



The Official High School Publication
of La Consolacion College Caloocan



Remember, Rejoice, Renew: The 85th Foundation Week features events that reflect LCC-C's commitment and faithfulness to Christ's mission. (Photo by **Charls Cadiente, Giannah Albilar, Jeanne Raífa De Leon, Vince Eballena, and Reiven Mapanao**)

LCC-C celebrates 85 years of faith, unity, and legacy

Ailene Clare Albolas

La Consolacion College Caloocan commemorated its 85th founding anniversary with a week-long celebration of faith, unity, and excitement.

With the theme "LCCC: Celebrating 85 Years of Faithfulness to Christ's Mission," students, faculty, parents, alumni, and guests came together to honor the school's rich history and commitment to education and service.

To kick off the celebration, a Thanksgiving Mass was led by Fr. Paul Nicklaus Woo, who reflected on LCCC's journey and reminded everyone to stay true to Christ's mission. Following the solemn gathering, the energy shifted to the streets as a motorcade filled the neighborhood with school spirit.

As the festivities continued, the Intramurals 2025 officially opened, with cheers echoing across the quadrangle. The ceremonial torch-lighting symbolized passion and unity, while student-athletes took their oath of sportsmanship and promised to compete with integrity.

On the second day, all eyes turned to the Esports Tournament, where Senior High School Team Void delivered a commanding

performance and outplayed Junior High School Team Walang Laro with strategy and teamwork. Meanwhile, behind the scenes, the Esports Club and selected Student Council officers worked tirelessly to ensure fair play and smooth game experience. By the end of the tournament, excitement only grew, with students eagerly anticipating an even more intense Season 3.

Beyond the competitions, young pupils lit up the quadrangle during the Field Demonstration and showed their enthusiasm and hard work. This display of talent was made possible through the guidance and support of their dedicated teachers.

Another highlight of the week was the Dinner for a Cause, which brought together Augustinian Sisters, administrators, alumni, parents, and students for an evening of generosity. Through this initiative, funds were raised to support scholarships, ensuring that LCCC's Marian Augustinian education remains accessible for future generations.

As the week ended, the community gathered for a final Thanksgiving Mass at San Roque Cathedral, led by Fr. Frederick C. Commendador, OSA. The culminating events followed, with the JHS Hip-Hop Dance Contest and the SHS Street Dance

Competition entertaining the crowd. In the end, Grade 7 and the STEM strand emerged victorious and earned cheers and admiration for their creativity and stage presence.

For many students, especially senior high schooler Tydúz Tapia, this

"This year's celebration's indeed blast and I'm really happy to experience so much happiness in my last year here at LCCC."

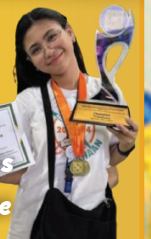
Tydúz Tapia,
Grade 12 student

year's celebration was a bittersweet moment—a final chance to cherish the joy and camaraderie of LCCC before stepping into new chapters.

Finally, the 85th Foundation Week served as a powerful reminder of what makes LCCC a home where faith, talent, and community are nurtured. As the school looks toward the future, the spirit of LCCC will continue to shine, shaping generations to come.

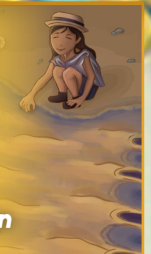
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85 YEARS OF SERVICE: MEDICAL MISSION, PANTRY BRING HOPE TO COMMUNITY

Emeraine Santos

In commemoration of the school’s 85th founding anniversary and spreading cheer to the community, La Consolacion College Caloocan (LCCC) conducted a medical mission in Pamana Court in Brgy. 8 in Caloocan City on Monday, February 23, 2025.

The mission aimed to perform a wellness check, distribute medication and vitamins, and give free eyeglasses to the surrounding residents. Sadly, due to financial constraints and lack of medical facilities, not a lot of people, especially children and the elderly, get the medical aid that they need. This mission serves as a way to ensure that no member of the community is left behind in terms of healthcare accessibility.

The school staff and nurses, as well as the Senior High School Student Council and College Student Advisory Board, collaborated with the San Vicente Ferrer Mission Center, one of the mission stations of Kalookan Diocese which is being adopted by LCC-C, cooperated with the local government to properly conduct a mission that fosters a sense of community and camaraderie among the citizens and assures them that help is always near. This collaboration certainly helped in the efficiency of the project and helped a fair amount of people in getting the help they needed promptly.

“Unfortunately, not everyone is fortunate so events like these are crucial to our community because these opportunities benefit the community through proper treatment and diagnosis completely free of charge!” Dr. Christine Joy Gapas Bigornia, a medical professional from the local government, stated.

This Mission benefitted not just the patients but also the students at the school as they foster and practice empathy and social responsibility. “Missions like these are a chance for the school and its students to become more aware of the situation surrounding them and to express one of the core values of LCC-ians, which is Charity.” Student Councils from the Senior High School Department added as they widened their perspectives on healthcare struggles

The more than grateful anything be more

patients who attended the venue were more for the assistance that they received. “If there’s I’d like to see next medical mission, it would patients leaving with a smile on their faces.” Angelus, a patient, stated, encouraging others to participate and to conduct plenty more of these missions. At the end of the day, the Medical Mission served, aided, and gave hope to over 200 happy patients. La Consolacion College Caloocan proves that their legacy is not only set on academic excellence, but also on leaving a lasting impact on the lives of others.

Service: In partnership with the San Vicente Ferrer Mission Center and the Caloocan LGU, LaCo gives back to the community through wellness checks and eyeglass distribution. (Photo by Reiven Mapanao)

LCCians sharpen skills at Leadership Congress

Samantha Nicole King

On January 18, 2025, a Leadership Congress with the theme “Building the Leaders of Tomorrow, the LCCian Way” was held at the Joselito’s Resort and Events Place in Amadeo, Cavite, where the student leaders of La Consolacion College Caloocan showcased their leadership skills and capabilities to better shape their ability as youth leaders.

The event started off with an opening ceremony led by Mr. Jeffrey Stephen DL. Olaguera, who introduced the different administrators who will facilitate the Leadership Congress. It was then followed by the welcoming remarks of Dr. Rachel M. Cacatian that enlightened the student leaders as to what the purpose of the event was. The school President, Sr. Maria A. Garcia, OSA, was present to support the event.

Moreover, to officially commence the session, Dr. Arlina R. Bernal began with the introduction of

activities that would serve as a warm-up for each leader to interact with their fellow leaders and test their leadership capacities.

Each student participated in land and water activities that assessed their critical thinking, communication skills, and camaraderie to develop the brains of young leaders at La Consolacion College Caloocan that can help in their future endeavors.

Furthermore, a catechesis led by Mrs. Brigenda D. Pajarillo occurred to show the heart of a true LCCian envisioning its vision and mission. This religious education restored the life and teachings of St. Augustine as a leader, inspiring the student leaders in the event to be an example like Augustine.

A Mass presided by Rev. Fr. Brien T. Panagsagan, ESHT, guided the present LCCians in the said event. In his homily, he highlighted the different aspects of a true leader, including his connection to faith, a leader who does

not only serve his followers but also serves God.

“One of my takeaways from the leadership congress that happened on January 18, 2025, was the importance of commitment in leadership. Because commitment is the foundation of trust, consistency, and long-term success. Being a committed leader means you remain dedicated to your vision, responsibilities, and team, showing perseverance even in the face of challenges. your dedication as a committed leader inspires others to stay motivated and engaged, promoting a culture of responsibility and resilience.” said Ma. Sophia T. Eroles, a senior high school student from Grade 11 STEM-A, an aspiring leader and a new student of La Consolacion College Caloocan sharing her takeaways and realizations on the leadership congress.

The closing ceremony, conducted by Mrs. Rona L. Salvador, the grade school department’s student

council moderator, reminded the aspiring students of the hard work that they have shown from the leadership congress that occurred. Every student leader was awarded a certificate to honor their efforts and participation.

Teamwork and team effort were seen throughout the event. In recognizing this companionship, each team was awarded a cash prize and a medal for the champion. The student leader team named, Datu Puti, was awarded the champion in this year’s event.

It was evident in this year’s leadership congress that it showed the LCCian way within its advocacies that see leadership as not just a matter of owning the title but contributing to the community and building a brighter tomorrow, solidifying the amazing foundation young LCCians have for leading the future.



LCCians demonstrate teamwork and competitive spirit in the team-building activity led by Mrs. Elma Balarao. (Photo Courtesy of Ms. Marilou Bunyi)

Campus journalists shine in Likhaan press con, continue winning streak

Raquella Ballena



Flex!: Best TV Anchor and Champion Elyza Gwen M. Felipe glows with pride as she holds her certificate and trophy of victory (Photo by Juaquin Wong)

Another milestone achieved, not just for the publication but for the entirety of the LCCC community. Representing the institution with excellence and integrity, LCCian delegates participated and reaped awards in the 9th KADSA Likhaan Schools Press Conference and Contests in the theme “KADSA Campus Journalists: Agents and Pilgrims of Hope & Truth Towards Synodality in Mission,” at the San Jose Academy of Navotas on the 8th and 9th of November 2024.

Before the competition officially started, the administrators from San Jose Academy, delivered their greetings towards the contestants, spurring different emotions of thrill and excitement which overflowed the whole campus, and once the welcome remarks had finished, the competition had officially begun.

Various schools fought for their place on the pedestal, wherein everyone was hyper focused on their projects; from photographers, writers, copyreaders, radio broadcasters, and tv broadcasters. The whole campus was engulfed by buzzing journalism during the contest, with many competitors uniting to create their best output.

On the second day came the announcement of winners, awards, and titles for the KADSA Likhaan contestants, and once again, the campus was filled with a combination of emotions, reflecting the first day of the competition, but engraved with a more hopeful energy anchored towards earning medals and honor towards journalism.

The announcement started off with the different individual categories—starting off with the English category: Yzza Dominique P. Sulit in Feature writing, with the 3rd place, Dea Ellice S. Dionisio in Sports Writing with the 3rd

place, Emeraine G. Santos in Editorial Writing with 2nd place, Carla Venice S. Manalo in Column Writing with 3rd place, Jane Carille Zaspas in Editorial Cartooning with 5th place, Samantha C. Ramos in Science News Writing with 4th place, and Elyse Xaviera G. Bantolino in Photojournalism with 4th place.

Now continuing the success of the publication team, in the category of Filipino, here comes: Angel B. Cervantes in Pagsulat ng Balita with 2nd place, Raquella F. Ballena in Pagsulat ng Lathalaing with 5th place, Aldwyn Keith V. Sabino in Pagsulat ng Balitang Pampalakasan with 4th place, Karen Jazlyn B. Manuel in Pagsulat ng Editoryal with 5th place, Kirsten Dominique T. Pedro in Pagsulat ng Kolum with 3rd place, Shekeinah Faith D. Vibar in Pagsulat ng Balitang Agham with 3rd place, and Juaquin S. Wong in Pagkuha ng Larawan with 2nd place.

But the awards didn't finish with just the individual categories, the group categories earned a streak as they hauled more awards for the publication team and the whole school, which started with the Radio Broadcasting team in English, which won the titles of 3rd Place Best Infomercial and 2nd Runner-up Best Radio Broadcasting Team, with its members: Miguel Jaeden S. Mesina, Trisha Celine D. Duena, Chrome Zildjian I. Manansala, Jasmine D. Zuasula, Hanz Dominic L. Cabrera, Jewel Ashley C. Viterbo, and Rhean Shane J. Barot, which won the 3rd Place Best Anchor.

With the English radio broadcasting team on fire, the other groups were able to match their energy such as the Filipino Radio Broadcasting team which garnered the titles as 3rd Place Best Infomercial and 3rd Place Best Script, with its members namely: Robert Kent A. Pedregosa, Jhanelle Atasha S. Valenzuela, Axel Lebron T. Bagus, Kimber Drindy B. Rivera,

Charles Ivan D. Lomocso, Jaecy P. Ignacio, and Nadyne Audrie O. Calina. On the other hand, the TV Broadcasting team swept up their own titles and awards, with the English TV Broadcasting bunch starting the list off, by winning 2nd Runner-up Best TV Broadcasting, with its members: Ailene Clare C. Alboleras, Rasheed Aaron C. Santos, Zeus Akhi Czar C. Maturan, Tamiya Anslee L. Cruz, Jerylle Bless G. Duan, who claimed the 3rd Place Best News Presenter, Zandy Ritz Amber B. Genove with the 3rd Place Best Technical Application, and Jessierich Abellon with the 2nd Place Best Script.

Consecutively, the Filipino TV Broadcasting team had won their own titles as well, with the team being in 2nd Place Best DevCom Plug and earning Champion as the Best TV Broadcasting Team, with its members: Jovien Danniel D. Canada, Vrixter T. Ignacio with 2nd Place Best Anchor, Elyza Gwen M. Felipe with 1st Place Best Anchor, Danieyll Venice V. Oflas with 1st Place Best News Presenter, Mary Denisse V. Villegas with 3rd Place Best News Presenter, Rovie M. Ramos with 1st Place Best Technical Application, Maria Kyle M. Miranda with 1st Place Best Script.

Within the Collaborative Desktop Publishing category, the English team with its members: Laidee Dominique A. Taoingan, Ayisha Jillian E. Gamunday, Nicole J. Mensurado, Ckrissey M. Rivera, Ydelle Bridgette D. Timtim, who secured the 3rd Place Best Feature Page, together with Sabina Victoria I. Topang with the 3rd Place Best Cartoon, and Giannah Gabrielle P. Albilar with the 3rd Place Best Photo.

The Filipino Collaborative Desktop Publishing team on the other side, acquired the 2nd Runner-up Best Collaborative Desktop Publishing Team, with the members: Mary Pauline H. Delos Reyes with the 3rd Place Best

News Page, Nicailavan D. Depositario with the 2nd Place Best Editorial Page, Khrista Nicole D. Cabonegro with the 3rd Place Best Feature Page, Audrey Mei R. Hernandez with the 2nd Place Best Sports Page, Ma. Kayzel I. Dela Peña with the 3rd Place Best Cartoon, Reiven Richard O. Mapanao with the 3rd Place Best Photo, and Kirsten Emyrnye E. Dumaran with the 3rd Place Best Layout. Contestants from the Filipino Online Publishing achieved 3rd Place Best Multimedia and 2nd Runner-up Best Collaborative Desktop Publishing Team with the members: Anniekah Drew B. Morelos with the 2nd Place Best News Section, Ma. Gabrielle S. Garcia with the 2nd Place Best Editorial Section, Keeana Reylie M. Flores with the 2nd Place Best Feature Section and 3rd Place Best Photo, Beatrice Pauleen J. Pascual with the 2nd Place Best Sports Section, and Cassandra Nicole M. Calderon with the 3rd Place Best Layout. In the School Publishing Contest, the publication's Filipino newspaper issue from school year 2024-2025 won the five following awards as: 3rd Place Best News Page, 2nd Place Best Editorial, 1st Place Best Literary Page, 3rd Place Best Sports Page, and 2nd Runner-up Best Student Publication. While The Word won as the 2nd Place Best Literary Page.

With the overall of La Consolacion being an overall champion and 2nd runner-up amongst all other school newspaper, with the publication team being handled by the one and only SPA, Mr. Mark Angelo A. Tabaniag.

