

## SELFIE... a new trend for all!

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THE OFFICIAL ENGLISH PUBLICATION OF  
COR JESU COLLEGE-BASIC EDUCATION DEPARTMENT

# PULSE

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**EMPOWERING THE YOUTH.** The Br. Polycarp Foundation continues to extend help to the community for the future builders of the nation.

## Community Engagement

### CGE: Streaming compassion to society

Excellence. Community. Apostleship. Harboring Christ's compassion in molding a better society.

Words from Nelia Tizon, Community Engagement Assistant of the Bro. Polycarp Foundation (BPF), acclaiming the Community Grand Engagement (CGE) capping Cor Jesu College's 54th Foundation Anniversary, September 28, 2013.

Held at the Igpit Barangay Gymnasium and Igpit Elementary School, the CGE was flooded by the teachers, parents, and students from Bagumbuhay, Igpit National

High School Annex, and Igpit Elementary School. The event staged the following activities; medical mission, health assessment lectures, provision of BP apparatus, legal consultation, parenting session, leadership training for teachers, and career planning.

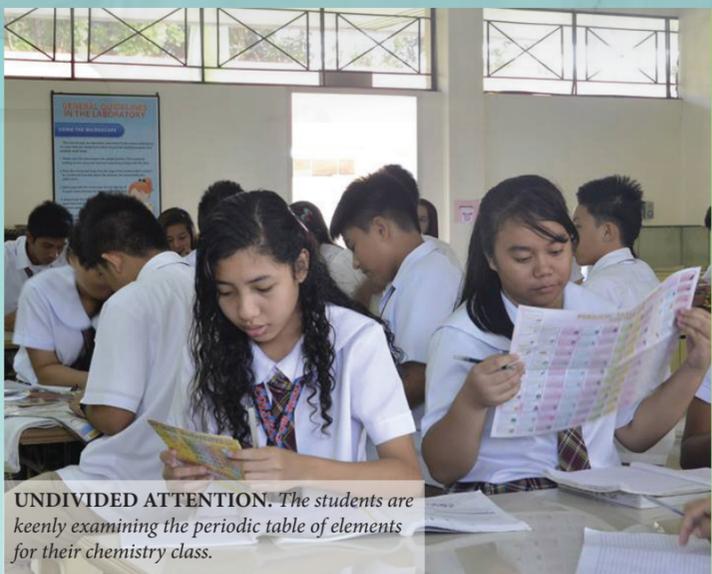
Film viewing, feeding program, storytelling, and voice lessons entertained the students, who were also given slippers and school supplies during the event.

The event is part of the BPF-CJC collaboration on their 10 month-long community engagement program for

Barangay Igpit. The said community was chosen as the beneficiary after series of assessment done in liaison with the Brgy. Council of Igpit.

"Recreation and healing of the society doesn't end after the grand engagement, in the development of this community the foundation will be their guide and beacon," Tizon assured. The Bro. Polycarp Foundation and Cor Jesu College continue to ponder further efforts as they eye to sustain the ideals of compassion to the society.

-Julia Niez



**UNDIVIDED ATTENTION.** The students are keenly examining the periodic table of elements for their chemistry class.

## PAASCU thrusts CJC-BED to Level 1

After gearing up for the Philippine Accrediting Association of Schools, Colleges and Universities (PAASCU) evaluation last 2012, Cor Jesu College Basic Education Department has upgraded to the PAASCU Level 1 Standards.

With this, PAASCU grants the school consultancy services for assistance in institutional self-surveys and preparation for survey visits. In cooperation with the Department of Education, the association also offers CJC training, seminars, workshops and conferences in different areas.

"This has all been possible through the extensive efforts

done by everyone in the basic education department. It is truly a remarkable leap for Excellence," said Kirt Anthony Diaz, Cor Jesu College BED Principal.

Diaz also acclaimed the accreditation as an avenue for raising the quality of education and standards of instructions to Cor Jesians.

With its College Department currently on the 3rd Level of PAASCU Standards, Cor Jesu College BED is eyeing for Level 2 in the next PAASCU visitation through various maintenance and improvement to the BED.

-Nyll Gascon

## CJC bares scholarship program

"The program is a great leap in fulfilling the core value of CJC and the ideals of the Brothers of the Sacred Heart," Dr. Kirt Anthony Diaz Cor Jesu College BED Principal said with the jumpstart of the school's Br. Andre Coindre Scholarship, widening the access of education to the financially struggling students.

Also known as the Socialized Program, the scholarship started this school year 2013-2014. The program offers 1,000 PhP in enrollment fees, and 700 PhP for monthly tuition fees which already includes miscellaneous payments. Limiting up to 40 socialized students per year level, the program has started off with 15 grantees.

Upon enrollment, the applicants for the program are required to submit their respective parents/guardian's Income Tax Return for evaluation, and grantees must

maintain an average grade of 85% and above for their scholarship.

"Despite the different sectioning for the socialized students, there is neither alienation nor biases between them and the regular students for they undergo the same curriculum, school activities, and teachers," said Miriam Vivienleigh S. Mori, MA, Assistant to the principal in the

High School level.

"I am proud to be a Cor Jesian for I am really blessed to have been granted the scholarship," said Dwight Bacalso, a freshman scholar.

With 'compassion' as its core value, Cor Jesu College continues to shed this off to the students in its efforts in molding responsible and god-fearing youth.

-Joshua Tuazon



**GENUINE COMPASSION.** Ms. Chenie Tura, CJC-BED Math teacher presents her lesson with the scholarship grantees.

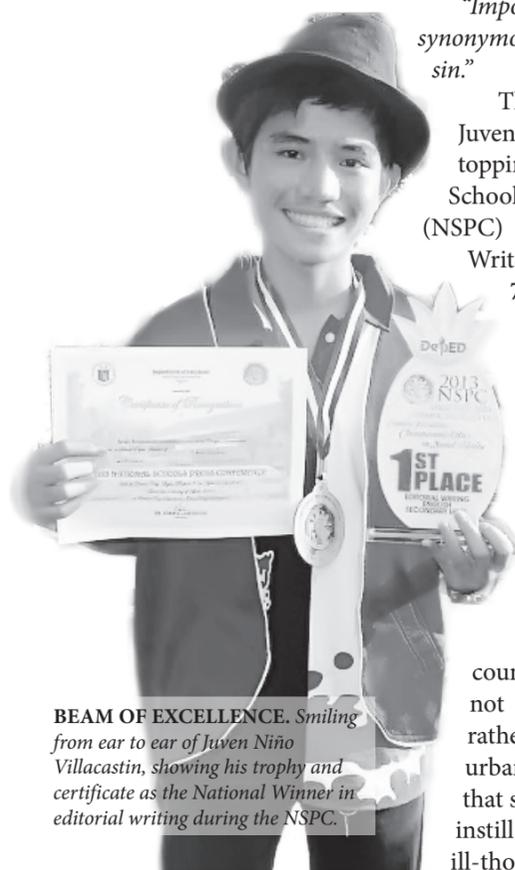


### Flood awash fright

Thursday, November 14- "We left our house and took refuge in our store," said Prince Davis, after a sudden heavy downpour of rain which flooded most of Aplaya, Cogon, and Ruparan in Digos City. With knee to neck-high waters, the city's gymnasium was rendered to refuge the victims. Raging waters from the river washed away houses along the coast, although there was no official death toll reported.

National Schools Press Conference 2013

## NSPC 2013 crowns Cor Jesian



**BEAM OF EXCELLENCE.** Smiling from ear to ear of Juven Niño Villacastin, showing his trophy and certificate as the National Winner in editorial writing during the NSPC.

"Imposing sex education is synonymous to teaching kids to sin."

The striking words from Juven Niño Villacastin, topping the 2013 National Schools Press Conference (NSPC) English Editorial Writing, held last April 7-12, 2013 at San Pedro High School, Ormoc City.

With a number of contestants battling for the cup, Niño reigned in his article disapproving sex education to elementary and high school students.

He wrote that the country's true problem is not overpopulation, but rather the overcrowding in urban areas. Niño stressed that sex education will only instill young minds with ill-thoughts on sex, instead

of controlling the country's population.

"I actually have created a new style of editorial writing based on Aristotle's works on rhetorics and persuasion. Moreover, I base all my articles on a theory, that everything in the universe is just a cluster of patterns repeating throughout space and time, with this in mind, I believe that history and the present share the same trend," Niño said on how he wrote his winning piece.

Niño trekked to the national tilt with Gold places in the 2012 Regional Schools Press Conference (RSPC), and Division Schools Press Conference (DSPC).

Aside from his writing skills, Niño is also primed in music, playing various instruments such as the piano, violin, flute, harmonica, and guitar.

-Romeo Alcazaren

### SUMAMA KA stages CJC vs drugs

First on its 7th year re-launching, the 'kontra droga' symposium, A Fight against Illegal and Dangerous Drugs was held at Cor Jesu College Gymnasium last November 25, 2013.

With this year's theme: "Digos City: A Drug-free City; for the youth, for the future," the Samahan At Ugnayan Ng Mga Mahahayang Mag-aaral At Kabataan (SUMAMA KA) conducted the symposium which bares the ill-effects of drug abuse, aiming to influence others to decline the issue.

Mr. Irick A. Agbon 1st District Congressional Officer of Davao del Sur gave his testimony which preceded the symposium proper and city councilors Hon. Concepcion Cadungog, Ed.D., and Hon. Frank Tongcos, MD

were invited and gave their disapproval on drug abuse.

Jovani Castro Julalon, SUMAMA KA President said the organization bottom-listed CJC for the symposium, believing that the school's administration is taking a good eye at Cor Jesians, especially for the upholding of RA 9165, The Comprehensive Dangerous Drugs Act 2002.

"Highly populated schools such as public schools are what we prioritize the most since their monitoring of students seems inadequate, and lack the knowledge on drug abuse," Julalon said.

SUMAMA KA teamed up with the Philippine Drug Enforcement Agency and Philippine National Police to hold the symposiums in different schools.

-Hijasmin Palec

### DA: APRAA HoF, BLPP uplifts fisheries

Boasting DavSur's 3-peat for the Agri-Pinoy Rice Achievers' Award (APRAA) Hall of Fame, the Department of Agriculture (DA) eyes better yield in fisheries in its Banca Loan and Payao/fish shelter Program (BLPP).

Set last July 2013, the program aims to aid the livelihood of marginal fisherfolk in the province through loaning them individual Banca and giving free fish shelters.

"The program readied with the profiling, and validation of its beneficiaries in both districts of Davao del Sur. Fisherfolk owning no existing Banca are qualified for the BLPP," the province's DA relayed. As of

this writing, around 78 coastal barangays (except in Sulop and Malalag) were identified, with 10 individuals per.

Costing between P25,000-P30,000 each, the Bancas will be loaned daily at P50 through 18 months of 20-28 fishing days, they added.

The DA conducted seminars and established an organization for its beneficiaries per coastal barangay. The official launching of the program is slated on December 10, 2013.

In coordination with the Office of the Provincial Agriculturist, the BLPP was conceptualized by the DavSur's local government.

-Juven Niño Villacastin

## Nucl'r tech primes crop yield

Aiming for new smart-farming alternatives, the scientists from the Philippine Nuclear Research Institute-Department of Science and Technology (PNRI-DOST) have ventured on applying nuclear-based precision technologies in fertilizer handling and irrigation methods.

"The study on nuclear technology in farming uses isotopes from elements that are natural to soil, crop, and fertilizer," says Roland Rallos of the PNRI- DOST Agriculture Research Section. This will

serve as a solution for farming methods that waste water and soil nutrients.

"People thought that applying more fertilizer on the ground will necessarily result in richer soil, but that is not the case," Rallos said.

According to Rallos' group, crops are limited to certain amounts of fertilizers and water, any excess of such are useless and will only be wasted. Since the outdated farming methods were inaccurate in applying the right amount of water and fertilizers, nuclear tech was

devised.

Scientists used stable isotopes that are similar to fertilizer nutrients but different enough to be detected easily. This had given them accurate measurements on the uptake of nutrients. Their project specifically uses nitrogen-15 isotopes to "label" the intake of fertilizers that crops absorb.

Rallos eyes that the full development of the smart-farming project will drastically drop water and nutrient waste up to 25%.

-Julia Niez

## Cor Jesians reign 2nd in national research

Discovering the presence of an industrial substance in banana peeling, Eva Julia Marie Niez and Kirt Emmanuel Diaz hailed second over 20 finalists during the PSYSC National Science Technology and Environment Summer Camp at La Virginia Leisure and

Amusement Resort, Batangas City last April 9-12, 2013.

