

The Word

For the word of the Lord is right and true;
He is faithful in all he does.
Psalm 33:4

Back to School: LCCians assemble before going inside their classrooms on the first day of face-to-face classes. (Photo by Urie Sophia Dominique M. Ramajo)

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LCCians back in school after two years lost to Covid

Ailene Clare Alboleras

October 24, 2022, La Consolacion College Caloocan – Classrooms which have been shuttered for two years because of the Covid-19 pandemic reopen today, as more than a thousand LCCians from grade school, junior, and senior high school return to face-to-face examinations and hybrid instruction for the rest of the school year 2022 – 2023.

Gates have been reopened for face-to-face classes as LCC conducted its First Periodic Test which marked the first on-site event in the long while.

Old and new LCCCians returned to the campus, after two years of online classes used as the learning modality on how instructions had been delivered.

The gradual return to in-person classes brought mixed responses and reactions from the biggest stakeholders of the institution, which are the students and pupils.

Some might have not been too eager to receive the news due to several

important factors.

“Personally, medyo kinakabahan ako sa pagbabalik eskwela dahil dalawang taon na akong nasanay na nakaupo sa kwarto at nagaaral mag-isa. Habang papunta sa classroom, susubukan kong alalahanin ang pakiramdam ng may katabing kklase at kaharap na teacher sa personal,” Trixia, 14, Sophomore, narrating her reservations towards the initiative.

Likewise, Simon, Grade 11, commented that he was confident of the safety protocols LCC had planned to implement, but was still worried about the risk of this invisible enemy.

Others also mentioned of additional factors such as transfer of residence, and financial problems due to economic collapse.

On the other hand, majority responded optimistically to the return of in-person classes saying that the most important impacts of this are

improvement of instruction, and betterment of their mental health.

“Namiss ko makihalubilo sa mga tao kaya kahit delikado, pipilitin ko dahil ito lang ang tanging paraan – ang magkaroon ng new normal,” a grade 9 student said entering the campus for the first time after graduating from elementary.

“We are excited to have LCCians back in the classrooms, along the corridors and hallways, everywhere. We missed the noise, the fun, and the interaction,” claimed by the teachers from grade 9.

Meanwhile, LCCC will certainly strictly implement health protocols such as wearing facemasks, and maintaining social distance. The school has also prepared hand washing, and disinfectant stations, rerouted gates, stairs, hallways for entrances and exits, and formulated contingency plans if untoward situation occurs.

This initiative was based on the first DepED Order 34, s. 2022, containing the mandatory return to in-person classes that Vice President and assigned education secretary Sara Duterte strictly instructed to materialize.

However, for the private schools, the VP Sara gave the go signal to continue distance learning even beyond November 2. Duterte allowed them to implement three days of in-person classes and two days of distance learning for the blended modality, which the institution will be adapting.

Due to the forced changes in the world today, education has been forced to evolve and adapt to battle Covid-19.

For the moment, most of the clientele optimistically expect LCC’s programs and plans that it will operate in this academic year for the stakeholders know that this great institution had withstood various adversities before and so it shall still prevail this time.

Club activities kick off with Opening Salvo

Kriza Justine Anaviso and
Jerrymae Peñalba

After a 2-year halt caused by the pandemic, student club activities commenced through an opening salvo joined by students, and teachers at the LCC quadrangle, November 11, 2022.

At the kick start of the occasion, old and new clubs led by their moderators, along with their members, paraded their way to the grounds and along the LCC square all wearing confident stances and smiles

This was followed by the loud cheering and applauding as the talented and competent moderators met at center stage and were introduced to the community.

Mr. Ryan Rivera, the Student Affairs Coordinator, welcomed the students back to school. In his speech, he spoke on the significance of clubs for students, who use them as their primary means of learning new things aside from academics thereby growing character and personality.

Some students excitedly remarked their expectations in the organizations they belonged. Members of Book Lovers Club said that one of the programs they plan to conduct is a reading session with children or younger students at the school. They also added that this project will give new and enlightening experiences within the club and the community.

“We, in the Sports Club, plan to organize projects like fund raising basketball tournament, cycling clinic, and hopefully introduce ‘esports’ to the members of the junior high school department,” Marcos Henry Aguilar, Club President mentioned when asked on the club’s direction for this school year.

“S’yempre masaya. ‘Di ba for two years na walang club, iba parin ‘yong nakikita mo ‘yong mga bata na iyon, may club na ulit. Masaya sila, another wonderful experience,” joyfully expressed by Mr. John Charles Tragantín, Arts Club moderator, in an interview on how he felt during the opening program.

As the program progressed, selected clubs, and students from various grade levels showcased their talents and skills by entertaining the entire crowd.

The Washburn band amused and serenaded the audience with their musical skills and vocals while the Dance Club caught roars and made the crowd scream for joy because of their electrifying dance choreography.

“I’m really happy because, after two years, I have finally performed again in front of people on which it fluttered me so much since I have also continued my passion in dancing,” Rhizziana Bautista stated, a dance club member who also performed.

Ms. Princess Pineda, Dance Club moderator, also expressed her gratitude, especially to her club members, she said that being selected as a club moderator is a “dream come true” for her and she was glad that the event ended successfully.

Launching student activities with these kinds of events will expectedly set the tone for what is to come for most of the school year, lively, active, and joyful.

Despite spending two years of virtual learning and not celebrating the annual salvo, most students have not forgotten the drive of showcasing talents that they have within them, the heart of it all is no matter the distance, the LCCian community will always find themselves celebrating in the Augustinian way.



Visionary: “I plan to intensify Catholic formation for the community, strengthen academic competence among students, promote collaboration between school and home, and upgrade facilities for learning.” (Photo Courtesy of RED Images)

LCC Caloocan welcomes new president

Sophia Joshuaine Gonzales

The Augustinian Sisters of Our Lady of Consolation formally appointed Sr. Maria A. Garcia, OSA, as president of La Consolacion College Caloocan as the institution prepared for academic year 2022-2023, witnessed by key school administrators.

Sister Marie, 73, was previously assigned as president of La Consolacion Bacolod. She succeeded Sr. Ma. Lina R. Despojo, OSA who will become the president of La Consolacion College Biñan, Laguna and Tanauan, Batangas.

Forwarding with new vision for the community, Sr. Marie aspires goals of attaining and instilling discipline, diligence, and strengthening the Catholic faith throughout the institution as taken from an exclusive interview of Adeodatus.

LCCian Community maintains the attitude of being amiable, committed, and whole-hearted to lay out their respective tasks upholding the Augustinian value of Community of Friends, even referring

to the parents as one of the backbones in the education of students and giving their support in activities held by the institution.

Serving God is a lifelong dream for Sr. Marie, dating all way back to her childhood. Also, her faith and relationship with God flourished and deepened by performing and participating in service for others, prayer, and spirit-building programs.

“I considered difficulties as God’s ways to test my faith and trust in Him,” the president said when asked about the role of obstacles in her life.

She also added that these are part of any person’s upbringing, it may all seem overwhelming in the present, but trials are the steps towards the bigger picture.

As the management and leadership head to new directions, so do plans although still adhering to the principles of the Catholic faith, as a Marian, Augustinian institution. Sr. Marie has many propositions lined up that members

of LCCC can look forward for years to come.

Furthermore, she intends in accentuating the faith of the administrators, personnel, and pupils, encouraging the search for truth through the love for study, preparing students of LCCC to build up academic competence, and motivating teachers and other employees to continue to higher education for personal growth.

Likewise, she plans to inculcate innovation and provide quality schooling for students, applicable in the teachers’

approach in the classroom and build strong relationships between the school, parents and guardians, educators, and students.

If there is anything constant in the world, it is change, Sr. Marie looks forward to a bright path ahead as the new head of LCCC. In the same connection, the school highly believes in her strong commitment and desire to enhance the quality of education, programs, and services for the benefit of the students and the community.

School clubs share love through Pamaskong Handog

Kriza Justine Anaviso, Jewel Ashley Viterbo, and Julie Ann Bascos

True to the spirit of love and sharing during Christmas season, all the clubs worked together and organized the Pamaskong Handog dedicated to the children and senior citizens of the school’s adopted community, morning of December 7, 2022 at the LCCC quadrangle.

After a two-year break, the Pamaskong Handog sparked new life once again as this has been an annual celebration, and with open arms, LCCC joined together to host this event for children and senior citizens extending love, help, time, and support.

The JHS and SHS Student Councils organized the event in hopes of sharing and giving to the adopted community, especially those who could not afford even a simple Christmas celebration because of financial difficulties.

Through this Pamaskong Handog, unlike the usual situation where people go to relatives for their gifts, LCCC brought it to them. The clubs organized a Christmas party for the children and elderly, gave their own gifts, and entertained them with songs, dances, and games along with prizes.

The JHS and SHS Student Council Presidents, Krizah Mariel Alvarado

and Renz Carlo Maggay led the joyous occasion by being the hosts.

One of the spectators and a winner in one of the games exclaimed, “Masaya ako dahil nakakuha ako ng regalo ngayong Pasko! Ito ay hindi palagi nangyayari sa akin kaya masaya ako.”

Selected Glee and Dance club members captured the audience’s attention and boosted the Christmas atmosphere on campus with their performances.

During the party, club presidents and other officers treated the guests like their own siblings, grandmas, and grandpas by preparing them simple, but delicious meals, and talked with them warmly. Before the event ended, all the beneficiaries received a noche buena package.

As the program concluded, all the LCCians, the children, and the elderly left the venue with smiles on their faces, bringing along with them the joyous and memorable experiences they had throughout this year’s Pamaskong Handog.

With the success of Pamaskong Handog, LCC continued its mission of caring for people in need, thereby affirming that the true essence of Christmas is felt when the community is united in love, and sharing.



Hope: JHS campus journalists beam out the smiles of optimism after representing LCC during Likhaan 2022 at San Jose Academy, Navotas. (Photo by Krizah Mariel V. Alvarado)

Team LaCo dominates 7TH KADSA Likhaan Presscon

Ailene Clare Alboleras and Sophia Joshuaine Gonzales

SAN JOSE ACADEMY, NAVOTAS – To uphold competition and passion for journalism, LCC delegates participated and ruled the 7th Kalookan Diocese Schools Association (KADSA) Likhaan Press Conference with the theme: ‘Campus Journalists: Bearers of Truth and Pilgrims of Hope in Synodality with the Church,’ November 11 and 12, 2022.

Spearheading Team LCC’s domination were Sophia Joshuaine Gonzales (4th Place News Writing), Reianveer Josh Alcala (1st Place Editorial Writing), Yzza Dominique Sulit (2nd Place Feature Writing), Chloe Anne Quintal (5th Place Copyreading and Headline Writing), Dwyane Harry Cabrera (1st Place Sports Writing), Beatrice Paulen Pascual (1st Place Pagsulat ng Balitang Isports), Vines Althea Guano (4th Place Science News Writing), Jiah Sapigao (2nd Place Editorial Cartooning), Franchezka Denisse Oyson (4th Place Photojournalism). The team received the individual categories championship.

Equally with great efforts, the English

Radio Broadcasting crew secured 1st Runner-Up overall in Radio Broadcasting category.

The winning voices behind the microphone were Yesha Andreilyn B. Briones, Carlos Gabriel C. Aguilar, Anika Yzabela S. Cabalza (4th Place Best News Presenter), Charles Elise S. Leynes (4th Place Best News Anchor and 3rd Place Best News Presenter), Jerome Gio M. Paredes (3rd Place Best News Anchor), Robert Kent A. Pedregosa (2nd Place Best Technical Director), and Mikaella Kristyn M. Quimpo (1st Place Best Script Writer).

