



THE BRIDGE

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SFU's Marketers in the Making Take 3RD Place in UST's ATHOMIC.

By Mary Amirose Lojo



Funky and hip. Plain and Simple. Elegant and classy. Relaxed and basic. Marketing Majors of Southville Foreign University represented the university at the Annual Thomasian Marketers Intercollegiate Competition (ATHOMIC) organized by the UST's Thomasian Junior Marketing Association. ATHOMIC is created to enhance the capabilities, creativity and marketing skills of the participants. It serves as a training ground for business students to explore the world of Marketing.

CARIBBEAN is an amazing new addition to the footwear industry. It is a local brand which caters to adventurous, vibrant and fun individuals. It is known for its design, durability and comfort. Out of a number of teams from various schools who joined, SFU's Marketing team made it to the finals. Held last February 22, 2013 at the Civil Law Auditorium in University of Santo Thomas, the students namely Stephannie Stevenson, Kristal Serrano, Mary Lojo, Benedict Lasala, and Vonfred Aliño, aptly called Tropic Feet, presented the marketing

plan and research they have prepared for the product which aims to boost its brand awareness. The focus of their study was to organize events and other marketing strategies which will incorporate the characteristics of the CARIBBEAN, have the tagline If it fits, wear it and the positioning statement "For the vibrant and on the go individuals, Caribbean is the ideal quality slippers that will enhance vitality and youthfulness! With the exclusive feature, of our Mid-foot curve technology, you'll be able to go anywhere without feeling a thing!"

ROCK THE VOTE!

By Robee Joy B. Sunga

It's that time of the year again where the student council passes on the torch to the next generation of student leaders. The set of student council officers this year changed the game and shot up the school spirit to a new level after the hiatus of the previous batches. The school year was jam-packed with fun-filled events and exciting activities which pumped up the student body. It wasn't only the student council who raised the bar a notch higher but also the different student organizations who worked hand in hand in challenging the student body to be more active. From the Haunting in SFU Halloween event to the Winter Masquerade Ball and let's not forget the fun and quirky general assemblies, definitely, this year's student council will be leaving a legacy that SFU will never forget.

The challenge is on and the SC 12-13 is spreading out a call of leadership for the next Auditor, P.R.O, Treasurer, Secretary, Vice President and President. There have been parties who have already filed for their candidacy, curious to know who they are? Then watch out for the next couple of weeks to find out the set of parties and independent candidates who will be facing off during the school wide campaign and Miting de Avance. Exercise your right to vote and vote wisely!

- Filing for Candidacy: 26 February 2013 – 08 March 2013
 - 08 March 2013: Campaign & Election briefing for registered candidates
 - For those interested, please look for SC Vice President, Robee Sunga
- Campaign Period: 11 March 2013 – 19 March 2013
- Miting de Avance: 19 March 2013
 - 5:30PM @ MPH A & B 3rd floor
 - Mandatory attendance for all SOHM & SOBC students
- Election Proper: 20 March 2013
 - 8:00 AM - 4:00 PM @ Student Center A
 - Please bring your school ID for registration



The 15th year anniversary logo is a demonstration of Southville Foreign University's 15 years of success in accomplishing its vision to develop global leaders and professionals. SFU's alumni all over the world continue to raise the bar of excellence in their chosen fields. The feedback we receive from employers in the Philippines as well as abroad and our foreign educational partners is that SFU graduates and students perform exceptionally well and exceed their expectations. The logo demonstrates the University's affirmation of commitment to its mission to exceed in delivering globally relevant and quality educational programs. Thus SFU continues to LEAD, SUCCEED and EXCEED!

Inside Track



HOSPITALITY

3



SPORTS

5



SFU LIFE

11

FROM THE PRESIDENT'S DESK



These are exciting times for SFU and we have much to celebrate. To start off, it is our 15th year anniversary and we will all be celebrating for a few months starting in June, 2013 with academic, physical, and social activities! Looking back at the accomplishments of our students, faculty and administration one can easily envision continued academic excellence and successes for SFU, thus our theme for this year's anniversary is: LEAD, SUCCEED, EXCEED. This is an auspicious time to be a part of our university. As I review testimonials from our graduates, I

am overcome by feelings of pride for those who are now successful and accomplished managers, entrepreneurs, and professionals, both in the Philippines and abroad.

Thank you for your testimonials, your kind words and keep them coming. This year many of our students successfully competed and earned awards bringing honor to themselves, their parents and to our university. CONGRATULATIONS to these students! You effectively balanced your academic responsibilities and student organization commitments while using your talents to shine through competitive events. Way to go!

Another source of excitement involves the introduction of new bachelor degree programs from distinguished educational institutions abroad. We now offer the University of Chester's (UK) degree programs in Computer Science and Information Systems Management, top-up for the degree in Business Studies and Business Management, and the bachelor degree program in Hospitality Management from the International College of Hotel Management in Australia. SFU is the only educational institution in the Philippines authorized to offer these degrees from foreign partners in the UK and in Australia. The University of Chester is likewise offering graduate degree programs through its partnership with SFU – Master of Business Administration (MBA) and the Master of Science in Professional Nursing. SFU is now also providing additional training in the English Language to ensure that the students attain a high level of English proficiency currently required by employers both here and abroad. English is the language of business in the global environment and our students are being prepared to build a competitive advantage in this area. The students took English proficiency tests to determine the necessary levels of intervention to be provided to them by SFU.

As the third term comes to a close, many of us – management, faculty and staff are filled with mixed emotions. We are happy to see our students get a break from the hectic three terms and then return, refreshed after the summer and ready to forge ahead. However, we will also miss our students who will leave for their internship assignments, some for a few months and others for a year, abroad. We are excited and already starting to miss our graduating students who will start a new life in their chosen fields. To the students and interns, enjoy your school break and have fun! To our graduates, CONGRATULATIONS! Stay in touch.

Dr. Melva M. Diamante

A LETTER FROM MRS. PIDO

Dear Parents and Students

The year of the black snake 2013 brings along another celebration for SFU, our 15th Crystal Anniversary.

It is noteworthy that some of our personnel are from the original opening team and I am too considered as an old-timer having joined the team in 2000. The University has progressed and developed so much over the years and re-call that when I started we just had eleven students in the hospitality program.

Now we can boast that we are not only the pioneers in transnational education (the only University in the Philippines that delivers foreign education and qualifications developed by our partners), but we have established partnerships with industry recognised institutions; now offer a full degree program in hospitality management; provide industry relevant learning facilities in our Lima campus and are extremely proud of our alumni that are well placed in industry around the globe. In the last few months our students have also proved that they are competitive and have garnered several awards in national competitions – well done!

The Philippines has always been considered as a great source for recruitment by the international hospitality industry, but as the economy and the tourism industry within the Philippines strengthens, so do the career opportunities with the opening of numerous hotels and resorts as well as entrepreneurial prospects.

Our second year students are about to embark on their internship and whilst many have chosen to avail of an overseas work experience, I do hope that you will continue to be ambassadors for SFU and the Philippines and come home to share your experience and continue your studies with SFU.

Remember Crystal as the symbol of our 15th Anniversary is considered to be a valuable commodity; elegance; greatness; purity and the embodiment of life, i.e. the ultimate components of life and as per the days of Shakespeare the four elements: Earth, Fire, Wind and Water. Plus it also symbolises strong, beautiful and enduring. So I hope this message is "crystal clear"! go out and make a difference!

