



DAGITAB

The Official Newsletter of the Academic Scholar Alliance of Adamson University
Academic Year 2023 - 2024 | Volume XV No. 1

ASA-AdU bags multiple achievements during the Adamson Student Awards 2023-2024 by Eliesha Phoebe Masiglat



The Academic Scholars Alliance of Adamson University took home multiple achievements from the recent Student Awards of 2023-2024, last June 21.

The event took place at Adamson Theater, where other Recognized Student Organizations also came to witness the annual event organized by the Office for Student Affairs.

With the theme “*Vincentian Student Leaders as Catalysts for Social Transformation*,” officers from different Adamson University organizations attended sporting their Filipiniana formal attire.

With a select number of awards and nominations, ASA-AdU bagged several under their belt, including *Best Community Involvement* for *Kalinga: Sharing Vincentian Values towards the Youth in the Season of Love* headed by Outreach Directress Kim Trisha Panaligan and *Best Spiritual Enrichment Activities* for *Lilim: Rest for the Anxious and Weary*, headed by Religious Directress Franchesca Beck Baylon.

The organization also came in at 10th, for the Top 10 Performing RSOs of the year. Leadership awards were also given to the hardworking executives of ASA-AdU,

With Alfrancis Sumang for *Outstanding AUSG Representative*, Shiena Villapando for *Outstanding Auditor*, Allet Galit for *Outstanding Treasurer*, Janine Claire Joaquin for *Outstanding Secretary*, Danica Jane Tonido for *Outstanding Vice President*, and Audrie Rose Baat for *Outstanding President*.

The organization also took home second place for the Special Citation for Newsletter with *DAGITAB*.

The officers and members of the organization shared their excitement over winning multiple achievements.

Janine Claire Joaquin, the executive secretary shared in an interview with the newsletter team, “*Winning as an outstanding secretary reflects my dedication to efficiency, organization and clear communication.*”

Vice President for External Affairs Danica Jane Tonido also said in the same interview, “*I never expected to receive an award once again but I am grateful. All my success and hardship goes to ASA-AdU and [the] scholars.*”

ASA-AdU will continue to provide hardwork, excellence and dedication in serving the scholar community, as well as the university.

NEWS

ASA-AdU merits Top 10 Performing Organizations of Adamson University *by Eliesha Phoebe Masiglat*



The Executive Officers of ASA-AdU received the award for one of the Top 10 Performing Recognized Student Organizations of Adamson University for the first semester, given by the Office of Student Affairs (OSA) during the RSO Mid-Year Assembly last February 21, 2024.

Recognized as last year's Top 8 Performing Organization, ASA-AdU remains dedicated to maintaining its success and excellence, not only as an organization but as a community for scholars and students to grow and flourish.

Receiving the award were ASA-AdU's four officers, Auditor Shiena Villapando, Treasurer Allet Galit, Secretary Janine Joaquin, and President Audrie Rose Baat.

ASA-AdU @ AdU-SOAR 2023

by Eliesha Phoebe Masiglat

The Academic Scholars Alliance of Adamson University kicked off a great semester by calling on its scholars to join their community through the yearly membership drive event of Adamson University, Student Organization and Activation Recruitment, more commonly known as AdU-SOAR.

Occurring from September 5 to 13, 2023, ASA-AdU conducted multiple fun games with tons of prizes in order to call on the attention of the scholars, while recruiting them to join the organization. Located at booth #3 beside AdU-SAO and AdU-CARES, ASA-AdU ensured an enjoyable experience for all students who visited their stall.

Students also found entertainment in purchasing different candied goods, pastries, and merchandise, as well as writing on ASA-AdU's "Freedom Wall" while watching the performances from other organizations during the kickstart of the event.

Despite the difficulties in scheduling due to the unprecedented weather, the Academic Scholars Alliance of Adamson University succeeded in participating in the event. Adamson University holds the AdU-SOAR event annually, with the intention of inviting the entire Adamson community to participate and join the different Recognized Student Organizations (RSOs) that the university has to offer.



Photo taken by Zyen Alceth Torrevillas

Photo courtesy to Adamson Cultural Affairs Office & Silip@Lente media team



Year-end banger: Adamson Community celebrates Paskong Adamsonian 2023

by Mark Terence Romero

Students from different college departments crowded around Saint Vincent Grounds, filled with excitement to commemorate the annual, year-ender celebration, The Paskong Adamsonian on December 1, 2023.

In line with its theme *“Bughaw na Pasko sa San Marcelino”* the campus was adorned with a blue color scheme, symbolizing every upturn and challenge everyone has experienced within the closing year rooted with wisdom within our faith in hope for tomorrow’s peace.

Former University President, Fr. Marcelo V. Manimtim, CM kicked off the event by giving a heartfelt opening remark, highlighting the importance of commemorating the essence of Christmas as true Vincentian students.

“Jesus is telling us to be happy [...] Let us remember the joy and blessing of Christmas.” he quoted.

