New MCU President installed
by Lois Marie A. Balazar
Medical Technology

"I would like to create a school atmosphere and environment that would be more fun, compassionate and tolerant of the diverse character and temperament of students on teaching and learning approach," Dr. Aristotle T. Malabanan said.

This in summary tells how Dr. Malabanan will manage Manila Central University as president. Dr. Malabanan is warm-hearted, supportive, approachable and modest. He is open to changes and is willing to listen to the opinion of others for he believes each person in the community has a vital role that would help the institution to be the best.

March 25, 2009 marks a momentous event in MCU history as the 4th president, Dr. Malabanan had his investiture ceremony. It was held at the MCU Centennial Gymnasium that was, at that time, decorated and air-conditioned to make it a magnificent venue.

Among those who witnessed the event were Dr. Malabanan's family, the MCU Administration and officials and faculty, presidents and representatives of Philippine Colleges and Universities, CHED Chairman Emmanuel Y. Angeles, and University and FDT Medical Foundation scholars and students, who served as ushers and usherettes of the event.

Atty. Dionisio G. Madrid, Corporate Secretary, read the appointment as president. Then, the administration of oath of office was lead by Dr. Malabanan. While, the presentation of the mace and academic collar was done by Mrs. Luningning T. Estanislao, Chairperson of the Board.

The inaugural address of the president followed. In his speech he included narratives of his experiences while studying, the joys and pains he had undergone and the learning he acquired from these as he became a Doctor of Optometry and graduated in his PhD Education Major in Education Leadership and Management Program.

He also mentioned the challenges of the founders of MCU, the Tanchoco family. He also shared his plans and goals briefly towards the progress and service of the stakeholders of the institution.

Refreshments, pictorial and fireworks display soon followed after the program. Indeed, every detail that transpired was a sight to behold. Everyone is looking forward to the school governed by the new president.

Upcoming University changes
by Hanna Grace L. Lucero
Nursing and Midwifery

The MCU FDT Learning Resource Center is set to welcome MCU stakeholders soon.

The primary objective in the construction of the building is to enhance the academic performance of every MCU student and achieve excellence in his or her respective quests. It is a modern structure specially designed to provide the finest learning facility for the MCU community. It features highly sophisticated and meticulously planned structure in the University, the building will be composed of five floors. It will be the centralized library of elementary to college level. It has multi-functional rooms, an auditorium that can be used by the students for special occasions or programs, audio-visual rooms, and an internet laboratory specially designed for students." Engr. Melquiades Pablo Jr., Head of the Department of Engineering and Maintenance Group Services (DEMGs) said in an interview with The Pharos.

He added that the building would have a museum for the students to be acquainted of the journey that the institution has gone through in 105 years of existence. There are other projects for implementation during the school year. Among these are the repainting of the IGT and High School Building, and the renovation of the FDT Audio-Visual Room.

Blair: Be part of change
by Michelle G. Dagta
Optometry

"We can do it. We can make a difference. We can make a change," former British Prime Minister Tony Blair said during the Sesquicentennial Leadership Forum held at the Henry Lee Irwin Theatre at the Ateneo de Manila University last March 23. Blair called on everyone to do his and her share in effecting a change for the better.

In his speech entitled, "The Leader as a Nation Builder in a Time of Globalization," he shared his experiences in leadership and decision-making. He believed that a leader must do what he thinks is morally right and he must keep his optimism intact.

He touched on globalization and the concerns along with it, particularly global warming. "What happens to a country affects the world," he said.

Blair said we need a driving force that will push people together and every nation as one. It is not individual responsibility, each of us has a role to play no matter how big or small a country is. We have to work hand-in-hand in order to succeed.

Amidst obstacles, Blair said we must hold on to our values. We must have openness, respect for education and justice. We must be fair and just.

After his talk an open forum was conducted with students.

In attendance were Dr. Renato C. Tanchoco Jr., Vice President for Administrative Affairs, Mrs. Lourdes F. Cruzat, Head Office of Student Affairs, Angelo M. Escobido, Vice President, College of Physical Therapy Student Council, and this writer, President, College of Optometry Student Council.

Library automates System
by Ma. Rea Felinda Apun
Nursing and Midwifery

With its thrust to further improve their services to the students and to the whole MCU Community, the Library Department will undergo an upgrade. Gone will be the days when students have to present their library card and log in on a sheet of paper. Now some of the services will be automated. With just the swipe of the student's Identification card, a student can enter and borrow books with far less hassle than before.

An improved Online Public Access Catalog (OPAC) and automated Circulation Services will also be put into place to have faster and accurate services to all library users.