The study aimed to maximize the recyclability of agricultural residues, with the extraction of furfuraldehyde in banana peeling. The substance is known to be essential in the production of nylon, synthetic

rubber, disinfectants, weed killer, fungicide, and bactericide.

Coached by Miriam Vivienleigh S. Mori, MA, Niez and Diaz did their research for the whole month of March 2013. After series of experimentation, they have concluded for banana peelings as a good source of furfuraldehyde.

With the success in their research, Diaz said that further developments on their discovery could yield manufacturers heightened advocacy on recycling agricultural residues.

"It was a great experience for me that I was given such opportunity to explore the wonders of science, my passion," said Niez.

-Raya Cervantes



**TRIUMPHANT SMILE.** Eva Julia Marie Niez and Kirt Emmanuel Diaz receive the award from NYSTESC representatives during the awarding ceremony as the first runner-up, PSYC NYSTESC Research Congress 2013.



**LIVELIHOOD PROGRAM.** The local government continues to uplift the means of living of fisherfolks with their assistance in fisheries.

### Follow-up News

## DepEd revs up K to 12

"It's having a good run at this stage, just as what we expected," said Digos City Schools Division Superintendent Reolito Y. Delos Reyes, Ed. Ph.D. regarding the status of the K-12 implementation.

Delos Reyes stressed that the DepEd has been doing intensive efforts for the K-12 program; construction of additional classrooms, distribution of K-12 materials, and further training for teachers. He also mentioned that 60,000 teachers were newly hired this school year, aiding the implementation of the program.

"So far we haven't accounted any major problem, and to stay it that way, we will comply with the DepEd Central Office's protocols being relayed down to our region," Delos Reyes said.

Delos Reyes added that the DepEd is now gearing up for the upcoming 1st batch of senior high school students. Aside from conducting surveys, the department has collaborated with stake holders on their resources for the better implementation of the program.

-Reina Tenebro



## Pinay wins 'X factor' tilt

Rose "Osang" Fostanes' victory in "X Factor Israel" tagged 'Filipino' as more than just a 'caregiver' in foreign land last January 15, 2014. Reuters reported that 'she hopes her popularity in the show will shine light on Israel's low-paid foreign workers, which include 20,000 Filipinos.' The 47 year-old won the Israeli audience's hearts and left the judges on their feet.

## CFA launches 4 Peace 1 World

"We want to make people understand that peace is possible despite differences. If we will work together, even in our own little ways, we can promote peace."

Message given by the Training Department Head of Communication Foundation of Asia (CFA), Ms. Bob Lopez, during the symposium entitled, "4 Peace 1 World" at Cor Jesu College last November 14, 2013.

The activity proposes that the differences in religion, traits, and philosophy among people are not to be discriminated, but rather to be understood for the sake of global peace.

CFA pursues its advocacy through an integrated communication program founded on Christian values. This involves Citizenship Education, Poverty Alleviation, Environmental Concern, Peace Camps, Media Programs and other workshops and services in partnership with PPCRV, CEAP, and the Pondo ng Pinoy program of the Archdiocese of Manila.

The foundation continues pondering different schools in the Philippines to develop Filipino students to be catalysts for change and promotion of peace through various activities.

-Amiabelle Hingpit



**HELPING HANDS.** Mrs. Nelia Tizon, Community Engagement Assistant of the Brother Polycarp Foundation, and some CJC personnel bring aids and supplies to Sagip Kapamilya Foundation at ABS-CBN Shrine Hills, Davao City.

## CJC aids quake, 'Yolanda' victims, flexes DPP

"It is essential to minimize damages and prepare everyone in times of disaster," Kirt Anthony Diaz, Ph.D., the Cor Jesu College BED Principal, stressed in response to the series of devastation which hit the country; the deadly 7.1 magnitude Visayas quake, and the wrecking of typhoon 'Yolanda.'

Together with the Diocese of Digos and the Brother Polycarp Foundation, the school has gathered and donated relief goods for the victims of the

calamities.

Reacting on the Visayas quake, CJC has started teaming up with the City Disaster's Coordinating Office in review of the school's disaster preparedness plan (DPP) said Diaz. In their informal discussion with administrators regarding the matter, Diaz mentioned of a structural plan, as proven by some experts in architecture and structural engineers, which adds to the safety features of the school's buildings.

"What I am looking forward now is that the disaster preparedness measures should become a regular activity in school. Every year, there must be 2-3 drills that'll make sure that everyone knows what to do in times of the disaster," Dr. Diaz said regarding earthquake readiness.

Having ongoing talks with persons in authority, CJC aims for the effective revision of the DPP.

-Jean Llorente

## COMELEC: Nod on Davao eyes development

Davao Occidental—after a yes or no votation, a new province was formally proclaimed by the Commission on Elections (COMELEC) with its approval from Davao del Sur residents during the Oct. 28 plebiscite.

Out of the 235,301 people who voted, 180,162 favored for the creation of the new province while 55,139 opposed it, COMELEC Provincial Director Maria Febes M. Barlaan said.

Ms. Barlaan said that the creation of Davao Occidental will curtail the slow pace of

economic development in the second district municipalities of Davao del Sur.

The 81st province will exclude the municipalities of Sta. Maria, Malita, Don Marcelino, Jose Abad Santos and Sarangani from Davao del Sur, leaving the latter with Digos City, Kiblawan, Magsaysay, Matanao, Bansalan, Sta. Cruz, Hagonoy, Padada, Sulop and Malalag.

Anticipating the 2016 local and national elections to formally declare its officials, the province at the time being will be under the governance of the

current Davao del Sur governor, said Barlaan.

In the meantime, the appropriate agencies will delineate the boundaries, assets, liabilities and properties between Davao del Sur and Davao Occidental.

The creation of the province was under Republic Act No. 10360, "Charter of the Province of Davao Occidental," signed by President Benigno S. Aquino III in January 2013.

-Romeo Alcazaren

## CJC mentors bag Asian Confab Research plum

Waving the banner of Excellence, five Cor Jesuan teachers reaped various awards during the IAMURE Asian Conference on Multidisciplinary Research on Higher Education at Marriott Hotel, Pasay City, last November 26-28, 2013, bagging the institution another milestone.

Organized by the IAMURE Multidisciplinary Research International, the conference gathered numerous professionals from different expertise in a three-day research of their chosen study.

Randy A. Tudy, Ph.D., Dean of Graduate School, Kirt Anthony R. Diaz, Ph.D., BED Principal, Leticia A. Cansancio, Ph.D., Director of Library Information and Research Center, Hermogenes C. Orion, Jr., Ph.D., Dean of Sunday College Division, and Mrs. Jingle

S. Navarez, BED High School Guidance Councilor, won Platinum and Diamond awards Best in Oral Presentation, Best in Powerpoint Presentation, Best-dressed Researcher, and Best in Talent.

"Fortunately, amid the superior capabilities and talents my contenders showed, I have

raked those awards. I am very grateful for such achievement," Dr. Orion said.

Dr. Tudy also won the World Research Productivity Award, and as Outstanding World Peer Reviewer. Dr. Diaz as World's Best Abstract Awardee.

-Johanne Manapol



**EFFICIENCY AND EFFICACY OF INSTRUCTION.** Ms. Ronette Ayangco, BED Computer teacher, manipulates the Interactive smart board during the unveiling of UPIC.

## UPIC upheats debut to CJC

Innovative. Futuristic. Genius.

Once more erecting its trademark for Excellence, Cor Jesu College astounds students with its Ultra Portable Interactive Communicator, unveiled last July 4, 2013 at the CJC gym.

Headed by CJC Basic Education Department Principal Kirt Anthony R. Diaz Ph.D., the UPIC project offers students the exciting avenue for learning with its interactive Bluetooth powered pen and screen interface.

"It's amazing how learning gets fun with just a swipe of the pen, especially for the kids," said Christian Castañares, a 4th year Cor Jesuan. The project

gained most of its hype from the elementary students.

The UPIC has five components: the UPIC pen, software, magnetic board, UPIC panel, and the Mitsubishi projector. The school invested P640,000 for the acquisition of ten UPIC sets distributed by DAKKEN Philippines.

Believing in the theory that technology enhances learning, Diaz expects that the project would yield better performances from students during classes.

Cor Jesu College has taken pride for its remarkable milestone in being the first school in the province using the state-of-the-art technology.

-Raya Cervantes

## BIR: EFPS boosts services

Improving its services to taxpayers, the Bureau of Internal Revenue (BIR) bares the full implementation of its Electronic Filing and Payment System in the province.

"It will provide convenience to the top taxpayers. They could save time from filing their taxes through the EFPS in which the task is shouldered by their respective banks, automatically debiting tax from their accounts to the BIR," said Mary Urduja A. Ong, BIR Region 19 Chief

of Assessment Section.

Initiated in 2009, the EFPS was part of the Bureau's strategic plans for the better servicing of the top 5,000-10,000 taxpayers. The BIR in the province also bared its seasonal high last August amid fluctuations in revenue.

Ong lastly stressed the reminder for taxpayers to become aware of their financial liabilities.

-Joshua Tuason



**OUTSTANDING MILESTONE.** The winners beam with smile after receiving their awards in their different events IAMURE Asian Conference on Multidisciplinary Research on Higher Education. (L-R Kirt Anthony Diaz, Ph.D., Leticia Cansancio, Ph.D., Hermogenes Orion Jr., Ph.D., Jingle Navarez, and Randy Tudy, Ph.D.)

## Resurrecting the Caesars

*Divide et impera (divide and conquer): three words that summarize how not just the Roman Empire but the modern world was molded painstakingly by hands by the great generals and rulers of the past. Now, after 4,000 years of history in the making, the “Caesar tactic of political science” takes the stage of history once again as it was resurrected by the hands of 523,862 registered voters of Davao del Sur in a plebiscite last Barangay elections as they gave DavSur’s 2nd district the greatest gifts mankind can possibly offer: life and independence.*

DavSur voters gave Davao Occidental its first breath of life last Barangay elections as the result of the plebiscite in response to President PNoy’s signing of R.A. 10360 (the law acting on DavOcc’s creation) where voters who favored DavOcc’s creation won by a landslide. Due to this, a ray of light and hope shines upon the five provinces of DavSur’s 2nd district: Sta. Maria, Malita, Sarangani, Don Marcelino, and Jose Abad Santos which Sen. Ferdinand Marcos Jr. deemed “to have been impaired the delivery of services to the residents and slowed down economic progress in the district” to be finally be given focus by politicians and have a chance to improve economically. Also, this strategy is said to put an end to the bitter rivalry between Cagases and Bautistas which almost tore Davao del Sur apart last May elections by separating the two political powerhouses.

Though some critics don’t think that Davao Occidental would be able to stand on its feet independently, the region has quite proved its worth of independence for the past years as its 2183.97 km<sup>2</sup> total land area, 293,780 million people, and Php400 million annual income passed the 2000 km<sup>2</sup>, 250,000 population standard, and Php100 million annual income requirements of Sec. 450 of the Local Government Code of 1991 (as amended by R.A. 9009). Moreover, a region of this caliber needs to learn to stand independently than to be ignored and be at the mercy of a government busy beautifying the capital city of the DavSur region rather than improving the rural areas almost forgotten by the time. After all, this isn’t the first time the Davao region witnessed the power of the divide-and-conquer strategy. Remember that the once measly area called Davao City separated itself from DavSur many years ago. Now, it’s a highly urbanized, economic booming city that surpassed our mere Digos City by a thousandfold! So what’s the secret to their success? Independence. Because it had a government that only focused over a small area rather than vast one, it was able to focus on the nooks and crannies of the city and managed to improve it step by step.

Davao Occidental has high potential to become a highly urbanized area now that the voters had given it the breath of life and the gift of independence. With the divide-and-conquer strategy, it is a step away from a better, near utopian community that would improve their economy, destroy some political grudges, and finally have the independence they had deserved through all these years.

## Editorial

### Crouching Carabao, Hidden Dragon

As a law took effect in Hainan, China, requiring all foreign vessels to seek permission first from its regional authorities to conduct fishing, many Filipino fishermen are having trouble with such claim since China also asserts that it owns the whole of South China Sea including 200 nautical miles of our Exclusive Economic Zone. DFA spokesman Raul Hernandez says that their act actually violates the United Nations Convention on the Law of the Seas, international law, and rights of our fishermen to fish in our EEZ under Philippine laws and the UNCLOS. This act of bullying and aggression will only endanger China’s national security as it has also raised tensions with other countries from other parts of the world. We may be the underdog against the hidden dragon’s territorial wrath but given the tension China has raised, chances are justice will prevail this time.