In the conclusion of the competition, the contestants and the whole publication team had shown immense dedication and effort to the craft of journalism, which led to another successful event for LCCian campus journalists striving for truth and integrity in the field of campus reportage and possibly real world journalism.

LaCommunity honors Sto. Niño with faith and festivity

Carla Venice Manalo



Grade 10 Reimond Xyke Aguilar dances with devotion and gratitude while holding the image of Sto. Niño in celebration of its Feast Day. (Photo by Giannah Albilar)

As a way of devotion to the Young Christ, the LCCian community gathered in a carnival of colors and sacred commitment at the quadrangle this January 17, 2025, to show dedication to the unwavering faith to Christ.

The celebration kicked off with a mass presided by Rev. Fr. Anthony Acupan, OSA. In his homily, he urged everyone to be like Sto. Niño, who symbolizes humility and trust in the Lord. In this way, one would be guided in their everyday endeavors and will be an instrument of love and mercy of God.

Moreover, to give the feast of Sto. Niño the LCCian touch, the Augustinian community honored the Holy Child through a parade around Mabini to show light amidst the noise of life. This is accompanied by the kids of the institution who dressed off as

different versions of Sto. Niño.

At the end of the parade welcomes a dance performance, spearheaded by Mr. Mar Angelo L. Manuel, to show off the joy in faith through a colorful dance with figures of the Sto. Niño within their hands.

Camaraderie within the institution was highlighted through the dynamics of young LCCians who were accompanied by their brothers and sisters within the campus. This unity was emphasized during the parade and dance performance.

Reflecting on her first experience of the feast as an LCCian, Jiyana Rizhea Simon, a performer, remarked, “I saw how everyone was united from the students, teachers, and to the staff of the school in order to show their love for Sto. Niño. It felt very LCCian, especially when I realized it is not just for academics, but for devotion and tradition.”

This feast is more than just an activity in the school calendar, it emphasizes the importance of believing in God similar to how children faithfully trust Him.



NEWS 03



United to Give: Past and present members of the LCC community gather for the Dinner for a Cause, aiming to raise support for future scholars. (Photos by Giannah Albilar, and Jeanne Raifa De Leon)

A NIGHT TO REMEMBER: DINNER FOR A CAUSE STRENGTHENS COMMUNITY BONDS

Charls Cadiente and Kristine Coloquio

To celebrate La Consolacion College Caloocan's 85th founding anniversary, a heartwarming charity-driven feast was held to celebrate the institution's dedication to community, namely, "A Night to Remember at LCC-C: Dinner For A Cause", at the LCC-C Quadrangle on February 7, 2025.

The event was made possible by the association of all administrators, alumni, sponsors, professors, and students alike.

In essence, it was trip down memory lane for LCCians that evoked recollections that were brought about by the graduate students. Subsequently, the phrase evening for a cause was coined to highlight that the evening is not only about reliving memories but also about sharing potential experiences with others via the event's beneficiaries. Honoring the occasion with reverence as the religious clubs of LCC-C consisting of students from The Friends of Mo. Consuelo, The Knights of the Altar, and the Youth.

Sr. Maria A. Garcia, OSA, the institution's beloved president, gave a heartfelt welcome to the guests to start off the event.

Afterwards, Sr. Maria A. Garcia, OSA presented awards to former administrators in recognition for their years of service and dedication to the institution. With the help of Sr. Eden L. Gicana, OSA, they recognized Dr. Arleen B. Hao, Dr. Ma. Salome Aguinaldo, Ms. Gloria Diaz, Ms. Consuelo F. Arcadio, and Ms. Agnes Catherine Peralta as lay administrators from the past years. Religious administrators namely Sr.

Flor A. Cordis, OSA, Sr. Ma. Gerolinda C. Tingson, OSA, Sr. Gemma P. Valenzuela, OSA, and Sr. Ma. Lina R. Despojo, OSA were recognized and appreciated for their commitment for the development of LCC-C.

The night was made more meaningful by the testimonials given by three wonderful people: Dr. Grace, the president of the Alumni Association; Mrs. Basilio, a graduate of BSHRM; and Fr. Rey Larius Dimayacayac, which inspired many individuals.

Mrs. Basilio shared her experience when she was still a student. "LCC taught me that success is not measured by the grades. Success is defined by your ability to persevere, to learn from failure, and to rise stronger each time you stumble. It is about being resilient staying committed to your goals, even when the path forward is unclear, and embracing every obstacle as an opportunity for growth."

To make the night meaningful, LCCC staff arranged the catering to give guests a community salo-salo, a gathering with something special, and a memory of an unforgettable night.

La Consolacion College Caloocan's FCI and chosen faculty members displayed their hidden talents, adding to the evening's significance.

The presentation of a musical play by selected JHS and SHS students under the direction of Mr. Mar Angelo Manuel was one of the event's highlights. This featured performances of some of the world's greatest musical plays.

Adding to the evening's entertainment value, LCCC's The Band and LCCC Sessionistas serenaded the

audience.

In an interview with Zandy Ritz Amber B. Genove, one of the performers shared her experience during that night and their performance.

"My experience was memorable and enjoyable, but it was also a little frightening knowing that alumni and possibly my friends were watching us perform. Nonetheless, it was a fantastic opportunity because not everyone gets the chance to perform in front of them. I was grateful to Sir Mar because he had enough time and patience for us. We waited for almost how many hours, but it was all worth it; I got to meet new people and learn new things. There was no pressure during practice, so we were free to explore our moves and share them with one another. We weren't given much time to practice, but we performed well and gave it our all. We all felt pleased about their reaction to our performance."

Moreover, Daniella Marie T. Tabilog, an alumna at LCCC, shared her thoughts and experience throughout the night.

"Attending the alumni event at LCC was truly a nostalgic experience. The performances were lively and entertaining, bringing back fond memories of my time at the school I grew up in. The food was excellent, and the atmosphere felt warm and familiar. Sitting in the audience reminded me of the excitement I once felt performing on that very stage. It was a special night that made me appreciate how much LCC shaped my journey and who I am today," she commended.

Attendees were treated to amazing acts and motivational talks,

"It was a special night that made me appreciate how much LCC shaped my journey and who I am today,"

Daniella Marie T. Tabilog
LCCC Alumna

which added significance to the evening. Mr. Weldann Lester A. Panganiban, a teacher from LCCC who attended this gathering, also shared his wonderful thoughts and insights.

"Celebrations like these come once in a lifetime. Programs such as the dinner for a cause were an opportunity for the whole school community to rediscover its glorious past and cherish its present achievements. Current students got to know those who studied before in the school, the alumni revisited their happy days, and everyone worked and helped to face the future of the school as one community."

As the event came to an end, the closing remarks were led by alumni adviser & consultant, Ms. Gloria Diaz, who gave us the summary of the event. The night ended with priceless insights and treasured memories, leaving a special mark on the hearts of every LCCian.

As attendees left the event, they took away priceless lessons and treasured moments to remember in the future.

FUTURE SCIENTISTS, INNOVATORS TAKE PART IN SCIENCE CONGRESS

Ayisha Gamundoy

Excitement filled the Mo. Consuelo Hall of La Consolacion College-Caloocan on March 17, 2025, as students proudly presented months of research and innovation. The annual Science Congress Competition has once again brought together the brightest young minds from Grades 7 to 10, proving that the next big scientific breakthrough could come from a classroom experiment. This year, the competition was more than just a battle of scientific minds. It was a brighter glimpse into the future—one where young innovators took charge and designed solutions for issues that matter.

Among the standout projects was The Creation of a Barcode Entrance System and Website for School Properties. Designed to improve school security and attendance tracking without needing expensive third-party services. Shyron Dwight R. Loveres, alongside his team Sef Untalan, Euna Miel Andrea L. Salva Cruz, Yael Yuan Calaranan, Zuriel R. Buenaventura, and Lance Simon F. Garduque, developed the system after seeing the inefficiencies of traditional logbooks.

"Our school still relies on manual logbooks, which can be time-consuming and prone to errors," Loveres explained. "We realized we could create something efficient and cost-free—an entrance system that schools can customize without expensive monthly fees." Their hard work earned them first place in the Juniors Category (Grades 7-8).

Taking second place with the special award for Best Visual and Best Presentation in the Juniors Category were Angela Ann I. Camua and her team Mary Kathrine B. Abella, Zaijan Cristobal, Kiara Justina Javate, Sean Francis R. Ong, Paul Ivan M. Puspas, and Roy Joseph F. Saño, who focused on Repurposing Used Coffee Grounds as an alternative for charcoal. Their project aimed to reduce waste and provide an affordable, eco-friendly fuel source. Meanwhile, Ayisha Jillian E.

Gamundoy's team, which included Ichigo Wen B. Dorimon, Jamar Nicolai L. Magpayo, Jairis Pettz S. Muring, Ross Lambert Pilit, Raviel Andre C. Santos, and Anup Singh, secured third place for their Feasibility study of Oregon Oil Lamp as an alternative Mosquito Repellent—a natural and cost-effective way to combat mosquito-borne diseases.

In the Seniors Category (Grades 9-10), the top project with the special award for Best Visual and Best Presentation was User-Perceptions to a Sensor-Driven Security Camera and Alarm System for Improved Safety Monitoring by Lena Nicolle G. Bugarin's team alongside Terrel Jon S. Bernardino, Enrique Rafael C. Sevilla, Rheign Michaela C. Aniceto, and Princess Abigail B. Dela Cruz.

"We were inspired to create this project because we noticed that the safety of the homeowners was at risk because of often theft happening around the neighborhood," Bugarin shared. "Therefore, we decided to come up with the product sensor-driven alarm system and security camera to improve the safety of everyone and to prevent occurrences like robberies and home invasions." Their research secured them first place in the category. Winning second place was Nica Charmelle B. Obusan's team, composed of Kyle Miranda, Athena Ashley M. Lapurga, Garnet Ivan S. Dee, Scarlett Sam A. Diwa, and Jann Jobrei P. Manadlang, who developed The Effectiveness of Color Sensor Machine in Monitoring Plant Health. Their innovation aims to help farmers and gardeners detect early signs of disease, improving crop management and agricultural productivity.

At the same time, Gabriel A. Domingo's group, including Karl Julian I. Lalo, Charlotte S. Barangan, Kirsten Rhianne O. Ferrer, Kceana Reylie M. Flores, and Heaven D. Gabrielle Salvador, focused on disaster preparedness, earning third place

for their Hydrosense project—The Use of Rain Sensor and its Effectiveness in the Weather Alerts of Flood Prone Residents in Maypajo, Caloocan City. This aims to develop an effective and affordable rain sensor alarm that enhances weather alert systems, particularly for communities, like Maypajo, that are prone to flood.

The Science Congress was more than just a contest; it was a testament to the power of young minds eager to explore, experiment, and create. Beyond the trophies and accolades, it became a space where curiosity met purpose, and where students learned that their ideas—no matter how small—could spark real change.

"The Science Congress is more than just competition—it's to promote scientific knowledge, inspire innovation, and address contemporary scientific challenges," said Mrs. Desina V. Barba, one of the event's organizers. "Seeing the passion and dedication of the researchers in the field can motivate students to pursue their own scientific interests and careers."

But the competition was not just about scientific breakthroughs; it was also a lesson in resilience and adaptability. "During the recently concluded Science

Congress, the students were able to deepen their understanding of research focusing on the comprehension of the topic they choose to present," shared Mrs. Melissa C. Lanuza, chairman of the board of judges for the Juniors Category. "It strengthened not just their research abilities, but their confidence, communication, and ability to accept feedback—whether praise or constructive criticism. Overall, it made a great impact on their academic and personal experiences. Kudos to the organizers."

As the event drew to a close, it was clear that the true success of the Science Congress wasn't just in the winning projects, but in the mindset it cultivated. It left students with a deeper appreciation for scientific exploration, a renewed passion for innovation, and the confidence to keep pushing boundaries—long after the competition ended.



Research is not KJ: Rafa, a participant in the 2025 Science Congress, demonstrates how their earthquake detector works to the panel chairman. (Photo by Jeanne Raifa De Leon)



EMPOWERED WOMEN

Empower Women

“Women don’t need to find a voice; they have a voice, and they need to feel empowered to use it, and people need to be encouraged to listen.” - Meghan Markle

In this day and age, it is still noticeable how many people still think of men being the superior sex as opposed to women. This is because most people assume that women aren’t capable of doing other things except house chores or being good housewives when the truth is that women are capable of everything.

Women are capable of being in the same career as men. They can be in the medical field, or in the innovation field. There isn’t a job that women can’t have just because of their gender. Being a woman doesn’t mean that a person is ‘less’, as a matter of fact, Marie Curie, a Polish physicist and chemist was the one who discovered polonium and radium, leading to the development of x-rays. Because of her discoveries, she became the first woman to win the Nobel Prize, and the first person—regardless of gender, to win the prestigious award twice.

Women are evidently good leaders, despite the usual comments where people say that they are too emotional to be one. Take for example, Queen Elizabeth II, the longest serving monarch, who embraced and promoted change in the British monarchy. She passed the Succession of the Crown Act of 2013 which amended male-preference primogeniture to absolute primogeniture for those in the line of succession born after October 28, 2011.

Women have the capacity to be revolutionary educators and societal changemakers. They have the power to be involved in discussions of politics and educating the young minds of tomorrow as they model empathy, communication, and resilience that can inspire communities and drive progress. For instance, Maria Ressa, a veteran journalist who was pushed to the spotlight for her fight for the freedom of expression during a new surge of media censorship in the Philippines, became the first person

and woman who won the Nobel Peace Prize from the country in 2021.

People often think of women empowerment as something that aims to make women the superior sex. Arguing that men and women are now equal, even when it is visible that they actually aren’t.

“Celebrating women’s achievements doesn’t equalize belittling the opposite sex— and that they should go both ways.”

Uplifting a woman is sometimes misconceived as bringing a man down, but that’s not the reality. Celebrating women’s achievements doesn’t equalize belittling the opposite sex— and that they should go both ways. In reality, it is hard to recognize a woman’s triumph because of the underlying actuality that the world is patriarchal.

It is about time for the society to accept the fact that women are as capable as men. In fact, women can accomplish several things that men cannot. Women can carry and grow a child inside their bodies for 9 months before giving birth and breastfeeding them.

In acknowledgement of this, it should be the right time for reflecting upon changing the kind of belittling standards that are set for women, and finally give more of them credit as they have always been major contributors to the society from time immemorial. Let the people remember that being a woman goes beyond liking the color pink and adapting to the sexual standards given by the society, women are deserving of equality, and they are individuals who can pursue limitless opportunities without restraint and gender’s partiality.

Deadly Discipline

Jessie Rich Abellon and Danieyll Venice Oflas

Is the fight against crime worth the price of human lives? Rodrigo Duterte, the former president of the Philippines, gained global attention for his “war on drugs” launched in 2016. At the center of this controversy were accusations of extrajudicial killings, or EJKs — deaths carried out without a fair trial or legal process.

The International Criminal Court (ICC) began a preliminary investigation into these atrocities in 2021, citing crimes against humanity. Duterte responded by withdrawing from the Rome Statute in 2019, rejecting external scrutiny and claiming the ICC had no jurisdiction over the Philippines’ internal affairs. This move revealed his deep resistance to international oversight, even in the face of serious human rights violations.

Rather than reducing crime, Duterte’s policies encouraged a culture of lawlessness. The normalization of extrajudicial killings blurred the lines between justice and murder. Innocent people were caught in the crossfire, and communities lived in fear—not just of criminals, but of the police themselves.

