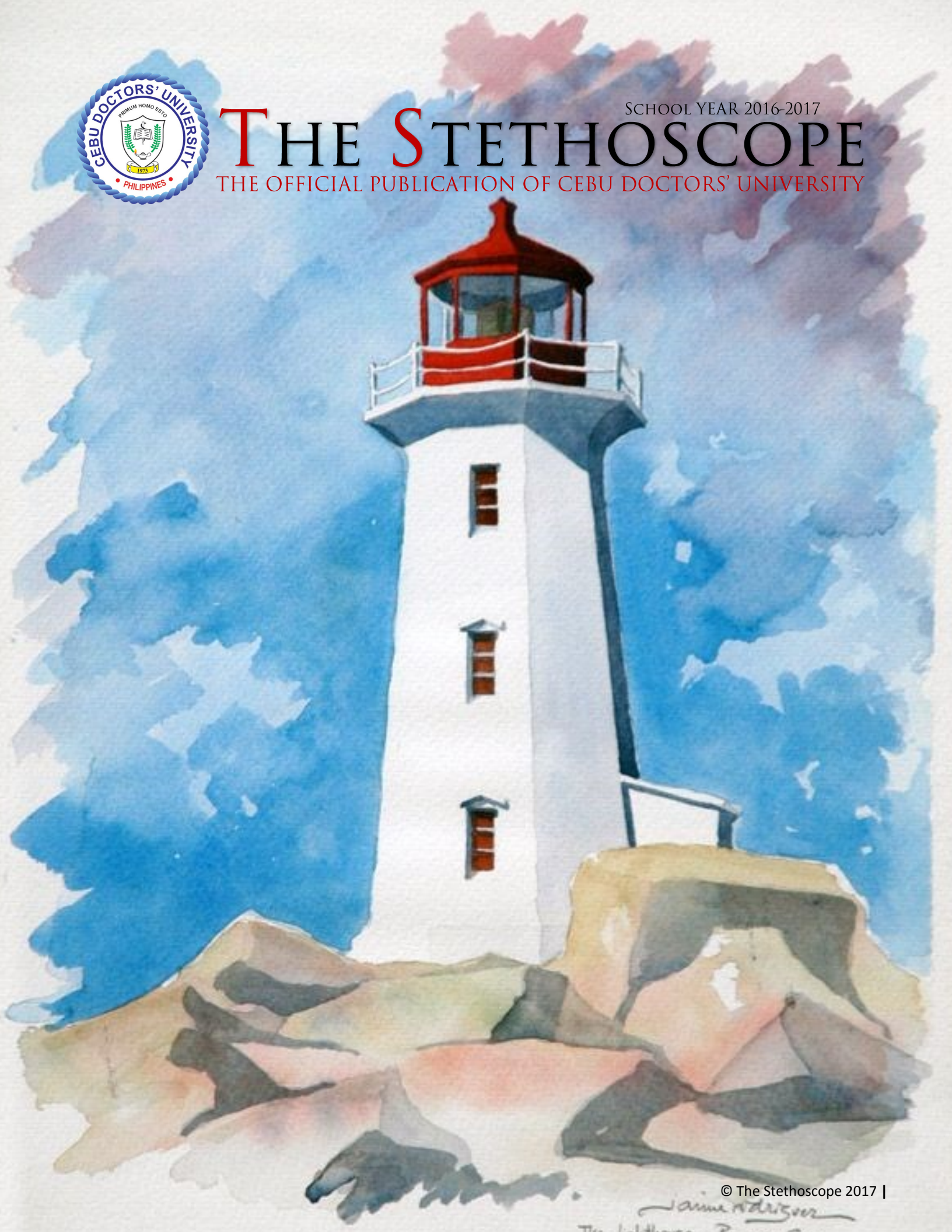




SCHOOL YEAR 2016-2017

# THE STETHOSCOPE

THE OFFICIAL PUBLICATION OF CEBU DOCTORS' UNIVERSITY







# THE STETHOSCOPE 2017

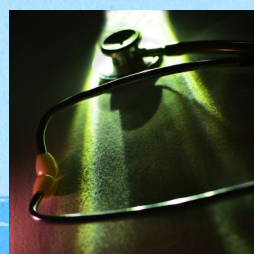
THE OFFICIAL PUBLICATION OF CEBU DOCTORS' UNIVERSITY

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## ABOUT THE COVER | FRONT

The Lighthouse represents the knowledge that aims to guide the students in understanding the world



## ABOUT THE COVER | BACK

The picture represents the school's commitment to produce dedicated medical-professionals in the near future.



THE STETHOSCOPE

## Editor's Note



As we know, CDU was not able to publish a third version of the magazine and to have the opportunity to start all over is both an achievement and a burden. Achievement because the new staff has the ability to revive the lost old soul of “The Stethoscope” yet also a burden because we now have the liability on what’s to come and the need to give justice that it deserves.

To start everything from scratch in a semester is challenging but isn’t that the true essence of freedom? We can always choose to begin again whether it is hard or difficult.

We should not be afraid on what’s to come, embrace new beginnings and face the world’s nonstop saga of challenges!

*Jasmine Juliet Ang*

THE STETHOSCOPE

## Editorial Staff



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Faculty Adviser

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Faculty Adviser

Stanley Clark Dipay  
Publication Adviser



# MESSAGE FROM THE PRESIDENT AND VICEPRESIDENTS



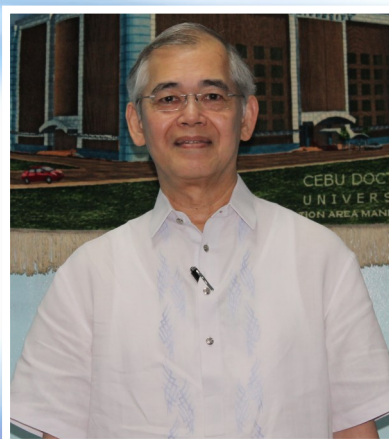
Congratulations to all the women and men who are working hard to come out once again with a new edition of the official CDU students' publication—The Stethoscope.

With the various events and activities taking place within and outside the walls of the university, it is important to have an instrument that serves not only as a vehicle of information for the community but also as a perpetual repository of your thoughts and achievements that the future generations may appreciate and emulate.

Keep up the good work and more power!

A handwritten signature in black ink, belonging to Dr. Potenciano V. Larrazabal.

