

AUTHORS

ARCHITECTS

GAMERS

TRAINERS

PRESSTARTERS

PRESSSTART

BUILDING A GLOBAL COMMUNITY

OF LIFE GAME CHANGERS



Cathy

ROQUE

“ We can be whoever and whatever we want to be as long as we are determined and that we try.

TABLE OF CONTENTS

About PressStart Founders	01
Message to PressStarters	02
Charles V. Tomeldan	03
• A Lesson I will Never Forget	
Maria Leonor R. Maulion	06
• Almost 40	
Juree Joshua S. Prieto	09
• <i>Graphic/Layout Artist</i>	
Rosa Maria	10
• Short Story	
Jazira M. Ismael	12
• Coping Up In This Trying Time	
Joy Batoyog Bandas	15
• ANDAP NG TANGLAW	
Ann Gillera	16
• Waiting...	

Imelda Caravaca Ferrer	17
• When I Die..	
• I Remember	
Christine Nuñezza	19
• Faith	
Jermaine Jamison D. Dy	20
• With A Blink Of An Eye	
Cyrielle Claire Zamora	22
• "Easy Going Person"	
Angelica Beatrix R. Marquez	23
• Who I am in life...	
• What Life Means To Me	
Alexandrae Cabaloza	26
• Trusting	
Jorgie J Cerigal	27
• Be Obsessed With Your Own Potential	
Allyssa S. Mendoza	28
• The Perfect Ingredient : Mischievousness	
Kaye T. Gansatao	30

Kendal Glenn Rellosa	31
• My Day to Day	
Leah Lee Talania	31
• A Mother That Full Of Love	
Allyson Cate Vizmanos	32
• I am Who I am	
Reynelyn Acosta	33
• About Teenagers..	
Esha Mae V. Patricio	34
• Be at Goal	
Johnmarc Serrano	35
• Nostalgia Childhood	
Ana Maria Teresa Penes	36
• My Biography	
Mara F. Macagaling	37
• "Depresyon sa Panahong ng Pandemic"	
Wenzy Rose B. Gequillo	39
• "DINGGIN NINYO ANG HILING KO"	

Ma. Trixia D. Bumanglag	40
• "US"	
Jolina T. Oxina	42
• "FOREVER"	
Haezel Ann G. Hill	45
• Conquer Shyness (Essay)	
• Define Happiness (Poem)	
Jowelyn Aquino	47
• Life is a Gift	
• Bright	
Erica V. Decandido	48
• "UTOPIA"	
Leslie Guimare	50
• COMMITMENT	
Meracel B. Orcullo	53
• Selfishness	
• May your dream come true	
Ella Mae A. Magoliman	54
• For my Idol (Jeon Jung kook)	
(Poem)	

Contribution Of PressStarters	57
Poems	
Author in Focus	59
Cathy Roque	
Our Services	62
Architecture & Construction	
Training & Workshop	
Individual Coaching / Group Learning Session	69
List of Programs	70

PressStart Founders

ARCHITECT RALPH LEANDRO B. RUIZ
Chairman and CEO of PressStart Studio



With his passion and commitment to delivering projects, Architect Ralph Ruiz believes in purpose-driven architecture with the right dose of creativity. Innovative and resourceful, our PressStart Studio Founder aims to exceed the expectations of his clients with his hands-on involvement and ability to bring ideas to life.

With over a decade of extensive experience in the conceptualization, planning, and design, rendering, and creation of 3D models, Arch. Ralph brings with him architectural expertise from his stint in Casas Architects, Robinsons Land Corporation, Arconic under RII Builders, and Noche Architects. His strong portfolio included involvement in high-profile mixed-use residential and commercial spaces.

Architect Ralph Leandro Ruiz earned his BS Architecture degree from the University of Santo Tomas Manila and passed the Licensure Exams in 2012. He is currently taking up a Master's Degree in Architecture from the same university.

PressStart Founders

AUTHOR ELAINE ROANNE F. RUIZ

Co-Founder and COO of PressStart Studio



Elaine's mission is to help people achieve their goals and dreams. Elaine is a writer, certified trainer, professional teacher, and lifelong learner. She facilitates creative training programs, writing workshops, and personal development sessions.

Elaine started her career in the country's largest educational publishing company. She later gained experience as a hospitality, fashion retail, and corporate trainer from world-renowned top global brands. She has successfully trained and spoken to thousands around the Philippines and abroad.

With a decade of strong experience in the field of learning and development, Elaine graduated Cum Laude with a double degree in social sciences and education from the University of Santo Tomas Manila. She took units of Masters in International Studies from De La Salle University. She passed the Licensure Exams for Teachers in 2010.

Passionate in writing, languages, travel, and talent development, Elaine is the author of the self-help book, *Press Start: Play Guide for Life Game Changers*. Her second book is a collection of poetry entitled *Pressing On*.

MESSAGE TO PRESSSTARTERS

2021 breezed through like a blink of an eye. Days may have seemed ridiculously long, yet the year was short and was gone in a flash. It has been challenging and exhausting --- physically, mentally, emotionally.

But hey, tap yourself at the back. You've come this far. You've made it through the strongest storms and terrifying trials. It may not be the most comfortable year, but you are still here.

Amidst the uncertainties, one thing remains to be certain and true. It's here are many things to be grateful for in this life. We have been blessed beyond measure and imagination. One of the greatest blessings we have received is YOU. Your amazing support has allowed us to pull through and press on, no matter how daunting the circumstances are. You have inspired us to go beyond our limits and get creative in finding solutions in helping you achieve your goals and dreams.

We may have achieved or missed some of our targets. We may have ticked off or added things on our bucket lists. We may have tread on a path we chose or made a detour. Wherever you are while you are reading this, we are glad that our paths cross no matter how brief the encounter may be. You are not reading this by accident. You are meant to create bigger and more audacious goals. You are allowed to have different dreams. You can change and make a change in this world.

In this 3rd edition of PressStart e-magazine, we have compiled inspiring stories, essays, and poetries written by our incredible PressStarters. We are also featuring our Author in Focus, Cathy Roque, who launched her first book, *You Can Grow in 2021*. May these stories inspire you to craft your own amazing journey.

We can't wait to see where the next year will take us together. Thank you for your continuous support and trust. We will continue to create better programs and offer upgraded services because you deserve only the best.

It's time to #PressStart and #LevelUp this 2022 and beyond! Cheers!

Much Love,
Coach Elaine and Architect Ralph
Life Game Changers



Charles V. Tomeldan

The Kaya Natin! Champions: Inspiring Stories of Good Governance and Leadership in the Philippines (Volume 1), written along with other authors, was his first book. His second book, RUAKH Devotionals 2021: Daily Gospel Reflections for Early Risers (Volume 1), was also written by other writers. Currently, he ghostwrites a book and works on his first novella.

He is also a Certified Life Skills and Self Discovery Coach and a Certified Lean Six Sigma Yellow Belt.

An artist at heart, he considers his most precious memories as among the greatest treasures he keeps.

Charles is a bachelor to this day. He lives under the skies of Quezon City.

Charles is a writer by profession. He penned articles for Writers.PH and two I.T. lifestyle magazines, PC Shopper, and PC Direct. He also worked as a Freelance Writer (Professional Writing Team) on Writers PH.

Need to Boost Your Self-Worth?

There are times when you feel down or when your self-worth reaches rock bottom. But there are times as well when your feelings of self-importance soar as high as the sky.

Why do these happen?

Your self-worth or self-esteem plunges when you think of failures that you've encountered, or when you take offensive comments personally.

On the other hand, your self-worth increases when you believe in and love yourself. It's self-worth that is boosted from within (internal).

Your self-worth also expands when you get appreciation from others. It's a type of self-worth that is enhanced from the outside (external).

What is self-worth?

In the field of psychology, the word "self-worth" refers to a person's general feeling of significance and value. It does you good when you experience a healthy balance of both internally and externally boosted self-esteem.

High self-worth

When you have high self-worth, you feel satisfied, contented, confident, serene, and happy. You also feel totally good about yourself and you begin to love yourself more.

You realize your strengths and gifts; you feel proud of your achievements. You proudly express your feelings, you become less critical of yourself and the people around you.

Self-respect, self-acceptance, and self-admiration become your foundations.

Low self-worth

There are moments, though, when your self-esteem decreases.

This happens when unpleasant past experiences come flooding back, or when you remember remarks that offended you.

Ask yourself, “What events did I experience and what messages did I get in the past?”

These past experiences and remarks may have been the reasons why you became critical of yourself. They might have caused you to believe that you’re not good enough for others, or you’re not as good as your brothers, sisters, classmates, and friends. Or you’re a good-for-nothing being.

Maybe you’ve been told that to love yourself is an obsession. Think of it this way: if you don’t love or care for yourself, no one will. You’ll make it hard for others to love or care for you, too.

How to boost your self-esteem

1. Love yourself. Embrace the beauty and glory of the real you. Remember that you possess good qualities. List them down—your unique strengths, talents, skills, and abilities. Ask your friends to help you with this. You’ll be surprised at what they’re going to tell you.

2. Keep a self-worth journal. Every day, for at least 5 or 10 minutes, list down any praises or compliments that you got from others. Write down any goals that you accomplished, however small.

Go back to the good qualities that you listed. Read them out loud to remind yourself that you have these nice qualities. Jot down how you showed these qualities to yourself and others.

3. Eliminate limiting beliefs. Identify any self-limiting beliefs that you may have drilled in your subconscious mind. [I’m a loser. I’m useless. I’m a bum.] Get rid of them. If necessary, ask help from someone who’s an expert on this.

If you lack self-worth from the inside, you fail to accept and acknowledge compliments, appreciation, and praises from other people.

On the other hand, if you don’t get a healthy dose of externally boosted self-worth from others (this may happen if you live in a hostile environment or if you’re in solitude), your self-worth plummets. You begin to harbor feelings of self-doubt and self-pity.

To raise your self-worth, you need to have a balanced dose of self-esteem that comes from within, yourself and from the appreciation of others.



Almost 40 is written by Maria Leonor R. Maulion. She has been writing stories since elementary school and was a student journalist in college. She hopes to publish her debut novel before she hits the age of forty.

Maria Leonor R. Maulion

ALMOST 40

I used to think I would not reach the age of 27. I have experienced the cold reality of failures at an early age, not being born the eldest, the prettiest, or the smartest among my siblings. With so many rejections at the onset of my life, I wished to have died at 27. Because then, I would have had experienced the whole world, and there would be no need for me to be around anymore.

Somebody said that the stamps (or countries) on your passport should be the same number as your age. I am 38 years old now, and I have visited only a single country, Kuwait (when I was five, my mom, sisters, and I went there to visit my OFW father). On the bright side, I suppose I have only 37 countries left.

I am near the autumn of my life and yet there are so many things I have not been able to do. The only thing I have to show for all my years of existence is my education. And that in itself is one of the things I regret. I took up a course that was convenient at the time, and now I am experiencing the effect of my lazy college days.

The course I chose had a scant of employment opportunities. My only strong skill is communication, so I ended up in the business process outsourcing (BPO) industry.

Two call centers and three years later, I stopped working. To augment my poor choice of a college course, I went to law school. And while I was there, the real world was far away. I didn't have to worry about rent and bills. I get a monthly allowance and I didn't have to work the night shift anymore. All I had to do was to study. But studying was not enough. I failed three subjects in my third year. I had to make up for it by enrolling in the summer. I was able to graduate on time but I have not passed the bar exams, not even on my fourth attempt.

In between reviewing for the exams that I failed, I would find work but I never held onto the jobs for too long. I would quit when the results come out so I can review again, then work again after the exam. The cycle goes on. I added my years of working and they only amounted to about six years.

Now, I am unemployed. I am broke. I am dependent on my family about everything this time. I don't have savings, let alone insurance, or investments like a house or a car, things that people at my age already have or had in their late twenties. Even giving back to my parents, like paying bills at home or buying them a fancy gift for their birthdays, I am unable to do so.

Don't get me wrong. It's not about the material gain itself, but rather the achievements. It's not the cushy life that I am dreaming of, but the validation that your life was worth something.

I am not vain and I do not regret aging, but I do feel frustrated that I lack in milestones that others have reached. Others in the rat race dream of climbing the corporate ladder, or being the next big entrepreneur. I do wish to be either of the two to be able to return the help I received from my relatives and other people in my community.

In an ideal world, a Filipina who is almost forty years old would be married with kids, and may or may not have gainful employment. I am not the marrying type and I have no plans to have children, and yet I have no profitable work. Sometimes the green-eyed monster beckons because it seems that all my peers are stable and successful already compared to me. To stop this wretched feeling, I unfollowed all my friends on Facebook, preferring to see inspirational quotes and pictures of cats and dogs on my timeline.

Oh! I had such big dreams. But my life was meaningless. I wandered about in life, always struggling to figure things out. And when I finally figured it out, the rules of the game had changed. I keep failing. I keep being out of time.

I won't excuse my failures with the lack of resources that other people have. It's true that my family doesn't have money or connections. All I had was potential. The potential that I didn't put to good use. It would have been a start, but I was a coward who didn't even sign herself up for the race, so how could I even win?

