

'PABLO' wrecks havoc in Mindanao, **CJC turns Santa to victims**

December 4, 2012, typhoon Valley, last December 12 to 17. Pablo left with more than 1,000 people dead, 2,500 injured, 800 and administrators contributed

Cor Jesu College, extending its value of community, donated sacks of rice, clothes, canned goods, and medicines to the devastated areas.

These simple Christmas gifts will help ease the suffering of the typhoon victims.

Led by the Brother Polycarp Foundation and the Brothers of the Sacred Heart, the relief goods were delivered to Sitio Andap

Hitting the Philippines last and Monkayo, Compostela

The students, faculty, staff, missing, and 6,203,826 affected. to the relief efforts and helped in distributing the relief goods to the victims.

> "I was totally in sorrow when we saw the situation of the families devastated by the typhoon," said Fara Cervantes, the student government president.

> The government estimated a total of PhP25 B damage in agriculture, infrastructure, and private properties. (Joshua Tuason)

PIECE OF BREAD. Children in New Bataan, Compostela Valley are asking help for from passing motorists holding a "Help Us Here" signboard.

CJC-BED all set for ESC, PAASCU visits - DR. DIAZ

"Education for All: A Way and a School and Barangay, and Niez)

Education Department is ready ESC and PAASCU accreditation visits on January 16 and February 11-12, 2013 respectively.

The project entry was entitled,

"With our current efforts and preparations, I am confident that Cor Jesu College will be promoted to Level I," said Kirt Anthony R. Diaz, Ph.D., principal of CJC-BED.

This will greatly affirm the quality of education that the department is providing to its

The evaluators will analyze nine different areas in the department where Instruction, Administration and Faculty play a central role for their approval.

Other areas are Philosophy, Library, School & Community, Laboratories, Physical Plant and Student Services.

The department, in its selfsurvey, got excellent remarks to almost all PAASCU indicators

Cor Jesu College - Basic and most of the time, exceeds visits are prepared. Improvement

Capability Building, Support

the minimum standards. Moreover, subject coordinators conducted formative visits to teachers to assess and improve their teaching strategies and classroom management.

Also, the necessary documents that the evaluators will look over for the coming of the school's facility was also

(Farah Cervantes and Julia

If CJC-BED will be accredited to PAASCU Level I, "it will gain an official recognition that we are a school of excellence," Guidance Counselor Jingle Navarez. (Nyll Gabrylle Gascon)



NEWS

CJC responds to DA's OMG Program

Matching up with the Department of Agriculture's Oh My Gulay Advocacy Program: Gulay sa Paaralan, Cor Jesu College - Basic Education Department students made a school garden.

The "OMG Advocacy Program" aims to create awareness about the nutrition value of common vegetables and encourage families and students to include these in their diets.

Last June 2012, the students started planting vegetables on their gardens. This was done during their Technology and Livelihood Education (TLE) classes.

"Teaching the students the importance of food nutrition and the value of hard work is

the primary consideration of this program," said Mrs. Oharra Tee, a TLE teacher.

"Seeing the vegetable growing in our garden inspired me to do the same to our home," said Dane Marc Carpizo, a grade 7 student, during their TLE class.

The DA launched program since statistics show that Filipinos rank lowest in vegetable consumption, and the Philippine Food and Nutrition Research Institute (FNRI) said that 26 per 100 children or about 1.8 million school children are underweight; 33 per 100 children or about 1.2 million school children are stunted for their age; and 20 per 100 school children are anemic. (Julia

DA: APRAA bagged, programs to boost rice growing

Rice farming in our locality proved to be superior as it topped in the first provincial Agri-Pinoy Rice Achievers' Award (APRAA).

"The award was achieved through the Rice Hybridization Project," said Mrs. Antonia Olanda Marfil, Rice Program coordinator. The project aims for quality rice yield, wherein farmers are given hybrid seeds, fertilizers, and insecticides at PhP11,000 per hectare.

DA also launched the Upland Rice Development Program. Initiated in Sta. Cruz, rice seeds were given free to farmers.

Marfil also mentioned the rising awareness of rice growers through the Farmers' Field School for Rice Farmers, a free education about new methods and equipment.

The DA is set to launch further programs as it eyes for better rice yield. (Joshua A. Tuason and Niño Villacastin)



GREEN MONEY. The farmers have greater harvest since the government extended an agricultural assistance to them.

CJC implements K-to-12

By maximizing facilities and human resources, such as laboratories, educators' trainings and seminars, adjustments on the class schedules and regular monitoring, the Basic Education Department implemented the K to 12 Program of the Department of Education.

As a response to the DepEd's go signal, the CJC BED had jumpstarted their preparations last year and had already started implementing the new program.

Among the changes enacted were the Grade VII implementation, as well as the mother tongue-based lessons, construction of the new science and computer laboratories, and enhancement of other school facilities.

CJC BED is also already on its path, targeting the objectives and achieving the goals set by the K to 12 Program of the DepEd for the enhancement of the quality of education for students. (Angelica Careon)

FAST NEWS



PH gains confidence. Visiting Canadian Prime Minister Stephen Harper sees the Philippines as "an emerging Asian tiger," due to increasing stability in politics and economy. Harper pledged to increase Canadian investment in the country during his meeting with Pres. Aquino in Malacañan last November 10, 2012.

2nd Sci-Tech Camp

Campers: Use sustainable energy for the future



SCIENCE IN-MOTION. Science campers intricately finish their improvised "battery-less" camera during the interactive workshop

Calling for the use of science workshops, sci-lectures Science coordinator. sustainable energy for a brighter future, the 160 science campers and 11 moderators jumpstarted the 2nd Science and Technology Camp at Mergrande Ocean Resort, Toril, Davao City last September 21–23, 2012.

Elementary and high school campers engaged in the different science interactive activities. Among these are the anticipated

and entertainment and pledge night.

Physics lectures on optics, mechanics and energy generation were held to advance better understanding on conservation and motion.

"We always offer the best possible opportunities to help our Mother Earth," said Mrs. Miriam Vivienleigh S. Mori, the Math-

"This year's camp responds to the need of our environment for attention and protection," said Jan Kyle Juban, science club president.

The Science Club, coordination with the Math Club, handled the camp.

The camp also celebrated the International Year of Sustainable Energy. (Ken Carillo and Gwyn Fampulme)

Hontiveros: Ban political dynasties

Clannish politics. Corruption. The strong words of Former

Rep. Risa Hontiveros-Baraquel to Cor Jesu College students during the Political Dynasty and Political Education Forum held at Cor Jesu College Gym last November 28, 2012.

political dynasty is a situation where members of the same political family are positioned in the government. She opposed the matter as this may lead to corruption and abuse.

Politics has been controlled by

few notable families. With cases in many provinces, it has become normal for a politician's son, wife, brother, or other kinsman, to run for the same or other government office.

"Such politics exist due to a frail political party system and Hontiveros explained that absence of actions against it," she said. She suggested strengthening the party system and the youth's active involvement with the issue.

> She added that the most effective way to counter it is to pass an Anti-Political Dynasty

Many have called for the Congress to pass the Anti-Dynasty Law, but this bill has been passed over by each Congress since 1987. (Joshua Tuason)



AIDS cases hit DavSur

The Philippines ranked no. 1 in Asia as the highest reported cases of AIDS.

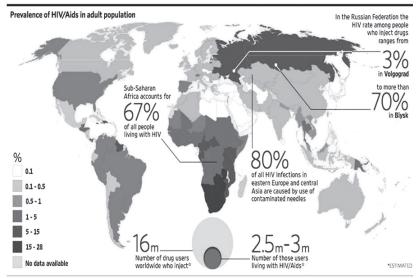
Numerous information campaigns against it were done. One of these, is the World AIDS Day Campaign held last November 14, 2012 at Cor Jesu College Gymnasium.

Data show that there are reported cases reaching 8,850 cases from 1984-2012, where 16 cases positive with AIDS in Davao del Sur were reported.

"We are also human, therefore we need respect, not discrimination and stigmatize people living with virus," said Jay Pee C. Malibiran who gave a public testimonial as one of the HIV victims.

The theme of this year's celebration is "Getting to Zero: Zero New HIV Infection, Zero Discrimination, AIDSrelated Deaths." (Angela Quiñones)

THE WORLDWIDE SCOURGE OF HIV/AIDS



GRAPHIC CAT DAVISON, PETE GUE **DEATH FIGURE.** This is the data on the prevalence of HIV/AIDS in the world according to the United Nations.





Legal Rights and Natural Resources Center Inc.)

Violence Stirs Anew. "Finish them off."

These were allegedly the words of one of the 10th Infantry Division soldiers accused of killing the wife and two sons of B'laan leader Dagil Capion, his wife Juvy Capion and sons Pop, 13, and John, 8, as over heard by relatives, last October 18, 2012 in Sitio Alyong in Kiblawan, Davao del Sur, when they raided Capion's home.

3rd Young Leaders' Confab

3rd YLC instills compassionate heart to leaders



MAKING A DIFFERENCE. Student leaders are strategically planning during their interactive workshop.

"We are happy to have leaders with the heart to the poor."

These were words of Mrs. Nelia Tizon, the Br. Polycarp Foundation Project Manager, during the closing program of the Community Outreach Activity of the 3rd Young Leaders' Conference last July 20–22, 2012 at Camp Alano, Toril, Davao City.

conference The participated in by 114 student and developing leaders aimed to bring out the better people in them, and

promote resourcefulness and responsibility as compassionate leaders at the Heart of Christ.

Speakers Dr. Randy Tudy, Dr. Kirt Anthony Diaz, Jun Rey Dequina, Belindo Aguilar, and Honorable Atty. Johari Bana added knowledge to the students' inquisitive minds as they imparted their wits and guts through several strategic planning and technical writing sessions and team building workshops.