DR. POTENCIANO V. LARRAZABAL  
University President



Dear students of CDU, as we near the end of the Second Semester of this academic year, I hope that you will continue to be serious in your studies and make an effort to give yourselves an extra push in order to finish all tasks assigned to you and obtain high grades in all your subjects. The University has provided you with excellent faculty members and learning facilities and it is up to you to take advantage of all that they can provide. To our newest members of the CDU family, the Grade 11 students, I hope that you have by now adjusted on your part by making the Senior High School experience no different from the College experience. For the graduating students, I congratulate all of you in advance. make your families and teachers proud of you when you go up the stage to receive your respective diplomas from the University President this

coming April.

To our faculty members and non-teaching staff, continue to walk the extra mille with our students as they pursue their dreams of becoming the professionals that their families envision them to be.

Lastly, congratulations to the editorial staff for coming out with the issue of the Stethoscope! I am confident that with the able guidance of the staff by Mr. Stanley Clark M. Dipay, our head of SAPPRO, The Stethoscope will be a regular feature in the campus, a mirror of life in CDU, an excellent source of news about the University as well as good venue for the expression of the literary and other artistic talents of our students.

A handwritten signature in black ink, belonging to Enrico B. Gruet, MD.

ENRICO B. GRUET, MD  
Vice President for Academic Affairs





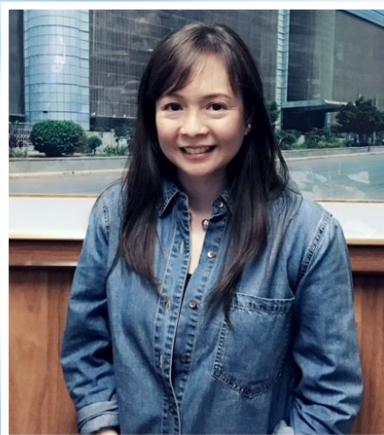
Warm greetings from your Cebu Doctors' University Family!

It is my utmost pleasure to welcome all of you; the returning upper class and especially to our first batch of Senior High, the Grade 11th on this Academic Year 2016-2017. Thank you for choosing CDU to be an instrument in fulfilling your dreams to be competent, dedicated, upright and compassionate healthcare professionals. Many challenges may come; but remember that through adversity we develop resilience and strength of character. Strive to balance your studies, friends, and family and always have time to pray. Widen your world vision and expand your personal and academic horizons in your chosen field.

We also appreciate and welcome the presence of our dedicated faculty, hard-working non-teaching staff and other personnel who have been very supportive to this academe.

ENGR. OSCAR A. TUASON

Vice President for Administration



Congratulations to the editorial staff comprised of students from different courses of CDU and their advisers for the revival of the official school magazine, The Stethoscope. May this be the start of a regular school publication, a source of information and positive expression to motivate the future medical practitioners.

This school year, I would like to welcome the Senior High Students who are active and passionate in achieving this means of keeping students, faculty & staff abreast on the goings on inside and outside the campus.

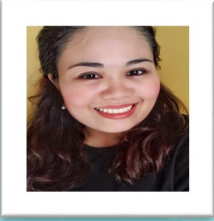
All the best!

BETTINA ANNE L. VELOSO  
Vice President for Finance



# MESSAGE FROM THE ADVISER

## Get ready to be inspired!



It is with delight and honor that I am again part of a team where I once belong. I was a graduating senior facing head-on a herculean task some many years ago of collating thoughts, information and features. The objective was NOT only to inform but represent and share a glimpse of our school spirit. It was a daunting responsibility of finding balance ,for every issue, the diversity of every college and yet a kindred harmony of the goals of each and everyone in our alma mater. Looking back at those days, I knew I was merely scratching the surface of an institution that is CDU. Nevertheless, this is a full circle moment for me. I must say, it is pretty cool.

Now, let me congratulate the new team of writers that stepped up to the task. Fear not because, guidance from colleagues are always ready. May you have knowledge, sincerity and tenacity for this challenge.



Coming up with a worthy school paper is not like painting a picture in a canvas — you don't know what to paint, how to paint or even what to use until time comes that you have a clear idea of what you really do want to paint. Having the idea involves starting with an inspiration, then putting together all the elements necessary to create the image you desire. But instead of using paints and brushes, we work with a bunch of creative and talented individual students who likes an

Do welcome new ideas and be open minded to ideas different from yours. Hopefully, you will find your groove as a team that holds dear the voice of this university. Be a beacon of purpose. Let this publication illuminate goodness and significance of a written word. Make this an embodiment of one's mind and voice in an avenue of responsible journalism done utmost care and prudence.

With the premier issue of this Stethoscope of this school year, a legacy continues. Let us all be involved in upholding this tradition for we are an integral part of this journey. We pass through those halls every day not knowing that even mundane things such as this has a significant ending. Make this chapter count.

Just as I have always told my students and even myself, couldn't agree more, " Nothing worth having comes easy.

**Dr. Angelica A. Niñal**

The Stethoscope Publication Adviser

artist toiled hard to come up with this beautiful work of mind , heart and hand.

This issue is an extraordinary issue and a very challenging one for the editorial staff who are all new and fresh, we have to know each other better and blend to create a certain masterpiece. I am happy and proud to present this issue of THE STETHOSCOPE.

Enjoy reading! **Mr. Stanley Clark M. Dipay, MA,RGC**

Head, SAPPRO



# BE THE LIGHT

BY JASMINE JULIET ANG

Integrity nowadays is being neglected. Most of the people enjoy what modern living offers. This drains the morality of every individual which eventually leads to giving up the decency and goodness of a person. Since the world is corrupted by bad viewpoints of people, we need someone to enlighten our way towards attaining peace and bringing back our lost morals.

Observe our world. It's empty. The challenge has been taken because no one takes the position. If we look at the bigger picture, this really is a threat to all humankind because apparently, we will have no peace and a quality of life. What we have today will be ruined

even more. We don't want this to happen. We don't want to entrust our lives to someone who cheats on us.

Everybody thinks that a person who can make all this disappear is hardly impossible to find. Yes, finding someone to enlighten our lives from the wrong things we are doing is hardly possible because the only person who can save the human race from this dilemma is you yourself. This someone is you. It starts with your motivation. We can be the light who will drive the darkness inside own soul.

Just believe and have faith that we can change the world!



# What's New in CDU?



## LIBRARY

The CDU Library has a lot of improvements for the past years and yet this year, we have quite shocking facilities that has been added. In the picture shown on the left side, you can advertise new books that can help enhance our skills and vocabulary.

Also, we all noticed as we enter the library, there's this variety of books that are arranged per genre, made accessible for all. It's called the Book Buffet.