I am tired of not winning. So, I am now joining the competition not with others, but with myself, in particular, my past self. I wish to be better. I wish to improve.

I will no longer fear failure, after all, it has been my long-time companion, and I have gotten used to its proximity. But instead of making it my enemy, I will make it my friend. With every failure, I learn and will learn.

I am now making time for my mentor. And the time with my mentor has taught me a lot in the past years even if I have taken it for granted. I used to struggle with making my time last, the fact is, it never will, and I know that now. All I can do is to make use of it effectively.

I used to regret every single wrong decision that I have made. I even daydream about alternate universes in my head, where I made the best choices in life. Now, I understand how my choices and how I have taken accountability for the consequences of these choices have shaped me to be who I am.

I may be almost forty and without much accomplishment in other people's eyes, but I have learned to be a strong person throughout all my minor and epic failures.

I am still trying. I am still here, and that is all that matters.



An eighteen-year-old island boy living his life and spreading his wings in the province of Oriental Mindoro, Juree Prieto born in 2003, has been honing his skills in graphic/layout design for the past several years. He is currently a media arts student of Eugenio Lopez Jr. Center for Media Arts Senior High School. Being an art enthusiast interested in Graphic Design, Page and Layout Design, Traditional, and Digital Art, he believes that pursuing his career in the arts industry will make him successful.

Juree Joshua S. Prieto

Graphic/Lay-out Artist

Grade 12 - Eugenio Lopez Jr. Center for Media Arts Senior High School

In his junior high school years, he garnered different awards in journalism as the lay-out artist of his group in the Collaborative Writing and Desktop Publishing at the division, regional, and national levels. He was awarded as the Best Lay-out Artist both in the division and regional stages. With his hard work and determination, he won fourth place in the Collaborative Writing and Desktop Publishing at the national level with his passionate teammates.

To earn money and improve skills in this field, he opened a commission and made a Facebook page named Oeuvre. Ph. Offering services like Social Media Posters, Infographics, Brochures, Publication materials, etc.

He always dreams about the life of being a fashion designer and famous interior designer in the Philippines and since everyone can dream high, a successful fashion designer and interior designer based in New York City.

Gaining the opportunity to further develop his skills in PressStart Studio by being one of its interns, Juree wishes to prove himself more and attain his dreams in the field.



Contact Details:

Facebook: Juree Prieto

Graphic/Lay-out Design Commission Facebook

Page: Oeuvre.ph

Twitter: @jureejoshua__

Instagram: @jureeprieto_



Rosa Maria

Rosa Maria published her first romance novel under Precious Pages Corporation last 2015. A year later, she was diagnosed with Seronegative Degenerative Rheumatoid Arthritis. Lease Supervisor by day, writer or student by night, she once again tries to get back into her first love: writing. A native of Laguna, she loves to read books, eat sweets, spoils her two half-Labrador dogs, attends free writing seminars, and fangirls over her favorite Japanese and Korean idols especially the GazettE, SHINee, and Kalafina.

'SHORT STORY'

When life becomes difficult, I always face them with as much positivity that I have. I never complain to God because He does not give you something that you can't handle. And over the years, I believe in this.

That is until I was diagnosed with Seronegative Degenerative Rheumatoid Arthritis.

Rheumatoid Arthritis causes immeasurable pain to the patient. I'm not just talking about the muscle and joint pains. RA will slowly destroy you: physically, mentally, emotionally, and later, it will also tear you down spiritually.

In the beginning, I tried facing this just like how I used to. But as everything started to get worst, so does my mood and views. I screamed at my nieces and nephews for something as minimal as opening a bottle. I got irritated at almost everything and everyone. And later on, I turned to God - in the most horrible way. For the first time in my entire existence, I shouted and cursed God. I ask Him multiple whys - Why me? Why this kind of sickness? Why this kind of fate? As I slowly lose my faith in both life and God, I close myself to anything and everything. I don't care anymore. Why would I if I know that it is already a lost cause?

One day after my appointment with my Rheumatologist, I was sitting outside and waiting for my mother to finish whatever her business with my doctor when I suddenly heard that voice.

“Are you okay, ate?”

A girl with a sweet smile greeted me when I turned to my right. I was about to ignore her when I heard her speak again.

“Does your hands hurt? I have some ointment with me here.”

My mood turns sour in an instant. Despite the pain, I unconsciously clench both my fists to control my upcoming wrath. I open my mouth to scream my irritation out when I noticed something.

The girl beside me sitting in a wheelchair, with her knees exposed to everyone who passes us; Knees that were bent and deformed in an eerily familiar way.

“Here it is! You can use—” My eyes immediately flew up to the girl’s face once I heard her speak again. When my eyes met hers, I was taken aback by the emotion that was present there. For I know by heart what that is.

“It’s ugly, isn’t it?” the girl said in a low voice; her smile already missing on her lips. “It started when I was thirteen. The toe on my right foot got swollen a day before my ballet recital. Now, it has reached my knees.”

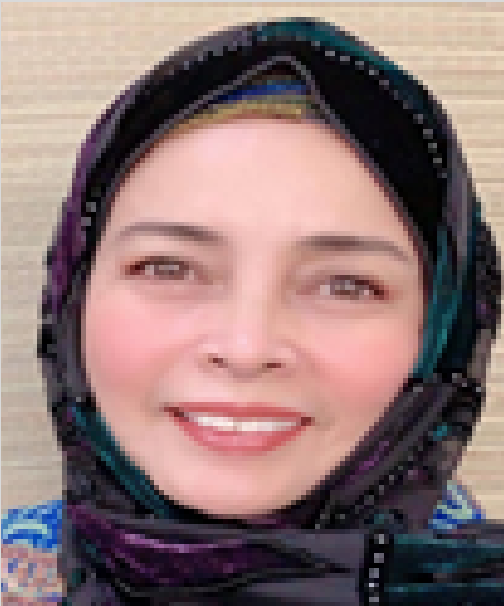
“Don’t you hate it?” I heard myself asking her. “Being sick?”

“At first, I hated it because I didn’t understand why it’s happening to me. But you know what? My mom said that everything happens for a reason. And that no matter what happens, always put your faith in God. And I always did. When I’m in pain, I pray. When I feel sad, I talk to Him. And everything gets better. It always works.” She smiled at me afterward. A smile is so wide that you will actually have second thoughts if she’s really in pain.

Her words slapped me back to reality. For months, I am acting like a privileged brat. Cursing God for what he did to me, not knowing that someone much younger than me suffers from the same illness yet still holds onto Him. Tears gather in my eyes as I feel ashamed for everything that I did, for all that I’ve felt.

“Do you also believed in God, ate?”

For the first time in months, I smile. “Yes, I do.”



Jazira M. Ismael is a poet, writer, photo enthusiast, and aspiring novelist. Her passion for fiction writing includes genres like romance, fantasy, and mystery. She is also into feature writing and has contributed some of her works to various social media platforms. Her YouTube Channel about writings with poetic touch is a work in progress and so does the publication of her book entitled Monorhymes Poetry. She uses Jazira Mi or Jazz Dwrighter as her pseudonym.

Jazira M. Ismael

COPING IN THESE TRYING TIMES

Battling tough times during this pandemic has been difficult. The worst part, some commercial establishments, and other companies/businesses have shut down resulting in unemployment. Too many got afflicted with the air-borne virus and even caused the lives of thousands. Yet, scary and worrisome as it is, we have to combat the ordeal and face life in this changing reality. The bottom is, we are dealing with uncertainties.

Here are some insights into how Filipinos are coping up with the trials the world is facing.



Omar M. Amin, Jr.
Juris Doctor, Volunteer, State Law Library
Honolulu, HI96822

"I frequently stay home. I make sure that I leave home only when necessary such as securing basic personal provisions and attending doctor's appointments. I follow the rule of Six (6) Feet Social Distancing in public places. I always wear my mask. I made certain that I strictly observe complete sanitation and hygiene at all times.

Above all things, I pray a lot to protect me from contracting Covid-19 infection to keep me, my family, friends, and relatives safe and healthy always. *Alhamdulillah*, I have completed my full vaccine. However, it is not wise to lower my guard now. Covid-19 and other new variants are still rapidly infecting people all around the world."



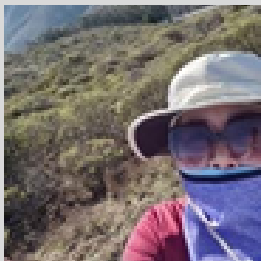
Bash Ajihil
Ph.D.,VP for Academic Affairs (ret.)
Universidad de Zamboanga
Zamboanga City

"I need to keep myself physically and mentally healthy. Being a Senior Citizen requires well-balanced care and attention. Brisk walking every morning in our subdivision somehow revitalizes and strengthens my immune system with the regular intake of my prescriptive medicine for my co-morbidities. Going out for whatever purpose is limited and, if ever, the health protocols are always observed. Baby-sitting my grandchildren provide fulfillment and contentment which contribute to my mental health during this time. This pandemic is hard to come by. It transforms practically everything. It is like living a new life the unusual way but we need to, otherwise, we risk being infected by the virus."



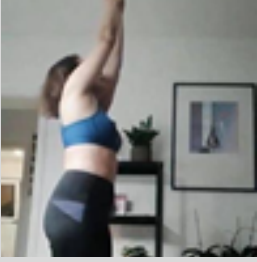
Nenette N. I. Arzaga
RN, JD, Manager, PAIDEIA
Brooke's Point, Palawan

"The entire human race was shocked by the emergence of the pandemic. Everyone was caught unaware during the lockdown. As a nurse-caregiver, I took care of my elderly uncles and showered them with all the love and attention that I could give until the very end. I also manage our farm as my other siblings, who are also nurses, are in the metropolis taking care of my beloved Mom. To maintain my mental health, I became a plant-tita lover and undertook propagation activity like bonsai planting, marcotting, and the like sponsored by TESDA."



M.B.Tan
Entrepreneur
San Francisco, USA

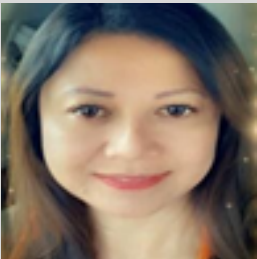
"Coping up with the Pandemic? I do regular workouts then take long walks and hiking in order to enjoy and commune with nature. I also love watching funny movies to keep me entertained. I cook and bake with my husband and 2 kids and we have started gardening in our backyard."



Maria Christina C.
RN, Nordrhein
Westfalia, Germany

"I stayed at home with my husband during the lockdown. I just go out only if it is necessary to buy prime commodities needed. I do yoga exercise to stabilize my mental health and keep me in shape physically and mentally. I do take care of my indoor plants as it gives me a relaxing mood when I feel crashing down the drain.

Now that I can go out and work, I spare some time walking around parks and strictly follow health protocols as the virus is now airborne."



L.A.Silvano
Employee
Palm Springs, California USA

"The coronavirus news is scary. It is shocking to hear that the virus can cause death and innocent victims are cremated outright. To maintain good health, physically, mentally, and spiritually, I decided to enroll in an "out of the box" course like construction. I also listen to bible verses in a Catholic radio program. Then later, when they opened public facilities including tennis court, I hit the ball so hard as if the sphere is the coronavirus."



Sherina Ismael
Chef/Baker/Barista
Quezon City

"It wasn't that easy to be caught by a lockdown in a city away from my children for 359 days. I hopped from one place to the other until I found a boarding house to stay. But, instead of letting me pay a monthly rental, I was given the task to cook for 3 families to include other borders. Receiving good feedback on what I cooked inspired me to start online selling and I got 15 regular customers ordering food for an MWF schedule. However, cooking in a kitchen not your own was a bit difficult. Food orders were increasing so I decided to find myself another place to stay. This time, my baking skills were in use. I now have a little catering business. I started to have resellers of my pastries while pre-orders were pouring in. It made me realize that I am still capable of earning a living after a shift of my profession from a teacher to a cook and a baker."



Joy Batoyog Bandas, naipanganak noong Ika-16 ng Hunyo 2002 at kasalukuyang nakatira sa Baguio City. Isang estudyanteng nag-aaral sa Unibersidad at kumukuha ng kursong Arkitektura, at ngayon ay nasa Ikalawang taon na.

Joy Batoyog Bandas

Nag-aaral man siya, ngunit hindi maikakaila na gusto niyang tumahak ng iba pang daan kung saan pinili niya at sinubukang pasukin ang pagsusulat. Ito'y kaniyang sinimulan noong taong 2017 ngunit ito rin ay natigil sa personal na dahilan, at makalipas ng dalawang taon, muli niyang binuhay ang kaniyang hilig sa larangang ito at ipinagpatuloy na magsanay, hanggang sa boluntaryong kinuha ang oportunidad at sumali ito sa "Penmasters League Free Workshop". Kasalukuyan siyang nagsusulat sa isang publikong Facebook account gamit ang Speak Speare bilang kaniyang panulat na pangalan, at nagbabalak na subukin ding pasukin at ilathala ang tinatapos na unang libro sa iba't-ibang plataporma gaya ng Wattpad, Dreame, at iba pa, sa mga sumusunod na taon. Kinokonsidera niyang marami pa siyang dapat na aralin bago niya makamit ang tunay na tagumpay, at naniniwala siya sa kasabihang, "Ang maliliit na bagay ang siyang may malaking halaga".