The confab circled around the

theme, "Leadership Realities: **Engaging Compassionate Values** to the Community of Christ."

"I am happy to serve other people. I think serving others is the best way of leadership," Pamela Selma said as she entertains the children with a game.

The conference was organized by the officers of the HSSSG and PSB, supervised by their moderators, Mary Grace Yap and Jun Rey Dequina. (Angelica

Science buffs discuss energy conservation

Approximately 1,000 Science club enthusiasts from Region 11 and 12 made history in the National Science Club Summit at Kidapawan City National High School last September 8–9, 2012.

The largest gathering of science clubbers in the region takes on its helm in discussing ways to promote sustainable energy.

Speaker Engr. Nelson Enano challenged everyone to respond to the call to help sustain natural energy resources.

Science clubbers discussed the importance of using Geothermal, Solar, Hydro, and Wind power and minimize the use of fossil

Interactive workshops on generation consumption follows.

summit was also



CHALLENGE STARTS. Julia Niez, Kyle Juban, Ronald Jera and Angelica Carreon listen to their facilitator during the "Power Plant Generation" workshop.

highlighted with Engineering Challenge, PSYSC Science Olympiad. and the newly launched national video contest showcasing science clubs – iPress

"Joining my first summit made me realized the value of walking instead of riding a vehicle and conserve electricity," said Dalton Palamos, a senior student.

summit The revolved around the theme, "Scientricity: Energizing Science Clubbers for Sustainable Energy." (Vanessa

CJC tops in PAJITA tilt, to vie for the nationals

Basic Education Department gears up for the national stage as it won in the 5th Philippine Association of Junior I.T. Achievers (PAJITA) regional contest held at Davao City last September 29, 2012.

The competition aims to develop Student's Information Technology skills. With 11 schools in the region battling for the cup, CJC won in I.T. Poster Making (1st), Digital Photo

Enhancement (1st), Digital Painting (2nd), and Programming Language

Seven contenders will represent the region in the said events on January 26, 2012 at Makati City. They are Jethro Catane, Angelo Giducos, Ronald Jera, Freya Cañedo, Christian Bernal, Prince Davis, and Lorraine Gorgonio.

"It is a great leap of the school's

instruction in technology," said CJC head coach Ms. Britzie Suzie Solatorio. Other coaches were Arturo Denque Jr., Daryl Hisola, and John Rey Owok.

This was the first time that CJC joined in an IT competition and ended up with flying colors. The participants are set for an intensive training as they eye for rank in the national level. (Joshua Tuason)

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NEWS

Journalism workshop hones scribes

Approximately 700 campus Division Workshop on Campus Journalism at Commission on October 6-8, 2012.

enhance the skills of journalists radio broadcasting, layouting, news writing, and photojournalism.

Jacque A. Manabat, TV news reporter, and Ronnie Sunggay,

Coordinator for journalists and 200 school paper Journalism of General Santos advisers all over the Philippines City, were the guest speakers attended the National Seminar- of the three-day seminarworkshop.

"Safety First," Manabat's Audit Building, Davao City last reminder to the all journalists. "Don't risk your life just to have The said activity aimed to a wonderful article," she added.

> Eva Julia Niez, the Cor Jesu Pulse news writer, said that news writing techniques taught in the workshop can greatly help her in the journalism contest. (Julia Niez)

Diaz: PhP3M labs to advance learning

It is the place in school hands-on experience where learning is much appreciated.

This is the comment of Dr. Kirt Anthony Diaz, principal of the Basic Education Department, when the 3-million students," said Dr. Diaz. worth of new two science and opened last June 2012.

The new biology-chemistry and physics laboratories were equipped with complete lab equipment and chemicals, microscopes and equipment for acid-base titration.

Moreover, the purchased 55 computer units, hired two expert computer which focused on computer programming, robotics, web applications among others.

"These laboratory facilities are necessary for the students' applications of theories in the classroom. Research said that the use of laboratories enhance the learning and reinforce the instructions given to the

Michael Yap, third year computer laboratories were student, said that his grade has increased because he could understand better on chemistry concepts through the use of the new science lab.

Furthermore, "I can apply especially the five electronic the lessons I learned in our computer subject when I pursue my college education," said Jin Paul Llavado, a senior

Dr. Diaz added that this teachers and the purchase of summer the administration computer education curriculum is planning for the changing of curriculum to a science curriculum. It is expected that there are more enhancement for student learning. (Julia



HAVEN OF LEARNING. Janus Arthur Acebes observes a bacterium slide using the electronic microscope under the supervision of Mrs. Teresita Rodriguez, MA.



OPINION

Crouching Carabao, Hidden Dragon

The Chinese proverb "crouching tiger, hidden dragon" refers to hidden talents that surface beneath a normal looking individual. Our country today faces a great threat, the dangerous fangs of China lurking in our waters.

Despite our vulnerable appearance, we have a "crouching carabao, hidden dragon" running through our veins; we are catalysts of peace, not war.

President Noynoy Aquino once said that "we should fight for what is rightfully ours." This invitation to fight could be the start of a catastrophe far worse than ever for the country. Instead, let's follow his mother's example of peaceful modelling. Just like how we toppled down Marcos's regime without any guns, let's do this again in a colossal scale to claim the Scarborough Shoal without bloodshed.

Since the shoal dispute, the Philippines and China have been in bad waters. China deploys its battleships as a taunt, Philippines took the bait and provoked more pressure. A

battle between Philippines and China would not just be catastrophic for us, it would be very humiliating. Even with

the help from other countries like the US, we would be like ants trying to bite a fully armored cavalier.

Our relationship with China is also very important for the country's economy. The billion-dollar investment that generates employment opportunities for Filipinos.

It's an undeniable fact that the stuff you're holding comes from China. Once you look at its tag, the three most read words flash before your eyes: Made in China.

So let's be careful. Even students like us could open the minds of the Filipinos in our own ways. Instead of going to a war we would never win even with the help of other countries.

Let's use our hidden talents of solving problems peacefully. And instead of hating the Chinese, let's be thankful for them also for what they have contributed for us.

Admit it, without them our country would not be the same as it is today. Going to war is never an option. It would only destroy us not just from outside but also from the inside.

ISSUE 101



Moral Massacre. Ooopss! It is no longer RH Bill. It is now a law, known as Republic Act 10354 or "The Responsible Parenthood and Reproductive Health Act of 2012." President Aquino signed it last December 21, 2012. This is a massacre of morality in the hands of the government. It introduces the use of many contraceptives which many people claim to kill the unborn. But the bigger problem here is the downgrade of morality since kids as young as 12 can legally buy condoms and would be taught Sex Education as part of the curriculum. It would be a big gamble since teens are quite unpredictable. If things go for the worse, the country will succumb into a field of the unknown.



Highway to Hell

Imagine being in a highway soaked in heavy rain, kilometers away from your home, desperate to go back there when suddenly vou see a bright light coming towards you. No, it's not UFOs; it's a pedicab, a common mode of transportation here in our city. But your happiness turns into bitter frustration. The driver refuses to take you home because it's raining or he finds your home too far away. Unless in one condition, a higher fare. If you don't have any extra money left so you're left in the dark alley, cold and vulnerable.

Maybe most of you have been through this situation: a lazy pedicab driver driving your mind to the highway to hell.

Lazy and dishonest pedicab drivers have brought problem to the students. Many students complain Juven Nino A. Villacastin

nowadays because pedicab drivers refuse to take them home since the bums find their homes too far away.

As a result, because of the smaller income they would get, they would resort to scamming. We all know that the average student's fare is only P8. But in most situations, drivers ask for more! Sometimes the only way you can go home is to add

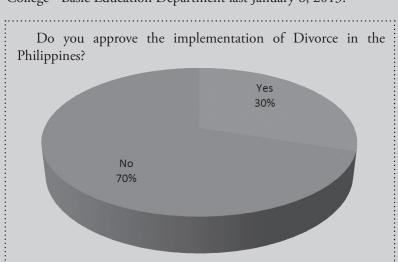
2 pesos of your fare. And worse, it even goes up as high as P15!

It's normal for someone to go the extra mile in order to get a larger income. But when it's kids who are getting scammed, that's a different story. And it's their job to transport anyone; a far destination is no excuse. If they want to get a larger income, they should just stick to transporting, not scamming.

We can't fall for their tricks and sympathize for them at the same time. What we could do though is to avoid the lazy ones. It's actually easy spotting a hardworking one from a lazy jackass. This skill develops through time. And if spotting one is impossible, just walk home instead or call your parents to drive you home. A little strain to yourself is better than being chewed and scammed upon.

STUDENT POLL:

Cor Jesu Pulse conducted a survey to 100 students of Cor Jesu College - Basic Education Department last January 8, 2013.



Young and Powerful

The next election on May 2013 is fast approaching. Surely political candidates from different party-lists are getting ready for their campaign strategy to get the people's hearts, gain their confidence and sweep them off their feet. But are the youth ready? Are we?

In the country, there consist of 12 million youth voters who are expected to vote in the May 2013's polls.

We have young minds. But these minds are colorful and energetic enough to help our country develop. We have minds that speak. In the elections, we



(She is the former Editor-in-Chief of Cor Jesu Pulse. She is now an Accounting student of Ateneo de Davao University.)

recognize and acknowledge those we think and know by heart who are worthy of the position, not just because the candidate's family already has a legacy of political aspects.

Although majority thinks that the youth are incapable of handling the problems in the country, it is a big lie. The problems of poverty, education, and hunger affect the youth most. We have to take action.