The event officially went underway with the performance of homegrown artists, such as Jannah Botaciya and Bert Symoun who flaunted each of their unique, singing capabilities with the song pieces they’ve prepared onstage.

It was then preceded by production numbers from the campus’ Recognized Student Organizations such as *Tinik ng Teatro*, *HIMIG-Musician of Adamson University* and *Gravity Skills Expertise and Talents (GSET)*.

Proceeding onto the guest performers, it was followed by five-man OPM band, *Similar Sky*, folk-pop quadro, *Magiliw Street*, soloist *Nowan*, and Awit Awards nominated singer *JC Herrero*, who all performed their originals and various song covers to vitalize the crowd throughout the afternoon.

It concluded to be a joyous night by slowly putting a wrap on the ending year, a testament to the unity the Adamson community can be capable of to commemorate within the midst of the approaching holiday season.

FEATURE

Life of a Student Commuter*by Shazney Figueroa*

Photo taken by Eliesha Phoebe Masiglat

Imagining my travel time of 1 and a half hours is torture to others but a normal routine for me. Sometimes I can't stay late outside at night because I need to catch the last trip to Cavite. I always consider time because I need to travel back home. Honestly, there are times that I feel tired and want to give up, but every time I put my earphones on and listen to my favorite playlist, it washes away all my worries.

By the time I reached home, you thought I might be resting, but you were wrong. At home, my family is very strict with the household chores assigned to me. I am always in charge of washing the dishes used during dinner time. Even if I don't join them in eating dinner, I still need to wash the dishes. It is the worst feeling ever. The feeling of being tired from an hour of travel back from Manila to Cavite after a long, tiring day but still needing to do household chores is the worst feeling ever. But I still need to do my part.

It's Okay Not to be Okay*by Shazney Figueroa*

Is there a time when you feel like the world is crumbling down and all you can do is look at it from afar? I hope you don't feel lonely. During the pandemic I experienced a lot of emotions I hadn't experienced before. I learned a lot of things and eventually outgrown all of that. I remember I use to overly drawn my self from other people's opinions and how they look at me.

Looking back years from now since the pandemic happened, a lot of things changed. Just like how my life gradually changed. I wake up early in the morning to avoid the traffic jams and attend my eight-thirty o'clock class every Tuesday and Thursday. It felt surreal that I always needed to wake up as early as I could so I could leave two hours before my class. I can honestly resort to less hassle and expensive transportation, but the pandemic era humbled me.

To be honest, it is hard to balance my personal life and my life as a student, especially now that I am juggling my time with my academics and after-class rehearsals for my theater class.

Every time I unleash my frustrations on my sister, she always says, "It's your choice; you did that to yourself, and you wanted that for yourself." I have this mantra in life where I always remind myself to never forget to look good in everything. I tried my best to find even a tiny bit of hope and positivity in every struggle I faced. I try to appreciate this life more than I used to hate it before.

There is this one point where it feels like it's a routine. the worst routine. Waking up early, going to school, and attending classes and rehearsals by the end of the class hours. It's getting too much for me; it feels like I am being stuck in a water mill. But I learned to appreciate this kind of small sacrifice and learn from it. Being a student who lives far from the university with a travel time of at least two hours is the most amazing experience I have. I learned to use my time wisely and divide my tasks. If you are going to ask me whether I want to experience it again if I get the chance to turn back time, yes, I want to experience it again.

I tend to overthink every time someone corrects me for my mistakes and never move on. I am scared of failing myself and disappointing others not knowing that every-time I do that I am also ruining myself. I keep on telling others that I am okay I am fine and I don't need any help not knowing that I am wounded and in need of help.

FEATURE

It is so hard for me to accept that I am not okay, and that I am not strong during that time because of how vulnerable I am to other people's opinions. I am scared that once I show them, I am not okay, and I am struggling they might take it as an advantage to do anything negative.

Looking back years from now I learned how weary my heart was. I was so lost that I was losing control over my decisions and emotions.

I glance at the full-body mirror in my bedroom and realizing that I can't see myself anymore. I am proud of who I become now. If you are feeling lost and unhappy with your life, please don't give up. Look at the world around you look at the blue sky, feel the air feel the sunlight under your skin.

Be positive and be brave. It will take some time to heal, but I promise you it will pay off. It is okay to admit that you are not okay for you to heal. The world needs your existence, and the world is happy that you are existing.

Leaders aren't created overnight

by Shazney Figueroa



Can anyone be a leader, or how do we know if we have the qualities of being a leader? Mr. Exzur Jay Arabia, the speaker for the academic event held by ASA-ADU on November 25, 2023, started off by saying that we humans tend to find loopholes in laws instead of following them. In some cases, we create our own world of laws that we will abide by instead of waiting for them to be implemented.