“Justice should be based on law and fairness—not on fear and executions.”

Duterte painted himself as a leader who despised drugs, yet his own family was linked to the illegal drug trade. His son, Paolo Duterte, was accused of involvement in drug smuggling but never faced serious investigation. This double standard revealed the true nature of the drug war—it was never about justice, but about control.

The victims of Duterte’s drug war were overwhelmingly from marginalized communities, with many children also caught in the crossfire.

Human Rights Watch reported that at least 27 children were killed, underlining the indiscriminate and cruel nature of the violence. These victims have been left without justice, while their families have been denied

legal recourse within the Philippines.

Supporters argue that Duterte’s policies reduced crime and restored order, but the facts say otherwise. In 2016, surveys revealed widespread support for the campaign, yet this should not absolve the administration from accountability for the thousands of lives lost.

If the drug war was truly effective, why did illegal drugs continue to circulate? Moreover, the focus on killing small-time users ignored the real source of the problem—big-time drug syndicates and corrupt officials who profited from the trade. The so-called “success” of the war on drugs was an illusion, built on fear rather than real reform.

Instead of violent crackdowns, the government should focus on long-term solutions such as education, rehabilitation programs, and economic opportunities. Treating drug addiction as a health issue rather than a crime would lead to more sustainable change. Strengthening law enforcement through ethical practices, rather than unchecked killings, will create a justice system that truly serves the people. Justice should be based on law and fairness—not on fear and executions.

Duterte’s war on drugs will be remembered not as a victory, but as a national tragedy. It proved that when power is unchecked, justice is lost. The ICC investigation is a crucial step towards accountability, and without it, many of the victims of Duterte’s war on drugs will never see justice. The time for action is now.





Salience of Learning

Dea Ellice Dionisio



“For everyone, everywhere, literacy is, along with education in general, a basic human right.” But what goes beyond reading and writing? How can literacy serve as a bridge from misery to hope in our knowledge economy?

When individuals have a higher level of literacy, our economy improves. Adequate literacy skills open the door to more education and employment opportunities, allowing people to pull themselves out of poverty and chronic unemployment.

The literacy rate reflects how well the curriculum and literacy programs function. These programs instill basic knowledge and skills in the population, but individuals must apply these abilities in everyday life. Reading and writing proficiency demonstrate higher intellectual development potential as well as the economic and social progress of society.

“In an era dominated by social media, strong literacy skills help prevent misunderstandings, unnecessary conflicts, and misinformation.”

urgent action, such as addressing the root causes of widespread learning deficiencies among students, establishing an open information policy, and improving

teacher training and workload management.

Less than 20% of Philippine students achieve basic reading proficiency, bringing the country’s education system into crisis, with a learning poverty rate of 90%. This means that, on average, Filipino children fall far behind their peers in acquiring fundamental knowledge essential for today’s world.

The low reading comprehension rate in the Philippines may also indicate gaps in the education system.

Despite the emphasis on reading in schools, there is a possibility that students do not fully engage in reading comprehension activities, which must be improved to enhance their understanding and literacy skills.

Reading comprehension is an essential skill and also enable society to better interpret and engage with current events.

Literacy is not just about reading and writing; it is about expressing oneself with progressive thinking and influencing others. It highlights the power of communication and engagement, shaping a more informed and connected society.



Trump’s Legacy: A Tyrant’s Guide to Hell

Melissa Grace Doremon

In this world, the need for a leader to guide, help, and serve as the light for people is important, especially with how the world is constantly changing. This is particularly true in a country that represents freedom—yet what is freedom when ruled by an interesting man with interesting choices that divide the country between admiration and hatred?

During Trump’s inauguration on January 20, 2025, controversy sparked as many citizens were concerned that the people surrounding him were a group of billionaires who knew little about politics. Not only that, but they were billionaires known to have bad reputations, some of them being Elon Musk and Mark Zuckerberg.

The controversy escalated further when, during Elon Musk’s speech about Trump’s victory, he performed the Nazi salute. Yet this remains a topic of debate, with opinions split—some defending him and the president, claiming it was the “Roman” salute, while others criticized them, believing it truly was the Nazi salute.

Many are left to wonder how Trump’s presidency will be affected when these are the types of people he chooses to call his “friends” and influences.

Many wonder how this man prevailed in becoming president for the second time. Is it his charm? His money? Or has he proven repeatedly just how closed-minded Americans have become toward politics to vote for someone who is “God-fearing” with a criminal record over another candidate who is just a woman?

In Trump’s first month as president, he had already initiated immigration laws on January 20 and 21, declaring a national emergency and issuing several exclusive orders on immigration.

These orders addressed what they called “enhanced vetting” of visa applicants, birthright citizenship, border security, the U.S.-Mexico-Canada Agreement, asylum, and refugee programs, causing thousands of innocent people to be torn from their families and deported.

Countless lives were destroyed in one month. What more could possibly happen in the span of four years?

Activists dared to fight back against his immigration laws, taking a stand for those whose lives were on the line and for those who had no voice—uniting as one to save the unfortunate.

The Ukrainian president had hoped to leave the

White House after a positive discussion with Trump, along with the signing of a mineral deal securing the U.S. a real stake in his country’s future. Instead, he was met with Trump and Vance’s ignorance, as they demanded he thank them for the support the U.S. had given Ukraine for years.

Zelenskyy pushed back against suggestions from his more powerful partners that he should work harder to agree to a ceasefire with Vladimir Putin. They responded by calling him “disrespectful.”

While Zelenskyy tried to express his thoughts, Trump repeatedly interrupted him and acted rudely, truly showcasing his arrogance toward other world leaders.

Although Trump has made very questionable decisions as president, he has implemented laws that contributed to America’s progress.

On August 24, 2023, Trump’s mugshot was released to the public, as he was charged with 13 crimes in Fulton County, Georgia. He was also found guilty of 34 charges in his hush money case, making him the first-ever U.S. president with a criminal conviction.

There are not many solutions to a president like Trump, but if the EDSA Revolution has proven one thing, it is that

What people can do is speak up, fight oppression and injustice, use their platforms, stay true to their advocacy, and

contradict Trump’s agenda. What use is a leader’s power when the very people who put him there are the ones who will take him down?

Forget history, and you shall suffer under the government you voted for—not wisely, but impulsively.

“The evil that sits on the throne of a country can be overthrown when the people have decided they have had enough.”

The Need for Long-Term Agricultural Reforms

Trisha Celine Duena



“Consider the farmer and the consumer before thinking of yourself.”

On February 3, the Department of Agriculture Secretary, Francisco Tiu Laurel, declared a food security emergency for rice due to extraordinary price increases at a retail store in San Andres, Manila.

This incident has led people to question why the government decided to take this action during the election period. The Department of Agriculture should focus on long-term strategies rather than short-term solutions to enhance rice production, improve infrastructure, and support farmers more effectively.

“Without addressing the root causes, the rice price crisis is likely to recur.”

The declaration does not include comprehensive reforms to support farmers and improve domestic rice production, which are essential for long-term food security. Investing in modern agricultural techniques and farmer support programs is essential for enhancing rice production and ensuring a stable supply.

The focus on releasing rice buffer stocks raises concerns about the market sustainability of this approach in the long run. The lack of a clear strategy for maintaining and replenishing buffer stocks may result in long-term negative impacts.

Relying on emergency measures provides temporary relief but does not resolve the systemic problems causing the price increase.

To address this issue, the Department of Agriculture should establish a transparent monitoring system to track stock levels and prevent hoarding and price manipulation. Additionally, they should identify and address the root causes of the rice price crisis to prevent future occurrences.

The Department of Agriculture should ensure food security and stabilize rice prices. This approach will not only benefit consumers but also empower farmers, leading to a more resilient and self-sufficient agricultural sector.



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Forms over Life

Trisha Celine Duena

“They say that ‘students’ health and well-being come first,’ but how can we hold onto this belief when even our schools the very institutions entrusted with our futures, struggle to fulfill this fundamental duty?

During an intramural basketball game on February 23, Shann Mikhail Estaquio, a senior high school student at Our Lady of Perpetual Succor College (OLOPSC), passed out and suffered a seizure. School staff reportedly administered CPR, which is not advisable during a seizure. Despite efforts from emergency responders, Shann tragically passed away at the hospital.

It should be possible for a school of this kind to have trained medical personnel on call, particularly during potentially dangerous activities like intramurals. A young individual lost their life because of this carelessness.

According to students, there was no medical team on the court during the event when the PE teacher, who was not adequately trained, performed cardiopulmonary resuscitation (CPR) on Shann during his seizure. Medical organizations such as the Barrow Neurological Institute advise against doing so in such circumstances. This only demonstrates OLOPSC’s lack of proper medical care in their preparedness for student health emergencies.

The teacher’s decision to look for a waiver rather than getting the student to the hospital first shows a serious

lack of competence and an inability to comprehend the seriousness of the medical situation.

Likewise, it is evident that the institution is protecting its image rather than answering community concerns when it decides to shut down the comment section, remove comments, and stop live streaming in order to protect its image.

Institutions like OLOPSC that uphold strict regulations should employ qualified medical professionals to be present during school events.

With this kind of action, the schools can enhance their emergency response system for their students.

This tragedy shows that only by prioritizing adequate medical preparedness and transparency can schools truly honor their commitment when it comes to students’ safety and well-being.

“Medical equipment like first aid kits, oxygen tanks, etc. should be readily available and accessible within the school.”

Bribed Truth

Carla Venice Manalo

In the powerful words of Wes Fesler, “Hypocrisy is the audacity to preach integrity from a den of corruption.” How excruciating it must be for the Philippines as it once again relates to a condemning quote.

Through combating money laundering and terrorism financing, Malacañang acknowledged the Philippines’ removal from the Financial Action Task Force gray list in February, citing concerns that it has hampered commerce and investment in the country for numerous years

It is highly detrimental for this country knowing that this is being sold as good news when in fact it has been stifling the voices of many.

First of all, the task force itself is not reliable because they have been claiming different countries

to be acting legitimately, when the truth is that they have been ignoring human rights obligations, which basically shows that they are turning a blind eye on what is really happening.

In line with this, FATF is being misused by the government to suppress the voice of the Filipinos by baselessly charging human rights defenders and

progressive non government organizations.

Through a lineage of corruption, could the Filipinos really say that they are free from dirty money when there are still people who would rather steal their taxes? After all, corruption and money laundering are sisters by blood.

Disregarding this, many government officials still hailed the Marcos administration for successfully spearheading the campaign against money laundering and terrorist financing.

In opposition, how ironic it is for the Philippines to be led away from dirty money by someone who has been looting from the pockets of poverty.

To eradicate the whole motion of dirty money, the government would be needing the aid of the Filipinos. It should not be just through the efforts of the administration.

Take a small step to create a larger action and vote the right people to demolish the grounds for corruption. Remember, it starts with us, it ends with us.

Vote for a Change

Karen Jazlyn Manuel

“The ballot is stronger than the bullet.” – Abraham Lincoln

As the midterm elections approach, Filipinos should once again evaluate the importance of not only voting but rather the importance of voting wisely.

Filipinos have been known to vote based on their existing knowledge and familiarity with the candidates. This is evident in the politicians sitting in our government today, and it needs to be changed.

It is crucial for voters to thoroughly research the credentials and qualifications of each candidate in order to properly evaluate who is fit for the positions in the executive and legislative branches of the government.

According to the Social Weather Stations (SWS) survey for the 2025 Midterm Elections, Willie Revillame, a Filipino television host who lacks credentials, ranks 12th in the senatorial preferences of Filipinos. He is on the list along with two of the Tulfo brothers, Erwin Tulfo and Ben Tulfo who ranks 1st and 6th respectively. This is because they are familiar to most Filipinos because of their daily appearance on TV.

While those who are qualified and have the right credentials for the position, such as Kiko Pangilinan, who advocates for the agricultural and farmers rights, rank at the bottom of the list.

Filipinos seem to be soft-hearted, forgiving, and forgetful when it comes to voting. They should look back on the past and present issues, controversies, and legal cases of the candidates. Senatorial aspirant Pastor Apollo Quiboloy still has supporters despite currently being jailed for sexual abuse and human trafficking. This also shows how low the bar is for senatorial candidates in the Philippines

It appears that some candidates lack both shame and integrity, yet they still deem themselves worthy of being public servants despite knowing that they lack the qualities needed for the positions they are aiming for. These people are aware of and take advantage of the fact that voters prioritize familiarity over credentials. They know themselves well enough to evaluate whether they deserve to be leaders Filipinos can rely on, but they’re too thick-faced to face the fact that they aren’t.

Most Filipinos would argue that they would rather settle for familiar candidates than vote for someone who is new and unpopular. They are still easily swayed by appearances, sweet talk, and empty promises from celebrities and other candidates who are obviously incompetent.

Just because someone is well-known doesn’t automatically mean that they are a good person. Some are famous for the wrong reasons. Voters should take a step out of their comfort zones and explore aspirants and candidates who can actually bring change for the betterment of the country.

Both voters and candidates must be responsible. Voters must carefully evaluate candidates and vote for those who are competent and qualified.

Candidates, on the other hand, must stop treating politics as a joke or a business. They need to realize that the positions they are running for carry the responsibility of shaping the Philippines and its citizens’ futures.

In today’s era, the youth’s votes will be able to help the Philippines government and governance become better. The 23.1 million millennials and 18.3 million generation z’s should use their intellect in educating those in the older generations with regards to how to decide who they should vote for in the upcoming elections.

If you want change, you must move toward it. As voters, you have the power to make a difference. Do your part and vote wisely.

“Voters should take a step out of their comfort zones and explore aspirants and candidates who can actually bring change for the betterment of the country.”

EDITORIAL 07

One Man’s Dream, Another Child’s Burden

Ailene Clare C. Alboleras and Rovie M. Ramos



In the face of poverty, even the youngest members of society are forced to earn a living just to survive. The viral story of “Neneng B,” the young girl selling Hungarian hotdogs, has once again sparked a debate on child labor in the Philippines. While many admire her determination and hard work, the reality behind her situation is a harsh reflection of a much deeper problem—children choosing work over education because they have no other choice.

Child labor is not just about children working; it is about children being deprived of their fundamental rights. Instead of focusing on their studies and enjoying their childhood, many are forced into labor just to help their families survive. This issue remains prevalent in many developing countries, including the Philippines, where poverty is a leading cause.

According to the United Nations Children's Fund (UNICEF), child labor arises from economic burdens caused by extreme poverty, the loss of a provider, or a lack of financial support. Globally, an estimated 160 million children are engaged in labor, and almost half of them are exposed to hazardous conditions that threaten their health and safety.

Some parents argue that child labor teaches responsibility and prepares their children for the real world. They believe that allowing children to work at a young age gives them an advantage in life. However, this perspective ignores the fact that childhood is a crucial stage for learning, development, and growth. Children should not have to sacrifice their education for survival.

Commission on Human Rights (CHR) Executive Director Jacqueline Ann de Guia emphasized that ending child labor requires strong political will and coordinated efforts from various sectors. The government plays a crucial role in ensuring that families receive the necessary support so that children are not forced into labor. However, despite laws protecting children, the government’s efforts remain insufficient, and child labor continues to persist. Unfortunately, many people still normalize child labor, often romanticizing stories of hardworking children instead of questioning why they are in that situation in the first place. The public admires their perseverance but fails to see that these children should not have to struggle to begin with. Instead of celebrating their resilience, society must demand change.