Good luck and kind regards



Carol Pido

Change is in the air!

"By changing nothing, nothing changes." -Tony Robbins

The world is changing, the Philippines is changing, SFU is changing, YOU have to cope with this, YOU have to face these changes, YOU have to LEAD, SUCCEED, EXCEED.

In a recent report, the business news site Market Watch christened the Philippines as "the new tiger" of Asian economies; the economy that has been overlooked in the past and is now "poised to drive future growth and grab more economic power."

Standard & Poor and Fitch Ratings rate the Philippines one notch below investment grade: BB+ with a positive outlook (S&P), and BB+ with a stable outlook (Fitch).

"I have come to the conclusion that the rating to investment grade is certainly warranted and a decision should be formally taken this year," world renowned economist Nouriel Roubini said during the Philippine Investment Summit 2013 in Makati City.

Getting an investment grade from credit rating agencies encourages more investments to the country, and in turn, supports economic growth.

Also, According to the World Economic Forum's Travel & Tourism Competitiveness Report 2013, the Philippines is included among the rising stars in emerging market economies in terms of travel and tourism competitiveness. The Philippine government's spending on the sector as a percentage of GDP is now 1st in the world, and tourism marketing and branding campaigns are seen to be increasingly effective.

These big positive changes in the Philippines economy are well reflected in recent SFU changes:

- Last year we signed a partnership agreement with the University of Chester – we are proud to be their only partner in South East Asia, delivering a range of undergraduate and postgraduate programmes.
- SFU expanded its range of programmes to MBA and Master in Professional Nursing, as well as ICHM top-up degree.
- Next year, SOBC starts to deliver full-scale Computer Science and Information Systems Management programmes.
- SFU Culinary programme will also be updated to focus more on practical aspects vs. theory.

With all these positive changes in the Philippines economy and SFU programmes, we believe our students and graduates will be more in demand than ever. Foreign companies, coming to the Philippines, will be looking for employees, equipped with practical skills, exposed to a knowledge of doing business worldwide and opened to change. The country's focus on tourism will stimulate the growth of hotels - thus increasing demand for those hoteliers that meet international standards.



To succeed in this fast-paced and constantly evolving world, SFU students must be well prepared for, and ready to embrace change.

Seeing change as an opportunity is an important first step in moving towards a better future. There are some things that are and will be with you forever – your beliefs, your family, your faith. And if there are things, which might be making you unhappy – it is up to you to change them.

Some of you are facing the change of starting new jobs – permanent or internships, some of you will change to studies of new subjects and areas. This time of year is always a period of significant change - do not be afraid of changes – welcome change as an opportunity to develop yourself further!

Amid the wave of change, there is one certainty: progress will be achieved only by those who have the drive to make change – YOU!

Ms. Natasha Lamb



SFU Winter Masquerade Ball 2012

by -Vonfred A. Aliño



Headed by the Southville Junior Marketing Association, Computer Society and supported by the Student Council, The SFU Winter Masquerade Ball was held last December 18, 2012 at Royal Palms Clubhouse. It was a night of pretty women with their beautiful dresses and handsome men with their fancy suits. A night gathering colleagues and friends, a night of leisure and formal elegance with a hint of fun and humor, a night where people can hang with their friends, the last time for a long time.

The Winter Masquerade Ball was

themed as a winter wonderland to fit the season. With that ladies and gents based their outfits on snowy white, frosty blue and other shades of the winter. Masks were worn to hide the identity of participants for an anonymity and formality effect to the ball.

Almost everyone came in stunning outfits. Vonfred Aliño as the host started the event with the opening remarks by the lovely Ms. Yvette. Then the event was officially launched with Miguel Raneses' opening music act. After his first piece dinner was served and participants were able

to go and get their food at the open buffet and eat their meals while fine music was played. A mock auction was held that sold actual selected people. Laughter and joy spread around the room as people were being sold to the highest bidder. Then we had some performances from The Croons who later on played music for participants to party or slow dance too. Although we were unable to send off our lanterns altogether due to safety reasons, the lanterns were still distributed and we were able to fly them all in synch. It was a beautiful ending to a memorable night!

SFU's Computer Society Takes a Mindful Journey

By: Vonfred Aliño

SFU Computer Society visited the Mind Museum located at Bonifacio Global City Taguig on February 2, 2013. The museum features a number of facilities that promote sustainability; which is very important for the environment as well as society, moreover it is also heavily promoted in today's generation.

The venue showcases a number of educational facilities that provide intellectual stimulus like two of my favorites, The Story of the Universe: Its Beginning and Majesty and Tunnel Craft.

Other spectacular exhibitions were: The Story of the Atom: The Strange World of the Very Small, The Story of Life: The Exuberance of Life, The Story of the



Earth: Nature Across the Breadth of Time, The Story of Technology: The Showcase of Human Ingenuity, Lightbridge, Science-in-the Park: Nature's Artful Play and the JY Campos Park.

The attraction which was the most impeccable was the simulation and summarization of how the world began, the Big Bang and how it progressed and evolved to where we are now. The show was a great way to inform people in a brief

and limited time about "the beginning till today".

SFU Computer Society organization had a great time exploring the different and many exhibits of The Mind Museum and was surely able to learn a lot from the science museum. We can guarantee that you will have a great learning time at The Mind Museum and the Computer Society Organisation highly recommends it to those who are interested in science.



SGEN Musical Play Competition

by Vonfred A. Aliño

Stages were set, lights were on, the microphone was checked and a team of special and talented students were ready to represent SFU in the most daring and drama filled event of the whole school year: the SGEN Musical Play Competition!

The SGEN Musical Play Competition was an event meant to bring all different schools of the SGEN community to battle it down in a musical theatrical arts showdown.

Directed by Johnny Malvar who soon acquired the help of co-director, Felicity Mcnamara with the team composed of the Cradle singers, dancers and students were anxious for the December 3, 2012 showdown. Director Johnny Malvar has been preparing for the competition for months even before the event was announced to the public. He has prepared himself by holding auditions and holding meetings with selected people to share ideas for SFU's play.

A decision was made to use "Dreamgirls" which is a 2006 musical drama film, directed by Bill Condon, which was also based from the Broadway musical "Dreamgirls". The team wanted to jazz up the place and put something different on the table. With only given a minimum amount of time the play had to be shortened to important parts of the musical.

Soon after the cast was completed: Yazmin Farcy as Effy, Ira de Castro as Deena, Hazel Consul as Lorell, Monika Truong as Michelle, Johnny Malvar as Curtis, and Gabriel Ignacio as CC. The backup dancers were: Alice Beredo, Mary Lojo, Jewilyn Magaoay, Jing Wei Bangayan, Vonfred Aliño, Vince Tiu, AC Lopez, Deandro Almariego and Justin Quiban.

After many rehearsals, the day of the performance finally came and the SFU team did its best and waited for the results. Although we were unable to achieve the award "Best Play", we were so overwhelmed and astonished by having won "Best Actress" for Yazmin Farcy and "Best Actor" for Garbriel Ignacio.

I was able to get a hold of Yazmin Farcy to ask her a few questions. I asked her about how she felt regarding winning the award she said, "I honestly didn't even know that I was eligible, I didn't think I was qualified to get that award. I didn't watch any of the other plays cause we were busy getting ready but I assumed there were other actresses who did better. I was honestly shocked when they called my name, I didn't know what to do." When asked about what she thinks she did in order to win the award she replied, "Yes I threw a chair, that was the only thing I did that wasn't planned and I think that really intensified the moment and shocked not only the judges and audience but also my cast and crew members."

