PH gears up for Papal visit

“Now, we take up this journey of fraternity, of love, of trust.”

Inspiring words from Pope Francis, reigning “people’s pope,” sum up his most anticipated apostolic visit to the Philippines on January 15–19, 2015.

Being his first pilgrimage in Asia and his first visit to the Philippines, Pope Francis shall visit the Pearl of the East this January 15.

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“Cor Jesu College is 100% ready,” assured Dr. Kirt Anthony Diaz, school principal, regarding the school’s preparations for K-12’s advent this 2016.

For the past three years, the school is undergoing thorough preparation for K-12. Two workshops for the purpose of finalizing the K-12 curriculum participated by faculty both from the Basic Education Department and College Department in Eden, Davao City have been conducted. In terms of teacher positioning, the administration has also identified teachers who are competently qualified in handling the Grade 11 for S.Y. 2016–2017 through evaluations.

The school also bares four tracks for the senior high school program: Academics, VocTech, Sports, and Arts and Theatre. Partial offered courses under the Academics are Associate Engineering, Associate Nursing, and Associate Accountancy, Cookery, Bread and Pastry, Automotive, Welding, Electricity, Driving, and Computer Hardware Servicing under VocTech, while both Sports and Arts and Theatre tracks only render one strand. With all the intensive preparations initiated by the school, some public and private schools have treated the school as a basis in terms of gearing up for K-12.

As of now, the school is still waiting for the K-12 committee from Manila to visit and check the documents and facilities specially intended for the program.

- John Paul Benedict Aves

CJC sets record at 97% in NSED

Cor Jesu College receives a rating of 97%, during the 3rd Quarter Nationwide Simultaneous Earthquake Drill (NSED) last July 2, 2014, in line with the Memorandum Order of USEC Eduardo del Rosario, Executive Director of the National Disaster Risk Reduction Management Council (NDRRMC).

Del Rosario selected CJC as the pilot testing school among any other schools around Davao del Sur in celebration of the National Disaster Consciousness Month. All departments and levels of the school underwent preliminary drills to prepare for the school’s performance as the pilot testing school in the province.

At exactly 9 am, the said simulation exercise was performed. Sirens were alarmed to indicate the start of the drill but consequent sirens were also sounded to signal routines such as the buddy-buddy system for assembly. Rescuers oversaw all rooms and offices to make sure everyone was able to vacate. Stimulated victims at high rise building were rescued one by one with the use of rappels but real and minor casualties were addressed at the treatment areas installed.

The entire CJC community of students, teachers, staff and employees was active during the drill. Red Cross Youth volunteers of Cor Jesu College also took part in the operation.

“It always pays to prepare and to aware ourselves and our students on how to respond in times of disasters,” Kirt Anthony Diaz, Ph.D., BEd Principal said.

“Excellent. This is the first I have experienced or saw the whole of the society doing so good,” Del Rosario commented.

Present evaluators of the drill comprise of Digos City Mayor, Atty. Joseph R. Penas, and other high-ranking representatives from the Region XI Disaster Risk Reduction Management, Digos City Disaster Risk Reduction Management, Bureau of Fire Protection, and Department of Public Works and Highways Region XI.

- John Paul Benedict Aves

On Aiming 21st Century Curriculum

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Follow-up News

On Aiming 21st Century Curriculum

Diaz: CJC is K to 12 ready

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- Reina Tenebro

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Inspiring words from Pope Francis, reigning “people’s pope,” sum up his most anticipated apostolic visit to the Philippines on January 15–19, 2015.

Being his first pilgrimage in the country, the 5-day itinerary comprising a Malacanang courtesy call, holy masses, meetings with the youth, families and priests, and a day with Yolanda victims in Leyte is meticulously geared up with maximum security.

Barriers along his route were erected and sites for the eucharistic celebrations and meetings namely Manila Cathedral, MOA Arena, Tacloban City Airport, Leyte Cathedral and Archbishop Residence and Luneta Park are now readied.

To ensure His Holiness’ security, flights during his arrival and departure were suspended while roads on and near the pope’s route will be closed.

To prevent worst case scenarios such as stampedes and attacks, the government has assigned 37,000 police officers and soldiers to protect His Holiness during his 5-day visit. Simultaneously, the historic event will also be a 3-day holiday in NCR.

- Jerahmeel A. Castañeda

Cor Jesu College leads Region XI in conducting the Nationwide Earthquake Drill.
DAR leads CPWASH program in DavSur

To provide low-cost water supply technology and sanitation systems, the Department of Agrarian Reform (DAR) executes the community-managed Portable Water Sanitation and Hygiene (CPWASH) program in Sta. Maria, Davao del Sur.

Being the selected Agrarian Reform community in DavSur, beneficiary farmers in Basaian, Sta. Maria will now have access to safe drinking water through the Iron Removal Filter (IRF) and Bio Sand Filter (BSF) technologies, facilities which are collaborations with the Philippine Center for Water and Sanitation (PWCS).

Other than these water filtering technologies, the CPWASH program also offers the BIOGAS Digester for the purpose of disposing swine manure and converting it to fuel.

The CPWASH program is just one of our latest projects in the province, adding up to our numerous projects in the region,” claimed Marita Sasuman, Provincial Beneficiaries Development Division head on the actualization of the program in DavSur.

This program was first implemented in 2008 to rehabilitate typhoon-affected areas in need of safe drinking water.

-Joe Cago

PNoy nods Iskolar ng Bayan Act

Senate Bill 2275, dubbed as the ‘Iskolar ng Bayan’ Act of 2014, has been approved by President Aquino in November 27, 2014 and the senate. The ‘Iskolar ng Bayan act mandates state universities and colleges (SUCs) to grant automatic admissions and scholarship to the top 10 percent of their respective graduating class of public high schools nationwide without having to pay for tuition and miscellaneous fees. The University of the Philippines is exempted because of the schools admission policies and academic standards. However, the bill states that the University of the Philippines has its own scholarship program for the top ten students graduating from public schools.

The scholar under the bill is authorized to an automatic admission to the nearest SUC of their choice. If the scholars cannot be accommodated with the course and school of their choice because different SUCs’ varying sizes and resources, it is up to the Commission on Higher Education (CHED) to find other SUCs outside the province that could accommodate the scholar. Every public high school all over the country with more than 1,000 graduates will have one additional college scholarship slot for every 500 graduates, which will be granted to graduates whose ranks immediately follow the top 10. 80,000 top High School graduates are expected to benefit from the bill.

The government has already allocated P3.5 billion for scholarships in SUCs in the proposed P2.6-trillion national budget for 2015. CHED also has a P2.2-billion budget for student tuition and miscellaneous fees.

Senate Majority Leader Alan Peter Cayetano authored the bill alongside his sister, Senator Pia Cayetano, who sponsored it.

-Juismille Zaismle Apdian

DA launches Agro forestry project

To counter climate change and provide livelihood for the locals, the Department of Agriculture, in cooperation with the Community Environment Agriculture, in cooperation with the locals, the Department of Agriculture (DA), launched an agro forestry project in Sta. Maria, Davao del Sur.

The reforestation project prioritizes the growing of fruit-bearing trees which covers mostly the local upland barangays like Balabag, Goma, Ruparan and Kapatagan; and is conducted every Friday of the week.

The Agro forestry is currently in its fifth year since the term of former city-mayor, Arsenio Latasa.

-Reina Tenebro

CJC unveils plan to construct new H.E. bldg.

The management of Cor Jesu College unveils its plan to construct a new Home Economics building for the Basic Education Department. This revelation was made by Jr. Ernesto Quidet, Jr., S.C., the VP for Administration and Finance.