Another factor contributing to child labor, as pointed out by ChildHope Philippines, is the lack of family planning. Many parents, unable to provide for their large families, end up seeing their children as financial burdens rather than individuals with rights and dreams. This results in children being forced into labor instead of being given the opportunity to study and enjoy their childhood.

“Forcing a child to work is not an “eye-opener”—it is a burden.”

Veiled Ploy

Carla Venice Manalo



We find truth in the timeless words of Stewart Stafford: “A dynasty is nothing but the successful orchestration of treachery.”

To successfully execute a political show, an impeachment trial will be held on July 30 at the House of Representatives to remove Sara Duterte from her seat as vice president.

Although it is satisfying to see a pig thrown into its pit, it is still degrading for us Filipinos to be an audience to this circus.

It should be noted that this is merely a diversion from what is really happening behind the scenes—corruption, through the feasting on the budget of the Department

“The result of the foolishness of electing someone who craves power.”

of Education, disguised as ‘ayuda. This is coupled with the fact that the Philippine justice system can be easily manipulated, serving as a mere puppet in this political war between two dynasties who, at the end of the day, are nothing more than snakes slithering their way to power.

More importantly, what

do Filipinos truly gain from this matter if this impeachment is merely being used by the same kind as the one being removed? After all, Marcos is no different from Duterte.

To refute this unspeakable reality, many argue that a foul-mouthed, abusive, and corrupt person does not deserve the seat. This is simply democracy working its way to expel someone who steals from the pockets of their countrymen.

In any case, regardless of how many perspectives you seek to consider or how overwhelming the evidence of corruption may be, this is merely a seized opportunity for Duterte’s opponents.

Anyhow, one should not lower their guard just because a move that should have been taken years ago is finally happening.

This is just the beginning of change—they are still out there, hiding their ploys beneath a veil. Remember, never smile at a crocodile.



A Broken Promise of Competence

Faye Diane Maravilla

“Students must be well-prepared and ‘job-ready’ after high school,” The Department of Education (DepEd) swore, but how can this be fulfilled if Senior High School (SHS)—which equips students in higher education and further roles in life—will be put to an end?

Removing SHS would cripple educational progress, leaving students less prepared for tertiary education and the workforce.

While some call for its removal, getting rid of SHS would be a careless step backward instead of addressing the issues that truly need attention.

The additional two years in high school provide students with specialized skills and practices, giving them precise options which help them in making a concrete decision on which path to take, whether pursuing university education or entering the workforce.

Instead of removing SHS, the government should focus on improving its implementation by allocating an adequate budget for its betterment, admitting and addressing shortcomings, and ensuring that every learner gains the training they need.

Returning to the old system would put Filipino graduates at a disadvantage, making it harder for them to compete globally or qualify for jobs.

To refute, many believe that SHS adds a financial burden and that the previous 10-year system was sufficient, with no need for additional years. According

to them, many schools also lack the necessary facilities and trained teachers. Education is a powerful tool that can break the cycle of poverty. However, when children are forced to work instead of going to school, their chances of escaping poverty decrease significantly. Without proper education, they are likely to remain in low-paying jobs, repeating the cycle of hardship for the next generation.

Despite existing laws prohibiting child labor, enforcement remains weak. Many families struggling with financial instability has no choice but to make their children work, knowing that there are limited resources to support them. The government must strengthen social welfare programs and ensure that these reach the most vulnerable communities.

Business owners and employers also have a responsibility in preventing child labor. Companies should ensure ethical labor practices and avoid exploiting children for cheap labor. Also, consumers must be mindful of the businesses they support and avoid patronizing establishments that benefit from child labor.

Parents, on the other hand, must acknowledge the long-term consequences of child labor. While it may seem like a short-term solution to financial struggles, it ultimately robs children of better opportunities. They must prioritize responsible family planning and make education a non-negotiable priority for their children.

Communities play a crucial role in addressing child labor as well. Local organizations, schools, and individuals must work together to provide educational support, livelihood opportunities, and awareness programs to help prevent more children from being forced into labor.

Child labor is not just a problem for those directly affected; it is a societal issue that requires collective action. Instead of turning a blind eye or admiring the struggles of working children, people should call for concrete solutions that address the root causes of child labor.

Children should be in classrooms, not in the streets working to survive. They should be learning, playing, and growing in an environment that nurtures their potential. Every child deserves the right to an education and a future free from hardship.

And no child should have to carry such a weight. Society must recognize the injustice in normalizing child labor and work toward solutions that prioritize children’s rights, dignity, and future.



Fading Holiday, Timeless History

Trisha Celine Duena

A single glimmer of hope ends the reign of fear, which can only last so long.

President Ferdinand Marcos Jr. decided not to cancel classes in honor of the People Power anniversary and instead designated it as a regular working holiday.

The administration’s decision to declare the People Power anniversary a regular working holiday raises issues regarding the importance of recognizing Filipinos’ democratic struggles. The People Power Revolution is something that Filipinos will never forget; it is not only an ordinary historical event.

The EDSA Revolution showed the power of unity over division among Filipinos. People from different backgrounds, places, and social classes came together to stand against a dictator, a plunderer, and a killer of freedom.

This movement demonstrated the power of Filipinos in their fight for the justice and freedom that our country rightfully deserves.

Among the most remarkable things about the EDSA Revolution was its nonviolent nature. Holding only flowers, a rosary, and prayers, millions of Filipinos gathered and marched along EDSA to demand change.

It is considered a significant milestone in Philippine

history because it highlights the courage and determination of the Filipino people.

The country should preserve

“The EDSA Revolution was more than just a movement; it was a demonstration of the unwavering pursuit of democracy”

the integrity of its history by enhancing the curriculum to encourage students to engage with historical sources. Additionally, educating the public about the importance of preserving history can be achieved through documentaries, social media campaigns, and articles.

To summarize, the EDSA People Power Revolution is evidence of the resilience and bravery of the Filipino people. And this part of our history can never be erased nor forgotten!

“The solution is not to abolish SHS—it is to fix what is broken and build a powerful system that truly equips students with competence, skills, and talent, preparing them for a more competitive future.”

To refine and optimize, the government must boost financial aid, upgrade amenities, train educators effectively, and align education with job market demands.



A SECURED BOND OF INNOVATION AND CAMARADERIE

Princess Abigail Dela Cruz

Innovation has always pushed the frontiers of technology and science. Inventions are the roots of advancements that ameliorate the lives of people but besides the creation of new projects, it also builds a connection and a team along the way. A specific product about security system was created during a scientific event that can improve the safety of the people. But how can it promote an environment that keeps the individuals safe from burglars and thieves? What were the hurdles encountered during its creation that later yielded victory and camaraderie?

The Science and Mathematics week was celebrated during a Science Congress that took place at the Mother Consuelo Convention Center on March 17, 2025 with a theme of “Science, Technology, Mathematics, and Innovation: Partners for a Resilient, Comfortable, and Assured Future.” Discoveries and ideas of evolving research were presented to promote the solutions to ongoing global issues. Interesting booths each having an

innovative insight, but a specific booth was given with a higher acknowledgment because of its product that is about a security system based on perceptions.

The investigatory project entitled “User-Perceptions for a Sensor-Driven Security Camera and Alarm System for Improved Safety Monitoring” raised curiosity among the panelists with a goal for sensors to determine voices, unfamiliar sounds and touches, as well as movements from a defined range. In accordance with specified factors such as types and placements of sensor switches, environment, and false alarms, the structured house was connected with sensor switches, triggered by wires from the gate, door, or wall. Together with the aim of avoiding burglars from entering, this seemingly improved security system as compared to the traditional CCTV stimulates an environment provided with a sense of safety—easily determining danger as it conceals itself.

The innovation for safety was not just the sole focus of the study conducted, but also the discovery

of having someone to stand along with your journey while creating an ingenious project. An unexpected bond was built among the members of the group, memories to cherish, small victories celebrated, as hard work was being put into a product shed with blood, sweat, and tears. Who would have thought that a collaboration for an invention could instill camaraderie as time passes by?

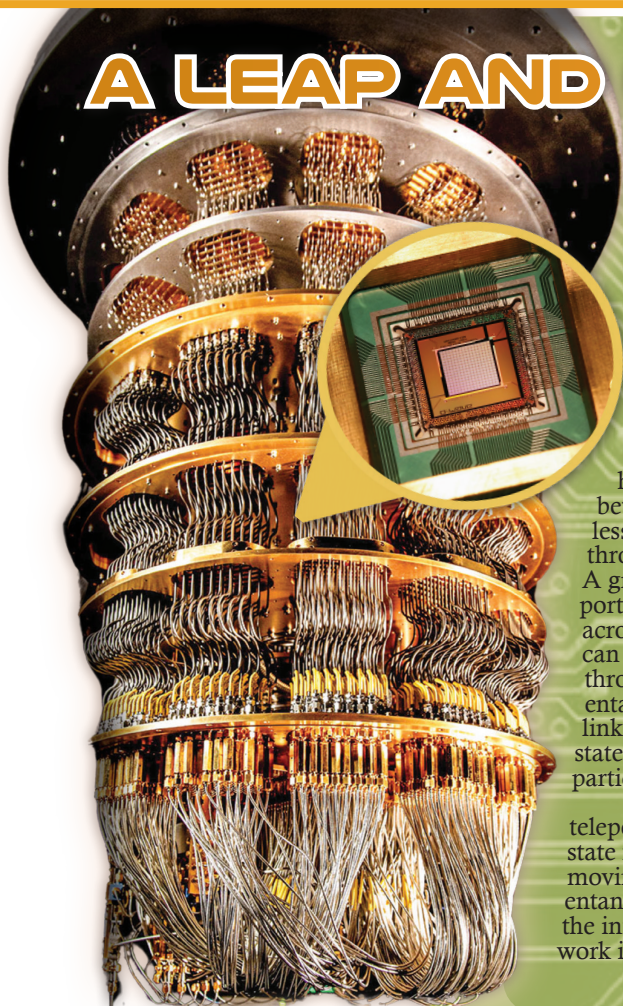
A roller coaster of experiences through tough roads, difficult times, and an evaluation of one’s patience—from disagreements, frustration, anger, to hardship made the creation of this product seemingly impossible. Everyone had a hard time balancing deadlines, stresses, personal troubles, suggesting considerations, positive perspectives, and determination to provide a solution for an issue in an efficient way. Despite the struggles faced, the participants managed to create the product for people to rely on for safety; a creation that developed a deeper connection with the inventors to their peers.

Anxiety, fear, and restlessness were the emotions felt by the

participants during the announcement of winners—not because they wanted to win, but due to the idea that questions would be asked to them. A sense of fulfillment grew within them for contributing to the society, also discovering a value for one’s self, receiving the Best Visual or People’s Choice Award, Best in Presentation, and 1st Place Science Investigatory Project. The event concluded with success, promoting reliable safety in the environment, as well as bonds enhanced by experiences.

In the voyage of the innovative event, success was not determined by the acclamation, medals, and acknowledgements—rather by the togetherness promoted along the way, through the making of the alarm system. Indeed, it is testament of how a team’s resilience will conquer any hindrance, serving as a security of one’s future moving forward. Therefore, the invented security system did not only give safety to the individuals, but also a deeper bond with the creators and participants.

Innovation: Rheign, Abigail, Lena, Terrel, and Enrique, 2025 Science Congress Senior Champion, present their Sensor-Driven Security Camera and Alarm System (Photo by Jeanne Raifa De Leon)



A LEAP AND GATE TO TELEPORTATION

Samantha Ramos

In just the blink of an eye, you’re transferred to another realm. It may sound like science fiction, evidently seen in superhero movies, but the quantum world of particles, like in the Marvel Ant-Man movies, is an exception to fiction. A technique called quantum teleportation has been achieved in processors. But how does it work? Are its capabilities, along with quantum computers, instrumental to the development of technology and different fields?

Physicists at the University of Oxford have successfully sent the first quantum algorithm between two separate quantum processors wirelessly, which later spread across multiple computers through quantum teleportation. A graduate student of physics, Dougal Main, teleported quantum states, or quantum information, across an internet of connected systems wherein they can share logic gates and interact with each other through the use of quantum entanglement. Quantum entanglement occurs when a pair of particles are linked, regardless of distance, and share the same state while transferring the same information. If one particle changes its state, the other also changes.

Quantum teleportation differs from normal teleportation as it involves transporting the quantum state from one location to another without physically moving the pair of particles. Instead, through quantum entanglement and teleportation, the computers “see” the information from each other, allowing them to work in sync.

The teleportation of the algorithm was made

possible through the separation of light particles and the module by two meters. The accuracy of the transferred information was 86%. The teleportation achieved was distinctive since it was utilized to create interactions between the nuclei of the particle. This breakthrough allowed physicists to connect quantum processors into a fully connected quantum computer.

As quantum technologies develop, scientists hope to operate more machines through quantum teleportation since it could amplify the number of quantum computers being used as tools for measurement. The development of more quantum computers operating through quantum teleportation will significantly enhance the potential to create an advanced network, a key component of quantum technology.

Quantum computers are significant in many fields. In medicine, they can be utilized to discover new drugs and develop cures for diseases at a rapid rate. The technology can also enhance security and investment in finance, along with better data protection in cybersecurity. Climate information such as weather predictions, models, and simulations, which play a key role in agricultural farming, can also be processed by quantum computers.

The ability of experts to find ways to improve technology continues to evolve. As bizarre as quantum teleportation and its processes may seem, its complexities are also key components that enable quantum computers to operate and extend their capabilities to the fullest. The quantum realm has given us a glimpse of its weird yet significant phenomenon. Will we ever see the limits of the quantum world as it becomes the fulcrum for the growth of future quantum technologies?

A Deep-Sea Mystery: The Tragic Journey of an Anglerfish

Lena Nicolle Bugarin and Nica Charmelle Obusan



Have you ever wondered why a deep-sea creature, born from the shadows, would suddenly venture far from home and briefly glimpse a world it is unfamiliar with? Could it be due to a deep-sea disturbance? Or perhaps it longs to experience something beyond its dark domain?

Recently, a nightmarish-looking creature called the Anglerfish, was spotted near the surface of the ocean off the coast of Tenerife, a Spanish island. This unexpected phenomenon occurred in the second week of February. According to researchers, marine biologists on a shark research expedition for the NGO Condrik were astonished when they captured the first-ever image of a live adult Black Sea Devil Anglerfish near the ocean's surface.

Scientists from Condrik Tenerife speculated that the fish may have been fleeing from a predator, surfaced in shallow water by accident, or was wandering due to illness. They also noted that the fish appeared ill, stressed, or injured.

Upon hearing the word 'nightmare', most people imagine terrifying creatures. The *Melanocetus johnsonii*, commonly known as the Anglerfish, is a large, dark-gray fish with a wide, crescent-shaped mouth filled with sharp, translucent teeth. Its length typically ranges from 3.3 feet to 4 feet, though some may measure less than a foot.

Additionally, this type of fish has a unique but strange behavior. Firstly, rather than swimming

in a typical manner, it "walks" using its pectoral fins, moving vertically up and down the water column. To accelerate, it uses a form of jet propulsion by expelling water from small openings behind and below its pectoral fins. Secondly, in order to attack a prey, it uses the sit-and-wait strategy. Lastly, as a species that thrives in the deep ocean's low-energy environment, Anglerfish are typically slow-moving and lethargic.