## Boiling Point

### Cult of the Politically Spoiled

Juven Niño A. Villacastin

“Use what is necessary, and abolish what is useless” writes Niccolo Machiavelli in his prophetic book on effectively running kingdoms and practical leadership, *The Prince*. A government ran by fame-hungry, usually 17-year old and above, spoiled brats don’t seem to fit in the definition of the word “necessary.” Despite having the right to play a vital role in the nation, it doesn’t mean that kids as young as 17 should be spoiled with power. Because everyone knows how easily a compassionate, well mannered, idealistic, and educated leader can become mad with power; how much more when you leave it in the hands of the mentally and emotionally unready?

As the Congress hastily passed a bill to postpone the scheduled October 2013 “Sangguniang Kabataan” (SK) elections sometime between Oct. 28, 2014 to Feb. 23, 2015 and leave vacant all SK positions until all officers are elected, you might be riddled as

of how much kids could destroy an already destroyed government. Basically, the SK didn’t just become a breeding ground for greed, vanity, corruption, pride, and political dynasties; it’s a ground of fatal contradictions that has forever exposed the most irresponsible flaws of the Philippine government.

First of all, the SK is a youth council created as a response to the U.N. Convention on the Rights of the Child to create an avenue where in the youth can engage and represent their sector. And that brings us to fundamental problem: most SK officials are only after honorarium and benefits. How can you expect kids as young as them to have the physical, moral, spiritual, and intellectual aspects of a responsible, seasoned leader capable of leading a nation? Think about it, a teenager doesn’t have the physical, moral, spiritual, and intellectual capabilities of running governments. And with that, they are more susceptible to mistakes. Its so-called avenue for child

rights has only become a façade to hide its purpose of becoming the country’s biggest supplier of corrupt politicians who were taught to make mistakes at a very young age.

Now, let’s face it, there are many alternatives for the youth to help build the nation but running one isn’t one of them. An endless chain supplier of politically spoiled children that drains funds, lacks integrity, and most importantly is 90% more “risk” than “necessary.” deserves more than to be postponed; it deserves to be abolished. The youth can have many ways to participate in nation building. And perhaps the best one is studying in school, getting a degree, and learning how to run a government rather than sitting in the office without any prior knowledge of running one. Because doing the latter wouldn’t just tear our country apart, it might just be the first step towards man losing its hope towards humanity.



## Reality Check

### The Paradox of Excellence

Reina Angeleigh F. Tenebro

Essence and Existence. According to the medieval philosopher St. Thomas Aquinas, these are the two fundamental things that give something the gift of existence. The existence of excellence in the students has become quite a controversy; high school students today act like monsters who disregard respect to older students, teachers, the administration, and even God while putting their egos on display. This is the paradox of excellence. These people are expected to be the future of this nation yet they act like the ones who would rip it apart. But, that doesn’t mean schools will stay like this forever, all it needs is a little reformation.

Years ago, the words “ate” and “kuya” seemed to be something you hear automatically when you talk to someone younger than you. Today, even getting the feeling of being respected is as hard as cutting diamonds with cotton-padded knives. Due to the influence of social “swag” and the egotistical, breeding grounds of pride and vanity called social media,

teenagers nowadays have created a new lifestyle focuses on doing things that were considered inappropriate when the world still made sense. And evidently, this type of “anti-chivalry” is quite present in every student body.

Perhaps a beautiful example to illustrate this phenomenon is the simple evolution of the phrase “excuse me ate/kuya” to “pahawa ra gud.” A survey shows that 70% of alumni coming from older batches and generations remember a different kind of campus life where they respected and feared students older than them. Another quite striking evolution of phrases is “sorry mdm./sir” to “laina aning maam/sir uy.” It seems radically exaggerated, but this actually happens when a teacher that some students don’t like are being completely ignored and disrespected in class. And if that’s not enough, there were cases where students mockingly recite prayers and made the prayer before and after class a stage where they would push their classmate to humiliate himself by mockingly reciting prayers like a 3 year

old who just learned how to speak!

But it’s not just others and God whom the students are starting to disrespect; they are starting to disrespect and destroy themselves. With such child-like behavior, students are slowly taking off the essence of excellence entrusted in them by not just the school but also by the country and the world!

This kind of dilemma negates the definition of excellence. But that doesn’t mean that it would stay like this forever. Remember that we, the students, are the future of this world. Life is worthless if you treat it like it’s worthless. But by living the real essence of excellence, you aren’t just giving yourself and the people around you a good life; you’re giving worth to your existence. That’s the answer to all of this, act as if you’re excellent so that you will become a hallmark of excellence yourself, as Rene Descartes would say: “Cogito ergo sum” (I think, therefore I am).

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### Evil never ends

After finally taking the PDAF off the Philippine national budget in a 14-0 Supreme Court ruling to abolish it, the country thought that the pork barrel, which enables legislators to pocket millions of pesos of funds, was finally gone for good. But sadly, it was sneakily reincarnated back into the national budget by Sen. Jinggoy Estrada as P200 million Local Government Unit (LGU) Support Funds which was supposed to boost the share of provinces, cities, and municipalities from national tax collections. But the problem is it works like its predecessor in terms of how politicians could get it. Moreover, the fact remains that this fund is still the same old hated PDAF that the politicians used as a source for personal cash; it's just pork barrel under a new name! Just because it's under a new name doesn't prove that it's going to be used for good. Maybe it just proves that evil will always find its way to get back on its feet.



## Unspoken Reality Art of Cultivating the Mind

**Kirt Anthony R. Diaz, PhD (CJC BED, Principal)**

*"There are no bad herbs or bad people, only bad cultivators."*

Les Miserables

Parental involvement is an integral part of educational success of every student. Research shows that parents play a significant role in the academic achievement of their children (Clark, 1990, 2012). Therefore, it is important for parents and schools to develop partnerships and build ongoing dialogues to improve student achievement.

As the first teachers of their sons and daughters, parents know their needs best and can provide insights into their strengths and weaknesses. On the part of the students, research reveals that many want their families to be more knowledgeable about schooling and are willing to take active roles in assisting communications

between home and school. When parents come to school regularly, it reinforces the view in the student's mind that school and home are connected and that school is an integral part of the whole family's life (Tizard et. al., 1982). Empirical findings reveal that 86% of the general public believes that support from parents is the most important way to improve the schools while lack of parental involvement is the biggest problem facing public schools. Moreover, decades of research show that when parents are involved, students have: (1) higher grades, test scores, and graduation rates; (2) better school attendance; (3) increased motivation and better self-esteem; (4) lower rates of suspension; (5) decreased use of drugs and alcohol; and (6) fewer instances of violent behavior (Williams and Chavkin, 1999).

It is, however, frustrating to know that many parents are not performing as what schools are expecting. Only few are attending parent assemblies, seminars, and parent-son/daughter encounter activities which are all geared towards improving family relations and parent-school relations that would ultimately result to better academic performance of students.

It is in this context that we are calling all parents to be aware and conscious of the significant effects if you do not provide enough time and attention to your children. While we understand your sacrifices to gain material wealth for the family, let us also be reminded that the ultimate barometer of our success is our children... how they became and how they will be in the remaining days of their lives.



## Standpoint

### K-12's 'competence'

**Katrina Kate Dianne Punay**

*Former Editor in Chief of Cor Jesu Pulse and now an Accounting Student of Ateneo de Davao University*

The Philippines' 10-year education was outdated, so it was 'enhanced' for competence. To the optimist, brilliant! To the realist, seriously?

The government's capacity is questionable. It never presented realistic consultation for this salvation to education. People who approved this with each signature on every document are either too dreamy, or too rich to be sensitive to the country's underdevelopment.

Ideally, K-12 is to make Juan dela Cruz equal in standing to other countries in terms of academics and job opportunities. This is promising. Add the victory of the country's GDP from businesses and OFW's; we are seemingly for prosperity.

K-12 aside, not a slightest increase in GDP growth is felt by a big project's construction worker. It does not trickle down to the less privileged, but to businessmen,

politicians, and the few on the upper-hand. Not all concepts good in print reflect what happens in society. The point is that numbers and words can be plain deceiving that they reel people out from what's real. Say hello to a better Philippines in their terms.

In school, a challenge for teachers to frankly tell their students that grades are not everything without risking them to take their studies for granted. It's crucial to tap multiple intelligences, nurture a Taylor Swift, enlighten a Mahatma Gandhi, motivate a David Beckham, and not just refine an Albert Einstein. Yet there are not enough educators to reciprocate a wide diversity of students. And among them, how many are truly effective in their craft?

Students struggle with the need to memorize formulas and factors of whatever academic significance it has in them. It will be a Eureka moment to grasp that

memorization is not for passing, but the perseverance and patience acquired. They are the ones needed in the long run. But how many school-age children don't even bother with their education anymore because of environments not conducive for learning? Three pupils share a book in an earthquake-prone classroom lacking chairs.

Like one cannot learn how to play basketball by simply reading and talking about it, the perception of a better Philippines in the eye of a system that's not even working from the fundamentals is vague.

They say that we should be open to change, because there's nothing more senseless than settling for mediocrity. In this case, competence is a low budget for support plus lofty ideas for so-and-so. It's hopelessly ambitious and a little less than insanity. Unless proven otherwise.



Cor Jesu Pulse asked some people about their views and opinions regarding the DepEd's newly proposed August to May school calendar. Here's what they said.

*I favor it. The rainy months of June and July hassle the students' start of the school year, which will further result to school disturbances. I trust the government for their reasons of such proposal.*

**-Melda Carta**  
High School Parent

*It must be reconsidered! Besides that the students are used to their current schedule for years, our climate may pose a conflict to the proposed school year. Also, June and July would bring a rainy vacation.*

**- Lily Detalla**  
Grandmother of a high school student

*I disagree. I am already used to the current schedule. Family gathering, outings and the likes are always dated on April-May.*

**-Andrei Dianne Domingo**  
a Grade 7 student

*First of all, why was it proposed? I neither favor nor disagree with the idea. All factors must be considered first.*

**- Bro. Erwin Sayson**  
BED Faculty

*I think I'll have to disagree with it. As we can see, there are a lot of problems in the Philippine educational system which should have an immediate action. These things must be addressed first before heading into another challenge in the part of the students as well as the teachers.*

**- Kyla Jane A. Remonde**  
Grade 7 student

*I don't favor it. Students will have a hard time adjusting to the new timeline. However, I am also thinking why don't we give it a try?*

**- Jason B. Hagonoy**  
BED Faculty

## Letters to the Editor

Dear editor,

Facilities, especially in the computer laboratory, are lacking. There should be headphones for each computer unit. Moreover, BED computer laboratory should be separated from the college students to avoid further problems in maintenance.

**-Arthuro Denque**  
Teacher

Dear editor,

This has been my concern for the past years here in school. The guards, especially in the main gate, are not really doing a 'strict' inspection with our bags. They simply put their stick inside and they let us (students) go inside as easy as that.

**-Jyles Guevarra**  
Third year student

Dear editor,

The school and facilities are very nice, but there is one thing I am much concerned of. I just do wish that the administration will make an action of putting some lights at the open court so the varsities can have their training there especially if it's already dark.

**-John David Macagba**  
Fourth year student

Dear editor,

As an officer, I would like to bring the case that some of our things in our classroom just vanish from where they are put. It seems to me that stealing is going on. I do hope that the higher-appointed officers and administration will do something about this.

**-Alyssa Louise Curato**  
Grade 7 student

## Reply of the Editor

Dear Sir Denque,

Maintenance and lacking of facilities has been one of the major concerns of the school. But I think the administration is doing something about it; especially now that the school has already been granted as PAASCU Level 1 accredited. Let's just wait and see what will happen.

Dear Jyles

Security is one of the things that we need. As such, guards should be particular with inspection of bags. With regards to this concern, we will try to relay this matter to the administration.

Dear John,

It's good to hear that you have appreciated the facilities of the school. Good thing that you have raised this kind of problem because the school is also particular with the security of the students, especially at night. Rest assured that we will let the administration know about this matter.

Dear Alyssa,

This issue is quite disturbing especially on the part of the students. Cases of theft have been occurring in school the past few months. The administration has already taken their action with regards to this problem. Nonetheless, refraining from bringing expensive gadgets and taking good care of your things is the very right way to do to avoid such problem.