The construction of the building will start this summer and will approximately end after 7 months to 1 year. The estimated cost of the said project is 25M. But the management is negotiating with the contractor to adjust the cost because it is too expensive for the school. The project was part of the recommendations during the PAASCU visit. “Hopefully this will be completed before the next school year comes, and will be used next year. This is specially constructed for the BED students,” said Dr. Kirt Anthony Diaz, the principal of CJC-BED.

-Gaisano Mall to rise in 2015

"G-Mall of Digos is the most expensive building to be constructed in Digos city, complete with even four cinema houses”— proudly said Engr. Richard Garcia, the Building Permit in-charge, on the ongoing construction of the G-Mall of Digos located at Abella Highway, Digos City.

One of the biggest malls of Digos, Gaisano Mall was proposed for construction in Digos by the Digosenos. The proposed G-Mall of Digos will be a 4-storey building, containing four cinema houses, a food court and shops with the overall total expense of PhP517,068,128.86, respectively. The ongoing project is engineered by Engr. Dennis A. Villanueva, planning engineer, Engr. Wallace D. Lestano, building engineer, and Engr. Leonardo L. Surga.

-Joe Cago

SOON TO OPEN. The architect’s digital viewpoint shows the possible denouement of the state-of-the-art mall in Digos City.

EBOLA's widespread

Cases of the 26th outbreak of Ebola virus centered in West Africa were notified last March 2014. Since then, it had claimed 8373 lives and sowed 21,206 cases including in the US, UK and Spain. Ebola virus disease (EVD) can be transferred from wild animals and spreads through direct contact with an infected person's body fluid including surfaces and materials contaminated with these fluids.

There is yet no available treatment proven to neutralize the virus but a range of blood, immunological and drug therapies are under development.

-John Paul Benedict Aves

Aiming for the Philippine Accrediting Association of Schools, Colleges and Universities (PAASCU) Level I Reaccreditation, Cor Jesu College-BED readily prepares the facilities, constructs new building, and attends various seminars for the upcoming visit. With the upcoming PAASCU visit this February 2016 the school has already revised the curriculum and continually sending teachers for training and seminars both in-house and outside organized by other institutions and administrations. In fact around 10 of the teachers are pursuing master's degree under the scholarship program of the school. They are also working on the strategic and operational plan of the school in the next five years and also the construction for the new Home Economics Building.

"If we will have a clean result of the Reaccreditation then we can apply for Level 2," said Dr. Kirt Anthony Diaz, principal of Cor Jesu College. Diaz also stressed that CJC is 70% ready for the PAASCU visit. Most of the recommendations of PAASCU are already achieved by the school.

-John Paul Benedict Aves

-The CPWASH program is just one of our latest projects in the province, adding up to our numerous projects in the region.”
PULSE feature page victor in NSPC 2014

"Write, Change, Lead"

The powerful staccato opening for “Marked with Ink” from CJC PULSE, bringing home the bacon by ranking 7th in Best Feature Page during the 2014 National Schools Press Conference held last April 7-10, 2014 at Subic Bay Metropolitan Authority Freeport Zone, Olongapo City.

Triumphing over 170 secondary school papers in the country, the winning school paper page gained its eligibility for the national levels after it also bagged 7th place during the 2013 Regional Schools Press Conference, comprising one of 10 qualifiers representing Region XI.

I am glad we were given a chance to be hopefully part of their success soon,” Ms. Maria Zola Estella Geyrozaga, Physics teacher said.

40 students attended the tutorial sessions. Students who can pass the said exam can proceed to a higher grade level.

“Everyone is hoping to get a positive result,” Symon Batulamon, Filipino teacher, said.

- Zaica Jasmille Apdian

5th YLC hones 200 leaders

"DIMUNATION: Armring Science Clubbers with Healthful Defenses towards National Wellness” marks one of the most awaited events of Cor Jesians as they witnessed the 4th Annual Science and Technology Camp held at Felix Resort Complex, Davao City last September 11-13, 2014.

The three-day camp was organized by the Core Committee, comprising the math and science clubs. Approximately 200 participants became scientifically knowledgeable by different lectures and workshops on immunology, virology and bacteriology. It also included the entertainment night, successfully ushering the national science camps to the locality.

“The camp was a success!” said Kryshyll B. Jynno Jemino, one of the Core Committee. “All the committees’ efforts were worth it because of the smiles shown and learning got by participants out of this inexpensive local version of science camps.”

- Zaica Jasmille Apdian

Fun Run aims for helping community

To sustain funds for the construction of a school library in Brgy. Bagumbayan, Igpit, being Cor Jesu College’s ‘adopted community’ — the Basic Education Department conducted a Fun Run last October 26, 2014.

Approximately 400 participants composed of the faculty, various students and their families took part of the event. With registration fee of P50 each person and an additional option of book giving to fill the planned library, participants were eligible to run in either of the 3-km or 5-km range. The collective amount of registration fees and merchandise sales and the donated books will proceed directly for the purpose of the school library.

From the school quadrangle to Rizal Park and back, Rojen Leguizam and bagged the top spot for the 3K range while Kleo Ferrillos was never outmatched even in covering the extra 2 kilometers from Rizal Park to Digos City Central Warehouse, earning her the trophy for the 5K run.

“The event was a successful one. It will surely serve its purpose and help to the schooling kids in Brgy. Igpit,” commented Candace Descalsota, one of the activity organizers of Cor Jesu.

- Blaise P. Bermejo

SSG, teachers sustain aid to Igpit community

A helping hand was offered to the young dreamers as the Supreme Student Government and the Faculty Members of Cor Jesu College collaborated hand-in-hand in assisting the Igpit Community.

It became a tradition of the CIC community to help others who are less fortunate with simple, yet significant things. Lately, the SSG Officers as well as some of the teachers of the Basic Education Department, look forward to this event. The children joined different activities such as the storytelling and parlor games wherein they not only enjoyed, but also learned many lessons. The community received medicines and vitamins, and a seminar was also conducted for the parents.

Gleaming smiles were seen by the officers and teachers as the event ended. They left not just with their footsteps, but with some memories that they would really treasure the most.

- Candace Ross Descalsota

Cor Jesians bag award in Reg’l ICT tilt

Armed with essential IT skills and computer literate minds, eight Cor Jesians conquered the 2014 Battle of the ICT Wizards at University of Mindanao Matina Campus, Davao City last October 10, 2014.

Engineered by Computer Assisted Learning Inc. (CAL), the biennial competition gathered 15 contending high schools in seven different events for Region XI. Selected high school students competed for the said contest. Cres May-An Sevilla and John Paul Benedict Aves bagged 2nd place in the Quiz Bee while Robin James Sevilla and John Paul Benedict Aves also won 3rd place in AVP using Adobe Flash.

The opportunity itself was already tremendous but the results came out very stunning but not unexpected. We are very happy to represent the school for the first time in the National level,” stated the triumphant quizzers.

The three winners, together with mentors Arturo Denque and Ronette Ayangco are set to fly to Manila this January 2015 for the national finals.

- John Paul Benedict Aves

"IMMACULATE: Arming Science Clubbers with Healthful Defenses towards National Wellness” marks one of the most awaited events of Cor Jesians as they witnessed the 4th Annual Science and Technology Camp held at Felix Resort Complex, Davao City last September 11-13, 2014.

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- John Paul Benedict Aves
EDITORIAL

Decisive Alternative

“...the fruits you get from doing it is always an easy task, but the fruits you get from doing it is always an easy task…”
—Aristotle

Education has always been seen as the universal remedy for poverty in our country. And the government has tried its best to educate the 39 million Filipinos, who according to the Philippine Statistics Authority-National Statistics Office (PSA-NSO) are out of school youth (OSY), through the Alternative Learning System (ALS) program: “a parallel learning system which includes both the non-formal and informal sources of knowledge and skills that provides a practical option to the existing formal instruction” to those who cannot access formal education in schools according to the Department of Education. But what is it really like trying to save the nation mind by mind at a time? We look at Cor Jesu College Basic Education Department’s participation in eradicating ignorance all over Davao del Sur as its decisive alternative to making education available to all and see how ALS has slowly transformed the region’s landscape...