"We're just waiting for the completion of the computer program to be used; hopefully we can execute the full automation early next year upon the construction of our new FDT-Learning Resource Center," said Ms. Karen Vanessa C. Salamat, University Librarian.
GLOBAL WARMING IS FOR REAL
by Aisha Junalde
Arts and Sciences

Experiencing rainy days during the month of summer is a sign of the effects of global warming. According to the National Geographic Channel, “The planet is warming, from pole to pole, and everywhere in between. Globally, the mercury level is already up more than 1 degree Fahrenheit (0.8 degree Celsius), and even more in sensitive Polar Regions.”

An impact of global warming is the melting of ice especially at the earth’s poles. With this, sea levels rise fast compared to before, increasing precipitation, and migration of animals, most especially birds.

There are many factors that worsen the climate. Human activities such as cutting down trees in the forest, burning coal, oil, and natural gases that produce carbon dioxide worsen the condition. As the effects of this change combines with overpopulation and weather crises, climate disruptions will affect more people than war.

Everyone must therefore do his or her share to save the planet.

WORLD MAY FACE ECONOMIC CRISIS
by Aisha Junalde
Arts and Sciences

World’s economy declines - a lot of huge companies are shutting down due to the worsening state of the world economy that has resulted in increased unemployment. According to the IMF (International Monetary Fund), the United States is lying at the center of the global economic crisis, and also predicted a recession in Europe. A global financial turmoil that has plunged the US and Europe into a recession, may eventually spread worldwide.

Today, income levels in the US and Europe has fallen and this may affect the Philippines and other countries’ export markets causing export income to drop - pulling down the growth of economies. Majority of countries’ economies depend on the US and European countries.

Global financial crisis will slow down companies. Property and construction sectors are hard hit while financial sectors have cut off hundreds of workers. Businesses concerned with basic commodities are greatly affected as profits decline due to the decrease in production and of the consumers’ demand.

Governments have come up with measures to arrest crises. Most of all, the sacrifice and prudence of everyone will start the turnaround for the better.

Source: NYTIMES.COM

A-CAS-TIC NIGHT
by Mary Jane A. Gahb
Arts and Sciences

As part of the celebration of its 64th founding anniversary, the College of Arts and Sciences held its very first A-CAS-tic (pronounced acousti) night last March 19, 2009. The whole CAS community, from students, faculty, and personnel gathered together at the FDT Quadrangle to have an acquaintance.

The objective of the activity is to gather the CAS family in an event at minimal cost. As we were executing the event, we said that it should be a social gathering where shared effort can be manifested,” said Mr. Alexander Gonzales, CAS Social Science Department.

The CAS members attended the fashion show, taking off their dresses and clothes with the background of acoustic music that made this year’s celebration special and different from the previous acquaintance parties.

“Most of the CAS night celebrations that I have attended have a good production and cost which includes catering service, lights and sounds, etc. We don’t have that kind of luxury this year. Then the idea of a garden party popped in. The CAS members will be showcasing their elegance and poise in evening dresses and clothes with the background of acoustic music. So there it was, an A-CAS-tic Night,” Mr. Gonzales said.

The FDT corridors were decorated with tarot cards conveying Philippine history. The finger foods prepared by each section were set-up around the quad where everyone can feast on these while they socialize with others. Some of the students and even CAS professors who grace the affair rendered special song numbers.

One of the highlights of the event is the search for Mr. and Ms. Face of the Night won by Mohammadrae Abemasindeh, a Pre-Dentistry freshman and Sarah Sarmiento, a BS Psychology sophomore.

Students take part in Leadership Confab
by Shariff Jamat
Nursing and Midwifery

Manila Central University sent two students, Phoebe Rachel Concepcion (Dentistry) and Keith Anne Mangayak (Pharmacy) to the first Zuellig Foundation – Health and Child Welfare Leaders’ Congress last April 15 to 17, 2009 held at the Kari Retreat House in Tagaytay City.

The congress provided a venue for the convergence of student leaders to exchange ideas and concerns and new frontiers in the future to address health inequities,” Dr. Kenneth Go, Executive Director of the Zuellig Family Foundation said. The congress helped the students to deepen their understanding of national health situation and appreciate the systemic nature of national issues.

On the first day, the “Health Situation in the Philippines and Social Health Determinants of Health,” was discussed by Dr. Alberta Romaldez, Chair of the Philippine Meta Council. This was followed by a lecture conducted by Ms. Angelina Sertiz, Director III, Health Human Resource Development (HHRD), DOH, on “Issues and Roles of Human Health Resources for Health,” and “The Role of Health Financing in Improving Health Care,” was taken up by Dr. Carlo Parrelo, Practical Periodontics and Anesthetic, Dental, and Implant.

