It was all smiles and happy faces when the Central Student Council Executive Officers together with the Assemblymen and Sponsors got on board the bus in front of the Administration building last Friday, March 20, 2015 for their retreat and weekend getaway. Before jumpstarting the trip, the group stopped at Adventist Medical Center – Valencia City and ate their lunch. Then they were off to an almost five-hour drive to Davao City. Though the sun was scorching hot, the team pursued their travel to Samal Island with anticipation. The group arrived at Samal Island around 9pm and headed straight to the Palomares Residence where they would be staying for the weekend.

The assembly spent their Sabbath morning, March 21at the Peñaplata Church where they sponsored the Sabbath School service. Theologian assemblymen led out the Sabbath School Quarterly Lesson discussion, wherein an interesting discussion about humility sprung out between the audience and the panel discussers alike. The Divine worship was also sponsored by the team, with Sir Leodegario Elona, one of the CSC sponsors as the speaker. The mediocrer church of Peña plata was ignited with laughter as Sir Elona spurted out punchlines and jokes involving logic and fallacies and as he talked about love, specifically the whatnots of married couples. The congregation of Peña plata was surely blessed with his timely message.

After a brief fellowship lunch with the members of Peñaplata church, the CSC assembly went back to the Palomares Residents and rested for a while, before heading out to the Mayumi Beach Resort (which was generously offered to the group for free by one of the churchgoers of Peña plata church) for their AY program and activity. But before they visited the resort, the team first headed to the Hagimit Falls. The assemblymen led out the Sabbath School Quarterly Lesson discussion, wherein an interesting discussion about humility sprung out between the audience and the panel discussers alike. The Divine worship was also sponsored by the team, with Sir Leodegario Elona, one of the CSC sponsors as the speaker. The mediocrer church of Peña plata was ignited with laughter as Sir Elona spurted out punchlines and jokes involving logic and fallacies and as he talked about love, specifically the whatnots of married couples. The congregation of Peña plata was surely blessed with his timely message.

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As dark night sky gobbled up the remaining light that the orange setting sun shun, the group wrapped up.

To all faculty members and staff:

Please be present during the Consecration, Sabbath School, Baccalaureate, Tribute to Parents and Teachers and Commencement programs. Wear regalia during Commencement Program (March 29). For non-teaching faculty, your creamed black or brown uniform. Attendance will be checked during the Commencement program at the administration building. We will assemble at 7:00 a.m. Please wear black shoes (for men) closed black shoes (for ladies). Be seated on your assigned seats. Be on time. No giving of garlands during the commencement program. Give them after the program proper is over. Further, that during the graduation reception, serving of non-vegetarian food will be allowed only in the following areas: Gazebos, Pioneer Guesthouse hall and Lobby, Under the pines, and College lawns.

WEEKEND APPOINTMENTS

Vesper Senior Class 2015
Sabbath School Senior Class 2015
Lesson Discussion Senior Class 2015
Divine Service Senior Class 2015
AY Tribute to parents and teachers

EDITORIAL STAFF

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The CSC Assembly Retreat: A Weekend of Fun and Laughter

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the program and posed for a group photo before returning back to the Palomares Residence for supper.

After supper, Mr. Palomares, the grandfather of one of the assemblymen took the group on a ride on his Jeepney to a place where Davao City can be overlooked. Kaleidoscope of shining shimmering lights from the city sparkled at the assembly who awed in wonder as they looked at the beautiful scenario. After a short while, the team went back home and rested for a fun-filled day that was gonna be unveiled the next day.

Sunday, March 22, was the last day of the retreat and was the most anticipated day. The team headed to Maxima Resort where they would spend their whole morning swimming and having raw fun under the sun. The group had so much fun sliding down the tarpaulin slide which was situated on top the hill and sloped down to the vast open sea which was 150-feet deep. There was also a water blob jump challenge, about 20-feet of jump to a water blob cushion of some sort, wherein only several had attempted and tried. As the sun reached its full peak, the group ate their lunch and got ready to head back to the bus. After having a quick stop at the Palomares Residents and saying goodbye, the team headed back to Davao City and to SM City Ecoland where they spent their whole afternoon shopping and buying pasalubong for their friends back at MVC. The afternoon passed and the group got back on the bus and got ready for a long ride from Davao City to MVC. The CSC assembly arrived at MVC exactly 12am of Monday, March 23. Surely, it was a fun and worthwhile experience!

by Shane Carl C. Montefalcon

13 Health Benefits of 10,000 Steps

Walking Reduces Stress. It puts the brain into a meditative state and relaxes the body by connecting with nature. Walking produces more endorphins, provides opportunities for social support, boost energy, and reduces fatigue. Walking lowers cholesterol. It isn’t “cure” for heart disease but it contributes to your overall well-being. Walking aids creativity. It can become your secret weapon to ignite your creative juices. Walking improve sleep. Increase fitness. Physical activity and reduce stress are all key to sleeping better. Walking increase endurance. It leads directly to an increase in your body’s ability to cover large distances. Walking reduce cardiovascular disease. People who walk daily experience 30% decrease in coronary problems. Walking improve sexual satisfaction. It can improve the physical aspects and the psychological parts of your sex life. Walking helps you enjoy traveling. Use it to create a great sightseeing experience. Walking increases your energy levels. Regular exercise increases energy levels instead of depleting them. Walking Slow mental decline. Walking decrease depression. Regular activity release endorphins, which are the brain’s natural “Feel good” drugs. Walking saves money. When you’re focused on the 10,000 steps habit, you’ll make choices that reduce your amount of driving.

Editorial

You have met people like this- people who are told "that won’t work”. Or, "This cannot be done”. Their response is to get busy and do that impossible thing. It’s exciting to be around people like that. The creativity seems to flow with them and encompass all who are around them. Energy, joy, and positivity and success come with that kind of drive, too. Have you ever had a yearning to try something but someone in your world poured cold water on your dream? Don’t let them. Maybe God gave you that yearning for reasons. If He plants a dream in your heart then He will keep you accomplishing it- Even if there are problems along the way. To ask God to help you to have the courage to try-you never know what will happen.

“You see things; and you say, "Why?" But I dream things that never where; and I say, "why not?"

-George Bernard Shaw-