In addition, Junior High School Filipino Collaborative Desktop Publishing swept their respective division by winning 1st Runner-Up in the overall performance.

The gifted hands in the Filipino Collaborative Desktop Publishing Team were Ailene Clare Alboleras (3rd Place Best News Section), Clarisse Joy Musni (2nd Place Best Editorial Section), Keishalyn Quilong-quilong (2nd Place

Best Feature Writing), Christine Rose Mojica (3rd Place Best Cartooning), Rayne Angelo Mesias (3rd Place Best Sports Section), Czarina Angela Evangelio (3rd Place Best Photo), and Kirsten Emyrnye Dumarán (2nd Place Best Layout).

Marnisha Krismae Cruz (5th Place Best News Section), Aubrei Claire Arcitio (5th Place Best Editorial Section), Marie Therese Salamagos (5th Place Best Feature Section), Shozync Lopez (5th Place Best Sports Section and 4th Place Best Photo), and Krizah Mariel Alvarado (5th Place Best Layout) also made LCC proud in the Filipino Online Publishing Contest.

Rising up, GS and SHS also bagged awards in their respective categories, which to its entirety gave LCC 1st Runner-Up Overall Championship.

Team LCC was under the supervision of Mr. Mark Angelo Tabaniag, Mrs. Lydia Sadicon and Mr. Arvin Casamina, respective publication advisers of grade school, junior, and senior high school.

LCCians wander the campus in School Tour 2022

Ailene Clare Alboleras and Marnisha Krismae Cruz

To become familiar and acquainted with the different facilities, services, and programs LCC Caloocan offers its clientele, junior high school students participated in a school tour, Friday, November 4, 2022.

The tour took place after the students’ dismissal before they went home. Guided by each class adviser as they sighted numerous places inside LCCC, many students were surprised and overjoyed as they walked throughout the school after nearly two years since they previously visited the premises.

In addition, students – old and new – wandered the corridors and were amazed and astonished as they enjoyed the various facilities of the school such as the speech, and science laboratories, the amphitheater, and the college mini hotel – expecting to experience using them as the school begins.

“For me, I will certainly look forward to watching academic related films at

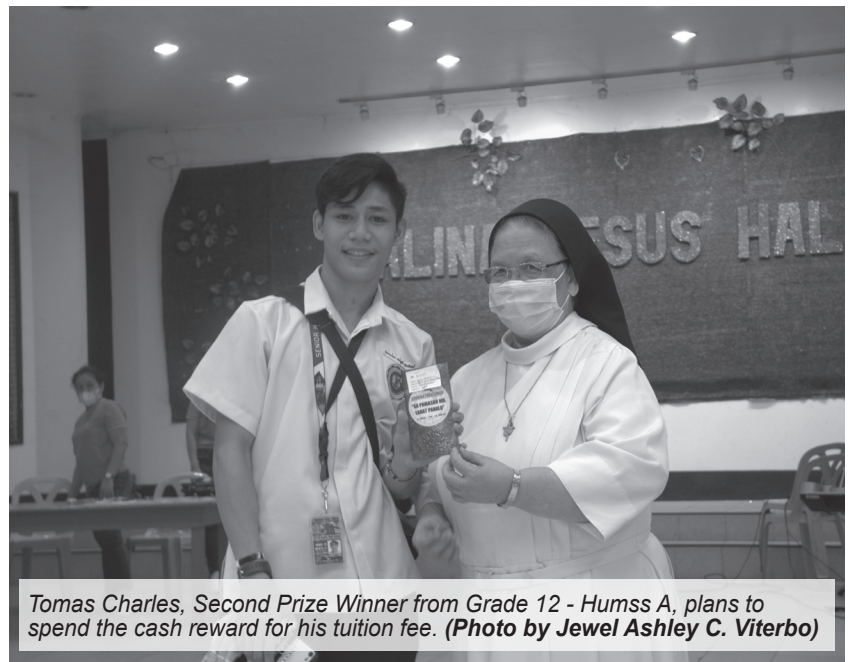
the amphitheater,” a grade 7 student commented.

Junior student added that he expects that when the protocols are lifted, he anticipated to be able to use the swimming pool.

Moreover, several learners were astonished as some places such as classrooms, where their precious memories took place were modified and reorganized compare to how they last stepped there way back 2019.

“It’s so fun because the facilities of the school are so pretty, and I didn’t expect that there are places here that I haven’t been to when I was in grade 7 because COVID happened,” Precious Bandong, a student from Grade 10 Peace stated.

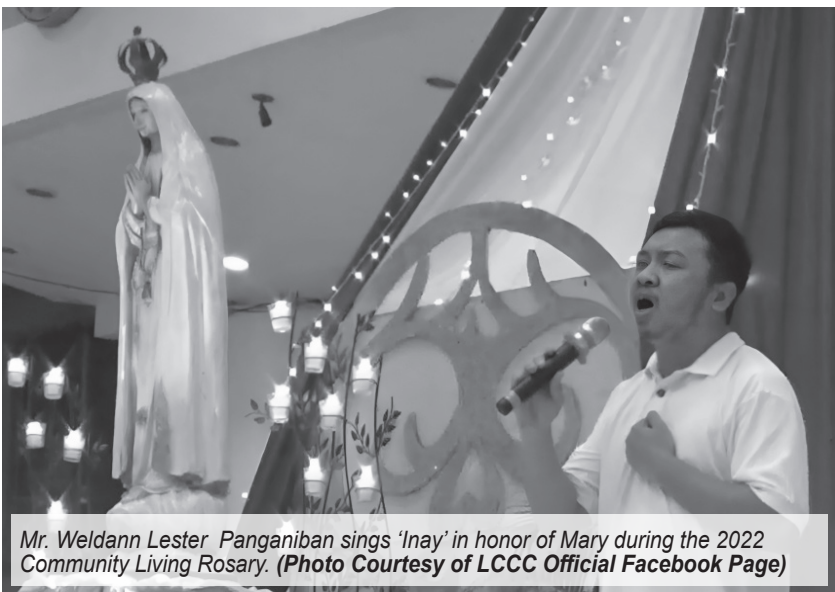
In the end, the pupils responded positively to the school tour with great anticipation that these facilities, services, and program would help them improve their learning experience.



Tomas Charles, Second Prize Winner from Grade 12 - Humss A, plans to spend the cash reward for his tuition fee. (Photo by Jewel Ashley C. Viterbo)

LCC gathers as one in the Living Rosary

Kriza Justine Anaviso, Jewel Ashley Viterbo, and Julie Ann Bascos



Mr. Weldann Lester Panganiban sings 'Inay' in honor of Mary during the 2022 Community Living Rosary. (Photo Courtesy of LCCC Official Facebook Page)

In observance of the month of the Holy Rosary, selected LCCians came together as one in praying the Living Rosary while following health and safety protocols, afternoon of October 27 at the La Consolacion College Caloocan quadrangle.

At exactly three in the afternoon, Mrs. Brigenda Pajarillo started the rosary, followed by the lighting of candles by the student council officers from grade school, junior high school, and senior high school department.

With the assistance of the Religion teachers, selected student participants

held candles decorated with flowers to represent each rosary bead.

Each of them solemnly marched to the center of the grounds to form a rosary figure while reciting the Luminous Mysteries, together with the community.

“For me, we need to pray the Holy Rosary because it brings our will closer to the Virgin Mary and to her son, Jesus,” an LCCian said in an interview on the essence of reciting the Rosary.

“We pray the Holy Rosary, because this serves as our devotion to the Holy Mother— Virgin Mary,” Campus Minister, Ms. Julieta Cruz said. She added

that LCCC is a Marian institution and this is the community’s way of showing love to the Virgin Mary.

Towards the end of this honorable, and solemn event, candies and coins were tossed and given to everyone who attended and selected students performed interpretative dances, while community of sisters, administrators, teachers, non-teaching personnel, parents, and other guests sang together in celebration and praise to Jesus and Mary.

This momentous experience occurred after a 2-year drought in face-to-face Catholic worship due to the impact of the global pandemic, Covid-19.

As for some, who were not able to personally attend the gathering due to restrictions, a Facebook live for staff and students at home was conducted as a form of catechism for evangelization was not only confined within the walls of the institution but transcends under each respective roof of every LCCian.

“This kind of telecast gives us a chance to participate in prayer even if we are at home,” a parent commented.

With reverence to the Mother of God, LCCian community succeeded on upholding traditions like these despite the imminent threat of a pandemic for the institution believed that being a Marian Catholic school, keeping an intimate relationship with Mary, also puts all stakeholders closer to Jesus Christ who is still the center of the Rosary prayer.

Faculty Club spearheads Christmas Raffle

Christine Mojica and Rayne Angelo Mesias

To share gifts and assistance during the season giving and gather fund for its future programs and plans, the faculty club organized a Christmas Raffle with the theme “Sa Pamasko Mo, Lahat Panalo” on December 9, 2022 at 2:00 pm at the LCC quadrangle.

Mr. Weldann Lester Panganiban, Religion teacher and Knights of the Altar Moderator, led the opening of the program through a solemn invocation.

Faculty Club President, Mr. Rod Narvaez, welcomed everyone and extended sincerest gratitude to the School President, Sr. Marie Garcia, OSA, for allowing the project to transpire.

As the event unfolded and progressed, so as the excitement and energy of the crowd as they went wild in amazement and celebration upon some names were drawn winning 200, 500, and 1000 consolation prizes.

“I was shocked at the same time, it was unexpected, but we manifested hoping that one of my friends would be lucky in the raffle,” according to one of the winners, Clarisse Joy Musni, Grade 10 –Amity. She added that she will use it for her class exchange gift on the following week. Interestingly, the occasion became

more festive when teachers from different departments exhibit their prowess and ability in singing and dancing offering the audience extravagant caroling performance.

Hype and momentum even rose when the Senior High School performed ‘Elesi’ by Rivermaya to serenade the crowd as the 1st prize was almost reachable at this point.

In the climax of the event, Padraic Jaden Mercado, Grade 2- St. Joseph won First Prize amounting to ₱15, 000 pesos, while Tomas Charles, Second Prize winner from Grade 12 - Humss A received ₱10,000 pesos.

“I will use the prize for my tuition fee.” Charles Tomas mentioned on his plans for the money he won.

Surprised, glad, and gratified, LCCians slowly got off their chairs when the ticket number was announced. They wrapped up the event thanking everyone and wishing them a merry Christmas.

The Christmas Raffle program was a great opportunity for every LCCian to reunite after a couple of years stuck at home. Returning home with a smile on their faces even if they didn’t win the raffle was a sign that the event was victorious.

Community celebrates First Friday Mass after two-year hiatus

Hailey Margarette Mallari

After two years of observing the Holy Eucharist online due to the pandemic, the LCCian community celebrated once again, as one community, one family, their first-ever Friday Mass, November 4, 2022 led by the mass presider, Rev. Fr. Paul Nicklaus Woo, an alumnus of LCCC at the quadrangle.

Students gathered orderly at the venue and prepared for the Holy Eucharist by practicing the responses, singing songs, and backed up on the information attendees needed to know regarding the

Mass.

During the Homily, Fr. Paul, an alumnus of LCCC, mentioned about trust and shared two keywords such as “tuso” and “shrewdness”.

In continuation to the Homily, Fr. Woo tackled timely topics about depression and anxiety that truly comforted students, and how these are the main enemies nowadays.

“Always find someone to listen to you,” Fr. Woo said. His Homily captured many of the audience’s hearts as this was

related to most of the audience.

LCCians also offered and shared their blessings such as canned goods, towels, and toothbrushes.

