghihirap para sa lahat.

Ito ang magandang balita. Hindi pa huli ang lahat. Maaari ipalaganap ang “3R”- Reduce, Reuse, Recycle upang maiwasan ang polusyon at iba pa. Maging parte tayo sa pagbibigay ng kaayusan sa mundo. Maging responsable upang mailigtas ang mga natitira pa nating kayamanan.

Ngayon, ito ang hamon. Matatanggap mo ba ang responsibilidad para sa ikabubuti mo at ng iba? Alalahanin mo, “Kung anu ang ibinahagi mo ang siyang babalik sa iyo”

-Kathleen T.A.-

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Sabi Nila....

Anu ang masasabi mo tungkol sa pagbabago ng klima?

• Ang pagbabago sa klima ay kagagawan ng mga tao. Char..... Amu na itun.....

-R.K & F.A.

• Niyang na.... Ig foformulate ko pa...sige, adi na: Lahat tayo ay may responsibilidad na pangalagaan ang mundo.

-F.A.

Huwag hintaying ang mundo ang kumilos!

IKAW?..... anung masasabi mo?.....



AN INTERVIEW WITH A CHAMPION

Eastern Visayas State University is a home to hundreds of athletic players and sports enthusiasts. Even our own Secondary Laboratory School possesses a bunch of these wonderful and talented students who excel in different fields of sport. May it be basketball, volleyball, badminton, tennis and even—Karatedo.

I am not an athletic type of person but Sports never failed to amuse me and I can't help myself from admiring those students who strive in every game they play. And I am just so fortunate to be able to know a person whom I consider triumphant in the path of sport he chose.

A schoolmate and buddy, Jean Claude Allegro definitely may not be a

prominent persona or a popular student in school but once you get a closer peek at his sporty life, you'd be left speechless and in awe. Being a good player in Karatedo, this guy though bearing a low profile is filled with great dreams and numerous victories. Doing well in sports may be enough but how much more if you're one of the best at it?

Jean Claude Allegro being a member of the "Advocacy for Strengthening Karatedo" was able to join and compete in various occasions and events. Having won a gold medal in Iloilo, a gold medal in Tagbilaran, Bohol and another gold medal in a competition in Manila, he had really proven his worth and might in Karatedo. To add to that, he also won a silver medal in the Philippine Karatedo Federation and another gold medal in Dumaguete. And to top it all, he recently joined, together with Mr. Marlon Lora as his coach, in the first ever Philippine International Goodwill Karatedo Championship last October 26, 2008 in Mandaluyong City.

Over a hundred players from different countries participated in the said event and Jean Claude bested them all by taking home a gold medal and the privilege to be called a "Karatedo Champion". He was beaming with pride and happiness as I asked him what did he feel when he won, "Marisyo, sulit an practice!" was his short answer. This only proves that practice truly pays off. Jean Claude practices everyday during summer vacation and M-W-F during schooldays. With sports and his academic grades at stake, he never fails to budget and manage his time so that neither would be affected by the other.

When asked about his secret to success: "Practice, practice, practice; do jogging, workouts and always believe in your coach though everything may seem hard and impossible. Especially never lose your focus and never forget to enjoy yourself". *By: Shobe*

Jean Claude is undeniably one of a kind. He may still have a long way to go but through his perseverance, success is not impossible. He is one boy our school will always be proud to call its own. An idol and model to everyone. **MABUHAY KA JEAN CLAUDE!**

How I spent my Christmas Vacation

It was the 24th of December, the night before Christmas Eve. The day people, young and old, have been anticipating. The day I have been eagerly awaiting. However, I remain in the sidelines, as always, as I watch my relatives celebrating both Christmas and the arrival of cousins whom we haven't seen for years. Throughout this, I maintain a cold façade, a distance from others.