Then she was asked how she felt about both Gab and her both winning the best actor and actress, being from the same school and all she replied, "When Gab won I knew it was because of his live solo and for a minute there I thought we were going to win the best musical since I felt like our play had the most drama but in the end I was still happy with the end result. I'm very proud."

Finally to end this article the Co-Directors would like to thank the support and help of the school and those who helped a lot in the production of the mini musical play.



Chefs on Parade 2013

by Marius Jarvin B. Santos



FEBRUARY 28
TO MARCH 03
2013

Last February 28, 2013 SFU's School of Hospitality Management and Culinary Arts students went to SMX to witness Chefs on Parade 2013. The theme for this year's competition was "Ultimate Asian Showdown". Southville Foreign University joined two competitions where 2nd year Hospitality Management students joined in Table Setting and Menu Card Competition, while the 2nd

year Culinary Arts joined the set menu Traditional Filipino Cooking Showdown.

Booths showcasing different destinations in the Philippines, various kitchen equipment, ingredients, supplies and free food samples were littered all over SMX. Booths offering free cooking lessons from popular chefs were also present in the convention hall.

Students witnessed different exciting competitions including: Flair tending battles, Cocktail Mixing, Wedding Cakes Competition. It was a once in a lifetime event for the students, especially for those who experienced it for the first time.

The heat is on!

by Marius Jarvin B. Santos

Mateo Henares and Princess Sarah Tua both 2nd year culinary arts students won the bronze medal in set menu Traditional Filipino cooking showdown. Last February 28 people in SMX witnessed one of the best competitions in Chefs on Parade, Mateo and Princess cooked and presented one of a kind dishes, they put a modern approach to the Famous Filipino dishes. For the Appetizer they cooked Bangus Belly, Pinais with mushroom and ensaladang latò sa pinakurat vinaigrette. For the main Course they cooked Adobo glazed lechon kawali, roasted garlic at aligue fried rice, ensaladang pipino. And lastly for their Dessert they made Canonigo with Sampaguita Custard Sauce,



salted cashew brittle and fruit pearls. Princess Sarah Tua told me that her most memorable moment

"Smile and work with your heart!"

by Marius Jarvin B. Santos

Last February 28, 2013 three Hospitality management students joined the table setting competition, and another 3 supportive members. Three young, smart, and beautiful ladies Angelica Grace Balbin, Junha Choi, and Seul Sharon Lee were the participants in the said competition. While my three classmates we're also part of the team, Jayvee Alincomot, Ruf Salvador and Elizabel Dampor were there to support the team for brainstorming ideas and for helping them to come up with great ideas for the table set-up. Their coaches, Ms. Christine Villa Carlos and Ms. Rowena Sagaysay are all full support, they stayed up late all night just to practice their table set-up before the competition. On the day of the event all of us were watching them while doing the set-up; we were nervous yet happy for them at the same time. The other competitors indeed had the power to win, they had big chairs, exaggerated



tables and decoration etc. but in the end, it goes to show that the simplest table set-up won, and it is our school! SFU won the first place in the ranking, last March 3, 2013 the participants went to SMX for the closing ceremonies and to accept their medals, certificates and the first ever trophy of SFU for this competition.

I interviewed Junha Choi and Anjelica Balbin where I asked them what was the secret to winning this competition, and Junha answered that "for the competition, we believed in each other and tried to enjoy that moment, that opportunity given to us, and by also smiling. In the briefing, one judge said work from the heart". And Anjelica Balbin's perspective - "It took us only a few days to actually prepare for the competition, so preparation time is obviously not the reason why. Haha. I guess what made us win is our cooperation, patience and dedication to finish the job. All of us participants together with our mentors exerted efforts exceeding our limits to come up with the design and the ways and means as to how to do it. "Based on my interview with her she stated that the three of them just enjoyed the competition, they did it with all their hearts and with passion.

was after they finished cooking the 3 dishes on time, then another is that the support that her family, classmates, and friends have. And what she told me on my interview with her is that they didn't expect to win any medal, but God is good they won a Bronze medal.

Mateo Henares told me that his most memorable experience was when they were waiting in the holding area prior to the actual cook off, in the interview he stated- "Chef AJ said that before we go out we should say a short prayer. Chef AJ ended the prayer saying "Whatever happens Lord, We glorify you". That phrase automatically took away all my worries going into the competition. Ultimately, the Lord did bless us and gave us a bronze medal"

Flavors of the World

By: Fhred Batalona



Last February 12, 2013, Southville Foreign University held its International Buffet in Bistro Lima. It was one flavorful week as the Hospitality Management and Culinary Arts students showcased different cuisines of the world. The cuisines were Chinese, Thai, Spanish, and Italian, each did their best from decorating the restaurant, designing their costumes, and serving authentic food of each cuisines.

It started with the 2nd year Culinary Arts students welcoming the Chinese New year with a Chinese themed buffet. Red shone bright with their decorations that would really make you feel the festivity of the Chinese New Year. The next group was the Thai themed buffet organised by the 1st year Hospitality Management students. Authentic Thai decorations filled the Bistro Lima as they started the service - mixing the colours purple and gold to give it that Thai royal touch, floating candles and not to mention the signature water fountain. The Spanish

then took over Thai, which were also the 1st year Hospitality Management Students. It was Valentine's Day when they held their buffet; where some couples enjoyed their day with some salsa and a little bit of Spanish Flamingo atmosphere. Lastly, but not the least, the themed buffet to have the highest customers that entered the Bistro Lima was the Italian themed buffet, coordinated and served by the 1st Culinary Arts Students. One by one the chafing dishes were refilled with food as it was consumed quickly. It was truly a remarkable feat for these students to be able to pull their themed buffet.

This themed buffet is one great experience as it gives you a chance to try and enjoy different cuisines of the world paired up with excellent service. It's truly a wonderful way to enjoy your day and to become adventurous. At the end of the day the customers have filled their bellies with satisfaction and the students enjoyed making their themed buffet successful. Well done!



Louisiana BBQ Wings

Ingredients:

Chicken Wings - 2pcs
Cayenne Pepper - pinch
Worcestershire Sauce - 4tbsp
All Purpose Flour - 100g
Vegetable Oil - 500ml
BBQ Sauce
Ranch Dressing
Carrots
Celery

How to Make the Ranch Dressing:

Plain Yoghurt - 75g
Mayonnaise - 75g
Buttermilk - 120ml
White onion, grated - 10g
Garlic, minced - 1pc
Salt
Black pepper

Procedure:

LOUISINIA BBQ WINGS

1. Season chicken wings with cayenne pepper
2. Dredge in all-purpose flour then deep fry in vegetable oil
3. Toss in BBQ sauce. Serve with Ranch Dressing and garnish with julienne of carrots and celery

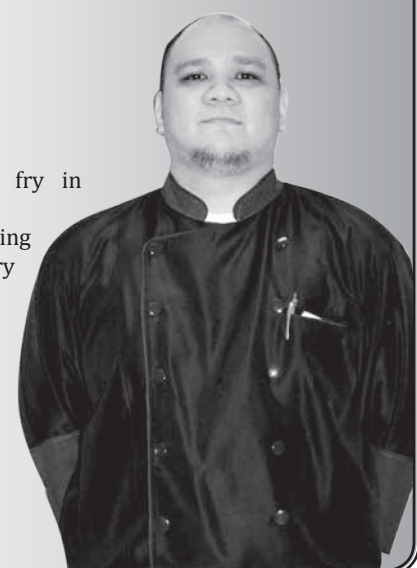
BBQ SAUCE

1. Combine everything in a sauce pot and simmer until thick

RANCH DRESSING

1. Combine everything in mixing bowl. Keep refrigerated.

by Alvin John Eugenio





Computer Science Program Change

by Juan Paolo Aliño

Effective last January 2013, the 1st year computer Science students were the first batch of students to take up the Chester program in their first year.