ANDAP NG TANGLAW

Isinulat ni: Bandas, Joy B. (Speak Speare)

Maluwat na pag-usbong ng kandila, patuloy sa pagtunga ng bula mula sa bibig na hindi mapahid-pahid kung ang mga salitang dala ay dalisay ba. Nilayo ang sinding kulisap sa lugar ng maharlika, itinapon sa karimlan at inalipin ng mga aranya, binilog sa mahahabang dila ng mga kabatsoy na tila ba isang laro hanggang sa halos mahulog ito sa huling-buhay doon sa apoy.

"Ilalapit kita sa lugar ng iyong ina, ihandog mo lamang ang iyong pagkadonselya."

"Alab ng iyong bombilya, tila ba ito'y napapasama at umaagpang suya. Halika't daluhan natin ang iyong tangis doon sa hangga ng gasera."

"Ang iyong kulay ay salimuot, masdan mo nga, ang aking pakpak na yumayabong ang mga pinta. Ikaw nga ay alitaptap ngunit humahalimuyak na ang iyong pagtuyot."

Mula sa sanga ng mga tuya at kabuktutan,
tumanan sa malayong lilim ng mga trigo at
dininig ang sariling hapis na tumutungo sa
pusong Ama ng laya. Bigkis ang sulasok na
rimarim at alipusta, sinundang daan at
hinanap ang hustistya.

Sa simula ay lupain niya ang nyebe, yakap
ang mga estrelya, at tanaw ang karilagan,
ngunit sa huli ang inyong mga hamak, ang
siyang pumuksa.

Yamang ang sobra ay may sukli, ang pag-ibig
ay umaani ng pag-ibig, at ang tagumpay ay
humahagkan ng giliw, ngunit kung tayo'y
pinatay, hindi ba, nanais din tayo ng ganti?

Pulutong at pisan ng mga imbing huwes na
animo'y tuwid, ngunit ang amoy ng kanilang
takip-tamis ay umaalahaw namang parang
asong galgal.

Lumabas ang pula at tala, namulat at
napugnaw ang kanilang mga mata.
"Sino nga ba siya?!"

Hawak ang ibinigay na tunay na dangal ng
Bathala, bakit pa gagawa ng panibagong
balot sa mukha? Tutupukin man siya ng
kalabuan, dangan ibinulong niya sa hangin,
"El Alto! Ito'y sinimulan at dito wawakasan,
sapagkat narito— at ako ang tanglaw!"
Nawa'y tahimik na ang hikbi ni Ina doon sa
himlayan ng punso.

Ako naman ang tatayo hiram ang mukha
niya upang hukayin ang wasto, at hanapin
ang pag-ibig para sa sarili, dito sa mundo ng
imoral na dugo.



Ann Gillera

WAITING...

Waiting for the sun to shine
So we can go out and dine
I know one day there will be a sign
That we can fin'ly chill and enjoy some
wine!

I must really miss going out
Every single day I feel a scream and shout
All the yummy food at home will cause
me gout
Better that! Than having a blackout

This may seem nonsense
But hey, I feel so intense! :D

When I die...

Imelda Caravaca Ferrer

At the beginning of the year, she has self-published her first book of poetry – ***“The Moment I Knew I’m So Into You”*** and her memoir anytime this year ***“Second Chances for Bipolar Women: Coming Out of the Dark, A Life Under Construction”*** in Amazon.

She’s a proud witch of Gryffindor House in Hogwarts Philippines, and a stan of Taylor Swift. Her other Kweens are Lea Salonga and J.K. Rowling.

She’s into songs, books, movies, theatre, museums, art galleries, journalism, doodling, sunset-gazing, swimming, traveling, coffee, chocolate, and most of all -LIFE.

She rose from the ranks of being a teacher, a former School Paper Adviser, a principal, a published textbook author of SIBS Publishing House, and now Public Schools District Supervisor.

An M.A. Reading graduate of the University of the Philippines, Diliman, she’s also a national trainer of DepEd- the National Educators Academy of the Philippines (NEAP) and Foundation of Upgrading Standards in Education (FUSE).

She is no other than MS. IMELDA CARAVACA FERRER.

I’ve been so busy with work and the writing deadlines that I started sleeping late into the wee hours of the morning.

I no longer find time to really sit down and pray even if I shoot prayers to God throughout the day. Nothing beats starting the day with journaling, reading my prayer books, filling up my ‘Count Your Blessings’ journal, reading my Bible, and praying the rosary.

Because of my late nights, I go straight to work and find myself doing my prayer rituals late at night. But lately, I’ve started my prayer rituals again except praying the rosary.

My July medical laboratory reports say that I have an enlarged heart, reading Mayo Clinic’s articles on cardiomegaly made me realize that I have aggravated my condition by sleeping late, consuming caffeine, having high blood pressure, diabetes, not having any exercise, and having excess weight.

Last Thursday, I was able to have my 2D Echo and ECG lab tests.

The lab technician said, “Sorry, po kung nasasaktan ko kayo.” (Sorry, if I’m hurting you.) It’s because she was applying pressure on my chest area to get an ultrasound of my heart. “Sanay na ang puso kong masaktan,” I kidded her and we both laughed. (My heart is already used to pain.)

Looking at my life, I can see where things are askew. I'm so into cerebral stuff like enrolling in EDX Harvard, CANVAS, and Coursera Courses and the local webinars I attend, but my exercise consists of going to the fridge, bobbing my head, and making some moves to Kween Taylor Swift's music.

This morning, I reached out to Meann Tee to give me a list of food to consume, a veritable diabetic's diet. I ordered GODEX DS capsules for my fatty liver already and will also take my IONIQUE CMD (Concentrated Mineral Drops.) starting tomorrow, November 1. I resisted the urge to buy colored drinks when my son and I went to the groceries. Little changes will bring forth big changes.

Our tomorrows are not guaranteed. Not satisfied with just that, I also planned the songs that will play during my wake. It's a combination of classical, Broadway, pop, and religious songs. It's never too early or too late to think about our impending death. As I was going through the list of the classical songs, I exclaimed, "Ano ba yan, parang sa patay talaga!" (Oh, boy, it's really for the dead!) That comment of mine elicited peals of laughter from me and my daughter-in-law.

This list is yet to be finished. Just like my life and yours. As long as we are breathing, let's strive to live our dreams passionately.

I'm even planning a Death Day Party ala Harry Potter/Tuesdays with Morrie/The Fault in Our Stars where eulogies about me will be said, munch on some goodies, drink some non-alcoholic drinks, share stories and laughter and sing to our heart's content.

When I die, the people should come in party clothes, not staid white or boring black because my life, so far, has been very colorful. My death should be a celebration of the life I've lived. And so should yours be.

"I remember"

I remember,
it was this time of the year
that I fell from my castle tower
down to the murky waters of the ocean.

My head was underwater
and I gasped and struggled for air.
My boundaries fell
like a sand castle,
My inner self
was chipped at
and it crumbled
and gave way overnight.

I never knew the extent
of losing myself
until I found myself
ebbing away.
All of us have might from within.
I lost my strength
because I relinquished it.
I gave it away.
I lost my force
because I settled for
The next best thing
when I was never even
the next best priority.

I relinquished my vigor
because I didn't love myself enough,
because I settled for crumbs.

My heart was like the Dead Sea
when I drowned.

I'm friends with myself again.
I found the missing part of me.
I know now not to fritter
my life away needlessly.

I am battle-weary
but still a princess
who doesn't need saving
because I can do it
with the help of the Author of Life.

I'm reclaiming lost ground.
The stars glisten
like sparkly eyes
winking at me like a friend.

I'm polishing pearls,
making diamonds shine
once more.



Christine Nuñez

FAITH

When it seems so dark
Don't dare to stop
Just continue to walk
And make it to the top
When you feel tired and weary
Don't say sorry
Even the "rock-bottom" are hitting
your way
Don't lose hope nor even be affected
Just pause in a while
Breath...
And have FAITH

November 3, 2017/9:05 p.m.



Jermaine Jamison Dy is a Grade 12 and a Media Arts student at Eugenio Lopez Jr. Center For Media Arts. He mostly does Visual and layout design. He also accomplished several brand campaigns for a small local brand. This seventeen-year-old aspiring artist loves to write and speak motivational and inspirational quotes and stories.

“With a blink of an eye”

Jermaine Jamison D. Dy

His jolly and light personality makes his workload more fun and exciting. He’s passionate about arts and he wanted to pursue his career in interior designing.

He is currently living in Quezon City, Philippines.

In his pastime, he likes to draw, dance, Make TikTok videos, take self-portraits, and watch Korean content.

He often gets his creative ideas by thinking out of the box. He organized several school events and virtual events before. Now, he wanted to venture out into a larger audience a larger platform where he can show his talents and skills.

They say a great storyteller knows how to empower others, so here I am writing down this story hoping to empower someone. I will treat this as an open diary or a dump account where I can share my thoughts, feelings, and experiences without any judgment. So, who am I? In the first place, you may ask. I just consider myself as a normal teenager living the most out of his “teenage life”.

Just like any person living in my generation or as we call “Gen Zs” I also have so many things that I wanted to try and explore. But March 2020 came when we all experienced the biggest plot twist in our life.

The COVID-19 pandemic has changed the way we lived with a blink of an eye. In our case as a student, we thought that it’s just a 2-week break from our classes, but little did we know that this would be the longest 2 weeks of our lives, which even turned into 2 years.

It also lost my creative juices as an artist because I feel like I am in a cube where I couldn't look for any source of happiness. It feels like I don't want to accomplish anything.

My situation became even tougher when my mother lost her job because of this pandemic. You know that feeling when that one person who motivates you also loses her motivation. Just like any of us are limited in our resources and necessities which woke me up to the reality of life.

Yes, I know that sounds ridiculous. A lot of plans had been canceled, a lot of events had been postponed, and a lot of opportunities were missed.

I felt lost, and I couldn't bring back the meaning of life, and then suddenly they placed us under the strictest community quarantine. It was like taking a path where I don't know where it gonna lead me.

As an adventurous and outgoing person, our current situation just lost all my motivation and drive to do work.

Its been 2 years since the pandemic happened, I realized a lot of things and I learned lessons during these hard times like, "Time is Gold" this idiom may sound so cliché and simple but when this pandemic began, I applied this to myself in a deeper aspect.

I learned to value time because time is something that we cannot take back because our tomorrow is not guaranteed. Every second, minutes and hours of our lives here on earth is important and should not be taken for Granted because everything can change in a short span of time.

Being grateful for everything that we have is also one of the important lesson I learned during these times, we should know how to check our privileges because not every one of us is sitting on the same chair during this pandemic, we all face different hardships and obstacles in our lives most especially in this time of crisis but do not let this to be the reason for us to be ungrateful.

We can be grateful in so many ways just like thanking the Lord for the food in front of us, or by even simply waking up in the morning is already considered as a blessing. Having a good support system during this time is important and that leads me to another life lesson that I learned, and that is to know how to value the people around you.

We can do that by simply checking up on our friends and family. You don't know what effects this may have on them. Having an open conversation with other people is important during this time that we cannot have physical interaction with others because you need someone whom you can tell your stories to, may it be good or bad not only it will make your situation better, but it will also allow you to have someone who can make you feel safe in this chaotic world.

Take your time to breathe, sometimes things can be too overwhelming so make sure to take things slowly. I consider myself as an overthinker to the point that I overthink things that are beyond my control, but I realized that It would not help the situation to be any better and it also made me realize I should focus on the things that are on my plate because that are the things that matter, one perfect example that I can base on my personal experiences is the online classes.

We cannot deny that we have a lot of school tasks that we have to submit, but I make sure to allocate time for myself where I can do my hobbies and do things that I wanted to do without thinking of the school-related stuff just like binge-watching series and movies, playing video games, and doing other things without me feeling guilty and unproductive. Having coping mechanisms would be a huge help for us to de-stress and it could distract us from thinking those negative thoughts.

I can prove that rewarding yourself even in the smallest ways possible would help us to appreciate our efforts. It can be buying yourself food, buying the things you want, and giving yourself some time to rest. In my case buying myself, Kpop merch, and albums helped me to cope up with our current situation and it gives me a reason to be excited and to smile. Nevertheless, we have our ways of how to cope up during these trying times and all of those are valid.

We all have our own stories to tell, but I wrote this to be a reminder for every one of us that we are special and important. I agree with the saying "Everything happens for a reason" because I do believe that we are not facing all these just for nothing. Maybe God is trying to tell us something. I know for a fact that all of us will carry something along our journey. We should look at the brighter side of this situation. No one knows when this will end but I hope that soon everything will be better.



Cyrielle Claire Zamora

Yati, Liloan, Cebu

"Easy going person"

The more I crave, the more I eat, having this kind of gourmet or gastronome is a happy pill- contentment for me, as I am getting older I realized not to deprive myself the satisfaction to do what I love, like eating, I am not stingy of the foods that I'll ever take especially when my cravings started to knock on. Last weekend on a Saturday I ate steak, shrimps, deli chickens, chocolate ice cream, & I did some mango shake for refreshment too to ease this humid summer.

