



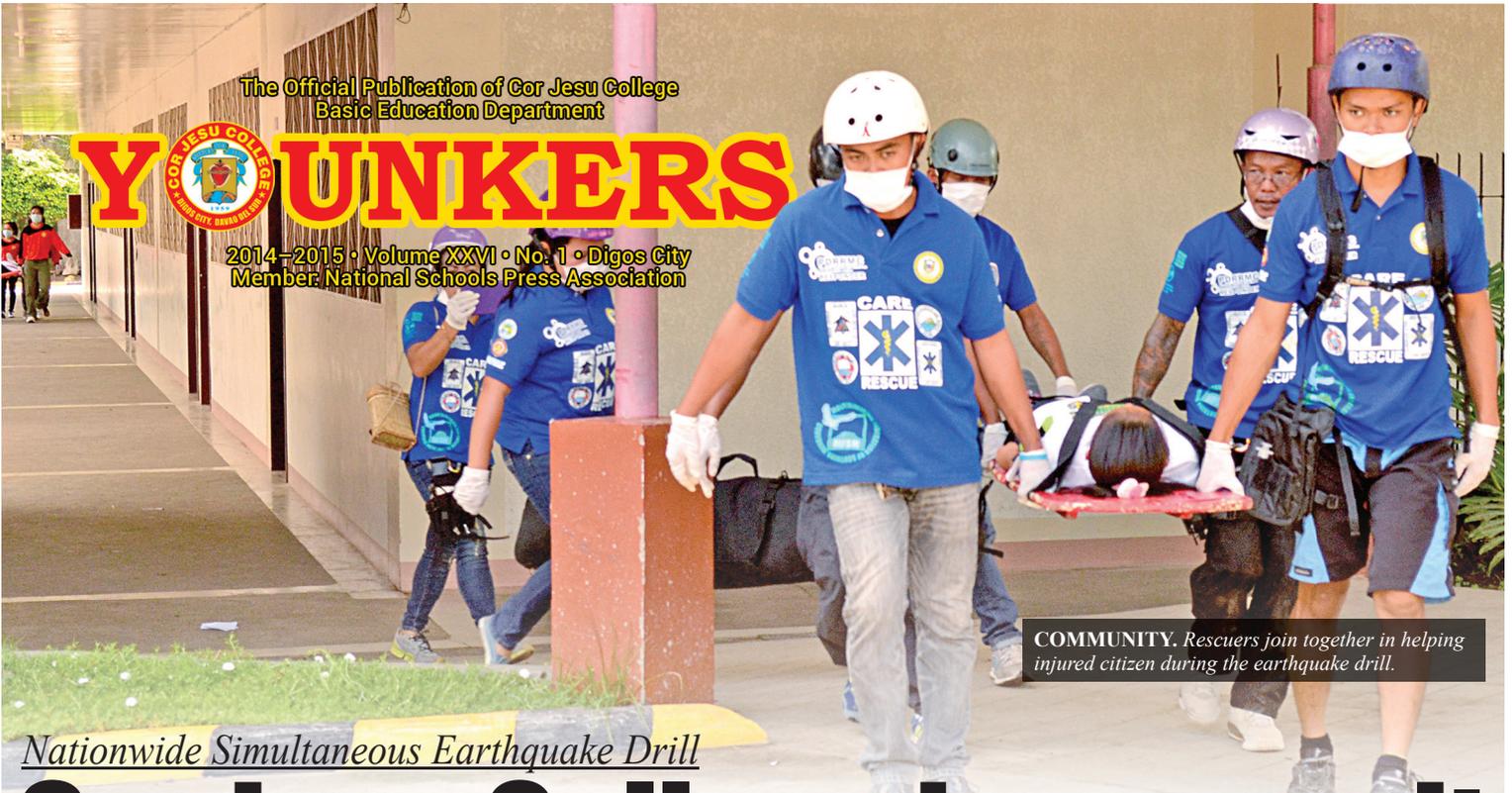
FEATURE:
The Grandeur of
Unsurpassing beauty



SPORTS:
Digos City Meet 2014:
Montinola kicks Navidad



SCIENCE & TECHNOLOGY:
Herbal Life: Wonders of
Papaya Leaf



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Basic Education Department

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COMMUNITY. Rescuers join together in helping injured citizen during the earthquake drill.

Nationwide Simultaneous Earthquake Drill

Cor Jesu College bags merit

Cor Jesu College bagged with flying colors when it garnered 97% during the 3rd quarter Nationwide Simultaneous Earthquake Drill last July 2, 2014 in response to the Memorandum Order of USEC Eduardo del Rosario, Office of Civil Defense Administrator and Executive Director of the National Disaster Risk Reduction Management Council (NDRRMC), dated February 26, 2014 and in

pursuant of R.A. 10121.

The activity was participated by the teachers, staff and employees spearheaded by Bro. Ellakim P. Sosmena, SC, school president, City Disaster Risk Reduction Management Council (CDRRMC) disaster responders and Kabalikat Radiocom, ALERT, RECON, CARE group Digos and Provincial Risk Reduction Disaster Management Council (PDRRDM) Davao del Sur.

The drill started at exactly 9:00 in the morning with a loud sound of the siren that marks the start of the said drill. All students including school staff, visitors, and canteen workers immediately performed the DROP, COVER and HOLD and afterwards another loud sound was heard indicating an aftershock in which all the participants went out from the building towards the assembly area through a buddy-

buddy system.

The evaluators of the drill were Gen. G. Rirao, AFP (Ret.), MNSA, MPA (RDRRMC XI Chairperson and Regional Director OCD XI); Atty. Joseph R. Penas, CPA (City Mayor, CDRRMC Chairman); Atty. Einstein Garry R. Taghoy (CDRRMC Executive Officer); SFO3 Felix Ticong (Bureau of Fire Protection); and Engr. Rolando Oroc (DPWH Digos). *(Kristoferson Aslian)*

CJC - BED graduating students conduct tree planting

Manifesting the value of the pillar which is community, elementary and high school graduating students of Cor Jesu College-Basic Education Department engaged in the tree planting activity as parcel of the community engagement to the adopted barangay of the said institution which is Barangay Igpit, Digos City, Davao del Sur last August 7, 2014.

The 63 grade six (6) and 121 4th year high school students had their departure at 6:00 in the morning. When they all arrived in the site, they immediately

planted the estimated 1,840 seedlings procured by the Provincial Environmental and Natural Resources Officer (PENRO) along the riverbanks of the said barangay. The barangay chairman in the person of Mr. Rodulfo C. Esma also expressed his undying support to the activity to promote the advocacy of the young ones in attaining the clean and green environment.

There were six (6) faculty members who facilitated the affair towards its success namely: Madam Princess

Panelo (Science Teacher); Madam Oharra Tee (TLE teacher); Ms. Grace Lano (MAPEH teacher); Madam Maria Philinda Trondillo (School nurse); Mr. Retchelle Sangco (Math teacher); and Mr. Jeffrey Paloga (TLE teacher).