According to Ms. Natasha Lamb, Dean of the school of business, this change in the computer science program is the first step towards a more extensive partnership with Chester University in the United Kingdom. They believe that Computer Science would work well with the programs offered by Chester, as updated and skill enhancing programs are needed for this course.

The Chester bachelor degree program allows students to have a continuous program from 1st year to 3rd year.

Meaning students would not have to deal with challenges of transitioning from one program to another. The program will allow students to earn transferrable skills, such as critical thinking, leadership, and time management. This will enable them to apply what they have learned to any circumstance, which will increase their professional competitive advantage and ease their transition into any new role.

The Chester program is the first and only program in the Philippines to offer a complete bachelor degree program that is tied up with a foreign University. Southville Foreign University is looking forward to a better partnership with Chester.

Students participate in the 2013 Technopreneurship Summit

By Vince Tiu



The biggest names in technology in the Philippines gathered last January 21, 2013 at the SMX Convention Center for the 2nd Filipino Technopreneurship Summit by the Philippine Center for Entrepreneurship (PCE) held by Go Negosyo.

Among the 5,000 attendees were the students of the School of Business and Computing under Ms. Veron Gamboa, Filipino-American entrepreneurs who became successful in the Silicon Valley up to the country's most promising entrepreneurs were present to share their knowledge and experience.

The program started with a short welcome speech from Go Negosyo Founder Joey Concepcion, PLDT President Poly Nazareno then emphasized the country's role to create an environment where aspiring entrepreneurs can thrive. He was then followed by Silicon Valley top entrepreneur Engr. Dado Banatao. He reminded the participants that the key to be successful in the technology industry is to start young by focusing on their studies.

It was followed by the keynote frum, where the panelists were other successful Sillicon Valley Entrepreneurs. Among them were Winston Damarillo, Eric Manlunas, Dr. Paco Sandejas, and Myla Villanueva, as well as Smart Communications co-founder Doy Ve, who shared the experiences that they encountered when they were still starting.

The afternoon was followed by three more forums. The first one featured a panel that had existing businesses in the country's technology industry. The shared their individual entrepreneurial journeys as well as good practices their companies do. The next forum featured the enablers in the technology industry, which are either helping start-ups fund their projects, develop their ideas further, or provide a strong physical infrastructure or software for their businesses. The last session was a bloggers' forum featuring big names in the blogging industry who shared their entertaining and inspiring experiences in blogging.

The students had a wonderful experience hearing stories of success from known entrepreneurs in the Information Technology Industry. The students had a meaningful trip, which strengthened their passion into venturing out into the world of business and technology.

San Miguel Yamamura Field Trip

by Angelo Zulueta



SAN MIGUEL YAMAMURA PACKAGING CORPORATION

On the morning of February 14, a congregation of 1st and 2nd year students under Miss Yay Olmedo, myself included, boarded a bus en route to Cavite for a field trip relevant to our Marketing classes. Our destination: San Miguel Yamamura Packaging Corporation, the Philippines' one and only top tier supplier of cans and can ends.

We arrived at San Miguel Yamamura at around 9:00, where we were greeted by Mr. Romualdo Gabriel, one of SMY's 130 employees and a planning engineer. After the introductory pleasantries were over and done with, we were ushered into their viewing room, where we were treated to a presentation about the various facets of their company and the dynamics of can-making. They talked to us about their company history, how they had started out as San Miguel Yamamura Ball from a joint venture between San Miguel Yamamura Glass and the U.S.A.'s Ball corporation, and gradually moved to take on the name San Miguel Yamamura Packaging Corporation. However, as of January this year, they had undertaken yet another joint venture, this time with Can Pack S.A., forming their newest company: Can Asia Incorporated. To start the presentation off, we were given a thorough display of their prowess and skill in their business of can making. These included various awards claimed from national and international competitions, such as their PhilStar award from the Packaging Institute of the Philippines, World Class Improvement in End Productivity award from Ball Corporation, and Bronze award in the 2010 Canmakers Summit in Sao Paulo Brazil. They also included a step-by-step breakdown of a can's journey from a sheet of aluminum foil to the cans we see and drink from today, explaining how the cans were not comprised of just one single can formed from a sheet, but two separate parts that were shipped to other companies to be filled with the drinks we know and love today, such as Coke and San Miguel Beer. These parts are the can, the main body, and the can end, the top of the can where the opening tab

and hole is located. To help them drive the point home, they brought along a plethora of different cans, at least one from each stage of development, as well as some cans that had special property; i.e the of changing color depending on the temperature. They also gave us video presentations of how their machines worked. We were treated to in-depth clips of how the can was molded and examined for deformities multiple times throughout the process, and how it was coated and shaped so the drinks would not leak out or corrode the aluminum foil.

The clincher to the whole field trip however, was the adventure into the production factory itself. Due to the rapturous noise of literally thousands of cans and can ends, due to their machines being capable of churning out over 1200 cans and 1800 can ends per second, flying through the conveyor belts, we were required to don earplugs before entering the premises. Our entrance was heralded by the whirr and clicking of can upon can being molded and sorted, packed and forklifted. We walked through the area, which was uncluttered, organized, and free of litter, living up to the company's standard of top-tier performance in their business. We were treated to the sight of cans rolling and deformed cans being spat out into little chutes. It was very interesting.

After our trek across the factory, we returned to the viewing room, where we were given free lunches, a question and answer session, and free cans that we could use as coin banks. We left the company with the feeling that we could never look at a soda can the same way ever again.

The trip was a highly educational and valuable learning experience for us students. We were able to effectively relate it to our current lifestyle while bearing witness to how a real company might treat its guests and those who are interested in it. All in all, it was a significant experience, and I will not hesitate to say that I would like a similar experience in the future.

I believe that my never being able to look at a can the same way ever again speaks for itself.

Towards the New Frontier

By: Samantha Requidan

An Indian spiritual leader, Bhagwan Shree Rajneesh (1931-1990) once said, "We are all one. In the human form we are pioneers embarked on a wonderful journey, exploring and experiencing the physical world". Same goes to us, SFU Pioneers; we are amongst the billions who will embark on an adventure, experiencing the new and stepping it up a notch in this ever - changing, ever - escalating world.

Thus, Towards the New Frontier. Where each and every one of us will be facing changes, or the new frontier of different sorts. Be it stepping up a level in education or stepping into the physical world. Whatever your new frontier may be, it doesn't matter how slow you go, as long as you don't stop.

Now that we have come to the last term of our scholastic year of 2012-2013, there will be many changes for all of us: The 3rd year students will be graduating soon, which means the real world will be calling out their names for real jobs, real paychecks, more responsibilities, more experiences, basically... real life.

Whereas the 2nd year students will be off to near or distant places for their internships

to further prepare themselves for the next year(s) of SFU, moreover, exposing themselves to what their New Frontier would be like. Be it Business or Hospitality, their frontiers would be the upcoming challenges they will have to face during those months of internship and what the environment/ lifestyle/ culture/ people their place of interning has to offer.