Mr. Exzur thought that just as laws have opposition, so does change. Because they have discipline, this is where the leader should distinguish themselves from the rest of the group. He also never forgets to remind us that discipline creates the bridge between our goals and accomplishments in life. What does it truly take to be a leader?

A leader, according to Mr. Exzur, is someone who consistently makes time for their interests. He added that if you really want to achieve something, you should always find time to do it. Always have that little space for time and effort to achieve your goals.

A leader should also know the way, go the way, and show the way, as Mr. Exzur believes that a leader should know how to make way for others and create not only one plan or solution but multiple choices. A leader should also be receptive to feedback and capable of handling unfair treatment with grace. According to Mr. Exzur, a leader must constantly be able to respond to people in an appropriate way, which makes them a valuable resource for intelligent response.

FEATURE



Photo taken by Shazney Figueroa

Where P stands for proactive; in order to carry out a different plan, a leader needs to anticipate actions that others have not taken. It's also a smart move to be ready for unforeseen circumstances. Being organized can help you as a leader see the wider picture. Writing is a necessary skill for a leader to have as you have to write things down somewhere you can refer back to them.

Mr. Exzur charmingly compared the leader to a diamond, emphasizing that under extreme strain, diamonds cannot be broken. Since someone should perform to the best of their abilities when under pressure, a leader needs to know how to handle pressure. To sum it up, a leader should know how to lead others, know how to heal people around his/her where a leader should be a peacemaker, possess expertise in interacting with others, know how to read people by observing their actions, not their personalities, A leader should be honest in dealing with people and must not fake its sincerity.

To be able to empathize with others, you must possess empathy as well.

During the last part of the talk, Mr. Exzur, the adviser of PASAdU, quoted several Philippine Historical Heroes with great leadership such as Apolinario Mabini who said “You have a special talent, and you must develop it, but you must not stray from the path of good and justice to achieve perfection.”

They should know how to serve others and set standards for their members. Leading others is not something you can do quickly. It takes a great deal of time, empathy, guidance, commitment, endurance, and hard work. Being a leader is an activity, not an entitlement. It is both an obligation and a responsibility. A leader should also be different from what they oppose where it gives them legitimacy and aids in persuasion.

Mr. Exzur also shared that it is essential for a leader to have P.O.W.E.R.

Mr. Exzur wrapped the talk with a simple reminder that each and every one of us has different functions, we can have a common goal and purpose in life which is to be successful. Good works are what God prepared in advance for us to do. We should always compliment and serve one another because being a leader means sharing our talents in serving others.

Eyes don't lie: Children share love and smiles with Vincentian student leaders this Valentines

by Joce Ann Puchero

In the season, expressing love can sometimes be profoundly demanding, yet if you do so, you'll witness the impact of your effort reflecting through one's gaze, for eyes don't lie and smiles faithfully trail.

Serving not just the community but in a diverse manner through providing, giving, and sharing love unconditionally—that's what Valentine is for Adamson University's recognized organization, Academic Scholars Alliance.

ASA - AdU officers and scholars arise from the San Marcelino to Trece Martires, Cavite carrying boundless hope and compassion conveying that Valentine's isn't always about love or romance for your loved one,

But it is most especially to those people who are in need and deserving of it.

An egalitarian student leader who aspires to spark change, Kim Trisha Panaligan, a former outreach volunteer and now serving as the outreach directress of the Academic Scholars of Alliance at Adamson University headed the outreach event promoting kindness to all and with the theme “*Kalinga: Sharing Vincentian Values towards the Youth in the Season of Love.*”

With its beneficiaries Bukal ng Kapayapaan (Home for the Abandoned Special Children), a non-profit organization that takes care of abandoned children with special needs, the organization made their memorable and remarkable expedition.

FEATURE



Through this event, officers dedicated themselves to reaching and understanding to more than 30 children and two adults, with unwavering support and building deep connections with enjoyment while ensuring their well-being. They committed to standing by them, believing in their potential, and motivating them to a path illuminated with care and compassion.

As the event started, children and caretakers of the Bukal ng Kapayapaan welcomed ASA-AdU with cheerful grins and eyes filled with inspiration. During the event, the officers exhibited their talents in dancing and singing, filling the children's hearts with amusement and fun experiences while also uplifting and empowering each child to thrive and dream big.

Surprisingly, the children also prepared their own entertaining yet skillful dance numbers performed in front of the officers.



Photo taken by Zycen Alceth Torrevillas

Their inspiring and solacing journey started in India and as they fulfilled their mission across the globe. Br. Wesley Rono, one of the devoted missionaries of Charity Brothers shared that they also have another home specifically for elderly people located in Novaliches, Quezon City.

The brothers' goodness and dedication to aiding were not only limited within the vicinity of Cavite but also, outside where they seized every possible opportunity to help people they encountered who were in need.

On the other hand, like any other event, Panaligan shared that the organization also faced difficulties that almost blocked their way to their mission and goal.