"It was indeed a good training ground for our students to nurture their passion of continually protecting our environment," said by Madam Oharra Tee. And the activity concluded at around 12 noon. *(Chelsea Fernandez)*

Newsbit

Broa qualifies Int'l Dance Workshop

Embracing the pillar of excellence, Dann Ian Broa, Cor Jesu College-Basic Education Department teacher qualified for the International Dance Training and Workshop on February 24-28, 2015 to be held in Boracay, Philippines. The participants will be coming from the different schools in the Philippines and in Southeast Asia. *(Gia Albacite)*





UNITY. Cor Jesians run together to achieve their goal.

Cor Jesians initiate Fun Run for a Cause

Cor Jesu College - Basic Education Department initiated a Fun Run in order to help the pupils in Igpit Elementary School last November 23, 2014.

The Fun Run was joined by more than 400 students and pupils (from grades 4 through 4th year), which were facilitated by the faculty and staff. The registration was 50 pesos which will be used to build a mini library in Igpit

Elementary Schools.

The activity was organized by the High School Student Supreme Government Officers, Pupils Supreme Board, Moderators, and Mr. Angelo M. Angelo.

“The affair endowed the participants to manifest the pillars of apostleship and community,” said Jun Rey Dequiña, school activity coordinator. *(Chelsea Fernandez)*

Cor Jesu College-BED gears towards PAASCU Level II

Gearing for excellence, Cor Jesu College - Basic Education Department’s aim is to attain level II accreditation of the Philippine Accrediting Association of Schools, Colleges and Universities (PAASCU). The visit will be on February of 2016.

There are eight (8) different areas that will be looked into namely: faculty, instruction, laboratory, administration, library, support services, community extension and physical plant. To secure the best outcomes, the following persons are tapped for their roles to portray such as the coordinators, teachers, personnel and non-teaching personnel. There were also other concerns necessary to set the groundwork for the visit

namely: conduct of meetings and workshops to enhance teaching skills, assessment of acquired equipment, furniture and fixture, and collecting and preparing various exhibits to support the application, organizing ad keeping of various files.

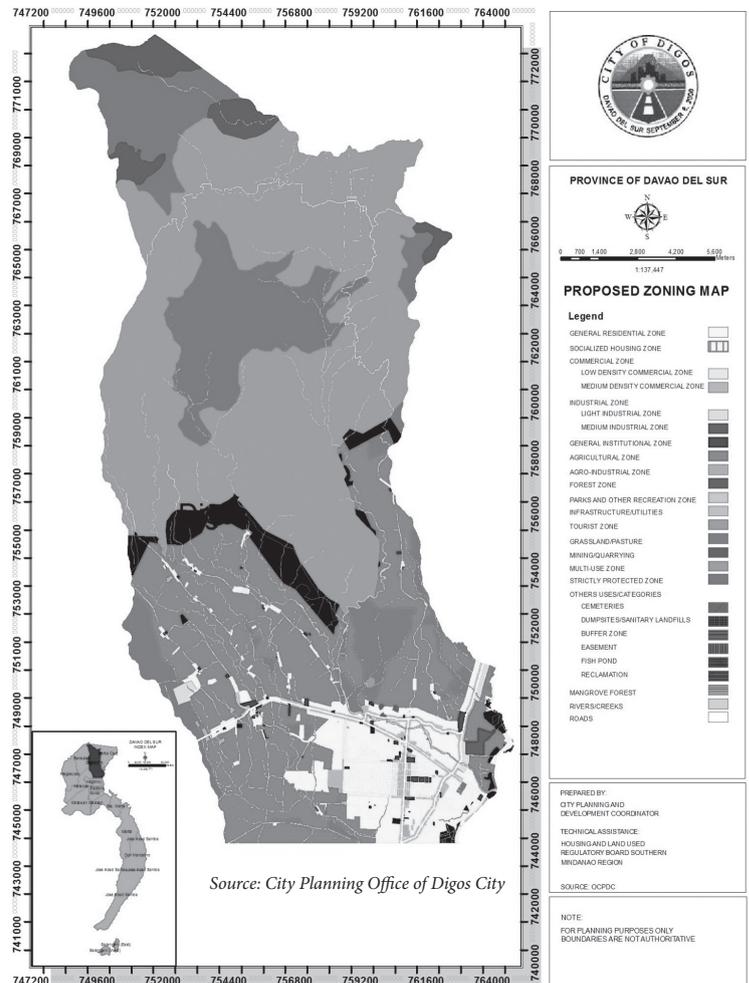
“If we will be PAASCU accredited, implications will be: first, we can direct our efforts, second, we will be evaluated base on the standards of this accrediting body and third, we will be considered a standard school offering quality education in Davao del Sur,” said Dr. Kirt Anthony Diaz, the principal of the Basic Education Department (BED) and Director of Institutional Affairs. *(Francis Alcomendras)*

City in the South on its way to progress

Leading in attaining great developments through the pursuit of Comprehensive Development Plan, Digos City has been discussing that the plan will have its realizations in the range of 10 years starting from 2015 to 2025. The major aspects that the city government is focusing on for the said plan are: social, economic, and environment development sectors. And the total budgetary requirements for the said development amounted to P311, 892, 320.00 comprising the

50.53% of the total investments for CY 2015.

In the social development sector, the following areas are comprising the city of Digos its priority namely: spring development/waterworks system and sanitation program; purchase/development of land/establishment of housing units; rehabilitation/improvement of multi-purpose halls; repair/maintenance of Day Care Centers. For the economic development sector includes the

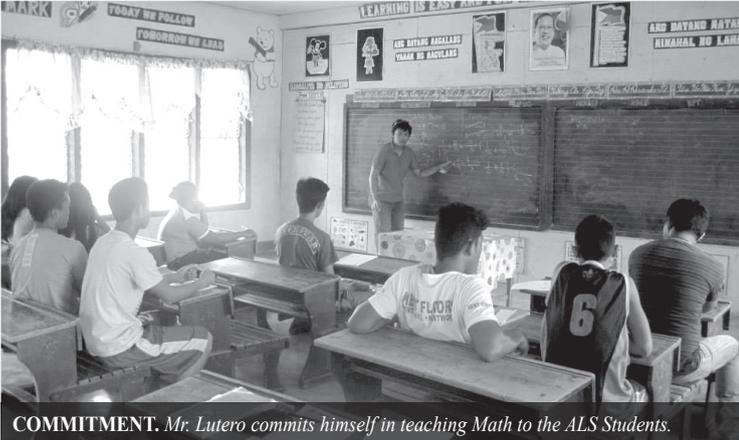


barangay roads; construction/improvement of slaughterhouse facilities; construction of north-bound bus terminal; construction of drainage system along city roads. And for the environment management and development sector consists the rehabilitation/improvement of controlled dump site; construction/rehab/improvement of flood/erosion

control projects; upland habitat protection/reforestation/urban greening program.

