



SCRIBBLE

OFFICIAL MAGAZINE OF THE JUNIOR AND SENIOR HIGH SCHOOL LEVEL OF
SIENA COLLEGE OF TAYTAY

naranaig

Indie Films, Harana, at Sining
Kultura ng Modernong Pilipino

TECHA MUNA

Debunking AI Myths for Dummies!
Digital Detox Tips

DUMMIES GUIDE TO LIFE

A new year, a new me
Go study, get better!

TALES OF THE SIENANS

A Day in the Life of a Sienan
Leading the Charge!

STYLETROPHIA

Bejeweled This 2024!

PANDORA'S BOX

NEW YEARS RESOLUTION SYNDROME?
ADAPTING TO CHANGE

NO LEFTOVERS

RECIPE MO, LUTO KO!
WHAT'S YOUR BAON,
SIENAN?

FUNORAMA

A CUP OF COFFEE!
A TWEET OF YOUR THOUGHTS

Scribble

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Between The Lines

Maligayang pagbati, Sienans!

2023 ends with a new beginning! And as such, we begin this new chapter with a blast! After a three year hiatus, the Writers' Guild and Young Artists' of Siena College of Taytay is proud and honored to tell you that Scribble is back in the scene! But make no mistake, the completion of our magnum opus was no easy task! We had to play Patintero with our academic and personal commitments. It was a scrupulous endeavor that required a lot of coordination, patience, and an awful lot of lost sleep. But let that not become a hindrance! For fortune doth favor the valiant and daring souls. Now, with excitement, we deliver you Scribble at its absolute best! May you enjoy this absolute roller coaster of page turners!

Josef Zaulda
Chief Scribe

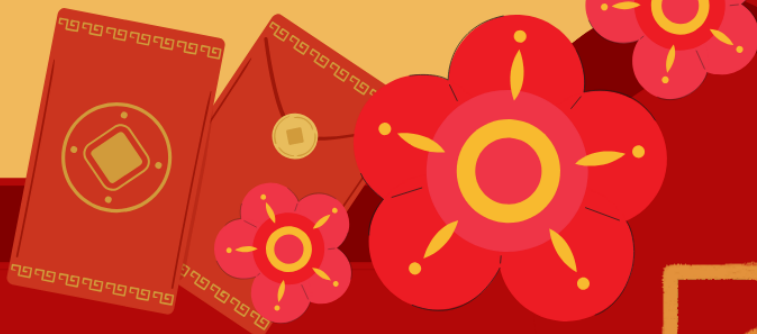


About The Cover



It's a new year, and it's time to unlearn and relearn! This issue of Scribble will lead you to the path of discovery to the unknown. May it be about yourselves, your peers, or even both, you need only turn this to the next page to find what you seek. It explores the very core of our being not only as a Sienan, but also as a Filipino. Let us explore the very depths of our Filipino blood. There is more than what meets the eye, and as you turn each page you'll realize that the Filipino culture is unlike anything in this world. From our culture, history, language, cuisine, fashion, technology, it's all unique to our Filipino blood. Here we'd also explore stories from the Sienan perspective; from the thoughts of student leaders, to school gossip, to even sharing personal experiences, problems and rants, all is free to

be told in Scribble. Reader, we bid you welcome in this spectacle of emotion, as you explore the depths of self and the landscape of human ingenuity that is to unfold before you.



INTO THE



NEW

ASIEL EMBERLY S. BLANCO, 7 - SO
KRISTEN LIRA J. BOROTEO 8 - PLA

INSIDE OUT 2

THE FIRST MOVIE HAPPENED WHEN SHE WAS JUST A KID, BUT FOR THIS SEQUEL, SHE TURNS 13 AND PUBERTY HITS. WITH ALL NEW PERSONIFIED EMOTIONS AND FAMILIAR ONES WE WILL DEEP DIVE IN THE SAME BUT DIFFERENT MIND OF RILEY AND HER PUBERTY STAGE. THIS MOVIE WILL BE VERY RELATABLE TO HIGH SCHOOLERS ALIKE AND PROBLEMS WE FACE AT ADOLESCENCE.

SONIC THE HEDGEHOG 3

THE TREQUAL ABOUT OUR SPEEDY HEDGEHOG IS HERE! JOIN SONIC, TAILS, KNUCKLES, AND MORE THROUGH THEIR ADVENTURE AT THE SPEED OF LIGHT!

INSIDE OUT 2

THE FIRST MOVIE HAPPENED WHEN SHE WAS JUST A KID, BUT FOR THIS SEQUEL, SHE TURNS 13 AND PUBERTY HITS. WITH ALL NEW PERSONIFIED EMOTIONS AND FAMILIAR ONES WE WILL DEEP DIVE IN THE SAME BUT DIFFERENT MIND OF RILEY AND HER PUBERTY STAGE. THIS MOVIE WILL BE VERY RELATABLE TO HIGH SCHOOLERS ALIKE AND PROBLEMS WE FACE AT ADOLESCENCE.

MADAME WEB

ARE YOU A SPIDERMAN FAN? THEN THIS FILM IS FOR YOU! THIS NEW SPIDERMAN MOVIE CASTS A NEW SUPERHERO: CASSANDRA WEBB. IN ANOTHER UNIVERSE (SEPARATE FROM MCU OR SSU), IS A NEW YORK CITY PARAMEDIC WHO BEGAN TO SHOW SIGNS OF CLAIRVOYANCE. FORCED TO CONFRONT PAST REVELATIONS, SHE FORGES A RELATIONSHIP WITH 3 YOUNG WOMEN TO SAVE THEM FROM AN UNKNOWN ADVERSARY WHO WANTS THEM DEAD.

6

INSIDE OUT 2

SONIC THE HEDGEHOG 3

MADAME WEB

JOKER: FOLIE À DEUX

6 3 0 6
P5 PLUS



DESPICABLE ME 4

DO YOU REMEMBER AGNES, MARGO AND EDITH? FOR THIS MOVIE, YOU WILL EXPECT SOME EXOTIC OR NEW ANIMALS AND YOU WILL SEE DELICIOUS FOOD THAT WILL BE MADE MAYBE, OUR MINIONS ARE STILL FUNNY AND MISCHIEVOUS IN THIS MOVIE, WHO KNOWS? AND OF COURSE, WE WOULDN'T HAVE A MOVIE WITHOUT A VILLAIN, SO OUR VILLAIN IN THE PREVIOUS MOVIES IN DESPICABLE ME, IS STILL ALIVE.