On the second day of the congress, a breakfast forum with health professionals from various sectors was conducted. The resource speakers were Dr. Giselle Yamud, from the academe; Dr. Kent Harington, Co-Non-Government office, Dr. Eddie Donaton, Public Service, Mr. Jose Abenida, Mental Health Organization, and Ms. Ruby Doctor, Pharmacist.

Students from different colleges and universities were invited and enrolled in allied health courses around the country participated in the said event.

New USC embraces burdens
Reynalene R. Pascaul, Nursing and Midwifery

The University Student Council (USC), the highest organization of the students elected their new batch of officers for the School year 09-10.

The new USC officers are as follows: President: Mark Ross Rubio (CBA); Vice President: Carlo Tanta (CBA); Secretary: Kristina Anne Mae Frias (HS); Asst. Sec: Angelie Daminha (HS); Treasurer: Joyce Anne Capacion (CSE); Asst. Treasurer: Nierra Lou Salazar (CBA); Auditors: Concepcion Cristino (CMI); PRO 1: Jeffrey dela Cruz (CBA); PRO 2: Mike Dolo (CBA); Special Project Coordinator: Carla Lopez (BSN); Daisy Cadenas (OPTO); John Oliver Mamalah (HSN); Board Members: OPTO- Michelle Daglar, PHARMA- Cecille Liboton, PT- Emmanuel Joseph Cruz, CAS-Maron Diaz.

As they embrace the new tasks and responsibilities to our university, they aim to make the communication between the administration, faculty, employees, and students much better and harmonious, and that each Centralian will imbibe the essence of the triad which symbolizes the balance of sports, academics and extra curricular activities, and service to the MCU Community.
TOWARDS A MORE MEANINGFUL THE PHAROS

by Ludibelle Aranjuez
Nursing and Midwifery

"To serve as a medium in fostering communication and favorable public opinion towards the administration to uplift the standards of the University," this is the key objective of the Pharus, 2009-2010 editors and staff during the direction setting meeting held last April 25 at the Tanchoco Hall.

The editors and staff gathered to get acquainted, establish and strengthen relationships and set directions. The event started with some encouraging words from Communication Services Group representatives, Mrs. Lourdes Cruzat, Head of the Office of Student Affairs (OSA), then discussed "Valuing Differencer" and the importance of collaboration among the different school organizations.

The editors also laid out the publication's specific objectives.

1. To promote a more meaningful to the stakeholders of MCU especially to the students. The editors have decided to enhance the ability of the staff, to be able to produce high quality works, to be able to be more efficient in writing and to provide strong and better teamwork among the group.

2. To publish socially relevant concerns and the views of stakeholders especially the students. The Pharus staff will provide training and promote growth and development of the Pharus staff.

3. To enhance, strengthen and maintain The Pharus as a communication tool.

The Pharus staff was inspired the new edition of the school's publication more meaningful to the stakeholders of MUC especially to the students. This task will help to enhance both the quality and quantity of the Pharus staff. It will also ensure that the Pharus staff is able to produce good quality content.
EDITORIAL

Through Science We Unite

The pursuit of the unknown is the one defining trait of humanity that has led to our considerable progress over the years. The scientific and technological advancements that we are enjoying today is the by product of inquisitive minds that took on the challenge of unravelling the mysteries of our natural world. In our society science encapsulates almost every aspect of our being. It is a powerful force that can either be used to create or destroy life. Without doubt science gives man the power to shape his own destiny.

The breakthroughs of modern science, especially in medicine, have helped man lead a more comfortable, longer and productive life. But it was not always so. Back in the early years not much could be done by anyone when a person is sick. People even thought that the cause of their illness were demons and evil spirits thus they turned to magic and witch doctors. But as we all know magic doesn't do much to cure the sick. In this day and age of modernization such superstitious practices exists only in backwater places and third world countries like the Philippines.

Here in our country poverty and ignorance kills as much people as do diseases. Most Filipinos cannot afford healthcare services for their ailments and if by chance they do they still have to face the skyrocketing prices of medicinal drugs. Without cold hard cash they turn to cheap alternatives – albatross and quack doctors. Poverty drives the proliferation of ignorance and thus results to suffering. As long as this vicious cycle is never broken true progress in our mother land will only be just a dream.

But one man wanted to change all that and stood up to take on the challenge of making a difference – Filermon D. Tanchoco. He founded the Manila Central University on the noble idea of uplifting the lives of Filipinos. His concern was to see that it that each and every Filipino has a shot at a better tomorrow and ultimately a better life. Through education and medicine he sought to make that future happen. 105 years later his vision and ideals still resonates strongly within the foundations of our alma mater. The fire of his will shines brightly and binds us all to a common ideal that will lead us to that shining path of glory.