This plan is crafted to have a road map in order to set the direction in bringing Digos City to concrete progress, however, since Digos is a component city, the plan must be finally approved by the province. *(Giveth Singco & Chelsea Fernandez)*

Teachers engage in Tutorial for ALS Students



COMMITMENT. Mr. Lutero commits himself in teaching Math to the ALS Students.

Engaging the pillars of apostleship, excellence, and community, CJC-BED teachers conducted tutorial to students taking up the Alternative Learning System (ALS) program in different schools of Davao del Sur.

The program was part of the community extension of the school wherein they gave tutorial to those ALS students as part of their review for them to pass the promotional exam. Teachers involved in the tutorial were from

different subject areas in order to meet the academic needs of the students. This was done every Saturday in the morning.

This year's adopted schools for the program were Don Mariano Marcos Elementary School, Igpit National High School, Matanao National High School, and Magsaysay National High School.

Teachers involved in the program were given Php150 every Saturday as their allowance. *(Shane Espinosa)*

K to 12 preparation

New H.E. Building soon to construct

Living the value of excellence, Cor Jesu College-Basic Education Department students will soon experience a modern Home Economics building to provide more holistic learning environment for the students.

The said building will be a mini-hotel type in which students can learn better in all areas of the subject such as housekeeping,

cooking, hotel management and many more. These will allow students to make use of facilities that can procure adequate learning and exposure among them.

The H.E building will be occupied by Grades 4–6 and 7–12 students. And the proposed date of construction will be this summer of school year 2015–2016. *(Frankie Monteverde)*



CJC-BED is K to 12 ready

Gearing for excellence, Cor Jesu College-Basic Education Department is having great preparations on the implementation of the K to 12 program termed as the enhanced Basic Education Act of 2013, or Republic Act No. 10533, signed on May 15, 2013 that covers Kindergarten and 12 years of basic education to provide sufficient time for mastery of concepts and skills, develop lifelong learners, and prepare graduates for tertiary education, middle-level skills development, employment, and entrepreneurship.

Program implementation in public schools is being done in phases starting SY 2012–2013. Grade one entrants in SY 2012–2013 are the first batch to fully undergo the program, as well as the Grade 7 (Junior High) are the first to undergo the enhanced secondary education program.

To facilitate the transition from the existing 10-year basic education to 12 years, DepEd is also implementing the SHS and SHS Modeling. Private schools craft their transition plans based on: (1) current/

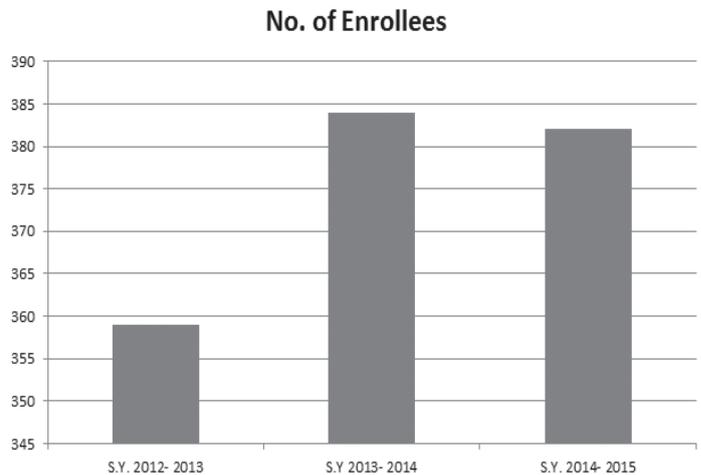
previous entry ages for Grade 1 and final year of Kinder, (2) duration of program, and most importantly, (3) content of curriculum offered.

CJC-BED is currently waiting for the K to 12 based in Manila to pay their visit and conduct inspection of facilities and application of documents. It is equipped in terms of the facilities needed in accommodating students. Teachers who will be teaching for various subject areas in the Senior High with identified expertise are faculty members in the college department of the said institution.

“There might be some problem that might arise more than what we expect such as more students beyond the target number and the possible solutions are first, to limit the population; second, the application of first come, first serve system and third, construct temporary classroom to accommodate enrollees and in order to address the problem,” said Dr. Kirt Anthony R. Diaz, the principal of the Basic Education Department. *(Trisha Fedillaga)*

CJC-BED Enrolment Data (Elementary)

The bar graph below shows the number of enrollees in the elementary level for the three consecutive years, S.Y. 2012–2013, S.Y. 2013–2014, and S.Y. 2014–2015. For the S.Y. 2012–2013, there were 359 enrollees, for 2013–2014, there were 384 enrollees, and in 2014–2015, 383 pupils were officially enrolled.





Letters to the Editor

- I am happy that the pathway along the entrance gate near the administration building was reconstructed. It is a great help for us students especially in rainy days.*

- Cedric, Grade 4
- The Clean As You Go (CLAYGO) really plays a vital role in building the students' responsibility in keeping the campus clean.*

- Filfred, Grade 5
- The remedial classes offered for students who are not performing well in class are indeed significant in bridging the students into more meaningful learning experiences towards attaining success.*

- Celia, parent
- The National Book Month brought a whole lot of fun and excitement among us, pupils for we were taught to devote our time in reading.*

- Catrice, Grade 3
- I observed that there are already ruined ceilings. I hope that the management will undertake immediate actions to avoid accidents.*

- Sophia, Grade 6

Quality Not Quantity

Education plays a vital role in the life of every Filipino for it occupies a central place in political, economical, social, and cultural life in the Philippines. In fact, every Filipino child is really encouraged to go to school and finish their studies.

Today, the Department of Education underscored its commitment ensure that no learner shall be left behind and mandated to provide every Filipino child with access to quality education. However, can we ensure quality education in the 'no learner shall be left behind'?

Quality education is the first major issue that the Philippine government should resolve. The quality of Philippine education has declined few years ago due to, poor results from standard entrance tests conducted among elementary and secondary students, as well as the tertiary levels. The results were way below the target mean score. High drop-out rates, facilities, and overcrowded classrooms are only some that have greatly affected the quality of education in the Philippines.

To address the high drop-out rates, the DepEd has implemented the 'no drop-out policy.' This policy can surely allow all students to graduate or pass in their present level. But, there is a tendency that this will be abused by students who don't love school. Another issue is the school facilities which involve books and other instructional materials for a better learning. Yes, the government promised to provide a ratio of 1:1 for the books, but why is it that there are still students who don't have their books?

Physical environment can greatly affect learning. So, how can the Filipino students achieve a quality education if in a classroom 50-70 learners are occupying?

Every child has the right to education and the government is giving a free education for all. However, the government should also ensure that they have addressed some hindrances to have a quality education. The government has to make sure that the program of 'no one is left behind' cannot affect the quality education that every Filipino is aiming.