WATCH OUT FANS OF DESPICABLE ME.



MOANA (REAL LIFE-ACTION)

THE CHIEF IN THIS MOVIE DOESN'T ALLOW HIS PEOPLE TO GO OFF TO THE REEF, BECAUSE HE REMEMBERS HIS CHILDHOOD WITH HIS BEST FRIEND, JUST LIKE THE ANIMATION MOVIE. IN THIS MOVIE, IT IS JUST THE SAME IN THE ANIMATION, BUT JUST IN REAL LIFE. EXPLORE THE WORLD BY JUST WATCHING IT. ARE YOU READY TO EXPLORE, SIENANS?

JOKER: FOLIE À DEUX

IF YOU ENJOYED THE FILM JOKER (2019) OR A MUSICAL-LOVER LOOKING FOR ANOTHER MUSICAL TO REENACT IN THE HALLWAYS.. THEN YOU BETTER GET READY FOR JOKER(2019)'S SEQUEL, JOKER FOLIE À DEUX. WITH JOAQUIN PHOENIX AS JOKER, A MENTALLY-ILL, FORMER PARTY CLOWN WHO IS DISREGARDED BY SOCIETY AND LADY GAGA AS HARLEY QUINN, A PSYCHIATRIST WHO WAS SUPPOSED TO TREAT ARTHUR BUT HER CURIOSITY EVENTUALLY TURNED TO OBSESSION. WILL HARLEY GET OVER JOKER EVENTUALLY? OR WILL THEY BE STUCK IN AN ENDLESS LOOP OF DEADLY ROMANCE? WATCH OUT FOR THE MUSICAL'S RELEASE DATE TO FIND OUT!

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NO LEFTOVERS NA!!

COLEEN DOMINGO
11 - ST. MARGARET OF HUNGARY

The Kwek-kwek from Gate 3



Once you come out of school from gate 3, what greets you is a store that's filled with all kinds of tusok-tusok and meals, they even have palamigs so you won't choke on your snacks. The assortment of snacks you can get from this place and their student friendly prices makes it a popular after-school tambayan.

the Iced Hazelnut Mocha and Creamy Carbonara from Corner Caffè

The wide variety of drinks ranging from tea to coffee and the snacks you can choose from makes this cafe a great place to get your after-school snacks from! Some good recommendations are the Creamy Carbonara and an Iced Hazelnut Mocha on the side. Aside from that, it's also a great place to spend your time idly before you go home.



The iconic Mango Shake beside Gate 1

Of course I wouldn't forget to add the iconic mango shake from gate 1, you can even pick a different flavor of the shake aside from mango, ranging in diff sizes of cups. Their stall also sells an iconic meryenda, "turon", a perfect pair for your ice cold drink!



Calamares and Fried Noodles just outside Gate 2

Only those who go out from gates 2 and 3 know how many food carts there are outside! You have many choices to choose from since there are a lot of food carts from different vendors, the most popular among Sienans are the calamares cart which also sells other deep-fried tusok-tusok and the siamai cart where you can choose if you either want it as is, with rice, or with the fried noodles. If you're not in the mood for these, well you don't need to worry! There are definitely a lot of snacks you can choose from which makes this spot very much popular.



What's your
BAYAN
Sienans?



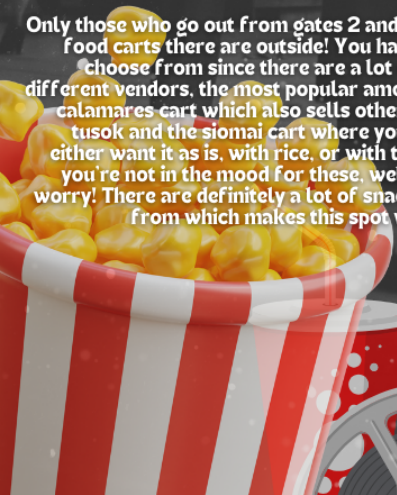
Tortang, one of the common foods, people eat most of the days or any rare occasions for others. Tortang is a food that is also known as "eggplant omelette" most days, it is the tastiest and most delicious food you'll ever eat, it is also one of the popular dish to be eaten in the morning as breakfast and a popular dish during mealtime as well.



Bangus also known as 'milkfish' is also one of the Philippines national fish, it is a delicious and healthy food to eat as it is also a better food converter species around the Philippines. It is also one of the most important fish in the world. Bangus is a delicious food you'll ever taste when it's fried and cooked.



Sinigang is a Philippine soup or stew, one of the most common foods to be eaten during mealtime and in the morning, it can also be known for its really delicious savory and sour taste when it comes to soup, it is also a tamarind-based soup. Sinigang can also be different things such as fish, pork or either belly square. Sinigang comes with different varieties of different types of Sinigang, it is also known as people's 'comfort food'. So with that, it is a delicious and healthy food to eat.



Dummies Guide to Life

Tayshaun A. Rodriguez, 10 - Good Samaritan



8 Tips on How to Your Make New Year Resolutions Come True!

This blessed new year gives us yet another opportunity to restart and achieve our goals, to get things right, and return to school after a hearty and relaxing Christmas break. With the school again opening its doors, you already know the first activity we'll do: a New Year Resolutions essay and listing down our goals for the year. Simple enough, but how do we actually make these resolutions true? Here are 8 tips on how to do just that!

1.) Know your Priorities

Establish your priorities and how you'll tend to them. For example, with your school work and strategizing different ways in completing them. You should never give up on your needs and desires. Always aim for an achievable goal!

2.) Be Vocal

Through being vocal with your family, friends, and communities that you are part of especially in school, they will be able to support and lift you up throughout your progress as you start your new venture.

3.) Don't Pressure Yourself

Avoid putting pressure on yourself so that you don't feel guilty if you don't achieve your goal; instead keep trying and go for gold!

4.) Have Patience

Patience is indeed a virtue, and good things take time. Without breaks, there's a very real chance of burning out. Make time every day to unwind and relax, and don't forget to enjoy your activities and the things you have to accomplish.