Every year it's the same for me, however this year there's a slight difference; the usual Christmas spirit that hover around me has left inconspicuously. Thus, every time I wake up in the mornings and realize that it's getting nearer to that long awaited day, I don't feel that usual feeling of weird butterflies in my stomach, just the sense of emptiness.

As usual my mind is lost in thought as I enjoy the company of loneliness. The cool breeze of the night blows away the last traces of my thoughts as I gaze up the sky and admire the twinkling stars. I reach up a hand and imagined myself being able to reach one. Then, I realize that even if we reach out and stretch our hand, there are some things that we can never reach.

And it was nights like these that were able to show us how silence consumed darkness . . . just like my Christmas . . .

The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.

A Promise Made, Kept and Delivered

It was another rainy day, the 26th of February 2008, with the relentless and unforgiving downpour plaguing Eastern Visayas for weeks now, yet the sun seemed to shine very brightly on the Intermediate and Secondary Laboratory School of the Eastern Visayas State University of Tacloban, the capital city of the province of Leyte.

A certain warmth brought a broad smile to a young man who mirrored the same excitement written all over the faces of his students as they gaped at the boxes upon boxes of computer sets and accessories, newly delivered and piled on the corridors of the Science Building. "This is my long-awaited dream for the ISLS Computer Lab and Learning Resource Center, and I feel so happy the CICT has kept and delivered its promise,"

quipped Mr. Richard S.

Brun, the Computer Lab manager of the school, as the IT instructors of the University opened the boxes and started installing each set of equipment.

This scene has been repeated in every recipient school of the Ischool Project all over Leyte and Samar as the EVSU IT instructors led by the young, affable and competent Dean of the College of Engineering, Dr. Danilo B. Pulma, brought to their doorsteps the realization of an almost impossible dream especially for the principals of high schools in the far-flung areas of these provinces – 21 computer sets equipped with headphones and microphones, an LCD projector, a 3-in-1 printer, and a one-year free wireless internet

connection.

"What more can a Computer teacher ask for this school year," echoed Ms. Jessie Z. Sindy of Hilongos National Vocational School, Hilongos, Leyte, whose Computer Learning Resource Center fills with an average of 55 students per class six times a day. "We used to have only 32 sets of computers before with some of them non-functional, so we had to divide each class into two for it was a 1: 2 ratio of computers and students," she continued with a beaming smile. "But now, with the CICT delivering its promise, we can have one class all together in one session and the ratio is now 1:1," she added.

With the Ischool Project in full swing, the high school teachers can facilitate learning more

effectively and efficiently. The computer sets and accessories given to these recipient high schools can be used for film viewing, simulations, specially for English, Science, and Mathematics classes. The internet connection provided also affords access to more resources which are readily available for different learning areas. "With this technology, teachers can leave behind the traditional ways of teaching, thereby making learning more facilitative and more interesting for the students," remarked Dr. Sol R. Arteche, principal of one the recipient schools.

"This project of the CICT makes the teacher's work easier for instructional materials can be easily downloaded from the net," another principal said affirming the benefits the Ischool Project has brought to them.

Indeed, the Commission on Information and Communications Technology has made, kept, and delivered a great promise. Hurray to the CICT people!

-EVSU ISchool Writer



"Any sufficiently advanced technology is indistinguishable from magic."

Computer lab

Been hit by Cupid?

Do you have a Valentine? Valentine's Day is yet to come again. Usually, people celebrate this time of the year with their loved ones. It has been a custom to us that we should at least be able to celebrate it with someone special. Knowing all that, do you really know what the history of Valentines? Valentines Day or Saint Valentines Day is a holiday celebrated on Febuary 14 by many people throughout the world. The holiday is named after two among the numerous Early Christian martyrs named Valentine. The day became

associated with romantic love in the circle of Geoffrey Chaucer in the High Middle Ages, when the tradition of courtly love flourished. The day is most closely associated with the mutual exchange of love notes in the form of "valentines." Modern Valentine symbols include the heart-shaped outline, doves, and the figure of the winged Cupid. Enjoy your Valentines.