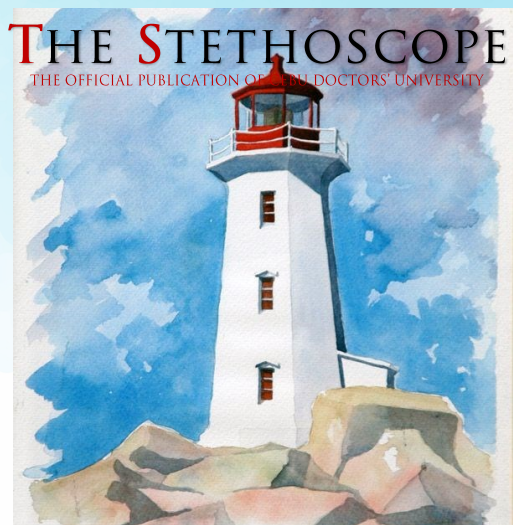
## SHS PROGRAM

You have just made the right decision by coming to the right place and at the right moment of your life. Last June 2016, CDU has embraced the SHS program with vibrant enthusiasm and confidence knowing that we will definitely continue to rise up and excel amid this new challenge. You'll be moving in and around the campus just like college students. Also, be informed that all CDU-SHS tracks or strands consists of courses that are designed to meet the requirements of all our academic programs in the tertiary level.

- Dr. Potenciano Larazzabal, Jr.



## THE STETHOSCOPE



A decade ago, CDU's school publication "The Stethoscope" has been established. Since the second issue was released on the 2nd Semester of the school year 2007-2008, it has been discontinued. Now, we are trying to revive and amplify the voices of the students and the entire community of the school by putting up an honest array of prose and poetry pieces that are written by students. The goal of the staff is not only to resurrect and bring back the publication but also to enhance the intensity of the

students' opinions.



# CEBU DOCTORS' UNIVERSITY

## COLLEGE OF MEDICINE

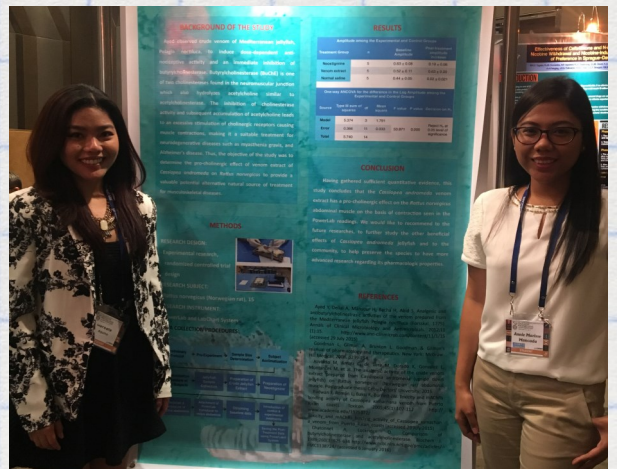
**"The Pro-cholinergic Effect of the Crude Venom Extract Of *Cassiopea Andromeda* (Upside-down Jellyfish) on in situ *Rattus norvegicus* (Norwegian rat) Abdominal Muscle"**

The purpose of this study was to investigate the pro-cholinergic effect of the *Cassiopea andromeda* venom extract on the abdominal muscle of *Rattus norvegicus*. It can be a valuable alternative natural source of treatment for musculoskeletal diseases.

Achievements:

1st Placer, 27th Philippine Society of Experimental and Clinical Pharmacological Annual Convention

3rd Placer, 50th APMC Annual Convention

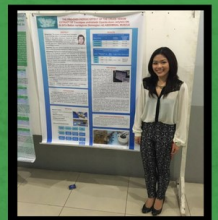


*Congratulations!*



### CONGRATULATIONS TO

Merealle Adrina R. Aquino  
and other members of Level 2 Group 5 for  
winning FIRST PLACE with their  
paper entitled "The Pro-cholinergic Effect of  
the Crude Venom Extract of *Cassiopea  
andromeda* (Upside Down Jellyfish) on In  
Situ *Rattus norvegicus* (Norwegian Rat)  
Abdominal Muscle" in the Research Paper  
Contest during the 27th Philippine Society of  
Experimental and Clinical Pharmacology  
Annual Convention held at Angeles City,  
Pampanga last August 6, 2016



FROM

CDU-CM MEU



# THE WORLD OF MEDICINE

BY CHEZA MAE VIDAL

When you first saw Cebu Doctors' University, your initial thoughts would be something medical-related. We see students wearing different kinds of uniforms, all under their own specialized course. At times, we tour around the grey-walled campus, and find places we haven't been.

Later on, we get curious about the Medicine students and wonder what they do, where they go, and how they are. They're say things like, "Yes, I'll be taking up Medicine soon," or "I want to take up Medicine because of..." and something along those lines, But , do we really know what's going on in that field?

You might wonder where do Med students go. They go to the 5<sup>th</sup> floor to have laboratory exercises and Small Group Discussions (SGD) which is a

I have interviewed a friend of mine named Madan Kambaiahgari, who was once taking up BS Biology and who is now in Medicine. I found answers to some of the questions that come to my mind every time I get to meet on the halfway at Med Student. somehow he satisfied my curiosity about Medicine as a Course.

Medicine is really a broad subject with all its complex fields and teachings, though just like what my friend had said, it is really worth it. So are you now inspired to get into Medicine?

Taking up Medicine or any medical-related course takes your hand to help others and lets you the

**Q1** HOW DOES IT FEEL TO BE TAKING UP MEDICINE? NERVOUS? EXCITING?

" Exciting! "

**Q2** WHAT ARE YOU SPECIALIZING ON?

" It's only med for now; I will take Neurosurgery. "

**Q3** HOW DO DOCTORS TEACH YOU IN CLASS? IS IT THE SAME WAY AS WHEN YOU WERE STILL TAKING UP BS BIOLOGY?

" It's more of self learning, no teaching, except in labs. "

**Q4** WHAT CAN YOU SAY ABOUT MEDICINE? DO YOU LIKE IT?

" I like it. It's worth the time and effort! "

compulsory practice in their field with these, will they become good doctors? . And what about dead people? Yes, because they get to examine real human bodies . Most of the students encounter segments of cadavers although they don't do any dissections. Examinations, SGDs, and classes happen in the 7<sup>th</sup> and 8<sup>th</sup> floors (depending on the year you are in).

best of your abilities. Always remember this line from Charles Dickens, "No one is useless in this world who lightens the burdens of another."