As students we are responsible in keeping his legacy alive. Every time we walk along the halls of our beloved university let us keep in mind that it is through the path of selfless service for our country that we should walk. Let us remember the ideals and principle that MCU was forged upon and finally let us contribute in laying down the foundation towards a better future. Through our unity let us usher in an era brighter than anything the Philippines has ever seen. Mabuhay Centralian!

To lead with purpose and passion

"Bakit pangarap nang ina kaamin?" my adviser tested me after he left the group of excited editors and staff at the Tanchoco Hall during the first assembly of The Pharo 2007. The maiden edition of thisUC’s editorial council’s direction meeting held last April 25, 2009.

I smiled to myself as I realized that my adviser was asking me if the editorial council had set a direction for the paper. I told him that it had and that the direction was "universality, inclusion, diversity, and of course, "probably something like, "Why bother... to lead with purpose and passion.

Being a part of The Pharo editorial council for the last three years, clearly I know the purpose of the publication and my job description. Yes, we are the official paper of the student body. We are the voice of the student body and as such, we have to reflect the needs and concerns of the interests, potential, our power to initiate change. But on that day, my job and my newspaper’s objectives takes on new toll. The organization is already as good as it is but still, there is a burning passion in my heart to make things better. That is to have a clear direction of where we are going, what we ought to do and what we have to do.

Changing our slogan is a step towards a substantial direction. From "In Search of Truth and Meaning" to "In the services of the MCC community." The new slogan explains the commitment that our official publication of MCC student body offers. This is the intrinsic dignity of our work, our sense of purpose.

"It's not our job to fix the University, it's our job to do our part in the building of a better community through communication. The light-house was The Pharo guide in seeking truth and meaning, now let the light house be a beacon in our community," the editor-in-chief said. A strong community or society would only get everyone by aiming for the same goal or direction.

"We are the voice of the student community doesn't end there. To create change, by criticizing the administrations shortcomings, Why not be writers who seek revolutions that don't provoke hostility.

To lead with passion, we purpose ourselves as writers, this time I say we are our own saviors.

Financially Feasible Failure

What happens when the world’s richest and strongest nation falls into a crisis? They take everyone else along the ride with them. What happens when a financial crisis, political crisis, or something worse happens? It’s not exactly what The Philippines is going through, but it’s certainly not a crisis.

The global financial crisis might not have been felt as readily here in the Philippines, but in other parts of the world, other nations are feeling the impact. It will only be a matter of time before it hits us.

First off, for those people who have been living under a rock, the financial crisis is a big deal. Just reading about it can be frightening. But knowing what the hell is this recession everyone’s talking about? Is it a devil’s dog a event? Is it a recess who is for the rich? Is it a recession? It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession.

Secondly, it’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession.

You might be thinking - what hell, the country’s been down in the dumps for so long what’s another crisis gonna do to us? But let’s be clear, just trying to off this off as another problem but even if crises are considered the norm here this doesn’t mean that we are immune to its effects. This crisis is hitting us hard, we’re down again, we’re down.

Thirdly, it’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession. It’s a recession.

"There are a few countries in the world that don’t have Filipino workers. Even in the US, Iceland, one of the countries that is hit by the financial crisis, there are only 24,000 there.

Fourth, at given time, about 10 percent of the Philippines’ workforce are in the US. For years, this vast army of OFWs has been keeping the Philippine economy afloat with their remittances but if something could change as the global financial crisis starts to bite,

Fifth, last year OFWs sent home $24 billion, equivalent to 10% of the Philippine gross domestic product. The government had hoped that figure would exceed $30 billion this year. But the financial crisis continues to deepen, as many economists believe will happen, the impact on the Philippines will be severe.

The second concern is that the Philippines is seemingly tied to the American economy. As such if they go down we go down. The Ilocos foundation stated the following on their website:

"Drop 30% of US consumption and investments will be deeply felt at the largest part of Philippine exports goes directly or indirectly goes to the US. Around 20% of foreign investment in the country comes from the US. Further some 20% of exports already directly go to the US but a large part of exports to Japan, China, Hongkong, South Korea, Taiwan and Malaysia that take up 50% of exports and are considered as important components for assembly into products whose final destination is still the US. Slover growth in 3rd party countries that do not purchase Philippine exports deals will also have adverse effects on Philippine export manufactuar.