“INSIDE.....!”
-ramz_shiroi-

you'd won

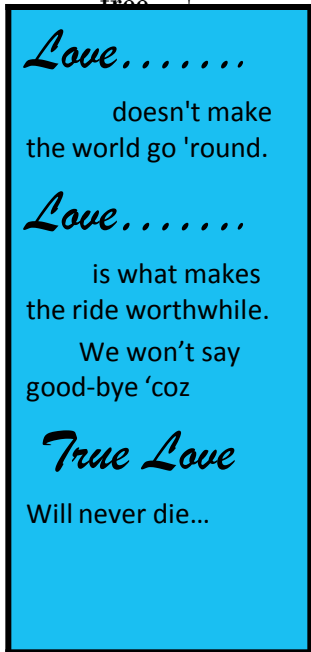
The pain I'm feeling now
Won't disappear
overnight
But someday, somehow
Everything will turn out
all right

Bottled up inside
Are the words i never said
The feelings that i hide
The lines you never read
You can see it in my eyes
Read it on my face
Trapped insides are lies
of the past i can't replace

No more wishing for the
past
It wasn't meant to be
It didn't seem to last
So I have to set you
free!

With memories that
linger
What seems to go away
Why can't i be happier?
Today's a brand new day
Yesterdays are over
Even though the hurting
isn't
Nothing last forever
I must cherish what I've
got

Don't take my love for
granted
for soon it will be gone
All I ever wanted
A love you've thought



SECRET LOVE

- Sakura -

“Love ceases to be a pleasure, when it ceases to be a secret.”

I had received it again today, a letter that I have been receiving since last week. This missive admirer of mine intrigued me. I don't have any idea who it was. I don't even anticipate that someone will be giving me a special love letter.

I'm just a regular schoolgirl, a junior high student. Doing things my own way and with dedication and love. I love hanging out with my friends like just any other student of my own age does. I expose my true self to everyone not hiding anything or pretending to be someone just to please others.

I'm really not that special. That's why I was astonished of what my "admirer" has been indicating about me in his letters. I don't have any idea that someone will like me, just a simple girl with a simple heart. That's why I was surprised that someone bothered admiring me. In fact I was amazed because I assumed that no guy would like a girl like me. I don't have the beauty that can make any guy look my way. While reading his letter today, I could feel a tickle in my heart and I don't know why I'm delighted of his words.

“I can't stop myself from admiring whenever you smile or laugh your heart out.

It's as if I was a part of your happiness whenever I see your shining eyes. It's like I'm floating in the clouds whenever you're near me, I don't know what to do or how to act. But even if I'm just a stranger to you, this feeling of mine is not a stranger in my heart.”

I was on high spirits every time I recall those words in his letter. My curiosity developed and I desired to know who's really the sender of my letters.

As I was entering my classroom, cheerfully humming like a child.

I suddenly perceive the guy sitting in my back. I really don't know him that much because it's the first time that we became classmates this school year. He was smiling at me. I felt stupid because I thought he was about to laugh because of how I behaved. I shyly smiled back at him.

“Pagpasensyahan mo na 'ko, masaya lang talaga ako”, I told him gladly. “Okay lang yun, ang cute mo ngang tingnan.”, he answered back. I felt myself turning red; I don't know why it happened. I've tried to hide the blushing. ”Ano nga pala yung pangalan mo? hindi kasi kita masyadong kilala.”, I asked him changing the topic. “Lance, yun ang pangalan ko.” He said.

“Diba ikaw si Jink?”he asked me. “Oo, ako nga.”, I replied. We talked and enjoyed each other's company, it's as if we already know each other for a long time. I feel at ease whenever we talked. I laughed at his jokes and listened to his stories. We became closer that moment and from that day on, we became good friends.