Father Paul, Mass Presider, led the induction of FCI officers as they took an oath declaring that they would happily and openly accept the duties and responsibilities that come with becoming a member of the Family Council.

After the celebration of the mass, LCC President, Sr. Maria A. Garcia delivered her welcome speech and

extended a hearty greeting to the faculty, staff, parents, and children as the school year officially got underway after a two-year hiatus.

“As we welcome you all to our face-to-face classes, it seems that I can see that our classrooms and campus will become lively once again with your smiling faces above your facemasks, laughter, prayers, enthusiasm, and love for your studies,” Sr. Maria said.

Following this occurrence, Mrs. Haydee Carmen Calalay, MAPEH

coordinator, directed a group of selected senior high school students as they performed “Welcome to the Family” and “Agustino Ako.”

Additionally, Mr. Maron Quimbao performed a rendition of the song “Binibini.” Most of the students were genuinely caught and amazed by these performances.

Meanwhile, these momentous events will mark the beginning of old days coming back as the entire community returns to normal with ease and safety.

Leaders of the Future: New council officers elected

Shozyne Lopez

As part of a yearly election, where students can vote for reliable and diligent leaders, students voted to elect student council officers that will lead them for the forthcoming school year morning of Tuesday, September 13, 2022. Results were announced Wednesday afternoon via MS Teams.

For this school year, Krizah Mariel V. Alvarado will lead as President of the Council. Helping her in the journey will be Miguel Angelo Karlo C. Demiglio, Vice President Internal, and Yesha Andrealyn B. Briones, Vice President External.

In an interview, the three elected top officers thanked LCCians for trusting their capabilities and plans for the students. They also added they are excited to put their plans into action for the benefit for their all their schoolmates.

Furthermore, Shozyne D. Lopez, and Charles Elise S. Leynes will assist as Secretary and Assistant Secretary respectively, while Carla Venice S. Manalo, and Clarisse Joy T. Musni will serve as Treasurer and Assistant Treasurer of the organization.

Likewise, Auditor Marnisha Krismae C. Cruz, PIO Sydney Aliyah C. Del Rosario will make up the major positions to contribute to fulfillment of the

organization's plans and programs.

"This moment is important for us for after two years of lock down, we will be able exercise our passion again, which is serving our fellow classmates," most of them remarked on the essence of being officers this year.

To voice out ideas and interests of each grade level, Jhea Cristine S. Dagohoy, Carl Justine R. Del Rosario, Dheine Ashter Dale M. Santos will represent grade 10; whereas Kristine A. Coloquio, Samantha Nicole D. King, Robert Kent A. Pedregosa, grade 9

Similarly, Rafa Laurice A. Cruz, Trisha Celine D. Duena, Alexa Rae S. Hidalgo will stand for the grade 8, while Ma. Euriah Rasha M. Adora, Aquisha Elhyn M. Brondo, Ehra Chloe S. Delos Reyes for the grade 7. "Kaming representatives ay mabigat ang gampanin kaya magiging seryoso kami sa aming tungkuling making at maging boses ng aming kapwa kamag- aral," the representatives unanimously commented.

Subsequently, the council took oath in an induction held during a first Friday mass on October 7, 2022. Conclusively, they attended courtesy calls to Sr. Marie, and other school officials.

For the moment, the umbrella organization of student activities plans



Ready to Serve: Mr. Jeffrey Stephen Olaguera, Moderator, Krizah Mariel V. Alvarado, President, and the entire Student Council oath to showcase new breed of leadership to fellow LCCians entering the academic year. (Photo Courtesy of Ms. Angielu Q. Templonuevo)

to implement new programs such as Zero Waste Month, Bayanihan para sa Kalikasan, and student tutorials.

They also aim to bring back Battle of the Bands, Dance Night, Graduation Ball, Discipline Drive, Christmas, and Valentine's project that certainly LCCians

will enjoy.

The council, coming from an interesting mix of aspirants from Liwanag, and Hiyara Partylist, guarantees the community unity, hard work and leadership.

With the pandemic and restrictions becoming less stringent, LCC now

gives the servant leaders the opportunity to demonstrate their governance and dedication to serving by turning their plans and programs into reality for the betterment of the members of the community.

LCC stays alert, runs quake drill

Marnisha Krismae Cruz

With the aim to educate on disaster preparedness, students, teachers and employees rushed out of the classrooms, offices, and facilities as La Consolacion College – Caloocan simulated a shake drill, morning of Thursday, November 10, 2022.

Amidst usual classroom proceedings, the alarm rang and all employees and, students sought safety under chairs, tables, and other protection as they rehearsed the duck, cover, and hold survival procedure.

Because of the simulated power interruption, LCCians turned on the flashlights on their phones to guide one another while immediately going down the stairs and in just minutes, students and employees were gathered in the safe evacuation sites at the LCC square.

This initiative happened following the students' return to face-to-face classes. The school took this opportunity to bring back the quake drill to prepare all the stakeholders of the institution

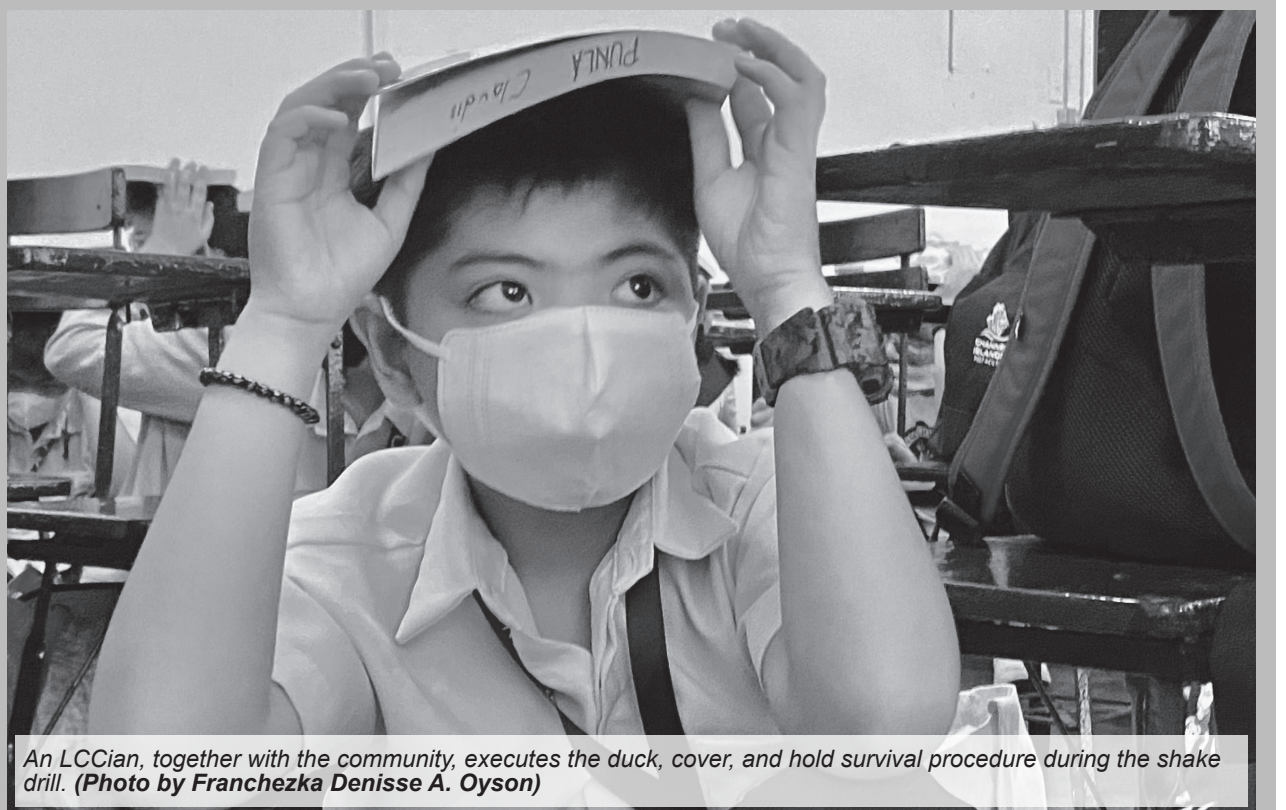
from the eminent threat of the big one.

"Mahalaga ang buhay ng bawat tao. Sa pamamagitan ng earthquake drill na ito, maililigtas natin hindi lamang ang ating sarili kundi ang ating kapwa. Lamang ang may alam," commented Ms. Templonuevo on the significance of the drill.

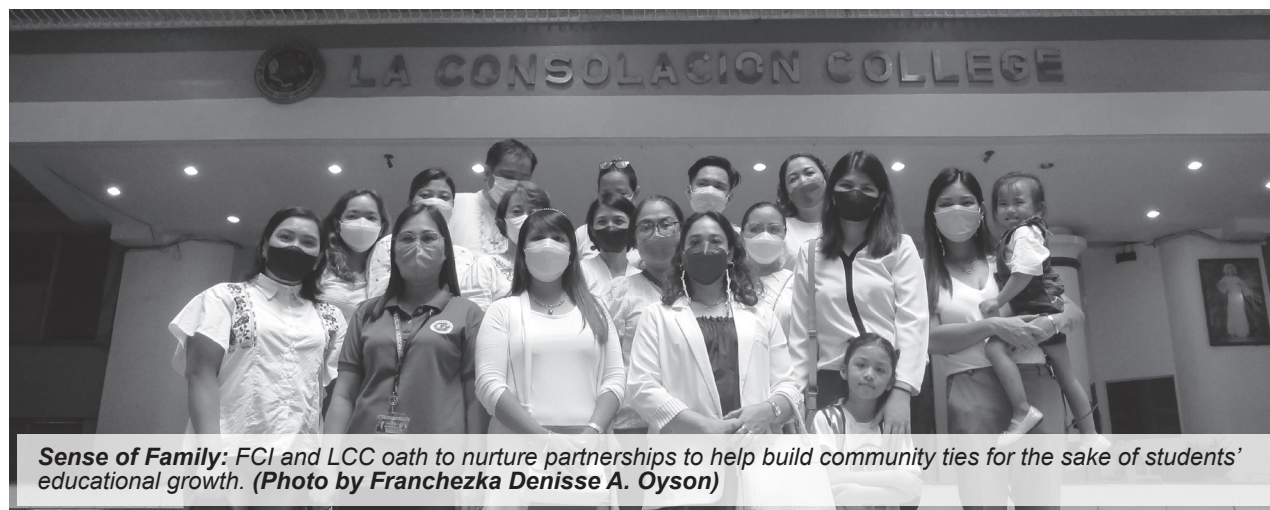
At the completion of the drill, students and employees went back to their respective classrooms, and offices realizing the drill was a success.

Some employees even showed their appreciation by saying that they were relieved that the students still knew the basics in the event of a sudden earthquake. Many expressed their gratitude since, after two years of completing the drill alone, they now have the learners with them to execute the earthquake drill.

No matter the distance, safety must be upheld anywhere at any time and the best way to do so is to practice on what to do in situations like these.



An LCCian, together with the community, executes the duck, cover, and hold survival procedure during the shake drill. (Photo by Franchezka Denisse A. Oyson)



Sense of Family: FCI and LCC oath to nurture partnerships to help build community ties for the sake of students' educational growth. (Photo by Franchezka Denisse A. Oyson)

LCC-FCI holds first general assembly-election

Sophia Joshuaine Gonzales

It meant only one thing: they were ready.

Everything was set. Mr. John Charles Tragantin, the master of ceremony, greeted the crowd. Mrs. Jennifer Duanan, FCI secretary, commenced the gathering with a meaningful invocation.