“Pretty much” sums up the whole world after Yolanda hit our shores



China has gotten a little too far with messing with our waters



No one's really sure if the Pork Barrel is dead



Doge's take on the August–May school year proposition



**Sons of Prejudice**

What do the Filipino students practically need the most right now: a better educational system that caters to the basic physical and intellectual necessities or a new school year schedule designed to cater to potential international students? As four of the country's top universities namely the University of the Philippines, Ateneo de Manila University, De la Salle University, and University of Sto. Thomas started tapping the possibility of moving the school year from June to March to August to May, given the fact that the Philippines is the only country left in the world that starts school in such times. But, let's not forget that the top priority of the Philippine educational system should be the Filipino students; the sons of prejudice who sit in crumbling chairs under falling roofs using books which argue that apples are vegetables and the list goes on! They should not be prioritizing those other students from other countries because they are not the ones responsible for our country's future.



**Mindset**  
**Waiting for a disaster**

Joshua Tuazon

After preparations our government has made for the series of calamities, the Filipinos would still get the pummeling seemingly no different from an ill-prepared folk. Is the Philippines really learning from the yearly barrage of natural havoc or is it just waiting for another disaster to ravage through its people?

Our country, being inside the infamous Pacific Ring of Fire, is stripped across with active fault lines called the Philippine Mobile Belt which causes extensive faulting over the whole archipelago according to PHIVOLCS. Moreso, according to Philippine Atmospheric Geophysical, Astronomical System Administration (PAGASA), the Philippines is bashed with an average of 21 typhoons yearly. Such incidence alarmed our government to improve the disaster warning/response system, to map out flood/landslide/earthquake risk areas, and to construct sufficient

evacuation centers. But, the problem is, our disaster response system isn't effective enough to counter the numerous damages caused by natural disasters.

Just recently, the country claimed to be confidently prepared to face the strongest typhoon ever in recorded history, typhoon “Yolanda” (international name Haiyan) and endure minimal damages, yet we were left with over 6,200 dead with more and more dead bodies still being found and P36,690,882,497.27 worth of damages according to the National Disaster Risk Reduction and Management Council. What is not understandable is how come the distribution of relief operations were so slow that the 16,078,181 individuals affected by the typhoon were almost dying of starvation and finally resorted to stealing just to stay alive?

In the same year, a devastating 7.1 magnitude quake hit Visayas and left 222 people dead and 976

injured people, left to marvel in terror over the sight of 73,000 damaged infrastructures and 14,500 powdered into ruins according to the NDRRMC. Though the aid had minimal problems, what should be given focus here is the durability of the infrastructures especially with earthquakes. Our infrastructures should at least have the quality and durability in case another quake comes.

One can see the flop in our country's disaster preparedness; we aren't prepared. The Philippines is merely embracing sympathy rather than readiness to the aftermath of natural havoc. Instead of waiting for a disaster to happen, the government should start amping its disaster response and start raising disaster awareness especially to those who don't know what to do in such situations. It is because, we live in a country where natural disasters naturally come and go as often as you see cars rolling along the street.



**Facade**  
**Killing the Immortal**

Angelica C. Carreon

It was like a breath of fresh air to the Philippines when the Priority Development Assistance Fund (PDAF) was finally abolished by the Supreme Court (SC) in a 14-0 ruling to kill the beast. But the happiness appeared short-lived as the fresh air vanished into thin air when the intoxicating, smog came back. Who would've thought that the Pork Barrel's last words were MacArthur's “I shall return.” The despised Pork Barrel has resurrected into a different P200-million identity called the Local Government Unit (LGU) Support fund. At one point, it might seem that this immortal beast will keep on appearing and appearing even after being abolished by the SC. But, this time, flaws of unconstitutionality have been found within its framework. These could be the key to finally killing the immortal.

Over a total of P1.8 billion has

been realigned by nine senators from the dead PDAF to the its resurrected form, the LGU support funds, lump-sum funds which were supposed to boost the share of provinces, cities, and municipalities from national tax collections. It was realigned after the official 2014 national budget was passed. But, the problem with this reinsertion is that it allows the nine senators to manipulate and reassign the funds to whatever and whomever they want, pretty much the same with the PDAF, but only in fewer hands. Moreover, the process of its reinsertion and its creation itself is a subject of controversy since it violates both the Constitution and some SC decisions.

First, Sec. 25 of Art. VI of the Constitution states that “No law shall be passed authorizing any transfer of appropriations; however, the President, Senate President, House Speaker, Chief Justice and heads of constitutional commissions

(such as the COMELEC, Commission on Audit, etc.) may, by law, be authorized to augment any item in the general appropriations law for their respective offices from savings in other items of their respective appropriations.”

Second, the SC outlaws all lump-sum funds since it entices both graft and corruption for politicians. Moreover, it has also outlawed “post enactment” amendments to the national budget after it has been passed. Though legislators can amend the budget, it must be made during budget deliberations.

If outlawed and declared unconstitutional by the SC, the LGU Support fund will possibly be taken away from the national budget. Though there is no guaranteeing that it would be the permanent death of the ever dreaded Pork Barrel, it will surely take a critical blow to its existence.

**CS COMICS**

By Christopher Loreto



## A Twist of Truth

Whew!

A bead of sweat trickled down as I wiped it away from my forehead. It's already eight in the morning and it's been two hours since I've started clearing up this rice field for the next planting season. My tummy grumbles from time to time due to hunger. Inspecting my work area, I took a glance from the other side of the Igpit River. Just as I was about to look away, something caught my attention.

Thump. Thump. Thump... Thump.

My heart skipped a beat. Butterflies fluttered wildly in my stomach. I can't help but smile. My eyes just can't stop twinkling with such a heavenly sight...

There is smoke rising from the school site.

"Ma! I'm going to school!" I cried as I ran past our house. I was joined by a lot more kids, most of them are schoolmates of mine who are also going to school with me. We arrived ten minutes after, just in time to hear the glorious clinking of the utensils prepared on the table. After a few minutes, we then formed our lines, the men in white checked for our names, we had ourselves seated on the tables as the volunteers served champorado, and then I took a small bite of "daing" paired with the food. I consumed my food slowly to savor every spoonful for I may not have a meal like this again for another couple of months.

t o  
 couple  
 names, we  
 then I took a small  
 spoonful for I may not have a meal like this again for another couple of months.

This is my story. I am 10 years old, studying in the fifth grade at Igpit Elementary School. Being born in a low-income family, I'm already used to the simple ways of living. Just like any other child here at our barangay, I usually get to have my meals twice a day and sometimes in my lucky days, I get to have three and at least a snack.

My viand?

Well, I usually have kamote, salt and soy sauce for my meals.

I go to school at least two days a week especially when mama and tatay's salary isn't sufficient enough to tend to our needs. I have to work in the rice field to earn additional money.

Every three months, there are these men in white riding in a white vehicle who deliver and bring food for us here. My teacher says that they are the Brothers of the Sacred Heart, and that they are very kind men for helping us. One of their schedules is today. In their every visit, we get to taste sumptuous foods we've only tasted almost only once.

As I had my final bite, a sad smile curved from my lips. My happiness was heavenly, but yet, it's sad to note that I still have to wait for another three months or so to see another smoke curling from the school site. This is my story, an ugly twist of truth.

-Angelica C. Carreon

## Marked with Ink



Write. Change. Lead.

Pages from our history books have been filled with countless names of great leaders and notable writers who were able to change the world simply by the power of their words. Throughout the years, Filipinos from different backgrounds and walks of life, in their special ways have helped address to the solution of certain conflicts and problems, as well as transform systems may it be within the government or in the concern of the society. Yet with all these, are we, the youth of today aware of even some of them?

Well, let me introduce some.

I suppose you've already heard of the phenomenal novel Dekada '70 or Bata, Bata, Pa'no ka Ginawa? Perhaps? Well, these have all been written by the multi-awarded Lualhati Bautista. As a novelist, she was greatly acclaimed for her honest realism and bold exploration of Philippine Women and Political issues. She has reaped several Palanca Awards for her master pieces that uncovered injustices and chronicling women activism during the Martial Law Period.

Another one is Virgilio Almario, a writer who spearheaded the second successful modernist movement in Filipino poetry together with Rogelio Mangahas and Teo Antonio. His first pieces of literary criticism were gathered in his book, Ang Makata sa Panahon ng Makina, in 1972. In the Marcos era as well, he set aside modernism and formalism and took interest in nationalism, politics and activist movement. As a critic, his critical works deal with the issue of national language.

Familiar with the novels Noli Me Tangere and El Filibusterismo? Well, who would ever fail to acknowledge such wonderful literary pieces from our National Hero himself Dr. Jose Rizal? Rizal was known to be one of the greatest writers the country was very blessed to have. Rizal's works urged and inspired the Filipino people to have the courage to fight for their freedom against the Spaniards. His outputs were considered to be treasured pieces of the Philippine Literature.

Leadership indeed, is a vital aspect of any society, by all means and in its many forms. Many have already changed the nation. They were able to transform big things immensely just by their pens, strong hearts, and principles that never wavers. Even we, young as we are, can do something as responsible transformational leaders. Why not start a single step now? Who knows? You might be the next on the list, boldly marked with an ink.

-Jessa Marie Alegre and Frances Logan



# Last Man Standing

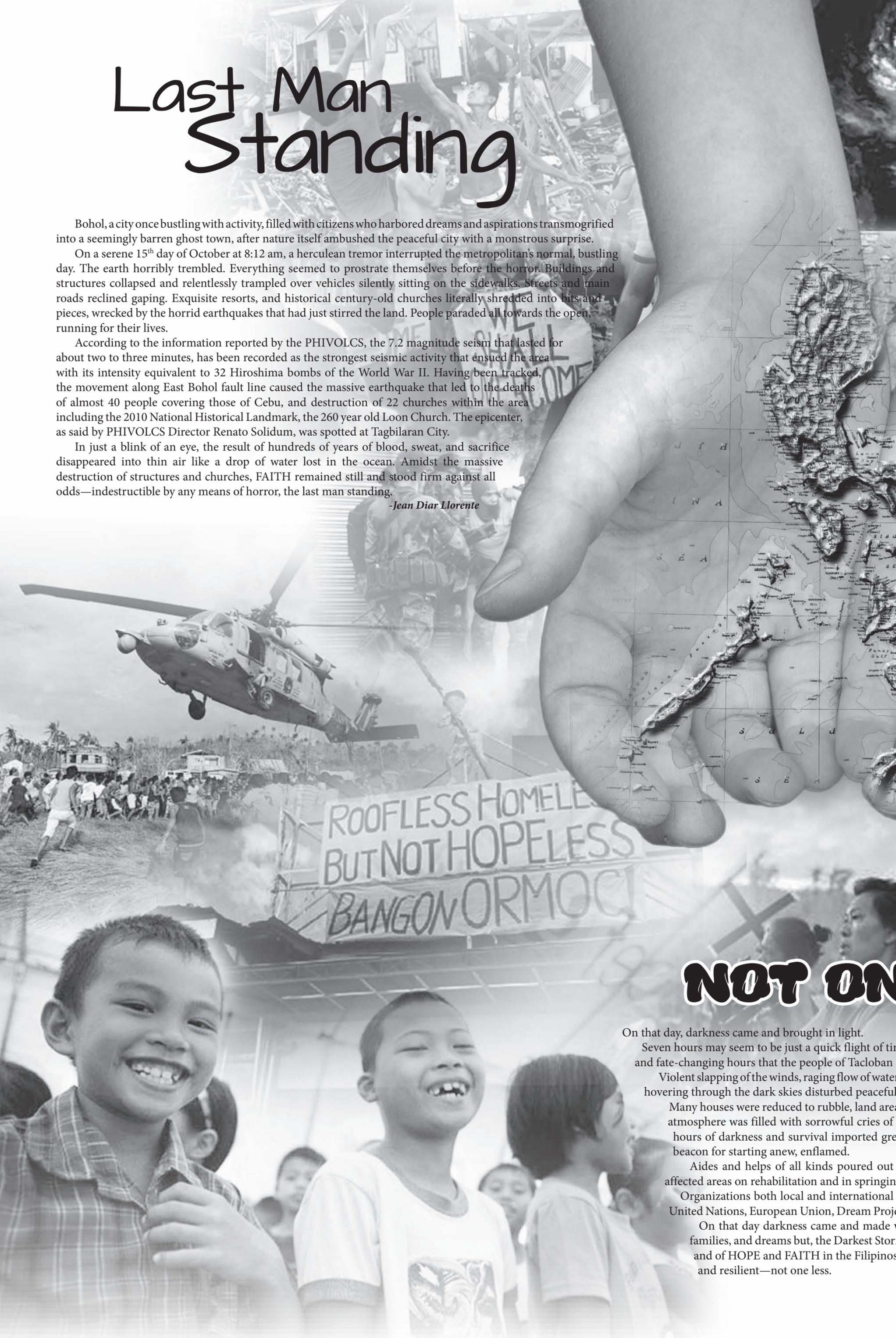
Bohol, a city once bustling with activity, filled with citizens who harbored dreams and aspirations transmogrified into a seemingly barren ghost town, after nature itself ambushed the peaceful city with a monstrous surprise.