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Bottom Line

Louis Raphael Lagare

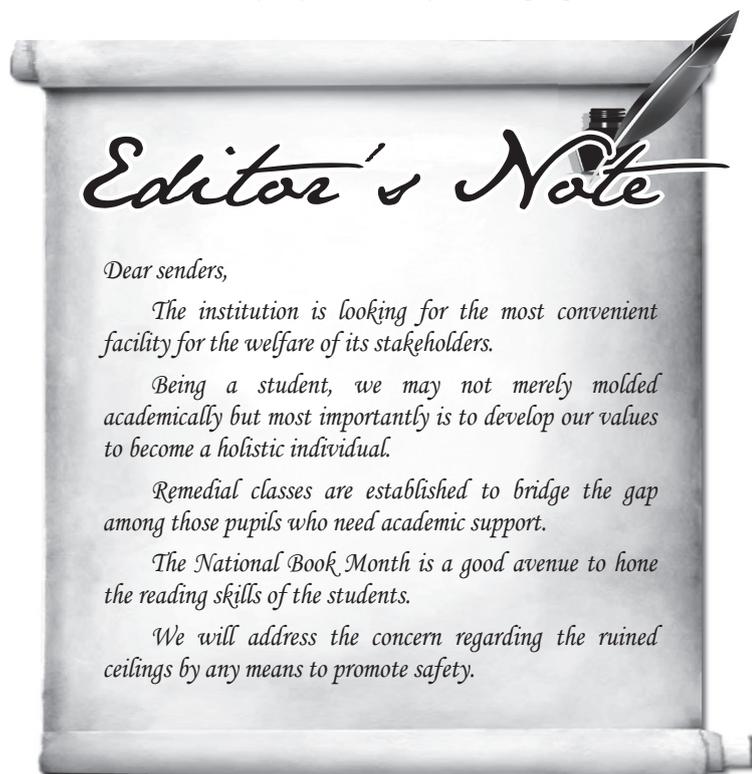
Juvenile Justice System: Just or Unjust?

Begun and held in Manila, on Monday, the twenty-fifth day of July two thousand five. The Republic Act No. 93441, an act establishing a comprehensive juvenile justice and welfare system, creating the juvenile justice and welfare council under the Department of Justice, appropriating funds therefore and for other purposes. According to Section 2 of the said article "Juvenile Justice and Welfare System" refers to a system dealing with children at risk and children in conflict with the law, which provides child-appropriate proceedings, including programs and services for prevention, diversion, rehabilitation, re-integration and aftercare to ensure their normal growth and development. However, can this be a mere solution or can be a menace?

To respond to these discrepancies, states have established a separate court system for juveniles, and they have created a separate, youth-based service delivery system

that is different than that provided to adults. According to the United Nations Children's Fund an estimated 4,000 children were imprisoned at the end of 2005, most of them charged with minor crimes. Under the new legislation, children under the age of 15 cannot be charged with a crime.

Nowadays, we tend to observe that the number of the minors who indulge with criminal offense is augmented due to the reason that they were prone to be exploited because villain ones believe that they will not put into prison. And if the new proposed system will be realized, can this be a solution to mitigate the number of young ones endowed with misdeeds? Or can worsen the scenario for there will only be more children at their very young age who will be forsaken? On the larger scale if we citizens know the difference between the just and unjust actions to take, we can look into the brighter future of the younger generation for indeed they are the people of tomorrow.



Editor's Note

Dear senders,

The institution is looking for the most convenient facility for the welfare of its stakeholders.

Being a student, we may not merely molded academically but most importantly is to develop our values to become a holistic individual.

Remedial classes are established to bridge the gap among those pupils who need academic support.

The National Book Month is a good avenue to hone the reading skills of the students.

We will address the concern regarding the ruined ceilings by any means to promote safety.



THE POLL

No Drop-Out Policy

The Department of Education is now promoting the No drop-out policy. So we conducted a survey on whether the people are agree on this program.

- *The No Drop-out policy is alright as long as there are interventions/ programs made to address the students who are in need of academic support.*
- Mrs. Navarez (Guidance Councilor)
- *This policy is student-centered in the sense that it is looking after the welfare of the students, yet, teachers in-charge must also weigh things to be done in order not to give impartial assessment in terms of giving what is due to the performance of the students.*
- Mr. Jocson (Private School Teacher)
- *The said policy can really empower students' motivation to continue their studies and can be given a chance to have realizations on the significance of pursuing education.*
- Mrs. Hidalgo (Public School Teacher)
- *I just hope that this policy will not forsake the quality education of students and enough efforts will also be given by the teachers to improve the performance of these students.* - Mrs. Movilla (Parent)
- *Indeed, it is also our duty to do well in school and prompt in complying requirements of the different subjects and not lead to be dropped out.*
- Thomas (Student)



Reality Check

Dexter Masongsong, Jr.

Moral Values: Making sense of one's life

Nowadays, when most people talk about moral values among our students in the society is sometimes a tough thing to deal with. Moral Value is defined as the person's standards of behavior or beliefs concerning what is and is not acceptable for them to do or concerned with the principles of right and wrong behavior. However, the challenge now is do our students in this generation understand the significance of possessing moral as vehicle in molding them to become holistic individuals.

Teacher in every school has the duty to impart and model moral values toward students. Values are embedded in the curriculum, the school culture and the behavior of the teacher. Values can be taught explicitly, but values are always interwoven in regular teaching practices. Regular teaching practices

anchor the notion that moral values should also take place at homes. Parents are considered first teachers of their children. They are the one who first educate their young ones to be morally upright but will be a dilemma if parents do not take charge of their responsibilities. Also, our youngsters are not exempted with their obligation of also inculcating in their hearts and minds the teaching of their parents and teachers coupled with efforts that manifest virtuous actions.

Adding moral values to development implies that human development is seen not as a natural biological process, but as a process of giving meaning to the world. It is a process of growing into cultural practices and positioning oneself by articulating what is valuable and it is making sense of one's life.



Building a Strong Community through CHRIST

Praise. Share. Embrace.

Praising God in all the blessings we've received is very important for all of us. We need this as a way of showing our heartfelt gratitude to the Almighty Father. And lifting our faith towards Him whatever endeavors we may undertake.

Sharing what we have either experiences or things is a helpful instrument in building a deep relationship among family, colleagues, and friends. And helping one another to grow holistically sharing common beliefs and goals.

Working hand in hand is a strong foundation of a powerful community.

Basic Ecclesial Community (BEC) allows each member of Cor Jesu College - Basic Education Department faculty and staff to build a strong and prayerful community.