"It was never easy to overcome these challenges, especially since I am in my OJT, but with the help of these people— Allet, Audrie, Shaine, and Franchesca, we were able to work and collaborate together to execute this initiative," she said.

With more than just an event on each person's hearts; and not only thinking it was just a place but a paradise full of angels and love, sharing priceless smiles from the beginning 'til the officers bid their tearful goodbyes— the event made its wrapped up successful.

In the end, this event enlivened innocent children and proved that despite hurdles, one should exert extra effort to exhibit compassion and empathy towards children.

FEATURE



Scholars just wanna have fun

by Eliesha Phoebe Masiglat

The life of a scholar isn't always full of academics and studying, sometimes, it can be filled with fun and surprises. Most would probably view a scholar as the stereotypical *nerd* or *bookworm*, those students who have no intention of socializing or living a life outside of studying for tests or reviewing lessons.

Even in media and literary fiction, we see these types of characters everywhere. Mia Thermopolis from *The Princess Diaries*, Greg Heffley from *Diary of a Wimpy Kid*, or even half of the whole cast of *the Big Bang Theory*--most of them, considered to either be nerds of some kind, were always portrayed to have no social life, and no other hobbies aside studying and keeping to themselves.

This created the stereotype that we mostly still believe in to this day. Society often view these types of people as "kill-joys" and sometimes even ridicule them for fun.

Scholars shouldn't be enclosed in these typical views of a person who only studies for fun. Most scholars still enjoy having a stable social life and hanging out with friends, so we should never assume that they prefer sitting in a library or back at home.

Especially during this era, where it's more normalized for young adults to have a balanced academic and social lives.

Even if a student did prefer to spend their Saturday nights either studying or cooped up at home with a good book, we shouldn't belittle them for finding joy in these activities.

Not to mention, there should be no shame in caring about your grades. Although the saying "*grades don't define me*" has become popular, we should accept that it doesn't really apply to some people, since scholars have certain grades to maintain.

With that being said, we should always give our scholar friends time to have fun. Socializing with others can offer lots of benefits for anyone, especially when it comes to their mental health.

When life gets difficult, and your academics start to become a burden on your shoulders, having a chance to let loose and have fun every once in a while becomes a good way to get rid of all your stress and built up emotions.

Scholars, nerds, geeks, students-- call them whatever you like, but we should stop associating them with stereotypes that don't fit. One size does not fit all, so we should accept that everyone is as equally diverse, and allow for safe spaces where they can share their interests and relax.

FEATURE

It Only Takes a Step: Saving the Planet*by Eliesha Phoebe Masiglat*

Photo taken by Eliesha Phoebe Masiglat

We've always been taught how to protect and even save our environment in times of crisis, but it always seems like the environmental status of our cities just keeps degrading over time. That our efforts, no matter how big or small, don't seem to make that big of a difference.

In the Academic Scholars Alliance of Adamson University's environmental event, *Eco-Warriors Unite: Saving the Planet One Step at a Time*, the importance of not just the individual changes that we make to save the planet, but the life-changing decisions we make that lead the planet to its betterment.



Photo taken by Eliesha Phoebe Masiglat

It's important to understand the role that good governance plays in our environment, and how it can directly affect the changes that we, as a society, bring upon our environment and our planet.

Aside that, major corporations also play a huge part in the destruction of our environment, and how certain companies that produce non-biodegradable waste and pollution becomes a huge risk for our planet.

According to Mr. Mayuga, the minor changes or adjustments we make in order to save our environment—avoiding the usage of plastic straws, and switching to paper instead of plastic, although all of those have merit, it's more important to push for the big changes that come with saving the planet.

The major corporations that continue to trash and pollute our environment are the ones that need to be taken off their pedestal, so it's important for us to call for change by putting in place the right leaders that will maximize our voices.

It's important to understand how much change students and scholars can make, and that we should put ourselves into action to further help save our environment, not only through the little actions, but with the big decisions we make that can further help our planet as a whole.

FEATURE



Photo taken by Eliesha Phoebe Masiglat

Take Time to Stop and Rest

by Eliesha Phoebe Masiglat

In the fast pace of life, when does one take time to rest? A scholar, filled with endless responsibilities and duties, does not have much time for breaks.

However, in the recent religious event of the Academic Scholars Alliance of Adamson University, *Lilim: Rest for the Anxious and Weary*, scholars, officers, and students alike were called upon to take a break and rest in the hands of the Lord.

It's easy to fall prey to the difficulties and challenges of life, where we lose time for ourselves, and instead spend our time feeling restless and exhausted with everything going on in our day to day life.

Through a peaceful talk delivered by a proficient speaker, a moment to speak and share with their co-scholars, and even an opportunity to participate in a poetry-making contest, the members of ASA-AdU were refreshed and energized after an entire day of peaceful mediation.

Students gathered to participate in a group talk, where scholars were divided into groups and were tasked to share their experiences, troubles, and burdens together, in order to lessen the weight of their problems.

