



SPECIALIZATION IN BIOMEDICAL SCIENCES

## ***Alfred Sebastien A. Recio***

There is nothing comparable to his presence. When the tides of life seemed like it's going to pull you under, one message or call from him will instantly make the sky clear and the sea to calm. He teaches you to be resilient not just by telling you, but by showing you in the way he carries himself. He's been beaten by countless typhoons, but it never stopped him from fighting hard for his ambitions--and he does so with a smile on his face. Surely, wherever he goes, sunshine follows.



## ***Regin George Miguel K. Regis***

I have asked myself the question "Why am I doing this?" a hundred times while climbing mountains. In the midst of exhaustion and frustration, the answer seems distant. But after what seems like an endless torture, I realize at the peak that all the happiness and growth happened in those hours of climbing. This is it. This is me summiting my college life. I know this is not the end as there are more mountains to climb and ways to conquer myself. But I am not afraid, for I am stronger this time.