When I feel that my tummy is bloated that's the time that I need to get or perform a diet so I won't compromise my health.

"FOOD is a symbol of love when words are inadequate"



Angelica Beatrix R. Marquez

I was born on a warm, sunny day in October in Tarlac City. But now I live in West Rembo, Makati City, and am currently studying at the University of Makati. I am living with my family. My mom's name is Florenda, my father is Jaime, and my brother's name is Tj. My parents are my superheroes, especially my dad. He would do anything for me. My brother Tj is a sweet kid but like all brothers and sisters, we fight like cats and dogs. Sometimes when no one was around, he would come up to me and slap my face for no reason. I still love him but only because he is my brother.

Who I am in life.

I am Angelica Beatrix R. Marquez I was born in Tarlac City. Since I was a newborn, my aunt Ellen took care of me because my parents works in Manila. When I was 2 years old, my dad's aunt took me from my Aunt Ellen. After all, she couldn't take care of me because she also had three children, so they just gave me to my dad's aunt (grandparent's siblings). They took care of me and loved me, which is why my heart was very close to them. They enrolled me in the kindergarten, and they were happy because I'm diligent and was awarded "with honors" during that time. When I turned 5 years old, my parents took me to Manila to live with them and study there. During that time, I asked my dad's aunt who they are because I don't know them, and I'm not familiar with them. I didn't see them much while growing up because I only talk to them through phone calls so I can't remember what they look like. I didn't want to go with them that time because I wasn't that close to them, I was crying and I told my dad's aunt that I didn't want to go if she was not coming, so my parents decided to just take my dad's aunt to Manila to take care of me, and now I am a 4th-year college student at the University of Makati and my plan when I graduate is to find a nice job.

What life means to me.

Life to me means friends and family whom you can trust and who trusts you. I am pretty much on the happy side of life, but like all teens, I do have my “days off.” That means I do have some sad days or depressed days. I have friends that lookout for me and when I am having a bad day, I have someone here at school to talk to. I make my school days go by thinking of what to do next or when I get home or even planning for weekends. I have a girlfriend, our favorite places to go are cinemas wherein we can watch movies and eat dinner out, sometimes we go to the church. We were together for 7 months and I love Andrea so much.

I'm Angelica Beatrix R. Marquez. I am currently a 4th year College student at the University of Makati, I'm also an athlete since I was in senior high school. I used to play basketball when I was in grade 6. I tried to try out at our previous school at La Immaculada Conception School, Pasig when I was in grade 7 and I was accepted. I was a varsity player at our school for 2 years, during my 3rd-year high school when I transferred to Pitogo Highschool, where I also tried out basketball and fortunately got in as an athlete. When I graduated from high school, someone told me that I should try it too at the University of Makati when I went to senior high school. I enrolled at the University of Makati to study and play basketball there. When the scheduled date for the try out came, I joined and got accepted again as a player, I was a varsity player at our university for five consecutive years and decided to stop during my 4th year in college because I want to focus on my studies as a graduating student and I know that my schedule will be filled up. It's hard for me to come up with this decision because I like playing but I'll choose my priority which is my academics.

My plan after College is to immediately look for a job so that I can help my parents with their household bills and expenses. When the times comes where I finally save enough money, I'm planning to build a business with my partner and we will make it grow together and when it becomes successful, we will build our house and we will buy a new car. We are also planning to give our parents a business so that they don't have to work anymore and will just stay at home as my way to make up for their sacrifices they made for us. In life you don't have to be negative about what you want, you just need to be positive about everything, for you to be able to cope up in every difficult situation that will come. Don't think that you can't do things so that you don't have the reason to give up in what you're doing. Keep your dreams and your goal in life.

What I've learned from everything I've been through is you shouldn't just give up. Life will come wherein you will be stressed, feel sad and the days will come where you feel like you want to give up because you can no longer handle your problems properly. Sometimes the problem doesn't only come from school but also from your friends and even family but remember that God won't give you trouble if he knows that you can't handle it. Always remember that he is always there for you and he will help you to be strong, just pray and don't forget to thank him every day when you wake up in the morning, a big thank you to him because you have a new day in this world, so don't waste your life just because of the problems you have, let's all remember that we can handle all problems as long as we help ourselves and always think positive. Also, don't forget to thank the people around you who are with you when the time becomes tough, when you are very sad, when you want to give up, thank your family who are always there for you and your friends who you can call and will be there right away to accompany you through all the problems.



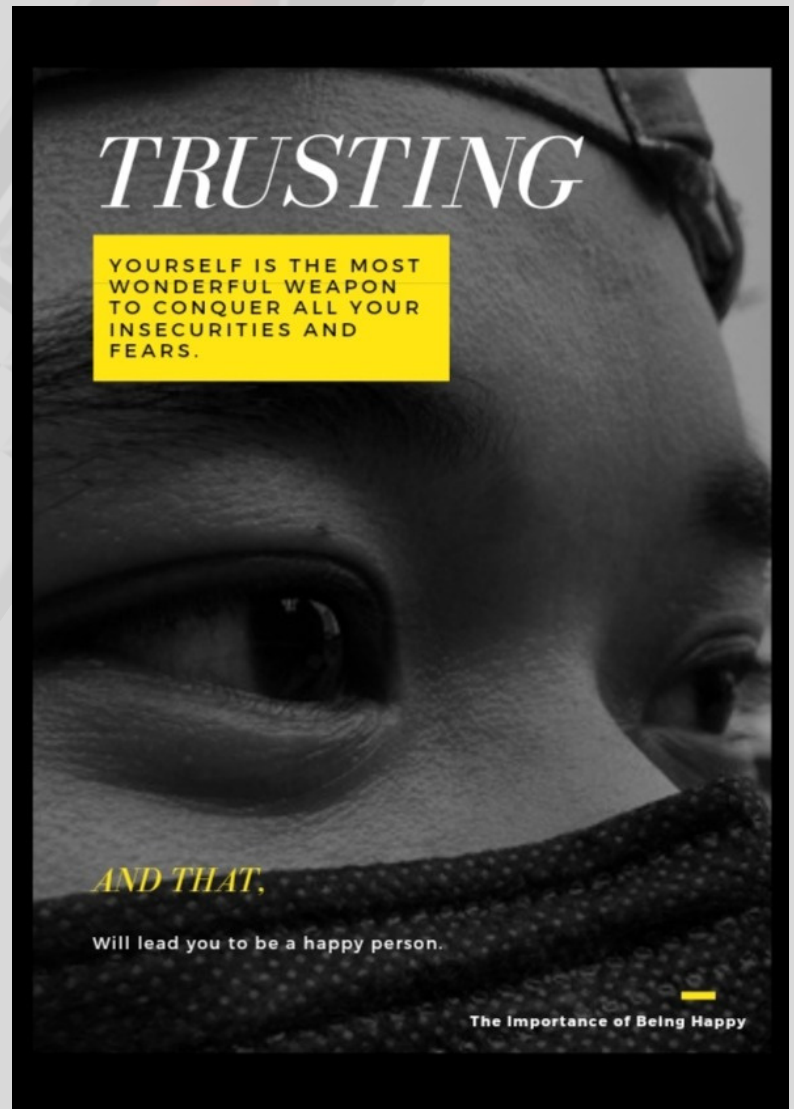
338 Almazor St. Maricaban, Pasay City | 0920-367-7602 |
 Email
 alexandraecabaloza.pressstart@gmail.com
 alexandraecqballoza@gmail.com
 cabaloza.136596090105@depedqc.ph

Alexandrae Aiyerillee Cabaloza also known as Alex is currently in Grade 12 Senior High School, studying for Arts and Design Track (Media Arts) at Eugenio Lopez Jr. Center for Media Arts Senior High School. She is an aspiring Architect, Visual Artist and Chess player for almost 9 years.

Alexandrae Cabaloza

In 2016, she became more interested in arts and buildings. In addition, she writes stories and poems specifically for love and friendship. Besides, she participates in various contests for writing and drawing. Her skills in making traditional and visual art are admirable. She knew some basic skills in pictures and video editing. 2021, she joined Likhenio Club and Theater Play in their school and became Stage Manager for the Production Team. Her academic performance is consistent and outstanding.

In regards to her output and profile, you may visit it at Behance site named Alexandrae Aiyerillee Cabaloza, and her Facebook page named A.A.C Production. Her crafts are proof that she always put her entire heart and soul into Arts. Alex believes that not everyone will view a piece the same, but then art has a huge impact that could bring us to multiple opportunities.





Jorgie J Cerigal

Growing up, she always dreamed about creating a product that will boom in the market and be known as a successful Businesswoman.

In grade school, Jorgie is a consistent honor student and secretary in the classroom. Jorgie, joined different poster-making and slogan contests when she was in high school. When she stepped into college, she applied for a part-time job to support her college. She learned to manage her time at work while getting knowledge in school.

Facts about her is that, she loves reading Wattpad stories and she loves art. In her free time, she does some calligraphy and paintings.

She's Jorgie J Cerigal, a fourth year student of Cavite State University - Naic and currently studying Bachelor of Science in Business Administration major in Marketing Management.





School : Eugenio Lopez Jr. Center for Media Arts
Senior High School
Gmail : allyssamendoza.pressestart@gmail.com

Allyssa S. Mendoza

Even the finest details can still be subjected to change. That is the viewpoint of an 18-year-old who had been seeking development throughout the years. Allyssa S. Mendoza is a passionate lass who is very much engaged in the concept and intriguing world of the arts. She is the second daughter, among the three offspring of Mr. Romeo E. Mendoza and Mrs. Jovita S. Mendoza. She had spent her elementary years at a local public elementary school and managed to gain a spot for the Special Program in the Arts in Sta. Elena High School. She is currently a resident of a city that breathes both rural and urban life. It is where agriculture thrives in the middle of a municipality, and that is the city of Marikina at the National Capital Region.

As a proud Media Arts and Design student at Eugenio M. Lopez Senior High School, she opted to share the story of her hand that helped her speak profoundly of her emotions. For years, her dedication to the arts has been manifested through every piece she finishes. From being the Creative Director of a school event, a DepEd Seminar participant, to being a member of the Costume and Props Committee of the school; you can put trust in her experience and passion for the field.



Title: The Perfect Ingredient: Mischievousness

Short Explanation:

We are all yearning for the perfect motivation to achieve our dreams in life. We want that certain degree of inspiration and let our insights flow as smooth as the forest waters. They sound harmonious despite the chaos among the gushing sound from it hitting the rocks and so. With that, I wanted to show in this piece that the missing thing that we are searching for can be found within ourselves. I want everyone to see their mischievousness back to when we are kids. Where creativity would definitely run through us like the waters on the silent mountains.

Medium:

Digital art using Autodesk



Age: 18
 Birthday: 11/29/02
 Height: 5'4
 Hometown: Caloocan City
 Contact no: 09667313493
 E-mail: kayegansatao.presstart@gmail.com

Kaye Gansatao is an artist based in the Philippines. She is a self-taught artist. Ever since she was a child, her passion for arts never runs out.

Kaye T. Gansatao

When she was in junior days, Kaye received many acknowledgments in Sampaguita High School. She won 3 awards recognition for the poster-making contest, 2 awards recognition for the calligraphy contests, and 2 awards for the painting contest. She is also a photojournalist in her 8th grade. Outside of school, she also participated in various activities like seminars and contests about visual arts and leadership. When she is not in school, she likes to spend time with herself meditating and spending time alone. This shows that Kaye is an introvert person, However, a talented person.

After graduating from junior high, she takes up a track in Media Arts to pursue her dream career. Kaye inspires many people and touches many souls because of her inspiring artwork. In a few years, she will be able to fulfill her purpose and prove that her talents speak more than her words.



MY DAY TO DAY

With joy in my heart and a smile on my face
I wake up full of hope I long to embrace
Guided by faith and trust in God above
Never did I imagine I fall out of love.

Seconds, minutes, and hours go by
I remain steadfast and will always try.
Better days daily I may say
When friends and love ones come my way.



Kendal Glenn Rellosa

A mother that is full of love.

Love that makes an effort and gives life. Her dear children are her priority. 24 hours a day, no pay, no day off. Resignation is not an option. But then, these are sometimes unappreciated or undervalued. Despite it all, a mother tirelessly loves and gives her whole. She knows no fear when it comes to her children's welfare. Because a mother's love has no boundaries.



Leah Lee Talania



Allyson Cate Vizmanos

"I Am Who I Am"

My name is ALLY
 I am 22 years old
 I might not be the most beautiful
 But I have beauty in full

My attitude is kind of savage
 But the heart of gold
 I might not be your first choice
 But I am a great choice

My family is my strength
 My weakness is food
 I love to make friends
 But depends on my mood

My favorite color is blue
 My favorite song is you
 I respect all elders
 And don't break rules

I am from love and art
 From my father and mother
 I'm from chaos and laughter
 And from caring too deeply

I don't care about anything you say
 All I want is my life to stay
 Being me is the most precious of all
 Having you is the most exciting of them all

Be empathetic and true to others
 Be thoughtful. Be faithful
 Together we stand tall
 With each other's back no longer to fall



Contact Details:

- Facebook Account: Allyson Cate Vizmanos
- Twitter: @aallybaby
- Instagram: @aallybaby
- Instagram Page: @allythings.y



Reynelyn Acosta

Reynelyn is taking a Bachelor of Science in Business Administration Major in Marketing Management at Cavite State University Naic campus.