Many were filled with ease and enjoyed the brief connection as the event departed with a short prayer. The event served as a day of peace and rest for the members and officers of ASA-AdU who attended, providing a moment for the hardworking scholars to breathe and relax during a difficult time in the semester.



Photo taken by Eliesha Phoebe Masiglat

EDITORIAL

In the Humble Beginnings of a Scholar and Student Leader

by Eliesha Phoebe Masiglat



Illustrated by Mark Terence Romero

There is no exact threshold for when a person begins their journey to leadership, but perhaps it can be directed back to the smaller details and experiences, the ones dating back to their younger years as a student.

A student leader sacrifices a lot just by becoming one. It takes guts to be able to sign yourself up for something that you know is going to take up a lot of your time and will bring you more work than you can bargain. Once you become a student leader, you hold the responsibility of not only leading your fellow students to a better path forward, as well as the responsibility of representing the name of your organization— and university, as an extension, to its highest honor.

Leadership is not child's play. Only the bravest of the brave bear its honor, and as a scholar, it is already difficult enough to maintain your place and position above all those who are just as deserving as you but to become both is a different kind of suffering on its own.

Almost like a double-edged sword, both scholars and student leaders struggle with maintaining what they've achieved, scholars with their scholarships, and student leaders with their position or role. Although these have their merits, it is far from easy to maintain them, especially when they're working double time alongside being a student.

So in order to be both a scholar and a student leader, one would probably have a death wish. The responsibilities and hardships of that life is definitely no joke.

It is not easy to explain, and maybe it would be different coming from others, but most scholar-student leaders have two simple goals: (1) to serve and (2) to learn. Becoming either of the two may provide you with both goals, but choosing to become both a student-leader and a scholar will give you the additional push you need to achieve those goals.

The mere schedule of a college student is hectic enough as is, to add more responsibilities would already be chaotic. These individuals have lives outside of their university and organization, with responsibilities for their families, friends, and even themselves as well.

Where does it end? How does one handle the hardships of life, and still become a successful scholar-slash-student leader?

Most would say that it's all in the time management, but not everyone has the same 24 hours. We all have different responsibilities, different places to be. In the end, it's all in making sure that your energy is being spent properly.

It may be difficult, but the road ahead is no rougher than any other, especially outside of the university, and scholar-student leaders know that. No matter how much they have to juggle— their academics, responsibilities inside and outside their organizations, and even their social life, it all leads them to a brighter and better future— one that will not only benefit themselves, but others as well.

LITERARY

‘Nasaan na ang Hari ng Kalsada?': Jeepney Phaseout and its drastic effects on our roadways*by Eliesha Phoebe Masiglat*

Photo courtesy to Kristine Mae Balanay

Multiple protests, rallies, and transport strikes have been done to express the disdain and opposition of not just the jeepney drivers, but common Filipino commuters as well.

Jeepneys are one of the cheapest forms of transportation in the Philippines, and to replace them with a more expensive form will cause backlash from commuters as well.

Pagkakaisa ng mga Samahan ng Tsuper at Operator Nationwide or PISTON, a federation of public transport groups and associations in the Philippines have been vocal since the very beginning of the PUV modernization program, fighting for the rights of the jeepney drivers by initiating transport strikes and rallies nationwide.

For many decades, jeepneys served as a cheap and easy way of transportation for many Filipinos, especially those traveling to and from work or school. Other alternative modes of transportation were always too expensive or were not as effective as jeepneys were. This is why many commuters prefer to take the jeep to whatever destination they have.

Wherever in the Philippines you are, these creative and colorful works-of-art in the form of a vehicle were always driving down the street. Able to fit around 20 passengers at a time, jeepneys were always a hit when it came to traveling, and even became an iconic symbol for the country's culture and traditions.

However, the current administration recently signed the PUV modernization program, which gave way to the phaseout of the "old jeepneys" to give way for the more modern ones, which are more expensive and hold a lesser capacity of passengers.

Not to mention the impact of this modernization program on most jeepney drivers. Although the government provided a cooperative that will provide jeepney drives with a subsidy between P200,000 to P300,000 per vehicle, most drivers worry that this will only cause more problems and bury them in debt.

Now, with the continuation of the PUV modernization program and the Jeepney Phaseout, with the DOTr merely giving a '15-day leeway' for unconsolidated jeepneys beginning in May, it's unclear where the traditional jeepney is headed. Most tsupers had no choice but to consolidate and follow through with the regulations set forth by today's administration.

Whether it will continue to flourish merely as a symbol of the country, or it will disappear from the roads of the Philippines forever, it is uncertain.

What's certain is, that the traditional jeepney will forever be embedded in every Filipino's hearts, both as a symbol of our local transportation, and of the unique culture and tradition that we have all shared.