For over 30 years, BEC has played a vital role in the life of CJC-BED educators. It allows each member to worship God not only in good times but also in adversities. It engages them to share feelings and experiences which drawn everyone closer to each other. And lastly, it endows them to embrace the presence of one another. Embracing the perspective that each one of us is considered as gifts in building a strong community in the heart of Christ. **(Chloe Go)**





Cor Jesu

*... a resemblance of soaring new heights
from yesterday up to present*

It just started from a dream and dreams do absolutely come true. It is how this institution came to be amidst all odds and series of ups and downs. Cor Jesu is a manifestation of continuous progress and development. Through several years, it is a pride that entails what it is now to be seen in this institution. Looking back at the past, we can see various improvements mostly from the physical aspect but more importantly how it is able to transformed its stakeholders into globally competitive individuals provided with facilities that will equipped them in their different chosen professions and the teaching especially molding their hearts to be compassionate at all times.

Way back the previous years, the said institution started only in a small community having few concrete buildings and minimal number of students. Faculty and staff are also in small number and only few courses and programs are offered. Facilities were not yet upgraded but not forsaking quality education at all. Library was only a two-storey structure.

The offices are also contain in small rooms wherein the employees can work their tasks. Pathways are concretely built and tough times for students to through

some of the classrooms are not all equipped with amenities. However, years passed and the aspirations to make Cor Jesu what it is now today fuel the desire of the brothers of the Sacred Heart and the administration spearheaded by Bro. Ellakim Sosmena, SC. It is during his time that numerous progresses have been actualized. The major expansion made is the physical structure of the institution. Its Fr. Coindre building is now a five-storey edifice which has an elevator to bring forth and fro faculty, students and personnel. The offices are also located in the ground floor of the building with all the conveniences to make them work in a smooth sailing manner. The library is now leveled up to three storey, fully air-conditioned and filled with updated learning materials. It has led its population increase and several programs and courses are offered. Faculty and staff are growing its number with the needed expertise to produce quality graduates. Pathways are now concretely built provided with sheds for an easy access of students during rainy days. And the classroom are now all designed to address all the necessary facilities for the teachers to easily impart learning.

On the greater perspective, it all started with a vision and later coupled with hard work and dedication to fulfill what we aim. It just happen, and Cor Jesu is an epitome of what it is to bring into realizations plans and dreams in order to draw out the best in all. **(Chloe Go)**

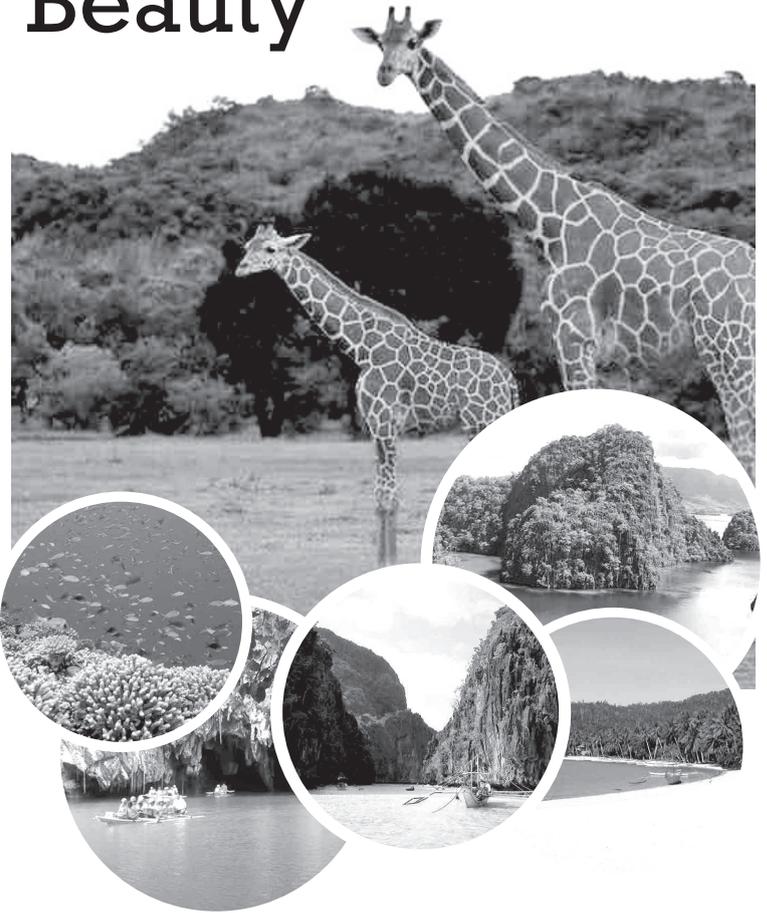
The Grandeur of Unsurpassing Beauty

This paradise is entitled to own pulchritude due to its boundless richness of natural wonders. It seems that it is designed to have all the perfections for it to concretely manifest the mighty hand of God in all the angles and details of this island. Marvelous dwellings will welcome you upon your long journey to experience life to its fullest.

Palawan is a well-known tourist and migrant destination in the Philippines. It is called the country's "Last Frontier" because it is here where the greatest pool of natural resources can be found. A very diverse wildlife, some of them newly discovered and some waiting to be discovered, can be

found on both the forests and the coastal and marine zones. It is also the favorite destination of migrants, both local and international, finding the place a "paradise on earth" because of its white sand beaches and beautiful landscapes. Some of its famous features are the Underground River; Tubbataha Reef; Kayangan Lake; Port Barton; El Nido; Long Beach; San Vicente; and Calauit Wildlife Sanctuary.

Indeed this is a domicile which will bring complete tranquility that transpires in its various places. And one will find voluminous astonishments and excitements once have the opportunity to launch in this heavenly abode. *(Chloe Go)*



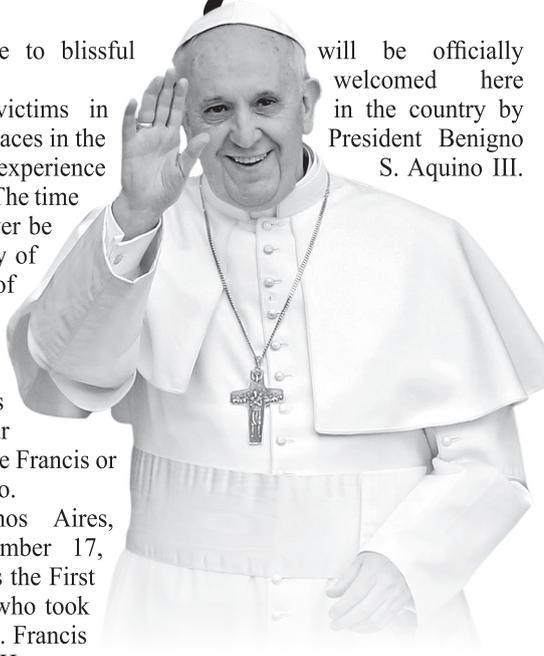
The Holy Visit

From misfortune to blissful experience.