# CEBU DOCTORS' UNIVERSITY

## CEBU, PHILIPPINES



The years you will spend in education are of more value than the money you will spend for school fees.

Specialization leads to excellence. Entrust your Senior High School-STEM education to the healthcare education specialists.

INVEST YOUR YEARS WELL. CHOOSE CDU FOR YOUR SHS STEM EDUCATION.



### EXAM REQUIREMENTS

1. Photocopy of High School Card (latest grading period)
2. Application form from the College/Dept.
3. Accomplished Student's Personal Data Sheet
4. 5 pcs 2x2 colored studio picture (white background, with collar shirt/blouse, no computer print-outs)
5. Php 400.00 (Testing Fee)



### EXAM SCHEDULE

Monday to Saturday  
8:00am - 12:00pm and 1:00pm to 5:00pm



### CONTACT US

Trunkline: (032) 238 8333  
Local: 211 or 212

## DISTINCTIVE ADVANTAGES AND BENEFITS OFFERED BY CEBU DOCTORS' UNIVERSITY SENIOR HIGH SCHOOL STEM PROGRAM

### What CDU SHS STEM provides

CDU SHS STEM program exceeds the minimum requirements set by DepEd for STEM

Superior Faculty: CDU teachers have Master's Degrees, Doctorate Degrees, are LET passers and have at least 5 years teaching experience

Superior laboratories and learning facilities: CDU has affiliation with SIX (6) hospitals in Cebu City and the neighboring islands led by an internationally accredited teaching Hospital (CDUH) in Cebu city. (See list below.)

CDU has Autonomous University Status granted by CHED.

CDU has programs that are internationally recognized by the World Health Organization.

### Resulting to

Superior preparation and foundation for SHS students aiming to pursue a healthcare science course in college

Outcomes-based education that demonstrates high levels of competencies of graduates when they practice their profession

Superior hands-on application of knowledge through extensive and intensive internship and residency for students and graduates of healthcare courses

An exemplary university with outstanding performance

Curricula that are internationally benchmarked

### End & Long-term Benefits

Very good to excellent academic performance of students when they take up their targeted healthcare course in college

High level of proficiency and competitiveness in the practice of the chosen healthcare profession

High level of proficiency and competitiveness in the practice of the chosen health care profession

Continuing improvements in academic programs

International recognition of competencies of CDU graduates

\* CDU has affiliation with : 1) Cebu Doctors' University Hospital, 2) South General Hospital, 3) Cebu North General Hospital, 4) Mactan Doctors' Hospital, 5) San Carlos Doctors' Hospital in Negros Occidental, and 6) Ormoc Doctors' Hospital in Leyte. Cebu Doctors' University Hospital is the only hospital in the Philippines that is accredited by QHA Trent, a UK-based accreditation body for world class hospital standards.



# *The History of Cebu Doctors' University*

Cebu Doctors' College (CDC) was founded on May 17, 1975 and was registered with the Securities and Exchange Commission (SEC) on June 29, 1976.

Cebu Doctors' College of Nursing (CDCN), then under the umbrella of Cebu Doctors' Hospital (CDH), was authorized to operate by the Department of Education, Culture, and Sports (DECS) in 1973. A sister institution, Cebu Doctors' College of Medicine (CDCM), a non-stock, non-profit medical foundation, was next established on July 24, 1976. In line with the institution's objective to offer allied medical courses, six other colleges were subsequently opened: Cebu Doctors' College of Arts and Sciences (CDCAS) in 1975, Cebu Doctors' College of Dentistry (CDCD) in 1980, Cebu Doctors' College of Optometry (CDCO) in 1980, Cebu Doctors' College of Allied Medical Sciences (CDCAMS) in 1982, Cebu Doctors' College of Rehabilitative Sciences (CDCRS) in 1992, and Cebu Doctors' College of Pharmacy (CDCP) in 2004. Cebu

Doctors' College Graduate School opened in 1980.

On November 23, 2004, Cebu Doctors' College was granted University Status by the Commission on Higher Education (CHED), thus the name Cebu Doctors' University was adopted.

On October 16, 2009, Cebu Doctors' University attained the CHED Institutional Quality Assurance through Monitoring and Evaluation (IQuAME) Category A(t).

On May 27, 2010, CHED granted the Autonomous Status to Cebu Doctors' University.

On December 2, 2015, the Department of Education granted Cebu Doctors' University the authority to operate Senior High School effective Academic Year 2016-2017.



# PRIDE OF CDU

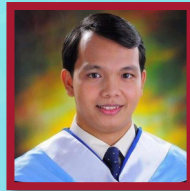


## COLLEGE OF REHABILITATIVE SCIENCES Respiratory Therapy Licensure Examination September 7 & 8, 2016

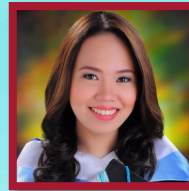
National Passing : **71.194% (582/818)**  
CDU Passing : **100% (51/51)**



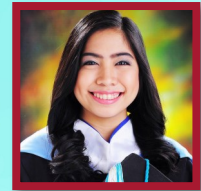
**John Marlou Medado**  
2ND PLACE



**Edrianne Paul B. Casinillo**  
3RD PLACE



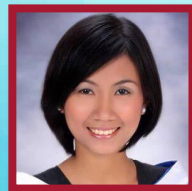
**Iza Jane B. Antonio**  
4TH PLACE



**Samantha C. Hamoy**  
7TH PLACE



**Albert B. Howard IV**  
7TH PLACE



**Katrina O. Villareal**  
8TH PLACE



**Haidee C. Hernandez**  
10TH PLACE



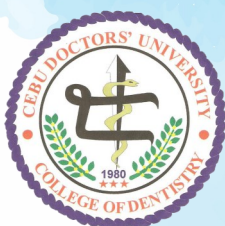
## COLLEGE OF MEDICINE Physician Licensure Examination September 10, 11, 17, & 18, 2016

National Passing : **2,899/3,695 (78.46%)**  
CDU Passing : **96/104 (92.31%)**



## COLLEGE OF NURSING Nursing Licensure Examination November 25-26, 2016

National Passing : **47.73%**  
CDU-CN Class 2016: **100% (33/33)**  
CDU Passing : **97.56%**



## COLLEGE OF DENTISTRY National Dentist Licensure Examination December 2016

National Passing : **52.95% (609/1,150)**  
CDU-CD Passing Percentage  
• Written Phase: **86.76% (58/67)**  
• Practical Phase: **98.31% (57/58)**  
Class 2016 : **100%**



**Dr. April Lorraine Y. Ramos**  
4TH PLACE



# ADVENTURE RACE: ZOMBIE OUTBREAK

BY CLAIRE MAE SEVILLA

Adventure Race is an annual activity organized by the Supreme Student Government and Council of Student Organizations (SSG-CSO) as a part of the University's Intramurals Week. The race contributes to the overall Intramurals Criteria for Championship. This means that winning the race could add points to the overall competition. The concept of CDU's Adventure Race could be compared to the hit reality TV show entitled "Amazing Race" where contestants travel across countries completing all the tasks given to them as fast as they can in order to win the cash prize, while CDU adventure race lets the competition explore the whole CDU, also completing tasks given to them as fast as they can.