As our friendship grew stronger, my admirer still keep on giving me love letters. His words never failed cheering me up and comforting me whenever I feel down, it's as if he knows me very well and is always close by watching me.

As time goes by I felt myself falling for my secret admirer. I don't know why or how this feeling came to be. I didn't intend it to happen but I really can't stop the sensation especially every time I receive his letter.

When I was totally in love with him, I tried finding out that the sender of the letter was. But unfortunately, even if I strive with my very best, I failed to know who the person was.

Losing hope, I've induced myself to look on the bright and positive sides. That I should be contented and thankful that the admirer never stopped sending the letters and that I should wait for the time that the person behind those letters would be ready in revealing himself.

So from that time on, I delightedly receive each letter and treasuring them, waiting for the time to know who the sender. But I accidentally found out something, a very special thing that changed my whole life.

It was nearing dusk, maybe 5:30 in the afternoon. I was rushing back to our classroom because I forgot my book in my locker. As I was entering the room, I discern that someone was still in the room. I slowly crept, finding out who the person was. Walking slowly I discovered that it was Lance, he was writing something.

In order to find out what it is, I take a furtive glance at his back without being noticed by him. I was stunned and can't believe what I saw; He was writing something familiar to me. It was the same letter that I was receiving everyday, the same stationary and even the color of the pen. I can't believe that all this time, it was Lance giving me the letters.

It was then that he finally been aware that I was in the room. Seeing my expression, he hurriedly explained. "Hayaan mo akong magpaliwanag..." he said. I can't stop myself from crying. Tears fell down from my eyes like rainfall, never stopping. I could have fainted at that moment if I had not ran away from him. He tried to stop me.

"Huwag ka nang magpaliwanag, malinaw nang lahat sa kin, linoko mo lang ako all this time!" this words suddenly came out of my mouth like it was the right words to say that time. He was taken aback after I said those words.

I ran as fast as I could. Seeking refuge in my own room. Crying my heart out. Things happened so fast; I never thought that the person I've been looking for was just close to me, and in fact he was a friend of mine. And he didn't even tell me the truth; he had been hiding it all this time. I cried and cried until I had fallen asleep.

The next day was full of misery and grief. I talk no notice of him every time he came near me.



Its like I'm suffering quietly every time he gazed upon me. He tried to talk to me and asked for forgiveness, but I was deaf to all his pleading. But deep in my heart something tells me that it is right to forgive him. I didn't heed what it was saying because I was so upset of what he did. I completely ignored him. But still he insisted on giving him another chance.

"Please pansinin mo naman ako. May reason ako kung bakit ko yun nagawa. Pakinggan mo naman ang sasabihin ko.", he was pleading to me. Deeply annoyed, I angrily said. "lubayan mo na nga ako. Get lost!" He was stunned after I said it. I said those words with no emotion, even I, was surprised of the words that came out of my mouth. I intend to take back those cruel words, but he stopped me by saying, "Kung yan ang gusto mo, gagawin ko", he slowly answered. He walked away after that. I want to stop him, but I can't. I want to tell him everything that I feel, but it's too late. After that incident we never ever talked again. Our friendship was destroyed and wasted because of that one stupid mistake.

I often see him but we ignored each other like we were strangers. I often see him blankly looking at nowhere, his mind flying somewhere. I noticed that he also changed. He's not the cheerful and always smiling Lance that I knew.

The jolly and healthy Lance was lost. He became more silent than usual and often absent minded. He also became skinny and it looks like his malnourished which is unusual because before he was so vigorous. He really changed a lot and think I knew what's the behind all of this.

I told myself that it would be better if I will just forget him. Days passed by and I tried to erase everything; All the things that occurred, as if they didn't happen. At first I thought I succeed in doing so, but I realized that I was only fooling myself. I tried everything to forget all the memories that we had but still they keep coming back, haunting me. Deep in my heart there was an empty space waiting to be filled, an aching heart that is wishing for haunting me. Deep in my heart there was an empty space waiting to be filled, an aching heart that is wishing for someone who could never be mine.