Yes, typhoon victims in Tacloban and other places in the Philippines will soon experience the blissful memory. The time in which it will forever be etched in the memory of all Filipinos. One of the most significant event of the year that will mark a trail in our history. And this is the meeting of our Pope of the Poor, Pope Francis or Jorge Mario Bergoglio.

Born in Buenos Aires, Argentina on December 17, 1936, Pope Francis is the First Pope from America who took his papal title after St. Francis of Assisi of Italy. He was named Pope Francis on March 13, 2013 after he was elected as the 266th pope of the Roman Catholic Church. On December 2013, he was named as the Person of the Year by the Time magazine.

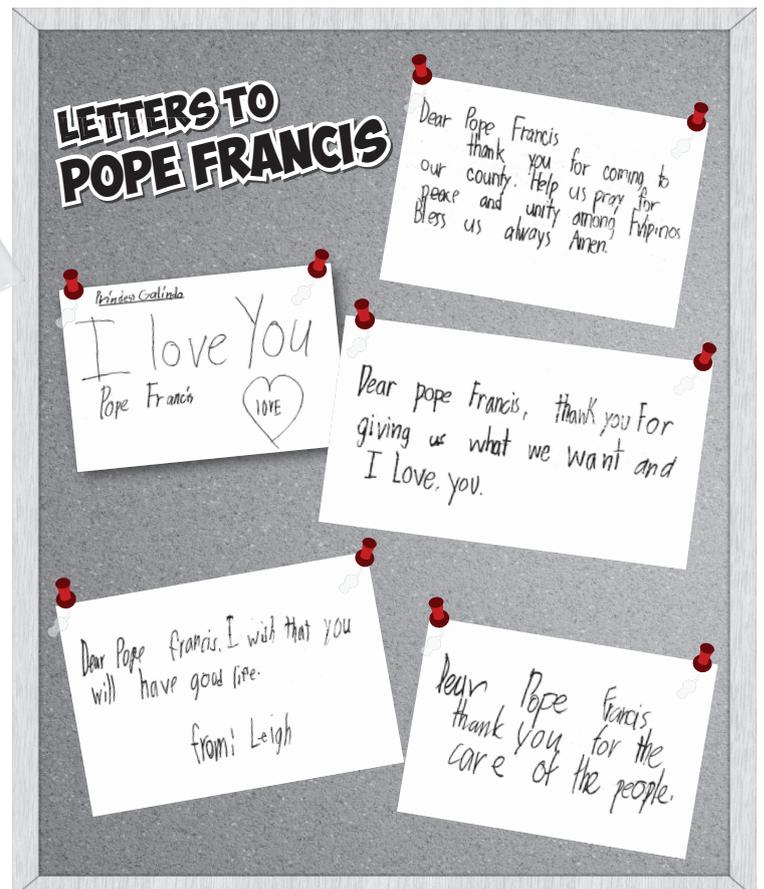
His holiness will have an apostolic trip in the Philippines and bring his message of mercy and compassion to at least 11 places in Leyte and Metro Manila. The Pope



will be officially welcomed here in the country by President Benigno S. Aquino III.

He will offer masses and have lunch with the poor and the survivors of natural calamities.

And now, Luzon, Visayas, and Mindanao are united in preparation of the Papal visit, which will be this coming January 16-19 2015. Places, where Pope Francis will stay were made sure for its safety. People are excited to meet the Pope of the Poor. *(Louis Lagare)*



Herbal Life

15 Wonders of Papaya Leaf

Most people know about papayas but not many know about the amazing health benefits of Papaya Leaves. Papaya Leaves contain powerful healing compounds that are very important for great health and vitality... and for curing cancer and dengue fever. Aside from that, Papaya leaf can be used to cure the following health problems.

- Indigestion-Heartburn - Papaya Leaves are great for getting rid of invading bacteria that cause upset stomach problems because they contain karpain which kills bacteria.
- Break Down Wheat Gluten - Papaya Leaves have the ability to break down wheat gluten making it easy to digest.
- Cancer - Papaya Leaves have a milky sap that's great for preventing and killing cancer cells because it contains acetogenin.
- Prostate Enlargement - Papaya Leaf tea can help with benign prostate enlargement and also help with rectal lesions problems associated with prostate enlargement.
- Acne Remedy - If you have acne then take dried Papaya Leaves and putting them in a blender with just enough water to make a paste. Then take the paste and used it as a mask, let it dry, and then wash it off... it works great for acne!
- Increase Platelet Count - Papaya Leaf Tea cures thrombocytopenia or low platelet counts which keeps a person from clotting. There have been many studies showing that Papaya Leaf Tea can increase platelet counts in cases of vitamin deficiencies, chemotherapy, dengue fever and more.
- Menstrual Pain - Take 6 Papaya Leaves and boil them in a liter of water for 15 minutes. Then add any kind of juice that you like... let cool and drink one large glass 3 times a day.
- Laxative - Papaya Leaves made into a strong tea also work well as a good laxative... for those who suffer from constipation.
- Dengue Fever - Papaya Leaves made into a tea lower fevers and helps with colds, flues, and even dengue fever... and some even call it a cure for dengue fever.



- Skin Problems - Papaya Leaves can help with fungal infections of the skin, warts, scars... and get rid of freckles.
- Increase Appetite - Papaya Leaf tea increases appetite bringing vigor and vitality back to the body.
- Cataracts - Papaya Leaf tea can prevent cataracts.
- Emphysema - Papaya Leaves contain lots of Vitamin D which prevents emphysema.
- Immune Booster - Papaya Leaves contains lots of powerful antioxidants that boost your immune system and stave off cardiovascular disease, strokes, and cancer. Papaya Leaves create "Th1" a cytokines which boost the immune system and fights cancer.
- Anti-Aging - Papaya Leaf also contains 50 or more different amino acids such as: threonine, glutamate acid, glycine, valine, leucine, phenylalanine, lysine, tryptophan, cysteine, histidine, tyrosine, alanine, proline, aspartate, and more... and some of these agents are used in cosmetics for creating young healthy looking skin, and have been used as anti-aging compounds. *(Source: Dr. Paul Haider & Researched by: Wilfred Malilay & Filfred Calma)*

Dancercise

In most countries, you can hear the energetic sound of Latin music playing outside your field.

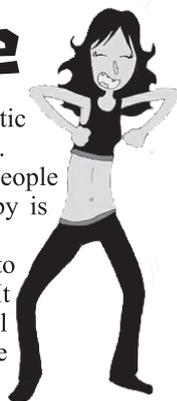
When you go out you can see bounteous people sweating while dancing to the beat, this hobby is called Zumba.

Zumba is a hobby which is designed to keep us in touch of our body, weight and fat. It involves music, dance and exercise. It is like all of the most important pros in weight loss are merged together.

Approximately 14 million people take weekly Zumba classes in over 140, 000 locations across more than 185 countries. This means that it isn't just a hobby that can be turned down easily.