5.) Get Up

Even if you fall down, get back up! Always keep your head up and continue your progress. Don't forget that there will be people around to support you; your friends, family, and loved ones. Take each day as it comes, and always give your best no matter where you are, or what you're doing. Effort pays off in the end.

6.) Take Small Steps

Your progress is still important regardless of its size, even if it's as small as fixing your bed or accomplishing your homework. It doesn't always have to involve huge & comical leaps.

7.) Reward Yourself

Celebrate your small wins. Go out with your friends and treat yourself to a nice meal from time to time! Remember, it's always the small things!

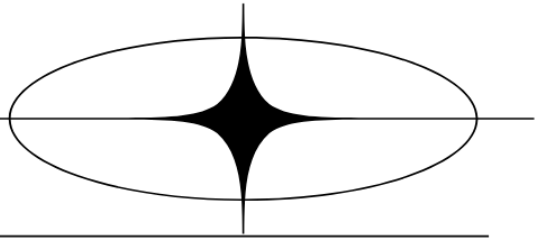
8.) Focus on you Goal

According to experts, it takes roughly 21 days for a new activity to become ingrained in your routine. Even if your friends invite you to go out after school when you're on a budget, decline and always stick to it, be persistent and patient!

There may be times when laziness and doubt get the best of us, but as long as we trust the process and continue to strive with our goals and resolutions, anything is possible! Even if our friends invite us over for overpriced coffee after class.

Confident Student Maker Guide

Mary Grace Kabigting from 7 – Marian Devotee



Unlock the secrets to confidence with our guide! While the path to self-assurance might seem unclear, worry not – I'm here to guide you on a transformative journey towards unwavering confidence. This compass of wisdom will steer you through the realms of self-assurance, effortless friendships, and academic excellence. Embark on this empowering journey with us, and let's uncover the keys to confidence and success together!

1.) Embrace Your Idol

Copy your idols! If you are lost on how to start being confident, then there's nothing wrong with learning from your favorite idols first. There are many great things you can learn from them as their amazing achievements were supported by their unyielding confidence. But make sure to learn from a good and responsible idol!

2.) Practice Self-Compassion

Never forget to value yourself! The first step to becoming confident is learning to accept yourself. Replace negative self-talk with positivity. Embrace self-care, mindfulness, and insecurities to foster well-being. Be gentle and kind, but not harsh on yourself.

3.) Self-Trust

Believe in yourself! Your confidence won't develop if you always doubt yourself. Adopt an "I can do it!" mindset which is crucial for completing tasks like homework and reciting in class. Recognizing weaknesses and strengths is the foundation for building confidence.

4.) Patience and Persistence

Patience is a virtue, and building confidence takes time! Strive to cultivate your patience and dedication to personal development. Learn from setbacks to show your resilience and a commitment to continuous growth.

5.) Confronting Insecurities

Embrace your insecurities! Acknowledging your insecurities is the best way to build your confidence because you can learn to address your shortcomings. It teaches you to change your perspective and makes you appreciate your strengths more.

6.) Set Realistic Goals

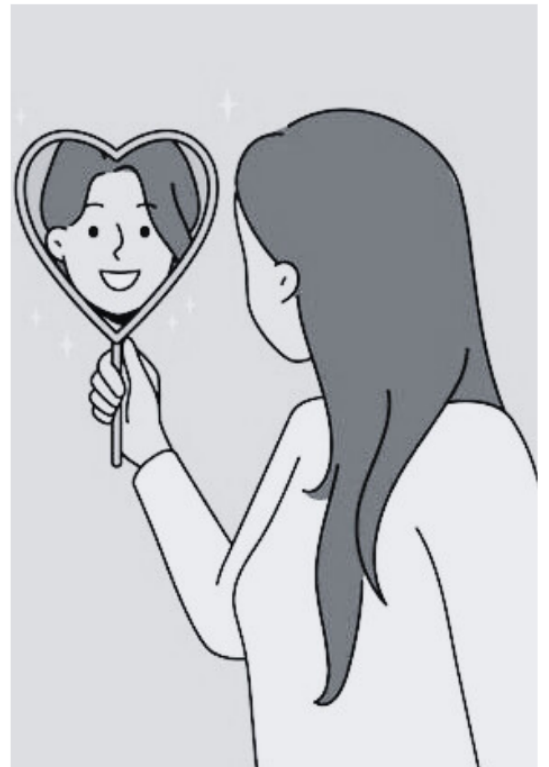
Do only what you can! You must establish achievable goals aligned with your skills and priorities so that you can focus on achieving them. For example, you can make a goal of making friends in your school. Setting realistic goals allows you to know your value, and what you are capable of.

7.) Seek Support

Your surroundings shape who you are! Try to surround yourself with positive influences that will support you. By seeking advice from inspiring individuals and confiding in trustworthy people, you'll learn how to become confident eventually.

8.) Step Out of Your Comfort Zone

No change will occur if you're not willing to take action. That's why you must take calculated risks and embrace new experiences. Growth often occurs beyond comfort zones. Start with small challenges and gradually expand your limits. Embracing discomfort leads you to learn how to become confident and build up your self-esteem.



Remember, confidence isn't about fearlessness or perfection; it's about self-acceptance, faith in your abilities, and openness to change. Everyone's journey is unique, so allow yourself the time and space to progress at your own pace. Cultivate confidence by embracing your imperfections, acknowledging your journey, and fostering self-acceptance rather than pursuing perfections or ideals.

NARANAIG

Cassandra Raine C. Mauricio, 11 - St. Margaret of Hungary

HARANA: PAG-AWIT NG PUSO, TRADISYONAL NA PAMAMARAAN NG PANLILIGAW NG MGA PILIPINO

“Usa pa ba ang harana?” isa itong linya mula sa kantang Harana ng bandang Parokya ni Edgar kung saan tinatalakay ng kanta ang pag haharana o isang tradisyonal na paraan ng pangliligaw ng mga Pilipino. Ang awiting ito ay nagsisilbing paalala na bagaman nagbabago ang panahon, ang pag-ibig ay nananatili't patuloy na umiiral. Sa pamamagitan ng kantang Harana, napapanatili ng bandang Parokya ni Edgar ang tradisyon ng harana sa modernong kultura.