Our national hero, Dr. Jose Rizal, had said, "Ang kabataan ang pag-asa ng bayan." Let us be the future that the children of our children will look up to. Let us begin by choosing the right ones who'll lead us to where every country should be—a home for justice, peace and unity. Our future is in our hands. We are young. We are powerful.

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ISSUE 101



Final Countdown. On February 11–12, 2013, the Philippine Accrediting Association of Schools, Colleges, and Universities (PAASCU) will evaluate our school's philosophy and objectives, community involvement, faculty, instruction, libraries, laboratories, physical plants, student services, and administration. If we ever get accredited, the school's standards and educational excellence will be recognized and will attract more enrollees. The school deserves this platinum standard. But where else would its excellence come from? It's from you students! The fate of its accreditation is in your hands.

SCARS OF JUSTICE

This year didn't start as well as we hoped for. The year had just barely started and we're already hearing news after news about bullets flying and falling through innocent people's heads. This just clearly shows that the country desperately needs to have a total gun ban.

Ranjilo Nemer was only four years old when a homemade gun accidentally went off on New Year's Eve and killed him. Stephanie Nicolle Ella was seven when she was killed by a stray bullet fired on the same night. Seven-year-old Michaella Camiol and three-year-old Jan Monica de Vera were both victims of Ronald Bae's murderous killing spree in Kawit, Cavite on the fourth day of the year.

We all mourn for the passing of these innocent people, but it was the death of the young children that opened our eyes to the potential danger guns have.

There are just simply a lot of loose firearms in the Philippines.



A recent estimate by the Philippine National Police is up to 600,000, which is half of the 1.2 million firearms that have been registered with the PNP. Many firearms still manage to blend into the public spaces undetected.

Considering a total gun ban is a great idea but its effectiveness over a hard-headed country is questionable. The Philippines had a long experience with gun bans which are usually implemented on election seasons. But not one has ever been able to become permanent and to be completely respected. Even though there is a gun ban during elections,

many still manage to smuggle high-calibre rifles and continue their usual public harassments. But then again, what would you expect? Criminals miraculously following laws?

But on the bright side, this would tremendously lessen the chances of deaths by stray bullets. And having a total gun ban can lessen the number of private armies of the politicians who act as their bodyguards and/or might be used to harass innocent people. Also, it would put a stop to many shooting-related sports. After all, they aren't made for entertainment; guns are made to kill and only people with the right mindset, right job, and in right hand are deserving of owning then.

Let us bring justice to those who have been victims of these different gunshots and consider that this total gun ban can bring protection for all of us, especially the young children. It is better safe than sorry.

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OPINION



Cor Jesu Pulse asked some people about their opinions or reactions regarding the newly passed Republic Act 10354 or "The Responsible Parenthood and Reproductive Health Act of 2012." Here's what they said.

Tsk! They're trying to further demoralize our country, at this time when our moral values seems so fragile.

- Mark Jobert Cabardo Ellaga
The valedictorian SY 2011–2012 and
an education student of Ateneo de Davao University.

With the passage of RH Bill, let us hope that it will teach the (Filipino) people responsible parenthood and it would help control population boom. In effect it would improve the economy of our country.

-Dr. Jonna A. Masongsong School Doctor and Parent

I agree to RH Law. We live in a world enveloped with change because of the need to cope with the times, we must cling to the left-wing of the spectrum since it will benefit us. Specifically, understand and discern fully the terminologies stated in the infamous Law.

-Paul Andre M. Torregosa

AB Political Science student of Ateneo de Davao University and alumnus of CJC-BED

I disagree to this law since it defies the sanctity of life. I am afraid of the outcome and its effect to our children.

-Mrs. Jingle Navarez, MA CJC-BED Guidance Counselor

Parents are supposed to be the ones who are responsible in keeping their children away from this act. This is surely an outrage! Only a stupid parent will let their children do it! Nonsense RH Law!

-Noel Adrian Mataranas A grade seven student

Just being logical here, but who would ever dare to ask their parents if she or he could have sex or write a parental consent to purchase contraceptives? Right?

-Romeo Alcazaren

A junior student referring to section 7 of the said law

Devil's Bargain

"A piece of paper won't change your life," quite comforting words by Thomas Edison especially if you find yourself staring at your test paper while hoping that the proctor would step on an antique landmine because you spent your time last night tanning in front of the computer screen instead of studying. But as the temptation tickles your eyes to glance at your seatmate's test paper, you would prove Edison wrong.

Cheating is a vice. And like any other vice, once you succumb to cheating, turning back would be impossible. Though it may have some pleasures, this is generally



short-term; its sufferings though last forever. Yes, it's true that you would get instant high grades, but once you're up, the only place you're going to is down. And you would fall in two ways. One, a person who cheats never learns. They become overly dependent on other people and their chances of surviving after school would be 50:50. And if a person is caught cheating, the resulting humiliation would probably lead to psycho-emotional problems.

Actually, we can fill 12 pages of its downsides but these two are enough to open your eyes. Would you exchange a whole life of adventure, peace, and prosperity for a minute of undeserved happiness? While you're busy stealing answers, the devil is stealing your soul! Just accept your fate and let it be; suffer a day than suffer a lifetime.

Letters to the Elite

Dear Editor,

I would like to voice out my concern about the often unsatisfying services of the Educational Technology Center or EdTech which tends to disrupt or delay one's class for its malfunctioning equipment.

-Darren Simon Edem III - St. Francis student

Dear Editor,

I'm quite concerned about the canteen's size since in every recess, or lunchtime, the place gets so crowded and people can't easily move and buy their food. Also, there are some times when water supply is not available.

-Mrs. Edenly E. Fabiana Parent Dear Editor,

Every recess time, I see students littering. They just throw their garbage wherever they want to. Even though there are garbage cans around, I don't see students using them.

- Ms. Felma Templanza Teacher Dear Editor,

It has called my concern that many students are complaining about the restrooms especially the girls. The faucets are malfunctioning and the doors have no locks.

-Frances Logan
III-St. Francis student

Dear Darren,

This problem/concern seems to have troubled the school (students) since the last several years. Every year, we get the same concern from students which already have come and go. But I think the administration is already taking action on this. For now, let's just wait and see what will happen.

Dear Mrs. Fabiana,

Yes, we have also noticed this problem. For us to avoid stampede, it would be better if we would be buying in an orderly manner: falling in line or avoiding shouting. The administration also has done great physical improvement in our canteen to accommodate students during recess time.

Dear Ms. Templanza,

Garbage control is indeed a problem with students. As I could remember, the school governments both in the elementary and the high school levels are already doing measures that would address this concern. The administration has also provided additional trash bins both on the inside and outside of the classrooms. Students were already advised on this.

Dear Frances,

This has been a concern since last year. The CR cubicles' doors have been already fixed, and locks have been already installed. Yet, due to improper usage, the same concern has again occurred. The administration once again is attending to this problem, as well as to the faucet concern. I hope that next time, we would be taking good care of it.



OPINION

BEELINE 109

The column of the Official Mascot of Cor Jesu Pulse



"For me, being Miss Universe is not just about knowing how to speak a specific language. It's about being able to influence and inspire other people. If you have a heart to serve and a strong mind to show people then you can be Miss Universe."

The greatly applauded answer of Miss Philippines Janine Tugonon during the Q&A portion of Miss Universe 2012 to the question "Do you believe that speaking English should be a prerequisite for Miss Universe 2012?" She was eventually proclaimed as the first runner-up of the pageant.



"I did not have three thousand pairs of shoes, I had one thousand and sixty. People say I'm extravagant because I want to be surrounded by beauty. But tell me, who wants to be surrounded by garbage?"

Imelda Marcos, now the congresswoman of Ilocos Norte, giving an exact count of her shoes collection. During the height of their power, her extravagance is referred to as being "imeldific."



"The Catholic Church has made many mistakes because it is a human institution,"

Sen. Miriam Defensor-Santiago's statement indirectly addressed to religious groups against the passage of RH bill now Republic Act 10354 or "The Responsible Parenthood and Reproductive Health Act of 2012."



"The world is a giant Quiapo. Snatchers are everywhere, you will be robbed!" (No Other Woman) #Sinotto

The twitter message of netizen, Ian Urrutia (@vandalsondwall) on the issue of Sen. Tito Sotto's plagiarized speech against RH bill at the senate. He used a line from the movie, No Other Woman.



"On this day, we gather because we have chosen hope over fear, unity of purpose over conflict and discord."

The famous concluding line of United States President Barrack Obama, the first black president, during his first presidential inauguration speech.

ISSUE 101



Political Insecticide. Everybody hates an "Epal," a scene-stealer, especially every Nov. 1 and 2 when its politicians posting giant tarpaulins of themselves in cemeteries trying to lure us away from being with our departed loved ones. Good thing the senate came up with an insecticide to kill these cockroaches: the Anti-Epal Bill. Committee Report 443 prohibits politicians to affix their names, initials, logos, or images to signage announcing a proposed, ongoing or completed public projects and maintenance, rehabilitation, construction of public works. That ought to keep these vote-hungry pests away until the 2013 elections!

Awakening the Demons

Who would've thought that the word DANGER would resurrect into a more subtle form: the Anti-Cybercrime Law. And who would've thought that the men behind this are the sons of the persons who helped establish a firm democracy in the country. But despite all the irony, it's also the most misunderstood law in the country.

The Anti-Cybercrime Law (R.A. 10175) is perhaps the most ironic law in the country: increasing people's online security while it drives the people away from being online. It's a devolution of freedom of speech and expression; a legal way of illegal dictatorship.

And to top off the irony, the persons responsible for its creation are President Noynoy Aquino, son of Cory and Ninoy Aquino who were the ones responsible for destroying dictatorship in the country, and Senator Vicente Sotto



III, the son of Vicente Sotto I who made the law for freedom of speech.

