

YOUNKERS



Excellence.
CJC offers complete facilities which enable learners to show the best that they have.

PAASCU grants CJC-BED to Level I

Yolanda a 'warning' on climate change - UN chief

United Nation leader Ban Ki-moon said during his speech at the Tullin University in Estonia that a super typhoon Yolanda that killed thousands of people in the Philippines was an example of climate change and should serve as a warning to mankind.

The UN chief said the world was facing a tipping point, as countries thrash out a deal to be signed in 2015 to cut Earth-warming greenhouse gas emissions.

The devastating typhoon Yolanda 'Haiyan'— the strongest ever to make landfall — has been seized upon by climate change activists who have linked it to global warming.

While experts are hesitant to link extreme weather phenomena to climate change, the UN has said rising sea levels make coastal populations more vulnerable to storm surges.

Ban said that the UN had put in place a scientific advisory board of at least 30 scientists who will begin work in February to help the UN make decisions on protecting global resources and addressing the climate change threat.

(Stella Marie Cagas)

With its aim of upgrading the standard of curriculum, facilities and services, Cor Jesu College- Basic Education Department passed the level I of the Philippine Accrediting Association of Schools, Colleges and Universities (PAASCU) last June 2013 which makes it as the first PAASCU accredited school in Davao del Sur.

Documents and exhibits with best features were shown

during the evaluation. Faculty, Administration, Instruction, library, laboratories, and the facilities were also evaluated.

The evaluating team is composed of Dr. Christine Stokes of Marist School, Dr. Victoria Longos of University of San Jose-Recoletos, Dr. Guillermo Quintero of University of Immaculate Conception, Dr. Angelita Bisares of Holy Cross of Davao College, Dr. Brenda Garces from Sacred Heart School Hijas de Jesus, Dr.

Agnes Gandulfo of Notre Dame of Cotabato, Sr. Ma. Fe Cobetos OP of St. Catherine's College, and Dr. Juvy Ramona Masias. The visitation was done last February 2013.

"My dream for the school is to pass the level two and someday Cor Jesu College will be officially a University school," said Dr. Kirt Anthony R. Diaz, the school principal.

This time, the school is preparing for the next accreditation.

(Naomi Bea Curato)

DavSur voters favor Davao Occidental

DavSur voters favored on the Davao Occidental based from the result during the Barangay election last October 28, 2013. The fifth province of Mindanao was officially declared with 65,801 votes for "No" versus 105,254 votes for "YES."

It was defined under the republic Act No. 10360 that the new province of Davao del Sur which is to be known as the province of Davao Occidental and would consist of the municipalities of Sta. Maria, Malita, Don Marcelino, Jose Abad Santos and Sarangani

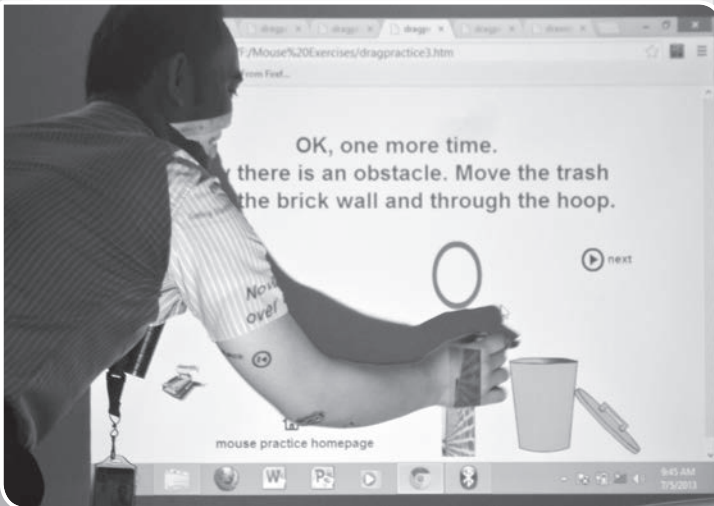
with the Municipality of Malita as capital town.

The creation of the new province was initially proposed by former representative, Mark Douglas Cagas, when his father, Douglas Cagas, was still the Governor of Davao del Sur, though later withdrew his proposal. It was then second district representative Franklin Bautista that pursued the idea of creating the new province with his own version passing it to congress and signed to law by president Benigno Aquino III.



As election returns from the majority of Davao del Sur's 14 Municipalities and one city clearly on the creation of the new province, Atty. Ma. Febes Barlaan, Davao del Sur Election officer, officially declared a favorable result in the creation of province of Davao Occidental.

(Patricia Manayaga)



Instruction. Computer teacher orients the use of UPIC.

CJC launches UPIC for Instruction

Aiming for excellence in instruction, Cor Jesu College launched the Ultra Portable Interactive Communicator (UPIC) last July 4, 2013.