And as for the 1st year students, they'd be stepping it up a notch as they head on to their second year of their university; for the preparation of their internships towards the end. Apart from that, they will now take over the positions turned over by the former administrators: like the Student Council and the University's Student Organisations heads. With that, the 1st year students will face new obligations for themselves, student organizations and juggling that with their academics.

But our New Frontier doesn't stop there. Growing is also a part of change, part of moving towards the new frontier, which is why, while SFU has done tremendous things in the past, as a university, also as individuals, we can still do even better things in the future; expand our horizons,

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widen our scale of perception, our experiences, as we move Toward the New Frontier.



WHAT DO YOU EXPECT FROM THE SFU'S ANNIVERSARY EVENT?

Christhel Garcia - I like the 15th year anniversary of SFU to be a celebration of both the past and present achievements. A reunion type of party could kick start the several events the school has prepared, wherein the alumni students and current students can gather and mingle. Students can have fun by dancing to the music played by the bands. Also, the party could serve as a charity event.

Felicity McNamara - I've been at SFU for a year now and I'm really excited to be able to be here for the 15th year anniversary. I expect this anniversary to be a chance for the student body and the staff to unite and show the pride they have for the school. I expect this anniversary to be a memorable celebration of a successful fifteen years, a milestone.

Ellice Adornado - Hearing from the SFU anniversary celebration stories of the old students, I can picture that the 15th anniversary of SFU will serve as our break from the stressful papers and other academic obligations. I anticipate lots of activities that will bring out the potential of students in different fields. Apart from that, I am also looking forward to building and establishing a closer relationship among the SFU people since this celebration is meant to remember how SFU has been going strong for 15 years.

Vince Tiu - I am expecting the 15 year anniversary to bring good changes to the school. I am expecting it to give a better vibe to both students and faculty members and I hope it helps develop our school spirit.

Ma. Heidi Sumagingsing - I am so excited for the SFU's 15th anniversary, I've heard a lot of great stories about the previous anniversary from old students, now being a part of it is a great honour and I'm expecting it to be grand in which there are different events and culminating activities wherein alumni, students, faculty and parents can participate.

Celemyrhh Allera - SFU's 15th anniversary would be great if we have a 1 whole week to celebrate it. Games, concerts and a bazaar if possible but as a member of SFU Rotaract, it would also be great to have a tree planting activity, maybe plant some 15,000 trees, or give donations to 15 charities, feeding program or fun run for a benefit.

Abigail Aquitania - Being part of SFU's 15th anniversary this year, I expect something fresh and fun. I am expecting that SFU will bring out something new that students and the faculty will be able to experience and at the same time, something that will be memorable.

Fhred Erick Batalona - I expect it to have lots and lots of surprises for students and staffs of SFU. It would probably one heck of a year.

Jipo Alino - I think it would be a lot of fun if there were a lot of activities, and I'm excited for it.

Cheska Lopez - I expect that the student body from different courses and cultures as well as the staff will be harmonizing in tribute for the 15th anniversary of SFU.

Dayril Garcia - I expect that the 15th anniversary of SFU is where the students will be more

attached to each other and their professors as well, in a day of activity where they celebrate another year of inspiring minds and moulding the future of students.

Jannel Ongkingco - I expect the school to have a big celebration with their alumni, present students, teachers and staff and parents.

EJ Mangune - I expect it to be a get together of SFU students, friends, faculty and staff where all can interact and act as one university.

Rosh Batarilan - I have heard several stories on the previous anniversaries and they sounded pretty exciting. Hopefully it will be the same for this year because it will be my first time to experience this since i am a freshman.

Mikko Castaneda - I expect the SFU anniversary to bring something new to the students, a huge improvement over facilities, or some new programs such as a PE or clubs.

Precilla Alvarez - I expect that there will be Talent contests from different school departments, food festival prepared by HM students, a party wherein students can mingle with other students and alumni as well.

Benedict Lasala - Southville Foreign University is about to celebrate its 15 years, and I'm proud to say that I've been part of SFU for a year now. With the way things are going in SFU, I'm pretty sure that they have tons of new activities for the coming 15th Anniversary, which will have the theme of "Lead, Succeed and Exceed." All of us can expect a great year ahead of us, and I'm happy that I'm going to be a part of all it.



FEATURES

SFU's 15th Anniversary Celebration in the Works

By Felicity McNamara

Southville Foreign University (SFU) was founded by Roger and Helena Bartholomew in collaboration with Southville International School and Colleges founder, Dr. Genevieve Ledesma-Tan in May 1998.

2013 marks SFU's 15th year. SFU has gone through so much over the past 15 years and this anniversary marks its growth and shows the nation that they are here to stay.

SFU has been continuously expanding and recruiting more students to a point where they had to build a new campus to house them. In the past 15

years, the spirit of SFU has not changed which is bringing high quality education to the Philippines and producing highly educated, well-equipped students and transforming them into adults who are ready to take on the world.

So what does everyone expect the 15th year to be? A celebration! A celebration of the success, triumphs, struggles and hurdles they've surpassed to get to where they are today. The school has a lot to be proud of namely: becoming known for being triumphant in national marketing and culinary competitions and SFU students and

graduates who have made a name for themselves in the world of Business and Hospitality Management.

This celebration is a chance for students to embrace the school and have a true sense of school pride due to this milestone that has been attained. The council intends to embrace the school's unique structure by having a year full of student activities that will bring the school closer together. The theme for the anniversary is Lead, Exceed, Succeed.

Ms. Yvette Bautista, Head of Academic Support, says she expects the

15th year anniversary to be spectacular with alumni affairs and homecoming events. It will be a chance for everyone to reconnect. She also goes on to say "We want to show the world where we are and what we are, we want everyone to know we are here and have been in existence for 15 years."

The details on what will be done for the big celebration aren't released yet but the Student Council has been working on ideas throughout the school year so what should be expected is nothing short of spectacular.

Make Way for Miss Bianca

By Leyane Mari N. Lenihan

Have you noticed a new warm smile in the campus? You probably have seen a new face at the student affairs office.

Miss Bianca, as she prefers to be called, is the new Student Affairs Coordinator of student organization concerns.

Miss Carla Bianca B. Calubayan is a Marketing Management graduate of De La Salle University and is currently taking her MBA at San Beda College.

Before landing on her new job at

SFU, Miss Bianca worked several years in real estate. She first worked for Brittany Corporation, a company owned by the Villar Family, as a Marketing Coordinator. There, she handled a project called Porto Fino and was responsible for dealing with brief sales agents and brokers; and also assisted in open houses and events. She also worked as a Marketing Assistant for Filinvest Alabang, Inc. where she created and organized events and exhibits in malls.

She then worked for University of Perpetual Help System Dalta as an executive assistant and was able to assist in setting up set up a clinic at Alabang Town Center in 2009. Coincidentally, her career drove her back to the field of real estate. She was promoted and assigned to be a Sales and Marketing Officer for Dalta Builders, Inc.

Miss Bianca would also like to teach Marketing for college students, and is interested in taking basic Education. She says she is curious to what it is like to be in front of students and impart her knowledge and experiences.

Presently, Miss Bianca works for SFU to hear our concerns regarding student organizations. She is friendly and very approachable. We can reach her through her office in Academic Support.