These people: PNoy and Sotto almost destroyed what their parents worked and died for! Despite the overflowing irony, this law has also led to overflowing misunderstandings.

Because of the recent rampages in social networking sites regarding the law, people are now asking for the wrong thing: freedom. Contrary to popular belief, the issue here isn't really about losing our freedom. Real freedom is attained when one learns to act responsibly. People should avert their focus on the real problem: injustice.

The law attacks piracy and misuses the limitations of libel. Libel is a powerful tool limited only for the rich and famous. Have you ever seen a simple vendor or farmer sue for libel? And if this law is somehow implemented, would the PNP be able to handle something as vast as the Internet?

Even the US couldn't handle it, how much more can we? Hell! They will be spending the whole day tanning in front of the computer while criminals ravage the country! It would be far worse than the Holocaust and martial law combined!

Good news is the Supreme Court finally issued a TRO against the law. Bad news is there is still a possibility that this law could be implemented in the future. It would be better if the government abolishes the law completely.

THE MAYANS WERE RIGHT

Who would've thought that 5,125 years ago, an ancient civilization thousands of miles from the archipelago we stand on today predicted the Philippines' downfall? The Mayan's legendary codex, the Popol Vuh, speaks of demons who would come to earth on the 13th b'ak'tun which is coincidentally 12/21/12, the exact date President Noynoy Aquino signed the Responsible Parenthood and Reproductive Health Act or colloquially known as RH law. Is this the "demon" the Mayans were talking about?

The RH law is Lucifer wearing a crude mask with St. Michael's face in it. It is supposed to enhance responsible parenthood and reproductive health through giving free contraceptives to the public, pushing Sex Education to the school curriculum and making pre-marital sex legal. They expect that through these,



the risk of sexually transmitted diseases (STDs), poverty, and overpopulation would limbo themselves down to 40–50% even though their methods would obviously lead to a different outcome.

Though contraceptives are supposed to prevent STDs, it would actually do the opposite. With its wide distribution, it would likely encourage thousands of teens and adults to have sex thus making them more vulnerable

to STDs (since the disease can come from saliva and other body Overpopulation excretions). would also be likely to occur because of this. And teaching Sex Education to 5th graders to 4th year students doesn't fit the description of responsible parenthood. According to Human Psychology, kids aged 12-16 are highly suggestible through almost any means. How much more in education? With this, the problems that the law tried to solve worsen miserably! But the thing that makes this law a demon is the way it sees pregnancy as a disease instead of a blessing from

The Mayans were right. 12/21/12 marked the apocalypse of our nation; it marked the end of morality and the rise of the ego. They were right about the demon who would terrorize us, the RH Law.







Political Insecticide. Sen. Chiz Escudero expects that the Human Rights Reparation Bill will be approved this January 2013. This long-overdue bill will seek to pay victims of human rights abuses during the Martial Law period. It's been 26 years after that and yet until now the congress sits like a lame. We stand on this issue for congress to give justice to those who

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FEATURE

Member: National Schools Press Association

FAST FACTS OVERALL COSTS OF **CONFLICT**

(A war since 1970s)

- •\$2–3 billion in direct economic costs
- An estimated 120,000 deaths, and uncounted numbers of wounded and disabled.
- Displacement of more than two million people, of whom almost half in 2000 alone, during President Estrada's "all-outwar."
- •The emergence of "Muslim ghettos" in various cities in Mindanao and elsewhere made up of displaced individuals forced out of their areas of residence.
- The exodus of illegal Muslim migrants to the neighboring state of Sabah, Malaysia. The recent crackdown by the Malaysian authorities resulted in en-masse deportation, and ensuing social and economic problems in their communities of origin.
- Increased incidence of poverty already the highest in the country—from 56% in 1991 to 62.5% in 1997 and 71.3% in 2000 (Fourteen of the 20 poorest provinces in the Philippines are found in Mindanao).
- Rampant kidnap-for-ransom activities and other crimes against persons and property, as a result of the bad security situation directly related to the conflict.
- Trafficking of illegal drugs and the criminal activities spawned by substance abuse have become a major law and order problem in the area - historically free of these problems.

Source:

The Mindanao Conflict in the Philippines: Roots, Costs, and Potential Peace Dividend by Salvatore Schiavo-Campo & Mary Judd

New Agreement, Entering Peace In Mindanao PROPOSED CORE TERRITORY OF THE BANGSAMORO North Cotabat of Lanao del Norte and all other barangays in the Municipalities of Kab Pigakawayan, Pikit and Midsayap that voted for inclusion in the ARMM duong the 2001 petition of at least ten percent (10%) of the qualified voters in the area asking for their inclusion at least two months prior to the conduct of the ratification of the Bar Law and the process of delimitation of the Bangsamoro

ISSUE 101

PROPOSED TERRITORY

This is a map highlighting the areas included in the proposed Bangsamoro Autonomous Political Entity. However, these areas may opt not to join the Bangsamoro **Source:** http://www.gov.ph/the-2012-framework-agreement-on-the-bangsamoro/#statements

• What is the framework agreement?

It is a commitment by the government and the MILF to establish a new autonomous political entity in Muslim Mindanao. It will replace the ARMM with a more empowered and more equitable system called the Bangsamoro. This agreement involves the MILF abandoning the goal of establishing a separate state, and committing to eventually render its armed forces "beyond use." The ARMM continues to be among the poorest and least developed regions in the country. In 2009, poverty incidence in the region was at 38.1%. All provinces in the region were also recorded to be above the national poverty incidence of 20.9 percent. Poverty, corruption, and impunity in the region cannot be defeated without structural change.

• What is the scope of the territory?

The Framework Agreement states: "The core territory of the Bangsamoro shall be composed of: (a) the present geographical area of the ARMM; (b) the Municipalities of Baloi, Munai, Nunugan, Pantar, Tagoloan and Tangkal in the province of Lanao del Norte and all other barangays in the Municipalities of Kabacan, Carmen, Aleosan, Pigkawayan, Pikit, and Midsayap that voted for inclusion in the ARMM during the 2001 plebiscite; (c) the cities of Cotabato and Isabela; and (d) all other contiguous areas where there is a resolution of the local government unit or a petition of at least ten percent (10%) of the qualified voters in the area asking for their inclusion at least two months prior to the conduct of the ratification of the Bangsamoro Basic Law and the process of delimitation of the Bangsamoro."

• What if we don't want to be part of this?

All areas contemplated to be under the Bangsamoro will be asked through a plebiscite if they want to be included. This gives the community the choice to opt out of the Bangsamoro.

• What powers will they have? Are they going to be independent?

The Bangsamoro will have competence over Shari'ah courts that will try personal, noncriminal cases between Muslims. Moreover, according to the Framework Agreement: "Consistent with the Bangsamoro Basic Law will have the power to create its own sources of revenues and to levy taxes, fees, and charges, subject to limitations as may be mutually agreed upon by the Parties. This power shall include the power to determine tax bases and tax rates, guided by the principles of devolution of power, equity, accountability, administrative simplicity, harmonization, economic efficiency, and fiscal autonomy." Nevertheless, the national government retains powers on:

- a. Defense and external security
- b. Foreign policy
- c. Common market and global trade, provided that the power to enter into economic agreements already allowed under Republic Act No. 9054 shall be transferred to the Bangsamoro
- d. Coinage and monetary policy
- e. Citizenship and naturalization
- f. Postal service



Education

"Be willing to learn, Your greatest armor in life is having knowledge." - Hijasmin L. Palec



Always seen with the masses Poor Juan chooses." - Marian Hazel M. Pedreso







Pinay Express

Do you want have a new and exciting ride that journeys to dimension?

another

Wanna ride on a vehicle that would introduce you to a colorful culture? Do you want to explore things without costing you a large amount of money? Well, I know just the right answer that would surely delight your senses. Wanna know what it is? The Proudly Pinoy Jeepneys.

Navara, Innova, Crosswind, Adventure, Hilux and Strada are just some of the newest and hottest vehicle designs of today. Equipped with air-conditions,

smooth chairs free from the dust and smoke of the outside environment, builtin GPRS and automatic alarm systems, truly these luxurious cars guarantee a convenient ride. Peep! Peep! Still, our jeepneys, the "Kings of the Road," remain the most popular mode of transportation and dominate highways, boulevards, and avenues throughout the country.

Aside from its affordability, riding a jeepney provides you the opportunity to listen to wonderful and meaningful music evolving from the 50's to the hottest songs at present; be amazed with such panoramic views and fascinating sceneries the jeepney specially offers; and meet

people coming from different walks of life, converse with them, share stories and learn important lessons of life from them.

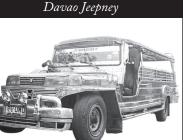
Jeepneys, based on my experience can take you to the colorful world of the Filipino culture. It can either introduce you to different groups of people, or a breathtaking experience you would never forget. Coming from various colors, designs and themes, just the sight of it can already persuade you to have a look inside, and try a memorable ride.

So, what are you waiting for? Hitch a jeepney ride and prepare to be amazed by the wonders the Pinoy jeepney experience awaits you. (Angelica C. Carreon)









Cebu Jeepney

Manila Jeepney

LIFE'S GIFT

Education for us is an impossible word to get. We live in rural areas, we are just mere "Lumads" here. We feed in "kamote" and coffee for breakfast. My nanay is a weaver and my tatay is a farmer and I am at home doing nothing, aiming that I will be like the other children out there going to school and studying.

Even in our loudest silence, we are trapped with nothing to do, we did yearn for education, for the betterment of our lives, for the success of our small community, but or silent plea was never heard.