Sa isang tahimik na gabi, nariyan ang harana, isang tradisyonal na pamamaraan ng panliligaw na nagpapakita ng pag-ibig at damdamin sa paraang musikal. Kaya't halina't sabay sabay nating alamin kung papaano ang romantikong kilos na ito ay nagbago sa paglipas ng panahon, kung paano ito naglalarawan ng pag-ibig sa kasalukuyan, at kung ito pa ba ay masasabing mahalagang bahagi ng kultura ng mga Pilipino.

Sa nakalipas na mga dekada, ang harana ay naging pangunahing bahagi na ng panliligaw sa klasikong kultura ng mga Pilipino. Ang manliligaw ay naglalakbay hanggang sa harap ng bahay ng kanyang iniibig, dala ang kanyang gitara, at nagtatanghal ng mga awitin na puno ng pagmamanga at pagmamahal. Ang kanyang pag-awit ay isang paraan ng pagtatanghal ng kanyang tapang at pagpapakita ng kahusayan sa kainyang nililigawan.

Sa paglipas ng mga taon, ang harana ay sumailalim na sa ilang pagbabago. Sa modernong panahon, mayroon ng makabago at mas praktikal na mga paraan ng panliligaw, tulad ng text messaging at online communication.

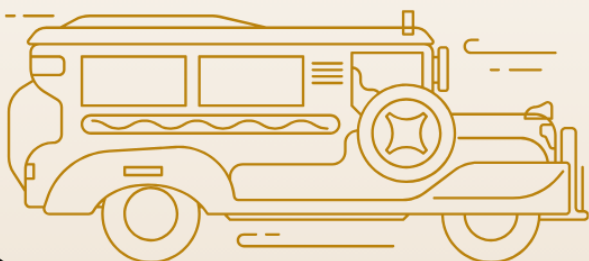
Ngunit, bagaman nagbago ang mga pamamaraan, patuloy pa rin ang harana bilang isang romantikong tradisyon na hindi kayang palitan ng anumang teknolohiya. Kahit na mas abala ang mga tao sa kabihasan at teknolohiya, may ilan pa rin na nananatiling isinasa-gawa ang tradisyonal na paraan ng paghaharana. Ang pagtatanghal ng romantikong awitin ay nagbibigay saysay sa mga dam-

damain na hindi kayang ipahayag ng simpleng mga salita. Ito'y isang masining na pagsasalaysay ng pag-ibig na nagbibigay aliw at init sa pusong nililigawan.

Sa kabila ng modernisasyon, nananatili ang harana bilang isang sining na bumabalot sa pag-ibig at romantikong pagtatanghal. Ang tradisyon ng harana ay patuloy na naglalakbay sa puso ng mga Pilipino, nagdadala ng ligaya at pagmamahal, nagbubukas ng pinto ng damdamin, at nagpapakita na sa kabila ng lahat, ang puso ay patuloy na umaawit para sa pag-ibig. Muli ating balikan ang unang linya sa kantang “Harana” kung saan tinatanong kung uso pa ba ang harana? Sa iyong palagay ito ay uso pa nga ba?



SOURCE: <https://www.facebook.com/HerenciaHispanoFilipina/>



Sa maingay at abalang mga kalsada ng Pilipinas, makikita ang makulay na mundo ng mga sasakyang pangpasahero na nagbibigay buhay sa pang-araw-araw na buhay ng mga Pilipino: ang jeepney. Hindi lang ito isang simpleng pampasaherong sasakyan; ito ang nagiging lunduyan ng mga kwento, tawa, at pag-asa sa bawat biyahe.

Ang pag-usbong ng jeepney ay hindi kumpleto kung hindi natin babalikan ang nakaraan ng mga surplus na militar. Noong sumiklab ang Ikalawang Digmaang Pandaigdig, dumami ang mga lumang sasakyang militar na iniwan ng mga Amerikanong sundalo. Sa paglipas ng panahon, nagkaruon ng diwa ng pagiging praktikal at malikhain ang mga Pilipino. Dito ipinanganak ang unang jeepney.

Sa pag-usad ng panahon, nag-evolve ang disenyo ng jeepney mula sa simpleng military surplus papunta sa mas bonggang kulay, dekorasyon, at iba't ibang themes. Mula sa "Maria Clara" hanggang sa "Anime Express," ang bawat jeepney ay may sariling kwento na hinubog ng mga tsuper at operator. Ang mga jeepney ay hindi lang simpleng sasakyan, kundi ito'y isang likas na ekspresyon ng sining at kultura. Bawat jeepney ay may natatanging disenyo at dekorasyon na kumakatawan sa pagiging malikhain ng bawat Pilipino at pagpapahayag ng pagiging Pinoy.

Kamangha-mangha talaga ang kulturang Pilipino!

sulok ay may kasamang kwento at tawa sa kabila ng mga pinagdadaanan.

Sa bawat pagpatak ng ulan at init ng araw, ang jeepney ay nariyan – handang magsilbing saksi sa lahat ng kwento ng bawat Pilipino. Ito'y higit pa sa pampasaherong sasakyan; ito'y isang bahagi ng kultura na patuloy na nagpapakita ng pagiging buhay at makulay ng pampublikong transportasyon ng mga Pilipino.

KULTURA NG JEEPNEY: ANG PUSO NG TRANSPORTASYON SA PILIPINAS



SOURCE: #jeepneyphilippines

Ang pintura ng jeepney ay naglalarawan ng mga makulay na pahina ng kasaysayan ng Pilipinas. Mula sa mga bayani hanggang sa mga paboritong artista pati na rin ang mga imahe na nagpapakita ng pagkakakilanlan ng bawat pook. Ang mga kwento ng bayan, mga bugtong, at kahit ang sikat na hugot lines ay nasisilayan din natin sa mga pinturang nagbibigay-buhay sa labas ng bawat jeepney.



Sa bawat kanto ng kalsada, makikita mo ang pila ng mga tao na naghihintay ng jeepney. Ang bawat jeepney ay parang naging parte na ng bawat buhay ng mga Pilipino. Mula sa masiglang pag-uusap ng mga pasahero hanggang sa maingay na pamamangka ng drayber, nagsisilbing ginhawa ang jeepney para sa masalimuot na laban sa traffic. Ang mga kwento ng pag-ibig, tagumpay, at pagkakapit-bisig ay nasisilayan sa bawat ngiti at kwentuhan sa loob ng jeepney. Ito'y hindi lang sasakyan; ito'y nagsisilbing tahanan, kung saan ang bawat

TECHAMUNA!