When asked about her expectations on her new job, Miss Bianca said that she expects the students to be professional. "I also expect to learn more about what's happening in the academe industry" she added. Miss Bianca explains she wants to know what is 'in' and what the students like aside from the usual university activities.

As the Student Affairs Coordinator, Miss Bianca plans to organize and guide students as they plan to undertake meaningful events of student organizations. She says, "I want them to have a remembrance they can look back to when they graduate."

Southville Foreign University's Global Dimensions Olympiad 2013

Samantha Requidan



nerve wracking atmosphere, prior to the competition.

As soon as the schools were called to form a line to the venue, faces lightened with different emotions. Stomachs turned with nerves, while some jumped with excitement on the way.

Before the actual competition, the schools were firstly settled down, which led to an intermission, where SFU's cradle members showcased their extraordinary talent. After, a run-down on the process of the event was followed, and lastly, the schools and their mentors were informed about the rules and regulations of the competition. Later, they were instructed by the scholars of the SFU to head to their respective podiums; representing their schools.

The atmosphere grew tense as the competition started, and it escalated as it carried on. Eventually, towards the end of the competition, with all their hard work, Collegio San Agustin students were declared the 13th Global Dimensions Olympiad Champions! But these did not leave the other schools hanging on a wire. Although they weren't able to obtain the award & title, they were still awarded with 50 % scholarships as well as cash prizes for all schools.

Overall, the event portrayed the true brilliance of what education can do. It brought great, young minds together, filling the room with many assumptions of great futures for them and result in striving to become leaders and achievers. So a massive congratulations to the winning school and a job very well done by the runner ups!

Turning over to The New Bridge

By: Juan Paolo Aliño



On the 18th of February, previous Co-Editor in Chiefs Juan Paolo Aliño and Robee Sunga passed their titles over to Samantha Requidan as the new head honcho, Editor in Chief for the Bridge. A medal was placed around her neck for her victory. Fighting for that title required taking a grammar exam, a three hundred word essay, and an interview conducted by the Editor-in-Chiefs. The two competitors who vied for the position as well were Felicity McNamara, and Kashka Lantion. Though a good fight, Sam came out on top after a hairline decision was made. They were awarded for their efforts. Felicity nabbed the Managing Editor position while Kashka became Creative Director. Special thanks to Dr. Melva Diamante and Ms. Carol Pido for supervising and witnessing the event. They were the ones who gave the ladies their certificates, and the medal for the new Editor-in-Chief

Once adversaries, they are now allies in the bridge. They work together to bring out their new and improved newsletters and bring pride to their SFU pioneers. With their writing prowess and creative thinking mixed together, they will bring out the bridge's potential.

As the previous Editor-in-Chief, I believe I've found the right people to take over our position. I know that they are definitely capable of handling and making better things out of our legacy. I know that they have the skills, knowledge, the passion and will to carry on the Bridge torch, and sprint towards greater newsletter. I know that this will be a new chapter in their SFU life, as it will give them a lot of experience and lessons to learn from it, while I will end mine. I believe we've made the right choice, and The Bridge is in good hands.

Cheer: A Guidance Counselors' & Principal's Night

By: Angelo Zulueta

On the 22nd of February, Southville Foreign University, in collaboration with Southville International School and Colleges, organized and hosted an event for the leisure, relaxation, and enjoyment of guidance counselors and principals from 20 different schools across the NCR region, such as Shekina Christian Learning Center, Academy of Jesus, and Elizabeth Seton. This event, called "Cheer: A Guidance and Principal's Night", was stationed in gym 1 of Southville's Luxembourg campus, and had a variety of games, prizes, and performances by the faculty, staff, and students of the Southville Global Enrichment Network, known as SGEN. Miss Marivic Suarez, SISC's high school deputy principal, was the event's designated host.

(The food was provided and cooked by SFU's Culinary Arts division, with sumptuous servings of pasta, pastries, beef, and other treats. Standing by at the corners of the gym were students from SISC's nursing division, ready to give therapeutic hand massages and blood tests for whoever wanted to relieve their

tension or see if they ate too much. There were various other tables, with such paraphernalia as glasses, photobooths, and brochures from various sponsors, so the guests would definitely not run out of things to do, people to talk about, or ways to relax for the remainder of the night.)

The night opened with a solo rendition of "The Prayer" sung by Miri Matsuda, a first year student at SFU. After her invocation and welcoming remarks by SFU president Doctor Diamante, the spotlight fell on SGEN's 3 presidents, Doctor Marl V. Fernal, Sir Jerry Aguilar, and Doctor Manny Almolor as they serenaded our guests with classic showtunes. They were then followed by ACTS Manila, who entertained them with two wonderful ballet and contemporary dance numbers. After a quick 10 question quiz bee, the stage was claimed by our own Gabriel Ignacio, with Jose Angelo Zulueta on keyboard, who mesmerized the crowd with his two interpretations of "Hold on" by Michael Buble and "Imagine" by John Lennon. Once the main program had finished, our guests were treated to

free karaoke set up on the gym's stage, and were left to enjoy, relax, and free themselves of the worries of their job, at least for a little while.

Their enjoyment and raucous laughter and smiles served as a testament to the event's execution.

Being a principal or a guidance counselor is an adventure, tough but rewarding. Both jobs have the welfare and peace-of-mind of the school at the top of their priorities, with the principal working externally, handling events, and the guidance counselor internally, handling the students' wellbeing. It is a wonderful and uplifting thing to know that our schools took the time to honor and pay homage to their efforts, to make sure that their hard work did not go unnoticed. I hope that SFU takes time to find more ways to highlight the efforts of their faculty and staff, and that we will continue to promote a culture of understanding and camaraderie within the workings of the school.

On behalf of the many guidance counselors and principals present, thank you Southville, for the appreciation.