Most Black Sea Devil Anglerfish are found in the mesopelagic zone, also known as the twilight zone, which lies 200–1,000 meters below the surface, or in the bathypelagic zone, which extends 1,000–4,000 meters deep. These fish are nocturnal, spending their daylight hours resting in dark corners of the ocean. Their adaptation to darkness influences their behaviors, eating patterns, and habitat preferences.

They also possess a rod-like structure on their heads called a "fishing pole", which attracts prey. This fishing pole is a sack of bioluminescent bacteria that glows brightly in the dark. When threatened by a predator, Anglerfish sometimes swallow their fishing pole to avoid detection.

An Anglerfish's most distinctive and unique feature is the piece of spine that projects above its mouth like a fishing pole. Its primary purpose is to lure prey closer, allowing the Anglerfish to swallow them whole. Their unique name also reflects these unusual characteristics, distinguishing them from other fish species.

This unusual sighting could indicate something is wrong deep below, as it's hard to imagine a nocturnal fish seeking daylight. While possible, the reason for its appearance near the surface remains a mystery. Researchers have yet to determine what may have caused this deep-sea dweller to surface unexpectedly.

Seven Worlds in One Night: 7-Planet Parade

Shekeinah Faith Vibar

We used to see them as mere specks of light, scattered across the night sky like jewels or fireflies. They were distant, unreachable, and silent. But as humans gazed longer and closer, we realized they were not just points of light—they were worlds. Worlds that accompany us as we orbit the sun. Until then, we knew there was a grand design beyond the skies: planets.

A breathtaking phenomenon known as the 7-Planet Parade occurred on the evening of February 28, 2025, just after dusk, according to the National Aeronautics and Space Administration (NASA), forming a near-straight line in the sky. With the beauty of this masterpiece, is it merely a coincidence?

A planet parade occurs when multiple planets align on the same side of the sun, creating a visual formation in the sky. Unlike planetary conjunctions, where two or more planets appear close to each other, a planet parade involves a broader alignment of three or more planets. This 7-Planet Parade is one of the rarest occurrences, as it happens only once in nearly 300 years.

This event is exceptional due to the vast distances and varying orbital speeds of each planet. This rare phenomenon provides astronomers with an opportunity to study planetary positions, gravitational influences, and potential disturbances in the solar system.

However, planetary alignments—though they may appear close to one another in the night sky—are, in reality, very far apart. They simply align along the

same plane, known as the ecliptic, which is the imaginary path that the sun follows in the sky. The orbits of the planets are elliptical and vary in speed, making such alignments the outcome of precise universal mechanics.

About 4,000 skywatchers gathered at the University of the Philippines' NISMED Observatory in Quezon City, eagerly lining up to witness the rare alignment of the seven planets: Mercury, Venus, Mars, Saturn, Jupiter, Uranus, and Neptune.

"Mars, Jupiter, and Venus are readily visible, while Mercury and Saturn are positioned very low on the western horizon. Meanwhile, Neptune and Uranus can only be observed using a modest telescope or high-powered binoculars. It should be noted that planetary alignments are visual occurrences and do not directly affect the planet Earth," PAGASA mentioned in their astronomical diary.

With the advancements we receive from technology about the universe, these planetary alignments may serve as keys to the pathways toward different planets. Who knows? Perhaps in the future,

we won't only view planet parades from Earth but from colonies on Mars or crafted space stations orbiting distant planets.

Until then, the masterpieces beyond what our sky can display continue to inspire and remind us—that in the vast universe where we belong, we have only seen a glimpse of the mysteries engraved in our existence.



DENGUE ON THE RISE: Fight the Bite Before it Strikes!

Rasheed Aaron Santos and Cassandra Nicole Calderon

The second month of this year has already brought numerous events, including the unexpected surge of cases of a common viral infection in our country. Dengue is an infection carried by insects, commonly by *Aedes aegypti*, the yellow fever mosquito that spreads through bites.

Dengue cases traditionally don't surge until around June or July, as it is still dry despite being the rainy season, health officials said. Still, this unexpected increase may be linked to climate change and shifting weather patterns, which have expanded the areas where mosquitoes can reproduce. Additionally, the improper disposal of trash, poor community hygiene practices, and increased human mobility are also major factors contributing to the recent surge in dengue cases.

It is alarming how rapidly dengue is spreading, as it is not only a nuisance to people but also harmful to the environment. It can impact our surroundings, especially if mosquito breeding grounds are not eliminated, potentially leading to a wider spread of the illness.

Most dengue infections are mild, with occasional severe cases that can result in death. As of February 1, 2025, over 28,234 dengue cases have been recorded nationwide—a 40% increase compared to the same period the previous year. Central Visayas has notably reported 33,651 cases and 57 fatalities between January 1 and November 9, 2024. Although the current fatality rate stands at 0.38%, which is slightly lower than last year's 0.42%, the rise in cases remains concerning.

"Let us not be complacent about the threat posed by dengue-carrying mosquitoes," the DOH (Department of Health) warned. Further measurements took place as all DOH-hospitals, some hospitals following suit, activated their Dengue Fast Lanes.

Dengue symptoms typically appear 4 to 10 days after a mosquito bite. The most common symptoms include high fever that can rise up to 40°C, severe headaches, pain around the eyes, muscle, bone, and joint discomfort, also known as "breakbone fever, nausea, vomiting, skin rashes, and mild bleeding such as nosebleeds or gum bleeding.

In severe cases, internal bleeding, dangerously low blood pressure, and even organ failure may occur. These complications are linked to Dengue Hemorrhagic Fever (DHF) or Dengue Shock Syndrome (DSS), which can be fatal if left untreated.

At the same time, our fellow LCCians, students and personnel alike, have been getting sick. While we may attribute this to the hectic schedule as the school year nears its end, it's important to consider other factors. Mosquitoes don't just thrive in wet areas; they also breed in dark and dirty spaces—conditions that some classrooms may unfortunately meet.

The increase in dengue cases disrupts daily life, forcing families to deal with medical expenses and time lost from work and school. Medical professionals stress the importance of community initiatives such as removing standing water and ensuring proper waste disposal to control the spread of dengue.

During the rainy season, stagnant water creates ideal mosquito breeding grounds, causing dengue cases to peak. Those infected should seek medical care, stay hydrated, and get plenty of rest. To prevent infection, individuals are advised to wear long sleeves, if possible, apply mosquito repellent oils or stickers, and maintain clean surroundings.

Prevention and precaution are better than cure—a proactive approach can significantly reduce the risk of infection and help slow the spread of dengue.



LAST ECHO BEFORE REPOSE

Samantha Ramos

Envision this: One day, you witness your life playing like a reversed cassette player—memories flashing like music until it stops, fading into nothing but deafening silence. Death remains one of nature’s greatest enigmas, perplexing scientists for centuries. The mind plays its final role before everything ends. But what happens when you’re at the precipice of death? Is it just a dream?

Neuroscientists from the University of Tartu, Estonia have recorded the first-ever brainwaves of a dying person through electroencephalography (EEG), suggesting a replay of memories as seeing life flash before your eyes—similar to a near-death experience.

Dr. Raul Vicente, along with his colleagues, was treating an 87-year-old patient with epilepsy using EEG, a device attached to the scalp that detects brain waves related to seizure activity, when the patient suddenly suffered a cardiac arrest and passed away. The doctors still had the device strapped to the patient’s head and proceeded to record all of his brain activities before death.

“We measured 900 seconds of brain activity around the time of death and set a specific focus to investigate what happened in the 30 seconds before and after the heart stopped beating,” said the organizer of the study and neurosurgeon, Dr. Ajmal Zemmar from the University of Louisville.

The brainwaves showed that the areas responsible for memory and retrieval were active. Different types of brain oscillations, such as gamma oscillations—which are associated with dreaming, memory retrieval, meditation, and memory flashbacks—were also observed. These oscillations suggest that life was flashing before the patient’s eyes as he died.

“Through generating oscillations involved in memory retrieval, the brain may be playing a last recall of important life events just before we die, similar to the ones reported in near-death experiences,” added Zemmar.

Such oscillations have also been observed in rats, suggesting that when a person or an animal is dying, rather than immediately shutting off, arranges a series of biological and neurological events. Dying is somehow akin to dreaming in terms of brain activity as the brain goes into a dream and meditative state wherein the person relieves and replays everything in life during the last seconds before death.

The study has brought not just an idea but also a comfort to families who experience loss. “I think if we know that there is something happening in their brain, that they are remembering nice moments, we can tell these families and it builds a feeling of warmth that in that moment when they are falling, this can help a little bit to catch them,” stated Zemmar.

However, scientists are still uncertain about how this phenomenon occurs. Since the patient’s brain had suffered from seizures and injury, the data contained some complications. The study is based on this single case, and Zemmar plans to explore more cases, acknowledging that predicting the exact moment life will end remains a challenge.

The experience of death may always be a mystery. Such occurrences, like reliving significant life events or entering a dream-like state, may offer some comfort to those mourning the loss of a loved one. While the pain of losing someone remains, this research offers solace and reassurance: that before a person takes their final breath, they may relive the golden moments that gave their life its majestic purpose and meaning.



CLOCK STRIKES CLOSER TO DOOM

Irish Grace Nicole Pedregosa & Gian Ansley Pasana

The Doomsday Clock has now been set to 89 seconds before midnight—record breakingly the closest it has ever been to predict a global catastrophe—according to the Bulletin of the Atomic Scientists. This serves as a serious warning about the risks of nuclear war, climate change, and potentially dangerous technology created by humanity, particularly nuclear weapons.

A group of scientists and experts called the Science and Security Board decides what time should be on the clock. They meet twice a year to discuss global events and they include the top researchers in science and specialists in nuclear technology and climate science. They are the individuals who often provide professional advice to governments and international agencies.

The Science and Security Board, a team of experts in nuclear science, climate studies, and global security, made the decision after observing the current state of global threats. In the process of making a decision with the doom-alerting time, Nobel Prize winners and other top researchers were consulted to assess the risks that the world continues to face today.

According to experts, the next few years will be crucial in determining whether humanity can step back from the edge of disaster. This indicates that global cooperation is highly essential for reducing carbon emissions, preventing the spread of nuclear weapons, and controlling advanced technologies to ensure they are used for the greater good rather than as tools of destruction.

The shift from 90 seconds to 89 seconds before midnight indicates that global threats are increasing. Wars between countries are raging, extreme weather events, and the rapid evolution of potentially dangerous technologies are all contributing to the growing risks.

The ‘Doomsday Clock’ is not a prediction, it is a warning. Scientists are urging world leaders—and all citizens from every place on earth—to take action to clear the crisis by promoting peace, reducing pollution, and using technology for the greater good.

We all have the means to care for our surroundings, our people, the whole planet. The clock does not imply immediately that this is the conclusion of everything, however, if we let the sad reality continue to happen due to the rampant negligence of our peace and environment, we are bound to see a graveyard full of hopes and dreams, as well as living regrets in the near future if we choose to continue a lifestyle of greed and destruction.

Our planet has provided us with everything we need to survive, yet we have often taken it for granted. Nonetheless, waiting until it’s too late has never been a wise choice for our earth especially. We must strive harder to create a future wherein the Doomsday Clock moves farther away from midnight rather than closer to it. By raising awareness, educating others, and taking meaningful rather than passive action, we can all be able to play role in safeguarding our planet—our home—before it’s too late.



SCIENCE

11



Frail in Body, Fervent in Spirit: POPE FRANCIS' FIGHT GOES ON

Shaneya Sicat and Yzza Sulit

The bell tolls over the Vatican City, and the church cries, “habemus papam!” Unbeknownst to them it would only take one man and one faith for the urgent calls of Earth to be answered. From lethal forces brought upon by mankind, it was he who prioritized the reformation, from climate action to Economic and Humane rights, his lasting impacts maimed evil. Should the divine providence prevail before humanity’s vulnerability as the bell tolls once more approaching sede vacante?

For over 11 years, Pope Francis has led the Catholic Church with his humility and unwavering faith. Now, at 88 years old, he faces one of his greatest battles— his health declining. As the crisp chill of a Roman dawn hovered over St. Peter’s Square, where an old man in white sat in silence, his eyes closed as he silently prayed together with the people. Despite his frail frame, Pope Francis’s spirit remained unshaken and undaunted in the face as he encountered yet another health battle.

“The fact is that Francis powers his days with long moments of reflection and prayer. It’s like fueling up before a long journey. He wakes up before dawn every morning and devotes at least two

“Spes non confundit: Hope does not disappoint”

- Pope Francis

hours to personal prayer,” Cardinal Semeraro said.

Pope Francis has not only reshaped the Catholic Church with his progressive views and his title but also won the hearts of millions through his humility and positivity. His recent health battle has sparked an outpouring of prayers, from St. Peter’s Basilica to remote villages and across the globe.

Erstwhile his current struggle, the pope’s health has been blighted in the recent years since the start of 2023, these include recurring influenza, intestinal surgery, and respiratory infections including his most recent condition of pneumonia. Regardless, these only urged the Pope to leap into fulfilling beyond his Papal duties, inspiring the Catholic church to stay determined for great evangelization and for their spirits to come to fruition.

Despite medical challenges, Pope Francis is fighting not only for his health but also for the rights

of the people. From his hospital bed at Rome’s Gemelli Hospital, he has overseen crucial Church matters, including a report from the church making an appointment of new bishops. However, the fact that he can inspiringly lead others even when in an unsettling condition only further bolsters his image as an unequivocal leader.

Finding strength in steadfast faith, Pope Francis did not retreat in the face of unbearable illness. He refrained from allowing his physical state to be a major factor in neglecting his public duties, emphasizing the refusal of Pope Francis cowering to mortal hardships and exposing God’s spiritual guidance. With the vocation of the Pope, we witness God’s divine order for the legacy of Pope Francis.

Dwelling in the Jubilee year as Pilgrims of Hope, we are reminded that the leadership of the Pope is the force and conviction of the church to embrace the prevalence and compassion of God. The Pope’s affliction attests that the only reassurance beyond trials of suffering is hope and perseverance. Notwithstanding frailty, the unshaken hope in God’s grace calls upon his mercy, keeping Pope Francis anchored and deeply committed to his worldly missions as thousands pray for the Pope’s recovery.

The Path of Faith; The Importance of Holy Week to Filipinos

Irish Pedregosa

The clock struck twelve on the first day of Lent, when Irish was younger, she couldn’t care less about her surroundings. Important or not, it only mattered to her if she was being entertained. Back then, she hadn’t recognized the importance of the Holy week. Yet she wonders, why is the Holy week so important that we celebrate it every year?

Christians and Catholics such as Irish, commemorate the passion and death of Jesus. By doing so, she recognizes how Jesus sacrificed Himself for the sake of mankind. It starts with Palm Sunday and ends on Easter Sunday for devotees such as Irish to remember Jesus Christ by his crucifixion, resurrection, and victory over death and sin.

Moreover, Filipinos have their way of commemorating this crucial event. On Palm Sunday, Irish and her mother went to participate in what’s called as Pabasa, an event for three consecutive days that sings and chants about the passion and death of our Lord.

Suddenly, Irish reminisces that when she was younger, on Maundy Thursday, she would go to church with her family for Visita Iglesia. It was a solemn practice that visits seven to fourteen

churches and pray to reflect on the sufferings of Christ for us.