SPORTS



Photo courtesy to Kristine Mae Balanay

The Adamson Lady Falcons fail to reach S86 peak

by Alfrancis Sumang

After the departure of the former Lady Falcons, namely Trisha Tubu, Louie Romero, Riza Cruz, Ckyle Tagsip, and other key players of the San Marcelino Squad, it was a challenge for Lucille Almonte and Karen Verdeflor to lead as the seniors.

Last April 24, 2024, at Smart Araneta Coliseum, the final game for the Lady Falcons happened as they clashed with the Ateneo Blue Eagles.

The last game of the Lady Falcons fell short since the Blue Eagles swept the game, winning with a record of 25-13, 25-17, and 25-21. It is not an easy game for the San Marcelino squad, but the performance of Barbie Jamili and Red Bascom acquiring four points against their opponent is still not enough to take down the Katipunan troops. However, it was not enough against the birds of Katipunan, as Lyann De Guzman dominated the game with a record of 14 points, which let the Eagles prevail against the Falcons.

With the heartbreak of the Lady Falcons, they end their season with a record of 3 wins and 11 losses. Thus, even though it is a short-ending season for the Falcons following their successful stint from last season, bagging the bronze medal, they are expecting to have a good run next season. The homegrown talent of the junior volleyball program product of Adamson University will commit to the senior's division, pertaining to Shaina Niture, Mary Grace Del Moral, and Fey Sagaysay, based on their video statement released by Akari.

With this, this fall is still not a hindrance for the Lady Falcons, as they will fly back higher and more confident next season.



Photo Courtesy to Kristine Mae Balanay

SPORTS

Tallest Lady Falcon falls to an ACL injury*by Alfrancis Sumang*

Photo courtesy from Lorene Grace Toring Facebook Page

One of the leading scorers and best middle blockers for the Adamson Lady Falcons, Lorene Toring, suffered from an ACL injury, as she announced on February 7, 2024.

She stated in her Facebook post, "It is with a heavy heart that I must share the news that an ACL injury has sidelined me for the foreseeable future. Though this setback may seem like an overwhelming obstacle, I choose to see it as an opportunity for growth. I am filled with a sense of peace, knowing that everything happens for a reason. Though the road ahead may be uncertain, I am confident that it will ultimately lead me to where I am meant to be."

Toring was one of the remaining seniors on the team who was expected to lead the whole troop. Hence, the unfortunate event happened, which decreased her chance to finish her last stint in UAAP Women's Volleyball. After all, Toring is still thankful for the whole support of the Adamsonian community and also for the trust of the administration in her talent.

Toring raised the flag of Adamson University as she used to represent the country at the last AVC Women's Senior Championship that was held on September 22, 2023.

Sadly, Toring forgoes her college playing years to rest and looks forward to her stint on the Premier Volleyball League since she committed to the Farm Fresh Foxies joining her co-teammate from Adamson University, and with their former coach, Jerry Yee.