UPIC is composed of an interactive board that is connected to its installed program in the computer, laptop, or tablet. A projector presents the desktop onto the board's surface where user controls the program through the use of a pen. The board used for UPIC application is typically mounted to a magnetic white board.

Flood swamps Digos City

More than 500 families evacuated when a river overflowed and swamped at least six districts in Digos City last November 15, 2013.

Einstein Taghoy, chief of the City Disaster Risk Reduction and Management Council, said they implemented the evacuation after a tornado was reported to have struck Barangay Goma around 6:30 p.m.

The heavy rain caused the Caños River to overflow, swamping the following sections of the city: Zone 1, Cogon, Sinawilan, Dawis, Aplaya and Tres de Mayo.

Fe Navidad, the city's social welfare and development officer, said

Seminars were done for the teachers on how to use the material since they will be using it in the classroom. The school purchased 10 units in which 5 of it will be for the College Department and the other 5 units will be utilized in the Basic Education Department.

"It will make the lesson interesting and interactive. The students could interact not only to the teacher and classmates but to the lesson itself," said Rommel Jocson, RS teacher.

(Jeralyn Turin & Vivien Padapat)

a total of 566 families were evacuated to higher ground.

No one was reported killed, but Navidad said many pets and farm animals drowned when they were carried away by the floodwaters. There were also houses in which the flood water entered.

Nelme Largo, one of the flood victims said that when she came home, the water had reached to her waist and so she was not able to secure her things in the house since they immediately evacuated their place.

Most of the evacuees returned to their homes Friday morning.

(Sophia Ayo & Xyza Zamora)

Navarez, Torres new Registered Guidance Counselors in Davao del Sur

"We can harvest the fruit of our sacrifice but prayers do most in achieving our goals in life," said Jingle Navarez, the newly registered guidance counselor in Cor Jesu College-Basic Education Department.

Jingle Navarez, MA -CJC-BED high school guidance counselor and Mae Laarni L. Torres, MA- CJC College guidance counselor have passed the Licensure Examination for Guidance Counselor which was done last August 28–29, 2013. They were the only takers in Davao del Sur and luckily they passed the test.

Enhancement sessions were done ten days before they took the examination

which was done at San Pedro College of Davao. The sessions were conducted by the Davao association of Guidance Counselors (DAGCO) board member.

"I'm grateful for having the chance to work in the academe where I was compelled to continue education. Passing the exam doesn't only mean professionalization, but for me it means, commitment to help people especially the students," said Laarni Torres.

The Licensure Examination for Guidance Counselor was pushed through in 2008 and a non master degree holder cannot take the exam.

(Kristoferson Aslian & Luis Lagare)

National Science Camp '13

Science clubbers reign National tilt

Cor Jesu College reigned in the Fiesta Magnifica Dance of the Life during the National Children's Science Interactive workshop (CSIW) last October 20–24, 2013 at Alfonso, Cavite.

Ten schools nationwide were qualified in the audition round and competed in the entertainment night featuring the different Philippine Festivals. CJC chose Davao Festival which is Kadayawan to be presented on stage.

The event was sponsored by the Philippine Society for Youth Science Club (PSYSC). The national week-long activity

was attended by fifteen pupils from grades 4–6 with their advisers Mr. Jun Rey Dequiña and Mrs. Vivienleigh S. Mori, MA.

There were approximately one thousand participants from the different schools nationwide. Sessions and workshops science were given and presented. The participants were into 32 casa following fun experiences. This year's theme is "The Voyage of Callisto: Unlocking the Secrets of the Oceans."

The nationwide event had brought the children a new frontier in Science.

(Kara Maranan)



Triumph. The science clubbers show their triumphant smile.



Repleted. Malnourished children feed their hungry tummies during the feeding program.

CJC engages feeding program

Cor Jesu College- Basic Education Department engaged in feeding program for the malnourished children in Bagumbuhay Elementary School, Igpit, Davao del Sur.

There were 40 malnourished pupils who availed the program in Bagumbayan Elementary School. The program started in August 2013 until March 2014 wherein students from Kinder to Fourth year High School were asked to contribute 10 pesos per month for the meal of those adopted children. CJC will give PhPP440.00/day to the school which will be consumed for the lunch of the children in which P11.00

is allotted for each child. Their parents were the cook for their meal and they have varied menu each day.

According to the pupils, they would prefer going to school because they can eat rather than staying at home since they don't have enough food in their house and sometimes they could not eat.

Mrs. Lizelda Torrazo, the BED- Community Engagement Coordinator, really tried her best to collect the contribution of the students each month because the food is served everyday.

(Trisha Fedillaga & Anne Nasibog)

Super Typhoon

Yolanda hits Philippine Coconut Oil

The global coconut oil supplies will likely fall this year.