FOR ALL THE TECHIES, GAMERS, AND GEEKS OUT THERE!



DEBUNKING AI MYTHS FOR DUMMIES

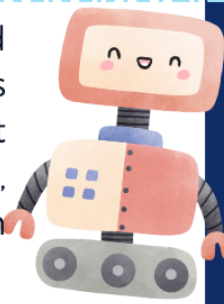
NOUF QUILANG
11 ST. MARGARET OF HUNGARY



When you think of the future, what comes to mind? With the emergence of AI technology, there have also been many theories and misconceptions that arose with it. In this article, we will examine some of the common myths about AI, its real-world implications, and the possibilities of such theories, and distinguish myths from reality in the field of AI.

MYTH #1: AI WILL REPLACE HUMAN WORKERS

Those who support AI believe that automation will become so advanced and easily accessible that companies will find hiring humans too costly. This could lead to job loss. However, many jobs require cognitive tasks that humans do better than AI. While low-level jobs, like data entry and sorting, may be at risk, most workers will benefit from AI as a tool. AI will help in making many existing jobs easier, but some low-level jobs will be replaced.



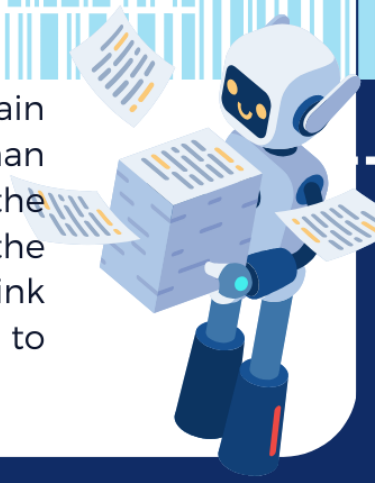
MYTH #2: AI WILL TAKE OVER THE WORLD

This idea has been explored in popular science fiction stories. But AI do not have an inherent instinct for self-preservation, a key component that is often portrayed in science-fiction narratives where machines turn against us. This is simply because the idea of self-preservation has not been programmed into them. Therefore, rest assured that AIs are safe and reliable tools that can be trusted to perform their designated tasks without any threat of turning against us.



MYTH #3: AI UNDERSTANDS CONTENT LIKE HUMANS DO

Artificial intelligence, or AI, is a technology that can perform certain tasks better than humans. However, it is not as capable as the human brain when it comes to emotions and an overall understanding of the world. AI, in its current stage, is designed to work based on the information it has been given, and it cannot think beyond that. Think of it like a machine that can only do what it has been programmed to do, without the capability to learn outside of itself.



WHAT IS DIGITAL DETOX?

Just like in the trending diet, the term “detox” removes toxins or cleanses the body of impurities. It is a way of staying healthy and to improve one’s health. The same goes for the Digital Detox as we all know that Social Media and Technology can be addicting as we are now in the Digital Age, it can be challenging to keep up with the fast-paced lifestyle and avoid addiction to these digital platforms.



Now what is **Digital Burnout**? Digital Burnout is a term used to describe the feeling of exhaustion or burnout that arises from excessive use of technology and social media, making it tiring to interact with people or engage with online posts.

MANAGE YOUR SCREEN TIME

Do things that can make you stay off your phone such as your hobbies and other recreational activities that you enjoy. It's important to engage in activities that help you stay away from your phone.



EXPLORE NEW ACTIVITIES

Discover new hobbies such as knitting, playing instruments, stitching, writing poems, and essays, journaling, making bead accessories, dancing, drawing, and more. These can help you discover new interests and keep your mind and body engaged without the use of any digital gadgets.



SLEEP 6 TO 8 HOURS

When feeling digitally burnout, it can come with a few negative emotions such as anxiety, depression, low self-esteem, and more, and that's okay! But do try to sleep 6-8 hours as sleep can help a lot with the emotional state of mind.



TRY TO INCORPORATE WORKOUTS INTO YOUR EVERYDAY ROUTINE

Incorporating workouts into your daily routine can also help you feel more productive and positive. Even a simple 10-15 minute walk outside can do wonders.

GO OUT AND DO ACTIVITIES ALONE

Going out and doing activities by yourself is therapeutic. It allows you to explore new places, things, and experiences without worrying about other people's opinions. It's a great way to have some alone time and recharge your batteries.



10:10 TECHA MUNA!

DIGITAL DETOX TIPS!

JUSTINE MENDIOLA
12 - HUMSS 2

It's important to remember that you're not alone and that you can always reach out to trusted friends for support whenever you need it. It's important to acknowledge that you're seen and heard and that there are people who understand what you're going through. At the same time, it's essential to take care of yourself and seek help when necessary. It's okay to take your time in doing so, but it's important not to ignore the issue and to take steps towards recovery.

By following these tips, you can boost your productivity, improve your skills, and achieve your goals more effectively. I believe that you will find these tips to be valuable and practical in your daily life.

STYLETROPHIA

still bejewelled this 2024!

Zyrille Dela Rosa, 11 - St. John Macias
Ashley Chapman, 9 - Creative Learner

LUCKY HUES!

According to Feng Shui and Chinese astrology, the lucky colors are Rich Red, Emerald Green and Golden Yellow. Rich Red symbolizes vigor and passion, Emerald Green represents the possibility of human development and transformation and lastly, Golden Yellow means optimism and wealth.

CONCEAL IT!

Are you sick of age spots, dark circles, and blemishes? Try concealer, a heavier, known-for-its-coverage makeup product that functions similarly to foundation. It is one of the most often used cosmetic tools since it may be quick and easy, particularly if you want a more understated look or are in a hurry to get ready.

DENIM DREAMS; WIDE-LEG JEANS

The iconic wide-leg jeans have returned, going all the way back to the 1970s, and now they bring nostalgia! You could wear fitted tops and button-ups with these jeans, and with their versatility. You definitely can't go wrong with these comfy and stylish denims.



Model : Ruffamae Santos, 12 - HUMSS 2



NEW YEAR, NEW ME!

Best believe you'll still be bejeweled this new year! Allow your sense of style to represent yourself, express yourself, and make the whole place shimmer this new year! Providing pieces that are stylish and school-appropriate, which will surely add flair to your outfit.