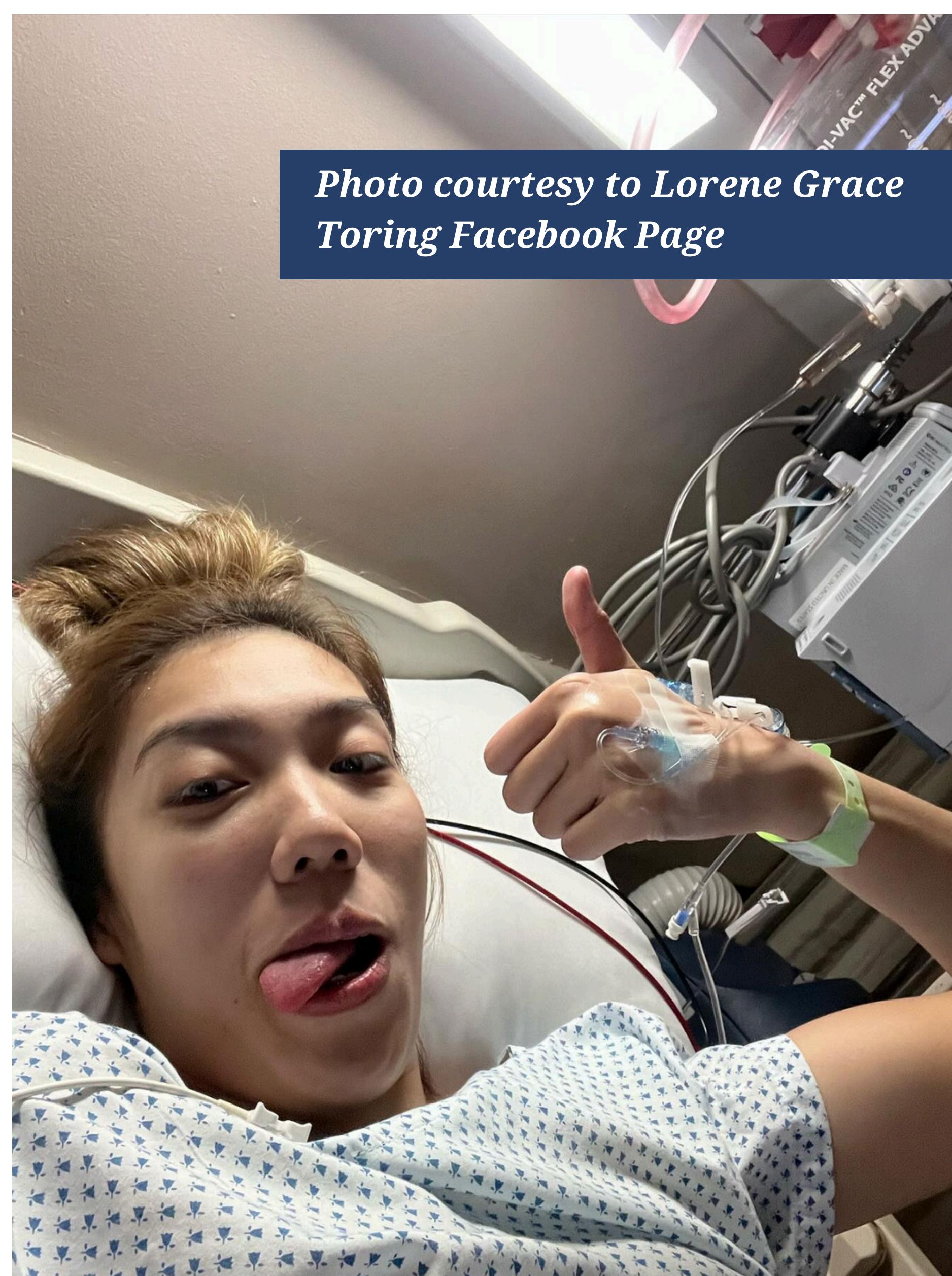


Photo courtesy to Lorene Grace Toring Facebook Page

OPINIONS

We are often made to believe by society that success is something to be chased and that our achievements hold no merit if we achieve them far too late in our lives. This toxic belief usually hinders most from achieving their goals and ambitions, especially when they reach a certain age. The fear of being left behind can cause anxiety to those who experience it.

To counteract this phenomenon, most people either work themselves until the point of burning out or choose not to work at all, falling into a false acceptance that they are now left behind, and can never reach their goals.

This, of course, is also due to the illusion of time. When we look around us, and see that the people in our environment have either grown or succeeded, we feel a sense of disappointment within ourselves, and often cannot help to compare their journey with ours.

"If they could do it, why can't I?" These types of thoughts have plagued many, and are usually the cause of their immediate downfall.

Healthy competition can be good sometimes, but in most cases, it can only lead to negativity. Even when there is no particular rival out to get you, if you feel a constant need to compare yourself with those around you, your goals will never be met in a healthy manner.

It is important to remember that we all progress at a different pace. Some people finish faster, some slower. But life is not a race, and there is no first or second place—just as there is no last place. We are all just working hard to get through life on our own, there is no need to compare ourselves to the others around us.

Buhay ay 'di Karera: Why it's not okay to treat life as a race

by Eliesha Phoebe Masiglat

Just as the P-Pop girl group Bini says in their song Karera, *"Walang masyadong mabagal, walang mabilis. Sa pagtakbo ng buhay, hindi ka mimintis. Hingang malalim lang at tandaan. Ika'y may hawak ng iyong hakbang."*

We control the pace of our own progress. It is easy to feel like we need to rush or speed up in order to keep up with the crowd.

There is no need to add to the already heavy weight of life, as we should instead be kinder to ourselves.

It is okay to take it slow, to take a break, or even to take a complete turnaround and change the path you are taking. There is no shame in taking charge of your life.

I'm Getting There

by Shazney Figueroa

Lately, I've been very busy with schoolwork and barely trying to balance everything from academic stuff to my personal life. Theater became one of my biggest priorities during this time of the year.

Back to back rehearsals and non-stop learning. There are times that it's repetitive and feels like a cycle but I don't have the time to feel tired and burned out.

I used to dream of becoming a musical actress not knowing that years from now I'll be doing the exact thing. The only difference is that this is a school requirement and not a professional act. It almost tested my patience and passion way too hard.

It's fun to enjoy fun things once in a while. I love the thrill and excitement it brings.

Yes, I am tired and I just want this time to come and end but the more I think of it the more I'm getting anxious and excited.

I know after the day comes that we will be performing it'll be fast like there's no tomorrow. I hope that this will serve as a great memory for each and everyone of us.

I know I'm getting there and I am more excited than I was before. I just hope that it will be successful and more importantly that everyone will enjoy it.

OPINIONS

Harmonizing Identity: The Power of Music in Queer Communities*by Alfrancis Sumang*

We heard from Gloc 9's song titled *Sirena* where the lyrics stated that "*Ako'y isang sirena, Kahit ano'ng gawin nila, bandera ko'y 'di tutumba,*" which can be translated into an English interpretation and talks about the sufferings of the gay or queer community in society.