After the killer typhoon Yolanda that struck leading exporters in the Philippine last November destroyed millions of trees used to produce the commodity. Philippines provides more than 40% of world's coconut oil and the areas hit by super typhoon Yolanda account for 10–15 % of the country's output. Even though there were trees that were not uprooted or whose crown of leaves was not cut off can

still recover and resume fruiting within 3–4 years. The Philippine Coconut Authority declined to comment on the prospects for the country's coconut exports but spokesman noted that the damaged trees accounted for less than one percent of the country's estimated total of about 340 million trees.

The government is leading a nationwide replanting program to replace aging trees, targeting 17.5 million seedlings last year and 19.5 million seedlings this year.

(Aika Akahane)

CJC-BED opens Fr. Coindre High School

As the Corporate Social Responsibility of the school, Cor Jesu College-Basic Education Department offered Socialized High School program (Fr. Coindre High School) to those opportunity-less freshmen bound students at a much lesser and affordable cost.

This program provides access to secondary level education for average families at affordable fees. It also offers quality catholic education and advance computer lessons using state of the art laboratory.

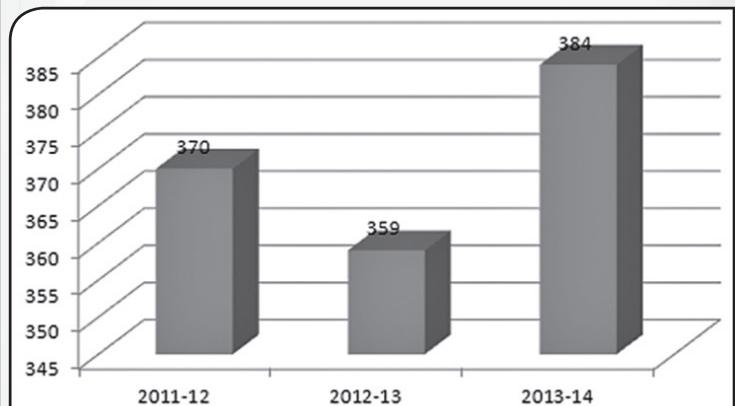
The curriculum which Fr. Coindre High School program follows and implements basically as the prescribed curriculum which the Department of Education mandates all

school to follow. However, differences exist in two areas. One is on the offering of some institutional or non-mandated subjects like Religious Studies and Computer. Second, is on class schedule.

In the regular High School program, Religious Studies would be taught by the licensed teachers in the classroom following a regular schedule, while in the Fr. Coindre High School program, RS subject is taught in a seminar type by members of the Brothers of the Sacred Heart. Moreover, in the computer class, socialized students will only have an hour of Computer subject classes every week.

(Shawn Trondillo & Gwennever Ano-os)

CJC-BED Grade School Population increases in S.Y. 2013–2014



Chained Freedom

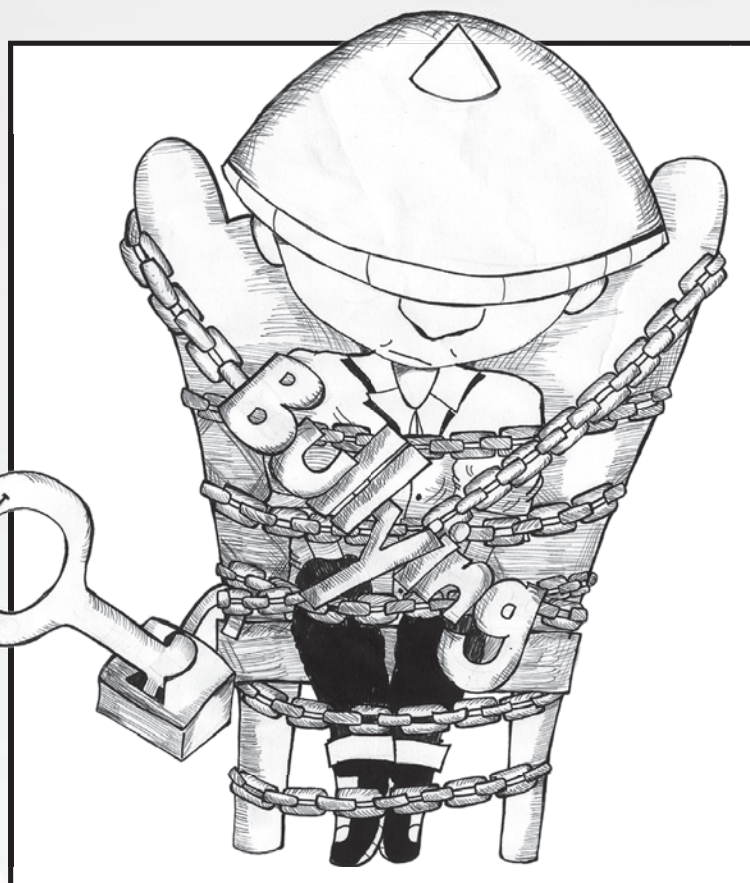
School is a place where learners learn and feel secure. In here, you can find freedom and friends... but what if the opposite would happen?