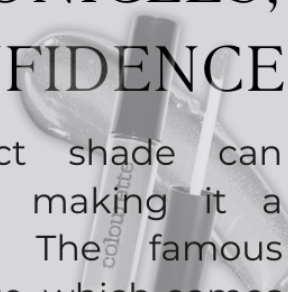
If you ever are in need of a quick on-the-go outfit, then hoodies are for you! Sold in different sizes, colors and styles, each to fit your personality and preferences. Hoodies have become mainstream fashion in the U.S and in other countries, because of the several styles and ways to wear it.

Model : Zyrille Dela Rosa, 11 - St. John Macias



LIPSTICK CHRONICLES; PAINTING CONFIDENCE

Lipstick in the correct shade can brighten anyone's day, making it a woman's best friend. The famous Colourtint from Colourette, which comes in 29 different shades, made to suit all skin tones, is one of their best-selling products. It's an oil-based color that can be used on the eyes, cheeks, and lip



PERLAS NG SILANGAN

Pearl necklaces and earrings are classic and timeless. These pearls can effortlessly match your fits since in this modern world today, people wear these along with clothings such as evening gowns or even casual wear. Adding pearls to your fit makes you look luxurious and elegant!



STILL IN STYLE: AIR FORCE ONES!

Claiming its crown are the Nike - Air Force 1's, since its 1982 premier. Three different shoe versions are available for purchase: low, mid, and high. It is well renowned for being adaptable and suitable for both formal and informal settings. For this reason alone is why Air Force 1's are the most ideal everyday sneakers for you.





Leading the Charge

By Jeremy Toloy | 11 - St Albert

In Siena, many stories are told by senior and juniors alike, stories of success, fun, and not taking moments for granted, but for some, those moments hold a special place in their heart, moments that they want to use to motivate others, but to also further improve their success to even greater heights further down the line. Such is the case of the current Student Council President, Ms. Angelica. We wanted to hear her stories, and what she has in mind as for future plans as the current IBED Student Council President.

What are your current accomplishments?

1

"There have already been some successful events. These are not just my own accomplishments, but the entire IBED Student Council as well. Some of it included the mental health program which aims to help the students relieve academic stress and the acquaintance party for the freshmen to introduce them to the unique culture found within the SCT. In terms of academics, I received 2-Star Honors for the first quarter. I was also one of the delegates of the 11th APPSAM National Student Leadership and Talent Fair. Even though I didn't win the contest, being the representative is already a win for me."

2

What are your thoughts about your current accomplishments?

"My current accomplishments made me feel extremely proud. This school year has been tough for me since there were a lot of adjustments. Nonetheless, I and the IBED Student Council have successfully accomplished the events we planned together. Knowing that I achieved the objectives, whether it was my own or the objectives of the events, I feel satisfied and ecstatic."

3

What are your future plans as the IBED Student Council President?

"As the IBED Student Council President that builds advocacy through actions, my plan is to continue giving my best and a heart that is dedicated to serving until the end. I will make our plans a reality, not only within our institution but outside as well. Additionally, I want to ensure that all of these are for the betterment of everyone and will have an impact on the students."

Lesson Learned!

By: Yoanna Canar | 10 - CT

Like us Sienans, our teachers were once students as well. They have followed the same path as us and continue to do so, making mistakes along the way but eventually gaining diverse abilities. The question for them is what is something they wish they knew while they were still studying as a student?



"I wish I knew how to be a better person. I know that when I was still a student, I acted naughty, there were times that I didn't know what the right things to do were, and I didn't know the right path to journey with." - Mr Paul Angelo Adino



"I wish I could've explored more of my talents. I was shy back in my days, I wasn't that sociable, I was more of an introvert. Pero in silence naman, I'm doing my best, so ang wish ko lang is sana na-boost pa ang talent ko, kasi It only bloomed during my last year of highschool, doon nag-start, na mayroon pala." - Mrs. Juví Francisco

"How hard it is to be a teacher, because now that I'm a teacher, I now experience the challenges that made me realize how important the role that the teacher does inside the classroom, but at the same time, doing those tasks entails a lot of hardships, hard work, and patience." Mr. Michael Jason Arada



"Siguro knowing that the choice of career I got was kinda underpaying. I would consider another set of courses to take, that would lead me to a job that could give a good remuneration. Aside from that matter, if we are to talk about things on how I could really prepare myself, I wish I could be a bit wiser with regards to my choices." - Mr. Ferdinand Cristobal

A Day in the Life of Sienans

By: Dien Sarmiento / 12 - ABM 1

For every Sienan, each day unfolds with its own stories, hidden beneath the surface of what we see. Ever wondered about what goes on in the daily lives of students? Join us as we uncover their simple yet extraordinary everyday tales.

"My morning usually start with an alarm, im not a morning person so it take 3-5 alarms in order for me to wake up. when im finally up, i go downstairs and my dog, juno will automatically go to me 'cause he knows that i will give him his breakfast. once i have done that, i also eat my breakfast which is typically just bread because i can not handle heavy meals in the morning. after that i do whatever i want to do for the rest of the morning" - Jobelle Peñaroyo, 12 - ABM 1

"Dahil graduating students kami, sobrang nakakapagod at napapagod na din kami sa mga ginagawa sa schools pero nag papasalamat ako dahil kahit papaano na iibsan ng ngiti, saya, at tawa ang mga nakakapagod na araw." - Erica Vital, 12 - STEM 5

"I always wake up at 5:00 am kasi mabagal ako kumilos. Then pagkaayos ko, hindi nako nakakapag breakfast mainly because I will do my unfinished tasks or assignments. Then during recess, lagi kong routine is bumili ng kape sa CC then use the remaining time to do my unfinished task. During lunch naman if ever di ako makakakain, I use the time to sleep nalang. Then sa uwian, lagi nagkakayayaan with friends na kumain sa labas usually sa sisigan sa tapat ng Siena. Then if it is Tuesday-Thursday, uuwi muna ako sa bahay to get my things then go to my taekwondo training at exactly 6-8 pm. Then after that, I will go home na then do another set of assignments then sleep na" - John Michael Gacayan, 12 - STEM 4

"Everyday routines? Well as always, back in my day I used to be the quiet solitary kid. Introverted person I mean, but to my surprise over just a couple of months as of now- I have some friends that overall make me happy. Sometimes... Time does make a difference, doesn't it?" - Jianne Mangaliman, 8 - SGC

DIKSIENARYO

By : Richerd Lopez
7 - Research Motivated

SHEESH 🤦‍♂️

The phrase basically means to either be impressed or to express disbelief. Ex. "Sheesh you have some nice shoes! "

RIZZ 🤨

It is basically a skill in charming or seducing a potential romantic partner, especially through verbal communication. Ex. "He's got serious Rizz."