Until this group of people came to our community, we were questioning ourselves, "why are they here. What do they want?" They began their teachings, they nurtured us with the knowledge we aim, and equipped us for our success. They did not choose young Lumads instead they taught everyone of us, for they know education is for everyone. They made different programs concerning social welfare development, educational development, small and medium enterprise development, capability building, support a school and barangay, and advocacy and networking. These programs taught us that we still have purpose for our lives, we still have someone who will surely help build our spirit, and boost our confidence to go higher and to get to the top.

The road less travelled as they call it, we didn't knew what it was until we figured out that the Brother Polycarp Foundation guided us and supported us in crossing that road. They let us travel the road of education even in our status as individuals. They taught us how to live and how to love education. (Fara Cervantes)



IMPROVE MATERNAL HEALTH















Unspoken

I got even.

A victim of pachydermatous hypocrite. A victim of love that I thought was echt. A victim of reality... welcome to my life.

Those gentle caresses as you whisper endearments made me even more believe that it was real. I fell from your flimflams and found happiness yet not true. I gave you everything, everything you wanted.

I am suffering its sequel now. We were happy, but why do you leaves me with disconcertment, remorse, and sickness after that night? That sickness is silently putting off the little fire in me. Now I am counting every second I'm breathing because anytime I may perish. Do you know how hard it is for me to isolate myself from the others because I know they will condemn and loathe me?

Statistics show that approximately 40 million people are currently living with this infection, and an estimated 25 million people have died from this disease and sooner or later I'll be one of them. I lost my hope. I am too weak to fight the causes that might lead me to death. Are you happy now knowing I'm struggling because of Human Immunodeficiency Virus?

There is something lingering in me having that thirst to seek vengeance for I knew it already that there's no room for justice in all the domains of my heart and soul. Vengeance is perfect when it is at its sweetest. Night lights would turn to heavenly stars. Cold breeze would be replaced by warmth and caress. Soft lips and rosy cheeks would give thrill to the one who seeks pleasure. And when he wakes up with a bright sun the first scenery he'll see is hell and suffers to the point of death. Indeed, this is the most perfect revenge.

My heart's compassion is replaced with hatred. However, I was once a victim too, will vengeance fulfill my emptiness? I guess I am still left unspoken. (Julia Niez)



FLIPPING Coin the

We see and walk in the beauty of our environment in every second of our lives; the ever magnificent and glorious mountains, the vast, blue skies and the great, deep blue oceans, the towering trees that provide shade on a hot summer's day, the beasts and fishes wandering throughout the lands, air and waters... We enjoy the benefits that our natural resources provide us in every day of our existence. However, most people nowadays disregard the fact that they are important. They abuse and waste these things mindlessly and restlessly. They burn forests, do dynamite fishing and burn plastic materials. They overuse and abuse the available resources. The abundance that was once in our hands gradually has been vanishing over time.

"Give and Take."

That best describes our relationship with our environment. It provides us with the necessary things we utilize every day, and we, at the same time, give back things that contribute in sustaining it. Yet, as what is happening nowadays, this give and take relationship tends to be unbalanced. Yes, we give back something for the environment, but it seems to like we are taking more and more rather than giving back and taking care of our resources.

Floods, landslides and mudslides and other unpredictable phenomena leading to deaths of millions of people have been happening every year. The resources that were once over flowing due to its abundance, are now gradually reaching its scarcity stage.

Hunger and deaths, are only but a few of the tragic consequences brought about by the deteriorating condition of the present environment. Doom and darkness are already on their way not just to destroy the environment itself, but also ourselves, our lives. And as to who is responsible for these, the most probable answer would be us—would be you.

Would you let this happen again and again? There is still ample time left for a positive change.

Plant trees. Be responsible. Be vigilant. Get involved. Innovate. Make room for change and build a brighter and secure future for everyone, for the youth, and for the future generations. Start flipping the coin. (Reina Angeleigh Tenebro)





While strolling by the busy streets one afternoon, I came to pass by an "ukay-ukay" stand. Urged to have a look on the display, I went nearer. I tried some shoes on, checked for defects and asked for its price. Then, I met the owner of the display, Manong Toto.

Upon conversing with him, I learned that Manong Toto came from the Badjao tribe. He was once walking along the Digos streets, asking for a peso or so as alms. Born and have grown in a poor family, he had already predicted his life to last in such poverty. But, when given the opportunity to make a turn, flip the coin, and change his fate, he didn't waste the chance.

"Nagpasalamat jud ko day, kay miskan sa ginagmay nga pamaagi, nahatagan mi ug higayon nga mahaw-as among pamilya sa kalisod. Tungod sa kwarta nga pang-kapital nga gihatag sa amoa sa gobyerno, natabangan mi nga makasugod ug negosyo sama aning ukay-ukayan, ug makatabang usab sa pagpaskwela sa akong mga anak."

Among the millions of Filipinos buried deep in the melancholies of poverty, Manong Toto is just one of them. Aside from him, a few more Badjaos and less fortunate people were given capital incomes to start their small businesses. This project was just the jumpstart and the first step of the journey towards the smooth road of prosperity, and somehow one of the few projects in the advocacy to somehow ease the poverty problems in the country.

"Nahatagan kami ug paglaum nga makalingkawas sa kalisod. Daghan pa unta ang ilahang matabangan kay daghan pa jud kayo ug sama sa akong kahimtang nga nanginahanglan pud ug tabang. Mas mayo man jud nga naa ka'y permanente nga trabaho day, kay sa manglimos lang, "Manong Toto said.

As I bade goodbye, the fire of hope in Manong Toto's heart, as reflected in his eyes caught my attention. Despite the short acquaintance with him, he had already made a special mark on my heart that I would never forget. That is his strong desire to achieve a better life, and provide a better and brighter future for his family, even though his journey towards the light has just begun. (*Angelica C. Carreon*)

Sources:

http://www.generalcable.no http://4.bp.blogspot.com http://cdn1.wn.com

The Great Leader

"Education is very important, everything that is happening around is just a guide to be good and succeed in the future," his principle that reached him to the

Gratitude is the best thing that he gives his parents. For him, reaching the trophy of success is impossible without his parents, who had lovingly nurtured him, and taught him the greatest things and lessons in life. Despite his busy days, amidst uncountable appointments and piles of work to do, he still devotes his precious time to hit the road and visit his loving parents and spend timeless moments with them.

As a father, "Papa is a very loving and hardworking. He is my greatest inspiration," words that flowed out from the grateful heart and the gentle lips of his beloved son. Naturally, as a father, he is strict but in a good way. Problems are not dealt with as problems for him, instead it is a challenge for him to be firm to his life principle and to be determined to find solutions and

answers to the puzzle. He is not as demure as he is, he even loves cracking jokes and creates a fun bonding time with his family.

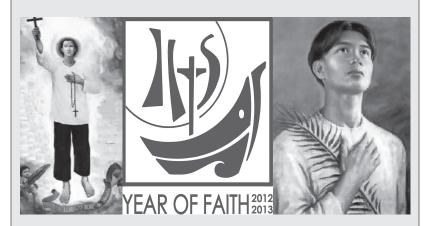
He is a steadfast and a determined leader. He gets to his peaceful abode and he sits to his throne, faces all the paper works he need to finish. Pressure is not his means of demanding quality work from his colleagues. Instead of pushing them to the end of the cliffs, he lends them a hand, pulling them away from danger, and then shares what he has and gives what they need. He held the Basic Education Department to higher capabilities educational in teaching because of the new facilities that he put into place.

A loving son, caring father, a great and responsible leader. He loves everything that he does and works hard for the people who clings to him, he supports his students' endeavors and desires in

life. He is the father and the mind of the Basic Education Department. He is



Sweet Surrender



Faith.

A short, simple word yet of a deep, intricate and meaningful denotation. Faith, at its basic sense, is the confidence or trust in a person or thing. It is one's belief in God.

October 2012 marked the beginning of the Year of Faith to commemorate the 60th Anniversary of the Second Vatican Council.

The celebration of the blessed year focuses on the New Evangelization which desires to help men and women of good will know the depth, riches, wisdom and knowledge of the mystery of God, as the Vatican Information Service says.

This challenges all of us to live a life based on the gospel message, which will guide us to a more mature manifestation of faith for us to grow and embark upon a more profound relationship with God.

San Lorenzo Ruiz, the first Filipino saint, died in martyrdom because of the persecution of his Christian faith. He refused to renounce Christianity and manifested his strong faith. Before losing

his breath, he said, ""I am a Catholic and wholeheartedly do accept death for the Lord. If I had a thousand lives, all these I shall offer to Him."

Young Filipino saint, Pedro Calungsod who was canonized last October 21, 2102 by Pope Benedict XVI, had lived his faith heroically despite the persecution and trials that came his way. He lived and manifested his faith with a remarkable maturity. He served as a role model especially for the youth who can be readily roused by the temptations surrounding them.

We may mot be like San Lorenzo Ruiz and San Pedro Calungsod who have sacrificed their lives to stand by and proclaim their faith. But, we can do our simple heroic acts and manifest our strong faith in the church and in God by living a faithful life based on the Gospel message, surrendering our lives in God's will and in God's hand, and by growing into a deeper spiritual and communal relationship with God. (Angelica C. Carreon)

FlipTop: New Street Culture

"Wag ka nang humarap kung wala ka nang mababanat, 'Wag ka ring kumurap baka ako'y 'di mo mahanap."

Say what? Well, aren't you familiar with these lines? Haven't you heard about these popular lines from streets in your place? These lines are just some of the hundreds of FlipTop lines resonating from every street corner throughout the country.

So, what is FlipTop anyway?

as a modern-day Balagtasan where two rappers are pitted against other in a battle

of a capella rap. FlipTop also has English-language conferences but battles are more popular for the use of Filipino language in its lyrics. It is delivered in freestyle yet its lyrics are loosely structured and rhythmic.