On a serene 15<sup>th</sup> day of October at 8:12 am, a herculean tremor interrupted the metropolitan's normal, bustling day. The earth horribly trembled. Everything seemed to prostrate themselves before the horror. Buildings and structures collapsed and relentlessly trampled over vehicles silently sitting on the sidewalks. Streets and main roads reclined gaping. Exquisite resorts, and historical century-old churches literally shredded into bits and pieces, wrecked by the horrid earthquakes that had just stirred the land. People paraded all towards the open, running for their lives.

According to the information reported by the PHIVOLCS, the 7.2 magnitude seism that lasted for about two to three minutes, has been recorded as the strongest seismic activity that ensued the area with its intensity equivalent to 32 Hiroshima bombs of the World War II. Having been tracked, the movement along East Bohol fault line caused the massive earthquake that led to the deaths of almost 40 people covering those of Cebu, and destruction of 22 churches within the area including the 2010 National Historical Landmark, the 260 year old Loon Church. The epicenter, as said by PHIVOLCS Director Renato Solidum, was spotted at Tagbilaran City.

In just a blink of an eye, the result of hundreds of years of blood, sweat, and sacrifice disappeared into thin air like a drop of water lost in the ocean. Amidst the massive destruction of structures and churches, FAITH remained still and stood firm against all odds—indestructible by any means of horror, the last man standing.

*-Jean Diar Llorente*



## NOT ON

On that day, darkness came and brought in light.

Seven hours may seem to be just a quick flight of time and fate-changing hours that the people of Tacloban

Violent slapping of the winds, raging flow of water hovering through the dark skies disturbed peaceful

Many houses were reduced to rubble, land area atmosphere was filled with sorrowful cries of hours of darkness and survival imported green beacon for starting anew, enflamed.

Aides and helps of all kinds poured out affected areas on rehabilitation and in springing

Organizations both local and international United Nations, European Union, Dream Proj

On that day darkness came and made v families, and dreams but, the Darkest Stor and of HOPE and FAITH in the Filipinos and resilient—not one less.

# Wishing Upon a Star

Helpless eyes suffering from anguish pain. Lost and forgotten souls crying for justice and peace. Pierced, bleeding hearts seeking for love, attention, and pacification. In a world where hatred dominates and love seems hopeless, there is but still a circle of hopeful individuals, waiting and dreaming for peace to be a wish come true.

Observe the happenings in our society nowadays. All one could see are horrid scenes of grim crimes mercilessly done by ruthless people, whose calloused hearts are governed with hatred and anger, to innocent people, helpless and unaware of what to do. Wherever we go, danger seems to stay always on our roads, ready to assault whenever it finds a chance.

Philippines, at the moment, faces heaps of problems concerning the peace state of the country, which is by now is taken at risk. Internecine wars between Muslim and Christian groups especially in Mindanao are already bothering not just the Southern Philippine Islands but also the whole country because of the heightening chaos that led to the deaths of hundreds of innocent civilians.

This year, Philippines has been startled as the hostility between the MNLf faction and the Zamboanga government enraged into a fiery combat, blanketing the city with terror, leaving families broken, thousands of dreams shattered, and lives of the innocents sacrificed.

Due to the building up of violence, cruelty and conflict, it's time to open our eyes and hearts and start a single spark of act even in our simplest ways. Peace talks being organized by certain groups so as to stabilize the country's state, pacify the people's thirst for harmony and silence, and attain peace along the process won't be enough to attain such goal. It needs an act, a great change of system and of heart from many for it to come about.

Willy Brandt once said, "Peace like freedom is no original state which existed from the start; we shall have to make it, in the truest sense of the word." Give peace a chance and the world would surely be transformed into a better one, promising a bright tomorrow for the youth and for the future generations. We, who are dreaming for peace must keep the flame up. We who dream, must also be the one to help and work hard for that hope to happen.

-Jessa Anne Marie Alegre

## BE LESS

me but, on that specific day, November 8, 2013, it has been the longest seven dolorous have ever experienced in their entire lives. rs elevating within every minute elapsing, and debris from wrecked homes and structures sleeps that night as Typhoon Yolanda furiously swept doom into the Philippines. as were painted with obliterated properties and dead bodies of over 6,000 people, and the mourns and grief from survivors who were left with nothing but themselves. The seven at fear and sadness. But, amidst the destruction, the spark of hope remained ablaze, the

from the Filipinos particularly, and people of different races and places, supporting the g back into existence.

unceasingly reached out in helping the victims in getting back to normal. Among such are ect Philippines, Tindog Tacloban, Project Life Visayas, Gawad Kalinga, and a lot more groups. way for light. Typhoon Yolanda may have succeeded in destroying houses, structures, lives, m that has ever stirred the world failed to extinguish the flames LOVE and CAMARADERIE, ' hearts. It left unsuccessful of breaking the country's strength, leaving the Philippines intact

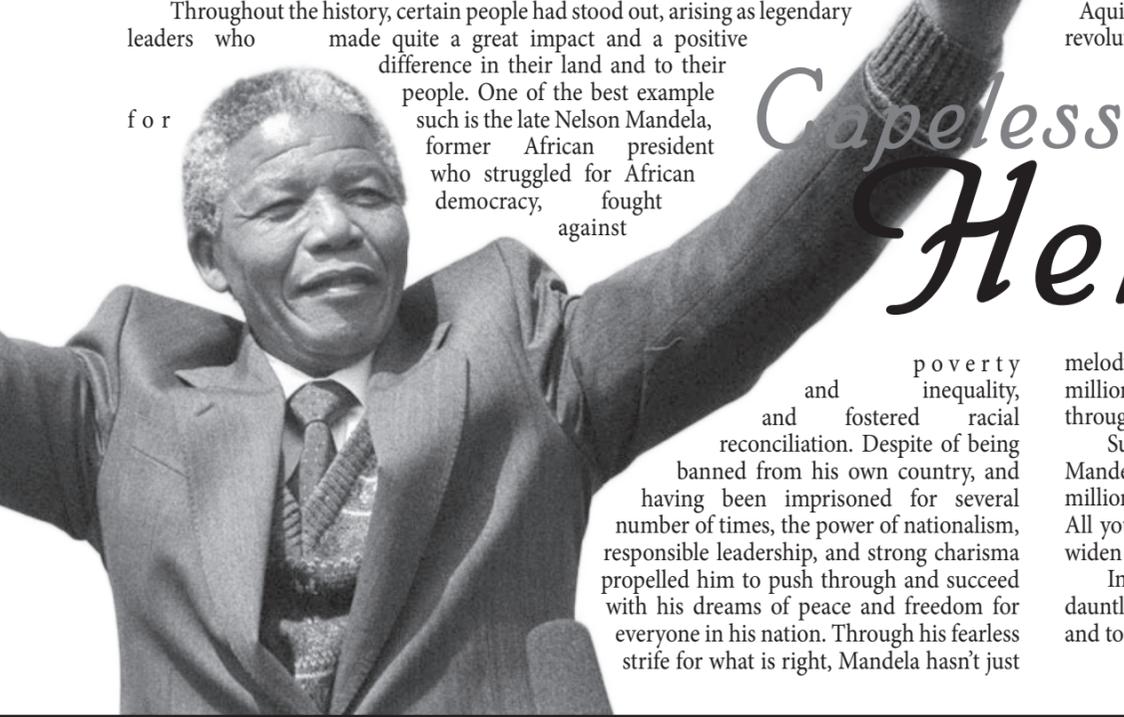
-Angelica C. Carreon and Jessa Anne Marie Alegre

What comes to your mind when you hear the words SUPER HEROES?

Behind every suit. Within every personality. There resides, a superman, just waiting to be discovered. But, it takes a strong and brave heart to unravel that person in you.

Throughout the history, certain people had stood out, arising as legendary leaders who made quite a great impact and a positive difference in their land and to their people. One of the best example

for such is the late Nelson Mandela, former African president who struggled for African democracy, fought against



# Capeless Heroes

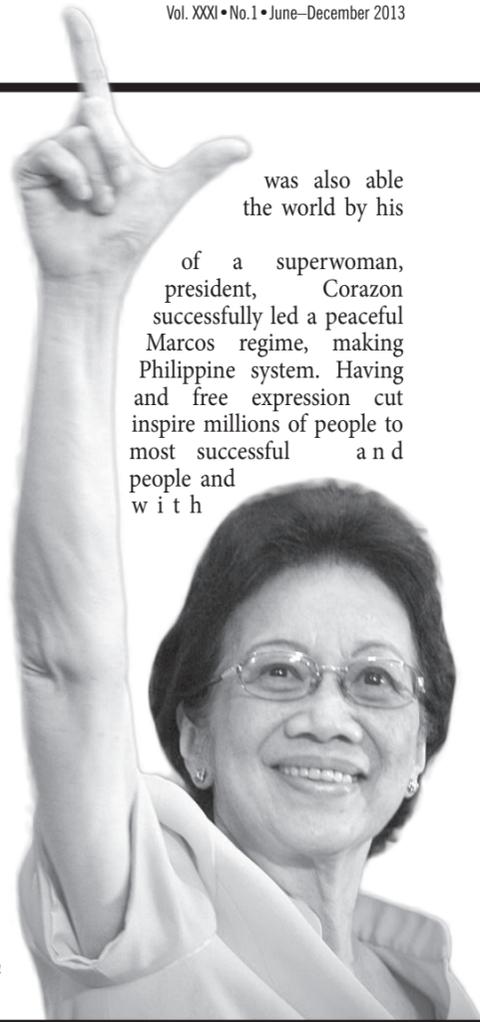
poverty and inequality, and fostered racial reconciliation. Despite of being banned from his own country, and having been imprisoned for several number of times, the power of nationalism, responsible leadership, and strong charisma propelled him to push through and succeed with his dreams of peace and freedom for everyone in his nation. Through his fearless strife for what is right, Mandela hasn't just

transformed his nation into a better one: he to move people across time zones and inspire wondrous words and woks.

Philippines as well has its real life version embodied by the late former and the first Filipina Aquino. Cory, as popularly known by many, has revolution against the dictatorship during the way for the rebirth of democracy within the all means and source of communication down, she was still able to encourage and support and take part on one of World's peaceful revolution. Lovingly, she led her succeeded them,

was also able the world by his

of a superwoman, president, Corazon successfully led a peaceful Marcos regime, making Philippine system. Having and free expression cut inspire millions of people to most successful and people and with



resonating wonderful melody that served as an eye opener for those millions of people whose hopes were enkindled through her story.

Super heroes can indeed be real. Nelson Mandela and Cory Aquino are just two of those millions of super heroes encircling your daily life. All you'll need to do is broaden your horizon and widen your perspectives to see them.

In the end, what really makes a super hero is a dauntless and a selfless heart that's willing to help and to serve its people in whatever way it can.

-Angelica Carreon



# Maria's Unmasking

"No matter what you do, no matter what time and where you are in the world, people always need help, they constantly need help, and that is what the purpose of Miss World is—to reach to the less privileged, and my goal here is not only to do that but to let people know what they can do to help as well." These are but some of the inspiring words from Miss World 2013 herself, Miss Philippines, Megan Young.

Megan's glorious victory made her the first Filipina to win the Miss World title since the Philippines' debut in 1966. We know the lady in pink as a beauty icon. But, who is she before shimmering with a crown?

Miss World 2013, Megan Lynne Young, 23, was born on February 27, 1990 in Alexandria, Virginia in a Filipino Mother and an American Father, Lieutenant Calvin Young. Megan, before blooming into a beautiful swan once had bangs, crooked teeth, and loved wearing basketball shorts and spectacles. She finished high school at the Regional Science High III in Subic Bay, Freeport Zone.