SLAY 📈

A way to say someone looks amazing or did an excellent job at something. Ex. "Girl you Slayed at that game!"

ATE THAT 😍

Refers to someone doing a great job. Ex. "I saw your new post on insta you totally Ate that look"



These words are what Sienans mostly say on the campus, half of the words came from either from Twitter, TikTok or other social media platforms that are popular worldwide. A lot of words that I have written are used in a lot of ways, they also have two different meanings.

Pandora's Box

Questions and answers to life's problems

- HOME
- ASK
- ANSWER
- SETTINGS

PANDORA'S BOX:
 Uuwi na si Jose Mari Chan! Mamimiss na uli siya ng mga Sienans :(Handa na ba kayo sa paparating na bagong taon? Bakit hindi? Don't worry, because there will always be helping hands who will make your year worthwhile.

Chanel Gabrielle Kaw, 9-Body Smart
France Cabio, 11 - St. Lorenzo Ruiz
Bianca Ramos, 9 - Number Smart
Althea Tan, 12 - STEM 1

Question 1 @anonymous

My mental health this 2023 has deteriorated and I'm making it my New Year's goal to work on it. How can I have a better state of mentality in 2024?

@WRITERS ✓

Mental health is something that doesn't just fix itself with a quick snap. By placing yourself around a good environment and learning to take it easy is one of the things I can advise. Of course, we don't know what challenges this year will give us. Sometimes, our mental health deteriorates because of the said environment that we have no choice but to stay in. I wish you all the best and will put you in my prayers for your happiness to always be with you.

Question 6 @E_and_M

2024 is so scary for Grade 10 students especially when we're entering the next phase of our lives which is Senior High. Paano namin makakasigurado na nasa tamang landas kami?

@WRITERS ✓

Napakacliché nito pero always follow your heart. I've seen multiple stories about people having a TOTGA strand because of following what is more "conventional" according to society. When you follow what people say, your heart will never be happy and your mind will lose its sense of self. But sometimes, we don't have a choice. What we can do to correct this is to pursue the dream further on in our life when we are financially stable to do so.

Question 2 @anonymous

As someone who has been in their shell for far too long, I decided that 2024 will be my year. How do I become better in all aspects?

@WRITERS ✓

It's better if you plan out what exact change you do want for the year for you to follow through and learn how to do such change. Sometimes, you are already better in all aspects but lack the confidence and charisma. Because confidence intertwines with charisma, this is a battle between you and your mind as your confidence relies on you. Never underestimate what your abilities can do because with the right stepping stone, you will be on top.

Question 7 @anonymous

2024 is so scary for Grade 10 students especially when we're entering the next phase of our lives which is Senior High. Paano namin makakasigurado na nasa tamang landas kami?

@WRITERS ✓

Everyone's feelings and emotions are always valid. Live a positive life by surrounding yourself with people and the things that make you comfortable together with those who are willing to understand your situation and become your support system in times of need. By surrounding yourself with the aforementioned, I think it could help dissolve all the negative feelings you've been experiencing. When people are too much, I like to believe that sleep is our heaven on earth to escape all the negativity. Everything takes time, especially when it comes to our mental health. Giving your best at trying to overcome your trauma is a big step towards healing. Forever keep in mind that seeking help is never a wrong move.

Question 3 @anonymous

Everytime na gumagawa ako ng New Year's Resolution, hindi ko naiaapply. Paano ko naman aayusin ngayong upcoming New Year?

@WRITERS ✓

All it takes is a matter of self discipline talaga. Ika nga nila, "pag may gusto, may paraan." By applying this sentence to the goals that you want to achieve, you will be unstoppable. This doesn't just apply to making your New Year's resolution true but to the dreams that you have in the upcoming years of your life.

@Kisipmata ✓

Sa isang kisap lamang ng iyong mata, ang pagbabago'y iyong makikita.

Question 4 @anonymous

This year has felt like an endlessly looping dream. Something yet nothing at the same time and I can't help but feel hollow inside. Despite being surrounded by people I appreciate, as well as getting enough encouragement from others— how can I feel more motivated for 2024?

@WRITERS ✓

You can try to do something new. Find a hobby that you may like, spend more time with your friends and family and just enjoy the little things in life. Remember, life is short. Although you can't control what you feel, like time, this too will pass.

Question 5 @anonymous

As a student who suffers with perfectionism and rigorous planning, how do I let go of such bad habits as a new year comes close by?

@WRITERS ✓

Habits that have been with you for the longest time may be hard to let go but never impossible. Start with baby steps by letting yourself relax and not give in to the pressure that there is within our lives. As the saying hiraya manawari goes, I wish the best for you to improve! Lahat ng bagay mahirap. Kaya, as much as it's good to let go of bad habits that chain us, it's also as bad as forcing ourselves to pull that chain with our bare hands.

Did you know?

Theres something called "New Years Resolution Syndrome". It's when you place unbelievable pressure on yourself to get rid of numerous bad habits you've gained over the past year. Kaya chill lang! As Matthew 6:34 says: So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

Listen To:

Man in the mirror by the iconic Michael Jackson. Living in the past and blissfully living in ignorance is never good because you can never escape change. This song symbolizes that development will always start with you.

GUESS THE WORD!

H _ _ A _ _ M _ N _ _ A _ I

Hint: A Filipino phrase meaning "sana mangyari" or when translated in english is "reach your dreams".



Ril or Fik? Jullyana Julian II - St. John Macias

Huy! How sure are we na lahat ng bagay na naririnig natin ay ril diba? Kaya naman, let's try to debunk facts that might be actually just myths, because the more we know, the better!



G Pare? Yoanna Canar 10 - Critical Thinker Carps?