Sr. Marie A. Garcia, OSA, the new school president, cordially welcomed everyone with an inspiring words of welcome. She explained the value of the partnership between the parents, guardians, and the school. Additionally, she emphasized that consistent line of communication among stakeholders is one of the keys to the development and success of learners.

In the past two years, the pandemic has silenced all the nooks, halls and corridors of the great institution of La Concolacion College Caloocan. October 8, 2022 was not quite the same. The gates were now open, corridors and hallways – polished.

The curtains and upholstered chairs of the Mo. Consuelo Convention Center were dusted off. Illuminating light filled the former dark spaces of the dignified place.

A handful of parents and teachers was early that morning. Some of them seated sparsely on the chairs. Moments passed by when what seemed to be trickles of parents and teachers arriving had become multitudes swarming the registration area. Silence was overwhelmed with ramblings.

Mrs. Marites Luna, FCI Treasurer, presented the financial report of the council highlighting its productivity and efficiency. Equally vital, Mrs. Katherine A. Tariman, FCI auditor, presented the scholars that the council has been supporting and helping even amidst the on-going pandemic. This endeavor truly proved its capability and compassion to reach out to those children, who despite financial limits, can persevere in their studies.

More prominently, Mrs. Leeneth T. Martinez' president's report became the highlight of all presentations when she narrated some of her experiences and

encounters as the leader of the FCI.

"Isang malaking responsibilidad ang naiatang sa akin nang mahalal ako bilang pangulo ng FCI," she said.

Moreover, she added that through the trust, support, unity, and strength they got from one another, all the challenges had been overcome.

Mrs. Martinez also explained all the council's accomplishments, and successes. During her term, they had been able to build projects such as the FCI Scholarship, Film Viewing for a Cause, SOS kits, Family Days, Parents' retreats, and Teacher's Day Gift Giving. In times of need, they also donated supplies to victims of disasters and joined in organizing the LCC community pantry. Finally, she surprised the school by donating a drone with a vision of helping the institution improve ways of televising online events.

Likewise, Mrs. Martinez stated, "Gusto ko rin magkaroon ng proyekto na makakatulong upang masuportahan ang mga talented LCCians sa larangan ng music at sports sa pamamagitan ng pagdonate ng mga musical instruments at sports equipment na maari nilang hiram."

The moment had arrived. Mr. Roy A. Gonzalez, election chairperson, introduced the process of election. As with most elections of FCI officers, it was met with small amount of reluctance. The nominees would resist with few

successes but most would embrace the challenge. The election went smoothly and successfully and the FCI elected its officers: President- Mrs. Leeneth T. Martinez, Vice- President- Mrs. Dorothy F. Calleja, Parent-Secretary- Mrs. Maritess Luna, Teacher-Secretary- Ms. Angelu Templonuevo, Parent-Treasurer- Ms. Jennifer Duanan, Teacher-Treasurer- Ms. Jerramae Guillen, Auditor- Mr. Ferdinand Justo, Parent- PIO- Mrs. Ruth Mandi, and Teacher-PIO- Ms. Liana Deniega

Board of Directors: Mrs. Rica Cruz, Mrs. Evangeline E. Pereja, Mrs. Mary Grace Calilung, Mrs. Fe De Castro, Mrs. Marichelle Adrillana, Mrs. Ma. Virginia M. Santos, Mr. Emilio Valerio, Mrs. Ruby Geronimo, Mr. Michael Demigillo, Mrs. Shiella R. Dela Cruz, Mr. Maron Quiambao, Mrs. Jannelle De Leon, May Peralta, and Ms. Christine Romero.

The officers promised, "Hangad ng FCI na makatulong lagi sa paaralan, mga guro, mga mag-aaral at sa komunidad sa lahat ng pagkakataon at sa abot ng aming makakaya. Patuloy kaming magsisikap para sa LCC."

Organizations are relatively intricate and vibrant, with their own unique aspects such as human behavior. Truly, school – parent partnership shall always prevail as we firmly believe that one of the most vital and necessary key to a child's development and success is the positive involvement and reassurance of their community.

THE WORD

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A 3rd world country is a country deemed to have neither hope nor future for the children. Despite these hardships, learners sought to become even more knowledgeable, powerful enough to combat any obstacle.

According to recent statistics, due to a higher demand that exceeds the supply of output, Philippines' inflation rate spiked at 8.5% last November, causing prices of basic necessities to further increase.

This issue affects everyone's ease of life and it is truly disheartening that with its increase students, and families are bound to suffer greatly.

The lack of incompetence causes everything to become overpriced, and it is slowly becoming exorbitant to afford miscellaneous fees such as guidance and counselling, libraries, medical, and dental fees, and many more.

People with lower income, continue to lose the value of money they have, making it heavier for them to pay for student fees, every parent wants what is best for their children but every year the tuition fees increase by an average of 10%.

College and high school learners compensate for the higher cost of living as rent spikes, parents work harder to afford tuition fees for a quality education and food in the cafeteria becomes too expensive. Yet, despite these hardships, whatever status the economy is, the Filipinos will always thrive to have education in achieving their dreams and goals.

There are still no firm laws assisting the education system to- teach its students in battling inflation, the corruption and the malpractice of overseeing the problem is one of the factors why the system remains stagnant. Using outdated rote learning and the less regard for critical thinking and soft skills are also one of its setbacks.

It should also be taken account that the Philippines' government focuses on other

The Will of Every Learner



laws and policies, such as the mandatory ROTC, the protection of children and reforming the youth, overshadowing the current crisis the education system phase. In spite of the poverty and negativity, students strive to become more proficient, some even taking it up to themselves to self-study.

One could argue that it would be easier and cheaper to enroll students in a public school, but another downside of that

is compare to the privilege they do not receive enough support nor are given the same facilities that'll further better their education.

Our economic status will soon depend on the next generation, and it is only a necessity to aid them. In paying for their tuition and miscellaneous fees, the government can assist students with money, schools can also include the teachings of inflation, taxes, and

investments making them financially smart, they can also provide laws and policies that'll improve the education system.

Sleepless nights and academic stress often equate to accidents and palpitations; these hardships they face are no more than a piece of cake in their eyes.

The Philippines may be a 3rd world country, but with the youth's involvement, the economy might progress further.

The Restriction of Familiarity

A teacher is someone who plays a significant role in a student's life, but is their guidance truly only limited in the four corners of the classroom?

Recently Department of Education (DepEd) issued Executive Order 49 s. 2022 which aims to reiterate the norms of Code of Conduct and Ethical Standards for Public Officials and Employees. Many were left troubled because the personnel were ordered to "Avoid relationships, interaction, communication, including following social media with learners outside of the school setting, except if they are relatives."

Implementing this order will create chaos and awkwardness amongst the students and teachers' relationship.

Schools have long been considered as a second home for the students, and the teachers are treated as second parents. In fact, this was agreed upon on by DepEd themselves, "Pangalawang magulang, ganiyan mailalarawan ang ating mga kaguruan."

This order will sever the bond between the students and their teachers which may affect the quality of teaching and learning. ACT Teachers Party-list Rep. France Castro criticized DepEd's chosen actions as, according to her, it restrains and threatens the educators, which hinders their right to free speech and expression.

Furthermore, DepEd seem to perceive all teachers as opportunists and just waiting to take advantage of their students.

Teachers seem to be perceived by DepEd as mere opportunists and eager to pounce on their students. When in truth, students prefer to open-up more to their teachers because they feel comfortable around them than they do at home.

On the other hand, the said order will prevent educators from having biases and will reiterate the line of limitation between a student and a teacher. It will also create a limitation in personal social media accounts. However, prohibiting interaction outside of school is questionable, is it really appropriate for a teacher to ignore their students just because they are outside the classroom? Isn't that more disrespectful?

In addition, social media is the easiest way to communicate as we live in a country that is continuously evolving. If even that is prohibited, students will truly have a harder time relaying their messages to their teachers.

Guidance and teaching should never be chained only inside the facilities; some will be learnt outside the classrooms. What will one do if even the mere freedom of interaction is restricted?

Grain of Rice: A Farmer's Survival

"Hard work leads to success and fulfillment," seemed questionable recently, especially within the farming industry. If productiveness truly pays off in the end, why do farmers remain of society even after years of labor? Starting November 16th, Filipinos can now purchase rice in as low as 25 pesos per kilo. It is in accordance with President Ferdinand "Bongbong" Marcos' proposal of reducing the price of rice to 20 pesos under his administration.

Indeed, it is disturbing to think about the numerous negative consequences this proposition could bring, given that a lot of farmers rely solely on the profit they earn from the said product.

The idea would trouble the whole country as the funds would come from people's tariffs. According to former socioeconomic planning secretary Karl Chua, "If we are going to use taxpayers' money solely to subsidize without conditions and without any productivity measures, then that's a bad idea."

In addition to increased amount of tax, it would

also cause chaos amongst the people as we are currently experiencing high values of inflation. Information released by Philippine Statistics Authority (PSA) states that inflation spiraled to 7.7% in October, the highest recorded data in the last 14 years.

The farmer's originally insufficient income would also be sorely affected. Doubting the order's goal, Raul Montemayor, national manager of the Federation of Free Farmers Cooperatives, Inc., said that the idea is not impossible, however, it is unrealistic.

Although the said project would be beneficial to some because of the lower price. With the support of a direct farm-to-consumer food supply chain, which eliminates several marketing layers, the project aims to promote homegrown products and empower the farming community.

Be that as it may, it is still unbeknownst to us what effect this project will have to our farmers' lives. In addition, there are other more important matters that need immediate attention, such as appointing a DOH secretary, since we are still in the middle of the pandemic.

A single kernel of rice possesses great value considering the situation we are currently experiencing. Will this project truly help us flourish, or will it only cause a never-ending drought?

Is This the Only Way?

The removal of these films also eliminates diversity since it exposes us to different actors of color, race, and culture. We are able to normalize our perspective and change the views of stereotypes that country has.

Most of the time, Generation Z and some millennials doesn't like watching local films as plots of local dramas tend to become repetitive. For example, usually it involves love triangles, adultery, or even adopted son or daughter with an evil sibling.

We can also see the intense training these actors and idols have to face, some even take decades and that isn't even guaranteed. Korea's training system is one

example, oftentimes, companies recruit anyone and assess their talents, if they are qualified then they are to undergo intense training for years, these include vocal, dancing, or even acting lessons. Most fail to become an idol, while few become successful.

It should be considered that the Philippine film industry is losing its value. Most of the time Filipinos tend to favor one over the other, but one should also consider the satisfaction and convenience of the audience.

Instead of banning one, both can bloom together. The Filipino film industry can learn from these training systems; they can even ask for help in better improving our

industry. They can also do collaborations and shows to further increase the revenue of both foreign and Filipino industries.

These films contribute to passing leisure time; we can watch them to our hearts' content. Supporting both is not an issue but banning and bad-mouthing one is.

Instead of banning one,
both can bloom together



Reianveer Josh Alcalá

There are tendencies of people binge watching their favorite dramas and series in just a day, watching one is truly

LGBTQ+ Community: The Continuous Fight

“Colors are part of this world, yet some view it in black and white.” In the Philippines, cries of the LGBTQ+ Community are yet to be heard. Countries are in motion, and ours seem to be a part of it.

In a 2019 bill sea, Francis “Kiko” Pangilinan, filed called Anti-Discrimination Act, prohibiting discrimination on the basis of gender identity, safeguarding the welfare and safety of individuals of any sexual orientation.

The bill being filed is a delight, as members of this community rejoiced, waiting for its approval.

Philippines is known to remain in its past, a country known for being stagnant. Thus, filing the bill represents progress. Members of this community are known for having limited legal rights, making it unbearable for them to live freely and in harmony.