Megan, being a timid, boyish girl surprised her relatives as she joined GMA 7's talent search Star Struck which she finished top 6 in the batch. After a couple of years, she transferred to ABS-CBN network with her first appearance on the youth oriented show, "Star Magic Presents": Astigs and Abt Ur Luv'. She continued her career as an actress, host, model, and peace ambassador.

With her career already on the run, many people have already suggested her to join pageants, but then the budding queen refused so. Years later, she surprised the mob once again as she conquered 26 other contestants and triumphantly took home the tiara. Last August 18, 2013 in Bali, Indonesia, as Miss Philippines soared higher, she showed the world the power of Filipino charisma. Megan showed her finesse as she topped the "Top Model," finished 4th in the Multimedia Challenge, and 5th in the Beach Beauty tilt respectively. She bested 126 beauties from nations all over the world, promising to be the best Miss World ever.

Many have attempted but few were chosen. Truly Megan Young showcased true Filipino beauty with a purpose. Now, who says that ugly duckling can never be a beauty queen?

-Princess Monica Pilapil



1... 2... 3... Smile!  
Flip the view on your phone and hold it at a high angle, making your eyes look bigger and your cheekbones more defined. Position your thumb over the button, turn to your best side, and click.

The art of the selfie is one that lots of people have practiced and perfected in recent years. As of press time, more than 31 million Instagram photos have been hash tagged #selfie. According to a recent study, 91% of teens have posted a photo of themselves online. You are not alone. Celebrities like Miley Cyrus, Rihanna, and Justin Bieber are perpetual selfie posters, as you've likely noticed. They're here to stay.

Urban Dictionary defines these photos, dubbed "selfies," as, "A picture taken of you that is planned to be uploaded to Facebook, Myspace or any other sort of social networking website. You can usually see the person's arm holding out the camera, in which case you can clearly tell that this person does not have any friends to take pictures of them." This tongue-in-cheek definition doesn't make taking selfies any less popular. The subjects of these photos, thankfully, have started to trade peace signs and "duck lips" for other edits.

A quick search of #Selfie on Instagram returns almost seven million photos. Is this a rise in narcissism, or a cry for validation in the eyes of our peers? Or is it more of a platform for promoting positive self-image and self-worth? Make a statement.

-Frances Logan



# Baking a Local Identity



The day is fresh; everybody wakes up to the crescendo of early work noises. It's a new day to start making new jars and statues out of ceramic clay and with only the sunrise serving them as the warmth that shakes off the cold morning air. Within the next hours will become the busiest period of the day for the craftsman, for it's the crucial point of making these items. Every day they pray for the success of their sculptures.

Pottery is a common word that lingers around the streets of Matti, Digos City. It is a product of the clay and the mix of sand and mud which can be found bountiful in the shorelines and even within the cityscape. These materials are appropriate and soft enough to be molded to what the crafter wishes with their creative minds and dexterous hands.

A century old skill that is continuing to develop, crafting urns is a classic representation of the Filipino ability to enhance culture and tradition. Sitting on a wooden chair, they manipulate a spinning wheel and fashion it to their desired size and shape after fidgeting with it, they place it in a hot furnace to dry the clay, and behold—a pottery worth looking at and purchasing. To the discovery of this technique, this profession became an irreplaceable art that is passed down from parent to child, and master to apprentice.

Many identical stalls scatter by the streets, displaying countless earthenware and statues which created a stunning array of colorful terracotta.

Aside from being called an art, this business grew and developed into a leading foundation of economical income for the town within the era. It then turned out to play an important role in the lives of the Digoseños as it became the main support and source of revenue for the typical Filipino family. For always drawing

out the attention of the tourists and even to its townspeople, these ceramic products became the highlight of the city.

To showcase the essence of pottery, a festive event was upheld in the name of Pulapok which originates from the word "Pula nga Lapok" or red terracotta. Pulapok Festival is one way of shouting out the beauty of clay production in the city by highlighting the assorted forms of pots. Both the young and the old are equally enthralled by the wonderful masterpieces that are paraded along the streets.

If many good things have come out from this industry, there are also bad things that come out from it. The fact that the productions of this merchandise have grown, competitions have become a hindrance to the relationship of the merchants, bickering over whose customer is whose. Overproduction is something that must not be overlooked because it may become the starting point of a downfall of a business.

Crafting a single pot at a time and selling in the next hour, this is the way of living here in Matti, Digos City.

-Jessa Marie Alegre



**Science Investigatory Project**

**Banana Peel as source of Furfuraldehyde**

Intellect. Accuracy. Willpower. The key ingredients to a successful experiment.

These three qualities were present on two exceptional students in the name of Eva Julia Marie P. Niez and Kirt Emmanuel Diaz as they conducted their Science Investigatory Project last November 2012 to March 2013 regarding on the use of banana peel (*Musa acuminata x Musa balbisiana*) as a source of furfuraldehyde.

Furfuraldehyde (C<sub>5</sub>H<sub>4</sub>O<sub>2</sub>) is an oily sweet-smelling liquid chemical that comes from agricultural residues. It is used as a component for the purification of synthetic rubber, production of plastic products and as a raw material of nylon. It also has the capability to kill fungi, germs and insects, making it suitable for the production of fungicides, germicides and insecticides.

Eva and Kirt saw the possibility of banana peel as a source of furfuraldehyde and put their own experiment to test with the guidance of their research adviser, Mrs. Miriam Vivienleigh S. Mori, MA. Their experiment

consisted on placing 1,000 g of banana peel on a clean container where a mixture of 1,000 mL of dilute sulfuric acid, 28 mL of 0.5N H<sub>2</sub>SO<sub>4</sub> and 972 mL of water is added to the peelings. The mixture was then exposed to a pressure cooker for 30 min, after which, the components are then separated through filtration. An extract of 110 mL was produced and was placed on a round bottom flask. After a 3-hour process of distillation was done, the liquid left on the flask was measured and tested for its furfuraldehyde content. The distillation process resulted to 49.5 mL of furfuraldehyde, and three trials had proven it positive.

The experiment concluded that furfuraldehyde can be extracted from banana peel, paving a way to a safer and cheaper alternative for the people to use.

*"I'm very glad of the success of the experiment. It makes me even happier to know that my passion and enthusiasm for science will be of help to the environment and to the society,"* Eva said.

*-Hijasmin Palec*



**Sleeping clears our brain of toxins.** Have you ever wondered why people sleep? Why it is so important to take some time to rest? Well, scientists have shown that the reason behind sleeping is to clean our brain of toxins. "We need sleep. It clears up the brain," said Dr. Maiken Nedergaard, lead scientist of the study. How is it possible? Well, when you're sleeping, your brain cells shrink to create gaps between neurons which allow fluid to pass through. This fluid cleanses the brain of toxic molecules that might lead to the growth of tumors. Amazing, isn't it? Now, it's about time to stop those bad sleeping habits and give your brain some good night's rest.

*-Hijasmin Palec*

**Wear ons go ECO**



Having concerns for the steady rise in global air pollution and its health hazards, manufacturers went Eco to counter the issue; fuel efficient cars, electric-powered vehicles, you name it.

Yet not only does this awareness venture in the world of big machines; it now fashions in bracelets and straps.

Invented by Electrolux



Design Lab (EDL) Semifinalist Alexandr Costin, a photosynthesis inspired wrist strap, the Hand Tree, purifies air by filtering pollutants such as CO<sub>2</sub>, SO<sub>2</sub>, smoke, and other agents. A sleek feature allows its users to personalize the air's scent with different aromas for better experience.

Though still a prototype, the Hand Tree is already

equipped with smart watch features for convenience. Costin believes that it would soon share its global impact against air pollution when fully marketable.

Another air purifier is the Ohita. Designed by EDL participant Jorge Alberto Treviño Blanco, the kite-shaped prototype can be attached with one another and on flat surfaces. It is ideally placed together on walls or strapped on bags while walking out.

With its functionality enabling a breathing rhythm when synchronized with other Ohitas, along its Airocide Technology killing harmful pathogens, users are provided with a personal optimized atmosphere for relaxation.

Eyeing for the market's advocacy, the development of the Hand Tree and Ohita proves that even smallest and fashionable crafts could counter the big blow of air pollution.

*-Joshua Tuason*

**Heart beat detector in locating survivors**

Battling to reduce the number of casualties from aftermaths of disasters, the Department of Homeland Security's Science and Technology Directorate (S&T) have partnered up to design a device that will help rescue teams find survivors underneath the rubbles.

This gadget named as Finding Individuals for Disaster and Emergency Response or the FINDER, is a scientific product with extremely sensitive radar that picks up faint heartbeat signals that are buried even 30 feet of destroyed materials, 20 feet of solid concrete and debris and about 100 feet in open

spaces. The radar technology is sensitive enough to distinguish the unique signature of a human's breathing pattern and heartbeat from other living creatures.

Many do not survive being under the rubble more than a day. Now with the FINDER in place, search and rescue teams are now armed during critical situations where they race against time in quickly detecting living victims. This greatly increases the chances of finding more survivors.

Last June, NASA and S&T released and tested several FINDER prototypes that were used by two Urban Search

and Rescue Teams, namely the Virginia Task Force One (VA-TF1) and Virginia Task Force Two (VA-TF2). The tests that were conducted led to the development of the design that is incorporated to the new version of the device.

With the experiments that have been run-through, researchers are now continuing to develop the FINDER and creating the final prototype. "It is anticipated that a commercialized technology could be ready to be used in search and rescue operations as early as spring 2014," said John Price, the S&T program manager.

*-Jessa Anne Marie Alegria*



**Peak of Innovation**

Awakening from the wrath of nature, man rises from the rubble, armed and ready.

Earthquakes have always brought fear in the eyes of man. However, this fear is not in the earthquake itself, but in the damage it causes to the structures around. After series of earthquakes in Chile in 2010 and Japan in 2011, engineers and seismologists have taken every effort in putting their latest innovations to enhance our structures.

One of these modifications has led to the seismic Invisibility Cloak by Greg Deierlein of Stanford University and Jerome Hajjar of Northeastern University. This Invisibility Cloak serves as a foundation beneath a building that lets the surface waves from the earthquakes to pass through instead of inflicting damage. As series of 100 concentric plastic rings are placed underneath the structure, the waves enter the rings and are being compressed and forced into delay to hinder any damage on the surface. This

will lead the earthquakes to pass by peacefully, leaving no damage done.

Another impeccable innovation is from Japanese engineers who had developed a system that literally levitates a building on a cushion of air. When an incoming earthquake is detected, sensors from a building alert an air compressor which automatically forces air between the building and its foundation. The cushion of air lifts the structure from the ground, separating it from the destructive forces on the surface. As the earthquake subsides, the building settles back down as the compressor turns off.

The devastation caused by earthquakes had left engineers craving for more new knowledge in innovative technology. Now, they have soared to the peak of innovation and brought light to the birth of new defenses. These retrofitted structures had made man more armed and ready for the awaited forces of nature.

*-Ma. Loureen Leal*



SOURCES:  
HTTP://WWW.BBC.CO.UK/NEWS/SCIENCE-ENVIRONMENT-23715031  
HTTP://ELECTROLUXDESIGNLAB.COM/EN/SUBMISSION/OHITA/  
WWW.TECHSCREENS.COM



**Tile.** Lost something just recently? Haven't yet found those things you've misplaced for days, weeks, months or even years? Searching moments are finally over. Here is a solution to your problem. Behold this tiny handy tracking device that would rock the stores very soon—Tile. Intrigued? Tile is a Bluetooth device that helps people track down old, mislaid things in just a jiffy. It is a small and sleek waterproof gadget that comes with a downloadable iPhone app. It will “beep” as you get closer to the device in a 50–150 feet range. You can just simply stick or attach your Tile into any item you use: wallets, keys, remotes—you name it. The Tile app remembers where it last saw your Tile by saving the last GPS location it saw your Tile device. So what are you waiting for? Grab a Tile and get on the fun.

# Project NOAH to gears up disaster readiness

*“Project Noah would serve as the Philippines’ ark against deluge. We would put an end to the ordeal that people have been accustomed to in rainy weather. With accurate and enough information, we would gear Filipinos toward sufficient readiness.”*

This were the words spoken by President Benigno Aquino III as he voices out the potential of Project NOAH (Nationwide Operational Assessment of Hazards), a project of the Philippines’ Department of Science and Technology (DOST) that is in the form of a website wherein people can gain access to vital information during disasters.