Since 2006, in an effort to improving the school’s community engagement for the then-upcoming PAASCU accreditation, the CJC BED faculty with its Language, Science and Math, and Makabayan sectors have annually offered the ALS program to the out of school youth and elderly living in Iligan, Maguasay, Matanao, and here Digos City every October to December. And so far, the results of their endeavour have been very fruitful for most of their students as the equivalence test which they earn can amount to elementary or high school diploma upon passing. However, over the years, some OSY’s didn’t bother joining the said programs for various reasons. One, which was stated in the Philippine Institute for Developmental Studies (PIDS) report was, they feel that they don’t have the time. It’s not that they would rather work. Despite the setback, the BED faculty still did what they can to encourage these OSY’s to attend, and, throughout the years, they have had “good results” as Mr. A. Geldia quoted the community engagement coordinator of CJC BED, had remarked.

To make education available to all is never an easy task, but the fruits you get from doing it is always an easy task. The case of the Ampatuan massacre victims remain partly buried in unclear directions. Their long cries plead appear to be blurred as broken promises, destroyed dreams, and some perpetrators’ impunity are making their hope a quest of digging deeply into earthed justice.

The infamous Maguindanao massacre or the single deadliest attack against journalists that did not spare 58 including journalists, lawyers and women marks five scarred years. Half a decade may seem a long time for repair but because of several drawbacks that hinder the total serving of justice, it is still an ongoing case that yields no great picture. The case is riding on sluggish wheels because PNoy’s assurance of ensuring the prosecution of all identified perpetrators is dragging on with the country’s slow judiciary system and culture of impunity.

Out of the 196 identified perpetrators, 93 are still at large. This poses a great threat to witnesses, families of the victims and the prosecutors alike. Since, to the mass graves, the death count of witnesses is four while families and prosecutors are bribed with millions of pesos just to back out, to revert testimonies or to delay the case. Their impunity, through which two of the police officers enjoyed promotion from PNoy is not only lagging the judiciary process, ideas, and strategies but is also prone to error and nearer to making the case worse.

More lives will be spared if the influence of political dynasties and warlords, the culture of impunity and our slow judiciary process will not be altered. The earthed justice will never be grasped by the victims; it will stay buried if these backdoors which would have been a great threat by the judiciary would function to the extent of ceasing the continuing plague and securing these drawbacks.

The slow quest of unearthing justice lies in the geared buckets of these backdoors.

Emancipated from the anticipated

Brianne P. Bermejo • Denise Gabrielle C. Calinao
Franchezca Marie C. Alcomendras • Eugene Ernest Alforte
Khristine Joie P. Labuni • Jun Rey D. Dequina
Candace Ross R. Descalsota • Jae Nicole L. Cago
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John Paul Benedict Aves • Paula S. Rocaoma
Edzell L. Bellela • Denise Gabrielle C. Calinao
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John Paul Benedict B. Aves • Emily Jeanne A. Bordon
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Concessia Ross R. Descalsota • Josephine L. Cogo
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Staff Writers

Emancipated from the anticipated

It’s now a Filipino’s second nature to expect visits from 21 annual guests: typhoons. But it has never been the Pinoy’s prime instinct to set the tables despite their routine arrivals. This time, a year after the biggest guest in history had its stay, typhoon Ruby saw the nation prepared like never before. Will this change our culture of response?

Good governance is about learning from what happened before and putting in place measures so it might not happen again, the US ambassador stated as he perfectly coined the Yolanda-Ruby likeness into one. Certainly even before Ruby entered the Philippine Area of Responsibility, the government took all measures from the announcement of typhoon signals to no works and classes. But one thing that Yolanda deposited into the people’s minds is the people’s alertness and responsibility. The government was almost effortless to bid to evacuation as all voluntarily receded. The people’s panic buying also counts as all seemed prematurely oriented and cooperative. The people’s initiative pulled casualties to as low as 18 and damages to just 0.01% of Yolanda’s. As for the president who expressed his dissatisfaction, the dream of ‘zero casualties’ still wasn’t grasped. But the low number records of Ruby’s damages as compared to past guests are still worthy head starts that could be the beginning of the amendment of the Pinoy instinct. It’s still imperative to declare that it wasn’t enough, but it’s surely something.

A year after Yolanda’s reception, history’s strongest left a scar: the remnant of a wound that honored the nation, a teaching reminder that could change the Filipino instinct. We need not to be recipients of Yolanda’s wrath to realize what the Visayans learned and imitated: what’s left after knowing our geography, typhoons and its history is preparedness and action. If we continue to evolve into and adopt a long-term and consistent culture of preparedness like how the Visayans permanently set the tables for Ruby, then and only then, we will be emancipated from the anticipated.
Dear Editor,

I feel like the most common problem we all have is regarding the maintenance of the comfort rooms, especially in the Polycorp building. Every day we go to the CR, it is always some trash or napkins lying by. Even the bowls still have some waste in them. The sink’s water hasn’t been drained yet and there are trash floating on it. Please help.

-Cres May-An Sevilla, Grade 8, St. Clare of Assisi

I just do hope that our Holiness’ visitation will not be taken advantage of by some POLITICIANS and POLITICIANS-WANNA-BE. Seeing posters of Pope Francis along with the “greetings” of these certain people saddens me. Let us insist in our minds that the mere purpose of this visitation is to restore the faith of our broken “Kabahayan” who, up to now, still remembers the devastation brought by the typhoon Yolanda.

-Ms. Mary Grace Lano, MAPEH Teacher
To Certain Teachers: “Thank you for spending time to help us learn, but please consider our time schedules too. Some of us have extra-curricular duties, trainings, activities, projects and assignments (authorized by you) to attend to. We cannot do all our tasks if you keep us from going home after the bell.”

To Some Canteen Vendors: “I’m broke and I’m still a young student, so you know I need money - right? Can you please stop giving me candies? My teeth are doing well, thank you very much, but my wallet is crying here.”

To Some scholar varsity students - We all know that you are very eager and are required to train and compete your sport even with your school loads but please don’t use that as an excuse for skipping classes and neglecting your academics. Please also take into account what you will be in the future. The consideration of the fact that some of your lot are financed by the school also counts as a reason for you to take your studies seriously.

To Student netizens - “Freedom of expression” - We hear that a lot lately, but for your information, that along with every other right has limits. Are you itching to post bullying remarks against others? Certainly, there are more tweets should the netizens be ignored? Shouldn’t they receive the same treatment? Or is it a matter of exposure? Before Ruby’s onslaught, Korina Sanchez, together with former Vice President Noli de Castro joked on Ruby repelling the country and hitting Japan instead for they deem the latter as more capable. Even if it was a joke, their insensitivity shouldn’t be tolerated but should the netizens be ignored? Certainly, there are more tweets or posts by netizens that are even viler than the newscasters but they are tolerated and deemed part of culture. What’s wrong with is that the freedom they instill makes them think that they can say whatever they want, but when the influential says the same, they wash their hands and try to make the other end look like the only bad guy. In fairness, it’s true that the netizen and the newscaster don’t have the same impact. What? Impact is nothing in the eyes of God. What’s even more problematic is how the flaw in their statements was only realized by the public how the flaw in their statements was only realized by the public eyes of God.