It might not be easy at first, there's a slight learning curve, but it's easy to pick up and millions of people do Zumba for fitness.

With this hobby, people can stand from their beds to start dancing to the rhythm, just like the quote of Zumba says, "Ditch the hanging time, and join the party." *(Dexter Masongsong)*



National Science Camp 2014

Aslian grabs major awards

With the theme "Enginium: Transforming the City of Zepherum" means making the world a better world a better place by engineering, this year's NCSIW was held at Villa Alfredo's Resort, San Fernando, Pampanga on December 16–19, 2014.

This event was participated by over 650 pupils from different schools in the Philippines including the eight (8) grades 5 and 6 in CJC- BED.

One of the participants of the school was Kristoferson Aslian wherein, he grabbed major awards such as Most

Artistic, Best Subcamper, Best in Overall Workshop, Best Bata, and Most Productive in Workshops. Aslian is a Grade 6 pupil and it was his first time to join the event.

"During the event, I just made sure that I gave all my best and most of all I just shared how Cor Jesu College molded me as a learner," said Aslian.

The kids were accompanied by their supportive moderators, Mrs. Hazel Alim, Grade 5 Science teacher and Mrs. Miriam Vivienliegh Mori, Math and Science Coordinator. *(Dexter Masongsong)*

Homexplore

Make an Electromagnet

YOU WILL NEED:

- A large iron nail (about 3 inches)
- About 3 feet of THIN COATED copper wire
- A fresh D size battery
- Some paper clips or other small magnetic objects

WHAT TO DO:

1. Leave about 8 inches of wire loose at one end and wrap most of the rest of the wire around the nail. Try not to overlap the wires.
2. Cut the wire (if needed) so that there is about another 8 inches loose at the other end too.
3. Now remove about an inch of the plastic coating from both ends of the wire and attach the one wire to one end of a battery and the



- other wire to the other end of the battery. See picture below. (It is best to tape the wires to the battery - be careful though, the wire could get very hot!)
4. Now you have an ELECTROMAGNET! Put the point of the nail near a few paper clips and it should pick them up!

NOTE: Making an electromagnet uses up the battery somewhat quickly which is why the battery may get warm, so disconnect the wires when you are done exploring.

HOW DOES IT WORK:

Most magnets, like the ones on many refrigerators, cannot be turned off, they are called permanent magnets. Magnets like the one you made that can be turned on and off, are called ELECTROMAGNETS. They run on electricity and are only magnetic when the electricity is flowing. The electricity flowing through the wire arranges the molecules in the nail so that they are attracted to certain metals. NEVER get the wires of the electromagnet near at household outlet! Be safe — have fun!

Science Trivia



If you yelled for 8 years, 7 months and 6 days, you would have produced just enough **sound energy** to heat up one cup of coffee.

It's easy to browse with PISO NET

Innovation is truly evident in today's generation.

Easy to operate. Secure. Less electricity consumption: these are just few of the benefits in using Pisonet.

PisoNet is an Internet rental services that can generate income using coin slot, which allows users or costumers to browse the Internet for as low as P1.00. The best thing about PisoNet is that, it uses WiFi receiver to connect you to the Internet, no more hassle cables. Just insert a coin and you are free to browse any site you want from the Internet.

Moreover, the PisoNet box is also secure while you get to give your customers the option to play on a staggered time basis based on what or how long he or she needs to play in the computer or use it online for any purpose.

For business-minded person who wanted to earn more yet spend less for electricity, PisoNet



is a good business for you since the computer units will only be turning on when a customer uses them.

Indeed it's more fun in browsing the Internet using the PisoNet. It is available to anyone who is looking to use it for a certain time at a cheaper option by minutes. *(Kate Ordaneza)*

Recent space discoveries to blow your mind

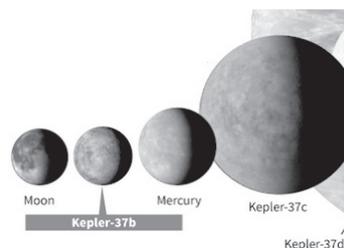
Source: National Aeronautics and Space Administration Space
 Researched by: Eric Flores & Christian James Cubita

Scientists discover 'mega Earth'

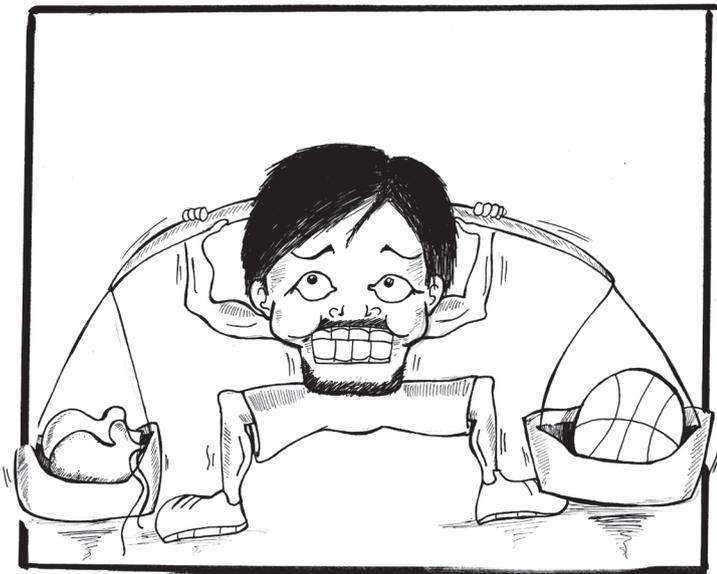
At the meeting of the American Astronomical Society in Boston earlier this week, Dimitar Sasselov, director of the Harvard Origins of Life Initiative announced the discovery of a planet double the size and 17 times heavier than earth. Named Kepler-10c it dwarfs all other rocky planets, with Sasselov describing it as "the Godzilla of Earth."



The smallest planet



Discovered in February last year, Kepler-37b is the smallest planet that has been discovered — so far. This tiny, fiery planet is just a little bit larger than our moon and is three times closer to its star than Mercury is to our sun, making its average temperature a sizzling 425°C.



Dribbling the Hardest Fight

Our pound for pound king Manny Pacquiao is known for his passion for basketball supporting teams like the San Antonio Spurs, Boston Celtics, and Los Angeles Lakers.

EDITORIAL

The 35-year-old Pacquiao even joined the Golden State Warriors camp in the recent offseason. Pacquiao also owns the MP Hotel Warriors, a team in the PBA Developmental League. And currently, KIA Sorento team owner Jose 'Pepito' Alvarez tap boxer Manny Pacquiao as the PBA expansion team's player coach. Can this be another milestone for Pacquiao or again an arena of criticisms.

On the larger scale, various criticisms now exist and one of this is that many are questioning his qualifications to become a basketball coach and will still be able to devote his whole heart to this wherein fact he has manifold things to indulge to such as his boxing and political careers.