She joined a dance group in her school. Reynelyn is a good dancer and choreographer, but her dream is to become a successful marketer someday. She was a very flexible woman, she loved selling online and eager to learn and adapt to different environments.

In a few years, she will be able to fulfill one of her life desires, to become a successful marketer and use this to prove that human relationship is the strongest and the most genuine relation one could have.

Reynelyn Acosta has dreamed of becoming a Manager or having her own business since she was 15 years old. Her love of animals started at teenage, now she has a Persian cat and the name is Timmy, and her dog name is Chachi.

"About teenagers"

Nowadays, teenagers are very outgoing and always love to have fun. But despite of it, many of them has a story that hinders them to do whatever they want.

But all i can say is that, keep fighting and always find a reason to strive harder in life. Don't just give up your goals and dreams.

Always believe in yourself, have Faith in your abilities and be humble everytime.

And in order for you to be happy, always follow what your heart desires. Remember to set your goals high and don't stop until you get there!

"In order to get there, think bigger then strive harder"

By: Reynelyn Acosta



She is Elsha Mae Valdez Patricio but you can call her “May” or “Elsh”. She is a graduating student at Cavite State University Naic campus and currently studying Bachelor of Science in Business Management major in Marketing.

Elsha Mae V. Patricio

She is the breadwinner in her family and it motivates her to move forward no matter how hard her life is.

She is the type of person who can multi-task. She has a lot of dreams, not only for herself but also for her family and the people around her.

She may not be the smartest student but she’s one of the hard-working and resourceful people you can meet. She is tough outside but soft on the inside.

She is the kind of person who is cheerful and bubbly at times, but behind those smiles hides her own struggles which made her even stronger and conqueror.

Some facts about her. She enjoys dealing with kids and her passion is in organizing and events.

“BE AT GOAL”

Dreams is not only about achieving it but also about the process to reach that goal. Along the way, you might be experiencing different circumstances that can sometimes lead to improvements. The important thing that you must keep in mind is to always enjoy every single moment whether it is victory or defeat, triumph or failure, accomplishment, or disappointment. It is essential to cherish everything. Because it can be a big part for your growth.

Be mindful in everything that you are going through because you have to bear the process and grow amidst the difficulty in certain situations. We have our own timeframe so there’s no need to rush things. If you encounter difficulties then be an assertive kind of person, see things on the brighter side and always look at the bigger picture. But if you are still struggling to do so, then please keep this phrase ...“All things work together for good”

Reach your goals while reveling in every process. To keep in mind, there is someone who watches over you all the time along with your race and He is always there to guide you and help you. God will assist you to your DREAMS. Keep it up.



Johnmarc Serrano

He is fond of E-Sports Industry and also loved joining tournaments such as Lulu's Cup and Teemo's Cup in the League of Legend Mini Tournament in their place.

Johnmarc Serrano can also play different instruments like guitar, piano, and drums. In fact, in the year 2017, he joined the battle of the bands on their campus and won first place.

Johnmarc Serrano is a Marketing Student at Cavite State University- Naic Campus. He is passionate about achieving his goals and determined to share the knowledge he has. He is currently taking an internship in one of the greatest company in the Philippines which is Press Start Studio located at Quezon City

"NOSTALGIA CHILDHOOD"

Now, I have turned twenty-four
 To my age, adding years is an awful bore
 For, no more I'm a child
 Worldly accountability unfolding wide
 Like the creepers in the rain;
 In the journey, when I was a child now am a
 man.

"A child", in parent's lap; when I played,
 Had no guess, once life would be on a path
 strange!

On their shoulders, nothing different;
 everything was the same,
 When came problems, before I knew; often they
 had fled
 That was also life, I used to be happy and glad.

That life with immature same,
 Wish I always, be back to those days again
 That only a schoolboy with pleasure and delight,
 From school to playground spilled without
 breaking stride
 With parallel aged, unforgettable childhood
 friends
 Which is now a story of the past and nostalgia
 of the present.



Hi, I'm Ana Maria!

I was born on October 18, 1999 in Parañaque City and I am 22 years old. I'm currently residing at Barangay Southside, Makati City along with my parents, two brothers, and a sister. I am the second child of July Amacan and Juliana Penes.

Ana Maria Teresa Penes

"My Biography"

My father works as a company driver in the Bank of Commerce and my mother works as a Yakult vendor. She also sells vegetables such as onions, garlic, etc... and smoked fish. When I have free time, I always help my mom with selling when I don't have classes and work to do. We have pets in the house – a dog and a cat. We named our dog Chino, while the cat's name is Ino. I also had a chance to raise a chicken before, his name was Binok. Unfortunately, he died last year.

My hobbies include dancing, reading Wattpad stories, drawing, eating, and watching Korean dramas or movies'. I enjoy watching Korean dramas because there are stories to which I can truly relate. I also love reading Wattpad stories because it puts my imagination at work. Reading makes me travel to different places and explore different emotions. I competed three times in a hip hop dance competition at school when I was in junior high until college with my schoolmates and friends. It was a great experience because I was able to meet people who helped me improve my skills. I also met people who became my friends, that even though the weather is not that good; we still push through with the practice and go home late at night. Even though we haven't experienced winning in a competition, I know and I have learned a lot to be resilient and keep on dreaming.

I have never experienced boarding on a ship nor a plane, but someday I hope to ride and travel the world with my loved ones. In the future, I wish to put up a business with my friends so that I will still be able to provide for my family.

When my friends are asked to describe me, they would say that I am admirable. Admirable in a way that I am resilient, mature, and persevering. They also say that I am a good friend – someone who is trustworthy, someone who is with them through their ups and downs, and everything in between, someone who can they rely on during the hard times, and someone who they can celebrate their good times with. There's a person who told me that she admires me because behind my simplicity is a dreamer and a goal-getter. She told me that even though life wasn't as easy as ABC, it didn't stop me from setting my goals and achieving my dreams. She even reminded me that she strongly believes that I will be able to make my dreams come true for as long as I do not stop believing in myself and for as long as I keep on trusting the process because it is only a matter of time.

I am a student from the University of Makati (UMAK), currently taking up a Bachelor of Science in Business Administration Major in Marketing Management. I have previously worked in fast food chains such as Jollibee and Chowking and in government programs for students such as the Special Program of the Employment of Students (SPES) and Government Internship Program (GIP).

Now in my 4th year in college, I am an intern in Press Start Studio and I am part of the Digital Marketing team. My tasks were photo and video editing, sharing and posting public materials in our Facebook page, and attending training and seminars conducted by the company. I enjoyed creating posters and editing videos because it's not just my editing skills that improved. It also developed my creativity because a lot of ideas come to mind when I'm working on certain tasks. As I work for this company, I realized that hard work truly pays off. The efforts we put into the work we do will reward us a hundredfold. The rewards may not be the usual rewards but it is surely something that we will be able to use for a long time not only in these times but will last until we reach our dreams.



Mara F. Macagaling

She is Mara F. Macagaling, was born and raised in the Municipality of Naujan, Province of Oriental Mindoro. She is 21 years old and she is the youngest in the family. She moved to Makati City to pursue her study and achieve her goals and now she's a 4th year Marketing Management student at the University of Makati. She loves watching K-drama and listening to music.

"Depresyon Sa Panahon ng Pandemya"

Ano ba ang depresyon? Sino ang madalas na nakakaranas ng depresyon? Ano ang mga epekto nito sa mga taong nakakaranas nito?

Ang depresyon ay isang pangkaraniwang problema sa pang-kaisipan ng tao, kung saan ang mga sintomas ay hindi madaling makita. Ang mga taong nakakaranas ng depresyon ay nawawalan ng kompiyansa sa sarili, nawawalan ng interest na makihalubilo sa ibang tao, at ang iba naman ay palaging masaya para maitago ang kanilang kalungkutan. Ang depresyon ay hindi nakakabuti sa isang tao, ito ay nagiging sanhi ng pagpatiwakal o pagkitil ng isang tao sa kanyang sariling buhay. Sa panahon ngayon marami ang nakakaranas ng depresyon katulad ng mga estudyante, pamilya, may mga negosyo, mga nawalan ng trabaho, atbp. Sila ang mga madalas na nakakaranas ng depresyon lalo na sa panahon ngayon. Dahil sa pandemic natigil ang face-to-face na klase na naging dahilan kung bakit karamihan sa mga estudyante ang naka-online class, dahil dito ang mga estudyante ay napilitan mag-adhika ng sariling nilang gamit katulad ng laptop, cellphone at wifi na pangunahing kailangan sa online class. At ang iba naman ay hindi pa rin makapag-adjust sa bagong modality ng pag-aaral dahil na rin sa kakulangan sa financial.

Dahil dito pati ang mga pamilya nila ay napipilitan mag-adhika ng mga kailangan sa pag-aaral ng kanilang anak, ang iba ay nagtitiis sa modyular na pamamaraan ng pag-aaral, samantalang ang iba ay napipilitang patigilin ang kanilang mga anak sa pag-aaral dahil sa kahirapan. Sa kabilang banda dahil pa rin sa pandemic marami ang nagsarang mga negosyo na naging sanhi ng kawalan ng trabaho ng mga tao. Dahil sa patuloy na pagdami ng mga kaso ng COVID-19 ang ibang negosyo ay tuluyan ng nagsara, ang karamihan sa mga naapektuhan nito ay ang mga maliliit na negosyo. Hindi natin maipagkakaila na kahit ang mga maliliit na negosyo ay mayroon ring mga trabahador, at halos lahat ng tao ngayon ay wala ng trabaho. At pati na rin ang mga malalaking negosyo ay naapektuhan din kaya nagbabawas sila ng mga empleyado, dahilan kung bakit mas lalong tumaas ang mga bilang ng mga walang trabaho sa ataing bansa. Pati na rin ang ating ekonomiya ay bumagsak na rin dahil sa pandemic. Hindi madali ang ating pinagdadaanan ngayon, marami sa atin ang nakakaranas ng depresyon. Dahil sa sobrang depresyon ang iba ay nagpapakamatay para takas an ang kanilang problema. Samantalang ang iba naman ay patuloy na nilalaban ang depresyon para sa kanilang sarili at sa mga importanteng tao sa buhay nila.

Hindi dapat natin balewalain ang ganitong problema. Kapag alam natin na may taong nakakaranas ng depresyon, ito ay bigyan natin ng pansin. Makinig tayo sa mga kwento nila at wag natin silang husgahan. Huwag nating ikompara ang buhay natin sa kanila dahil magka-iba tayo ng pinagdadaan. Bagkus ay iparamdam natin sakanila na hindi sila nag-iisa sa buhay. Damayan natin ang isa't-isa lalo na sa panahon ngayon na tayo ay nakakaranas ng krisis. At sa panahong ito matuto tayong makontento kung anong mayroon tayo. At huwag tayong makalimot magpasalamat sa Diyos dahil siya lamang ang sagot sa lahat ng ating problema. At siya lang din ang tangi nating maaasahan sa lahat ng oras. Magtulungan tayo at matuto sa lahat ng mga karanasan na natin.



Wenzy Rose B. Gequillo is a BS Psychology student and a paid writer. Her hobbies include writing stories and composing songs. She started composing songs at a very young age and started writing stories at the age of 12. She lives in Lapu-Lapu City, Cebu with her family.

Wenzy Rose B. Gequillo

“DINGGIN NIYO ANG HILING KO”

Naalala ko nung ako’y bata pa. Talagang nakakaakit ang angkin kong ganda. Dinadayo niyo ako at kinukunan ng litrato. Nung ako’y bata pa, talaga namang napakaganda ko. Maririnig niyo ang mga huni ng ibon kung saan-saan, at talaga namang napakasarap ng sariwang hangin na humahaplos sa inyong mga balat.

Ngunit, sa paglipas ng panahon, ako’y inyong inaabuso. Binugbog, sinira, na para bang wala akong halaga. Napakasakit na maramdaman ang inyong mga magagaspang na kamay na unti- unting sumira sa akin. Hindi niyo ba naiisip na may buhay rin ako? Hindi ba kayo natatakot kung ano ang mangyayari sa inyo kapag wala na ako?

Tingnan niyo ako ngayon. Tingnan niyo ang ginawa niyo sa akin. Nararamdaman niyo na ba ang sakit na aking nadama?

Halika, yakapin niyo ako. May mayayakap ka pa ba? Damhin niyo ang aking mga sugat at pasa na kayo mismo ang gumawa. Sa bawat apoy at basura na itinapon niyo sa akin, unti-unti akong nasisira hanggang sa wala nang matira. Ang tubig at hangin ay nakakalason na. Hindi niyo ba nakikita kung gaano ako kahalaga?

Dinudumihan niyo ang aking tubig at tinatapunan ito ng basura. Binigyan niyo ako ng lason, pinatay niyo ako. Marami kayong nakikinabang sa akin. Pakiusap, maawa naman kayo. Iligtas niyo ako nang sa gayon ay mailigtas ko kayo.