Self-rated poverty: Families who consider themselves ‘mahirap’

Right to Love

In a world we live in today, we are becoming more and more aware of the situations and realities in our society. For example, we are becoming more accepting of the LGBT (lesbian, gay, bisexual, transgender) community compared to our predecessors. Unfortunately, not everybody can accept the gays and grasp equality. The Philippines pride themselves as the most gay-friendly country in Asia and 11th globally. The survey entitled “Global Divide on Homosexuality” proved that to be true. Despite tolerating and accepting the LGBT community, there is lack of understanding of specific gay rights laws in our country. The Philippine Congress is again debating the Anti-Discrimination Bill submitted in 2010. It outlaw policies or practices that outlaw basic rights and freedoms of LGBT in schools, offices, health care institutions, commercial establishments, the civil service, police and military. See? Basic rights aren’t even legally practiced on people who choose to love the ones of their kind. What we fail to do is to judge the person based on their personal attitude instead of their race, culture or sexual preference. Pope Francis even quoted after being asked about his views that the Church should see itself as a “field hospital after battle” to heal the larger wounds in society and not be “obessed with the transmission of a disjointed multitude of doctrines to be imposed insistently.” Truth is, equality really isn’t that hard to grasp. You are a person. Your friends, families and acquaintances are also people. Therefore we are equal. We have rights - to dream, to be accepted as ourselves and to love without fear or judgment.

Matter of Exposure

When Adam and Eve gave up to the serpent’s temptation, they were banished by God from Eden. When Ramon Bautista joked about women in Davao being “hipons,” he was declared persona non grata (an unwelcome person). What’s the difference when newscasters wish Ruby to hit Japan instead? Or when a netizen does the same? Shouldn’t they receive the same treatment? Or is it a matter of exposure? Before Ruby’s onslaught, Korina Sanchez, together with former Vice President Noli de Castro joked on Ruby repelling the country and hitting Japan instead for they deem the latter as more capable. Even if it was a joke, their insensitivity shouldn’t be tolerated but should the netizens be ignored? Certainly, there are more tweets or posts by netizens that are even viler than the newscasters but they are tolerated and deemed part of culture. What’s wrong with is that the freedom they instill makes them think that they can say whatever they want, but when the influential says the same, they wash their hands and try to make the other end look like the only bad guy. In fairness, it’s true that the netizen and the newscaster don’t have the same impact. What? Impact is nothing in the eyes of God.

What’s even more troublesome is how the flaw in their statements was only realized by the public when the joke of Korina ruled as persona non grata surfaced the net. It seemed that the public is on a progression of corrupted morals. It took a hoax for them to look into the situation, while they can’t look into theirs. Bashes and jokes may be rampant in social media but it may be rare in broadcast media, but why do the reactions differ when equal actions are done by different media? We need to review our morals. The netizen’s small audience doesn’t make him or her prone to reconciliation while the newscaster suffers hate for doing the same. Both should receive the same treatment, even if it is a matter of exposure. The law of interaction is still applicable: every action should have an equal but opposite reaction. Audience impact is nothing in God’s judgment.
An Escape from the Pipe Dream

When I was still in kinder, I wanted to discover new planets for us to live in. To become an astronaut for me to be able and also because I love science. Then there was a time when my mom got sick, and so I decided to become a doctor to cure her illness. But my mom said it is very expensive to become a doctor and it would be hard for me to become one because we don't have money. We were poor. And so I somehow lowered it when I thought of becoming a nurse. Unfortunately, I discovered that I'm hemophobic. I don't like the sight of blood so I won't be an effective nurse. When poverty started eating us, my dream of becoming rich was then born. I decided I will become an accountant because most of them are rich. Then again reality slapped me. We don't have money, I cannot just choose this and that. My mom cannot send me to school to become an accountant. I was hopeless.

Then I realized I was so busy I forgot I have God. Through the help of good people used by God as an instrument, I was able to have a scholarship. I can now study. Thanks to them.

I don't like education as first but along the way, I have learned to love it. I did not choose to be a teacher. God did.

And now, I am so glad I have become a teacher. Though this profession takes up all your time, it's still worthwhile.

I was not able to find new planets but instead I discovered a whole new world full of interesting people. I was not able to become a doctor or a nurse but maybe God does not intend me to cure patients in the hospital but to tend and care for the hearts and minds of those students who need me in school. I was not able to become an accountant and be able to store wealth. But as they said, treasures are not stored in banks, but are banker in our hearts as you make wonderful moments with wonderful people. My plans for myself may be good but God's plans are far better than mine.

There is no such thing as coincidence. Maybe God did not allow me to become an astronaut, or a doctor, or a nurse, or an accountant because He wanted me to meet those wonderful people I have now. Every experience, every person who came, became a part of God's divine plan; a plan that is just like a movie where all genres are found and all good things and bad things are arranged together to create a beautiful ending.

My career as a teacher has made life more amazing because I know it is where I belong. I have no time for school. I stopped when I was a 1st year student. I stopped going to school. I stopped seeing my friends and know things you don't. It is that easy as long as you get grades worth passing. But for me, it is not.

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- Reya Cadion

(Editors Note: The writer is an alumnus of Cor Jesu College BED. He is a Teacher at SMSP)

Start Again

Eye bags. Tiredness. Heavy bags. This is what you sometimes see from a student, someone who goes to school every day to get a job. Things they have been longing for. Going to school is a wonderful time. It gives you the experience to laugh with friends and know things you don't. It is that easy as long as you get grades worth passing. But for me, it is not. Helping my father in the rice field is my day's work. It is what I do for us to buy things we need, for us to feed our occasionally empty stomachs. Each day is spent here and that is one of the reasons why I have no time for school. I stopped going to school. I stopped reading but I never stopped working. I never stopped waking up at dawn because I had to sun goes down, and doing it again the next day, waiting for some miracle that there would be someone to help us, to come and get us out of this labyrinth of suffering. And I know that it doesn't work that way, that there is no way out of this labyrinth. And sometimes, I just want to run and escape all the problems, I just want to give up but I know deep inside, all I really want is to start again.

- Reya Cadion

PULSE

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Waves crashing. Houses breaking. People panicking. This is the sight that would stand before your eyes if you were there, if you witnessed all of those commotion. I was standing at our roof with my wife, hoping to survive, to stay strong for me and my wife, and to be safe and sound. And at that instant where we were dripping from head to toe with water because of the rain and flood, nothing would enter my mind except for prayer. And I never stopped praying that day. I am a survivor and this is my story.

I awoke the next day to new surroundings. I first rubbed my eyes for a clearer sight and I see a gym full of people wrapped in blankets. Fast as a bullet, I remember my wife and I see her sleeping beside me. And it all comes to me in a flash the events that happened the day before: the typhoon, the flood, the journey to our roof, the endless waiting for rescuers, and when we finally saw them, everything just went black. And like a switch, I remember what had caused me to be here, what had brought me to safety, not the rescuers, No, for they were part of His plan, His plan so that I and others may be saved, so that we may learn from our ways. The plan of God. And so, with a free connection with no use of phones or landlines, I started my prayer by the sign of the cross, each word and sentence deep with emotion and meaning. For it is by faith that I and my wife are saved, that we are given another chance to see the rising sun appear in the sky above. And I thank the Almighty for that; I thank Him for another opportunity He has handed to me and to the people around me.

After a few months, we were able to recover; able to sleep without being scared that there might be another typhoon, able to wake each day with a smile. With the help of donations, they were able to build us houses where we again would share endless moments of laughter and pain, to give another meaning to life. But what had activated and pump me was the one, the person who had been me all along from when I was non-existent up to this very day, God. He became my companion in the storms inside me, my hardships and problems and the storms around us, Typhoon Yolanda. He became my wings whenever I fall, I know that He would always catch me. And He became the song I can dance to whenever I feel happy and he always will be. Not only for me but for you too. He became my beacon of hope, my nightingale.