Contestants go through the different obstacles spread throughout the whole CDU building and complete them in the shortest time possible to win the race. In addition to that, contestants must complete all tasks while avoiding attacks from

The organizers of the race have created a storyline of a zombie breakout where the contestants must complete different tasks that will lead them to their final task reach one goal: finding the cure. The challenge: the zombies.

The zombies spread throughout the CDU building ranged from mild to aggressive. The presence of zombies did pump much adrenaline to the players and the entire hype of the event.

In the end, the College of Medicine's skill and speed prevailed the race let them win first prize. College of Nursing came second, and the College of Dentistry as the third.



## Annual University Run celebrate another success

BY CHARLES KENNETH BUSLON

The 11<sup>th</sup> University Run done last August 28, 2016 at Cebu Doctors' University campus. Featured 25k, 13k, 6k and 3k runs. With the Cataract Foundation and calamity victims as the beneficiaries of the event. The event was spiced up with the presence of water stations that were designed by different departments as a form of a contest. Each department was given approximately 4 hours to set-up their booths. Each booth showed diversity as they had different concepts ranging from Filipino-themed booths to underwater themed booths.

The College of Medicine won the first place for water station contest followed by College of Rehabilitative Sciences,

College of Arts and Sciences/College of Optometry/Senior High School, College of Dentistry, College of Pharmacy, College of Nursing and lastly, College of Allied Medical Sciences.

The over-all winner of the university run, was the College of Arts and Sciences/College of Optometry/Senior High School. They were then followed by College of Rehabilitative Sciences

One of the members of the Run for Sight charity, Dr. Elna T. Amodia, OD encourages the students to joined telling them. "Keep on running. Keep on joining the race. As St.Paul would say, *"I joined the race, I finished the race and I got the faith"* So aspire to inspire others to do the same."





# RS STUNNING VICTORY IN AWITSAYAW

BY CHARLES KENNETH BUSLON

College of Rehabilitative Sciences (RS) made a grand slam during the AwitSayaw competition held at the CDU Auditorium last September 2016.

The AwitSayaw is one of the competitions for the Intramural that featured vocal solo, chorale and the most awaited, dance competition.

The College of Rehabilitative Sciences was proclaimed as the over-all champion of the AwitSayaw competition winning in all three fields of the competition.

After 10 years, it was the first time that the RS got included in the top 3 of the chorale competition and they automatically ranked first. 2nd place is College of Allied Medical Sciences (CAMS) and the third place is the College of Medicine (MED). It was then followed respectively by College of Dentistry (DENT), College of Nursing, College of Pharmacy (PHARMA) and then last place was College of Arts and Sciences (CAS)/College of Optometry (OPTO)/ Senior High School (SHS).

In the vocal solo, conquering the 1<sup>st</sup> place is the RS followed by DENT. Garnering the 3rd place is PHARMA. Soon, CAMS in the 4th place, CAS/OPTO/SHS in the 5<sup>th</sup> place, MED in the 6<sup>th</sup> place and College of Nursing finished with 7<sup>th</sup> place.

As the event progressed, the intensity doubled as pressure rises. Still, RS was at an incredible feat bagging yet another

their rival, DENT, which caused a loud uproar from the crowd as they destroyed the supposed 5-peat title. Afterward, CAMS placed fifth and College of Nursing landed sixth. Last place was CAS/OPTO/SHS.

Indeed, success for the College of Rehabilitative Sciences did not happen overnight. In an indirect interview with Ted Vivo, one of the dancers of RS, he said: "For AwitSayaw preparations, practiced every night till AwitSayaw. At first 9pm only but when it was almost AwitSayaw we'd practice till 12 or later. Props were a struggle too cause we had to go to far places (like somewhere in Talamban) to pick-up some of the props then we had to haul our props to Urban Deca Homes & Ceres to practice with (our) props."

Mr. Vivo also mentioned that they (RS) were really not planning to win in the dance competition since during the auditions they were already facing obstacles. They lacked dancers because no one came to the auditions and that they were forced to accept students without undergoing auditions already. He even admitted that he was one of those students.

Then again, their victory holds a lot of pressure for them to defend their title since it has been a long time since they won in the AwitSayaw.





# Life is More Meaningful with Sacrifice

BY CLAIRE MAE SEVILLA



*“Life is more meaningful with sacrifice.”*

Work hard, study hard, and make sacrifices.” These are seven words of advice that Mr. Bayani have lived by right up to this point in his life. He is 63 years old, and has already dedicated 40 years of his life in service to Cebu Doctors’ University. He has seen the institution grow from a college specializing in medical courses, to a university that is not only offering medical courses but also Arts and Sciences courses. I sat down with Sir Bayani to learn more about the University, his perspective and his life before and during his years of service and his plans in the years ahead.

Mr. Bayani grew up in Southern Cebu and graduated at Southwestern University (SWU) with a degree in Commerce. After that, he took up Masters in Business Administration. He was a working student all throughout his years at SWU. He had to juggle classes, a part time job in school that paid thirty pesos per hour, and a “house boy” job for a couple he had met in one of his jobs. Upon graduation he applied to many companies for employment. It was Cebu Doctors’ College [now CDU] then located at Osmeña Boulevard that hired him first. He was assigned at the office of the registrar in June 1, 1976. He first worked in the office of the College of Arts and Sciences since it was the CAS’ dean who personally chose him for a job in

the CAS office. In 1985, he was assigned to teach Computer Science and became one of the pioneering instructors in

tor until today.

When Cebu Doctors’ College upgraded into a university that is now located in NRA Mandaue City, he became a Foreign Student Officer handling foreign student records and designing the office from 2005 until 2015. When asked about the most significant change he has witnessed in CDU, he said it was the transformation from a college to a university because of the hard work of the administration and the support of the employees. “It was truly a real achievement,” he said.