As I was walking home one rainy day, I felt something bizarre in my heart. Its as if something unusual will happen to me. I don't know what it is but I really felt it coming. I just ignored it and continued to where I'm heading.

Then it happened. I saw him at the corner of my eyes. Running after me. "Hintayin mo ako Jink!" he shouted. As he came near me, I noticed that he looked so tired as if his been carrying a burden with him. I saw him clearly by then, standing

in front of me, soaking wet with the rain.

"Hindi ko alam kong tama itong ginagawa ko pero ito ang sinasabi ng puso. Kahit na magalit ka pa sa kin, gusto ko lang sabihin sayo ang lahat, kaya makinig ka. Kahit ngayon lang, please listen to me!" he begged.. My heart thumped and throbbed, I don't know what to say to him He was looking straightly at me, and I could see hurt and sorrow in his eyes. I was speechless. When he saw my expression he continued what he's saying. "Narealize ko na mali yung ginawa kong pagtago ng nararamdaman ko sayo. Pero anong magagawa ko kung talagang torpe ako. Everytime na sinusubukan kong ipagtapat sayo lahat, hindi ako makapagsalita, para akong natutulala tuwing nakikita ko ang masaya mong mukha. Natatakot ako na pag sabihin ko sayo, magagalit ka at layuan mo ako. Natakot akong mawala ka sa kin. Hindi ko makakaya yun." He almost cried when he said those words. But I noticed that he was holding back his tears. "Sana nga sinabi ko na lang kaagad, sana di ko na lang dinaan sa mga love letters na yun. Nagsisisi na ko ngayon. Handa kong tanggapin lahat, basta huwag ka lang lumayo sa kin. Hindi ko kayang mawala ka sa piling ko. Kahit maging kaibigan lamang kita, okay na!", he continued. "I love you Jink!", he said those words with sincerity I his voice, he was crying now. After he said those words, I can't stop myself from embracing him. My feelings flooded my heart. I want to stop all the tears falling from his eyes. He embraced me back, expressing all his love. Words are not needed to reveal what we're feeling.

The rain stopped pouring from the skies, at the same time the storm in our lives ended. Sometimes you have to feel the pain before you achieve any happiness. When you're feeling down and the world is against you, don't lose hope because a lovely rainbow lies behind those dark clouds.

"When you are in Love you can't fall asleep because reality is better than your dreams."



FOR THE RECORD

Rose Ann B. Balo

School Protocol: Boon or Bane?

“NO ID, NO ENTRY”. It is the most popular school rule we ever heard. Some advertisements even made fun of it. “WEAR YOUR COMPLETE SCHOOL UNIFORMS” another school rule we cannot ignore. These regulations are always implemented in any kind of school, may it private or public. But why do some students find them hard to obey?

That is one of the reasons why we can see students, both college and highschool outside the school premises begging the guards to let them in. Some students would say that their IDs are still in the printing press, that they have forgotten them at home, their IDs were lost and all other lame excuses. The printing press excuse is fairly convincing because it’s really a fact that it’s taking them ages before releasing the students IDs. But the guards are still unwavering in employing the school rules and won’t let them in. This ID and uniform issue leaves our students rumbling and fuming with irritation.

But some guards also have some inadequacy for some students could still sneak in even though their not wearing their school IDs and proper uniform. They should be more watchful and attentive to those sly students.

But who is to blame? The school guards who are just doing their jobs (they’re good at it, imagining those

who are just doing their jobs (they’re good at it, imagining those students outside the school☺) or the hard-headed students?

Each school has its own rules and regulations. And students ought to abide by the rules for in the first place we agreed to it. Remember the Parental Undertaking we signed during the enrollment? It stated there all the rules of the school we should put up with whether we like them or not. But it seems like we were oblivious to the policies. We just wear whatever we like—slippers, backless blouses, mini skirts, etc. We even forgot bringing our school IDs instead we adorn our bodies with different kinds of “bling-blings” and all other sort of stuffs.