- Reya Cadon & Francscesa Alcomendras
Hands sweating. Frightened. Eyes closed. With a loud and scared scream and a forehead covered in sweat, I was awakened. With this, I rub my eyes to discover that it was just a nightmare. I inhale and exhale deeply, wishing to erase this horrifying nightmare; a nightmare that had haunted me for days, keeping me awake each night with heavy breaths. It had happened months ago yet I still find it hard to recover, to forget the screams and cries from helpless and starving people; people including me.

I couldn’t sleep after I woke up and ended up twisting and turning in my bed for hours. I remembered the heavy rain that caused the flood, the scream of my terrified mother telling me to be brave. I blinked, hoping to hide my tears. We had done everything we could to survive. We climbed on top of our roof and shouted anxiously at the top of our tired lungs. And we were saved, my mother and I.

As the sun emits its jolly shine, I was startled, awed by the harmonious blend of colors, by the magnificent sight. Today is the day. Yes, we were afraid, we were traumatized. But that didn’t let us down, it didn’t suck the rays of hope out of all of us. Instead, it kept us going; it filled us with the energy to move forward, to live life and it made us stronger. I stood up and opened the window; the dull-colored window which opened my eyes to see foreign people who came to help, and they were amazed; amazed because of the welcoming eyes that greeted them and the warm smiles that they had received, and they were from the survivors; Frightened with sweaty hands and closed eyes, months ago, these were my daily routine. Now, with a smile settling in my dear face, I opened the door, absorbed the vibrant melody of colors from the morning sun and said, “To frightening nightmares, no more.”

- Hannah Charesse R. Senarillos & Ella Jane R. Eltagon
Hope Amidst All Else

Hope. It is something everybody thrives for but only a few could claim. It is something so valuable in this broken world. It is something worth fighting for.

As we go toward a new milestone in our lives — 2015 — it started with a wonderful gift from God to us: the visitation of the Pope. His name has been a beacon of hope from people across the globe, may they be Christian or not. His simplicity, love and faith moved our hearts to become one — to become more like Him. And this visitation is just something that can help us become closer to our God.

On December 17, 1936 in Buenos Aires, Argentina, the cry of a baby which was named Jorge Mario Bergoglio was heard. He grew up and worked as a chemical technician in his early years before he was awakened by God’s mighty voice. Following the resignation of Pope Benedict XVI, he chose Francis as his papal name. Today, he is the Bishop of Rome and an absolute Sovereign of the Vatican City State. He is Pope Francis.

On January 15, 2015, Pope Francis will be officially welcomed by Pres. Benigno Aquino III and will have a holy mass with bishops and priests, a celebration where all will be gathered in the heart of God, listening and reflecting in His Word. He will then travel to Tacloban and will meet with the survivors who had been devastated by the roaring blows of Typhoon Yolanda and share a meal with them. He will have a holy mass back at Manila and travel back to Rome after the Leaving Ceremony on January 19, 2015.

Just 5 days and the visit will be over. Just 120 hours and he will return to Rome but with each second passing, people find it to treasure each moment because of Pope Francis, because hope and love has filled their hearts with each preach that he says, each smile that he makes and his presence that no one has ever felt before. He became the bridge between God and us, even if there are Filipinos who hadn’t gone to see him personally, yet we still feel the hope breathing inside of us, we can still feel God among us, watching us with those perfect eyes and is happy for the Filipinos have become one be closer to the Creator and spend it with us, Filipinos.

There have been many issues unresolved in our country. And may it be due to corruption, poverty or war it is still there. Hope seems to be lost, there is always someone that can help us rise up:

God. And Pope Francis’ visitation spread like wildfire around our country, and what did we feel, what assembled inside of us? Excitement. Honor. Hope. For wars may rage and buildings may fall but hope will always live on.

- Hannah Senarillos

The Goddess Within

I want to be a meritiza. Chinita. Blonde. Things we would usually hear when asking a typical Filipina girl how they want to look like.

Tanned skin that we usually call “morena,” beautiful almond eyes, black hair, full pink lips and noses that aren’t really that perfect but blends very well with their other features. All Filipinas possess these but never see it.

They are just as insecurities with the others and always thinking of how to choose and change their looks. They use tons of make up to correct their already correct faces that would surely make Yves Saint Laurent and Chanel rich. Others would waste money to go to doctors to have fairer and lighter skin, have their noses lift even though it hurts a little bit.

But what is it that they seek in these features? Is it just to go with the flow? But I believe that Filipinas are not deserved to be insecure. They should appreciate their own unique features. If it weren’t for their own creative beauty, then we wouldn’t have someone like Miss Universe 1969 Gloria Diaz or Miss world 2013 Megan Young and the like.

This proves that Filipinas have exotic beauty. Their beauty does not only revolve in their physical appearance but it includes their brains and hearts. Filipinas do not have to be meritiza or chinita or blonde. They should learn to accept their uniqueness and should realize and pass the thought on becoming insecure. They should not have a doubt about their appearances but instead, they have the right to know how stunning their beauty is.

- Paula Rocamora

To my Future Starbucks Buddy

Dear Joey,

I can still remember when you were young you were in my arms, even though I was still in 4th grade then. You were so fragile as a flower. And look at you, now you’re here, already hallowed into these handwoven and sturdy garments that you are, even substituting our diapers.

Before you celebrate your 18th birthday, young as you are today, I have decided to write to you a letter, in this line that this could guide you for your life ahead.

Would it be okay?

I’m sorry, sorry, is not a look to us, it’s a mighty get. So I am sorry.

There were times that I hurt your feelings, those times were not entirely unintentioned. When you know you hurt someone, say sorry—because nothing will be lost to a loving heart, but everything’s at stake to a low heart.

I am sorry for those times that I hurt you and I wish you instantly, saw yourself.

The words “I love you” would have been my FCQ or I sang from the appendix song.

I might have gained the record of an NBSB, but having crowned you, I became a star for us. Please do not follow the trend of today. Be you as a corporate to that area and I could have admitted more of handshakes-degliuming my clothe. Rushing in love only ended up to bruises and would not become permanent. Personalities is the author of all aborted dreams. Yours, not dreams, fight for those DVT.

They say the richness lies on earth in the world bank, but the community because there is broke, that would not america, way that were not recorded money that were not invested, dreams that were not followed, lost, in the people, successful because we prove our purpose, and not dead with our dreams buried in us. It is possible to become happy, beautiful — alive, but dreams.

Oiling me? God forbid?

There are still millions of things I would have loved to impart, but my pen needed me, but not my heart, when the time comes that your heart is ready, no fear, let’s continue together.

It might become an awesome time for us to share our lives stories together.

Looking forward for an 8-year-old Starbucks buddy, Love,

All the best and love,

Ate Telay

- Paula Rocamora

Sources: Google Images
With cars honking, people busy working and fresh air is impossible to find, you would surely be drained by the city life. And it never requires you to be worn out in one of the nicest places around because all you see are concrete and smoke.

Maybe all you need is to unwind and take a rest. All you need is something that can lift your heart up when the rest of you is down. All you need is to experience something new and fun that can energize you. And all of that is found in Kapatagan.

With a 1-hour trip through mountains and down them, you would have the seat to amazing sights. When you arrive, you would first climb the mountain that led to Agong House, tiring but exciting in a way that lets us wonder what awaits on top. Soon, you would travel farther and see statues of people, giant statues that were molded doing different activities. As you walk along the steps, you would see a playground, its color had faded but you can still recall what color it is dyed with. Knowing that there is more to see in this heaven, you make your way back to be ready for the next destination.

Mount Apo, Camp Sabros, Mount Apo Highland Resort, Kublai Art Garden, a Tibolo Village, and the famous Virgin Falls. Destinations that are perfect for people who are adventurous, and love the outdoors. You not only will be energized with the fun and different activities but you also get to witness the breathtaking view that embraces the place.