Bullying has been one of the biggest non-academic issues that many teenagers are facing today worldwide. It's a cruel act from peers that can destroy someone's future. But what is bullying?

According to the House Bill 5496 (Anti-bullying Act of 2012), bullying is any severe or repeated use of written, verbal or electronic expression, or a physical act or gestures, or any combination by one or more students directed at another student. A bullied person would have low self-esteem, suffer depression, get into fights, or even suicide.

Every individual, teenager or adult has the freedom to express themselves. In fact, we are living in a democratic country. If a person is a victim of this act, how can he express himself? How can he show to the world the real person he is? In this regard, counseling and modeling from educators should be done. We need to help the victims untangle the chain that hinders them to live a normal and happy life.

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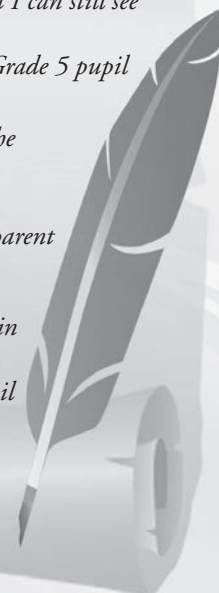
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Letters to the Editor

- *CJC has improved their laboratories which became a key for a more quality education.*
– Luis, Grade 5 pupil
- *Every time it rains, the pathway along the High School and Grade School building becomes slippery. Can the school do something about this?*
– Wyeth, Grade 6 pupil
- *I appreciate the policy of “No bringing of cell phones inside the campus” but why is it that I can still see students bringing their cell phones?*
– Kristoferson, Grade 5 pupil
- *Why do we still have junk foods in the canteen where in fact, selling them is prohibited by the DepEd?*
– Elementary parent
- *Thanks to the new drinking fountain in the Grade School Building.*
– Niña, Grade 1 pupil



EDITOR'S NOTE



Hello senders, here are my responses to all your concerns.

- » *The laboratories are enhanced in order to promote excellence and quality education in Cor Jesu College-Basic Education Department.*
- » *The encampment and activities were really designed for the pupils to have authentic learning experiences.*
- » *With regards to the pathway, we will try to relate this matter to the school administration.*
- » *Regarding the "No Bringing of cell phone" policy, the students with special concerns are allowed to bring their cell phone but they are asked to deposit them to the Prefect of Discipline and will claim them after the class in the afternoon. But if you can see someone bringing cell phone, you can report that to your adviser or even to the Prefect of Discipline.*
- » *On selling junk foods, the DepEd order says that the school canteen can still sell snack foods provided that they are sealed with "Tatak Pinoy."*

Kudos to those grateful hearts! It is nice to hear words of appreciation for efforts and jobs well done. Keep pouring out your thoughts.



Viewpoint

by: Ralph Ashley Alcular

Action speaks louder than Words

Honesty is the best policy. We've been seeing this quote in the school, in the house, or even in the street. We've been taught to tell the truth and to return the things which don't belong to us.

For me, honesty is truly the best policy. Once you're honest, then you are a trustworthy person which is a key to a good relationship.

However, I'm disappointed to what I've heard from news—there are leaders in the Philippines who are corrupt. In fact, recently Pork Barrel was

a very much talked involving some leaders who have stolen the money of the Philippines. They brought controversies which are too shameful to hear from other countries.

Where are the true leaders who are capable to serve their fellowmen? This question bothers me most. They should be the role models of the young. They should possess the true characteristics of a true leader. They should impose and apply the value of honesty for the betterment of the future generations.



Just Saying

by: Zea Anne Denise Go

One at a Time

Global competency is one of the goals of our country; sending scholars abroad are done to show that Filipinos are globally competitive. In fact, DepEd implemented the K-12 Education Curriculum so we will not be left behind by other countries.

This time, another plan from big universities occurred; to change the school calendar. Instead of the June–March academic cycle, it would run from September–June. The adoption of a new school calendar was meant to lure foreign students and facilitate the enrollment abroad of Filipino students and teachers.

I would say that changing the school calendar shouldn't be the

first priority of our government today. There are still Filipinos who just suffered from the havoc of calamities. There were classrooms that need to be rehabilitated. Make-up classes were done to comply the number of schools days. They are still on the process of moving on with what they've experienced.

Changing the school calendar should be studied carefully for I do believe that the academic cycle won't give a great impact to the global competitiveness of Filipinos. We should improve first our school facilities and solve the remaining problems before we jump to another one.

THE POLL



Cell phone has been one of the sources of communication worldwide. It connects people no matter how far or near the person you are communicating. However, there are many students/pupils who would rather bring their phones at school.

So we conducted an interview if bringing cell phone at school can affect the attention of the learners.