Project Noah can issue a

warning to the government and to the agencies 6 hours in advance from the possible cases of approaching flash floods and landslides. The website will provide the water level of an incoming flood, depending on the data gathered from the typhoon. In addition to this, a map of the flood-prone areas in the Philippines will be automatically shown.

*“If you check the website of Project NOAH, you’d be impressed at the convenience brought by technology. Just type your location, you’d already know the weather condition, how heavy the rain would be in your area,”* President Aquino said.

Another component of Project NOAH is the DREAM

Project (Disaster Risk Exposure, Assessment and Mitigation) that provides early flood warning systems to major river basins that are most vulnerable to flooding. The DOST-DREAM project uses the advanced technology of LiDAR (Light Detection and Raging) for the production of accurate three-dimensional (3D) flood maps.

Some flood models had already been installed on Davao, Marikina and Davao Oriental. It is expected that all flood models will be completed by June of 2014.

*-Hijasmin Palec*

# Grounding for Upheaval

We have been struck by drastic changes in our world today. Change in technology, change in language, but the most noticeable and alerting change of all is our weather. We cannot run away from it, so how can we prepare for it?

Climate changes have resulted to different types of disasters such as typhoons, flash floods and alike. In order for us to be able to survive in these adversities, we should be prepared enough to face them. One of the vital things to prepare your self is to be armed with knowledge.

First, you should know the survival essentials which are your basic needs for you to stay alive for the next few days. Running towards the nearest store is not an option when you’re in a middle of a catastrophe, so you should store at least six gallons of water for yourself and have as many packaged foods such as canned goods. You might also want to prepare a so-called “survival kit” that has the items: flashlight, radio, new batteries, extra clothing, cash, and important papers. First-aid kit is also necessary. Make sure to have bandages, alcohol, aspirin, gauze, and antibiotic cream in case of cuts and wounds.

To organize your household for an upcoming blow, check your house then identify and fix potential dangers such as defective wirings, leaks, and ceiling cracks. Responsible family members should know how to turn off gas, electricity, and water. Most importantly, train the folks for medical emergencies. Adult members must learn how to do cardio pulmonary resuscitation (CPR) or know how to check the ABC (Airway, Breathing, and Cardio), while having the

children capable of dialing 911. Furthermore, it is essential for every member of the family to have the contact numbers of the fire department, local hospital, doctors, neighbors, and other crucial people.

There are many other ways

to prepare for a natural disaster. You only have to be practical, alert, and conversant. But let us not forget our best armor for protection during, before and after a calamity, and that is prayer.

*-Marian Hazel Pedreso*



SOURCES:  
NEWS.YAHOO.COM  
WWW.ILONGGOTECHBLOG.COM

# Solar Night Lights lighten Typhoon Victims

Offering a solution to the inadequate supply of electricity, over 1,500 units of solar night lights were distributed across Eastern and Western Visayas last November 26, 2013 to residents struck by Typhoon Yolanda.

Solar night lights were provided by the Technical Education and Skills Development Authority (TESDA) and MyShelter Foundation to supply residents with a safe lighting system at night.

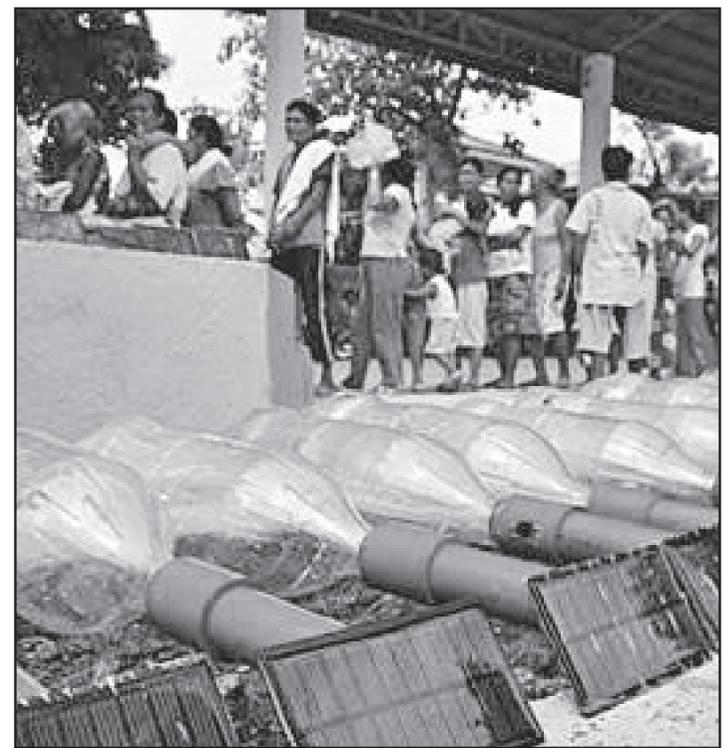
*“These lights can help bring a sense of normalcy to families, who lost every material possession, and some, even their loved ones,”* said Secretary Joel Villanueva, director general of TESDA.

The solar night light is composed of a recycled 1 liter

plastic bottle which contains purified water and bleach to prevent bacteria growth. Attached to the top of it is a small solar panel that charges up a battery, which powers a LED light submerged inside the bottle. The resulting refraction of light illuminates the bottle at night. The creation of the technology was led by Illac Diaz from MyShelter Foundation and engineering students of the University of Sto. Tomas.

Villanueva said that the solar night lights are practical and safe since they do not use kerosene like other lamps. Using only solar energy for it to work, these solar night lights would deeply benefit residents as a great alternative to cut down in their electrical expenses.

*-Hijasmin Palec*



## FLEXI-TAB! DOING THE MAGIC



User-friendly, remarkable software, great applications. With all the latest in touch-screen technology, it seems that no more is needed to add on its splendor.

But think otherwise, a new revolutionary breakthrough in touch-screen technology has been uncovered. A prototype having a paper thin display, you could flex, twist, and even drop it without damage.

Think that touch-screens couldn't be such better? Then meet the 'Paper Tab'. Link together several 10.7 inch 'sheets' of them and you can now have a larger display on a single file, like linking several pieces of an image to create one big picture.

Powered by the 2nd generation Intel Core i5 Processor, the Paper Tab's tech also offers fast file downloads,

and transfers, as simple as bending both interacting sheets together.

The Paper Tab's developers from Queen's University in Canada teamed with Plastic Logic and Intel Labs. Companies like Apple, Samsung, and LG have started to innovate with flexible displays, from smart watches to smartphones.

Other sneak peeks to the technology is Samsung's 'Youm' and 'Galaxy Round,' LG G flex, and the reported LG-Apple iWatch project.

With the leap of exceptional handling and robust system, the 'flexible' technology is eyed to soon transform the present market of bulky touch-screens, and display gadgets, into weightless touch sheets.

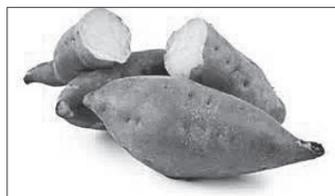
-Joshua Tuason



**Sole Power.** Have you experienced having an important business to attend to and you have no time to charge your gadgets? Your problems are about to be solved for Sole Power is finally here! Sole Power is a device that enables you to charge your gadgets while walking. Just attach it to your ankle or directly on top of your shoe and you're good to go. If you're worried about it getting wet, there's no need to worry for this superb device is waterproof. Forget about a low battery and help yourself with a nice long walk. Relax and let your footsteps do the charging.

## Healthy foods for a healthy heart

The Department of Health had concluded that that the highest cause of death in the Philippines was due to cardiac disease. However, this can be remedied as experts like Perla Esguerra from the Division of Nutrition and Dietetics and Daryl Estrella from the Nutrition Management Services propose the following foods below as the best prevention there is. Here are the 10 expert-approved foods that provide cardiovascular- protective benefits:



### Sweet Potatoes

"High in potassium, sweet potatoes can help prevent the onset of heart attack and stroke. Potassium also helps to maintain fluid and electrolyte balance in the body, which is important for stabilizing blood pressure and regulating heart function," says Esguerra. Eating these sweet potatoes for three to four times a week is highly advised.



### Olive oil

Estrella says that this type of oil helps in lowering low density lipoprotein (LDL) or "bad" cholesterol levels, clearing arteries and normalizing blood pressure and blood clotting. Moderate consumption of two to three teaspoons three times in a week is advised.



### Berries

"Berries reduce heart disease and the chances of developing diseases related to inflammation of the cells," Estrella says. This delicious treats also possess dietary fibers that helps lower blood cholesterol and proven to prevent certain types of cancer. Bite into these sweet treats for three times a week.



### Salmon

"Salmon is an excellent source of omega-3 fatty acids that protect your heart by reducing both inflammation and the risk of blood clots. These fats also work to keep your cholesterol levels healthy," Esguerra explains. Eating two servings of fatty fishes like salmon, sardines and albacore tuna for two times in a week is recommended.



### Oatmeal

Oatmeal contains soluble fibers that can help lower total blood cholesterol level, as well as play a role in reducing inflammation in the blood vessels and joints due to Omega-3 fatty acids that are also present in oatmeals. Eating oatmeal three times in a week is advised.

### Broccoli

Lutein, a heart-protective antioxidant carotenoid in broccolis, helps in preventing the thickening of arteries in human bodies. B6 and folate in broccolis helps in reducing the risk of atherosclerosis, heart attack and stroke. Have at least five serving per week as suggested by Esguerra.



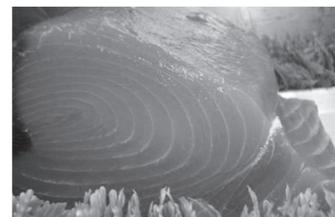
### Apples

Quercetin, a phytochemical found in apples, acts as a natural anti-inflammatory agent that may help prevent blood clots, Esguerra pointed out. It also cuts off the risk of heart attacks. Have yourself a whole apple for at least four to five times a week.



### Tuna

Rich in omega-3 fatty acids, tuna is bursting with cardiovascular benefits "by aiding in the prevention of irregular heart rhythms, making blood clots less likely, and improving the ratio of good HDL cholesterol to potentially harmful LDL cholesterol," Esguerra says. Have at least two to three servings per week and it'll help in lessening any risk of heart diseases.



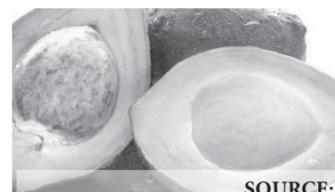
### Legumes

Beans, peas and lentils are some examples of legumes. "Their protein content helps reduce the need to consume animal proteins, which contain saturated fat," Estrella says. It also contains calcium and soluble fibers that helps decrease blood pressure and lowers cholesterol. Eating legumes three times a week is recommended.



### Avocado

Vitamin E in avocados acts as an antioxidant that protects cells from major damage and avoids blood clot formation. Avocados also contain monounsaturated fats and folate which helps lower bad cholesterol and decreases heart defects. It is to be taken in moderate consumption for only thrice a week as Estrella suggests.



SOURCE:  
ASURESEARCH.ASU.EDU



### Did you know?

Felicisimo Ampon, who won the Pan-American singles championship in Mexico in 1950, was dubbed as "The Mighty Mite" because he was barely five feet tall. He was also once considered the greatest tennis player in the world, pound for pound.

The Philippine Basketball Association (PBA), which came into existence in 1975, was the first professional basketball league in Asia.



## Spirit of the Fist

Cross. Hook. Jab. These are three words that summarize an obsession not only shared by the world as a source of entertainment, but as a relic that reminds us of who we are. True, the art and science of boxing has evolved to a sport played not just by professionals but also students. But as a fateful accident happened inside the ring with a young 16 year old dying from a coma from a hook, does it mean the whole sport also goes TKO? No, boxing shouldn't be banned because it's not just any sport, it's a part of our human nature. Boxing, along with other martial arts are the reasons man is still alive today for they represent the raging animal inside every man's heart. And to take it away is to take the spirit of mankind with it. What should be done though is to make it safer by introducing new state of the art equipment in amateur and professional bouts.

### Editorial

The death of the 16-year-old student boxer, Jonas Joshua Garcia of San Miguel, Bulacan, after falling into a coma during the second round of a boxing match and suffering from internal haemorrhage later sparked calls for a ban on boxing in school-based competitions. Many argue that boxing is very dangerous and isn't suitable as a sport in the modern era. Moreover, they argue that boxing would always lead to injuries and sometimes, death as there are already countless cases of permanent injuries and deaths in the sport. But what they do not get though is that boxing, just like any other sport, is an avenue for man to express his inner aggression sewn inside his human nature. Moreover, boxing isn't just the only sport that leads to potential injury and death, almost every sport can lead to potential injury; once the body is in its active state, it can always trip, fall, and get hurt. Even in basketball, you could trip and hit your head in the ground. So, are we supposed to ban them too? No! Accidents always happen in sports, and that's something that any man can't stop even with all the state-of-the-art technology and training.