Established last February 6, 2010 by Aric Yuson, FlipTop arrived to the walk of popularity through the site YouTube. And as of November 2011, FlipTop battle videos uploaded on its official FlipTop is sometimes described account gained to approximately vanished already was now 107 million views and are the

third most viewed

most subscribed channel in the Philippines.

Nowadays, even children can already be heard and seen in FlipTop showdowns, expressing their views and ideas about certain topics. In every street and in every corner that you go to, you won't surely miss witnessing the rampant spreading of the FlipTop epidemic.

The traditional Balagtasan hat was once thought to have enlivened and upgraded by its modern version—FlipTop: The new street culture. (Angelica C.



Mops and Brooms

In life, we see rich and famous people as role models towards success. We praise and admire them for being so great and powerful in our society today. But has it ever crossed your mind to give admiration to people who work hard, following and throwing away your trail of garbage every

Janitors and janitresses are the least people we notice in our school. We even forget how significant their roles play in our surroundings. Cleaning up our mess every now and then, sweeping the corridors back and forth, and mopping the tiled floors of the comfort rooms over and over again. All these effort things they do everyday just to sustain themselves and their families. Working hard all day long at the campus with liters of sweat running down their faces, and going home exhausted but still having the time to take care of their beloved children. They may

look small in the eyes of the society, but they have hearts and minds that are big enough to handle such responsibilities. Imagine our c a m p u s

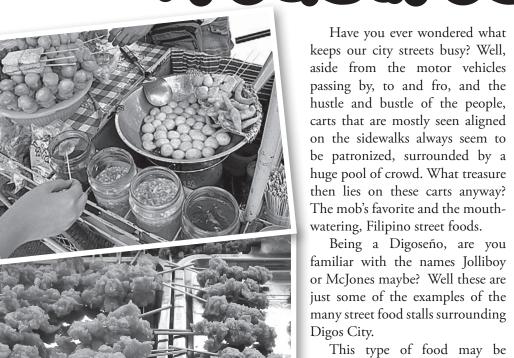
without

them.

Will we still have a clean surrounding? We barely clean up our own mess, what more if they're not around? Their presence are of big help.

Mops and brooms have been their companions toward their goals of providing their children the things they need. With a towel on their shoulder, a broom on one hand and a pail on the other, a goal in mind, and God on their side, these people never fail to take away our garbage from our sight. They strive hard and are perfect examples for hard work. (Marian Hazel M. Pedreso)

Treasures on Carts



This type of food may be unlike those special and expensive cuisines, complete with garnishes and served in elegant-looking platters. But, street foods still remain as the Filipinos' choice to refill their stomachs, not just for considering their budget, but also because of its enticing aroma, that could seduce anyone to drop by and try one. When every bite brings pleasure and delight and every bite forms a smile on someone's lips, much more happiness would be felt when shared and enjoyed with

Have you ever wondered what including kwek-kwek, isaw, adidas, barbeque, and a lot more, amidst their simplicity, still possess that mouth-watering taste to die for.

Aside from its palatability, street foods are not hard to find. When you are feeling hungry and you need something to satisfy your hunger, just round upon a corner, and then you'll see that beautiful stall, filled with just the food that you need.

Being a Digoseño, are you miliar with the names Jolliboy McJones maybe? Well these are a some of the examples of the my street food stalls surrounding gos City.

This type of food may be like those special and expensive sines, complete with garnishes a Digoseño, are you satisfaction that it brings, it can be a very good source for generating income. With just a cart decorated with bright and appealing colors, a good choice of food for the market, someone to sell it, and people to patronize your food business, you're already on your path to fortune.

platters. But, street foods still refill their stomachs, not just for considering their budget, but also because of its enticing aroma, that could seduce anyone to drop by and try one. When every bite brings pleasure and delight and every bite forms a smile on someone's lips, much more happiness would be felt when shared and enjoyed with friends. Common street foods

Street foods, indeed can be of great use for us. But, with all those good things, we must not forget about the other side of the coin—that it also has its negative on choosing where or what to buy. Cleanliness must always be observed at all times so as to avoid diseases. (Angelica C. Carreon and Ma.Loureen Leal)









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http://www.maxtravelphilippines.com



SCIENCE & TECHNOLOGY

Science Investigatory Project

Rice Hulls: A New Success

These were the qualities attained from the recently finished product of a Science Investigatory Project October 2012 by Romeo N. Alcazaren, Jr. regarding the use of bulletin boards made out of rice hulls.

The said project was carefully thought out on the summer of 2012, and with the aid of Miriam Vivienleigh S. Mori, MA, Math and Science coordinator, the study was started last August to October.

"The Rice Hull's Improvised Bulletin Board would contribute in industrial and economical means. Instead of using rubber and other wood products, rice hulls is used," said Romeo, a third year student, on the view of his Science Investigatory Project.

Rice hulls or rice husks are the hard protective coverings of grains of rice. It is mostly of no use after harvesting, however, certain studies has now made it widely used for fertilizers, building and insulation material and fuel. It has advantageous properties like

Unique. Safe. Efficient. being difficult to burn, resistant to moisture penetration, fungal decomposition and do not smell or emit gases. Due to this, Romeo conducted his own experiment to test.

> The various processes of the Rice Hull's Improvised Bulletin Board includes milling the rice hulls and blending it with water and chlorine. After it is strained and separated, a cornstarch-water mixture will be made to be poured in a boiling water until it will achieve a slurry mixture. Then the milled rice hulls will be mixed with the starch mixture using an electrical mixture until it becomes thick. It will be poured and covered with a clear plastic cellophane which will be flattened using a rolling pin and exposing it to sunlight until it hardens.

> A determined heart never cease to stop at anything, and after 17 times of trial and error, Romeo's efforts have rewarded him with the success of his project. It clearly shows the essence of the true value of drawing out the best in you. (Hijasmin L. Palec)

TECHNO FRONTIER



Metal Rubber. From waterproof cameras to shock resistant laptops... Now, could a metal rubber provide anything new? "You can heat it. You can freeze it. You can stretch it. You can douse it with jet fuel," said Jennifer Lalli, Ph.D., a polymer chemist. Metal rubber is lightweight, conducts electricity, and from what the name implies, it is elastic. Imagine if gadgets were made of metal rubber; they could bounce, bend, and could last longer. (Joshua A. Tuason)

Eco-friendly cars answer fossil fuel banes

To counter dependence on fossil fuel and its environmental banes, hybrid cars have been developed for alternative fuel and cleaner transportation.

Unlike ordinary vehicles, and propane powered, having lower, to no CO₂ emissions compared to gasoline or diesel driven cars.

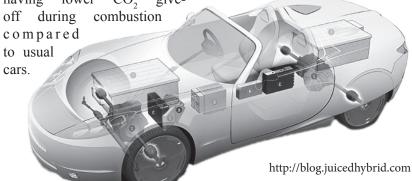
Ranging from electric bikes to solar powered cars, electric vehicles could either operate on rechargeable batteries or wired to stationary electric sources.

Bio-fuel powered vehicles are modified cars that use organic

fuel which could reduce CO, emissions by more than 75%, basically equal to the amount that plants could absorb.

Propane hybrid cars have power relative to gasoline driven hybrid cars are electric, bio-fuel, cars. Propane burns efficiently, having lower CO, give-

With its favor for the environment, hybrids have been manufactured by several car companies, opening the market for greener vehicles. (Joshua Tuason and Shawn Fabiana)



Apple Temptation





Do you want to go with the flow of trends in the world of gadgetry? Wanna have the up-to-date and the coolest, stylish gadgets ever? Well, I have just the right gadget for you. Wanna know what it is? The newest Apple iPad mini. It comes in different colors in which you can freely choose from. In addition to that, it is also smaller, thinner, lighter, cheaper and a faster WiFi and longer battery life than the past and other iPad models. So, what are you waiting for? Line up on the nearest apple store and have one for yourself to enjoy.

Techno Commentary

"Lapis Philosophorum"

What seemed to be as simple as an ember created by the friction between two flints has evolved into a supercomputer that could store all of the world's knowledge.

Indeed modern-day technology evolved greatly to accommodate the growing needs of the human race. Tasks that seemed to take years to do before can now be performed with only a simple click of the hand. But with the dawn of the Information Age, the world has seemed to have forgotten the true use of technology; in fact, people are starting to abuse its power.

As a result, as technology goes higher, immorality goes lower. So let me enlighten your mind and enlighten you with the real purpose of technology and how it can potentially save the world.

Technology is very powerful. Just like the alchemist's Lapis Philosophorum (Philosopher's Stone) it could enlighten even the sickest minds just like transmuting lead into gold but if in the wrong hands, it could end up robbing the world of all its "gold."

Merriam-Webster defines technology as the totality of the means employed to provide objects necessary for human sustenance and comfort. The computer itself was a powerhouse of a catalyst. It was created to

organize and simplify the life of an average human person. The Internet, the 21st century Great Library of Alexandria, stands as one of the greatest human achievements and was created to share and enhance knowledge global communication and globalization. The invention of the cell phone almost killed the courier industry as sending messages which took weeks, months, or even years before it could be sent in just a second. But today, computers aren't being used as tools for better organization of knowledge and the Great Library of Alexandria of the 2nd millennium has been burned down into dark ruins infested with moral chaos.

Every time I open my Facebook account, I see pictures teenagers as young as 12 smoking, drinking, posting explicit pictures of themselves, already having relationships and even getting pregnant! And surprisingly, the culprit for this cultural setback is the misuse of technology. Most videos and songs in the Internet today broadcast subliminal messages of parental anarchy, anti-feminism, sexual harassment and social communism more colloquially called as "swag."