We must remember that we are going to a university and not to some fashion shows. We ought to be responsible and adhere to the rules. For its school’s way of disciplining us and it’s also for our own good. If we follow them it only shows that we are being mature and sensible for we regard authority. Without discipline, the school would soon disintegrate into a rule-by-mob situation with all the negative side-effects this implies.

This strict implementation of school rules is an indication that our school is developing. And we are hoping that it is for the better and that us— students, teachers, faculties should collaborate and support for our own welfare.



PAYONG KAYBIGAN LANG

Kathleen T. Arambala
Iyong Subukan, Nang ‘Yong Malaman

Ang pag-ibig o pagmamahal ay isang emosyon na nararanasan ng isang tao para sa iba. Ang pinaka mabuting halimbawa dito ay ang pag-ibig ng Poong Maykapal sa sangkatauhan. Maaari ding halimbawa ang malinaw na pag-ibig ng mga tao sa isa’t isa. Ito ay nagbibigay ng kagiliw-giliw na mga epekto at mayroon din namang hindi maganda para sa buhay ng isang indibidwal lalo na sa mga tenedyer.

Naranasan mo na bang ma-inlove?

Ang bawat tao sa mundo ay naghahangad ng pagmamahal upang maramdaman ang kaligayahan. Kaligayahan mula sa mga taong mahal nila at minamahal sila. Para sa pag-ibig ng Maykapal, ito ay walang pinipili. Ito ay para sa lahat at nagdudulot ito ng maganda sa buhay ng bawat isa. Para sa mga tenedyer, nagbibigay ito sa kanila ng matinding panghikayat na gawin ang mga bagay-bagay o sa madaling salita nagbibigay sa kanila ng inspirasyon. Nagiging madali ang mga gawain kung nariyan ang mga girlfriend o boyfriend para magbigay suporta, ‘di ba?. Punung-puno ng mga pangarap at pangako ang mga mag-nubyo o mag-nubya at sa una ay nag-iisip na walang problemang darating sa kanila.

Ngunit mali yaon. Ang mga relasyon ng mga tenedyer ay may hinaharap ding mga problema. Kahit ang pag-ibig Niya ay gayon din. Ang mga relasyon ay minsan hindi hayag sa mga magulang na nagiging dahilan ng kaguluhan at paghihiwalay. “Ang pag-ibig ay parang isang rosaryo, puno ng misteryo.” Isang kasabihan na maraang naglalarawan sa isang pag-ibig. ‘Puno ng misteryo’ para sa mga pagmamahalang inililihim.

katangian ng isang indibidwal sa mga bagay--ang pagsasawa kaagad lalong lalo na doon sa mga hindi totoo kung magmamahal. Ang kakulangan ng katapatan sa isa’t isa ay maituturing na problema din. Ito ang tinatawag na “pag-two time”. Doon na nagsisimula ang misteryo at kamalian ng prinsipyo ng pag-ibig.

Samakatuwid, ang lahat ng problema ay may solusyon.

Iwasan ang paglilihim ng isang relasyon sa mga magulang o kamag-anak. Igalang at panatilihin ang magandang relasyon mo sa iyong pamilya at sa Panginoon, ito ang pinakaimportanteng relasyon sa buong buhay ng isang tao. Matuto ding balansehin ang oras at panahon mo sa mga iba’t ibang gawain. Tandaan na ang “time management” ay mahalaga. At higit sa lahat, kung hindi ka sigurado ay huwag lang muna pumasok sa isang relasyon. Ang totoong pag-ibig ay nakapaghihintay! Huwag magmadali. Kung maaari ay pagkasunduin ang puso at isip sa pagdedesiyon at siguraduhing kaya mong dalhin ang isang relasyon na kasabay ang pag-aaral.