- *Basically, we are so occupied with this gadget even if we are with our family or friends, if we are holding our cell phone, we cannot give our full attention to them. Same as when we bring it at school.*
–Rommel Jocson, Teacher
- *It can affect their attention during classes that is why I don't allow my son to bring cell phone in school.*
– Jerrie Tapic, Father
- *I dont bring cell phone at school because I want to focus my attention to the teacher.*
– Anjolie Suela, pupil
- *If students will bring cell phone during class hours, their attention will be divided.*
– Jingle Navarez, Guidance Counselor

COMICS



HOPE



Hope is very important in life. With hope, we can fight the challenges and achieve the betterment of our life.

Compassion is the core value of CJC. This value which made CJC embrace the needy. So this year, CJC- Br. Polycarp extended their loving hands to the children of the Basic Education Department in the CJC- Basic Education Department in Davao del Sur.

Free Alternative Learning Program (ALP) was conducted for the children who were not given the chance to go to school. This program was conducted by the Basic Education Department every Saturday, giving free lectures and a feeding program for malnourished children. This was made possible through the cooperation of the community and pupils. Books were also donated to form the Mini Library which will be soon established.

Furthermore, during the 54th anniversary of the school, students, faculty, and staff of Cor Jesu offered Free Medical Mission for the community for those who need legal assistance, medical supplies for the kids, Parenting Seminars for the community, Free Leadership Training, Voice Lessons, Health Assessment, Disarming and Self-Defense for the community, and Provision of BP Apparatus, Film Viewing, and other activities.

Hungry tummies and minds were answered. Huge smiles were shared. The expression of satisfaction is great. This was a great event.

The people of Igpit truly give glory to God. Their faith should prevail in the challenge of life.



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*this dangerous generation. With
of poverty and aim high for the*

*e of Cor Jesu College. This is the
the hope of those hopeless people.
Foundation in coordination with
rtment and College Department
the people of Bagumbuhay, Igpit,*

*System (ALS) review for those
to enter in the regular class was
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contribution of the BED students
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on constructed.*

*h Founding Anniversary of CJC,
Jesu College visited the place and
all ages, Free Legal Consultation
e, Provision of slippers and school
Sessions for the parents in the
aining for those aspirant leaders,
ent Lecture, Career Planning,
r the Barangay Police Officers,
Viewing, Feeding and Storytelling.*

*were fed. Searching reality was
own by the people of Igpit. The
ly observed in their faces after the*

*CJC the chance to prove that hope
poverty.*

(Zea Anne Denise Go)





"Wingless Flight to Freedom"

Summer has always been an exciting moment that everyone is looking forward. It is the time for a family bonding and a time to visit new and exciting places. What about a new adventure this summer?

Almost all of us want to relieve ourselves from everyday stress. The feeling of nothing holding you back is the best way to describe a selfish

relaxation.

Well, there's a perfect spot for you. Have you ever feel on top of the world at majestic Mt. Apo, the country's highest peak? From Makilala town proper, take a 20-minute jeep ride to Barangay New Bulatokan and enjoy the 15-minute unique motorcycle ride locally known as, "habal-habal," going to a village where you can take a flight to freedom. New Israel, Makilala town placed a newly opened 1,600 feet above sea level and a 2.3 km stretch Zip line, which is according to DOT, the longest in Southeast Asia.

You can surely feel free and escape from all that stubborn problems when

you get tired of screaming excitedly when you ever get hung on that Zip line. But there's more! New Israel still has thick forest cover, inspiring those who experience riding with such view of the green forest and perfectly blending the bright blue color of the sky that attracts local and foreign adventure seekers and backpackers. It is now one of the top destinations in the province.

It may seem as a typical and common adventure spot, but it has something where we can experience a "wingless flight to freedom."

(Paula Rocamora
former EIC of Younkers-
She is now Grade 7)

FILIPINO BAYANIHAN

*Filipinos, so helpful and responsible
Methodical and honorable
They are the persons that are surely gracious,
Strong and courageous in chaos.*

*In times of danger,
In the middle of disasters,
Filipino Bayanihan overflows,
Love and friendship grows.*

*Even in some neighbors,
That were once a foe,
In tragedy, they help each others,
As their relationship goes deeper and stronger.*

*Oh! How beautiful is Filipino Bayanihan
Establish teamwork and friendship to man
A kiss of happiness in the midst of disaster
Felt by Filipinos when they help together*

(Zea Anne Denise Go)

Beauty that launches a THOUSAND SHIP

From scratch they drew a history.

Beauty. Brain. Confidence. Five fabulous beauties outgrew other candidates with these personalities: Miss World 2013 Megan Lynne Young, the first Filipina who grabbed the crown, Miss Ariella Arida, Miss Universe 2013 Third Runner-up, Miss Supranational 2013 Mutya Datul, Miss International 2013 Bea Santiago, and Miss Tourism International 2013 Angeli Dione Gomez.

Their beauty outstands from the other candidates worldwide. Their stage presence can take your breath away. Their wit can surely make us Filipinos proud, and their confidence shows that we Filipinos don't easily give up on difficulties we encountered.