Tigilan niyo na ang pang-aabuso sa akin. Ibalik niyo ang aking kagandahan na kayo mismo ang nagnakaw. Yakapin niyo ako at alagaan hanggang sa bumalik ang aking kagandahan. Hilumin niyo ang aking mga sugat at pasa hanggang sa ako’y gumaling. Palitan niyo ako ng bagong punla, linisan niyo ako at pagyamanin sapagkat iyon ay isa sa inyong mga tungkulin. Sana nama’y makikita niyo na ang aking halaga at magtanim ng disiplina.

Pakiusap, dinggin niyo ang hiling ko. Dinggin niyo ang hiling ng mundo.



She is Maria Trixia D. Bumanglag 24 years old, born in Manila. She's a 4th-year student currently studying Bachelor's Degree in Marketing Management at the University of Makati. She loves singing and cooking, especially a Filipino cuisine.

Let us inspire our lives with the things and words that will lift up to achieve our dreams. Let others see the success we have achieved. The Lord is always by our side to guide us through the challenges that we will face in the future.

Ma. Trixia D. Bumanglag

"Us"

You're my favorite pair of eyes to look
into
You're my favorite person, I adore you
Your lips never tell lies, I know you
My very own superhero, fly me to the
moon
Will you?

Hey you, My future successful surgeon
in town
You must be my shooting star
Everything I wished for, is everything
you are
You are everything my heart desires.

But fate always love to twist its game
I needed to leave you, it's a shame
We were okay, but we're losing the
game
Self-love and self-care are the same.

Being with you at the time is the best decision
of my life
You are truly what I needed, my love
I'm not me if it's not because of your aid, love
Wait for me, if you can't be unloved.

You were my everything
Not right, from the beginning
Thank you for trying.
But now that I'm free, my insecurities are
already free.

I want to wake up with you every morning
However these coming mornings,
Me is all I need
Above everything
Like the sunflower need the rain
Like a poet, like me, I need the pain.

You came in my hardest time
You promise things when I want to die
You made me sleep in those sleepless times
You made me realize that there's more to life.

At sunset
The star will shine
The light used to be
It was getting dark

Your eyes are sweet to look at
 Seems like an angel who can stand
 Tightly shut up and not leave
 The eyes you have are full of happiness.

Your lips are perfectly shaped
 Said words seem to resemble you
 Twitch of the edge indicates

The pleasure you always possessed and
 desired

Your laughter's music to my ears
 There is no denying that I am an angel
 here on earth

The sounds you create seem like a
 Master and Creator,
 Master knows how to start.

Your posture is unique to everyone
 Your heart is pierced to the skin
 Thinking in accordance with the height
 Why did you choose me at all?

In the darkness that surrounds the
 world day,
 It will gradually rise
 Stars will hide
 And another day will be formed.

Loneliness is crawling within
 Your deepest shadows are surfacing
 Things are getting alarming
 However you have me, so stop worrying.

When things get tough
 When a table has been turned
 When your mind gets blank
 You have me, isn't that enough?

May problem arise from of you
 May surroundings throw stones at you
 My life has turned its back on you
 You'll have me, I assure you.

I want you to promise me one thing
 Love yourself above all everything
 Self-love and self-respect should be your thing
 While doing that you'll have me watching.

We started as strangers.
 We fall and become lovers
 We started with a "hi"
 We ended with a "lie".

The time flew by so fast
 Now we're just part of the past.
 The butterflies I once felt in my belly
 turned into a feeling of melancholy.

Those dreams that can't come true
 'Cause we fell apart out of the blue
 There will be no such thing as "we"
 'Cause from now on, it's just "me"

We ended up as lovers.
 Now we're back to strangers
 We ended with a "lie"
 Now, we couldn't even say "hi".



Jolina T. Oxina

“Live as if you were to die tomorrow”

this quote reminds me that life is important every second, do what is the best, just *love like no end*.

She loves to read inspirational books that will teach her to conquer life despite of negativity in this world there's always a better tomorrow to change our path with the guide of the glory.

She always watches movies at night together with her family helps her to cope with stress and help to learn new things.

She always thought and dreamed to go around the world with her family to see the beauty of it, seeing the whole world together, is the best moment she wants to treasure.

She is Jolina was born on December 4, 1997, in Bicol Albay, She is twenty-three years old and living in Makati City since she was young.

Jolina is taking up, BACHELOR OF SCIENCE IN BUSINESS ADMINISTRATION MAJOR IN MARKETING MANAGEMENT at the UNIVERSITY OF MAKATI.

“FOREVER”

I want to say to you
How you've touched my life
and you made me who I am.

I want you to know
how truly special you are to me
that even on my darkest nights
you are my shining star.

And even in my fight you are always there
To be my night and shining armor

I don't think you will ever fully know
How you've made me to be a better

And how you've opened my heart
to love and wonder I can do.

My love for you will never fade
the days go by
You give me the strength to
face the world and stand up again.
You reach out for my hand
every time I'm about to fall.

There is not a day even a second
 you're not on my mind.
 A person like you is really hard to find.
 I cannot even live a day without you.
 Even at the second moment of my life.

You allowed me
 to experience different things
 your unconditional love
 that exists only in you
 something I can't find to someone

All the love I have to give
 and I want you to realize
 You are an amazing person
 which others do not see.

And without you, I don't know
 what I will be.
 Having you in my life
 completes every part of me

You are the right thing
 come into my life
 You are the reason now why I live
 many mistakes I have made
 you have been right

I love to hold you
 from this day on till the end,
 You are my best friend,
 my partner and my ally
 I'm happy to wake up
 beside you every day.

In the morning seeing your face,
 feeling in heaven
 "I love you" are my favorite words
 you always say.
 I love it when I look into your eyes.
 I see no hatred and no lies.

Your love is something special to me,
 you can always depend on each other's arms.
 to be there through the decades
 sharing laughter and tears,
 as a partner, a lover, a friend.

The special memories of us
 the moments you love to recall,
 of all the good things even bad things
 that sharing life brings us joy.
 Our love is the greatest of all.

I've learned the full meaning
 of sharing, caring, and understanding
 and having my dreams all come true;
 Until you came on that day.

I've learned the full meaning
 of being in love
 being with you and loving with you.
 You are forever in my heart
 is where you are.
 No one else will enter because
 you are the only key.

Just to keep you,
 there isn't anything I wouldn't do.
 I tell you everything and never with a lie
 All my worldly secrets
 and everything that once made me cry.

Everything in my past with you I can forget it all.
 I know I can trust you to catch me if I fall.

The love is to share life together and forever
 to build special plans just for two,
 to work side by side,
 and to do respond to our future,
 as one by one, dreams all come true.

The love is to help and encourage
with smiles and sincere words with praise,
I'll give my time to share, to listen, and care.

In tender of purity my love
I will not hurt you with my frustrations.
I will hold you close and kiss you
with loving admiration.

You are a gift from God,
that I can't expect he will give
Your love is so pure
it makes me happy and feels exciting.
I will admire the blessing
of your boundless love,
you are a true gift from heaven above.

I promise to kiss, hug and
hold you each day till the end
I will promise to love with devotion
that will never waver
I promise and swear to God above
to show you nothing but my pure love.

In your arms feeling me safe
With you holding me tight,
All I need is that one
look means you're always there,

Your eyes talk to me as the world into me
My once empty heart
now with love overflowing

Your eyes tell me that you'll love me
every single day.

Your Lips says the true colors
No matter what may come,
you'll be there to stay.

I will tell you everything and never with a lie
all my secrets, problems, and heartless
and everything that once made me cry.

Everything in my past, with you I forget it all
You helping me in my darkest side
I know I can trust you to catch me if I fall.

All I need is you, your presence
that says you're always there,
I feel secure and happy being with you

As I lost in decades and forget you
Please look at me and hear my heart sounds say,
That you will forever be in my heart,
Even as the years grow older.

Your eyes talk to me tell me everything
as the world stands still by your side
To remember again our love
That our memories will never die

Your eyes tell me that you'll love me every day.
No matter what may come,
you'll be there to stay at worst has come.

If only I could explain
how much love I have for you.
Then maybe, you can't understand how deep it is.

All the time, every moment
back in sweet days
That when I needed a helping hand,
You were the first to hold

I think about the memories,
The good times we've shared,
I remember about all you've taught me,
And how my broken heart you always repaired

Now as I sit here today
looking at the waved of ocean
And reminisce on the past,
I think about how hard this day is for us,
How fast the years have surpassed

I think of today as a new beginning,
But my love for you will stay FOREVER.



Haezel Ann G. Hill

A twenty-year-old woman with a humble attitude and a goal-driven. She is studying Bachelor of Science in Business Administration Major in Marketing Management at the University of Makati. Hazel loves animals, especially cats. She grew up in a small neighborhood and currently renting a house in Manila. She has an older brother, a Cum Laude graduate of Accounting.

She owns a small business where she sells beverages such as milk tea, milkshakes, and snacks that will really make you feel hungry and satisfied. March 2021, when she started her business with the help of her mother, her business ran fast and successfully during the pandemic. By the year 2022, her goal is to establish more branches in Manila in order to create more brand awareness, more customers, and give happiness to everyone through her products. While handling the business, there was a time when Haezel was having a hard time managing the business while studying. After the online class, she will go to the store and sell beverages. It was stressful for her at first because of too much pressure, and sometimes she wanted to give up her business just to focus on her studies. But as time went by, she learned how to manage her time for business and studies. You only need to be brave and find a solution on how to make it easier and convenient to organize those things.

Haezel has a passion for drawing and painting beautiful sceneries; the mediums that she uses are oil pastel and watercolor. Usually, Haezel love to draw and her favorite is the sunset, because it has a sense of calmness. Witnessing sunset can be relaxing, and even healing in many ways. We witness the day's end, allowing us to summarize how the day has gone for us. It allows us to look back on what we've achieved during the day, and end it on a positive note.

Conquer Shyness (Essay)

Some people are really shy which might create some communication problems for them. Yet, it does not mean that every shy person should do everything they can in order to change but there are a few tips one should take into account in case they want to become less shy.

Since I was a child, I've always been the one who sit back and waited until everyone else go. I'm a quiet child, especially at school. I've struggled with many things in life due to the lack of confidence to put and assert myself out there. I joined a group that helped me conquer my shyness and forced me to meet and mingle with new people. My parents also gave me strong values that will help me in the future.

When I finally overcome my shyness, it feels like this will be beneficial for the rest of my life. Gaining the self-esteem that comes with this will help me to feel better about myself and that will affect every aspect of my life. Overcoming this fear will help me build a stronger and better relationship with people.

DEFINE HAPPINESS (Poem)

Into the future or past,
we often search and stare,
Yet happiness sits,
next to our chair.

The love you give to others
The good that you may do,
The helping hand you proffer
Will bring happiness to you.

Happiness is found in you
How you look at life and what you do
You decide each day, you see
How happy you will be

Life is full of ups and downs
Just don't let your brows go frowns
A positive note each day
Can bring you a new way.



Jowelyn Aquino

She was born and raised in Naic, Cavite. She loves to read books that caught her interest and to listen to music ever since she was a kid until now that she's of age.

Her childhood dream was to become a civil engineer, build houses, make people happy, and inspire. She is pursuing marketing management and is planning to have a business in the future.

She likes observing people and her surroundings, she's fond of animals, and being able to see more of nature.

Jowelyn Aquino is taking the course Business Administration major in Marketing Management. She is a student from Cavite State University- Naic, Campus. She is keen to pursue a professional career in this field. She is currently having her internship in a great company, PressStart Studio.

LIFE IS A GIFT

Life is a beautiful gift we need to treasure
 Always spread love and be thankful
 For life is short we have to enjoy
 We need to inspire and to give joy

Love is a beautiful gift that we receive
 The feelings that everyone is blessed to feel
 Love your family, friends, and yourself
 Be inspired and inspire everyone else

The world is full of different people
 With different stories, different journey
 No matter how hard life is
 Be thankful because life is a gift.

BRIGHT

The sky is bright, so as your eyes
 Your happy face brings a happy smile
 You're like a sun, you shine so bright
 You are so nice, you're one of a kind

Stars so bright, you gave me light
 You gave me hope when I lose some
 Like a moon glows in the dark, that gives
 direction to someone's life
 You are so fine, don't lose your shine
 For it makes me happy, it makes me smile



My name is Erica V. Decandido. I am 21 years old, born in Makati City but, currently living in Taguig City. My birthday is on March 14, 2000. I am the eldest child, and I have one sibling. My mother's name is Edna V. Decandido, and she is 51 years old, while My Father's name is Eric Decandido. My father died when I was one year old, so I grew up without a father.

Erica V. Decandido

I have many friends, and sometimes they call me 'Kang'. My favorite vegetable is kangkong. I like vegetables better than meat, even though I am still skinny. I wanted to gain weight just a bit. However, even though I ate a lot, my weight was still the same. My favorite color was black and white. I am fond of watching movies, series, and reading Wattpad as they are my hobbies. My dream was to be a nurse, but I ended up pursuing the course of Marketing due to financial reasons. Truthfully, my mom wanted me to work instead of going to college. She said she couldn't support me. I tried to apply for a job but, I failed. By that time, I realized that there was no need to stop my study, but instead, I must do both so, I tried to look for a part-time job where I could only work during weekends. I found one, and it was at the Villamor Golf Course Pasay. I worked there as a Tee Girl, the one who assists players when they are going to play. Every weekday, I study. Then, on weekends I work.