He also talked about being the founding president of CDC UNEMA (United Employees Association) back in June 21, 1986 which provided employees with services and assistance. He had said that back in the day, employees especially non-teaching personnel would hold activities like sport games for team-building and this was made possible through the support of the administration.

Working as an instructor at the same time working as officer really helped him in providing for his family together with his wife who was also working in the university. His two children, a daughter who is now a nurse working abroad, and a son who is now a computer engineer and a department chairman at the University of San Carlos are living proofs of his hard work for many years. Sir Bayani said he is very happy working in the university. “If I wasn’t happy, I wouldn’t have stayed,” He said with a laugh. At 63 years old, Sir Bayani said he has no plans of retiring any time soon. He has decided, if he would be allowed, to work in the university even after his retirement. He wants to continue offering his services to the University and its students. He said that if the administration would let him, he would also like to continue teaching even when he is over the age of 65.

Before the interview ended I asked Sir Bayani one final question, “What piece of advice would you like to give to students? Especially those working part-time like you did?” His answer was simple but undeniably true. “Work hard, study hard, and make sacrifices. Life is more meaningful with sacrifice.”



## *We don't stop from here*

BY SHANAIAH TAN

On the 5th of October when the awarding for the 2016 CDU Intramurals was held in the South Atrium Lobby with the beat of the drums and xylophones that caused an intriguing uproar in the campus.

Reannu Andre Penas, a member from the College of Rehabilitative Sciences Dance Troupe said, *"Kami, wala mi nag aim na makadaog because like amung [pagkuan] is dentistry ang makadaog because of their amazing performance... amo lang kay among gi do among best just to prove our capabilities."*

The awarding of AwitSayaw winners and overall winners of Intramurals 2016 was held in the CDU South Atrium Lobby last October 5, 2015. During the awarding, amidst the thunderous beat of the drums, the reverberating sound of xylophones and the intriguing uproar inside the lobby, Reannu Andre Penas, a member of the College of Rehabilitative Sciences Dance Troupe quipped, *"Kami, wala mi nag aim na makadaog because like amung [pagkuan] is dentistry ang makadaog because of their amazing performance... amo lang kay among gi do among best just to prove our capabilities."*

The awarding started with the recognition of the College of Pharmacy as the 6th runner up with a total of 113 points gathered, then followed by the 5th runner up, the College of Nursing with 195 points. The College of Allied Medical Sciences was 4th runner up with their 205 points. The College of Arts and Sciences and College of Optometry, merged together with the CDU Senior High School as one team scored 225 points which placed them 3rd runner up. The College of Medicine scored 229 points and placed 2nd runner up, then the College of Dentistry that scored 245 points as 1st runner up. This year's Champion, accumulating 283 points was the College of Rehabilitative Sciences.

Awit Sayaw has always been the highlight of the university week celebration. RS Chorale has been the 3rd placer last 2006 and this is their first time in 10 years that they became the champion. Accordingly, there were pressures during practices as they really aimed for the top award which they had successfully achieved after exerting a lot of effort and hard work. With the help of Raymund Yu, conductor of RS Chorale, they were able to achieve their goal and brought pride to their college. This helped them achieve the recognition as the over-all champion.

# PASKO SA CDU

BY MARIA THERESA BATUTO

Christmas 2016 celebration left a mark in the history of Cebu Doctors' University. Everybody was on for a big challenge. All colleges were energized with the challenge at hand. December 9, 2016 was marked red in every college's calendar. It was the day each college will know how much have been given and how much have been gained. Win or lose, everyone would get something to take home. This was what thrilled the participants of the dance and choir "daygon" competition happening at the auditorium on that day. The lights danced, the walls throbbed, the auditorium rocked when the Christmas tunes started filling the air.

With the date set in between busy work schedules and unforgiving tasks, the participants were relentlessly working hard to come up with a remarkable show. They succeeded. After all tunes were sung and all jigs let out, victors were finally recognized.

In the choir or "daygon" contest, the College of Nursing was announced as the 3<sup>rd</sup> price winner, the College of Medicine as 2nd price winner, and the College of Allied Medical Sciences as the Champion.

As to the dance competition, the College of Arts and Sciences placed 3<sup>rd</sup>, the College of Allied Medical Sciences placed 2<sup>nd</sup> and the College of Rehabilitative Sciences as the Champion.

The event showed that even in non-academic affairs, CDU students won't put up an easy fight.





## Bait

I am the bait  
and he,  
the boat.

As I await for my  
take,  
he stands by,  
floating amid the vast lake.

When I was caught,  
he moved on,  
sailing away,  
I was the cost.

If only he could wait  
that long and strong,  
I'd forever be,  
holding on.

**Maria Theresa Batuto**

## COSMIC

Come  
grab me by the hand,  
Take me to the moon,  
And these years with you,  
too.

Take me there; we'll be  
coming home soon;

We'll count the days  
When we're together  
As infinite as  
The stars above us;  
Grow old with me,  
Until the lines on our skin  
Will be like  
the wrinkles of the moon.

— **Angel Caponpon** —

## COMETS

He was the night  
dark and unending,  
Lit up by hues  
hidden in sight;  
Coated in black delight  
was his canvas fretting,  
in need of hues  
to bask the universe  
tonight;

then She passed by—  
a sudden star,  
engulfing his  
with light;  
her footprints were  
comets  
her shadows  
formed planets,  
she became his whole  
blazing sky.

**Maria Theresa Batuto**

## Words

Words were her art,  
She needed a new start.  
She started to shout,  
But then it all came about.  
Her words were only for  
you,  
Even her tears too.

**Maria Theresa**

## LITTLE SMITH

Once upon a time was a boy  
named Smith  
"He will be a doctor! I'm sure of  
it!"

"What a lovely child! A genius  
he'll be!"

So he grew up building  
dreams, feeling free;

"But what is it to succeed?" he  
asked

"Something gold, my  
child. Something that do last."

"Eternity. People will remember  
your name."

Is there more to life than mon-  
ey and fame?

Bothered, Lil Smith can't push  
his thoughts aside

We don't strive for our dreams  
but for our pride,

What we become is not what  
we once dreamed  
but what the society demands  
us to be;

And Lil Smith spent his days  
with living sighs

Eventually died 'fore his death  
was nigh,

Nobody asked what he wanted  
to be

His soul believed an artist was  
he.

**Angel Anne D. Ambayan**



## *"Are we really in love?"*

Are we together because we want to be or because we're just scared to see each other with someone else? Are we really in love or are we just in love with the thought of being in love?