A normal girl turned to a magnificent beauty. Their story is a fairytale which everybody loves to hear and watch.

They made the history of the Philippines for being the only country in the world that got five major titles in the International pageant within a year.

They are the pride of the Philippines. They have truly the beauty that launches a thousand ship.

(Stella Cagas
& Patricia Manayaga)

Dear Yolanda Victims...



Food for the skin

Most of the best skin moisturizers are those that are harvested from trees, bushes, or vines. These are the fruits and vegetables which help keep the skin young and glowing.

Pineapple and Papaya -



The bromelain in pineapple and its thick skin speeds up the healing of skin bruises. Papaya's papain renews, exfoliates, and softens skin.

Avocado and Walnut -



Avocado's natural oils and walnut's beauty enhancing omega- fatty acids are natural lubricants that have anti-inflammatory and anti-aging properties.

Sweet Potatoes

- Rich in beta-carotene makes the skin soft and smooth. Opt for roasted or baked, minus sugar and butter.



Cucumber and Celery -

Cucumber and celery have silica that enhances skin moisture and elasticity.



Watercress – Blessed with trio strength- vitamins A, B, and C, watercress cleanses and oxygenates tissues, resulting to better blood flow and glowing skin.



Red Peppers -

Vitamin C in red pepper helps in the stimulation of collagen synthesis that protects against skin aging and makes wrinkles less noticeable.



Spinach and Tomatoes -

Carotenoids in spinach, watermelon, cantaloupe, and mangoes, as well as tomato's lycopene help protect against sunburn.



Source: Balbuena, Health and Home

Phonesoap: Innovative Germ-Free Charger

Whatever we do and wherever we go, we are bringing our cell phones. And that means our mobile phones can be downright nasty. Some people even use their phones while they're in the bathroom stall. So it probably won't surprise you that a 2011 University of London study found that one in six of our phones have fecal matter on them — specifically, the fecal bacteria E. coli.

Phonesoap is not actually sudsy liquid like dishwasher soap. It's a phone charger that uses the electromagnetic radiation used in hospitals to kill 99.9 percent of bacteria and viruses off your device, cleaning your phone while it charges.

Phonesoap looks like a little metal suitcase. Your phone rests in to simultaneously charge and get sanitized at once. Instead of plugging your phone into the wall, you'd plug it into the Phonesoap charger box. The sanitizing process only takes a few minutes but, Barnes says, "The idea is that you can leave it in there overnight if you want to keep charging. Reflective paint wraps the light completely around the phone so it disinfects it fully."

After successfully funding the product with viral videos



and a Kickstarter campaign in late 2012, the founders spent 2013 finding the right manufacturer and they started shipping the product in late November.

(Dexter Masongsong)

Please Like ME

Facebook. Instagram. Twitter. Like or Unlike?

There are almost 500 million users for Facebook, and 250 million Tweeters and Instagram is catching up with a good number of users.

Every moment needs to be published in either of these social network accounts.

Now what could've been the effect of this trending vibes to our young tots?

First: Self-esteem.

Students' lack of self-esteem is highly evident in these social networking sites.

They think their self-esteem can only be fed up by the amount of likes and comments they will be receiving from their uploaded photos and their posts. But can these approval really compensate the lack of appreciation these students have? When in the first place, one like cannot mend up the wound brought about by more important external factors such as family and the environment they lived in. We never know if their posts reflect the truth about their real situation.

Second: Self-discipline.

They would rather spend time in their social networking sites rather than in their studies. Who would mind studying Math when the approval of their friends matter more than their academic performance?

Third: Wrong Information.

Students will be likely served with a series of wrong information about the world, and most importantly wrong information about themselves. Although these social networks became an instant hit to the young people for the mode of acceptance it is offering and the convenience of communication it gives, our young people should still be on ears with the right source of information and guidance.

To the young, be watchful! You don't need a like or a favorite to prove who you are. You are already liked and favorited by our Lord Almighty!

(Ma. Zola Estella Geyrozaga, CJC Physics teacher)

GO GREEN... GO FOR E-Trike

Global warming has been a great problem today and one of its causes is the pollution that people have created. However, it's not yet too late to help our mother nature. Through an e-tricycle.

The electric tricycle is a especially designed, highly efficient tricycle that runs on a motor powered by a battery charged by electricity. E-trikes produce no noise, no tailpipe emissions, and represent an opportunity to make public transportation in the Philippines more environmentally conscious while improving the livelihood of tricycle drivers across the country.

There are approximately 3.5 million conventional combustion engine tricycles operating in the Philippines, contributing millions of tons of carbon dioxide emissions to the environment every year. These tricycles have a dramatic impact on air quality, affecting many aspects of life in the Philippines, from national health to increased exposure to climate change risks.