As you can see we are in for some wild ride. The threat of the financial crisis on our wallets is real. And what’s worse, our student body is very expensive don’t you agree. Now we have to be prepared to further squeeze our tight budget to make way for our grants, summer sessions, and so on, online games addiction, junk food, etc. How do you keep up on saving money, I scour the net for the best tips I can find. Here they are:

1. Save your water bill by not flushing your toilet after every time you use it. Also, don’t use it.

2. When you wash your food save water by taking baths instead of showers. Then, when your skin gets all wrinkly, wash it in the bathtub. No problem.

3. Find out which bars have free food during happy hour then go there, get really drunk, get someone to drive you back home, and then steal their food. But don’t get caught.

4. Eating out can be expensive and drinks costs the most. Have a drink after you get home from the restaurant and just drink water.

5. McDonald’s throws away lots of food they don’t sell. A garbage bag full of food is an instant party. Just grab it and just get inside.

6. Cable TV, internet, and anything else that costs money.

7. Sometimes a thoughtful, homemade gift is best.

Selected items from themshop.com Money Saving Tips

Disclaimer: I am not liable for any injury or damage that may incur through this article. Follow at your own risk.

Kidding aside, as students be the change and help us to combat this crisis and relieve our parents the burden of footing their tuition fees.
Don’t Quit
by Kirk D. Dulay
Nursing and Midwifery

I see horizons, ‘tis endless
My destiny and fate is ambiguous
Everybody it seems conspires for my downfall
I failed, I lost. I am afraid, confused...
but ‘twas yesterday...

Fearful as I am, but you give me courage
I can still see my shadow
I’m shattered, but there’s utopia inside me
a hope, a reverie
I won’t settle for less
‘Cause I haven’t got the best

Regret is futile
Universe is beside me
Eden is near. I won’t stop
I can see the beacon, the light
I stumbled before, but I had learned
Maverick, cognizant now I am
Obstacles are coming, still I keep trudging

Bitter Truth
by April Ana Aspirin
Nursing and Midwifery

I miss it when you hold my hand and ask for a walk.
I miss it when you find a hard time laughing at my joke.
I miss the way you forgive me for every bad thing I make.
Bendy, I can’t deny it. I miss the bugs and kaing! I let you take.
I still hear your voice whispering in my ear
That you won’t leave me and wouldn’t let shed a tear.
I feel no pain every time you are here.
I wonder if some part of me that will change be near.

Do you let me love you this way?
Will you soon leave my song and bury this way?
I have nothing to do, but to let you free.
With those feelings I hide, so others won’t say.

Sometimes those days when I really don’t want to let go.
A glimmer of the wisdom tells “I love you no”.
A Time of peace passed, and I found this new me.
The text in the image is not clearly visible due to the quality of the image. It appears to be a page from a book or a magazine, but the content is not legible.
A Chin flu causes global concern

by Sharif Jumat
Nursing and Midwifery

The H1N1 Type A influenza, also known as "swine flu," was a never been heard of disease that attacked Mexico City and spread to the world. The symptoms of the disease first showed up in the Mexican State of Veracruz, where pig farming is a key industry in the mountain hamlets and where small clinics provide the only health care.

Swine flu also coined the Mexican "Flu," combines genetic material from pigs, birds, and humans, making it more virulent. Swine flu was proclaimed as the most important viral infection of the world. WHO confirmed Spain as the first country in Europe to experience the disease. World Health Organization have declared a "swine flu" pandemic.

The disease has the Philippines and has spread to the families of Overseas Filipino Workers (OFWs) who are residing in the affected areas and the students enrolled in Alien Health Sciences program.

The Department of Health (DOH) warned the Filipino people to avoid hugging and kissing in public gatherings to avoid contracting the swine flu virus.

The World Health Organization (WHO) and the United Nations have declared a "swine flu" pandemic. The disease has the Philippines and has spread to the families of Overseas Filipino Workers (OFWs) who are residing in the affected areas and the students enrolled in Alien Health Sciences program.

The Department of Health (DOH) warned the Filipino people to avoid hugging and kissing in public gatherings to avoid contracting the swine flu virus.

Summer is Over!

by Hanna Grace L. Lucero
Nursing and Midwifery

If you're like Bollis who doesn't like the rain, well, think twice, because the rainy season started already sooner than you thought.

It seems like yesterday when you, your family, and your friends were watching the end of the summer season with swimming parties, barbecues, and other fun activities. The weather was suddenly becomes cloudy, your summer outfit came out of season without even meeting it, and you're now wearing your clothes that have become soaking wet.

Rainy season usually starts around July 15th, but our weather can surprise us from time to time. This year, it's evident and for just a week last May our country is being hit not just once but two. The recent floods in several areas in our country is a testament to the fact that we have a rainy season for the next couple of months.

FACASIA, the health service institution of the government, concluded that early rains and sudden climate change is due to global warming. We may not admit it, but we have something to do about it before it is too late.