One day, I woke up on the different side of my bed, where I realized I'm not in love with you anymore.

Maybe it's because of your mistakes which made me think that you're not perfect after all and so was I, and I thought that it's okay, that we're human. Maybe it's because of your songs, the ones you use to woo me and dance with me and make me feel all giddy about you. Maybe it's because it's your shirt I'm wearing, I can smell your scent even if I washed it a hundred times in the laundry.

Maybe it's because of your voice I hear on my phone, singing me a song until I feel better or until I fall asleep. Maybe it's because of your fingers which I lace unto mine that'll make me fragile, like a piece of glass. Maybe it's because of your words on my phone, weaved together like a poem even though you just said hello yet it meant a thousand things to me. Maybe it's because of those blankets and pillows we use to cuddle in, in which I feel your warmth even when it's raining outside. Maybe it's because of your smile I stare at, which makes my insecurities skew away, shut in a dark corner where I can never see them again. Maybe it's because of your hands which you use to wrap around me to help me feel warm and secure.

Maybe it's because of your laugh echoing in my ears and I hear every time I think about something funny or I saw something funny in the internet. Maybe it's because of those tears I saw from your face and it made me think that you're not strong enough or even brave enough to say goodbye. Maybe it's because of your kiss which made me left wanting for more and it's impossible to hold you close all the time because I know you need to go. Maybe it's because of you, being impossible to let go of and when I do, it will definitely destroy my heart, my soul, my universe and the stars, and my body will ache if I ever thought about stopping from loving you. I woke up in a different side of my bed, where I found the answers to my questions. I realized I'm not in love with  
y o u            a n y   m o r e .

I t ' s   n o t   y o u   a f t e r   a l l .  
Rather I'm in love with the idea that you're in love with me as I am to you.

---

Dexiedrine Sy

## SOMETHING EXTRAORDINARY

He was a stranger, just another face in the crowd.

She was a girl who would run in her high heels, always somewhere else to be. They never had a second to spare.

A cab pulls up along the sidewalk in front of a large office building. She talks on her cellphone as she steps out. She makes her way into the building for an ordinary day of work. In the front of the building, in between two plant boxes, he stands tuning his guitar. He sees her walk past him; her face and hair are neat, but she looks like a mess. He looks at her with envy... then pity. This happens everyday.

At her desk, she sits on her chair and types some things into the computer. She does her work, but she's thinking about something else.

He strums his guitar to start off a song he wrote. He starts to sing as people come closer. His guitar case lies open on the ground in front of him. Times are rough. Her hands are folded on top of her desk, functioning as a pillow for her head. She decides that she doesn't feel well and gets up to tell her boss. Outside, he finishes his last song. An elderly woman a few yards away claps her hands. No one else has stayed long enough to hear him finish one song.

It's time to go home. He kneels down to count the bills and coins in his case: twenty dollars and sixty cents total, for the whole day. He stuffs the bunch in his pocket. This is half of what he made at his last job.

He looks up from the ground and sees that she is stepping onto the street, too preoccupied to use the crosswalk down the block. Just as she steps past a car parked by the curb, she gets a text message and reaches for her pocket. It must have been important. As she checks her cellphone, a hand suddenly grabs her. Her phone falls to the asphalt and she trips backward. She steadies herself. Her eyes trace the hand to an arm, to a shoulder, to a heaving chest, to find that they belong to him. They stare at each other.

Her face is confused and frightened. She looks back at where she stood and sees a flatted shape that used to be her cellphone. She looks to the right. She sees a delivery truck speeding down the road. The buzzing sounds of the city disappear. She looks back at him. His eyebrows are furrowed, and he breathes heavily through his mouth. He holds her with one hand, his guitar in the other. Frozen. A thousand thoughts flood her head. She tries to recite a "thank you", but it's as if she forgot the words. The silence is left undisturbed.

They go home. They go about their normal routine. Nothing has changed. Yet, somehow, everything is different.

---

Skye Ramon



# Afraid

By: Aigoonim

I have read a lot of articles giving out advice to girls who have been chasing someone for far too long. Such articles gave out tips on how to make someone chase you back and honestly, I did find these articles as junk.

I mean no one could dictate to your feelings! So what if you'd act like a fool in front of that person? What if you'd never stop chasing? So what if you'll be the one who'd always initiate efforts? So what?! God said that love is patient, love is kind, love is enduring and love should always be boundless, unconditional. I am not saying though that once you choose to run after someone, you are in all ways declaring that you are in love with that individual, it's just that the mere fact that you are laying out cards, wasting your time on someone who may or may not come to appreciate your efforts is an obvious sign that more or less, that person matters to you.

I for the record, am writing this in the defense that I am chasing after someone too. I am unsure, I hold nothing in between us to entwine our souls with the stars, I am wearing my heart on my sleeve, I take what I get, I feed mostly on hope but nevertheless, with me breathing on chance and fate, I never lost the heart to give and love and risk and fall. I know I could have spent my time on things



that mattered more or I could've laced up my thoughts on ideals, things that are worthy of thinking but I choose to wait, no matter what may the result be. You see, I am waiting not because I know that one day, he'll fall into my hands; I am waiting and risking and setting my heart out in the open because no matter what, it always delighted me to love and make people feel important. Loving feeds my heart, it makes me breathe, it is vital to my existence, no matter how I will be after— my feelings unrequited, my efforts futile and me, unappreciated.

Although, sometimes the idea of being reciprocated haunts me up until the apex of my toenails, I nevertheless go along with what I've started.

The guy I'm in love with is somewhat the opposite of me. He is afraid to risk. Although I don't know that matter-of-factly, but it seems to me, that description suits him well. I cannot judge him nor force him to understand and be on my side for maybe he has been through something shattering before, the kind that leaves a scar on somebody. But for always, I will love him, uphold him. I'll be his number one fan. I'll always pray for him. I'll be secretly cheering for him. When he's down, I'll write poems and short stories for him. No matter what may become of me after all this loving and all this doing. The day will come when all this will just be something to look back on. I am sure that I won't have regrets, not a thing, because no matter what, I was just loving. And nothing is ever more wonderful than that.



# ***The Law of Words***

By: Dominique Jardiolin

In a world where the Government believed that actions were more powerful than words, and that the less words you spoke, the less chance there was of war, the citizens of a small country in the far west were allotted only one hundred and eighty-four words each day. For this Law to be possible, a microchip was embedded just beneath the skin of every person's right wrist. It was programmed to record every word a person said, and transmitted the information to the nearest government computer. A person can check the words he had left by looking at the glowing green number on his wrist. This was made possible by the light emitted by the microchip which can penetrate a person's skin, therefore showing the number on its surface.