Also, boxing teaches its practitioners discipline like any other martial art. It also teaches the value of sportsmanship and humility. Yes, it may not be enough to make it safe but then again, no contact sport is ever safe.

Even Jonas himself would be sad in heaven if he ever hears that his sport would be banned. And then again, it isn't just a sport; it's a way of life enjoyed by millions of people worldwide. It's a way of life; it runs deep inside our human nature and spirit of aggression. Banning it is not the answer. You could always regulate its rules for amateur players. And if accidents persist to happen, let's not forget that accidents always happen not just in sports but also in our everyday lives.

## Red Cubs rip off Marists, 57-34

With explosive shots and knee-shaking foot works, Cor Jesu College Red Cubs savoured victory against the forces of Notre Dame of Kidapawan Marists with a reigning score of 57-34 during the 54th Foundation Celebration held at CJC Gymnasium.

Powerful cheers coming from the CJC crowd roared inside the gymnasium as Kent Fred Segura from the CJC Red Cubs fired up the action in the court as he showered the Marists with jaw-dropping jump shots. The Marists may have caught up but the Cubs took the first quarter lead with 15-5.

Joseph Kieron Fernandez and Cloyd Casas began the second quarter with deadly

3-point shots, leaving the Marists right behind on the scoreboards. With also the ankle-breaking skills exhibited by Segura, it became more difficult for them to score. Just as the game was heating up fast, the flame immediately died as everything turned dark in a blink of an eye. The blackouts left the crowd and the players hanging but there was no other choice but to stop the game for the meantime with the score of 31-9, in favour of the Cubs.

As the power source rose to life after a couple of minutes, the game went back on and the crowd's spirits was once again energized. In the third and the last quarter of the game, the tension built up higher and

heavier as Marist's own Pemon started to score consecutive shots. But Vincent Campo and Brendan Paciones instantly made their moves and showed off eye-popping shots, keeping the opponents back from their lead. The court was once again flaming on in the last 56 seconds, and suddenly the game was on a slight rampage as Grant Dennison of the Cubs and Pemon of the Marists clashed across the court. The game came into a sudden stop with the Cubs leading in 57-34.

"Our efforts were not wasted because everyone gave their best," said Jorge Juab, captain ball of the Red Cubs. "Honestly, it was a fun game."

-Darren Simon Edem



LEAP OF VICTORY. Jean Yap with his powerful spike that made them dominate the game during the City Meet.

## Lancers pierces down to Marian grounds

Leading the team with high jumps and bombing spikes, Jan Khyle Merka of the Cor Jesu College Lancers created a smashing ending to the match with a perfectly delivered spike, leaving the Holy Cross Academy of Digos Marians looking straight at the eyes of defeat with scores of 19-25, 25-20, and 25-13 in Game 1 of the volleyball boys during the Digos City Athletic Meet held at Don Mariano Central Elementary School last November 16, 2013.

Exposing under the scorching heat of the sun added the rising action and the energizing spirit of both teams as the game starts after

the whistle blow. Marians were the first to serve on the first set, managing to wake up the scoreboard first with one point. But then the Lancers equalized with them later on as Jean Michael Yap performed a good spike to the enemy grounds. The set was strongly dominated with the coordination and movements by the Marians and left the Lancers down by 25-19.

Slightly strong wind blew by the court as both sides exchanged various styles of attacking and blocking, with the Lancers getting stronger and more alert in the second set of the match. Together with their steel-covered teamwork and

Merka's bombing spikes, they rose faster to the lead and left the Marians down behind with 25-20, in favour of the Lancers.

Desperate to catch up on the final set, the Marians give all of their energy for the win but with the newfound fighting spirit of the Lancers, it was game over for the opposing team.

"At first, I was disappointed when the Marians won the first set," said Chan Castañares of the Lancers. "But when we won, I was overjoyed. Because it was the first time for the team to win in this City Meet."

-Danelle Gen Flores

### 2013 Intramural Activities

## Seniors strikes out Juniors, 8-7

"Accelerate Seniors!"

Shouted the Seniors' Governor, Romeo Alcazaren Jr., as Novibelle Senajon bats a staggering ground ball in the last inning, rounding up the softball championship game against the Juniors with a rampaging 8-7 during the third day of the Cor Jesu College Basic Education Department Intramural Activities held at the CJC Miserior Grounds.

Juniors opened the first inning with an outstanding fly ball coming from Charlene Pareñas, giving them the advantage to run and dominate continuously the home plate, leaving the Seniors dumbfounded and unable to make a good comeback on the scoreboards. They may have come up with four points but

it was never enough for the Juniors' five points.

Adding up their performance in the second inning, the Juniors became much more of a threat as they continue scoring for themselves with spontaneous alternate walks and bats. But the Seniors never considered the word 'defeat' and managed to accelerate behind, tagging out the Juniors one at a time and hit out strong fast balls that the Juniors can't reach. Seniors ended the last inning with 4 remarkable bats, no outs and settles the game with 8-7.

"Despite playing under the scouring heat and getting bruises the game was really worth it, because deep in our hearts we really did our best," says Honey Bagundang, a 4th year student.

-Raya Princess Cervantes



## DACS 2013

# CJC black belter drags opponents down

**GOLDEN KICK.** Jeradin Navidad showing her winning kick, at the same time exhibits girl power, which made her the champion for Taekwondo events.

Enveloping the rivals with showers of strong but steady kicks, senior black belter Jeradin Navidad of Cor Jesu College takes home the title of being a Taekwondo Champion as she put down Ateneo de Davao University and Diocese of Tagum on their knees during the Davao Association of Catholic Schools Sportsfest

2013 held at the University of Immaculate Conception, Bonifacio, Davao City.

With only the guidance of another school's taekwondo coach, Navidad starts off the first round of the match against a younger opponent from Ateneo steady but straight. Her well-trained skills and powerful techniques slowed

down the opponent and ended well with victory on her hands.

Navidad takes off the offense in her second game over Diocese of Tagum, using her offensive power to have the opponent stepping outside the mat. As the match continues with both players exchanging different styles and tactics, it was suddenly stopped as

Navidad leads into a 12 point gap on the final score and claiming the championship title.

*"I was very nervous because my opponents are in lower years while I am a senior," said Navidad. "In the end, I was happy because I brought home the bacon."*

*-Zaica Jusmille Apdian*

## Blue ends tight dribble with Red, 25-24

Lifting up the Seniors' pride, Ivan Mazalarte went in for the crown as he scores the winning ball for the team, leaving the Juniors on their knees and ending the championship game with an intensifying score of 25-24 during the Basic Education Department Intramural Activities

last October 24, 2013, held at the CJC Gymnasium.

Screams and shouts coming from the Juniors crowd filled the court as Juniors team took an early lead in the first half with going in for four. The Seniors raced back and went off for jump shots but still, the Juniors

nailed the half with scoring jump shot in 4-12.

Tension rose and the crowd went for an uproar cheer as the lead changes from one team to another by the second half of the game. The Seniors decided to make an instant comeback with showering the court with remarkable lay-ups and jump shots, followed by Jade Carillo's perfectly executed three-point shot in the 6th minute.

Meanwhile, Juniors shone once more for the, scoring four points in the remaining 2 minutes, and was followed by an outstanding three-point shots in the remaining 1 minute and 27 seconds, with only a one-point lead for the Seniors.

Exchanging various passes and taking now-or-never shots, both teams came chasing for the ball as time ticks fast to zero. By the remaining 23 seconds of the countdown, Malazarte made his move for the win with a two-point jump shot and the game ended with 25-24, in favour of the blue people.

*-Darren Simon Edem*



**FORCEFUL DEFENSE.** Senior student neck to neck with the freshman opponent during the intramural basketball game.

## Arnis de Mano: The Evolution

Flowing with the fast-pacing modernization, Arnis de Mano, as we traditionally know it, has also evolved. Remy Presas, a master of a variety of Filipino and other Martial Arts systems around the world, and the founder of Modern Arnis, innovated such, so as to create an injury-free training method and an effective self-defense system in order to preserve the older Arnis systems.

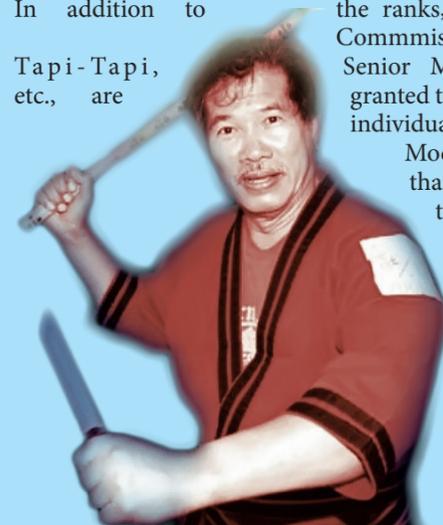
The art's primary weapon is a baston, a rattan stick that varies in size, but is usually 28 inches long. A traditional arnis practitioner was expected to hit his cane at the hand or forearm of his sparring partner and not at the latter's cane. This once had an advantage on obtaining a method called as the "defanging snake," which refers to the act of making the opponent drop his weapon, thus making him less of a threat. However, this discouraged many wanna-be practitioners, finding the training too painful and injury-inducing. Such reaction hinted the martial art's dying out in most Philippine areas, making Japanese martial arts overlap the indigenous systems.

Presas' modernization of the training method greatly helped in the preservation of the Philippines' national martial art and sport. He taught the method of hitting cane-on-cane during practice, attracting more newcomers to the art and becoming more practitioner-friendly, allowing such to be taught in the Philippine school systems as a part of its Physical education course, and including it among the priority sports in the Palarong Pambansa. The "defanging the snake" principle still remained, however in a different application.

Trainings usually cover empty hand self-defense as well as the signature single and double stick techniques. Other facets of the art entail sinawali (double stick weaving patterns), tapi-tapi (locking drills with the stick), and espada y daga (sword and dagger fighting). Moreover, Modern arnis also include the use of anyo (kata) in addition to partner drills. Emphasis is placed on fitting the art in with a student's previous training, calmly reacting to changing situations in the fight, and countering the opponent's attempt to counter strikes directed at him.

The martial arts uses a ranking system that is numbered in Tagalog, and is named according to the arnisador's gender. For men, ranks are referred to as Lakan (nobleman), as Dayang (lady) for women. Thus, a practitioner may be called as Lakan Isa, or Dayang Dalawa, according to their rank, being the zero degree as a probationary for some Modern Arnis institutions. In addition to the ranks, titles such as Datu, Commissioner, Master of Senior Master, Punong-Guro, granted to certain high-ranking individuals.

Tapi-Tapi, etc., are



Modern arnis is more than a martial art. It teaches more than fighting with canes; it teaches honor and discipline as a way of life. It reflects the struggles of the arnisador to achieve discipline, honor, and control of his inner nature.

*-Angelica Carreon*

## Gascon sets the DDCCS board

Establishing eye-popping strategies and brow-raising battlefield patterns, fourth year high school chess player Nyll Gabrylle Gascon of Cor Jesu College emerged victorious after the head-turning draw match against Carlo Vegara of Holy Cross Academy of Sulop, with the score of 4.5 against 2.5, held at Rogationist Academy, Toril, Davao del Sur last August 27-29, 2013.

Boiling tension adds up the intense heat inside the enclosed room as Gascon makes his moves, forcing sweat to leak from the foreheads of his

opponents coming from Holy Cross Academy of Malalag, Holy Cross Academy of Malita, and St. Mary's Academy, leaving them hanging over the edge with no chances of returning back his attacks with the same level of power and strategy.

But, Gascon found his match as he met Vegara and fought for the championship crown in his last game. With the heat rising up, both dangerous players exchanged various aggressive offenses, mind-rattling strategies, and threatening moves, leaving both with only a pawn and the

king on their battlefield. It was declared as a draw but Gascon managed to outscore Vegara with two points ahead. He was crowned champion for board one and will compete in the upcoming DACS.

*"The game went pretty well since it was all just a pillow to bring," said Gascon.*

Meanwhile, Carl Anunciado in board two brought home the bronze medal for the school and both players were declared as the overall champions for the men's chess division.

*-Danelle Gen Flores*