

## Kevin U. Samala

Life is a difficult game. It has interest and boredom, fun and frustration. Sometimes you have a strategy and sometimes you don't. Of course, there's always planning to do. Four years of challenges took this guy to the next level the more he learned, and he's one step closer to winning the more he trains alongside trusted colleagues who have been pushed to be their best through his sound advice and encouraging meme-posts. A champion I'm quite fortunate to share my life with. (Eliza Cua)



## Rosarina Maria B. Sevilla

Lesson #204: Life doesn't end when a thesis meets its antithesis. A shift in course, direction, and routine (among so many other factors) may initially break you, but, as always, the dust settles and you grow into things. Just when you think the old, idealistic you has gone, the synthesis comes in, and you appreciate the change you didn't think you needed nor wanted. And even then, the synthesis remains temporary and open for the cycle to repeat—maybe during a fifth year or something like that.