It also encourages the willingness of our community to accept them, providing equal opportunities. The unfortunate discrimination against them has long been apparent; a plate of respect wouldn’t hurt. Narrow eyed companies have a discriminated view against allies and members of this community, making it harder for them to become an employee.

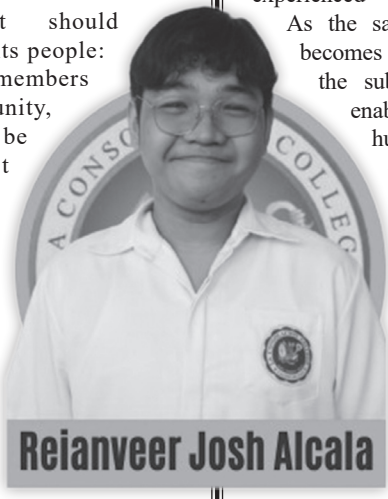
In the past decade, members killed have been recorded. Madonna Nierra, a transgender woman, was found

dead in muddy shallows along the riverbanks of Caloocan City. Jennifer Laude, another trans woman died in the hands of Joseph Pemberton. To its essential aspect, the bill prevents this violence from happening.

Imbursement of this bill “Endangers others from abuses of LGBTQ+ Community and it is Anti-Filipino,” as some say. People of this community aren’t known to cause chaos; stereotypically most of them are comedians and entertainers. Part of being a Filipino is being accepting, in most countries, Filipinos are known for being friendly, stating that it’s “Anti-Filipino”contradicts our own values.

Most, who contradict the bill, spreads hate and misinformation. The government should further explain to its people: what happens to members of this community, one should also be willing to accept and respect their identity.

Many waits for the bill’s approval as some think that it’s their only hope: with it being debated upon, will you accept or will you reject?



Reianveer Josh Alcala

In a world roaring with pandemonium, children are the utmost form of purity and innocence, one must not tarnish it. Preserving a child’s manner of immaculateness is a duty of benevolent soldiers that came from the heavens.

Corporal punishment is used to discipline and impose authority on kids. In a September 2022 conference, DepEd spokesperson Michael Poe stated that the office of Secretary has been receiving recent complaints about the said topic.

It is undeniably alarming that many still experience the so-called horrors of corporal punishment, when discipline can be reinforced as something favorable and can be used as an opportunity to grow.

The said punishment defeats its purpose as children who experience it often result in a poor educational outcome and anti-social behavior.

The kids who were once loving and adoring are likely to become aggressive adults due to corporal punishment. In a study, it was found that an increase in aggression was found in adults who experienced corporal punishment.

As the saying goes, “the abused becomes the abuser.” They become the substance of violence, an enabler, hitting their spouse, husbands or even their own children.

Additionally, this sanction violates children’s rights and it strips them of their own dignity. Principle number two of the rights of the child states that they shall be given opportunities to enable their development and enjoy a special

The End Does Not Justify the Means



protection.

Nevertheless, it teaches children to behave in a proper manner, it induces fear to never act negatively again, and it motivates them to become a better person overall, but doing so will only inflict a long lasting physical and mental harm and might even ruin a child’s well-being.

Corporal punishment contradicts the values taught in schools, a place where students should be safe and free from chains of violence.

There are thousands of ways to develop and discipline mentally healthy children; one example is gentle parenting, wherein it teaches a child to know the reasons why certain things are wrong or right, with the goal to raise a confident, understanding, and empathetic child.

The helping hands of schools can also be beneficial: they can impose laws that prohibit the abuse happening in classrooms, and encourage learners to voice out concerns to further reduce the cases of violence.

Furthermore, constructive criticisms can also be an aid for improvement, and feedback that are beneficial and pragmatic, not only encourages students to improve their behavior but positively lights them as well.

Punishment and discipline have always been viewed with lenses of horror and terror. It might have never even crossed anyone’s mind that these terrifying values can be imposed in a manner that will enable a child’s growth. With that in mind, will the broken seeds still be able to flourish?

Shield from an Imperceptible Enemy

“Better safe than sorry,” one’s life shall be valued above all else. Will this implementation truly heal us, or will it only deepen our wounds?

President Ferdinand “Bongbong” Marcos Jr. signed the Executive Order (EO) No. 7 this October 29th. The ordinance states allowing the optional wearing of facemasks in indoor facilities, however, still required for persons with comorbidities, children, and senior citizens.

In contradiction to the statement, it would indeed be better for the public if the mandatory wearing of facemask is reinstated wherever we go. It is inappropriate to use the possible effects of this order just to find out if it is effective or not.

The local citizens are afraid of the risks if the ordinance implemented by the government is obeyed. “I think wearing a mask should still be mandatory. We should not relax even though movement restrictions are easing because there are still active and increasing cases,” according to a marketing specialist.

Many Filipinos disagree with the idea because it opposes their desire to stay precautions against the virus. According to secretary Trixie Cruz-Angeles, the reason why it was implemented is to get feedback from the people to know if it is effective.

Even the Department of Health (DOH), the government agency with an expertise in the health aspect, doubted the said Executive Order. They warned that the increase in the number of COVID-19 cases will be even more alarming if the ordinance is followed.

On the other hand, the government insists that the minimum public health protocols will still be implemented, despite the voluntary nature of wearing face masks. It is also emphasized that it is still necessary to wear it if going to public places.

Although the government has still not set aside the safety of the citizens, if the order they want to launch is followed, we will be more exposed to the danger brought by the serious virus.

It is better if they intensify the service and implement programs that will help



Aubrei Claire Arcitio

vaccinate everyone. So, the public will be assured of the safety of all.

Ensure everyone’s well-being first before taking an uncertain step.



Extracurricular Activities: Refining Everyone’s Abilities

Extracurricular activities are studies that help in promoting skills and talents. With its removal being debated upon, how will students improve?

In an order to address the learning gaps bought by the pandemic, a new department directive issued by the Department of Education (DepEd) strongly restricts extracurricular activities for academic year 2022-2023.

Extracurricular activities have long been apparent; the news is definitely a surprise, as even before the pandemic struck it has been a part of a learner’s school life.

Sports, culinary, arts, and other activities enhance student’s capabilities, which further emphasize their skills, comradely, commitment and talents. A well-rounded education includes these activities, and it is the setting stone of learning basic skills in life.

If the DepEd are to continue in fulfilling the gaps of deficiency of learners, the extracurricular activities are a must. These give one knowledge and different perspectives outside school grounds; it nourishes their talents, improves their skills, boosts their confidence and increases their team synergy with the other students.

Young learners are not automated to live a monochromatic life, only capable of studying and thinking about their academics year-round. Such activities give them the leisure of doing things they are passionate about and it strengthens their bond with fellow students and teachers alike.

These activities can often be too stressful for students with conflicting schedules, it can

also cause tiredness, frustrations and sometimes it can also be too expensive. But this challenges students to properly manage their time and know what their capabilities are, and these tiresome sacrifices learners have to face often lead to a fruitful achievement in the future.

Instead of prohibiting these activities, the government should support the student’s sports, student government, volunteer work, employment, arts, and hobbies. On the other hand, if DepEd does not pick up the wants of pupils then they should offer substitute activities for the time being to replace it, like competitions and more time on clubs.

Before making such decisions, one should first address other present problems our country is currently facing, because at the end of the day our economy depends on the student success.



Chloe Anne Quintal



Clarisse Joy Musni

A Hoax Proclaimed Bill: To Pass or Not?

Heterosexuals should be respected and protected; they are actual and direct creations of God. “How could they protect the human rights of heterosexuals while failing to do the same for members of the LGBTQIA+ community?”

Manila Rep. Bienvenido “Benny” Abante introduced House Bill 5717 in the House of Representatives in an effort to protect heterosexuals’ freedom of religion and expression. The legislation has sparked outrage from the LGBTQIA+ community, reprimanding the act for its mockery and distortion of their original advocacy.

The bill defends heterosexuals as it allows them to express their own views and beliefs, however, it can stand that the cruelty and prejudice against the LGBTQIA+. People are lawful as if inherently exempting and exacerbating the experiences of the already marginalized group.

Human rights equality between the

two sides should be coordinated because it affects the people and might lead to intolerance and violent activities. Several social media responses to Abante’s bill highlighted netizens’ dissatisfaction with the inclusion of such a phrase on his explanatory note.

The LGBTQIA+ organization Bahaghari, condemned Abante’s measure as “obviously drafted as a parody of people campaigning for gender equality.” The LGBTQIA+ population is oppressed against in society, whereas heterosexuals can express themselves openly and are not social outcasts.

The argument says that such legislation is unnecessary in a “Patriarchal, macho society like ours,” because women and LGBTQIA+ individuals face more discrimination than heterosexuals or

straight people, who’ve already generally been deemed “normal.”

A number of religious organizations declared their opposition to the Sexual Orientation, Gender Identity, and Expression Equality (SOGIE) law, which campaigns for the rights and protection of the LGBTQIA+ population. The never-ending battle continues while the government mulls over what decisions to make.

It breaks the hearts of the LGBTQIA+ community that their rights are being ignored, and that many people continue to reject the SOGIE bill. People are adamant about the Heterosexual bill because they believe it will allow them to live in peace and harmony without the existence of the stated group. According to Attorney Chel Diokno, the proposed “Heterosexual Act” will also

legalize the “actual discrimination” faced by the Filipino LGBTQIA+ population.

The majority of the government’s opponents promote awareness and push for equality. It is said that it is a waste of resources, space, and valuable time that would be better spent proactively addressing the real concerns of Filipinos who face violence and discrimination. All genders and sexualities should be acknowledged and given the right to express themselves without being subjected to discrimination.

The House Bill 551 or The SOGIESC Equality Bill advocates for the rights of every gender, regardless of their sexual orientation, gender identity, gender expression, and sexual characteristics. This would further be beneficial for the Filipinos, rather than favoring one gender.

Many people are waiting to see how the government handles to this proposal. Perhaps it is being pointed out that the aforementioned law is absurd. Should it be approved, or will the LGBTQIA+ community’s concerns be heard?



Anika Yzabela Cabalza

Plastics are part of our everyday life. However, what actions can humanity achieve in order to let our only Earth breathe?

Each year, approximately 400 million metric tons of plastic waste are produced worldwide, with increasing amounts of single-use plastic that is used only once before being thrown, according to the UN Environment Program.

The study, which was published in the Elsevier journal *Science of the Total Ecosystem*, claimed that transparent wood's renewable and biodegradable qualities helped in decreasing the negative effects on the environment. Additionally, it is claimed to be cost-effective because it is five times more efficient than glass, considerably reducing energy costs.

Prodyut Dhar, a study author and assistant professor at the Indian Institute of Technology's biochemical engineering department, claimed that transparent wood can be a substitute for petroleum-based polymers that are bad for the environment, like polypropylene, polyvinyl chloride (PVC), acrylic, and polyethylene.

"Glass is replaced with plastics because the former is naturally fragile. According to our life-cycle research, transparent wood is an even more advantageous solution from an ecological standpoint," said Dhar.

A timber like this is created by

eliminating the lignin content of wood and replacing it with clear, plastic materials. It was first constructed in 1992 by a German scientist, Siegfried Fink, and has subsequently been refined by other researchers. In contrast to plastics, lignin is a naturally occurring biopolymer that supports plant tissue and is non-

toxic.

The authors' claim that the manufacturing of transparent wood using sodium chlorite to remove lignin and epoxy penetration has far less of an impact on the environment than approaches that typically employ methacrylate polymer.

"Thin slices of wood are typically used to create transparent wood, which is stronger than traditional wood but lighter in weight." It is a unique bio-based substrate for a variety of applications

since it has the potential to be given diverse and advanced features through the addition of specialized materials, Chathoth told SciDev.Net.