Additionally, she remembered her mother exclaimed that the practices they were doing are nothing compared to what the Lord has done for us. As followers of Christ, we are obligated to bring back the events of the past into the present to remember what Jesus has done for us and how God has sacrificed His only Son for us. At that moment she froze and realized that these actions respect and show their faith to the grace of the Lord.

Afterwards, on Good Friday, Irish and her mother went out to take part in Karidad which feeds the community out of charity. She saw people after the procession scourging themselves in a tradition called Penitensya. She feared the blood that dripped down their backs and she ran to her mother to which her mother explained that the enactment translates to Repentance and the actions are a symbol of devotion to refrain from sin.

On Easter Sunday, during the brink of dawn, Easter Vigil occurs to greet the day that the Lord has risen. Irish was woken up by her mother to pray in the church. She was annoyed but her mother exclaimed, “Be happy! The Lord has

risen once more, He has saved us from sin!” they then proceeded to go inside the church and praise and end the Holy week with the joy of the resurrection of our Lord.

Understanding the events, Holy week serves as a meaningful time to reflect on and remember the sacrifices Jesus has made for us. People such as Irish who didn’t see the significance begin to open their eyes by partaking in these ceremonies. It is by these traditions that families observe the holiness of Lent which acts as the remembrance and gratitude we offer for the forgiveness of our actions and for the service of honoring Jesus giving up Himself to save us. It took a man to save a billion, would you dedicate a week to show your compassion to Him?

“Let us follow Jesus, who is the way, the truth, and the life. Let us reject evil and be holy.”

- Cardinal Jose Advincula



THE ROARING VOICE OF THE HEART AND THE IGNITING RANCE OF ONE'S LOGIC

Princess Abigail Dela Cruz



A person's life revolves around a drowning sea of immense emotions, numerous thoughts, and difficult choices. It is a mental conflict to be constantly faced with a daunting selection of actions to be made. The challenge of choosing affects the different factors of living, from career paths and relationships to discovering one's purpose.

Being known to have a heart of dispositions and a mind with logic, there will always be the consequence that traps you in life—the junction of practicality and passion. What force can lead you off the rails if the heart and mind choose the same way?

Considering the matter, Riel, a young visionary was on the edge of graduating high school when the flourishing bright future ahead of her, imprisoned her with overwhelming options. She was an absolute artist, and with several art pieces surrounding her home, it was evident that she had a sense of solace in her passion.

At this time, Riel felt freedom with every stroke of vibrant color on her canvas, expressing her unique imagination. She began to contemplate the surrounding expectations of her—to excel in a practical profession.

As a part of Riel's journey, there is always a battle of the odds, a contradiction between one's heart and one's mind. The heart is the central part that crosses over an act without logic, but rather with purpose, passion, and instinct. On the other hand, the mind deals with practicality, logic, and intelligence, a controller of one's effort to ensure a planned future.

The heart whispers, it gently blows on Riel's flame of ambitions, while the mind evaluates the realistic outcome of a decision. People like Riel would have to determine if they

would follow their quiet desires or continue to base on rationality.

Unfortunately, the dark shadows of expectation were blocking Riel's progression. To become a successful painter in the future, a life of passion and fulfilment. Her parents expected that she would work as a doctor, saving the lives of people all around the world, a job so complex yet stable and planned in life.

It shattered Riel's heart into pieces, the torture of having her life being controlled by people who should be her biggest supporters. Each night was full of pondering, and dreading disappointing her parents' belief in her capabilities. Sketching, painting, and fusing colors of paint to express her immense desire to follow her heart.

All the while, there is an igniting disagreement in the heart and mind, they are not meant to battle but to work together and agree with one another. Considering all the hardships of Riel's journey; a decision is known worthy once it is chosen based on passion and logic.

In Riel's consciousness, she reached out to her inner self and found balance. Understanding the importance of concentrating on both factors creates an agreement, a conversation that speaks of a willingness to compromise. There is no need to choose between emotion and logic when they can work hand in hand, creating a successful journey to life.

After a few weeks, Riel finally held onto a choice. She courageously faced her parents and explained her aspirations, frankly, focusing on how it allows her to be herself, how a paintbrush makes her feel alive and fulfilled, and how practical it can still be.

Although it took a lot of time, Riel's parents started to realize her passion for art, apologizing for how hard they went against her dreams. It was a critical moment in her life, the realization of being able to follow her desire made her hope and promise to decide carefully in the future. She felt validated, and now excited that her high school graduation was near, with the ability to follow her destiny.

Inevitably, like Riel, we struggle to decide. Growth is not made by ignoring the struggles, but rather by seeking the solution and fighting for it. Life is all about compromise, going with the flow, and harmoniously dancing with the battles while ensuring clear communication and thorough considerations. A balance between the mind's reasoning, and the heart's sensation.

Mariya Azumi Deuna and Kristina Cassandra Lintag

Educating Spirits:

A TEACHER'S MISSION

Even for past class cohorts, Ms. Cruz would always tell them, "Never be afraid to explore and find yourself; work on what matters the most in life. Everything must lead you to JTLS! (joy, tuwa, ligaya, saya) That only God could give. Find ways to be happy, and the greatest happiness we could ever achieve is to live a life with God and for God!" and they all willfully followed.

In general, teaching Religion/Values Education goes beyond conveying beliefs; it's not merely about teaching traditions; it also shapes the moral sense of students and guides their consciences. We live in a world where we encounter various predicaments, some of which require us to decide in line with our morality. To say the least, the need for religious education has never been more crucial.

The role of an RVE teacher like Ms. Cruz is more than teaching about God and His words or Catholic-Christian practices. It involves helping students build character, compassion, and humility. These instructors cultivate a generation of morally grounded individuals.

When teaching, you need not only knowledge but also empathy to understand your students and value them as individuals. Professors who not only have a big heart but also an immense passion for their job, like Ms. Julieta Cruz. Ms. Cruz earned a bachelor's degree in BSE English / Values Education at Philippine Normal University, finishing on March 30, 1990. Although she once considered a career related to Psychology, she feels fulfilled as a mentor.

If given the chance, Ms. Cruz would have considered another course, even though she finds value

in the one she chose. It may not be her dream profession, but she chose to teach as her destined career because she believes it was God's plan. She learned to enjoy and find meaning in it over time, taking on roles such as becoming the campus ministry and the counsellor.

Over the years, Ms. Cruz has faced challenges in teaching, mainly because it was not initially a part of her plan, but with God's grace, she has embraced the profession and developed herself within the time. She enjoyed the journey, especially seeing her students grow and mature, observing her students' priorities shift, and seeking happiness, contentment, and freedom in various ways.

For decades, Ms. Cruz has gone above and beyond to aid individuals, and she has even contributed to the school itself. She has been a pillar of support in the church. Her unwavering love for faith and education has truly touched many hearts. She believes in participating in spiritual and religious activities that lead to the community's spiritual growth.

Not to mention, Ms. Cruz has already tackled various religious observances since July of last year until February this year, such as Holy Hour/Confession, First Communion, First Friday Masses, as well as prime celebrations involving the Triduum in Honor of our Lady of Consolacion, Triduum in Honor of Sto. Niño, and the Feast of Sto. Niño.

Additionally, Ms. Cruz has been involved in Recollections, Retreats, and assisted in organizing and coordinating the Foundation Week, while still looking ahead to more planned activities for the following months.

To put it simply, Ms. Cruz's dedication to

both her students and her faith has guided not only the minds but also the hearts and souls of many. Her passion for teaching, rooted in compassion, humility, and commitment to God, continues to inspire the students and community.

Above all, students would love to express their deepest support and gratitude for Ms. Cruz and her outstanding dedication, hard work, and all-around contributions, paving the way for great impacts on the LCCC

community. Through her guidance and non-stop support, she will continue to impart knowledge along with moral integrity.

Ms. Cruz's love for teaching shines in every lesson, and every moment she spends guiding her students. More than an educator, she is a mentor, a source of strength, and a quiet force in the community. Through her, she continues to touch lives, proving that true teaching is not just about knowledge—but about heart.



"Never be afraid to explore and find yourself; work on what matters most in life. Everything must lead you to JTLS! (Joy, Tuwa, Ligaya, Saya). (Photo by Reiven Mapanao)"

FEATURE

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Deck the Halls with the Soul of a Stall

Yzza Dominique Sulit

"Fun and Memorable for all the Mind's Marbles!"



LCC-C bursts with music, laughter, and the aroma of fresh food as club-led booths bring life to the 85th Foundation Week. (Photos by Reiven Mapanao, and Giannah Albilar)

Alexa Rae Hidalgo

rocking out and bringing heartfelt songs to the

END OF BEGINNING

All endings are also beginnings. That's what I kept repeating in my head one morning in my English class after my teacher gave his students another fragment of his wisdom like he has always been doing since school started. My classmates had expressed the thought about taking that one last big step for us senior students, which was none other than stepping on that stage, receiving that diploma, concluding a journey, and kissing one painful goodbye to everything we've known.

His class ended that day, and I lingered on the thoughts he had shared that morning while my peers feasted on their biscuits and sweets for the remaining minutes we could bond before the next class. I sat in place for minutes observing my surroundings, admiring each multi-faceted person laughing, talking, and living in front of me while it all felt like I was drowning in a pit of grief I hadn't yet experienced for something that hadn't died or ended yet.

I've always known how brave I faced change, unlike others who trembled with the thought of things differing from what they've always known. I have always felt strong enough to meet life's uncertainty and rage but being struck by a stream of consciousness that these would be the last few weeks we'd all be here in the same place at the same time hit me with a sadness I couldn't place.

At the end of my last period, I packed my things neatly and while on the jeepney ride home; I stared at the navy blue of my skirt, a color I'd worn for school days I thought would last forever because I felt bored. I was brought back to the thought that soon, we'll no longer be in these uniforms, no longer inside those four walls trying to comprehend the next lesson and trying to connect the dots.

I arrived home and walked past framed photos of my siblings in their togas, symbols of their own experience with transforming their identities to match their age. The corners of their smiles made me wonder, all those years ago, did they feel the same thunder and fear for growing up like me?

I entered the dining room to see my siblings eating and my parents conversing. They all looked at me and invited me to eat. I saw in their faces years of expertise,

a window to their past when they were like me. The next day I came to school, looked at my teachers' faces for the whole day, and realized they were also once like me. It was evident that all of those who came before me were once juveniles with doubts about what the future would be.

In that, I found relief- realizing that everyone's journey was the same, only differing in pace. No matter what, life would always offer new beginnings after every ending. I wasn't at the end of my story; I was simply moving forward to the next stage. And even as I stepped into something new, I knew this adventure would stay with me for a long time.

My teacher imparted that day that we called our graduation commencement exercises because even if it's done at the end of the year, after the end of a long road, it's taken for its literal meaning as the beginning or start of

something.

The thought of graduating felt like an ending, but soon I thought it was called a commencement, after all. It was more than a closing chapter, but the first page of something greater. Everything would be a step into the unknown, but at least it was a step into a new journey filled with lessons to learn and situations to grow from. As I came to school for the next few days, it all felt like a goodbye and a hello. A farewell to everything I've known, and a greeting to everything that awaits.

table. After mustering the courage to lift a voice, her dear friends tagged along as they all sang, letting the music take control.

Feeling parched from belting their songs of choice, Louisa wanted to quench her thirst. "Come to Buy at Classic Cravings our famous Virgin Sunset!" shouted Ross Ronquillo, a student of Grade 12 ABM. Enticed, Louisa went to buy their drink. Louisa thought to herself "Wow! This is nice!" and proceeded to scan the area for more booths.

"Since this morning, it was already very stressful because some of our materials were missing and we couldn't buy large amounts of water from anywhere and we needed to strategize to accommodate our customers, but by the end of the day, we were relieved since our tortillas and virgin sunset drinks were sold out and it was a really fun and memorable experience especially that we have learned firsthand how to be efficient vendors from the get-go" stated by Ross Ronquillo.

Following, Louisa spotted these beautiful bouquets made with fuzzy wire patched together in a hybrid of vibrant and pastel colors. The Environmental Crusaders' Fleur de Crusaders booth brought forth their winsome handwork. Other than Louisa and her friends buying matching rings, she bought herself a captivating bouquet.

A few booths away, the LCCC's Student Council's series of minigames proved to be a daunting challenge for Louisa as they loomed over her, carrying a water gun, granting her a playful sense of urgency in completing the games. The first out of the gauntlet was Ddakji, despite the arduous and tricky minigame, Louisa won against the timer, but sadly, she met her doom in the next game where she had to carve out a shape out of a frail cookie.

"It was a great attempt!" exclaimed Ivory, Vice President of the Senior High School Student Council.

"We struggled with the preparation because of the lack of funds and some of our members couldn't help because of other clubs they had to prioritize which was understandable. We didn't expect our items to be sold out by the first day and even more so during the second day since we decided to sell our sugar cookies or the dalgona because we thought we wouldn't be able to use them all." Ivory Pangilinan said.

After countless waves of laughter, Louisa wanted to end her day with classic carnival games. She ended up in the Science Society club's booth and played a variety of games, most notably Buzz Wire, wherein she was so absorbed with guiding the wand without touching the wire, yet the bustling crowd pushed her hand! During Bingo, she keenly marked her card, anticipating who would yell out the next bingo. She was so caught up in these games that she hadn't noticed that the sun began to set.

"When we started, we designed the booth, and we had problems with the decorations especially with the balloons because the pump was broken. It was hard to handle because there weren't many who could stay and keep watch of the booth but despite our hardships, it was a great experience, and the interactions were really fun." Jullian Uy of Grade 12 STEM A commented.

By the end of the day, Louisa was walking home. She looked at the souvenirs she had in her hands and reminisced about all the fun moments she had throughout the entire afternoon. With a wide grin on her face, she was already looking forward to doing it all over again the following day. She hoped that it would stay like that forever and reached home predicting what tomorrow had in store for her in LCCC's hall of colorful and enthralling stalls.



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A 15x15 crossword puzzle grid. The grid is black and white, with black squares forming a pattern that leaves white squares for letters. The numbers 1 through 13 are placed in the starting squares of the words, indicating the beginning of both horizontal and vertical entries. The numbers are: 1 (row 1, col 7), 2 (row 1, col 9), 3 (row 3, col 3), 4 (row 3, col 5), 5 (row 5, col 13), 6 (row 6, col 4), 7 (row 7, col 4), 8 (row 7, col 10), 9 (row 8, col 2), 10 (row 9, col 2), 11 (row 9, col 10), 12 (row 10, col 1), and 13 (row 12, col 4). The number 14 is not present in the grid.