Pare, g ka ba to learn some modern Filipino terminologies na ginagamit nating kabataan? Come, learn some lingo with us!



1. Chewing gum stays in your stomach for five to seven years.

❑ Fik! Chewing gum goes through your system in two to four days since most of it is not digestible.

2. Bananas are berries, but strawberries aren't.

❑ Ril! Strawberries aren't actually considered berries. They are aggregation fruits as they are produced from a single flower that has several ovaries. Real berries on the other hand, are simple fruits with several seeds that develop from a single flower with a single ovary.

3. Sitting too close to the TV will make you go blind.

❑ Fik! The body is not significantly affected by the low radiation levels that televisions and other devices release. While prolonged looking at one object can wear out the muscles in your eyes which can impair vision, there is no evidence that this produces long-term consequences.

4. Bulls get angry when they see the color red.

❑ Fik! According to the American Science Guide, bulls are in fact red-green colorblind! What actually triggers them is the movement of the cape.

5. Humans have more than five senses.

❑ Ril! From recent findings, many scientists now argue that humans actually have between 22 to 33 different senses.

1. "Slay!"

❑ a word that is used to describe anything cool, awesome, it can also be used to describe someone who succeeded in something.

"Her outfit is slayful!"

2. "Kimmy!"

❑ originated from another slang—"emi"—which came from another slang—"eme".

❑ it is usually said after a sentence to indicate that as a joke.

"Walang mag-mmove on! Kimmy!"

3. "Syug!"

❑ came from the word "Guys" but backwards.

❑ used to call your close friends.

"Ano syug? Ready na ba kayo?"

4. "Mothering"

❑ a word that is usually used to compliment women.

"Mother is mothering!"
"Taylor is mothering tonight."

A Tweet of Your Thoughts

Jullyana Julian, II - St. John Macias

What goes on in the minds of a Sienan? A freedom wall of unsaid feelings, thoughts and emotions where no one can judge. Maybe, even something we can all relate to.



Name: ☆ce
Section: N/A

Mixed emotions since nakakapagod and like kinda ruins my mental health but yk most of the time after classes, it's still fun because i get to hang out with friends and with my special someone:)

Name: Espiritu, Leighla S.
Section: 9-CL

hi eula!!! anyway motivated sa studies dahil sa new motivation ko hint A ung start nang pangalan nya ay kimi ka pero, as a sienan mahirap pero masya at the same time enjoyable moments and emberassing ones too!!

Name: N/A
Section: N/A

pagod na ko hahahaahahah sana:
1) bawasan ang workload
2) hindi na magbigay ang teacher's ng pt right before the end of the semester
3) mapansin niya ko hahahahhaahahaha

Name: Ieuan Aiden T. Jain
Section: 8 Pro Life-Advocate

I really admire this girl from M.E; I'm sure she knows it's me writing this. Hi there pretty girl, thank you for entering my life :) I really

like our talks even if u take a while to respond. I really hate it when you get so insecure, sometimes I wish you can have my eyes so you can see how beautiful you are

Name: N/A
Section: 10-LLL

It can be challenging to complete the tasks, but remember to persevere and keep going!

Name: Justine Ampet
Section: Grade 11 - St. Albert The Great

Honestly, pag bored ako sa room or walang magawa, i just sit sa corner ng room then starts day dreaming about me being in Attack on Titan but Siena version, then i'm one of the surver corps roaming around siena saving my classmates etc. with my unbelievable skills with odm gear HAHAHHA idk why pero it's crazy dahil siguro sa super adik ko sa aot.

Name: Ivs
Section: N/A

shout out sa isang taga 10 mission oriented dyan!!

hello crushiecakes
hehe <33 (date when po HUEYYYY)

Name: eula :)
Section: N/A

hi leighla hihi

Name: N/A
Section: N/A

AcademicBreakNow 🤔

Name: Pepe Salibio Jr.
Section: 7-CC

It feels great to be answering things like this when on vacation like it's as if my friends in Siena are still talking about "namimiss ko pa syaaaaa"

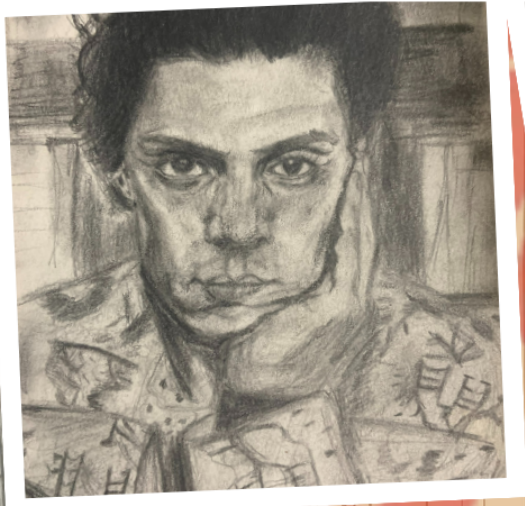
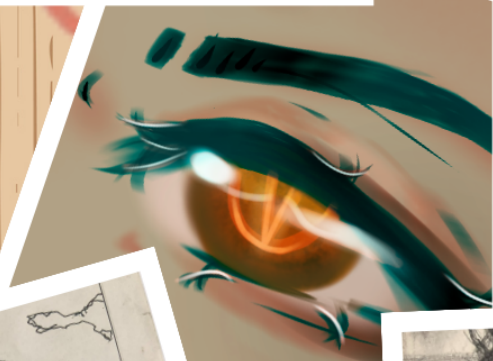
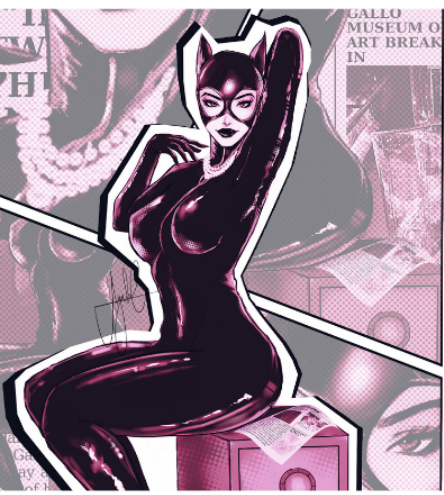
Name: N/A
Section: N/A

money? zero. haha :<



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11 - ST. HYACINTH ODROWATZ





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