As the population increases, pollution also increases and Philippines is no exception. The country has been facing numerous environmental issues. Air Quality Management Act is still not been implemented and it is not binding to any organization who is not part of the government. Considering the care of Mother Earth really matters, isn't it in spite of all the advancements we've made after all it is the attitude and how we carry it matters the most and remember...

"Now that it is raining more than ever, and you know that it will never having end, you can bring your umbrella. Next time, bring your umbrella." -Rihanna

Improving MCI Events

For Dr. Aristotle Malabanan, the MCI president, he believes that "events are a training ground for students." One of his desires for the university is to improve MCI events. To achieve this goal, events will be less commercialized.

As much as possible, mediocrity should be eliminated. An event, regardless of how big or small, should be special and memorable. After all, an event is a celebration and a way to promote the university's "coco-jecto-fah-loh" attitude should never be an option.

In order to improve achievement, there is a need to find meaning and purpose to come out with positive ideas that will lead a lifestyle full of happiness and success. In addition, there should be a sense of uniqueness and artistic output. Setting up an event promotes camaraderie among the organizers and leaves them an enriching experience to cherish. Furthermore, events are an excellent medium for marketing opportunities because of the wide scope of audience it reaches.

There are appropriate processes in order to achieve the best possible outcome in event management. Thorough research, keen observation and a lot of brainstorming are the first step. In response to the ideas gathered, implementing the theme or design followed by planning signals execution of the project. Taking down notes or having a checklist mentality, which can be very effective in minimizing errors, should be practiced to avoid last minute miscalculations during the actual activity.

If the members and facilitators will have coordination with one another and be able to properly implement their plan then everything will fall in the right place. Lastly, evaluation is necessary to determine the entire outcome if it is successful or further improvement is needed. The assessment of events will not only assess the timing, financial capability, availability of facilities, and high involvement of human resources.

MCI events should be a picture of fun, camaraderie and a feeling of belongingness to the group of Centrallians. The best examples are the High School Musical themed foundation anniversary celebration in 2006 and the Musical Expo in 2007. They were delightful, exciting and successful. The planning was entertaining the audiences and left them with satisfaction. Sports wise, the summer initiation tournament Renegade was a product of an idea turned into reality. The success of the MCI Olympics, derived from the previous intercollegiate games, was spectacular as it displayed a complete transformation and vast improvement over past events. The event received favorable feedback as the line-up for the activities is so different and the invitational of Dr. Aristotle Malabanan was absolutely stunning.

Unfortunately, the hard work and dedication that this university needs to capitalize on in order to produce the same quality for the benefit of MCI community. Nothing is impossible when you mix well effective factors like creativity, being open to new ideas, dedicated to making the box and most importantly valuing the power of teamwork.
A warm welcome to all Centrallians!

Summer time is over! Now is the time to go back to school and face all the challenges within the campus. For all freshmen, there will be a lot of unexpected changes and adjustments. But do not be afraid to learn and gain positive experiences. The Office of Student Affairs will be your partner in knowing the rules and regulations and even give you more exposure to enhance your participation in worthwhile activities during your stay in the University.

Likewise, we are also happy that you have chosen Manila Central University as the place to start the fulfillment of your dreams. We are hoping that your stay will be pleasant and have rewarding experiences. Start to get to know the purpose, the vision and mission of the school so that you will have a happy and successful relationship within the MCE community.

For those Centrallians who already started their studies at MCE, may you serve as inspiration and model to the newcomers. May you also continue to excel in both your academic and non-academic activities. Explore your talents and skills may be so balanced, a meaningful and enjoyable stay in MCE.

Again, welcome and God bless us all.

MRS. LOURDES F. CRUZAT
Head, Office of the Student Affairs

From the Discipline Office

by Mr. Alex V. Rodriguez, Discipline Officer

Welcome to Manila Central University. It is our pleasure to be of service to you. Our office's main concern is to provide you a good learning environment during your stay in the campus. However, we can only advise you to cooperate and discipline, with this we want to share some points about proper behavior of a true Centrallian inside and outside the campus.

Discipline refers to the judicious implementation of the school rules and regulations governing students' behavior. ACCORDING TO EDUCATION LAW AND SCHOOL BYLAW, students may be punished "for misbehavior which is harmful to the good moral character of the students or is injurious to the rights and property of any person, or is prejudicial to the discipline of the school".

Though all the students in our school are expected to follow the rules and regulations, there is still a need to create a committee to take care of the student discipline headed by a Discipline Officer. The Student Handbook will serve as your guide during your stay at MCE. It gives you the important information about the University - its mission, vision, institutional philosophy. The services you may require during your stay with us.