Camp Sabros is proud of the two long 380 and 400 meters zip lines called “Slide for Life” at 180 feet above the ground, roughly the height of a five-storey building. The camp is surrounded by lush greenery of tall pine trees all across its landscape, and offers a relaxing view of Mount Apo and the surrounding mountain ranges. The high elevation makes the weather in Camp Sabros refreshing and cool.

Mount Apo Highland Resort is a two-part mountain resort complex: Lake Mirror which is set against a cold spring pool; and a campsite perched in a hilltop called Hillside, hence where the Resort got its name. Moreover, there are Asian Palm Civets bred in captivity that produces coffee the world’s most expensive coffee, the Civet Coffee.

Located at the foot of Mount Apo is the Tibolo Village, a truly Mindanaoan tribal village that showcases the Bagobo culture at its best where visitors can spend the day and plunge with the community. Visitors will get to meet and interact with the Bagobos and learn their culture, take a peek of their houses, learn their traditional craft, and taste their famous “Nilutlot” cooked in bamboo.

Yes, the Kapatagan surely proves that it is a treasure, an irreplaceable treasure that is more precious than money, material goods or wealth; it catches the eyes of people with its excellent features, its hot springs, falls, cold weather and giant statues. You can have fun in outdoors and get a sight of the amazing creation God has given us, nature. It fills in the hole that people are longing for, the golden-like treasure that they eagerly search for.

- Reyca Cadion
Dumb cane as Aphids remover

Five thousand five hundred grams (5500 g) dumb cane (Dieffenbachia picta) stems that were chopped and thoroughly macerated using a blender. The macerated stems were then placed on a cheese cloth to separate the pulp from excess sap using five live milliliters (500 mL) of extract was collected and placed in a dry and sterile container. Using water as a solvent, three (3) concentrations of dumb cane (Dieffenbachia picta) stem extract were prepared namely: 100% concentration, 75% concentration and 50% concentration. After four (4) treatments were prepared having three (3) replicates each. Each plant was sprayed with forty (40) milliliters of its given concentration weekly for four (4) weeks.

The experiment concluded that aphids (Eriosoma lanigerum) can be controlled using a cheaper and safer alternative, the dumb cane (Dieffenbachia picta).

Aphids remove large quantities of sap when abundant, which reduces the heartiness of the plant and can result in stunted plant growth. Leaves often become deformed and yellowed due to aphid infection. And with such, the researchers saw the possibility to use dumb cane as an aphid controller and put their own experiment to test with the guidance of Mrs. Miriam Vivienleigh S. Mori, MA.

Their experiment consisted in placing the Dumb Cane (Dieffenbachia) as a aphid controller, putting it in a variety of plants and observing the effects on the aphids.

With the immense impact of technology in our lives, a new global epidemic is rising and now rapidly spreading throughout the world. This epidemic happens to infect young teenagers and adults who always hold on to their smartphones, tablets, and other handheld devices.

Text-neck is the next epidemic we are facing right now. Text-neck is a repeated stress injury derived from excessive looking down to see the screen of mobile phones for long periods of time. When done continuously, this may lead to cervical spinal degeneration. Another thing is that, even though this ‘disease’ is new to the world, it has spread its pain to millions of users and mobile phone users throughout the world.

While we are all sitting cosy and facing our mobile phones, texting, socializing, and tweeting, we are simultaneously inviting text-neck to visit our neck and leave some pain. The frequent forward flexion of our necks causes changes on the cervical spine, supporting muscles, tendons, and other body parts and may result to postural change. Among all complaints about text-neck pain, the pain commonly felt on the hands, feet, back, fingers, shoulders, arms, neck, wrists, elbows, and as well as headaches and numbness and tingling of upper extremities. We thought that this is just a minor case, yet, we are mistaken. If this condition will be left untreated, this may lead to flattening of the Spinal Curve, Onset of Early Arthritis, Spinal Degeneration, Spondylolisthesis, Disc Herniation, Disc Compression, Muscle Damage, Nerve Damage, Loss of Upper Volume Capacity, and Gastrointestinal Problems.

This condition has already within our reach because we spend our days texting and using our mobile phones. This epidemic can affect people of all ages. So what if this epidemic will reach us, would we attempt to stop it or will we just let it go with the flow? This is not to stop you to use your mobile phones. You can still use your phone but observe proper handling and do not use it all the time. If we wouldn’t, this would be the next global epidemic. This condition will take over if left unseen. And by then, be the next millennia in the making.

For years, we relied on fossil fuels to power up our vehicles. But now, an alternative has been made to make transportation much more efficient and of course, cleaner. Through a company, the country has produced vehicles in which we can consider as ‘eco-friendly’.

What kind of vehicles was invented?

For the past few years, inventors around the world have invented e-Vehicles which are run by electricity here. In the Philippines, the Philippine Utility Vehicle Incorporated pioneered the invention of numerous electric jeepneys and tricycles. Their inventions are now strolling around the streets of Makati, Quezon City, Puerto Princesa, and even in Plantation Bay, Cebu. It is also running around De La Salle University in Dasmariñas, and the House of Representatives, and others. The PHUV was the first in the country to design, build, fabricate, and run the new evolution of electric transportation, the jeepney. After this project became a success, a local designer came up with their next gadget take-over, the Quad or electronic quadracycles and eTrikes or electric tricycles.

The president of the said company, Mr. Rommel T. Juan, eyes the inventions as to be a solution to reduce pollution especially in Metro Manila. He stated that this idea was genuine and could help in reconsidering the use of fossil fuels in which are slowly slipping away in the world. And in connection, this project could be a major hit and should be implemented all over the country.

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The human brain takes in 11 million bits of information every second but is aware of only 40.

Pneumonia ends reign of fattest man

445-kilogram Londoner Keith Martin, the proclaimed World’s fattest man dies at age 44 after he was diagnosed with Pneumonia last March 2014.

Before removing three-fourths of his stomach eight months before his death, Martin would consume 20,000 calories per day which is almost 10 times the recommended calorie-intake of an adult and washing them with another batch of calories from six pints of coffee and two liters of carbonated drinks.

Resava Mannur, his surgeon said that he had some emotional issues and ate food for comfort. At his twenties, his weight hiked after he became seriously depressed.

In an interview, Martin admitted that he was an agoraphobic (a person afraid of public places) and it was never treated. “I just want to be happy, without needing food to make me happy,” Martin added.

As the food is being cooked, they put it into some containers which may be dirty. And another thing is that the foods are easily being contaminated by germs and flies that may lead us to diarrhea and other intestinal diseases.

For example, didn't you notice how they cook and serve the food. For example, didn't you know that a single part of fried chicken contain calories? And what's worse is how they cook it. Fried chicken gets its crunchy skin and delicious meat from dipping it into hot, boiling, cooking oil and we all know that deep frying is very dangerous. Another thing is that in fast food restaurants, after the food is served, they wash and served their hands. This is not to discourage you. You can eat fast foods but just be careful that you won't eat too much of it because you wouldn't know that the next thing you know is that you now have a stomach ache.

Source: Google Images

As last year, a devastating typhoon that the Filipinos used to know. A typhoon locally known as "Yolanda" left the Filipinos, reading at the great costs, crying over their lost homes, jobs, loved ones, and of course, their lives. They prepared so much yet they hyped, exposed what more could happen. They experience great grief and lost hope. And after a year, they thought they have risen over their troubles. Yet again, they were incorrect. Another typhoon reached out our territories and again disturbed our brothers and sisters in the eastern part of our country.