The Asian Development Bank, with the Philippine government and the Department of Energy, hopes to transform the public transportation sector by widely adopting electric tricycles throughout the Philippines. Using innovative technology and competitive financing, this project will achieve widespread adoption of electric tricycles and the development of a sustainable local e-trike manufacturing industry.

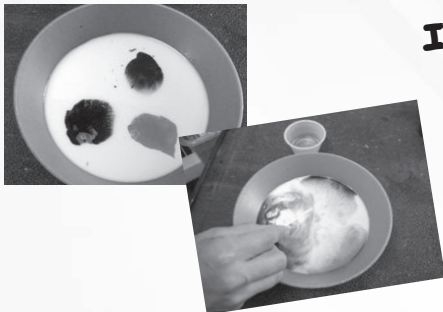
(Dexter Masongsong & Naomi Bea Curato)



HomeXplore

Ingredients and Supplies

- A bowl
- 1/2 cup of milk
- Dish soap
- Cotton swab
- Food Coloring, more than one color



Instructions

1. Pour the milk into the bowl. Be careful not to move the bowl, you want the milk as still as possible, then put one drop of each color in different places in the milk.
2. Put just a tiny amount of soap on the end of the cotton swab, then touch it to one of the colors. WOW!
3. Let the experimenting begin!
4. To clean up, just pour the milk down the drain. (Do not drink it)

The Science behind it

Milk has fat in it and the food coloring floats on top of the fat. The fat is all connected with bonds. Think of it like the little pieces of fat all holding hands with each other. Dish soaps are used on greasy or oily dishes because it breaks the bonds in fats allowing them to separate. When you add the dish soap to the milk, the fat separates and moves making your colors explode!

SCIENCE Fun FACTS

- There are 1,250,000 identified species of animal on earth! There's almost 300,000 known plant species.
- In one day, the heart beats more than 100,000 times! That is over 36.5 million times a year!
- Melanin is a special pigment in our skin that protects us from harmful ultraviolet rays. This pigment is the human body's form of sunscreen!

EXPLODING Colors

- Chalk is a type of limestone. All types of limestones are composed of powdery minerals and are easily dissolved. These are called sedimentary rocks. Chalk is often formed from the remains of marine organism at the bottom of the ocean!
- Mars is named after the Roman god of war. It is also known as "the Red Planet" due to its reddish appearance from iron oxide on the planet's surface.
- Ben Franklin discovered that lightning is actually an electrical current. Franklin did many experiments and invented the lightning rod to protect buildings from lightning strikes.

Researched by: Chloe Go, Kristoferson Aslian & Dexter Masongsong

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Hope turns Horror

Strength. Power. Determination... Three powerful characteristics that an athlete should acquire in sports. And in every sport that they will engage to... RISK is always present.

The recent tragedy that happened to a 16-year-old Jonas Garcia who is a high school student from Bulacan who died from days of comatose after his fight in the boxing match of the Central Luzon Regional Athletic Association in Iba, Zambales is a concrete example of risk.

Because of his death, DepEd abolished boxing and other contact events in future athletic competitions of the DepEd.

It is the fact that these sport gives hope to those who long for a better life in the future especially the unfortunate Filipino youth. They dreamed of becoming the next Manny Pacquiao, Nonito Donaire, or Bryan Viloria. If the DepEd would abolish boxing in athletic competitions, who will be our future athletes to bring our country to the top?

Abolition is not the answer to the problem rather the government should provide ample safety gears and facilities. Each school should also have a professional trainer in order to lessen the risk of entering contact events.

Philippines has many potential youth. The youth who are hopeful to achieve their dreas and build a name. If the government won't extend support, what will happen to them?

Can the government just allow that the hope of our youth will turn to horror?



Lay-up.
Petron's Arwind Santos attempts a jumpshot against TNT Noynoy Baklaw in the PBA Philippine Cup Game.

Petron beats TNT, 105-91

The Petron Blaze Boosters ended their two-game losing band by beating the Talk 'N Text Tropang Texters, 105-91, in their PBA Philippine Cup game Saturday night, December 28, 2013, at the Mall of Asia Arena.

Talk 'N Text leads in the first half with 15 points before Petron recovered in the second half to take a 15-point advantage of their own.

After Jason Castro put TNT on top, 57-54, in the third quarter, the Blaze Boosters ended the frame on a huge run to take control of the contest and held off the Texters in the fourth stanza.

Abanilla acknowledged that the Blaze Boosters

need to find new ways to win especially without Fajardo, who is still out indefinitely due to a knee injury.

Against TNT, it was Lassiter who top scored for Petron with 22 points, while Cabagnot had 12 points and 10 assists. Santos added 19 points and nine rebounds while Lutz also scored in double-digits with 16 points.

Meanwhile, Castro led the Texters with 23 points while Larry Fonacier finished with 19.

Petron remains a game behind Ginebra in the league standings, while Talk 'N Text fell into a tie for third place along with Rain or Shine with identical 6-3 records.