However, nobody can tell as to which field will a person desires to be. A decision can be made especially when the mind coordinates with the spirit of willingness to undergo the areas of his career paths. Thus, we will always leave the final say to our boxing hero for which it is his right to realize his ideals.



STRENGTH. June Mar Fajardo of Gilas Pilipinas throws a powerful lay-up against the big men of Greece. (Source: google image)

Gilas Pilipinas leaves a trail in FIBA World Cup 2014

Team Gilas Pilipinas earned the recognition as the Most Valuable Fan Best Country in the 2014 Fiba World Cup announced last September 15, 2014.

Fiba World Cup took place in Spain from August 30 to September 14, 2014. It was a tough game for the said team before reaching this far. Philippines conquered numerous countries in the last held 2013 FIBA Asia Championships. There were nine (9) competing countries with corresponding scores in which Philippines surmounted before FIBA world cup namely: Saudi 76-66; Jordan 77-71; Chinese Taipei 84-79; Japan 90-71; Qatar 80-70;

Hong Kong 67-55; Kazakhstan 88-58; South Korea 86-79; and Iran 85-71.

Gilas Pilipinas suffered a string of heartbreaks in its return to the World Cup in 36 years but the support from its countrymen never wavered. And if anything, it grew even more. The world meet, saw Gilas win the country's first in that scale in 40 years. And the Philippines' will to win and heart gained the attention and respect from fans all over the world. Team USA captured the gold medal after handily beating Serbia early Monday morning (Manila time). *(Filfred Calma & Alexis Magaway)*

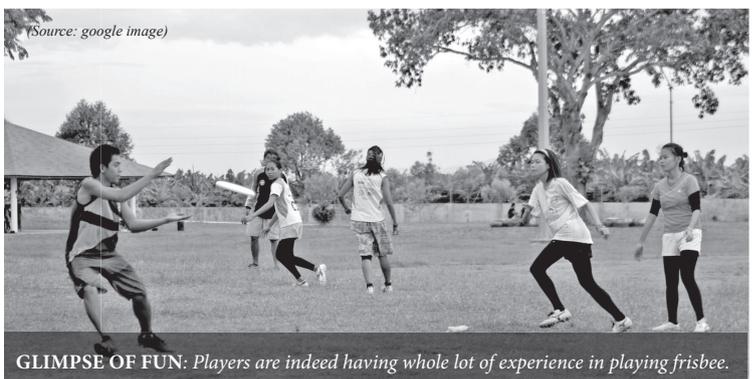
It's more fun in playing Frisbee

Want to stay fit and energetic? Play Frisbee.

Frisbee or Ultimate Frisbee is played with a plastic disc instead of a ball. The idea is to work your way down the field by passing the disc back and forth to teammates—while avoiding opposing players—until you score into the other teams' end zone. With no referees, the heart of the sport is its spirit of

sportsmanship and fair play. Not only that, for playing Frisbee, you can surely get health benefits. With its nonstop action, you will surely burn lots of calories while building agility, cardio endurance and lower body strength.

So, what are you waiting now, let's play Frisbee and stay healthy. *(Honey Sinarillos & Eloise Delos Reyes)*



(Source: google image)

GLIMPSE OF FUN: Players are indeed having whole lot of experience in playing frisbee.

Sports Trivia

NBA Players who received the **Maurice Podoloff Trophy** are those who awarded as the Most Valuable Player.





KICK OF VICTORY: *Montinola casts all his might to defeat his opponent.*

Digos City Meet 2014

Montinola strikes Navidad

Jeff Montinola of Cor Jesu College defeated Radz Justine Navidad of Ramon Magsaysay Central Elementary School in the City Meet Taekwondo competition last December 13, 2014 at Don Mariano Marcos Elementary School.

It was a crucial fight for after the second rounds, Navidad was

declared as the winner but only to find out that the jury committed a mistake in the total score thereby declaring Montinola as the official winner having a score of 13-12 in favor of CJC. Montinola grabs the Gold Medallion. He will be representing Digos City in the forthcoming Davao Region Athletic Association (DAVRAA)

Meet this coming February 2015.

Montinola started his taekwondo hobby at the age of eight (8). “Jeff truly lives the pillar of excellence. He’s always determined to win in every competition and his enthusiasm enables him to reach his goal,” said Mrs. Jingle Navarez, Montinola’s coach. *(Honey Sinarillos)*

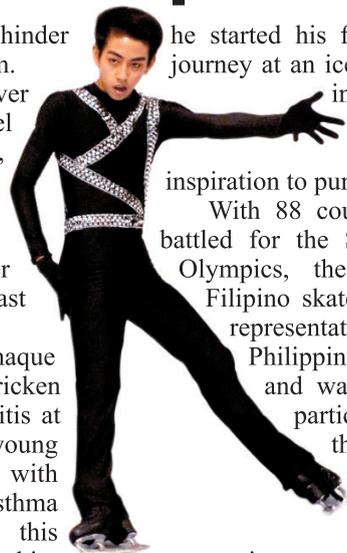
The Sole Filipino Winter Olympian

Nothing can truly hinder in reaching one’s dream.

Who would ever think that Michael Christian Martinez, who just recovered from asthma, will become the first Filipino Winter Olympian in Southeast Asia?

Born in Paranaque City, Martinez was stricken with asthmatic bronchitis at two months old. As a young boy, he struggled with sports because of his asthma attacks. However, this condition did not hinder him to pursue his passion in sports.

When he was 8 years old,



he started his figure skating journey at an ice skating rink inside a mall, where he found the inspiration to pursue sport.

With 88 countries which battled for the Sochi Winter Olympics, the 17-year-old Filipino skater is the sole representative of the Philippines at Sochi and was the first to participate in the Winter Olympics in 22 years.

Success is never easy to achieve. His young figure skating career did not come

without hitches, though, as he sustained multiple injuries. His most recent was a fractured ankle that took him out for two months in 2013.

After high school, Martinez participated for the second time in the 2013 World Junior Championships and placed 5th.

He made his figure skating debut in the 2010–2011 season of the Junior Grand Prix series and has participated in succeeding events.

Michael Christian Martinez, a Filipino blooded citizen has only proved that nothing is impossible if you just believe in yourself and determined to achieve success. *(Gweneaver Ano-os & John Carl Dable)*

Team C reigns Intramural 2014

Team C was declared champion during the Intramural 2014 last October 28–31, 2014 at Cor Jesu College Gym.

Team C, which was composed of grades 1 through 6 had won the majority of the games such as Volleyball girls and boys, amazing race and many more. Moreover, they have also won socio-cultural events namely Doble Cara (1st place), Vocal Duet (2nd Place), and Pop dance (3rd place).

The team garnered more than 3,000 points which made them as the overall champion in the elementary category.

“Teamwork and unity were the keys for us to win the activities,” said Louie Ann Dotimas, team C member. *(Sophia Rosales)*