Worse, its main target is the youth, the world's future! And that's just not on the Internet, the epidemic even managed to spread its way into the television. The good old immortal documentaries of growing up into a well-mannered and respected person got replaced by the how-to-be-a-total-jerk-tosociety theme shows. Songs of John Lennon imagining a better world unified as one family got replaced by 4 minutes of Nicki Minaj nonsensically repeating the lyrics "stupid hoe!" Nowadays, technology has been separated from its purpose of sustenance and comfort and has turned to cheap and useless entertainment.

But if used wisely, technology could save the planet by the last minute. It could start a revolution of peace again. It could promote literacy and could be used as a great alternative for education. And more importantly, it can create a new renaissance like culture with a curious society always hungry for knowledge.

Technology is powerful. It has the capability to enlighten billions of people with just a song, a 30 minute video on the Internet or a show on television. It should be used as it was supposed to be, as a Lapis Philosophorum for the minds of not just this generation but of all people in the world. Just imagine the spawning of a second Renaissance. If we just use technology wisely, anything would be possible. (Juven Niño A. Villacastin)

TECHNO FRONTIER



Body heat for energy. Coal, oil, solar, electric, natural gas, propane... How about body heat as source of energy? In a particular train station in Sweden with over 250,000 commuters daily, body heat has been converted into energy in heating water for a nearby building, cutting the cost on electric bills. With only ventilation systems responsible for capturing body heat, researches continue to tap the full capacity of body heat as source of energy. (Joshua A. Tuason)

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COR JESU 13 **Member: National Schools Press Association**

SCIENCE & TECHNOLOGY

Stigma of the Wind

Treasure doesn't always come in the form of ochre gold and sparkling diamonds. It also comes from where you least expect it: from the never ending gusts of the wind.

Sustainable energy is energy that comes from a renewable source and does not based on fossil fuels, either renewable or sustainable without depleting a finite resource. It provides the electrical needs of the people while at the same time maintain the beauty and order of the environment. Examples of these are Biofuel, Geothermal energy, Solar energy, Tidal energy, and Wind energy.

Perhaps, the best example of sustainable energy source in our country could be found in

Bangui, Ilocos Norte where the region clean and safe power. gold comes in the form of wind. The wind farm utilizes 20 units of 70-metre high Vestas V82 1.65 MW wind turbines, arranged on a single row stretching along a nine-kilometer shoreline off Bangui Bay, which is facing the South China Sea.

Since 2005, wind has been used as a source for sustainable energy in Bangui. The Phase II of the project was completed last August 2008, which added 5 more wind turbines with the same capacity, and brought the total capacity to 33MW.

All of which depict a graceful arc reflecting the shoreline of Bangui Bay. As the wind turbines face the sea, they welcome a gentle breeze that supplies the Ilocos

But wait, there's more.

These tri-blade wind turbines doesn't only bring goodness to the environment. It can also be an impressive sight that could entice any tourist to come, visit the place, and enjoy the mesmerizing scenery. And, as observed over the past few years, the said wind turbines have already greatly contributed in boosting the province's economy.

you keeps many alive. Wind doesn't just cool us under the scorching sun. For others, the wind is the source of life. Despite its invisibility through our naked eyes, the benefit that it may bring us is more than that visible. (Juven



Underneath the Disasters

and helplessness mirrored in almost everyone's eyes. The roars of thunder, the mad strikes of lightning, and the heavy downpours and strong thunder storms filled the entire area.

Then, the morning came. Everything around was visible. Destruction was everywhere.

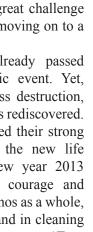
Two typhoons namely Pablo and Quinta with the speeds of 200 kilometers per hour and 175 kilometers per hour respectively, had continuously brought darkness and fear for the Filipinos. But, in the middle of the vast darkness stood out a flicker of light—the flicker of hope.

The rain unceasingly poured out and the fear of the people came in haste, strong wind shattered the windows and left the roof of

The nights were dark. Fear on the water-covered land. Trees and electric posts fell down because of the flash floods. Not only homes but also lives were carried away by the raging waters.

> The cries of the people for hunger, the seeking of the bodies of their loved ones, the memories left of the lost family members had left them the great challenge of facing life, and moving on to a new one.

> Weeks have already passed by since the tragic event. Yet, behind the countless destruction, a treasured gem was rediscovered. The Filipinos proved their strong faith. They faced the new life brought by the new year 2013 with smiles, with courage and with hope, as Filipinos as a whole, working hand in hand in cleaning the mud of the past. (Fara **Princess Cervantes**)













SCIENCE & TECHNOLOGY

TECHNO FRONTIER



Power Pens. Wires have been cabled for electric circuits. Now, fill a pen with a conductive ink and you could "draw" electric circuits. Made from real silver, ink used in "power pens" conduct electricity. Whether if it's on wood, paper, plastic, or other surfaces, one can repair and design electric circuits on the go with the portable "power pen." (Joshua A. Tuason)

A Space Leap for Filipinos

"The program we've launched is an opportunity for our great nation to join the global community in taking the next big leap. We're very excited to meet the first Pinoy astronaut. It could be anyone," e m G of Laforteza Philippine Axe said. Seeing the galaxies and experiencing the

the year 2014.

The American astronaut Buzz Aldrin helped with the launching in New York as the AASA introduced the 22 aspiring astronauts to be a part of the incoming space exploration to be done in 2014. And in the 22 winners in the selection was a Filipino citizen. If perhaps this

space adventure is a rare treasure

that only 529 astronauts have

experienced. Everyone is now in

high spirits as Axe announced that

two Filipino along with 21 other

countries will undergo training to

reach beyond Earth's limitation in

will be the first time for a Filipino to out into space, they already have been making countless legacies in space explorations. They have been a part of numerous space projects and missions along with NASA, like, Dr. Ralph Basilio who was the leading person with the carbon dioxide researches in the space.

Practically, 10,000 Filipinos who applied for the task will be picked to go through multiple challenges until that their number was broken and reached to two person left. Both of them will compete for taking the one valuable spot allotted for the Philippines. And through online voting, the Axe Apollo Global Space Academy (AASA) in Orlando, Florida will now train 100 finalists from different countries including the United Kingdom, Japan, France, Spain and the Philippines will have the chance to grab the seats in a personal space craft called Lynx, which was created at XCOR AeroSpace. The finalists will join a three-day course camp to test them with their strength, brains and capabilities. The candidates will first be checked through medical examinations before facing the real training in store for them. After the examinations, the aspirants will



undergo the shortened phase of the training that astronauts like Aldrin had to pass before exploring space.

In 2014, the 22 persons would experience rare opportunity sitting next to the pilot who will be reviewing and checking the take off list. And at an breathtaking acceleration of 2.9 Mach, in just several minutes the candidates

along with their pilot would be floating inside their aircraft looking down on Earth and observing the countless stars and the eternal abyss of the open space. Built-in cameras are installed to capture every moment and will be aired live in Earth to be shared to the family and friends online.

"Space travel for everyone

is the next frontier in the human experience. I'm thrilled that AXE is giving the young people of today such an extraordinary opportunity to experience some of what I've encountered in space." Aldrin has said. And to know that among those young people is a young Filipino citizen is of great joy for the nation. (Jessa Alegre)

The Jeaset of Plant Kingdom

The following are the 10 Medicinal Plants in the Philippines endorsed by Department of Health (DOH) through its "Traditional Health Program." These herbs have been thoroughly tested and have been clinically proven to have medicinal value in the relief and treatment of various ailments:



1. Akapulko (Cassia alata) - This Philippine herbal medicine is used to treat tinea infections, insect bites, ringworms, eczema, scabies and itchiness.



2. Ampalaya (Momordica charantia) - Has been found to be effective in the treatment of diabetes (diabetes mellitus), hemorrhoids, coughs, burns and scalds, and being studied for anti-cancer properties.



3. Bawang (Allium sativum) - Is used to treat infection with antibacterial, anti-inflammatory, anti-cancer and anti-hypertensive properties. It is widely used to reduce cholesterol level in blood.



4. Bayabas (Psidium guajava)

- Used as antiseptic, antiinflammatory, anti-spasmodic,
antioxidant hepatoprotective,
anti-allergy, antimicrobial,
anti-plasmodial, anti-cough,
antidiabetic, and antigenotoxic in
folkloric medicine.



5. Lagundi (Vitex negundo) - known as "5-leaved chaste tree," is used in Philippine herbal medicine to treat cough, colds and fever. It is also used as a relief for asthma & pharyngitis, rheumatism, dyspepsia, boils, and diarrhea.



6. Niyog-niyogan (Quisqualis indica L.) - is a vine known as "Chinese honeysuckle" and is used to eliminate intestinal parasites.



7. Sambong (Blumea balsamifera)-Is used to treat kidney stones, wounds and cuts, rheumatism, anti-diarrhea, anti spasms, colds and coughs and hypertension.



8. Tsaang Gubat (Ehretia microphylla Lam.) - This "Wild tea" is a Philippine herbal medicine taken as tea to treat skin allergies including eczema, scabies and itchiness wounds in childbirth.



9. Ulasimang Bato (*Peperomia pellucida*) - is a Philippine herbal medicine known for its effectivity in treating arthritis and gout.