(Rojen Legaspi & Sophia Ayo)



Kids, what's in?

CJC-Graders are gaga on the "in games" that pre-occupy them during break time.

Bey Blades

Bey blades is an exciting action board game based on the manga (Japanese animation) of the same name. In it, you and your opponent battle for supremacy in a Beystadium, sending your Bey blade into battle to see who is the champion.

Dodge ball

Dodge ball is a game in which members of opposing teams seek to eliminate one another by throwing foam balls with the aim of hitting an opponent.

Rubber band game (Dampa)

Players strike the ground with both their palms to produce air/force that will move the rubber bands into their desired target area. Its objectives are to race rubber bands into the finish line and to knock their opponent's rubber band out of the boundary.

(Kate Veron & Chloe Go)



Power.
Pacman blows
a powerful
punch that
leads him to
win the fight

PacMan bids his fight to Filipinos

People's champ Manny "Pacman" Pacquiao offered his recent winning fight against Brandon Rios to the victims of Typhoon Yolanda and the 7.2 magnitude earthquake in Visayas Region.

He vowed that after his boxing fight against Brandon Rios on Nov. 24 in Macau, he will initiate his own relief operations for the typhoon victims and to those affected by the October 15 earthquake in the Visayas region.

He apologized to the victims for not personally extending his help, saying that his training for his boxing match "prevents him from doing so."

Pacquiao is dedicating

his fight to those affected by the tragedies that hit the country.

Pacquiao's congressional staff members had been repacking relief goods that would be urgently shipped to affected areas in Visayas. They were also making the rounds in several cities in Metro Manila to collect donations for the typhoon victims.

The victory of Manny was also the victory of every Filipino.

After the game, PacMan directly went to the Philippines and visited the victims of the typhoon and earthquake to give relief goods and cash.

(Vivien Padapat & Anne Nasibog)

Filipino Athlete to compete 27th Sea Games

After many controversies, the Philippines is being represented by 210 athletes in 26 sports in the 27th Southeast Asian (SEA) Games in Myanmar.

The 210 athletes are divided in the following sports.

Aquatics (5), Archery (4), Athletics (20), Badminton (2), Basketball (24), Billiards (5), Boxing (10), Canoeing (2), Chess (4), Cycling (9), Equestrian (3), Football-Women's (20), Golf (7), Judo (9), Karate (8), Muay Thai (3), Pencak Silat (2), Rowing (5), Sailing (6), Sepak Takraw (3), Shooting (2), Table Tennis (2), Taekwondo (16), Weightlifting (2), Windsurfing

(1), Wrestling (9), and Wushu (12).

The Philippine Olympic Committee (POC) expects a haul of at least thirty gold medals—which could be good for sixth place anew. Powerhouse regional neighbours Thailand, Indonesia, and Malaysia have traditionally been the most successful in competing for the overall medal haul, however in recent years, Vietnam and Singapore have began making strides to contend against Asean's "Big 3." The Philippines last enjoyed success in the final tally in 2005—when the country last hosted.

(Rojen Legaspi & Kara Maranan)



Digos City Meet '13

Montinola, Parker rake gold

Cor Jesu College- Basic Education Department taekwondo players Jeff Benedict Montinola and Venice Parker grabbed gold medallion in the Digos City Meet last November 15–17, 2013 at Don Mariano Marcos Elementary School.

Their strength, might and powerful kicks led them to defeat their rivals from all elementary schools in Digos City.

Montinola started taekwondo at age seven while Parker starts at age nine. They both have garnered gold, silver, and bronze medallions from different local, regional, and national tournaments they've joined.

They were very thankful to their parents for the unending support to the sport they've chosen and



Victory. Montinola and Parker show their victorious pose.

mostly to the Almighty Father for the triumph. They will represent the school for the DAVRAA on February 7–12 in Tagum City.

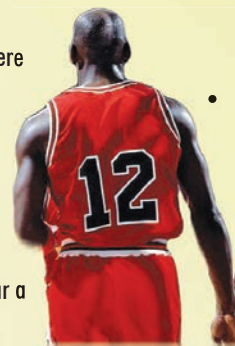
(Rojen Legaspi & Luis Lagare)

SPORTS TRIVIA



The silhouette on the NBA logo is Hall of Fame Laker Jerry West.

After his jerseys were stolen from the visitors locker room when the team was on the road against the Orlando Magic, Jordan had to wear a No. 12 jersey.



Basketball legend Wilt Chamberlain never fouled out of a game.

There are more than 350 dimples on a golf ball.



Golf balls can reach speeds of 170 miles an hour.

Golf is the only sport played on the moon. On February 6th, 1971, Alan Shepard hit a golf ball.

The 1912 Olympics was the last time that gold medals were solid gold.



A baseball has exactly 108 stitches; a cricket ball has between 65 and 70 stitches.



Researched by: Kate Veron, Jeralyn Turin & Zasha Evalin