The penalty for the disobedience of The Law was numbness – a kind of numbness that cut off all your senses for an unknown period of time according to how many words you spoke beyond the limit. No one knew how long you were removed from the real world, since you would have no sense of time. Rumors went around saying that it would seem like you were alone in an empty dimension, wandering around aimlessly for forever until you are suddenly pulled back into sanity. People who have experienced the numbness said it was the worst, the absolute worst. They did not ever want to experience that kind of loneliness again. That made people fearful, for people naturally feared what they did not know.

One may choose to say whatever he wanted, as long as one would take into consideration the amount of words that are consumed. One who is wise will choose to spend his words in a manner of pondering the worth of his sentences before uttering the first syllable; and on the contrary, one who is presumably a fool would tend to be ignorant of the value of words and speak whatever things that would come into his mind. Then again, a glimpse into the life of a young gentleman who is in love and who simultaneously despised The Law because of that may prove to be fascinating...

After an exhausting day of work, which was one of those days when he uttered thirty-nine words exactly, a certain gentleman by the name of Luke paid a visit to a restaurant to eat dinner before he headed to his house. He tapped a meal on the menu and the order was in-

stantly transmitted to the datapod the cooks used to receive orders. As he waited, Luke pressed a button on his chair that automatically started massaging his back with a series of light vibrations. He also heard snatches of short, muted conversations here and there, and he was almost thankful for The Law. Almost. He was a bit of an introvert, you see, and he preferred the occasional much-needed silence The Law could sometimes provide. He was then in quite of a haste, for some reason, to consume everything on his platter when it had arrived. Afterwards, he departed from the restaurant, and left the payment of money tucked under the white napkin upon his table.

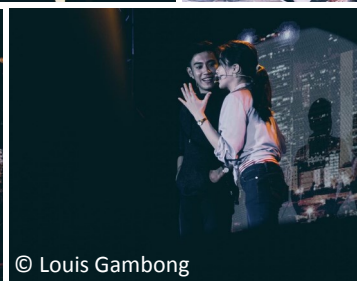
Luke took the fifteen-minute anti-gravity train that curved between skyscrapers and only nodded to the people he encountered, for fear that he would run out of words before he did what he always did on nights like these. He arrived at his house and passed through the holographic sensor on his porch that identified him as Luke Martin Wales. He unlocked the door and stepped onto the threshold, letting moonlight spill through the doorway into an unlit living room. He told the lights to turn itself on, strode over to his telepad communicator, and tapped in her number.

Three light rings, and she picked up. Luke heard her breathe into the receiver, and he knew that she had already used up all her words within the past day. He whispered "I love you" into his own receiver, his breath hitching with emotion, once. Twice. Three times. Nine words down. He whispered it again and again – forty-five and one-third more times, precisely. Then, all they did in the minutes that coalesced into what seemed like hours was listen to each other breathe over the invisible line, too much of the unspoken words hovering in the miles between them...

And that was why a young man named Luke came to despise The Law.



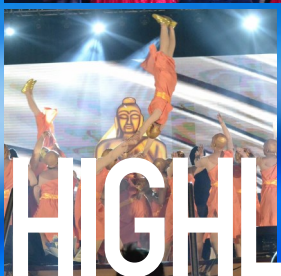
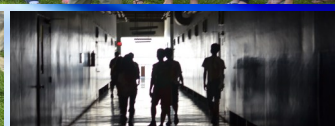
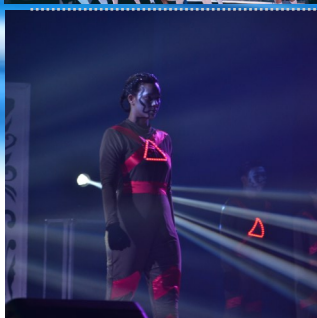
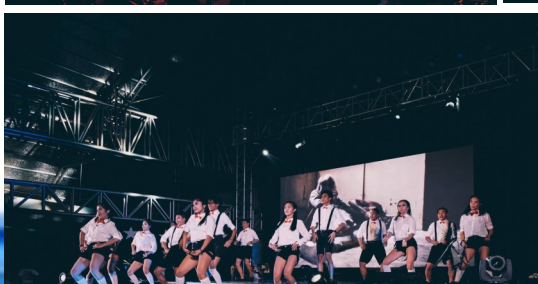




© Louis Gambong

## SHS CHRISTMAS MUSICALE

The Senior High School Christmas Musicale, last December 2016, was written by none other than the Senior High's principal, Atty. Roel Hortelano. The scenes in the musicale tries to depict social issues through the use of stories, songs, and dances. Furthermore, it tried to interpret these issues in the Philippine context. Not to mention, it also showcased the different talents of the Senior High School students.



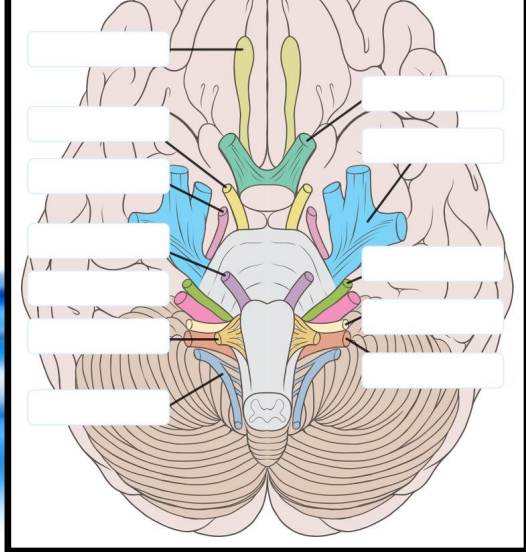
# HIGHLIGHTS OF 2016





# Games

## HOW WELL DO YOU KNOW YOUR CRANIAL NERVES?



Q: What did the dentist say to the computer?

A: This won't hurt a byte. 🖥️😂

Q: What's a biologist's definition of a graph?

A: An animal with a long neck. 🐪🤔

"It's going TIBIA okay"



## RODRIGO CATURTE



© David Makise Cheng

Left (top to bottom): Olfactory | Oculomotor | Trochlear | Abducens | Vestibulocochlear | Hypoglossal | Cranial Accessory  
Right (top to bottom): Optic | Trigeminal | Facial | Glossopharyngeal | Vagus