GALLERY



Futsal Competition: SFU vs Ateneo



Cheers! Guidance Counselors' and Principals' Night



International Buffet 2013



Chefs on Parade 2013



GALLERY



Global Dimensions Olympiad 2013



Computer Society Visit the Mind Museum



Parents' Night 2013

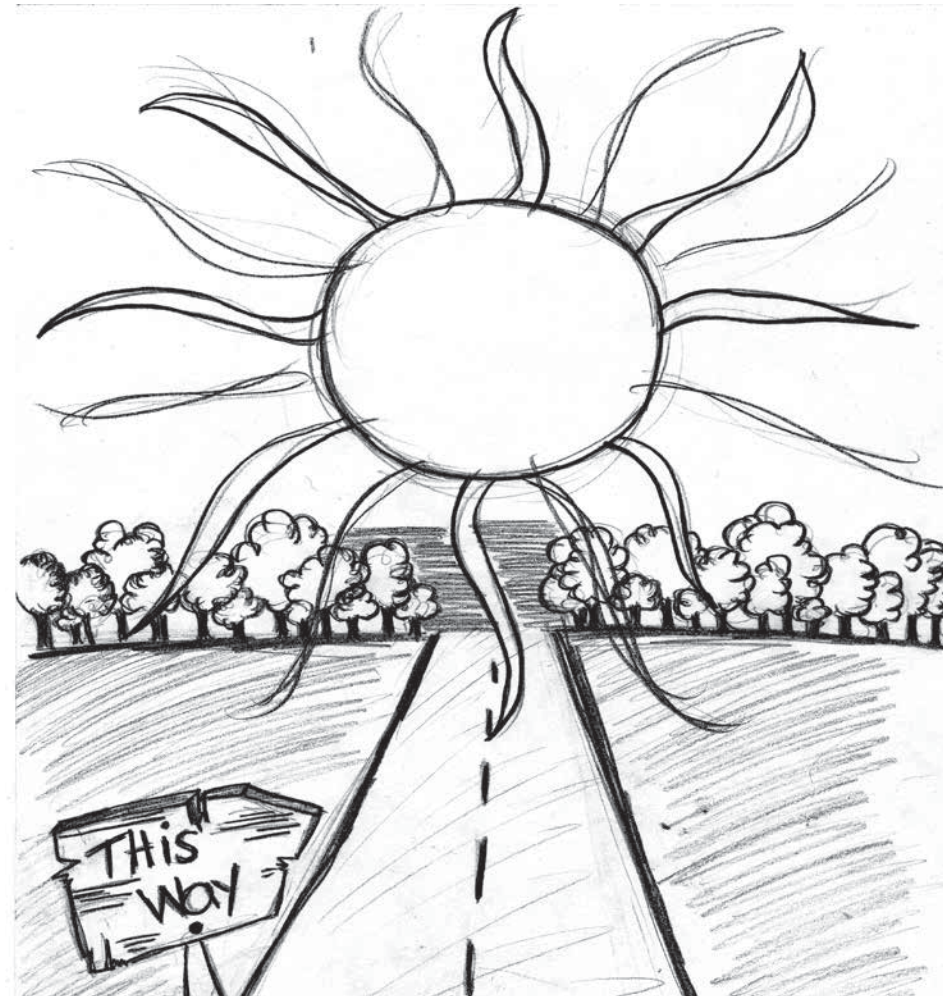
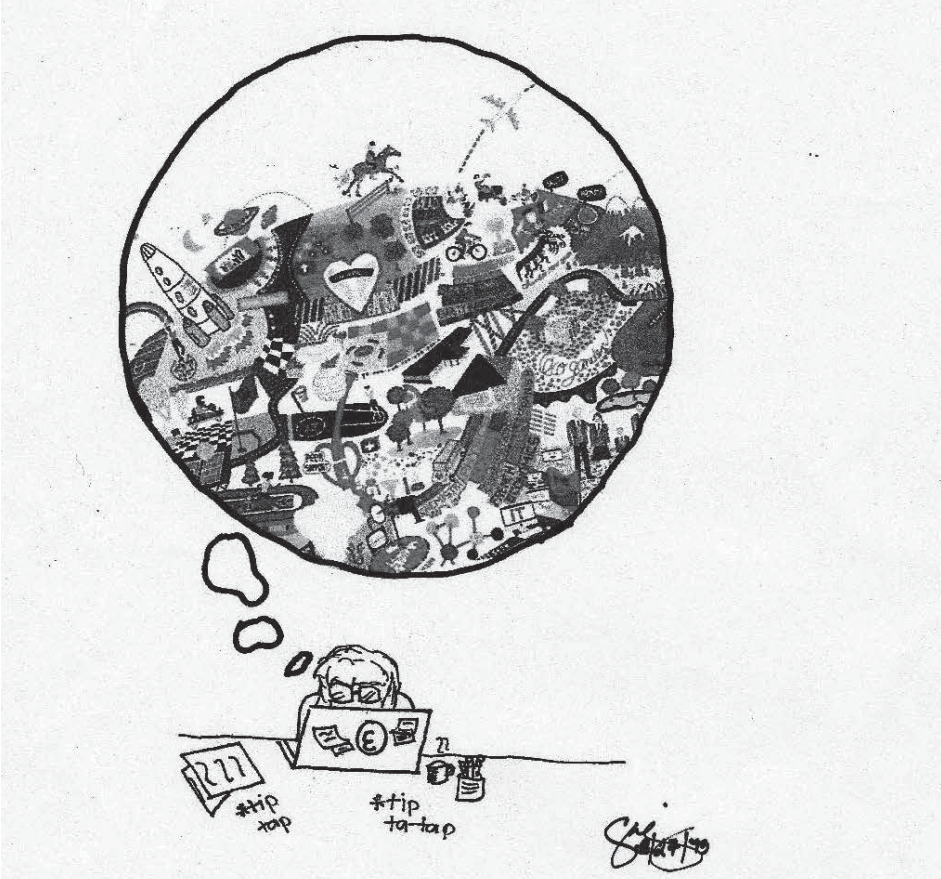


PJMA Competition



Athomic 2013





A ROUND OF APPLAUSE

Give yourself a round of applause
 A round of applause for every little thing you've done
 An applause that will make yourself feel as if everything was at its best
 An applause that recognizes your talents and achievements
 An applause that will cheer you on
 An applause that will tell you you're the best
 An applause that's only meant for you
 An applause with full of spirit
 An applause that means a million emotions for you
 A round of applause that tells you it's over
 But this applause means that more great things are coming to you

By Abigail Aquitania
 First Year Computer Science

Red Cross 2nd Million Volunteer Run

by Sam Maliksi & Vonfred A. Aliño



Volunteer runners came together as one on February 10 for the Philippine Red Cross' 2nd Million Volunteer Run. The goal of the event was to generate awareness of volunteerism as means of saving lives.

There were many participants from around Manila joining the run. Also present were the members of the Rotaract Club, volunteer students and management staff of Southville Foreign University who joined the main run that started from the Aliw Theater in Pasay City finished at the Quirino Grandstand in Manila.

The run solely focused on Red Cross' favorite word, a word that could mean a lot to so many, to those who are in danger, to those who are in need,

even to those who are just plain normal. The run aimed to demonstrate that the Philippines lead in championing the spirit of VOLUNTEERISM as a means of saving lives. Volunteerism, an act to lend ones will to help others, and not to benefit or have selfish desires from it but solely for the benefit to those who need it.

A volunteer/participant of the run, Yuji Whiting said "It's self-fulfilling that I a normal person can do something that others can benefit on. It's like baking a pie but instead of eating it I give it to someone who needs it". He emphasized on how much of a wonderful time he had and how self-proving of him that he was able to run 5km and all for volunteerism.

I myself had such a great time during on the run. The run itself was an act of volunteerism. To run 5km of road was so exhausting and strenuous but we never gave up even up to the verge of breaking we pressed on. Not for ourselves but for the benefit of others.

Very self-enlightening indeed, but remember guys Volunteerism does not only fall in tasks of the Red Cross but can fall even in our everyday lives. Whether it's opening the door or doing a hard task in a group project, there is always a way we can volunteer ourselves for others.

Christmas Gifts for SOS Children's Villages

by Celemyrrh Allera

It was the start of Christmas season and our Rotaract members were planning for a good activity for December. Fun runs, feeding program, tree planting, and tons of fun activities where in our minds. But after realizing that we only had a few weeks to prepare for it, we just decided to focus on giving donations for the SOS Children's village.

During our term break, we had a chance to prepare for the donations for them. We even made the Southville Foreign University's staff, faculty and students to sign and give dedications for the SOS Children's village. It was great because a lot of them gave their wishes and messages for the kids. After almost filling up the whole big greeting card, it was the time when we went out to look for good gifts to give them.

It was four days before Christmas when we started wrapping up the gifts; some of it were donations from the students, and members of the faculty. While it took an entire

day for the volunteers to wrap all the gifts, it was all worth it!

One of our members (Nerry), lent us his ride so we can bring our gifts for the kids. The SOS Village was a big and homey place, it was really perfect for the kids who needs a home.