Your duties and responsibilities as well as your legal rights as students and code of conduct.

Compliance with the rules and regulations is expected for effective and fruitful participation in the school activities. The students are enjoined and advised to abide by the rules and regulations and to instill themselves in the Centrallian Core Values - D.B.I.P.L. I.N.A.

D - Discipline, Kalikasan at kaysarian (Discipline, Cleanliness and Orderliness)
I - Ingatlang ang Kalatagan at Pananagutan (Integrity, Accountability and Stewardship)
P - Pagligik sa Pagpapahalaga (Service and Values)
L - Lisanag at Katarangan dela ng budyet (Liwinan Honesty and positive thinking)
A - Akinasiun ng mga alaminan ng naging mga (Observance of school rules and regulations and laws of the land)
K - Katarungan at kaipunan (Coordination to God, Country, People and Environment)

Lastly, if you encounter any problems or have questions, there is an Office of Student Affairs ready to assist and help you. Our office is located at the Function Room, Centennial Gymnasium. May your stay in the University be intellectually stimulating and emotionally exciting.

A student’s pinnacle

by Mark Ross Rubio
Business Administration

"Your vision will become clear only when you look into your heart. Who looks outside, dreams; Who looks inside, wakes." - Carl Jung

In my four years here in MCE, I’ve seen how the student moves with and outside the University. The institution has produced graduates that are successful in their respective fields and have put the University on the map of victorious institutions.

The new academic year starts and many unexpected things may happen. It might be hard for some students to go from being a student in high school to being a volleyball player in the air for others.

Hand in hand, I believe that we can do it, the University Student Council together with the MCE administration is making its way to reach every Centrallian, develop moral boosting activities that are something new and encourage students to participate and cooperate in matters concerning them.

I was an ordinary student before like you. But the responsibilities that were vested upon me as the President of the University Student Council are far too large than I can imagine before. There’s nothing wrong with dreaming that you will be the best student or planning your dreams is what you believe in and this will serve as our goals. If you think about it, our stay here in the University is just so short, we should make the most out of it; be a disciplined student, abide by the rules, let your voice be heard, enjoy extracurricular activities that are offered and most especially don’t forget to be a student, a student who dreams, who has goals and has the determination to achieve.
What's Hot and What's Not
by Rosendo Kirk D. Dulay, Nursing Midwifery

Centrals’ must haves
What's Hot?
Ipad Nano Chrome
Music lover and tech savvy, this game is perfect for you with vivid and dramatic visual effects that
vividly project your preventions
The best part of it is that
you can store almost
4000 of your love songs, and flashy photos. [Video] Yes, but make sure they aren't scan-
ding too.

What's Not?
If you are always borrowing your classmate’s IPad, and other gamers, just wait for a couple of days to go, and your classmate will kick your ass for not even buying the goodness of it, because of you.

What's Hot?
Unuprilla
Hot and Cold. Greenhouse effects and Global Warming greatly affects our weather, to avoid heat, trust and can, make sure you have your parasol always with you. And also, you can use this as
panama's su hotspots:

What's Not?
To be ignorant and wet because of rain. Running from PGT to PTT to keep up with the
bitter weather and singing the all time favo-
rite song of Angga. Bawang Usa um... Haha.

What's Hot?
Slightly Yellow

What's Not?
Don't know whose Isabella Swan and Edward Cullen? Then you probably missed one im-
portant segment of your teen life. Stephenie Meyer's Twilight Saga is a journey between mythical creatures such as vampires and werewolves and humans. With the tear of a
love story and action.

What's Not?
Don't relate with your class-
mates. And buy books and find a bookstore near you.

Leadership forum
with Tony Blair
Michelle G. Dagda, President, Olympymo Student Council