10. Yerba Buena (Clinopodium douglasii) - commonly known as Peppermint, is used in Philippine herbal medicine as analgesic to relieve body aches and pain due to rheumatism and gout. It is also used to treat coughs, colds and insect bites. (Gwyn B. Fampulme)

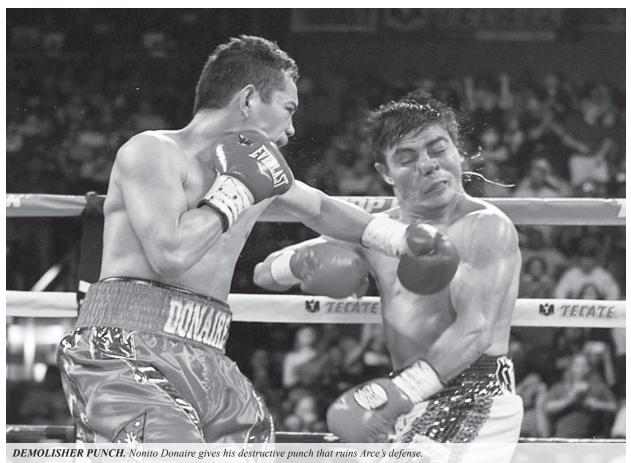
SPORTS TRIVIA



- What is considered as the fastest sports in the world?
- 2. What boxer holds the record for youngest professional
- What sports has "a hooker in a scrum"?
- What religious leader is credited with the invention of nine-pin bowling?

Text your answer to 09999926576. Prizes await to the first who can give answer.

Donaire overpowers Arce by TKO



Nonito "Filipino Donaire brought Mexican boxer Jorge "El Travieso" Arce down and out after releasing a left hook that had him down on the canvas for good in the last second of the third round, resulting to a knockout, in the WBO Super-Bantamweight Championship at Toyota Center, Houston, Texas last December 16, 2012.

Donaire first sent down Arce on the canvas in the second round after unleashing a short right into him, although Arce got up quickly and didn't appear to be affected at

Arce became more aggressive in the third round and started to hit the Filipino. However, Donaire released a powerful combination of a strong right hand and a solid

left uppercut that sent him down to the canvas once more. The Mexican was able to stand up on the count of seven but when the referee resumed the fight, Donaire hit Arce with a left hook and it was lights out for him at the exact 2:59

"We're gonna go for 126 pounds next year," said Donaire after the bout. (Gen Flores)

Red Knights: Starting Small, Achieving Big

"A journey of a thousand miles begins with a single step."

This quote clearly shows how the Red Knights started off as a dream and ended up as a reality after all the determination they have to gain that goal.

But who are the Red Knights? The Red Knights is the official soccer team of Cor Jesu College - Basic Education Department. Their goals are to be able to promote soccer to the students, to join and win sports contests such as DAVRAA, Palaro, and the Alaska Cup, and to permanently establish a football club in CJC.

their head coach,

Mark Laurence Daraug, the team consists of Red Knights' captain Kirt Emmanuel Diaz, Jasper Espinosa, Robin James Castanares, Joshua Narciso, Eugene Ernest Alforte, Philip Louis Gempesaw, Jay Otto Jalipa, John Carlo Gocotano, members. The team has now 16 Benedict John Sara, Shaun Jadraque, Melvin John Lim, Juven Nino Villacastin, Paulo Lazarraga, Janus Arthur Acebes, Arnold Andrei Ian Chong, and Robert Smith.

How did the team start? And who made it happen?

It was the first day of school when Diaz, Espinosa,

and Castanares met. Sharing common interests about soccer, they decided to establish a soccer varsity. The team finally started their first ever training last September 8, 2012. The Red Knights started with only little members so far.

Their first actual game was against Digos City National High School in the Digos City Division Meet last December 7, 2012. After all the team had been through, would you now say that dreams are impossible to achieve? Think about it. (Gen



HUMBLE BEGINNING. The Red Knights continues to become a living example of determination to win

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SPORTS

CJC smashers wipe out ADDU, 31-23

Carillo of Cor Jesu College pulled down Adrian Estremos and James Dubouzet of Ateneo de Davao University from the top spot, 31-23, claiming champion of the badminton boys doubles in the Davao Association of Colleges and Schools (DACS) Regional Sportsfest held at Wheels n' More, JP Laurel Avenue, Davao City last November 22, 2012.

Estremos and Dubouzet set out a hot start, setting out kills, smashes, and drops to Cameros and Carillo and took over the

Florenz Cameros and Jade first half of the game with an early wide margin of 15-1.

Cameros and Carillo started advancing in the second half, countering a series of attacks from the opponent line and establishing swift blocks and defensive strikes that left both of their opponents off track and ending the match with 31-23.

"We thought we were goners," said Cameros. "But still, we managed to level up with them through the second half. We are blessed with our victory and I thank the Lord for His grace that led us this far." (Gen Flores)

SPORTS FEATURE

HUMILITY OF A TRUE MASTER

"Some **Defeats** Are Installments of victories," a quote that Mr. Jimmy Dano believes in.

Mr. Jimmy started playing chess when he was 16 years old. It was when he was still a beginner, and battled with a commoner in chess and got himself defeated. After one month of self study in chess, he managed to defeat that one person and later on realized that he had potential in playing chess.

His career continued to develop and develop. He became a member of Davao City Chess team in 1991–2010. He was even offered to become a National Master in 2008 but declined it; instead, he became a candidate master.

He won the Digos Open many times and also won as champion in the Davao open and in the Mindanao open in 2006 held in Surigao City. Mr. Dano was also a gold medalist in the National Intercities in 2001.

He defeated two chess Grand masters like Joey Antonio, the 3rd grandmaster in 2008. In fact, he was never defeated by one. He even defeated the number 1 chess player in the Philippines namely, Mark Paragua.

But he got discouraged after having a chance to join the millennium chess tournament. He said that the government should have taken care of the expenses but the government didn't give him budget, but still, he carries on.

He now works as a coach in Cor Jesu College since 2008. His trainees won numerous victories too like winning as champion in DACS Men 2011 and as champion in Women's Regional Private Schools Chess Competition. His trainee John Christian Lisaca also won in 2011 Mindanao Wide Open Junior Division.

"If given financial support, I think I can get the International Master title," said the 42-year old chess player. (Gen Flores)

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girls, 3-0, after a tense championship match against Holy Cross Academy Lady Marians at the Digos City Division Meet held at Don Mariano Central Elementary

at the court, the Lancers started strong on the first set of the game, bringing spikes and attacks to the other side of the court. Marians tried to overtake their lead but the scores ended the Lancers have displayed, the

Their loss of the first set awakens the Marians' strength. They may have seemed to catch up but because of the attained level of power and cooperation

The Lancers brought out their remaining strength in their bodies to retain their leading scores in the third set of the match. Banking on focus and coordination, they are able jaw-dropping score of 25-9.

'I am so happy with the victory we achieved," said Eva Julia Marie Niez, Lancers spiker. (Gen Flores)

PBA frenzies in Digos

Bolts zaps Kings, 95 - 88

Mac Cardona played a steady game with the Meralco Bolts against Barangay Ginebra San Miguel Kings, 95 – 88, scoring 21 points while his backcourt mate Sol Mercado produced 19 points in Game 12 of the PBA elimination game at the Davao del Sur Sports Complex, Digos City last October 13, 2012.

"It was really a great game and a great victory, especially because it's against Ginebra," said Bolts head coach, Ryan Gregorio.

Mark Borboran, who's still recovering from a previous injury last game, chipped in 15 points including two three-point shots in the third quarter which



Ginebra's Mark Caguioa has been getting a lot more good looks at the basket with new teammates and more offensive weapons keeping opposing defenses busy.

enabled the Bolts to keep the Bolts. Kings at bay.

Cliff Hodge, who surprisingly led his team in scoring in the first two games, had another steady game with 13 markers while Ronjay Buenafe added 10 for the

"Overall, it was great effort by the team," said Gregorio. "They played with a lot of intensity. We were down in the first half but they did not give up. It's still a long way to go." (Gen Flores)

Junior woodpusher dooms opponents

Nyllgabrylle Gascon, Juniors' over him. chess player, took the Decena, Seniors' chess player in the Intramural Activity at Cor Jesu College Gymnasium last October 22, 2012.

Gascon and Decena already face each other in the first game and delivered their best offenses. Decena managed to leave Gascon hanging on the edge with his moves and won

Decena lost his power after championship crown after using being unexpectedly dominated the En Passant against Francis by Jeric Cameros, a sophomore player, and took the lead on this round. Gascon saw this as an opportunity to get back on top and defeated John Villahermosa, a freshman player.

> Cameros fell into Gascon's trap in the final round and lost. Decena stood up to the challenge and won against Villahermosa and tied the score of the Juniors,

two wins and one loss.

Both Gascon and Decena decided to play a tiebreaker match to grab the crown.

The match became tenser than the previous ones, with both playing seriously for the crown. Gascon saw the opportunity, he used the En Passant to turn the tables and to close the match.

"En Passant is a rule in chess," said Gascon. "Ignorance of a rule might cost you a game or two." (Gen Flores)



SPORTS EDITORIAL

The Art of Losing the War

The country has its own version of Sun Tzu's timeless masterpiece, The Art of War. The problem is one, it's not a book, and two, and it's a foolproof plan on how to lose. This is best reflected on how the country treats its warriors: the athletes. It's as if the government sends these warriors to war without their armors, swords, and shields.

Have you ever wondered why our world-class athletes lost miserably last 2012 London Olympics? It's not because they lack skill, it's because they lack support from the government. Look at England's Queen and the Norwegian Monarchy and many other world leaders. Last Olympics, they put their jobs aside and sat at the bleachers to cheer for their athletes while our president was just sitting in his desk. In another case, despite being champion in an international event, the Philippine Dragon Boat Team never received any support from the government; not even a single penny for allowance. The problem with the government is that it keeps supporting the sore losers like the Azkals who barely garnered any

No wonder we always lose in international events. Our athletes were supposed to be the cream of the crop, the giants! But the government turned them into ants instead.