Palaging isasa-isip na ang mga problema ay mga pagsubok lamang. Magdudulot ito ng maganda pagdating ng panahon. Ito ang maghahanda sa atin sa mas mapanghamon pang buhay. At palaging tatandaan, hindi masama ang umiyak basta’t huwag kakalimutan ang mga naging dahilan nito. Matuto sa mga pagkakamali. At higit sa lahat, huwag kakalimutan ang pananalig sa Diyos upang matulungan sa pagharap sa mga pagsubok na ito.

A-10-TION.....

Those who are interested to join the EVSU SPO and have the passion to write, please come and see Mrs. Ma. Belinda Lora to a room adjacent to the LRC.



August 2008

July 2008

SLS in FOCUS



to Help ... to Win ... to Achieve



December 2008

October 2008



The Avisi SPORTS



EVSU Baby Hawks: Win or Lose, Does it Matter?

Winning and losing is simply part of a game called "life". Obstacles are always there waiting for the right moment to interrupt, leaving you miserable and crushed. Giving up? NO! No matter how many times you stumble and fall there is still a single hand that'll reach down and save you, win or lose, again and again.

During the LAAA Interscholar Basketball Championship, which is currently still going on, EVSU Baby Hawks seemed to win and lose alternately. But for most matches, they happened to be the one routed.

There was one game against SHC Stallions that they could hardly keep up. They have the star player, Christian Gravoso, a good team work and awesome coach, what else could go wrong? Well, there's one thing. Some other teams are better. In this world, there is always one person or another that can outdo you. You can quit and give up or train and improve. True there is always someone who'll be defeating you, but that doesn't mean that there's no chance of winning against him. There is always a chance; it's just waiting for you to realize it.

difference. Doing one's best and enjoying the game that what makes the competition exciting and worth to be won out. Knowing you did your best and enjoyed it keeps your heart warm and satisfied.



Pink Crashers triumph over Warriors and Legions, Vocal Solo

On the 13th of August 2008, the Audio Visual Room was filled with heart warming and striking performances of love songs by the students of SLS, each competing not as an individual but rather representing a team. Ancella Filamor was to represent the Blue Warriors, Edinnel Torreja for the Burning Legions and Jessalyn Villafranca for the Pink Crashers. Jessalyn Villafranca was the champion, with the song "Go the Distance" thus bringing victory to the Pink Crashers. Edinnel Torreja was the 1st runner up and Ancella Filamor was the 2nd runner up.

by: *Felicidad Diloy*
Grenaiel Venezuela

**Only the educated
are free...
Epictetus**

SLS Intramurals 2008: Burning Legions Blazed Brightly leaving Warriors and Crashers Shadowed

Burning legions snatched the championship after defeating the Blue Warriors and Pink Crashers from different sports activities and games during the one-week SLS Intramurals, last August 11-15, 2008.

The Blue Warriors achieved the second place with only few points behind the Burning Legions. The two teams left Pink Crashers weeping with a huge point of difference. Thus, Burning Legions is the champion of the SLS Intrams 2008, followed by Blue Warriors and Pink Crashers respectively.

Although there was a winner, it didn't matter as long as the game was fair and square. The competition among the teams turned out to be an advantage to develop one's skills and sportsmanship. Winning is part of a game but it's not worth it if it's not fair. Students prove themselves worthy winning.

"An education isn't How much you have committed to memory, or even how much you know. It's being able to differentiate between what you do know and what you don't."

Anatole France
French novelist

"Education is what survives when what has been learned has been forgotten".
B. F. Skinner
New Scientist

"It doesn't matter if they succeed or fail from bringing the trophy and title for the school as long as they did their best for the game, that's what matter the most", remarked by a student during the match against SHC Stallions.

For some students, the winnings and loses of the Baby Hawks, doesn't make a

**Champions aren't
made in the gyms.
Champions are
made from
something they
have deep inside
them – a desire,
a dream, a vision.**