Just a few days after commemorating the 1-year anniversary of Typhoon Yolanda, another typhoon formed in the Pacific and entered our territories. The typhoon was somehow almost similar to Typhoon Yolanda as if it were a “Déjà Vu.” The typhoon was globally known as “Typhoon Hagupit” but named here as “Typhoon Ruby.” The typhoon gained strength similar to Yolanda.

The PAG-ASA traced the storm’s path of landfalls. If the typhoon wouldn’t change to a new course the typhoon will first hit Eastern Samar. The first landfall was predicted to be on Dolores, Samar. As Ruby made initial contact within our country's waters, it made a very devastating move. The typhoon was found decreasing its speed yet maintaining its strength. And by that, it means the typhoon will have a longer time to rage its impact all over the area. As days pass, Ruby became nearer to Eastern Samar. She brought strong winds and along with it is intense to torrential rains. After a week of preparing for her arrival, she made initial contact with dry land. She was first spotted releasing impact at Dolores, Samar at 9:15 p.m. She ravaged the town's people, with numerous drops of water with strong forces making rooftops beating like a drum. After the finished making mayhems in Dolores, the next gave terror in Masbate and continuously gave chaos to some parts of Southern Luzon.

Source: Google Images

As a relapse bound to happen

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Last year, a devastating typhoon that the Filipinos used to know. A typhoon locally known as “Yolanda” left the Filipinos, reading at the great costs, crying over their lost homes, jobs, loved ones, and of course, their lives. They prepared so much yet they hyped, exposed what more could happen. They experience great grief and lost hope. And after a year, they thought they have risen over their troubles. Yet again, they were incorrect. Another typhoon reached out our territories and again disturbed our brothers and sisters in the eastern part of our country.

Just a few days after commemorating the 1-year anniversary of Typhoon Yolanda, another typhoon formed in the Pacific and entered our territories. The typhoon was somehow almost similar to Typhoon Yolanda as if it were a “Déjà Vu.” The typhoon was globally known as “Typhoon Hagupit” but named here as “Typhoon Ruby.” The typhoon gained strength similar to Yolanda.

The PAG-ASA traced the storm’s path of landfalls. If the typhoon wouldn’t change to a new course the typhoon will first hit Eastern Samar. The first landfall was predicted to be on Dolores, Samar. As Ruby made initial contact within our country’s waters, it made a very devastating move. The typhoon was found decreasing its speed yet maintaining its strength. And by that, it means the typhoon will have a longer time to rage its impact all over the area. As days pass, Ruby became nearer to Eastern Samar. She brought strong winds and along with it is intense to torrential rains. After a week of preparing for her arrival, she made initial contact with dry land. She was first spotted releasing impact at Dolores, Samar at 9:15 p.m. She ravaged the town’s people, with numerous drops of water with strong forces making rooftops beating like a drum. After the finished making mayhems in Dolores, the next gave terror in Masbate and continuously gave chaos to some parts of Southern Luzon.

Source: Google Images

As we all know, we are all fond of food coming out from fast food chains such as Jollibee, McDonalds, and KFC. But as we savor every bite of the food, we didn’t notice that we are also eating in diseases that may be dangerous if left unattended. Is this really happening? Would this be very serious?

People, especially Filipinos, are fond of eating fast foods for example, fried chicken. But before eating, we never think of the safety we’re giving away. We don’t notice the danger we have put into ourselves. We don’t notice how they cook and serve the food. For example, didn't you know that a single part of fried chicken contain calories? And what's worse is how they cook it. Fried chicken gets its crunchy skin and delicious meat from dipping it into hot, boiling, cooking oil and we all know that deep frying is very dangerous. Another thing is that in fast food restaurants, after the food is served, they wash and served their hands. This is not to discourage you. You can eat

Instant Food: Gateway to Instant SICKNESS?

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Redesigning Perspectives

Have you ever wondered what it would feel like if you were warped inside your favorite video game: like embarking on an epic adventure catching all Pokémonms to become a Pokemon master, or like getting thrown into a bunch of green pigs in a child-friendly representation of cultural based war sparked by racism? (Angry Birds, people)

All of this might seem to be fragments of our daydreams but when we still drooled in our chairs back in first grade. However, that’s not the case; what if I told you that you could redesign your perspective and embark into a virtual world.

That’s right, all those years of staring blankly at the ceiling were put to good use and your childhood fantasies can easily become possible with the help of virtual reality. And good news is, few years from now, everyone can experience this phenomenon is all about.

Virtual reality is a third-dimensional, computer generated environment which a person can interact and explore with the help of a head-mounted display (HMD) glasses that displays various sensory stimuli, such as sound, video and images, and, a haptic device that enable touch or force feedback. Once you wear these two, you get the feel of being teleported into a real-time virtual environment that provides you real-time responses. Furthermore, this technology isn’t only limited to the gaming market, it is also applicable in military training, architecture, sports, medicine, art, entertainment, and virtually (no pun intended), everything under the sun! Also, you can now watch your favorite movies and TV shows as if you were in the set.

And good news is, that multiple companies like Google and Oculus VR are exploring this technology and are planning to make it available to the public as soon as possible. In fact, Google released the Google Cardboard, a small folded cardboard box where you can put your phone in and simulate a virtual environment for online purchase or for print. It’s an inexpensive way to experience virtual reality.

Moreover, Oculus VR will soon release the Oculus Rift which is an upcoming virtual reality head-mounted display and is currently making waves with the developer industry with its pre-released “development kits.”

Years from now, exploring virtual environments will become a household thing. Moreover, it will take almost everything up into a whole new level. In a couple of years, you might be in a concert where Led Zeppelin’s Jimmy Page relentlessly whacks his guitar over every One Direction member, be walking over the streets of Paris, or be saving Middle Earth at the comfort of your own homes. Technology really has taken a giant leap. No longer are we in the days where we only had imagination to take us away from reality. Now, you can redesign perspectives and most importantly, our reality itself.

-Joven Nito Villacastin

For years, terror such as exploding bombs has always been a great factor of hindrance here in the Philippines. Some lost their homes, their jobs, and what’s painful of all is all their loved ones, gone, burnt by the flares. Yet, one man gave way in saving victims in case of these types of situations.

Yet, this is the first in the Philippines to have this prototype. Engr. Roel John Judilla, head of the robotics section in Mapua Institute of Technology paved the way for the advancement of the Philippine National Police, Armed Forces of the Philippines, and also the Philippine Navy. Before, we were always saved by bomb disposal teams by these fearless men, yet, they are in grave danger. So, why need to risk the lives of poor men when a robot specialized in these types of situations is on our side. And these brought the robotic team of Engr. Judilla to invent MAC.

MAC (Mechanical Anti-Terrorist Concept) is a robot specialized in detecting bombs and now, is a part of the Makati Bomb Disposal Unit. MAC has a built-in camera which can detect bombs and can be carried by four people. He is two-feet tall and three-feet wide and has a long battery life. Although the robot is ready to perform, Engr. Mapua is still trying to decrease the robot’s weight and yet, increasing its portability.

According to Engr. Judilla, the robot is much more preferable because instead of risking lives, it might as well let the robot go to the item and dismantle it. Another thing is that, just in case the bomb will release poisonous gas, the robot can still locate and dismantle the bomb without even getting a little sniff of the gas.

Though Mapua invested big sacrifices just to construct and make this prototype into reality, it was pretty worth it, because has invention gathered many awards and recognitions from different exhibitions, conventions, and etc. But what’s more than these awards is the ability to save more people, even the responders to the problem because without the robot, the families of the responders will be put in doubt and may fall into negativity that their loved ones may be gone. So if I were to say about this, this is a worth it sacrifice for without it, our lives will be put into greater possibility of vain and death.