There was a time that I wanted to give up. Every time I felt that I looked up to the sky, and started remembering my promises to my father in his grave. I will do everything to make my mother proud. I will take care of them and provide them with what they want. I'll make sure to finish my degree and find a stable job. I believe that everything happens for a reason. My college life was not easy. Going to the University of Makati and taking up Marketing management rather than the course I wanted for my dream job was the best decision I made. Because while I was studying, I started enjoying it, and I never regretted choosing it. One thing that made me look forward to life, no matter how hard it is, was my promises to the very special man of my life, my Father. I believed in the saying that it's okay to get tired but never give up because everything happens for a reason, and everything will be fine at the right time. We just need to work hard and motivate ourselves to do whatever we want in life.

UTOPIA

By: Erica V. Decandido

We're leaving in a cruel world
Full of misery, hardship, and sin
People tend to do whatever they wish.

We want to live in a world where everything is perfect
No hate, no worries, and no problems just love
However, it seems impossible.

People hope for a world full of peace and respect
Caring for others and sharing what we have
thinking of a world full of pleasure.

Having a perfect world is impossible
But finding a place full of happiness is conceivable
We just need to be happy and content with what we have.



Leslie Guimare

Ms. Leslie Guimare is a 21 years old and 4th year College Student at the University of Makati taking up a Bachelor of Science in Business Administration Major in Marketing Management.

She loves to talk about Business, read books and watch series about Law, Business, and Medical. She is also a member of the band FEB21, They performed 3 consecutive years at the University of Makati and joined Battle of the Bands. She is also doing hosting and loves to talk in Public.

She wants to pursue an Aircraft Maintenance course after graduation, and continue her dream to be a Pilot. She believes that following your dreams isn't always all it's cracked up to be.

Watch a movie about someone following his/her dreams, and the conventional narrative formula leads you to believe that, after one or two hiccups and a couple of hours, you'll eventually get exactly what you wanted.

The real world operates somewhat differently; for some people, this dream path may pan out, but for most of us, the road to our dreams is long, challenging, and unexpected.

COMMITMENT

We all do our best
Fight every trial we encounter
Blood, sweat, and tears
The power really lies in your hands.

Our life is made up of choices,
What we decide, the action we take.
Our life is about commitment,
One step back can turn into a failure.

Commitment is what keeps you going,
Commitment leads to action.
Stay committed with your decision,
Stay flexible with your approach.

If the words are positive,
Allow yourself to hear.
Words can hold so much power,
Allow it to be your Strength.

Every day you want to quit,
You'd like just to walk away,
Every step you take,
It makes you wonder why you quit.

Remind yourself to be someone,
Someone who is capable.
Let yourself be the key,
The key to taking action.

Always keep looking forward,
Looking back is never good.
Leave your failures behind,
and make them good ones.

Decide what you want in life,
Don't let anyone distract you.
You are enough to set your own goal,
You're the one who will make it.

Opportunity is passing,
Grab it as fast as you can.
It may never be the same,
As our course, we journey on.

Doing what you love,
Can make you committed.
Promise to yourself,
That you will be good at this.

Don't let your fears make you quit,
Don't let anyone bother you.
Don't wait until another time,
Do it now and keep your shine.

Wishing won't make your dreams come true,
Doing is what makes your dream come true.
Being in a happy commitment,
Will make you the great one.

The will to win they say,
Considering all the good outcomes.
The bad one will make you stronger,
By learning what you went wrong.

Choose the people who want to see you grow,
Make them proud and see your goals.
Being with people with commitments and
positivity,
Can also make you strong like them.

Promise yourself you will try,
It doesn't matter if you win or lose.
As long as you are happy,
And you know what you want.

Experience makes us whole,
And make life feel fulfilled.
Spread your wings and,
Explore the beautiful opportunity.

Don't allow yourself to stop,
Rather allow yourself to grow.
Committed is not a word,
It unlocks the imagination of your vision.

The promise you make,
Will be the commitments you will hold.
Keep it safe and never broke it,
It is the ounce of your success.

Let your hold be at stake,
And move forward to continue.
Keep it as your desire and motivation,
To move on and succeed.

Look around and think,
What would be the meaning of life?
Without commitment what would it be?
Think deeply and compose your thoughts.

Whenever you want to quit,
There are people who wish to be you.
Someone who is strong and positive,
Someone who is bold to face their fears.

Always think about why you started,
Don't let anyone push you to quit.
Always remember why did you commit?
It's because you wanted to be good and great.

Don't look onto others failures,
Let your failures be the mirror of yourself.
Continue to pursue and change the bad ones,
Someone will look up to you.

Say hello to the world,
This is the reality.
You need the motivation to go on,
You need someone to cheer on.

But don't rely on them,
Those people are just temporary.
In the end, it's just you and yourself,
Fighting all the odds.

Your desire and motivation will be the guide,
Your commitment will take action.
Keep moving and prove you can,
Leave the past and grow.

Life is full of actions,
You need to experience failure.
Before you smell the success,
It is the true meaning of reality.

Our Parents push us hard,
Because they want us to learn.
They want us to see the world,
And learn by ourselves.

All the words we take,
Pieces of Advice we ignore.
The chances we are rejecting to with us,
Chances that will let us change.

Commitment is always in us,
You just need to let it out.
Put courage and will,
Take your actions now.



Meracel B. Orcullo

She loves reading quotes because it inspires and motivates her, she also likes the smell of the book. She likes cooking but she doesn't like spicy food. Her weakness is to see her parents' cry. She has a lot of dreams, not just for herself but for her family. She dreams of becoming a flight attendant someday but it was a big dream at all!! You know why because it's hard to dream when you lack the things you wanted, but she knows that God has a purpose in her life.

She joined dance contests in school and she loves playing volleyball. She has skills in editing and she also knows how to edit videos. She's the type of person who always smiles but if you dig deeper, it's totally broken. Just take note that, even though you have a problem, just let it be because all problems have solutions.

96 E E Mendoza St buting Pasig City
Meracel.25@gmail.com
Orcullomeracel.presstartph@gmail.com

Meracel Orcullo is also known as Mera. She is 22 years old studying at the University of Makati, taking up the course of Bachelor of Science in Business Administration Major in Marketing management. She wants a simple life because her parents said not to dream of getting rich as long as you can eat three times a day. It was enough to thank God for every blessing.

SELFISHNESS

Man are ambitious
 they are willing to do anything
 just to get what they want.

It doesn't matter if they hurt others
 Or trample on people
 What matters to them is that they are happy.
 We must accept,
 that there are things we cannot provide and do
 Hurting anyone for one's own good and
 welfare is unacceptable.

Learn to give, care and accept
 Be pleased with what you have
 Ambitions are not a sin because it is a goal
 That requires hard work and respect.

MAY YOUR DREAMS COME TRUE?

Follow your heart never surrender your
 dreams.
 Believe in yourself, and always be truthful
 Take time to enjoy life's pleasures and
 Keep your mind open to new experiences.
 Think before acting anything else
 Make your own decision and be yourself.



Ella Mae A. Magoliman

Hi! I'm Ella Mae Apuli Magoliman, 23 years old. I was born on August 8, 1998 at Dr. Jose Fabella Memorial Hospital. I am the youngest daughter of Mr. and Mrs. Fertie C. Magoliman and Gina A. Magoliman and I have two elder brothers. My father is a tricycle driver in our province which is Negros Occidental while my mother works as a helper in Taguig City. I've been living with my mother since 2015. She is the one who supports my studies and provides my needs. My eldest brother, Jefferson A. Magoliman lives in Albay, Legaspi City in Bicol. He has been residing in Albay since birth because my mother's parents took him so they could take good care of him because he has a weak body. When he was a child, he used to be a bagger at SM City Albay but last year, he quit his job because he has to undergo surgery due to his appendicitis. My second elder brother, Terence John A. Magoliman lives in Parañaque City together with his wife and two children. He works at Puregold Parañaque as a bagger.

I am a 4th year student from the University of Makati. I'm currently taking Bachelor of Science in Business Administration Major in Marketing Management. The reason why I chose this course is because I want to build my own business someday together with my friends - Ana and Star. We already talked about what kind of business we will manage in the future and that is a coffee or milk tea shop.

My friends always describe me as a happy-go-lucky person. They say that I am easy-going, thoughtful, kind, lazy, friendly, talkative, good listener, someone who is willing to lend her shoulder when you need it, someone who is capable of giving a good advice, someone you can depend on to anytime, and lastly, a good friend. My hobbies are singing, dancing, and drawing. I also love watching anime and Korean pop music videos. Reading manga and Wattpad stories are some activities that I will never get tired of doing because I love romantic stories. When I was in high school, the first story that I've read in Wattpad is "My Husband is A Mafia Boss". It was an interesting story because it talks about how you treasure your loved ones. I've read a lot of Wattpad stories but this one is my favorite, that's why I was upset when the authors did not finish the story until now. I also have a Tiktok account where I post a lot of videos of myself singing and dancing, and edited videos I made for my idols. I really enjoy posting videos about the things I love because it reaches a thousand likes. Because of this, I am grateful to them because their likes simply show that they appreciate my videos. Please follow and like my videos on my Tiktok account my user id is @kupalicious08.

One fun fact about me is that I have two Facebook accounts. The first account is my real account which is named Ella Mae Magoliman. In this account, I post a lot of pictures and videos of myself when I was in high school. There was also a time when I checked my old pictures to look back on the good memories that I have made with my high school friends, and the memories that I cannot bring back again. My other account is named Jeonella Hope Apuli – a combination of my name and my idols. The name Jeon came from Jeon Jung Kook of BTS, Ella came from my real name and Hope is came from Jhope of BTS. That account is made to support BTS. I posted a lot of pictures and information about them on how they started from nothing to becoming one of the successful K-Pop groups in this generation. I didn't idolize them just because they are good-looking, good singers and dancers. I became a fan of them because the songs that they made remind a lot of people that you they are not alone. Despite the hardships a person may face, their songs remind you to never give up on your dreams – a song that every person is longing to hear. The latest song that they made which is "Life Goes On" depicts a message of hope for everyone of how life goes on even during the pandemic. BTS still gives a message of hope for us that the year 2021 may be challenging but the coming years could be a better year. They also reminded us that no matter how hard or hopeless our situation is, we need to look at the brighter side of things. Instead of looking at things as obstacles, let's try to look at it as opportunities to improve ourselves and become better persons than we are yesterday. I am a big fan of them since 2013 because of the songs which changed my perspective on the things around me.

Lastly, I want to share my great experience here in PressStart Studio Ph. In a world full of rejections, this company gave me an opportunity and took me in, and for this, I will always be grateful. This company accepted us without hesitation – giving us hope, believing in our potential. This company has made me grow and has improved my knowledge while giving us a great experience. I'm enjoying my internship here because they don't treat us like interns but as family. Every day we work on tasks given to us. We share our ideas and opinions regarding business matters such as which kind of strategies should be implemented to improve the sales of the company while doing enjoyable activities. Another reason why I'm enjoying here is because of the activities that we do such as the Happy Hour in which we share our thoughts and past experiences while communicating with our Facebook viewers during live by reading their opinions about the topic we discussed on that day.

FOR MY IDOL (JEON JUNG KOOK)

By: Ella Mae A. Magoliman

June 13, 2012

That was the day that I met you.
The day that I fell in love with you.
The day that I started to cherish you.

I found you
I found my happiness in you.
And I found myself smiling
Because of you.

It was you
It was you who stole my heart
It was you who inspires me a lot
It was you, the man that I love.

ECQ na. ECQ na naman.
 Limitadong pagalaw ng ating mga
 kababayan.
 Araw Gabi iisiping muli ang ilalagay sa
 tyan.
 Hindi natin alam kung sino ba talaga
 nahihirapan?

By:
John Michael Navarrete
from Makati City

By:
Rochelle Jane Nariz

Ito na naman ang lockdown
 Mananatili na naman sa tahanan
 Mararamdaman na naman na nag-
 iisa sa buhay
 Nagaalala para sa kinabukasan
 Ngunit wag mag-alala dahil meron
 kang kakapitan
 Nandyan ang Maykapal,
 Sagot na niya ang bawat
 paghakbang.

RECOGNITION**by: Desiree Dasig**

I often ask myself
What is recognition?

I always do my best
Is it worth their attention?

Then one mistake came
How many times will I have
to regret this action?

Later on, I realized
Whom am I trying to please?

I am who I am
Regrets and mistakes
Is all part of living
And only God can give
the recognition we are fitting

Thank you,

What matters when we are all in
shades of gray?
Confusion with the environment
as the people around are
turning astray.
Trying to keep going in the
midst of the unknown.
Do we still call the world our
own?