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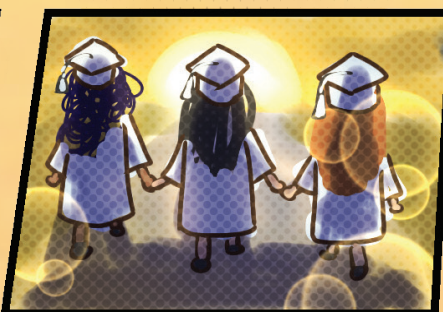
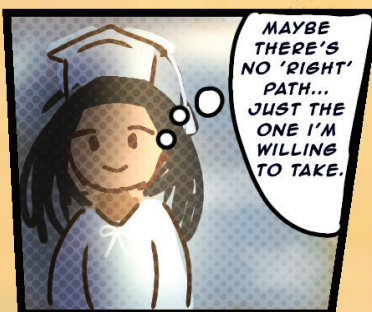
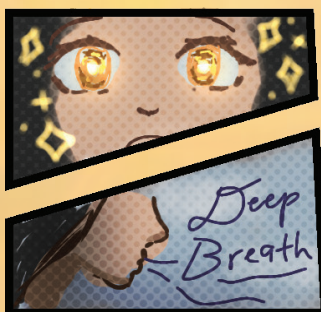
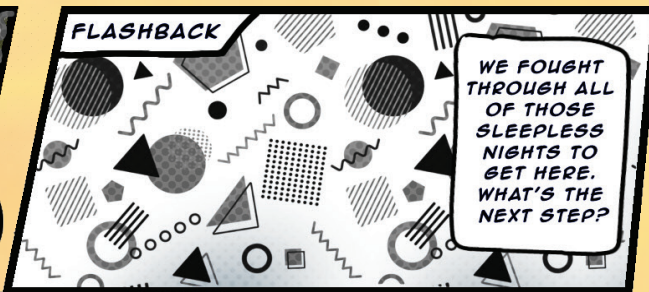
4. List of books and articles used for research.
6. The practice of taking someone else's work or ideas and presenting them as your own.
8. A formal test of a student's knowledge.
9. The process of studying something in detail to learn more.
12. The grounds and buildings of a university or college.
13. A small group meeting for discussion and study, often led by an expert.
14. Written records taken during class or study sessions.

Down

1. A room where scientific experiments are conducted.
2. A short test to assess knowledge.
3. A half-year term in an academic calendar.
5. Short piece of writing on a particular subject.
7. An educational talk given to a class.
10. Study of numbers, shapes, and patterns.
11. An academic qualification awarded by a university.



"The Next Big Step"



FADING OF THE YOUTH OF THE PAST

Laidee Taoingan

Childhood was a time when life felt so slow.
Being a child, I kept wishing to grow.
I dreamed of freedom, chasing the stars, reaching the sky,
as free as the birds that learned to fly.

Things I wished for are now reversed,
fearing the future; I'm about to burst.
The weight of my responsibilities is heavy and cold;
each step feels like a fate untold.

longing for days of fun and play where worries would go astray;
time is now a river, rushing so fast, bringing the waves of independence that I didn't have in the past.

I used to be so full of dreams; now I am filled with tears and fears.

I still see myself as a child that's still young and dumb.
If childhood was a fleeting tune, why must I out-grow it so soon?

Worried about the road ahead,
but I keep going instead
scared of what's to come,
but I won't let myself be
wrapped around life's
thumb
Even if I'm unsure,
I will push through
for a bright future.

Remember My Name

Cassandra Calderon

There is a long way to go.
I want to go back home, I
have grown accustomed to
sadness and grief.

Can everything change here from
now on? I've lost track of time,
can I ever feel the nostalgic past.

I want to turn around and go
against the flow of the river, to
feel that one who once came
by. I want to turn back time to
see the one who is strong and
that feeling as they soar so high.

I am now a bystander in my
solitude of memories.

Heroes

Dea Ellice Dionisio

From the first steps I took as a child,
You were there to protect me.
From giving me food to eat and water to drink,
You were there to support me.
I grew up filled with your love and support,
Without them, my life would be so empty.
Two amazing humans who sacrifice their time for
me,
Heaven above knows how much I'm grateful to have
the best parents in the universe.

You've guided me with lessons I would cherish every day,
You've taught me how to love myself and others,
You've helped me grow as a person,
You made my life easier to live in.
Both of you are my heroes that I always adore,
Whenever I am with you, I always feel safe.

THE PASSION OF LOST CHANCE

Samantha Ramos

My love for you is red as wine,
my written words always rhyme,
back to the restaurant where we used to dine,
the clock ticks at nine,
That hour my heart is thine.
You looked so fine;
its as if the morning star shined,
so, I knew it would be a long line of effort
and time.

But for you love was a crime;
a misery in every lifetime.
Your love was an antiquated wine.
The poems never rhymed.
Though I could wait anytime,
for you to accept who I am.
But you never really saw my love.
So I could never make you mine.
Our love will never be a fine wine that could
last a whole lifetime.

NAVIGATING SHADOWS

Cassandra Calderon

It weighs heavy, a constant reminder of my future, a thought that always crosses my mind. I asked someone "How did you do it?" Their answers still confuse me, how did they figure it out? Is it easy? Or am I just getting behind? I am at my maximum limit, but I realized that my limit was someone else's minimum.

Am I still confident about my decisions? I envy those who can do everything, they're like the superheroes in movies, they can do anything and everything, can you believe that!? I've got months to decide my future, can I still go to college? It now seems to be an impossible feat... should I? No, not yet, I can still do it...

Can I? I don't even know what I want to be or who I want to be. I don't know where to start, where to go, or who to talk to. Will my future truly be a forever dream? I don't want my dreams to be just dreams...

I don't excel at anything. I am not good at my interests, I'm not good at academics. Am I just a hollow human...? Someone will always be better than me, someone will have a better opportunity than me, should I give up?

I want to be someone who is smart, talented, admirable, likable, I want to be surrounded by people who I can lean on, I want to be the best at something! I'm tired, tired of this life, why can't someone just see the real me, why can't anyone see me on a deeper level, I am tired of being me. If I take the test that decides my future will anything change?

People my age go through this too, right? Did they feel it? The pressure? The thought of passing? Will anything be better for me? Can I do it? The melancholy just sickens me, but it is rooted deep inside of me, will I find my calling? All I can do is to think, think, think, think.

One last chance to prove that I can do it, I last chance to prove that I am worthy of something.

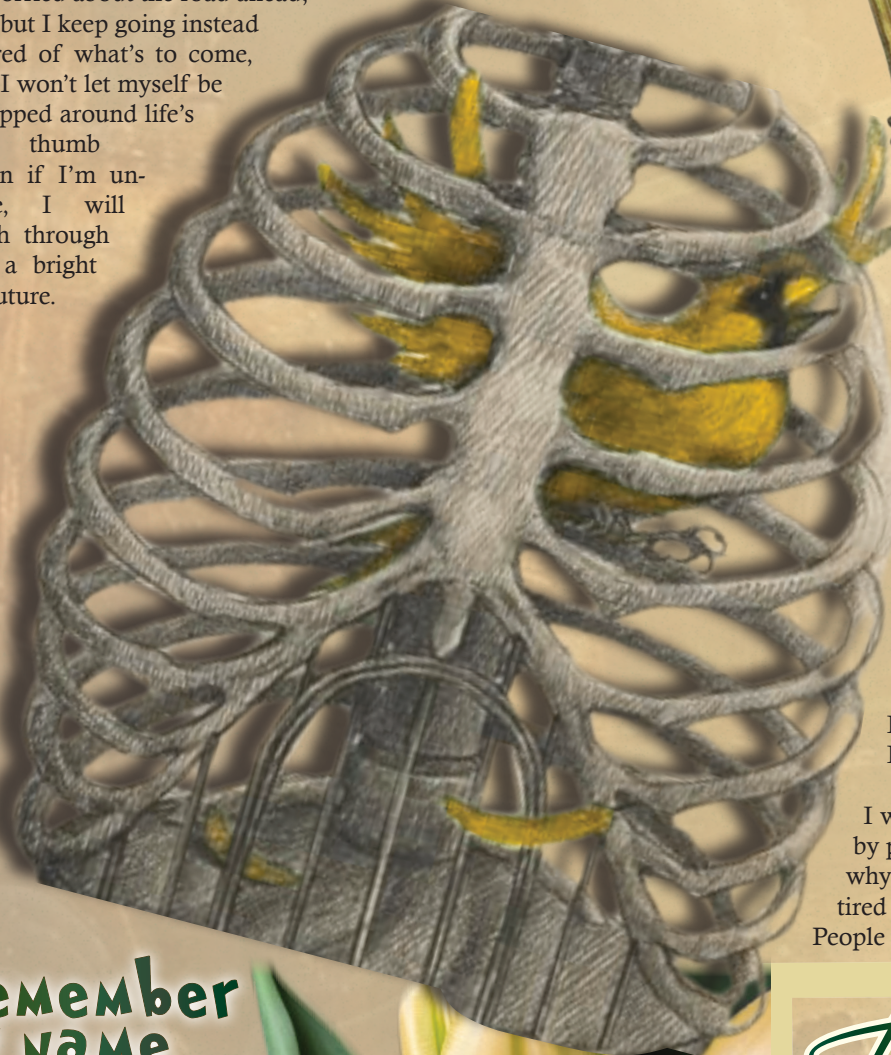
Tulips, I Adore You

Zeliah Appegu

Words rise from my mind,
How beautiful, all my feelings align.
My heart beats as I write each rhyme,
This love I hide every daytime.

A flower with a delicate stem,
I'll protect you even if I condemn.
Tulips, I adore you.
You're a flower that no such can outdo.

As the warm sun glows during spring,
I dream of how my wedding bells will ring.
Tears pour as the piano plays, I suddenly thought in a haze.



takeover

Limco

Earth is scorched, and the ground has wounds; some continents continue to float around in space. The ocean is getting drained every day. This planet's only use now is mining, yet there are still humans fighting for it. They know that they have no chance of surviving, no place to fight for, and no resources to fight, yet they do so stubbornly and persistently.

The aliens continue to ravage around the Earth to mine and search for materials and... Humans.

Before the invasion, the entirety of Earth was at war with each other, throwing nukes and missiles at every country's city. Life was hell, and many suffered from the fires of war. The nukes almost ran out to put waste on the fertile lands. That's when the aliens invaded and effortlessly destroyed the Human Civilization.

They used the solar energy from the sun to make many high-energy bursts concentrated in a 28-meter line toward Earth, it directly hit the US, Russia, China, Europe, and every military powerhouse's crucial military area, leaving behind civilians, some military personnel, and soldiers to their strategies and ways to fighting these powerful invaders.

"Never have I seen a species this stupidly persevering to their end." Said an alien commander. Its assistant replied, "We just have to kill them all."

"No. It is stupid for us to get into a Guerilla Warfare with the humans; it will cost us more men, time, and even a potential victory for the humans if they get enough of our weapons. And this war already cost so much, heck, I don't even know whether this planet could be used anymore, they destroyed most of it." Said the alien commander

"They seem suicidal, sir. Leave them for a while, and they will surely kill themselves." Said the assistant as they tried to impress the general to get a promotion.

"It's not that simple, Jksle, they may seem suicidal, but they are willing to survive until their bitter end if that will lead to our demise. They will persevere in this barren wasteland, through the depths of hell, and onto the freezing temperatures of the Antarctic, not because they want to survive, but because they want to prove a point. In their life, they are conflicted internally and externally, and they have to get through all that to get a simple reward, yet they enjoy it. They will sacrifice their body and sanity for a piece of knowledge that they wish to seek. The impossible problems and situations were made possible by their greatest minds. Never have I seen a species getting all of these while having so many things on their back. Usually, species only get one of these characteristics, but these... humans are different. No wonder they're the creator's favorite." Said the alien commander, and it was quickly replied by its assistant.

"Then what is the next step sir?"

"We will wait. No matter how much we throw at them, they will always survive."

Behind the Lights, Unseen Struggles

Khrista Nicole Cabonegro

When the light spots you in,
Is it really required to always win?
Fighting for something that you didn't begin,
Full of doubts, and now you are hiding the pain.

The fear of being nothing,
So you are excessively striving,
Carrying expectations from others,
As if everything of those truly matters.

Behind every compliment,
Does it motivate you well?
Or just another weight,
In this hell, full of anticipation.

The pressures whisper,
Do I need to be better?
Everything feels heavier.
Questioning yourself breaks deeper.

But in the end, who truly cares?
Even the stars refuse to shine.
Hopefully, we won't be drowned
in silence,
Love who we are and find peace.

TIES THAT HOLD TOGETHER

Laidee Dominique Taoingan

In a world of blacks and grays,
You bring out the color.
On quiet days,
All I hear is our laughter.
A person I see, even on the weekends.
The friendship I wish would never end.

But when we start to grow, I fear that our
distance might follow.
When life whispers distractions between us
And things won't go our way.
I hope we can still find a chance to stay.

Don't let the silence settle where laughter
used to be.
Don't be a stranger wearing the face of
someone I used to always see.
I hope that when life pulls us in different
directions,
We hold on tighter instead of letting go.
That my worries will be pointless, and
you'll say "I told you so."

May we still laugh, may we still share,
To show each other we're still there.
Friendship is still filled with love and
care.

To be Loved

Khrista Nicole Cabonegro

To be loved is to be known.
A feel that life of yours is low,
No matter how hard things it is,
Someone who'll stay for you, not letting you miss.

To be loved is to be seen,
Everything about you will not be forgotten.
Even small things would now matter.
A heart that will make your heavy soul lighter.

To be loved is to be heard,
Unsaid thoughts and unspoken words,
You wouldn't need to worry,
They are willing to stay through pain and misery.

To be loved is to be healed,
The wounds and scars will be revealed.
But a promise to love you from infinity and beyond,
Despite the hindrance, they'll choose to hold on.

Le Poids de l'Amour Gnachevé

Calina

There was a time when I felt irreplaceable,
When every glance, every touch, whispered,
I choose you.
Back then, I believed it.

But then your words turned bitter,
sharp as the silence between us.
You looked for something more,
something I couldn't give you,
and I knew.
I knew, but I stayed.

Still, I stayed.
Not because I couldn't see the cracks,
But because I loved you enough
to pretend, they weren't there.

I gave you my heart in its entirety,
And you took it—

Not to treasure, but to hold,
To keep me tethered,
close enough for your comfort,
But never close enough to feel like I mattered.

And now we're here—connected, But distant.
You take what you need,
And I'm left wondering
if I've become a convenience,
A placeholder for when no one else is near.

Now, I ask you this:
Does it ever weigh on you—
that you ruined the one person
who only ever wanted to save you?

Do you ever lose sleep at night,
knowing you destroyed the one person
who would've given you the world?

Day One, One Day

Dea Ellice Dionisio

She was a beautiful girl with a
beautiful dreams,
She looked above the sky and
whispered thoughts inside her
mind.

She was a dreamer,
Who keeps pursuing her dreams.
Despite doubt and fear within
her,

There were light underneath the
dark surface.

For as long as the light shines,
She is the sunshine of her own
dreams.

And for as long as the moon rises,
She finds her way by moonlight.

In a garden full of promises,
She has a passionate soul.
The dream she had last night,
Blooms like a withering flower inside
the garden.

She was the gardener in her own garden,
She plants the seeds of her future.
Always told herself to be patient,
And listen to her soft heart and sweet soul.
She is ready to fly above wonderful skies,
For her dreams were born with wings.

dreamer,
That's who she is.
Wishing the dandelions
let the light settle into her bones.



LITERARY

17

VOID SCATTERZ SWEEPS WALANG LARO TO CLAIM MLBB S2 CROWN

Aldwyn Keith Sabino and Nicole Mensurado

Void Scatterz dominated the LCCC Esports Club Mobile Legends Season 2, sweeping Junior High School champions Walang Laro 4-0 in the Grand Finals to claim the title of LCCC MLBB Overall Champions.

The championship series kicked off with Void Scatterz asserting their control early. Their Jungler, Beauty and Death, set the tone in Game 1, leading the team to a decisive 27-10 victory with a standout 9-1-12 KDA while playing Suyou. The match lasted just under 14 minutes, showcasing Void Scatterz's aggressive and calculated gameplay.