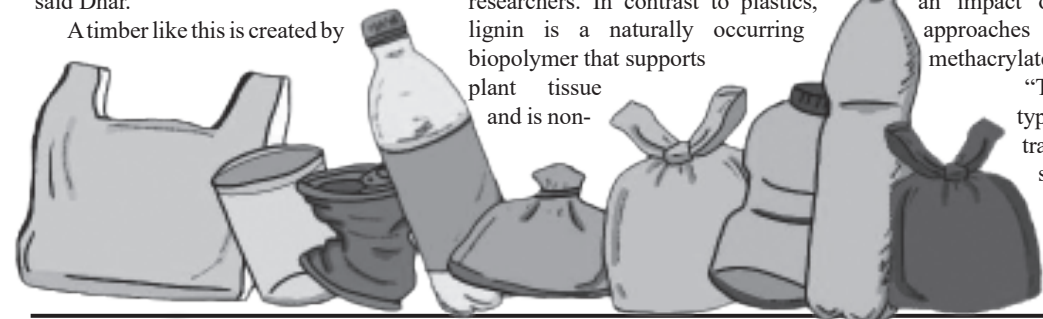
Transparent wood has recently been used in construction, energy storage, flexible electronics, and packaging applications, according to Chathoth, who also added that given the rising environmental concerns regarding the effects of petroleum-based plastic materials, transparent wood plays a part in preserving environmental sustainability.

With the advent of technology, this type of lumber is increasingly recognized as one of the most potential replacement

materials of the future.

The use of plastics is deeply embedded in our daily lives, in everything from grocery bags and cutlery to water bottles and sandwich wrap. One thing remains, the quest for convenience has gone too far and we have failed to use plastics efficiently, wasting valuable resources and harming the environment.

Plastic overconsumption and mismanagement is a growing menace and this transparent wood may have a big impact in today's society because it might be the answer to one of the biggest environmental dilemma the world is facing today. Could this be the answer?



Artemis 1: Our Journey to the Lunar's Den

Vinces Althea Guaño and Christine Mojica

"That's one small step for a man, one giant leap for mankind." -Neil Armstrong, July 20, 1969

It's been a while since humanity has explored the depths of the moon and its entirety. Yet, by a chance, Artemis arrived and is here to open a new opportunity for mankind.

NASA launched a new spacecraft named Artemis 1, drifting in the sky with a mission to take

a critical step toward resuming human exploration of the moon after a half-century hiatus.

The agency's new Space Launch System (SLS) mega rocket and Orion spacecraft made their first test flight as Artemis 1 on a 25-day mission to orbit the moon and return to Earth safely.

Artemis 1 was launched on November 16, 2022, 2:47 PM, GMT+8. It is calculated that the shuttle will be able to reach the moon in the span of 8 to 14 days and is traveling 420,000 km (279,617 miles) or the same distance of a person traveling around the earth 3 times!

The Artemis Program is the name of NASA's efforts to send astronauts back to the moon, as well as a new wave of science payloads and technological demonstrations. Artemis, which means the Greek goddess of the moon and is named after Apollo's twin sister, personifies the path to the moon.

If Artemis 1 would be a success, the Artemis 2 is set to launch in 2024, while Artemis 3 in 2025 or 2026.

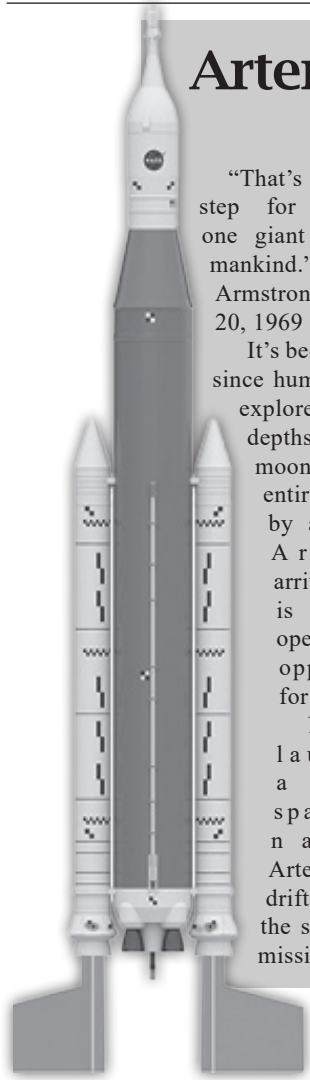
The spacecraft will travel to the

moon, deploy small satellites, and then settle into orbit. By rehearsing spaceship operation, NASA hopes to simulate the conditions that astronauts will experience while orbiting the moon so that they can be prepared and ensure the safety of their spacemen.

"The rocket performed outstandingly" According to John Honeycutt, program manager of SLS, he added they built the groundwork for the Artemis program and future generations.

Jack Burns, a professor and space scientist at the University of Colorado Boulder and former member of the Presidential Transition Team for NASA, further explained that the Artemis program promises to do for space exploration, as well as a look back at how the space program has evolved in the half-century since humans last set foot on the moon's surface.

After years of waiting, it is now time for man to set their feet at the moon. It'll be a journey that one must look forward to.



Tainted in Red: Lunar Eclipse 2022

Vinces Althea Guaño

"Tonight, is one of those nights, where even the moon has to bathe itself in blood to prove the love for its sunshine." -MKS

Such breathtaking scenery revealed itself to the crowd when the Lunar Eclipse happened, Tuesday, November 8, 2022.

Molly Wasser of NASA stated that Lunar Eclipses occur when the Sun, Earth, and Moon align. Then it passes into the darkest part of the Earth's Shadow called Umbra.

From what the mass has seen, the Moon was red on Tuesday. This has a connection to a phenomenon that makes our sky blue, called "Rayleigh Scattering," where the sun's red color causes the moon to turn red during the Lunar Eclipse, and occasionally people call this the "Blood Moon."

The United States National tion explained that "During a lunar eclipse, Earth's atmosphere scatters sunlight. The blue light from the Sun scatters away, and longer-wavelength red, orange, and yellow light pass through, turning our

moon red."

Furthermore, the redness of a blood moon can vary depending on the amount of pollution, cloud cover, and debris in the atmosphere, making the moon appear even darker.

It is possible to see the full moon from North and Central America, Ecuador, Columbia, Asia, Australia, New Zealand, Alaska, Western Venezuela, and Peru, among other places.

November's full moon marked the last total Lunar Eclipse, which is why people around the world stayed up just to see the most awaited blood moon.

Molly added that the next Lunar Eclipse will be on March 14, 2025, 3 years from today.

In the Philippines, the total eclipse started at 6:16 p.m., reached its midpoint just before 7:00 p.m., and finally ended at 7:41 p.m. Filipinos waited and enjoyed the moon bathing in blood.

It is truly majestic because

many people have waited and enjoyed gazing at the night sky, seeing the moon uncover its beautiful red color. The moon shall hide now, and it will be long before its comeback, but once they do, one shall utter, "The moon is beautiful, isn't it?"



GREENLAND GLACIERS: RUSHING THEIR WAY TO DISAPPEARANCE

Vinces Althea Guaño

"There are no passengers on spaceship Earth, we are all crew"- Marshall McLuhan

Human activities are the catalyst for the phenomenon known as climate change. Carbon Dioxide and other greenhouse gas emissions from the Industrial Revolution caused the current temperature to rise, particularly in the poles, causing glaciers to rapidly melt, calving off into the sea and retreating on land.

According to Chelsea Harvey, The Greenland ice sheet may be more sensitive to the warming climate that the scientists previously thought.

Greenland's ice sheet is losing an estimated 250 billion metric tons of ice per year, which is equivalent to the weight of 28 mansions. The rising air temperatures of Greenland's seaside glaciers are to blame.

Warm air causes the ice sheet's surface to liquify, and this meltwater runs off into the ocean, churning up the water and causing turbulence, which helps heat rise from the depths of the ocean and warm the waters encountering the ice, causing the glaciers to melt faster.

A lead author Donald Slater connected this occurrence to the process of ice cubes in a glass of water

where ice easily liquifies when the water is warmer, yet it also melts faster when stirred.

"Rising air temperatures in Greenland effectively result in a stirring of the ocean close to the ice sheet, causing faster melting of the ice sheet by the ocean," Slater explained.

The researchers carefully observed this phenomenon and discovered that glaciers in South Greenland are melting the fastest, which is not surprising given their proximity to the warm waters of the Atlantic Ocean, which plays a significant role in melting these glaciers.

Northern Greenland's ice sheet, on the other hand, is exposed to much colder water and melts much slower. Although the ocean has a greater influence in these areas, temperature remains critical.

Slater said that "This unfortunately adds to the overwhelming body of evidence showing the sensitivity of the Greenland Ice sheet to climate change, hence the need for urgent action to reduce greenhouse gas emissions."

With people learning more about the effects of using greenhouse gases, by some time, they should realize that this could be even worse soon if no action is acted upon.



Milestone or Menace: World Population reaches 8 Billion

Sophia Joshuaine Gonzales



“As population and demand increase, Nature has been working overtime.” – Unknown

It is truly a milestone that humans have gotten this far, reaching a population of 8 billion, adding 1 billion people in just 12 years as the 8th billionth person to be born in Manila, Philippines, Venice Mabansag at Dr. Jose Fabella Memorial Hospital 1:29 AM, November 16, 2022.

Contributing most to the new worldwide population is awarded to Asia, according to the survey from the United Nations, summing up to 700 million heads since 2011, with India having a population of 1.42 billion. Setting that the country will exceed China’s record of 1.45 billion in the future.

As time goes on, it is expected that Sub-Saharan Africa will accord around more than half of the increase anticipated through 2050. The speculation is that by 2080 until 2100 an estimated 10.4 billion will inhabit the Earth.

Some countries are under observation due to the possible epicenter of growth by 2050, namely, the Democratic Republic of the Congo, Egypt, Ethiopia, India, Nigeria, Pakistan, the Philippines, and the United Republic of Tanzania.

Older generations, aged 65 years old and over will double in number, rising from 10% (2022) to 16% (2050) than the younger population. Life expectancy in third-world countries is dragging 7 years behind the global average.

A big celebration indeed for the world but it also comes with more responsibilities and major effects as residents of Earth. In a statement released by Liu Zhenmin, UN Under-Secretary-General for Economic and Social Affairs, said that the goal to eradicate hunger, innovations in health, and progress in education is becoming a huge hurdle to overcome.

“With more and more people are expected, it results in the shortage of housing, roads, hospital space, and classrooms,” Gyang Dalyop, Urban

Planning and Development Consultant in Nigeria, commented on the matter. Additionally, nature is the resource of humans’ needs as it is being put under more pressure as population growth increases.

Carbon emissions potentially increase by 1%, 37.5 billion tonnes which can affect 200 million people in their day-to-day lives, as published in an article made by Jeff Tollefson at the COP27 Climate Summit on November 14, 2022.

From the economic standpoint, during a press conference with the United Nations board, developing countries will further be behind due to their governments responding to the needs of the public instead of prospering into first-world nations.

A once in a lifetime phenomenon to be able to witness a turning point in the history of the Earth, certainly 8 million individuals roaming around is majestic yet, can this affect the unpredictable time to come for the planet?

Sparkler: A Blinding Exploration

Clarisse Joy Musni and Keishalyn Quilong-quilong

“Two possibilities exist: Either we are alone in the universe, or we are not.” – Arthur C. Clarke

Would one believe that there is a high possibility for a second galaxy to form within the universe? A whole other world with an uncanny similarity to where mankind resides today.