By: Erin Tan

Narito na tayo sa ikatlong yugto.
Walang hindi nabahala at nabigla
Lahat ay wari ba'y isa isa niyang
kinamusta
Na nagpapahiwatig ng takot at kaba
Nag mistulang gyera.
Ang nangyari sa bayang sinisinta
Pero ito ang mas kakaiba
Dahil sa digmaang ito, ang pagkatalo ay
malaki ang tyansa
Kung hindi ka marunong makibagay at
makiisa
Hindi sasapat na panlaban ang
dinamita, baril o bomba
Dahil ang kalaban ay hindi mo makikita.

By: Justine Asis

AUTHOR IN FOCUS



CATHY ROQUE

Catherine "Cathy" Roque is a 28-year-old petite Filipina living and working in the Philippines. In the writing world, she is the author of *You Can Grow*, Writer and Program Manager- Philippines of *Inspitale India*, Writer and Assistant Editor of *Model Icon* and *Tiara Magazine USA*. She's Penmasters League Administration Ambassador 2020-2021. She's one of the Top 20 Writers of The Novel Project under the pen name Ligayathy in their first short stories category. She underwent an Author mentorship under PressStart in 2021. She finished her book in less than a month.

She appeared in different publications, shows, websites and one book namely, *Fashion Flair Magazine UK* February 2021 (as a Model), *Lifestyle Magazine Power and Success* March- April 2021 (as a powerful woman alongside different personalities around the world), *Heart of Hollywood Magazine* (Power and Success Multitalented Beauty 2021 and Power and Success The Rerouted Journey and as one of the Top 5 Finalists of the Cover Model Contest 2021), *Dancamo* and *Glamour Faces Philippines* (as a talent, Model, Beauty Queen, Organizer, CEO, National Candidate representing Paranaque City and will be flying in Vietnam in 2022), *Moda Belletto Texas* as one of the brand's international shows showcasing Beauty Queens, *Chat and Spin UK* (scheduled interview for her writing), *Treasure: 120 Strong Voices of Women Around the World COVID19 Lockdown Stories Ireland*. In the modeling world, she's marketed as a Professional Pettie Model with X-L-N-T Worldwide Management Group and she's also an active student under Maleficent Models Academy. In the pageant world, she's an active student of Empowerment Academy USA (the first international student), *Miss Uniworld Philippines 2020*, *Miss WOW London Season 3 Second Runner Up*, *Miss Central Asia Milestone Global International World Pageant 2021*, *Miss Glamourfaces Philippines Paranaque City Representative*, *Miss Universal Queen Key Member*, *Mr. & Miss Nigeria Golden Heart Executive Vice President*, *Miss Legacy World Philippines National Director*.

In the government world, she has been with the House of Representatives, Office of the President of the Philippines Film Development Council of the Philippines, and now with Energy Regulatory Commission. She was the Delegate of the Republic of Cuba in 2021 and an Ambassador under International Model United Nations. She finished her online courses at Yale University under Moral Foundations of Politics with a final grade of 92.26% and at the University of London under Global Diplomacy: the United Nations in the World with a final grade of 100%. Her undergraduate degree is Bachelor of Communication major in Media Production in Assumption College, San Lorenzo. Her visual artworks reached Rome, Turkey, India, and Canada.

1.) What inspired you to write *You Can Grow*?

The inspiration behind *You Can Grow* is the thought of combining things that I am good at (personal strengths) and how I can help the girls in India with the tagline "Educating a girl child". Books usually are the symbol or what we envision when we say education. I am not comfortable in asking for money; even for a good cause. I am more comfortable doing something in exchange for money. In this, I also want to make a difference in this cycle. I want to have a lasting impact not just on the girls in India but also on the ones who helped. The proceeds of the book will all go to the girls in India in whom it'll help them with their studies and meals through the Milestone Pageants Foundation. I want them to have an equal chance, have the mere basics that most usually take for granted, and have dreams. I want them to understand the world around them and see endless possibilities in this life. For the person who bought the book, I want them to have something of an inspiration, motivation, or a challenge, that whoever and whatever they decide to do, react and become in their journeys, it's never too late to dream. Having small and big dreams at whatever age is okay. Achieving it and making another one is also okay. Having problems, concerns, issues, failures, and heartbreaks are normal. What matters is what we make out of it. What we become of it. What we did. That we tried. To see that maybe our dreams back then didn't happen because God and the universe directs you to something and somewhere that can make you, "you". To make you realize that the exact mold of that dream is either just waiting to unfold in His time or the essence of that dream, your reasons are still there. We can be whoever and whatever we want to be as long as we are determined and that we try. I want to leave that in this world. I want my book to tell that kind of story.

As that's my story in my Plan G. That it's our story in this life. Books in whatever form will always be there. I want to share what I see and I'm hoping that it'll be passed on from generation to generation. It is not thought-provoking as it's simple and direct. More likely sweet in a heavy topic but when we are placed in a situation wherein we are looking for a reason to hold on, this may be the answer. I had several in the life that made me hold on. I'm passing it on to you. A "hand of reminder" that you still have a chance and "You Can Grow".

2.) What are You Can Grow all about?

You Can Grow is a story about dreams. We see the worlds of two different individuals of different social-economic statuses and personalities set in the Republic of the Philippines; in a simple, sweet, and direct approach.

3.) What is your message to aspiring authors and writers?

Always know yourself. Love yourself. Rediscover yourself. Always try and accept whatever result may be in a very accepting and understanding manner in whatever aspect it is in your life. Once you've found yourself as to what you like and don't like. Try those things you don't like or are scared to try when you age. Always do your research. Find your inspirations. Push yourself to understand why you don't like certain things. Always think about what you want to write or the theme, find ways to get inspiration and credit them, and just write. Don't mind the results in the long run (don't overthink). Don't mind your grammar, sentence constructions, and spellings yet. Just write. Once you've constructed your story, go back to it to see any mistakes

OUR SERVICES

ARCHITECTURE & CONSTRUCTION

We can design and build your dream spaces that suit your lifestyle needs and budget. We collaborate with you to ensure that our projects match your values and needs. Let us work together to create design solutions and structures for a sustainable future.

LIFE COACHING AND MENTORING

From personal development, writing, languages to technical and computer skills, we aim to help you unleash your full potential and become a life game-changer.

TRAINING AND WORKSHOPS

We facilitate effective, interactive, and engaging workshops and training for your learning needs. Our customized programs are facilitated by professionals and subject matter experts and tailored-fit to individual or group requirements. Let us help you be equipped with the essential skills to achieve your goals.

DIGITAL CREATIVES

We can help you in creating digital content and enhancing your online presence for your personal and business brand.

ARCHITECTURE & CONSTRUCTION

1. PRE DESIGN PHASE

- 1.1 Consultation
- 1.2 Feasibility and Study
- 1.3 Site Analysis
- 1.4 Architectural Research
- 1.5 Space planning
- 1.6 Value Management

2. SCHEMATIC DESIGN PHASE

- 2.1 Initial Line Drawing
- 2.2 Initial Perspective
- 2.3 Initial Probable Cost

3. DESIGN DEVELOPMENT STAGE

- 3.1 Architecture Drawing (PTR & PRC Signed and Sealed)
- 3.2 Allied and Design Services
- 3.3 Design Coordination
- 3.4 Bill of Material and Specification

4. CONTRACT DOCUMENT PHASE

- 4.1 Detailed Architectural Drawings
- 4.2 Technical Specification

5. OTHER SERVICES

- 5.1 Architectural As-Built
- 5.2 3D Renditions

6. RECOMMENDATIONS

- 6.1 Engineers (multiple discipline)
- 6.2 Contractors
- 6.3 Suppliers

ARCHITECTURE & CONSTRUCTION

OPTION 1

PRICE
P300/SQM

INCLUSION
ARCHITECTURAL
FLOOR PLANS
1 REVISIONS
(A3 PAPER AND PDF)

3D RENDERING
1 EXTERIOR PERSPECTIVE

WORKING DRAWINGS
NONE

360 VIRTUAL TOUR
NONE

CLIENT TYPE ON
BUDGET THAT NEEDS
DESIGN AND
INSPIRATION

OPTION 2

PRICE
P700/SQM

INCLUSION
ARCHITECTURAL
FLOOR PLANS
2 REVISION
(BLUE PRINT AND PDF)

3D RENDERING
2 EXTERION
PERSPECTIVE

WORKING DRAWINGS
YES SIGNED AND
SEALED

360 VIRTUAL TOUR 1
STILL 360 RENDER

CLIENT TYPE WANTS TO
EXECUTE THE
ARCHITECTURAL DESIGN

OPTION 3

PRICE
P1,500/SQM

INCLUSION
COMPLETE ARCH.
AND ENG.
FLOOR PLANS
2 REVISIONS
(BLUE PRINT AND PDF)

3D RENDERING
3 PERSPECTIVE

WORKING DRAWINGS
YES SIGNED AND
SEALED

360 VIRTUAL TOUR
2 STILL 360 RENDER

CLIENT TYPE WANTS TO
HAVE A COMPLETE
WORKING DRAWINGS

TRAINING & WORKSHOP

PROGRAMS

OBJECTIVES

1-MONTH ENGLISH PROCIENCY TRAINING

At the end of the sessions, the participants are expected to:

Recognize the keys to effective oral and written English communication; Practice pronunciation and enunciation; Review the fundamentals of English grammar Identify common mistakes and clarify confusions in the English language; Know the elements of effective writing; Apply tips and techniques in writing and editing.

BOOK WRITING MENTORING PROGRAM

This program aims to guide aspiring authors/ writers to fully utilize their time, effort, and energy into writing the book of their dreams and to help them overcome the dreaded writer's block.

LEADERSHIP DEVELOPMENT (Life Game Changer Certification) PROGRAM

This program is designed to help the participants build their self-confidence and discover their strengths. The participants will learn the importance of learning from within and making intentional changes to lead others more effectively.

PERSONAL DEVELOPMENT WORKSHOP

Gain a deeper awareness and understanding of self.
Realize the importance and benefits of personal development

Create an effective Personal Development Plan
Build a professional image and boost confidence

TRAINING & WORKSHOP

PROGRAMS

OBJECTIVES

ENGLISH COMMUNICATION SKILLS ENHANCEMENT

The program is designed to help the participants enhance their English oral communication skills and gain a global competitive advantage. The training aims to equip participants with strategies on how to deliver messages clearly and confidently.

PERSONAL LEADERSHIP SKILLS

This program aims to help unleash the leadership potential of the participants to become better leaders to others by leading themselves first. This session would allow the participants to discover their strengths better and create a plan to maximize them to attain their goals.

CUSTOMER SERVICE EXCELLENCE

Create awareness of each participant's significant role in providing service that exceeds expectations and how it impacts the organization.

Develop confidence, enthusiasm, and passion to deliver professional customer service.

Learn how to handle complaints and concerns.

Identify what causes customers to be demanding or difficult and the consequences.

Recognize and manage your own responses.

Develop strategies for managing different types of customers.

Gain confidence in handling customers appropriately.

COPYWRITING

This program is designed to help the participants learn copywriting to have another source of income.

TRAINING & WORKSHOP

PROGRAMS

OBJECTIVE

CONTENT WRITING

This program is designed to help the participants create valuable content and be able to apply it in any industry they choose to work in.

BASIC SUPERVISORY SKILLS

This program aims to equip participants with strategies to transition from their roles to supervise and lead themselves and their team. They will learn to focus on the things within their influence and help support their team to become more effective and productive.

EFFECTIVE PRESENTATION SKILLS

Whether facilitating meetings, pitching an idea, dealing with colleagues, or winning people over, having impactful communication skills is crucial in developing an empowered individual. From presenting to an audience or having one-on-one meetings, having effective communication and presentation skills is an advantage.

CREATIVE WRITING

A fun and interactive program on the fundamentals of creative writing. No previous writing experience is required.

At the end of the session, you will:

- Discover the joy of creative writing
- Discover yourself and your own creative process
- Learn techniques in overcoming creative writing blocks
- Unleash the power of imagination to create a story outline

TRAINING & WORKSHOP

PROGRAMS

OBJECTIVES

COMMUNICATION ASSERTIVENESS

Gain confidence in expressing.
Avoid being aggressive and boastful.
Learn to respect and value the feelings of other people.

ENGLISH GRAMMAR AND WRITING SKILLS

To improve English grammar and writing skills and clarify common mistakes and confusions.

EFFECTIVE BUSINESS WRITING

Learn the 5Cs of business writing.
Deliver messages clearly and concisely.
Discover tips in email writing.



We can help design and build your goals and dreams.



INDIVIDUAL COACHING
GROUP LEARNING SESSION
LEARN WITH US!

List of Programs

1-MONTH ENGLISH PROFICIENCY TRAINING

Book Writing Mentoring Program

Leadership Development Program

Personal Development Workshop

English Communication Skills Enhancement

Personal Leadership Skills

Customer Service Excellence

Copywriting

Content Writing

Basic Supervisory Skills

Effective Presentation Skills

Creative Writing

Communication Assertiveness

English Grammar and Writing Skills

Effective Business Writing

WE CUSTOMIZE OUR PROGRAMS DEPENDING ON YOUR SPECIFIC NEEDS.

PRESS ▶ START

✉ pressstartstudioph@gmail.com

📘 [@PressStartStudioPH](#)

📷 [@pressstartph](#)

🌐 www.pressstartph.com