



Noreen Joyce D. Ganaban

They say smooth seas don't make skillful sailors.

That may be true, but fatigued sailors never guaranteed for safe and successful travels either. At times, it's difficult to take a step back, pause, and breathe for a moment, but if there's one thing I've learned in the four years I've spent in Ateneo, it's that there is value in periods of rest amidst the incessant demands of life.



Hannah Faye R. Garay

Red Bull: water, sucrose, glucose, taurine, caffeine, inositol, vitamin B2, natural and artificial flavors, food color (caramel).

Blue Eagle: openness, perseverance, determination, nationalism, discernment, empathy, creativity, excellence (magis).

Between the two, the second packs more punch. Just saying.