To see a famous personality is really an amazing experience — what more if it is Tony Blair. The well-known Prime Minister of Britain who stood up against the cynrmonies.
I was one of the chosen few who had the chance to meet the
so called "the man." I am terribly happy and shocked. Hearing the
invitation, is really amazing, a once in a lifetime experience that will surely make an impact in my life.
The Philippines were graced by the presence of the former British Prime Minister. He addressed the Ateneo community as part of the "My Life: V. Pangilinan Leadership Series from Europe." The production started, seeing his face on the screen I can say he is a man of figures — a father-like person. He stood up there, waved and started. Though I was
seated far away from him and his voice seems hard to understand, I felt the warmth of his heart, the respect and the eagerness to educate
us, not only by the mere fact that he was invited that's why he needs to do this, but to share things without any hesitation.
Mr. Blair is a respected person. He is a person born to be a leader and one of the finest. Yet he maintained a gentle and humble spirit and his faith in God surpasses his other traits. I have learned so many things behind his simple actions and amusing thoughts.
First and foremost is to have Unity in Diversity — though people and nations are different from each other. We must not use it to set a barrier between us. No matter how small or big, we must not compare and say that it is better to one another for everyone is unique. Instead, we must use this difference to help one another for each weakness can be our strength that balances one another.
"What happens on a country affects the world," he said. I agree. Definitely in this era where globalization takes place everything is entwined. No matter how small or big the country is there is a significant grip that unites them. Thus, we must use this to push to destroy the problem we are putting right now is not our nation's problem but the whole world itself and in order to
achieve success we must gather our forces, share our uniqueness and build an alliance to solve it. It is a global challenge not a national challenge. I salute to his idea. We must support each other. No nation can do it alone.
In this path, he shared that every concept and idea must be fair and just as what the people of God is. And that makes sense that every thing must be put in peace with God as the center. for we can't do anything without Him. With this he presented the values that must pertain in facing those challenges.
The first one is to be Open. To open up to each other and be productive for each and everyone is what he taught us. Again, no one can do it alone. We must help one another and through this we must also be open to pro's and con's of everything. The second one is to be able to Respect Education. For being educated he believed will make a difference, given as an example is Dr. Jose P. Rizal. We must be educated on not a narrow but a broader sense, like what he said so.
We must learn to respect everyone's difference, he added. He also pointed out that if we want things to work and be open, one thing that we should do is to understand the faith, culture and civilization of every person. Last to his list of values is the Commitment to Justice. He told us to have a better idea. An idea that has a better motive of persuasions for harmonious relationship and that idea is justice. With justice comes equality and this equality brings people together. Within us is our duty to help attain this path and to it, it is basic for us to have compassion and solidarity.
The program ended, and as we pack ourselves, I surely enjoyed this adventure full of awes and wins. And as I go back to my Alma Matar, the word of Mr. Tony Blair will surely remain: "We can do it. We can make a difference. We can make a change."
Student leaders’ games held

by Nierra Lou Salit
Business Administration

In MCU, the USC – Student Leaders Tournament was held last May 15, 22 and 29 with the purpose to create camaraderie and enhance sports involvement of student leaders in the University. This event, held at the Centennial gymnasium at its best, the participants were USC officials, local council and student organizations officers, Mrs. Lourdes Cruzat and Mr. Alex Rodriguez. The games played were volleyball and badminton.

Student leaders who participated were a picture of unity and rapport. The event resulted to close ties among the students and this can be beneficial in helping the University to achieve dynamic change.

Following the success of the tournament, students mulled a badminton club. Badminton enthusiasts hope to get organized and get support from the Administration to develop budding athletes.

Badminton was invented more than a hundred years ago. It was a form of sport played in ancient Greece and Egypt which came from a child’s game called battledore and shuttlecock. The sport was introduced as “Poona” in India during 18th century and British army officers stationed there took the Indian version back to England in 1860’s and thereafter, badminton became its official name.

Through the years, the nature of the game evolved, improved and turned out to be a popular sport in many countries.

MCU Tennis Club on the go

by Shariff Daryl Jumat
Nursing and Midwifery

“ar to develop well rounded individuals,” as mentioned in the MCU mission, the University does not only offer academic but other programs as well. Through the leadership of Dr. Aristotle T. Malabanan, MCU is developing individuals in the field of tennis through its tennis club.

Dr. Malabanan is also the head of the tennis club of MCU. The club offers training to individuals by means of the Basic, Intermediate, and Advance training lessons. Training started last April 2 and ended on May 29.

Sessions are every Mondays to Fridays from 7:00 A.M. to 9:00 A.M. and 9:00 A.M. to 11:00 A.M. Every course is composed of a three-week session. After accomplishment of the basic course, a participant will be endorsed to intermediate and finally to advance course.

The lessons offered are for Toddlers (3-6 years old), Basic (7 years and up), Intermediate (after basic course) and Advanced (after intermediate). Members of the MCU community are given special discount on fees.

“The club aims to establish good relationship among the participants and appreciation of the sport.

SWIMMING

clinic ongoing

by Shariff Daryl Jumat
Nursing and Midwifery

A swimming clinic at the MCU Swimming Pool began last March 23. The lessons, held every weekday, are composed of ten sessions at one hour per meeting.

The lessons offered are for Toddlers (3-6 years old), Basic (7 years and up), Intermediate (after basic course) and Advanced (after intermediate). Members of the MCU community are given special discount on fees.

“The event is instrumental in inspirng kids to get into sports,” Stephanie Toh also said.

Participants are mostly children, and grade and high school students of MCU. Outsiders also participated in the said training. It has been four years since the clinics were conducted.

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