



**Matthew Allan F. Asperilla**

I entered the Ateneo de Manila University thinking that it would be an easy ride, that I would fly through the four years just like I did back in high school. Boy, was I wrong. It was one hell of a ride. There were many moments that pushed me beyond my limits, forcing me to think and do things I didn't even know I was capable of doing, and I am very grateful. It was during these four years that I was able to amass such massive gains, not just in body, but in mind and spirit as well.



**Jose Luis P. Astudillo**

"No matter how long, I believe that there's hope buried beneath it all, hiding beneath it all, and growing beneath it all." (Paramore, "Let the Flames Begin")