Using the James Webb Space Telescope, the National Aeronautics and Space Administration’s (NASA) astronomers recently found another galaxy that’s nearly a replica of the Milky Way in its early years.

This new discovery was nicknamed the ‘Sparkler Galaxy’ due to about a pair of dozen sparkling globular clusters lying within its orbit. A few dwarf galaxies swarming nearby are also being absorbed by it.

As seen in the first image captured by NASA’s James Webb Space Telescope on July 11, 2022, the Sparkler galaxy was just a small orange line. Professor Duncan Forbes of Swinburne University in Australia states, “We appear to be witnessing, first hand, the assembly of this galaxy as it builds up its mass – in the form of a dwarf galaxy and several globular clusters.”

The Sparkler galaxy is said to be in the Volans constellation 9 billion light-years away. Study says that if the newfound phenomenon grows at the same pace as the Milky Way, it will match its size with the current-day universe in approximately 9 billion years.

Most cosmic bodies have one major trait in common: they consume smaller galaxies around them. As galaxies merge,

their stars consume its surrounding matter to grow, but black holes eat away any entities that approach them. Many planets, such as Jupiter, are believed to have eaten neighboring celestial bodies to grow to their current size.

The solar system was also labeled as Milky Way’s long-lost twin as scientists claim that Sparkler is believed to be identical to the pre-evolved days of the galaxy that humans inhabit at present.

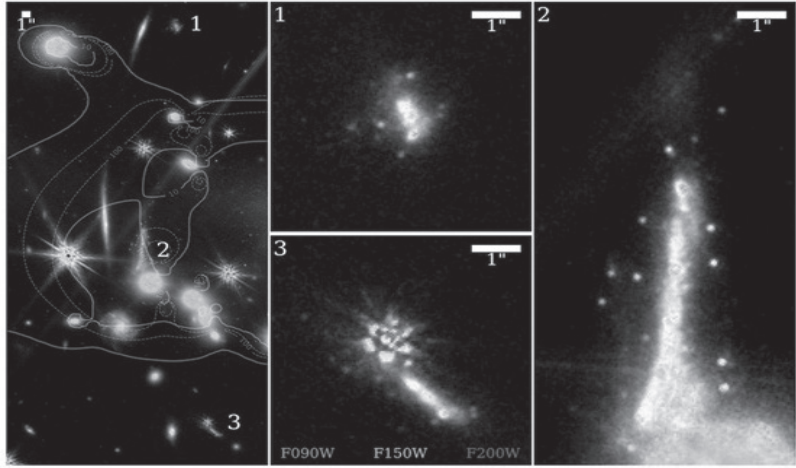
Observations reported by the JWST may also provide answers to the numerous queries about the universe and global clusters, according to Professor Aaron Romanowsky of San Jose State University in California.

A dwarf galaxy-like structure is being observed as the new galaxy assembles in the presence of several globular clusters, according to Prof. Duncan Forbes of Swinburne University in Australia.

Researchers said that the iscovery of the new galaxy is a great opportunity to study the evolution of the Milky Way and globular clusters because it has left a long-standing question mark for them.

It is not only about finding a mirror of the Milky Way, instead, this also provides hope for scientists that they may capture one of the greatest and most detailed prospects of the universe.

Fathoming processes about the universe are undoubtedly amusing. Through these findings, humanity can unveil the mysteries of the place they live in. As a famous saying goes, the reason why the universe is eternal is that it does not live for itself; it gives life to others as it transforms.



MARSQUAKE: THE RED PLANET IS NOT DEAD!

Yzza Dominique Sulit

Neil Armstrong once said that one small step for man is a giant leap for mankind, and as of May 22nd of 2022 humanity continues to unveil the truth, pacing towards a future on the Red Planet through the National Aeronautics Space Administration’s (NASA) rover called InSight that landed on Mars since the year 2018.

Mars is the fourth planet from the Sun known to have an Earth-like atmosphere and gravitational pull allowing theories to arise for researchers creating hypothetical scenarios that the Red Planet was not like that billions of years ago, and that there could have been a thicker atmosphere and countless bodies of water as the theory was recently backed up due to another late discovery with evidence of water being present on the surface of Mars.

NASA’s InSight rover was provided

with a highly sensitive seismometer by France’s Centre National d’Etudes Spatiales (CNES) further exploring Mars, bringing space technologies to maturity, and giving InSight the capability to study and better understand the depth and composition of planet Mars resulting with the Astronomical Organization, NASA, gaining access to findings such as the thousands of seismic activities occurring for decades on said planet.

The recent quake on Mars was 5 times larger than the last record holder shattering the 4.2 magnitude record of August 25th, 2021 with a 4.7 magnitude lasting for more than 4 hours suggesting a possible collision with a celestial body such as space dust made of rock or iron known as Meteoroids indicating layers in the new crust of Mars.

InSight Mission Principal Investigator,

William “Bruce” Banerdt, states that scientists currently studying the recent tremors say that this quake would be sure to supply them with information like no other since the temblor was powerful enough to send seismic waves completely around the planet’s circumference.

As they will be analyzing the data to learn new things about Mars for years to come, another challenge advances for them since following the shock, InSight was faced with the problem of its solar panels being buried in particles and fragments of Mars caused by the unusual amount of dust in the air as an effect of the shake reducing incoming sunlight for the lander to reserve limiting the robot to certain functions and movements.

Astronomers have yet to find out the exact location of where the origins of the tremors were, yet as of now, the large

quake’s prominent point is beneath the Martian crust known as Cerberus Fossae which is ruined with faults and is over a thousand kilometers away from InSight’s position.

The recognition of Mars’s Seismic Activity is of huge importance for NASA’s preparation for future missions and for a greater impact on our prospective as mankind on Mars as well as tending to the structure of projects on Mars that will then benefit the safety of astronauts until citizens of the Earth are independently living on this Red Planet

called Mars.

Space is an infinite dimension full of wonders that we have yet to discover but soon enough, space will expand to the point that we would not be able to see anything in the night sky but space junk and dead satellites making us trapped in our own home, but astronomers such as Elon Musk are breathlessly working for a life on Mars having plans to warm up the planet and bringing it to life, and this discovery of a massive quake is a small step for the biggest leap of the Human race.



LIFE SAVER OF THE PRESENT, DEATH BRINGER OF THE FUTURE

Vinces Althea Guaño

Pandemic has started a new chapter for the citizens of Earth, which implies that more changes will occur. Even if we expect the unexpected, the effects that are about to happen might last for eternity.

Many changes occurred at the start of the pandemic when the World Health Organization advised medical personnel and the public to use personal protective equipment such as face masks, face shields, aprons, and gloves. But where do all these PPEs go after they’ve been used?

According to the United States Environmental

Protection Agency, without proper waste disposal, massive manufacturing industries produce far too much and can quickly obliterate the environment we have worked so hard to protect, such as when hazardous air pollutants cause serious illnesses and effects to people.

Based on the Press Conference Study of the Joint Prevention AND Control Mechanism of the State Council of China, they discovered 468.9 tons of medical waste, which is equivalent to the weight of 12 sperm whales (the average weight of a sperm whale is 41,000 kg), generated every day in association with Covid-19.

The United States Environmental Protection Agency added that one of the consequences of improper waste management is land pollution, which occurs when waste ends up on soil or other landforms. This waste does not simply

remain the same; they rot, break down, and begin to seep into the surrounding area, absorbing pollution and becoming dangerous to humans and animals.

They added that hazardous wastes could affect the bodies of water and could cause water pollution which will affect the creatures living there, when they start to seep into the ocean, slowly corrupting the water and choking the life out of these creatures.

Millions of these facemasks, face shields, and other personal protective equipment (PPE) have aided mankind, but with the increasing hazardous waste on the planet, this may change in the near future.

In the end, they protected people in the present, who might have to face the horrifying death from these ‘protective equipment’ people used to call their “savior.”

TONIC AIRS MENTAL PANDEMIC

Vinces Althea Guano

“Your life is rare, don’t let it end due to polluted air.”-Unknown

Nobody anticipated this, but it turns out that polluted air may have negative effects on a person’s mental health in addition to their lungs. That is perplexing, for what is the reasoning for this bizarre truth?

Any physical, chemical, or biological alteration in the air is referred to as air pollution. Plants, animals, and people in particular are adversely affected by this, which includes any toxic gases, dust, and smoke.

In 95% of the studies looking at the effects of atmosphere contamination on the brain, researchers discovered substantial, physical, and functional alterations in the emotion-regulation brain areas, according to Clara G. Zundel, a Postdoctoral Research Fellow in Psychiatry and Behavioral Neurosciences at Wayne State University.

Scientists conducted their studies by experimenting on a mouse exposed to commuting levels of pollution, the scientist was able to demonstrate that the mouse’s brain had much more cytokines.

According to reports, cytokines are some of the most obvious indicators of detrimental inflammation in the body and have the most negative consequences on a person’s mental health, including depression and

anxiety. The danger of developing a variety of physical and mental diseases, such as dementia, Alzheimer’s, a considerable loss in intelligence, poor heart health, lung cancer, asthma, and stroke is increased, according to scientific studies, when one is exposed to air pollution.

Those who breathe polluted air have changes in the parts of their brains that control emotions, which may raise their chance of experiencing anxiety, depression, and suicidal thoughts, in comparison to those who breathe cleaner air.

A few studies have noted that because the brain continues to grow until early adulthood, the consequences of air pollution throughout early life—defined as infancy, toddlerhood, childhood, and adolescence—might intensify.

Just 70% of people in some countries are concerned about air pollution, according to a survey that was conducted, and most nations struggle to meet World Health Organization (WHO) air quality standards, as per YouGov, Clean Air Fund, and C40 cities.

In the future, researchers hope to utilize brain imaging techniques to investigate how exposure to air pollution raises the risk of anxiety during adolescence. They may also employ other technologies, like personal air monitors that kids may wear outside to accurately measure their exposure.

A Tale Lost in the Ice

Sophia Joshuaine Gonzales and Khian Ortega

TR’ONDĚK HWĚCH’IN, YUKON, CANADA, JUNE 21, 2022 – The past comes forward to the future as remains of a one month old, female infant woolly mammoth named Nun cho ga surfaced to see the sun once again through the permafrost excavated by Travis Mudry, a miner working in the Klondike Goldfields.

Nun cho ga is a name which means “Big Baby animal” as the young calf’s body is dubbed as a perfect woolly mammoth fossil ever to be found in North America, withstanding the cold, having her flank and fur still attached. At the time of her death during the ice age, she was around a month old, specifically 30-35 days old.

A groover on duty, Travis Mudry, upon discovery of the woolly mammoth, captured the attention of the field’s head, causing all affairs in the workspace to cease. Two geologists, Grant Zazula and

Dan Shugar rushed to the scene to investigate further on Nun cho ga’s frame.

Zazula said in an interview with Canada Broadcasting Corporation that when the animals were traveling, the sky turned black and at that moment the tempest started. “So,” he added, “If she wasn’t recovered at that time, she would have been lost in the storm.”

Researchers hypothesized that the heifer’s demise was due to the fact she may have been ravenous which caused her to wander off from her mother’s vision, resulting in her to be trapped in mud as she slowly sank and suffocated.

Nun cho ga’s fossil is not the first of her pristine condition to be uncovered whole, being linked to prior discoveries of her kind’s remains in different parts of the world. An example is “Lyuba” who is biologically the same age as Nun cho ga, discovered in Siberia, Russia in May of 2007 in the

Yuribey River, currently residing in the Shemanovsky Museum.

During the youthful mammoth’s prime time, it was assumed that she mingled with wild horses, cave lions, and giant steppe bison through the fields of Yukon. The land is known to have a history of having a multitude of fossils of ice age creatures.