Hence, despite all of the hardships and struggles that this community is facing, their *bandera* or standing in life will never be taken down.

This song became one of the icons of queer music in the community, alongside *Gayuma* by Abra, *This Guy's in Love With You Pare* by Parokya ni Edgar, and many other songs, which became a social awareness for all and reflected that

these songs are not only for the beat but also a reflection of the day-to-day life of the queer community.

Due to this kind of lyrics and interpretation, it is undeniable to say that music is a form of movement or social message for everyone.

"Sa t'wing ako'y nasisilayan, laging nalalatayan." - *Sirena* by Gloc 9

I can see many young queer people being discriminated against, and they are experiencing rejection from their family and sometimes violence. A song like *Sirena* is an example of the social perspective of how music can be applied to a song that will depict reality in the world.

In this regard, many members of the LGBTQ+ community think that music is a form of healing for them to feel that they are accepted in the community.

Homosexual people find music amusing because it tends to be a companion for them through their sufferings. Moreover, just like me, I used to listen to music, especially because I think that music comforts me despite experiencing hardship due to my sexuality.

Indeed, it is a statement and a sign of support for the community. Given the fact that music is a way to remove discriminatory remarks towards the LGBTQ community.



Dagitab is the official newsletter produced by the Academic Scholars Alliance of Adamson University. Which publishes the written, literary, photographed, and illustrated works made by the academic scholars and its officers. The publication also aims to announce and report any achievements or news involving the scholar community or organization. This newsletter is a free platform for scholars to express their innermost feelings, thoughts, and beliefs through Dagitab.

The realm of being the voice for the minority, just like the LGBTQIA+ is indeed a powerful remark.

Right now, in the mainstream media, it is inevitable for the LGBTQIA+ to be part of the music industry. In the Philippines, we have Vice Ganda, who became an icon for the queer community in the country. The representation of the LGBTQIA+ community in the music industry is indeed part of the historical values from 1922 to the present; it also opens a door for them as part of the artistic expression.

This is an example of how, in a sociological sense, they can be part of someone's life and express their life experiences through writing lyrics.

People must understand how powerful music is. Music is used to unveil the identity of people and promote the integral form of intrinsic behaviors.

This is what I want to point out: in terms of life, music plays an enormous role, and it will always be part of progress. Music really presents humankind and the everyday aspects of what they want to conceive in life and what they want to really show.

OPINIONS

Striving to be a Life-Long Scholar

by Mark Terence Romero

Oftentimes when people hear the word ‘scholar’ they visualize a student who tops the class rankings, adorned with academic accolades materialized through numerous certificates and medals they receive. Somebody who is either born with impeccable intellect or unwavering work ethic, who most likely gains various benefits for their outstanding performance inside the class, admiration from their peers not just inside the university but also in their family, and a round of applause during recognition days or graduation.

Truthfully speaking, it is an awe-inspiring image to uphold and it symbolizes a model for excellence, which perfectly describes a quintessential scholar that everyone could look up to — however alongside these merits, we should also remember that it being a scholar itself, must stem deeper than that.

Life is too short to not strive to be the best, and to not unveil the things that this huge world has to offer for us.

This is a reminder to not just limit ourselves, but to excel within the four corners of our classrooms. But also in life by continuously learning and opening ourselves to new experiences that could deem helpful and exercise its essence to its fullest capacity — that is what a true scholar must strive to be.

Truthfully speaking, it is an awe-inspiring image to uphold and it symbolizes a model for excellence, which perfectly describes a quintessential scholar that everyone could look up to — however alongside these merits, we should also remember that it being a scholar itself, must stem deeper than that.

The Cambridge Dictionary defines a scholar as somebody who studies a subject in great detail.

With aspirations to attain excellence or at least pass through our academic journey, we mustn't also forget its very essence which is learning, not just within the confines of the university, but also in every department of our lives that we could garner.

It mustn't just boil down to being able to accumulate great results, but also as a virtue to constantly foster wisdom in this ever-changing world — read books, talk to people, refine your philosophy, master a skill, hone your body, travel and be aware of everything that happens under the sun.

ABOUT DAGITAB

The organization's executive newsletter indicates the recent academic year's happenings and showcases the talents of the scholars in writing, illustrating, and photography.

[#OneProudScholar](#)
[#MoreThanOneColor](#)

[#ExcellenceInDivergence](#)
[#TriumphOverAdversity](#)



Editorial Board

[Eliesha Phoebe Masiglat](#)
 Editor-in-Chief

[Joce Ann Puchero](#)
 Associate Editor

[Mark Terence Romero](#)
 News Writer & Cartoonist

[Shazney Figueroa](#)
 Feature Writer

[Alfrancis Sumang](#)
 Sports Writer

[Zyen Alceth Torrevillas](#)
 Photojournalist