Sadly, not all of the kids where there, they all went to the other SOS Children's village in Lipa city, Batangas for their Christmas party. We were told that we could just leave the gifts for them in the office. After giving the gifts we all went home with a smile knowing that we made the kids happy, not just because of the gifts that they have received but the feeling that someone remembered to share their blessings to them.

This project was made possible by the collective effort of SFU's faculty, staff and students! We all wish that we can help more, share more of our blessings and give happiness and hope to other people who are in need.

Condura Skyway Marathon: Run for the Mangroves.

By Princess Sarah Tua



Condura Skyway Marathon: Run for the Mangroves

The SFU Rotaract Members and some of their volunteers ran on the Skyway on February 03,2013. Distances

varied from 3.8km to 10km. It's the second time for the SFU Rotaract Club to organize and take part in this Condura Skyway Marathon 2013 run for the mangroves. For every runner, three mangroves are planted, so that means, we helped them to plant a lot of trees! While the advocacy promotes clean air and saving the environment, the participants (Robee Sunga, Princess Tua, Donovan Gervacio and Mr. James Schneider) also had a lot of fun running on the Skyway together!

Life Run for the Benefit of Carlos B. Morales

Joseph Morales, the coach of the SFU Basketball team, is inviting us to join his event of Life Run for the benefit of Carlos B. Morales Cancer Treatment. They will be having a 3k Fun Run for Cancer Awareness and treatment; which will be held on the 12th of January at the Alabang Hills Clubhouse.

Registration fee is only
Php 500.00 per

runner. All proceeds will go into research and treatment against colon and liver cancer, specifically for his dad Carlos B. Morales and partially to the Philippine cancer society. The SFU Rotaract Club members and volunteers joined this run, the first run for the school year 2013-2012, mounted to raise funds for the benefit of Carlos B. Morales (father of Joseph Morales) Cancer treatment.

Those who joined the activity were: Princess Tua, Matthew Henares and Mr. James Schneider.



Rotaractors Reminisces Childhood Days with SOS Kids

by Ellice Biel E. Adornado

The SFU Rotaractors seemed to have travelled in a time machine as they went back to their childhood memories with the SOS Children's Villages kids in the Carousel Court, Second floor of Festival Mall last October 13, 2012. This event ("Moments") is a part of SOS Children's Villages campaign in the celebration of the Children's month.

The venue was filled with childhood stories, which apparently had come into life once again. For a whole day, our Rotaractors joined in different activities like the Giant Puzzle Building, Photo booth, Games, and Mini Bazaar. There was also the interactive wall where wishes and messages to the kids were expressed.

As a part of the event closing, the charming children of SOS have shown their talents with their special performance as they let their

audience hear their angelic voices. It was evident that the kids have captured the hearts of the people in the venue especially when they gave them flowers.

This was a very meaningful and memorable activity for the Rotaractors since they were given an opportunity to go back and somehow experience the child life again; and at the same time to share their love with the kids. In return, a much more satisfied sense of belongingness was what the children felt.

SOS Children's Villages has been in a tight relationship with SFU Rotaract for over a year. It is an international non-government child welfare organization providing orphaned, abandoned, and neglected children all the basic necessities they need, and a long-term unconditional care.

Ateneo Futsal Open: SFU FC in the Field Again

by Ellice Biel Adornado

Southville Foreign University Men's Futsal Club (SFU FC) continues to be active as they competed in the recently concluded Ateneo Futsal Open held in the Ateneo de Manila University last February 17, 2013.

The Men's division was composed of 16 teams which were further divided into two brackets with 8 teams each. Each of the teams had the chance to play against all the other teams within the bracket.

Our very own SFU FC was separated

into two teams namely SFU A and SFU B and each belonged to one of the brackets. The first team was composed of John Taylor, Christian Darrow, Yuta Oguro, Michael Peuker, Daniel Carlos, YongUk Lee, Shota Oguro, Jung Jong Hwa, and Junhee Park; while the second team comprised Jovy Augustiño Cabral, Paul Taylor, Jayson Nguyen, Chris Godinez, Celemyrrh Allera, Francis Gerodias, and their coach Jar Baun.

SFU A's great challenge of facing a lot of competitive teams such

as Enderun FC and Sikad FC did not hinder them to lead in the bracket and to almost make it into the finals. SFU B, on the other hand, as well went against some of leading futsal teams like teams from Ateneo and some non-school based futsal teams.

The Ateneo Futsal Open not only made the team to strive in the tournaments to come, but also developed their bond as the academic year is about to end; and the turning over of captain and co-captain positions draws closer.



SFU FC Racks Up the Gold in the Mitre Futsal Cup

by Ellice Biel Adornado

The Men's SFU Futsal Club (SFU FC) made a benchmark as they bagged the crown in the Mitre Futsal Cup 2012 in the Toby's Arena Gym, Pasig City last December 15, 2012.

Seven competitive teams in the football field participated in the tournament and some of them are the Tigers FC, Lions FC, and Ateneo FC. SFU FC underwent three stages before they captured the throne:

First Round

SFU FC vs Tigers FC 2-1
 SFU FC vs Lions FC 6-1
 SFU FC vs Tigers FC 3-0
 SFU FC vs Lions FC 3-1

Semi-finals

SFU FC vs Ateneo 4-1

Finals

SFU vs Lions FC 2-1

In the end, SFU's Daniel Carlos was hailed as the MVP. The victory of SFU FC Men was not really anticipated because they were not able to train three weeks before the said tournament.

Mitre Futsal Cup was sponsored and organised by Toby Sports, the country's leading sports retail company in cooperation with MITRE, a British international sportswear and equipment supplier; while supported by Gatorade and Ketoconazole Nizoral Cream, and its media partners One Sports magazine, Business Mirror and Malaya-Business Insight.



SFU Volleyball Capts Toss the Ball For a New Set

by Resalyn Cae Nicolas

The SFU volleyball team recently welcomed their new captains and co-captains before the month of January ended. The past captains and co-captains of the men's and women's team, Fhred Batalona, Jerry Fortuny, Kei Serrano, and Budi Santos, have passed their duties and obligations to the first year students. The newly appointed captain and co-captain of the men's team are Carlo Puyod and Yuji Whiting respectively; while the women's team are now led by captain Jewilyn Magaoay and co-captain Kadhe She Batalona. The new leaders were chosen through the voting system designed by the team's head coach, Coach Paulino, with the participation of the former captains and co-captains.

Captain Jewilyn said that being trusted

with the position is a new achievement for her but is at the same time accompanied by new challenges. The reason why she thinks the team voted for her to be the new captain is because of her dedication and passion towards playing volleyball. Her plans for the women's volleyball team is to expose and enhance their skills through tune up games with other schools.

Surprised and happiness were what Captain Carlo felt when he first found out that he was selected as the new the new captain of the men's volleyball. He thinks that the advantage that he had for him to be chosen as the new captain is the experience of being a leader of their high school volleyball varsity team for two years. For him, this new

accomplishment means bigger and more challenging harder responsibilities since college volleyball has a different sports level as compared to that of the high school sports times. He is planning to have a talk with the De La Salle University's head of Health Science so they can have a tune up game with them. Aside from this, he is intending to have friendly games with other schools as well in order to help them build the experience of the team and their camaraderie towards their fellow dedicated volleyball players. He is also aiming to win the first gold for the SFU men's volleyball.

At the present, there are no upcoming events or tournaments for the SFU volleyball team since the summer vacation is on the way.