Game 2 saw a critical turning point when Walang Laro struggled with skill coordination, particularly with Grock and Badang. Void Scatterz capitalized on their opponents' mistakes, executing a counterattack that secured them a 16-8 win in 13 minutes, putting them ahead 2-0.

Game 3 was a tightly contested battle from the early to late game. At the 23:50 mark, Void Scatterz initiated a Lord dance on the bottom side, drawing Walang Laro into a crucial engagement. Meanwhile, their core, Fanny, was split pushing in the top lane. Walang Laro attempted to recall and defend their base, but Void Scatterz disrupted their retreat buying enough time for Fanny to finish the game. With that strategic play, Void Scatterz reached match point.

Game 4 was

all about speed and precision. Void Scatterz played at a relentless pace, preventing Walang Laro from keeping up. At the 9:57 mark, they closed out the series with a decisive victory to become the LCCC MLBB Undisputed Champions.

Roamer and team captain Juaquin Wong was named Finals MVP for his outstanding performance with Chou and Johnson. He credited his teammates for the win saying, "Hindi ko inaasahan na magiging Finals MVP ako kasi ang trabaho ko lang ay alagaan at gumawa ng plays para makapag-shine yung teammates ko at lumamang sa lane match-ups nila."

Jungler Aldwyn Sabino revealed that their Game 3 split push wasn't initially planned. "Ang napagdesisyon ng team namin ay guguluhin ko yung kalaban sa top lane para may mapilitang umuwi at makuha namin yung Lord dahil mababawasan sila. Pero nung nakita kong walang umuwi, sinabi ko sa kanila na itutuloy ko na lang yung pag-push sa top, tapos pumayag naman sila at ginulo nila yung kalaban para hindi sila makauwi o makapag-defend agad."

Gold Laner Julius Tesoro thanked the students and organizers for supporting the event. "Nagpapasalamat ako sa mga students na nanood sa match namin at sumuporta laban sa Walang Laro at sana ay nag-enjoy kayo sa event na ito. Thank you rin kay Sir Tabaniag sa successful at masayang event na ito."

With Season 2 wrapped up, the competition isn't over yet. As the next season approaches, new challengers will rise, rivalries will grow, and the battle for MLBB supremacy at LCCC will continue.



Unbeatable! Gold laner Daniel Canda erupts in triumph after a hard-fought Game 3 victory in the MLBB Finals against Walang Laro! (Photos by Giannah Albilar, Joenah, Tolentino, Reiven Mapanao, and Rheign Aniceto)

ATHLETES PUSH LIMITS, CHASE VICTORY IN LCCC INDOOR SPORTS PLAYOFFS

Anniekah Drew Morelos

The top players of this year's Badminton Tournament have been revealed after intense and intriguing matches during the event held at RS Badminton Court, Navotas City, on February 15, 2025.

John Christian Lacuarta secured the champion title with his exceptional skills and mastery of the game, scoring 21-16 in his first match.

Conversely, after a few matches, Cheska Caridad prevailed over him with a score of 21-18. With her astounding balk, she was able to attain the 1st runner-up title.

Nonetheless, Sean Leaf Cruz obtained the 2nd runner-up title with his consistent smashes throughout the match.

As the 1st runner-up, Caridad stated that she accepted her placement in the tournament and came to terms with it. Additionally, the athlete expressed her desire to improve her skills and performance every time she participates in a new match.

"For the ranking, let's say yes, I accepted it. But if there were a women's bracket—since, as you know, men's and women's play is way different—there wouldn't be an issue. However, due to the lack of women's players, they ranked me in the men's category. So, basically, I need to accept my fortune that I'll be in the men's bracket since I can cope with their playing skills. Of course, I want to improve more because all athletes want to enhance their skills and performance every time they lose or win. It's like trial and error," Caridad said.

Through this event, the Badminton Tournament helped players improve their sportsmanship, display appropriate manners with full virtue, and further shape their skills and abilities, making this tournament extremely significant.

Meanwhile, the titleholders of the Chess Tournament 2025 emerged after several nail-biting and strategic matches. The tournament was held at La Consolacion College Caloocan (12 HE, Second Floor) on February 4, 2025.

After intense battles, Luntao the SHS Champion, Gabilo the SHS Finalist, Launco the JHS Champion, and Domingo the JHS Finalist were recognized as the remarkable players who showcased incomparable competence and outstanding skills throughout the tournament.

Nonetheless, Josh Vincent Luntao, the Senior High School Chess Champion, dominated the tournament, scoring 1-0 three times consecutively in the elimination round and 2-1 in the semifinals, leading to his victory in the finals.

Additionally, he shared how his passion for chess began. He was in grade school when his peers invited him to play, and from there, he developed an interest in learning and improving his skills.

"When I was in grade school, I took a liking to chess because someone told me to try it with them. My opponent turned out to be the best player, and I was so close to beating him. My classmates told the teacher that I was good at chess and that I could become even better if I practiced and learned more. That's the reason why I started playing chess and joined clubs," Luntao stated.

On the other hand, Adriel Josiah Domingo, the Junior High School Chess Finalist, shared advice for individuals eager to learn and improve their chess skills.

"If you want to learn chess, I suggest you start with the basics—like how the pieces move and how to checkmate. You should also learn gambits; I mostly use the Queen's Gambit. Then, practice often to improve your skills. I usually play with older individuals who are experienced in chess so I can learn from them. It doesn't matter if you lose one match after another; you should learn from your losses so you can get better," Domingo said.

The Chess Tournament left a significant impression on the players, as they honed notable skills such as decision-making, problem-solving, and critical thinking, all while embracing good sportsmanship. This proved that the tournament was truly momentous.

"It doesn't matter if you lose one match after another; you should learn from your losses so you can get better."

Adriel Josiah Domingo
Junior High School finalist

Silent Shooters: Invictus displays perfect chemistry in a dominant victory over Ego in the first CoDM Tournament! (Photos by Trisha Duena, Giannah Albilar, and Jeanne Raifa De Leon)



INVICTUS POWERS PAST EGO IN THE FIRST CODM TOURNEY, 4-1

Dea Ellice Dionisio

Invictus boosted their morale with a victory against Ego, 4-1, in the first-ever La Consolacion College - Caloocan Call of Duty Esports Tournament held at the Mo. Consuelo Convention Center on January 17, 2025. After the enormous final rounds of the highly anticipated event, Invictus emerged victorious and grabbed this year's championship.

In the first match between the two teams, Invictus immediately showcased their dominance and took a 1-0 lead against Ego. On the other hand, Ego advanced and chased down their score against Invictus with a series of kills in the middle of the game. The last minute of the battle was very intense due to the close score between the two teams, and at the end of the battle, Ego recovered their loss as they scored 1-1 against Invictus.

The venue was filled with loud cheers and applause from LCCians as they supported the players for the final battle of the tournament. Ego tried to catch up to their score with Nash's consecutive kills and assists against Invictus.

Invictus came out on top again in the next showdown, where they demonstrated their teamwork and expertise in the next consecutive points they achieved. At the end of three extreme clashes, Invictus prevailed and romped away with the triumph with a final score of 4-1 against Ego.

After finishing the battle, Invictus' team captain, Clarence Cody F. Naungayan from Grade 10 - Peace, was recognized as the Most Valuable Player

of the Tournament for his unwavering and demonstrated skills throughout the tournament.

As the team captain of Invictus, Naungayan remarked that he will focus on improving his gameplay and developing his skills after their championship. He will also participate in outside tournaments to gain more experience.

"I want to inspire others that gaming is not a hindrance to your academics, and I will make sure that I will not neglect my studies. Succeeding in both gaming and academics relies on finding the right balance in order to be successful in both fields," he said.

On the other hand, Rainier P. Cantilang from Ego explained that the most challenging part of the game was mostly every moment of it, but he experienced the most crucial moment in the last match against Invictus.

"I was pressured and had to try my best. Since we lost, I cannot say that we have conquered it, but we were still filled with joy and excitement to play in front of a crowd and make it to the finals," Cantilang mentioned.

Season 1 of the Call of Duty Esports Tournament created a meaningful impact on the players as they unveiled their creativity and experienced leadership as a team and as one community. The students showed the true meaning of sportsmanship, making this tournament remarkable.



LCCians battle it out in chess and badminton during the Indoor Sports Competition Playoffs (Photos by Reiven Mapanao and Mr. Rodolfo Cabinbin III)

SPORTS 19

Passion and sportsmanship ignite in 85th Foundation Week Intramurals

Kimi Oliver Evangelista, Khrista Nicole Cabonegro, et.al.

Demonstrating the power of teamwork, sportsmanship, and determination, the 85th LCCC Foundation Week brought out the best in student-athletes through exciting basketball and volleyball competitions.

To begin with, the Grade 10 Blue Ravens secured a hard-fought victory in the JHS Basketball Finals edging out the Grade 8 Golden Panthers 66-63 on February 4 at the LCCC Quadrangle. Although the Panthers mounted a strong comeback in the final minutes, the Ravens' solid defense ultimately sealed the win.

Finals MVP Sean Mananquil led the charge with 18 points, 6 rebounds, and 4 steals, while key contributions from Pyke Carlos, Vincent Alcera, and Owen Osida strengthened the team's offensive and defensive play. Meanwhile, Richmond Malbueso of the Golden Panthers expressed his determination to return stronger next season.

Similarly, the SHS Basketball Championship was nothing short of historic. The HUMSS Blazing Ravens ended STEM's dominant winning streak by securing a dramatic 97-95 victory on February 5. With just four seconds remaining and the score tied at 95-95, Bacuel's clutch two-pointer sealed the first-ever basketball title for HUMSS to mark the beginning of a new era in SHS sports. Notably, Gabriel Diwa,

the season's MVP, played a crucial role in the team's success, turning pressure into motivation and leading the Blazing Ravens to victory.

Meanwhile, in the SHS Volleyball Games, the STEM Green Pythons demonstrated their dominance by claiming both the men's and women's championships. Due to their relentless perseverance and exceptional teamwork, they secured their place as the best volleyball team of the season.

The Green Pythons delivered a commanding performance, defeating the TECH-VOC Valors in 3 straight sets. Led by Finals MVPs Tizon and

Vicente, the Pythons' victory was an evidence of their skill, determination, and unity on the court.

Furthermore, several standout athletes received recognition for their outstanding performances throughout the tournament. In the men's division, the Mythical 6 included Neil Ashley A. Bacuel and Drazen James F. De Padua from the HUMSS Blazing Ravens, Lacuarta John Christian L. and Vicencio Dave

Hurley M. from the TECH-VOC Valors, and Jhoseph Aziebbler L. Costillas and Victor Lorenz Guevarra from the STEM Green Pythons. Most importantly, Zeus Akhi Czar C. Maturan from the STEM Green Pythons earned the prestigious Men's Most Valuable Player (MVP) award. Meanwhile, in the women's division, the Mythical 8 was composed of Nelijah Czarlene C. Jop from the ABM Ichor Crusaders, Ashley P. Agtarap from the HUMSS Blazing Ravens, Jaden Keith Vicente, Rhean Shane Barot, and Zandy Ritz Amber B. Genove from the STEM Green Pythons, along with Naimah Mayassah C. Sotejo, Riz Ariane D.C. Dela Cruz, Shogi Ilka F. Dulalia, and Nashreen R. Bellosillo from the TECH-VOC Valors.

On the other hand, the Grade 10 Blue Ravens were equally unstoppable in the junior high volleyball division, securing both the boys' and girls' titles. The girls' team swept the Grade 9 Red Falcons in 3 straight sets, while the boys' team won a thrilling five-set battle. Notably, key players in the girls' match included Athena Lapurga, Kirsten Ferrer, and Nicole Agustin, who was crowned MVP. Likewise, in the men's division, Julien Cabais earned Finals MVP honors for his clutch performance in the decisive set.

In the end, the championship victories of different grade levels highlighted the importance of perseverance, discipline, and teamwork in the pursuit of athletic greatness.

The Junior High School Hip-Hop Dance Competition and the Senior High School Street Dance Competition turned the school quadrangle into a stage filled with passion and energy during the culminating day of La Consolacion College Caloocan's 85th founding anniversary on February 8.

The JHS Hip-Hop Dance Competition was a thrilling showdown of rhythm and creativity. Amid the loud cheers and flashing lights, Grade 7 pulled off an unexpected yet well-earned victory. Their flawless synchronization, unique choreography, and vibrant costumes left the audience and judges in awe, earning them the championship.

Meanwhile, Grade 10 secured the 1st Runner-Up by captivating the crowd with their striking dance moved and props. Grade 9 brought fierce energy and confidence and claimed 2nd Runner-Up, while Grade 8 made a bold entrance with Sweet Child O' Mine by Guns N' Roses, finishing as 3rd Runner-Up.

For Grade 7's team captain, Eunice S. Flores, the victory felt surreal. "When we were called

champions, I was speechless. All our hardships were worth it. At first, we didn't expect to win, but we never lost hope," she shared.

On the other hand, Samantha Valentin from 9-Prudence couldn't help but admire all the competitors. "Watching the Hip-Hop Competition was exhilarating. Each dancer had so much energy, and their moves were sharp and exciting. The music choices made it even better—it really hyped me up!"

The competition was more than just about winning—it was about hard work, teamwork, and dedication. As the event came to a close, the quadrangle buzzed with excitement as supporters waved banners, cheered, and applauded every performance.

As if the JHS competition wasn't

thrilling enough, the Senior High School Street Dance Competition brought even more energy to the final day of Foundation Week. With every beat of the music, dancers from each strand gave their all.

In the end, the STEM strand

emerged victorious with a routine that incorporated Filipino street dance elements. Their innovative approach, crisp movements, and strong stage presence earned them the championship title.

Meanwhile, the ABM strand impressed as they secured 1st Runner-Up by delivering a high-energy performance that mixed contemporary and urban dance styles. HUMSS followed closely, claiming 2nd Runner-Up with expressive choreography and dynamic transitions, while the TechVoc strand finished as 3rd Runner-Up that earned praise for their creativity and enthusiasm.

For STEM dancer Matthew Huele, the victory was the result of hard work and determination. "We gave it our all, and this win is for our whole strand. The journey was tough, but the support we received made everything worth it." Even those who didn't take home the top prize still found the experience rewarding.

Carl Paulo from TechVoc reflected, "We may not have won first place, but we danced with heart. This experience will always be memorable."

As the competition came to an end, the energy in the quadrangle remained high, with faculty members and event organizers praising the dancers for their dedication.

Beyond the rankings, the event fostered camaraderie among students and strengthened the bonds between different strands.

Without a doubt, this year's Junior and Senior High School dance competitions were a highlight of LCCC's Foundation Week. More than just contests, they were proof to the school's culture of passion, perseverance, and teamwork.

LCCian athletes lead the way as they represent their grade levels and strands in the 2025 Foundation Week Intramurals (Photos by Reiven Mapanao, Giannah Albilar, and Jeanne Raifa De Leon)

Angas: Dancers electrify the quadrangle with their flexibility, swagger, and skill in the Hip-hop and Street Dance Competition. (Photos by Giannah Albilar and Jeanne Raifa De Leon)

Grade 7, STEM rise to the challenge, conquer hip-hop and street dance battles

Gian Ansley Pasana, Ailene Clare Alboleras, et. al.