-Zoreyn Dabon
Pacquiao subdues Algieri, retains WBO belt

Eight-division titleholder Manny Pacquiao overpowered his American challenger Chris Algieri after knocking him down six times in the ring, creating a convincing unanimous decision victory with 119-103, 119-103, and 120-102 and retaining his World Boxing Organization Welterweight Championship title during the “Hungry For Glory” at the Cotai Arena, Macao last November 23, 2014.

Pacquiao started Algieri with a short left during the second round, knocking him down for the first time on the mat. The fight resumes as he stood unafraid but Pacquiao landed a hard right on the head and goes to the body just before the bell rang.

Algieri connected a neat right early in the sixth round and avoided his wild combos successfully until Pacquiao unloaded a monstrous right hand that rocked him, following it by a swift flurry that sent Algieri down again. As he stood up, Pacquiao went all over him and casted another flurry, putting him down twice.

Algieri wobbled again in the 10th as Pacquiao threw out formidable punches. He slid down for the sixth time across the canvas from a right hand that barely landed and was able to stand up but looking defeated.

“Of course, I’m satisfied with my performance,” said Pacquiao. “I came to fight. I did my best. I think that’s enough.”

-Candace Ross Descalsota

1. Who was the astronaut who played golf on the Moon after smuggling down again. As he stood up, a swift flurry that sent Algieri down again. Following it by a swift flurry that sent Algieri down again. As he stood up, Pacquiao went all over him and casted another flurry, putting him down twice.

2. What are the 2 Major League Baseball teams whose team names do sound with the letter ‘S’?

3. What is considered as the fastest sports in the world?

City Meet 2014

Red Cubs shocks City High in volleyball finals, 3-2

With a match-ending miss made by the opponent team during the last set, Cor Jesu College Red Cubs spawned victorious against Digos City National High School with a close 3-2 (25-19, 23-25, 21-25, 28-28, 15-4) during the volleyball boys’ finals match in the 2014 Digos City Athletic Meet held at Don Mariano Central Elementary School last December 14, 2014.

Red Cubs opened the finals game with team captain Jaymakan Cansancio guiding the team with strong series of volleys and spikes across the air, giving them full advantage to the lead and City High falling behind. City High made countless efforts sailing the ball over the net but, most of the time, Warren Sasi blocked their chances of doing so, ending the first set with the Red Cubs stepping forward with 25-19.

City High wowed the crowd by dropping the first five consecutive power shots, led by Zamora, over the net in the second set, leaving the Red Cubs staggering on their feet. With their newfound strength, they began advancing to the lead, conjuring formidable strikes, and overtook the Red Cubs’ skills with 23-25, and 21-25 during the third set.

Sometime in the fourth set, both teams struggled for the lead, creating tension as they broke unsuccessfully the continuing ties. Along the 26-26 line, the crowd rose into an uproar as Red Cubs pulled out strong kills, contributing two straight points and owning another set.

“I thought we were going to lose, and it was disappointing,” said Cansancio. “ Luckily, the fourth set gave us the strength to continue. I was really overjoyed by the victory! Thank God for this.”

The Red Cubs are one of the many qualified teams of Cor Jesu College to represent the school and the city in the Davao Regional Athletic Association Meet next year.

-Danelle Gen Flores

SPORTS FEATURE

Symbol of Philippine Pride and Basketball

Aside from boxing, basketball is one of the most popular sports developed in the Philippines. With most Filipinos having a habit of watching basketball on TV, playing out in the court with their friends or family, and supporting different teams of athletes, it is not a surprise to know how many fans of this sport are.

Because of that, numerous lining up to form and recruiting potential athletes across the country, just like those under the Philippine Basketball Association. But one of the most popular teams of the nation is none other than the Smart Gilas Pilipinas.

Smart Gilas Pilipinas is currently the developmental national basketball team of the Philippines, obtaining their name from both the Tagalog word ‘gilas’, which means pride, and their corporate sponsor, the telecommunications company, Smart Communications.

During the 2009 preparations, the team played exhibition games against FIBA teams, where game results were consistently close. Scrimmage games were also held during their training camp in Las Vegas, Nevada and managed to pull of surprise wins against the most favored American Basketball Association’s Las Vegas Aces.

Their name began to arise in 2010 in the big leagues as they garnered third during the 25th Dubai International Basketball Tournament behind Lebanon and Iran on January, seventh during the 2010 FIBA Asia Champions Cup on May, fourth during the 2012 William Jones Cup on July, and other various Asian and International games. They finished fourth also during the FIBA Asia Stankovic Cup, qualifying them into the 26th FIBA Asia Championship in 2011, which, in turn, will be the qualifying event for the 2012 London Olympics.

In 2013, the team was renamed Gilas Pilipinas, with Smart Communications continuing to be the program’s main sponsor. Under the leadership of Vincent “Chot” Reyes, the appointed head coach of 2012-2014, the Philippines finished silver in the 2013 FIBA Asia Championship behind Chinese Taipei, bronze in the 2014 FIBA Asia Cup behind Chinese Taipei and Iran, 21st in the 2014 FIBA Basketball World Cup, and seventh in the 2014 Asian Games.

Under today’s leadership of Thomas Anthony “Tey” Baldovin, Gilas Pilipinas will pool for the 2015 Jones Cup in Taiwan and 2015 FIBA Asia Championship in Wuhan, China.

Smart Gilas Pilipinas shows not only the skills of a professional Filipino athlete, but also the competency to level-up with the lines of formidable foreign players around the world, with a strong Philippine heritage.
Red Knights stuns Rogationists, seals soccer crown

Red Knights notched the winning goal over the Rogationist Academy of Davao, claiming the championship crown with 5-4 through a penalty kick after a swift goal through a penalty kick after the RAD’s goalkeeper committed a foul. The team further on to another consecutive strong goals, giving themselves a full pass to the lead. Shortly after, the RAD soccer team countered up with their own two goals, making the tie.

Red Knights went for a full throttle in the first half as they countered the opponents with two consecutive strong goals, giving themselves a full pass to the lead. Shortly after, the RAD soccer team countered up with their own two goals, making the tie.

Robin James Castanares led the team further on to another tie with 3-3 after drawing a swift goal through a penalty kick after the RAD’s goalkeeper committed a foul. Going after their missed attempts, the Red Knights’ Joshua Yves Narciso threw a massive follow up kick during the second half, conveying them to the success of the match and the title as champions.

“The game was fun and I’m glad that we won,” quoted Michaela Andrea Sardido, Lady Lancers’ captain ball. “All our efforts and sacrifices in preparing the game were very much worth it. It wouldn’t be effective if we didn’t work as a team.”

- Danelle Gen Flores

Mastering Balance

Athletic scholarship, a rising strategy, is pursued in order to lend the struggling a hand to battle the peaking fees and strengthen school varsities. Basically, the opportunity of private schooling, the shouldering of basic living expenses and a chance to show athletic skills make the athlete liable to a challenge, being a good student at the same time. This equal but opposite challenge is an issue. Some scholar athletes are responsible of skipping classes, lawlessness to school policies and poor school performance, acts that are sometimes individual or severer to them. To recount their excuses, studying by day and training by night is a drawback to the supposedly balanced masters of mechanism.

The opportunity (good) that roots from poverty (bad) and the challenge of a student athlete (bad) caused by the opportunity (good) is a matter that should be balanced, the Taoist proves. One shouldn’t abuse the opportunity or be incompetent in the challenge. At the end of the day, the most excellent students, it only implies that student scholars should master balance of the soul, which is needed by the sporting body to perfect mechanism and the schooling mind to study well. Mastering balance will also complete their challenge, somehow paying their moral debt to the school.

The duality that some athletes seem to abuse and fail in, a drawback to the most excellent students, it only implies that student scholars should master balance of the soul, which is needed by the sporting body to perfect mechanism and the schooling mind to study well. Mastering balance will also complete their challenge, somehow paying their moral debt to the school.

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