One senior of Tr’ondĕk Hwĕch’in’s community, Peggy Kormendy, said that the preserved mammal amazed her as she reminded the people should treat it with respect. Adding that once that happens, it’s to be powerful and they will heal.

According to Tr’ondĕk Hwĕch’in Chief Roberta Joseph, the tribe is anticipating amalgamating with the Yukon government in safeguarding, conserving, and assessing Nun cho ga. This discovery paves way to comprehend other glacial epoch’s animals who once roamed the Yukon.

THE YOUTH’S VIRTUAL ESCAPISM

Arianne Sophia Rivera

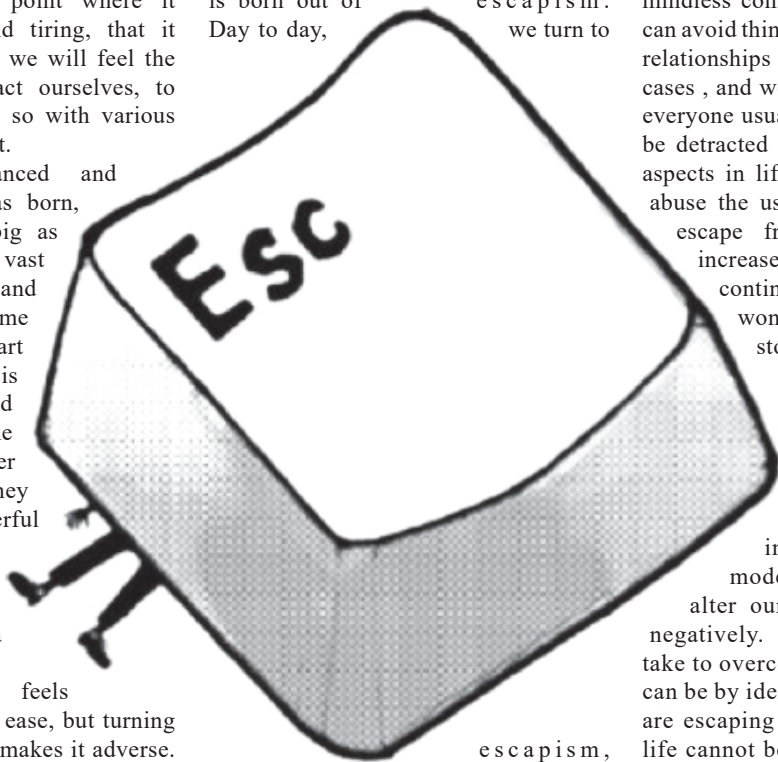
Every day in our lives, we face unpleasantness which are bound to happen, but to the point where it becomes constant and tiring, that it affects our wellbeing, we will feel the strong urge to distract ourselves, to escape, and by doing so with various forms of entertainment.

Technology advanced and the virtual world was born, a place that is as big as the real world, vast with information and services that became a necessity and a part in modern times. It is rather impressive and fascinating what the virtual world has to offer just like escapism, they both give you a wonderful feeling when used but also a terrifying and a harsh side that is uncovered on a deeper level.

Escapism surely feels good and makes us at ease, but turning it into a habit is what makes it adverse. Whilst for the virtual world, even if it’s great due to its benefits in being used, it’s just as similar with escapism, both

have harmful effects to an individual.

Being addicted to using cyberspace is born out of escapism. Day to day, we turn to



escapism, and the use of the virtual world can be a device of escapism. We can see most teenagers use the

internet as a way to escape reality, like long hours poured into gaming or the mindless consumption of media so we can avoid things such as responsibilities, relationships and many more possible cases, and we can’t really blame them, everyone usually resorts to escapism to be detracted from rapid or depressing aspects in life, but to excessively and abuse the use of the online world to escape from problems will just increase our problems even more, continuously running away won’t solve anything and stops our personal growth.

It is not entirely bad to resort to escapism since it’s in human nature to do so and indulging in pleasure by gaming or scrolling in social media, if we moderate it and not let it alter our attitude and behaviors negatively. The first steps we can take to overcoming the escapism habit can be by identifying what it is that we are escaping from, and to accept that life cannot be simply what we ideally want it to be, the process will be long, and pain & hardships are inevitable in living.

Last surviving Apollo 7 astronaut, laid to rest at 90

Amara Venice Pascual

“Success is not final, failure is not fatal: it is the courage to continue that counts.” – Winston Churchill.

One of the most significant historical occurrences in man’s thick memoir of accomplishments was the Apollo 11 mission. Revolutionary in every way and provided fresh insights for future endeavors and investigations.

On January 3rd, 2023, Walter Cunningham, an astronaut for the National Aeronautics and Space Administration’s Apollo 7 project, passed away in Houston at the age of 90. He unfortunately experienced complications after a fall and died in the hospital. The third and final crew member to live after Walter Schirra and Don Eisele who passed away in 2007 and 1987,

respectively.

The well-known Apollo 11 gave rise to Neil Armstrong’s famous adage, “This is one small step for man, one giant leap for mankind.” Unfortunately, the success of this venture overshadowed that of the other Apollo initiatives, including Apollo 7, the first crewed flight in the history of the

Apollo program.

NASA’s Apollo project was unquestionably one for the books. There were 24 astronauts involved and cost around \$257 billion. It was first conceived during President Dwight D. Eisenhower’s admission in 1960 and was later dedicated to President John F. Kennedy.

Apollo 7 was the first crewed flight in NASA’s space craft programs after many uncrewed aviation blueprints and failed attempts. The program was successful, fulfilling its predecessor, Apollo 1’s purpose, which was to test the CSM (Command Space Module) in low earth orbit.

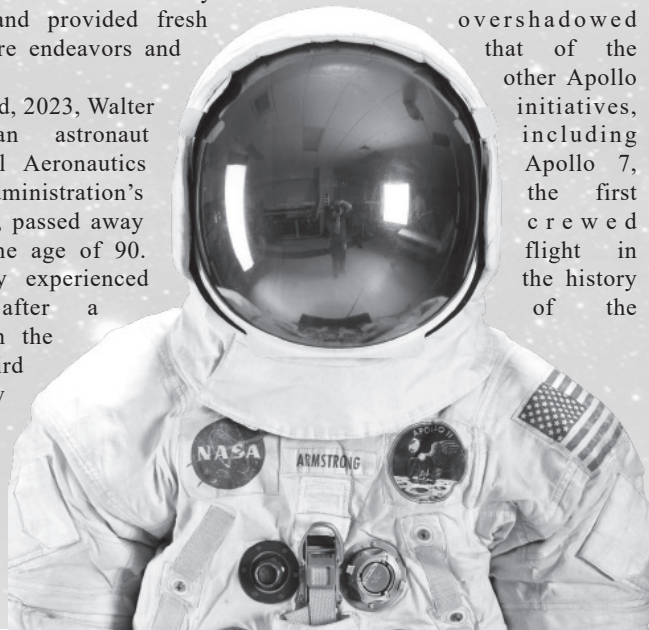
The crew consisted of Walter “Wally” Schirra, Donn Eisele, and Walter Cunningham. Three men who, despite the tragedy of Apollo 1, where the astronauts tragically asphyxiated and perished as a result of a fire during testing, had the courage to embark on the first crewed voyage.

Their bravery and effort were not in vain; instead, it enabled NASA to learn more about how to enhance its

aircraft, fix their defects, and finally successfully launch Apollo 11 with its three astronauts to the moon.

Cunningham’s passing was undoubtedly heartbreaking. In an interview before his death, he mentioned that he dreamed of flying airplanes.

The mass can agree that he did more than fly airplanes. Walter Cunningham was a hero, and hopefully, for him, he believed that he lived his life to the fullest.



BREAKING THROUGH THE BARRIERS

Sophia Joshuaine Gonzales

“Language is very powerful. It does not just describe reality. Rather, creates the reality it describes.”
– Desmond Tulu

Heart pounding, hands a little shaky, as Blake held his notes in preparation for one of the days that he was excited for but dreaded; taking the entrance exam at his dream institution, applying for senior high. He was a smart teen on his own but the thing that made him nervous was the fact that his recent English abilities aren’t the greatest. But as he calmed himself down, Blake recalls the days back in junior high when they would hold the yearly English Week. The activities and projects they did then, ignited a flame in him.

As new Innovations and modernizations have been going on in the recent century; most have to keep up with the times, this also includes the future of the nation. The children, and the students of the country like our friend Blake here! Building a stable foundation of being nationalistically and globally competent begins in the early stages of a person’s life.

In addition to the provided information, the English language is known to be the universal medium of communication that is understood all-round. A tradition in the curriculum is the practice of having English Week every year in schools to help build confidence in students in speaking a language other than their own. Aiding them for the future when opportunities arise that have a need to communicate to people of different heritages who do not speak another’s mother tongue. Isn’t that right Blake?

For one thing, having English Week succor Blake and all students to practice honing their skills in

articulation. Which are crucial in today’s society. However, it is not just to understand what an individual says but also to relay their opinion on a certain topic.

“How can you clearly state your stand on something when it is unclear on what the point of your statement is?” Blake’s old 9th grade English teacher, Mr. Taylor, said in one of his classes. He was a memorable educator; in fact, he inspired Blake to do better to study English. The boy took a deep breath before opening the test booklet and begun answering.

Weeks after the test, Blake was nervously waiting in anticipation when a letter from the school came by to his house. He was anxious to open it, the mail carrier, before he handed the paper to him said. “I hope you receive good results,” Blake had to face this eventually, reading the contents he nearly leapt to the moon! He had been called for an interview with the school!

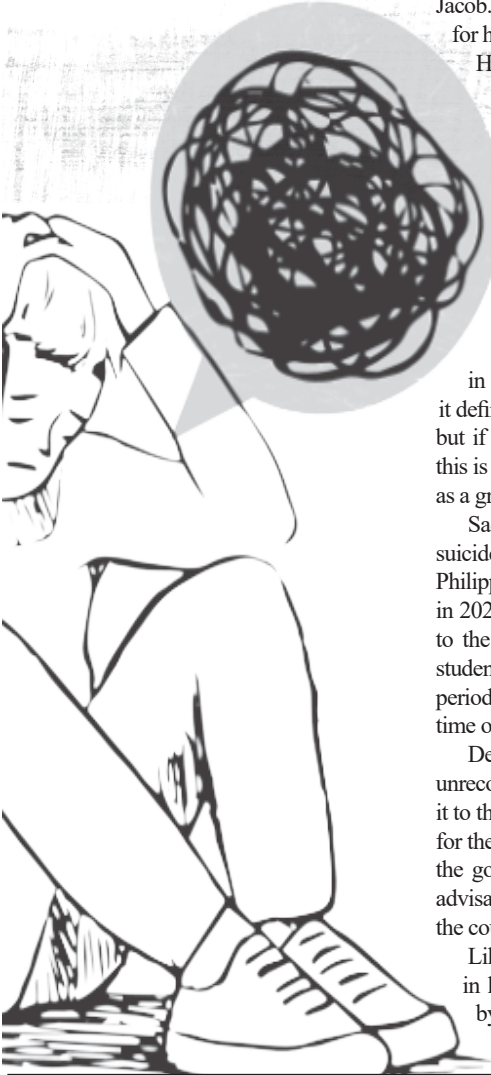
“How can young people be able to express themselves on a platform that a universal population can understand?” Asks Blake. Expose and encourage them to keep on improving their expertise in a different tongue! To find a medium that they feel comfortable in expressing themselves and start from there. It could be a vlog, TikTok, Facebook, interactive, Instagram, or more. It is to find a stage to uplift young people to be vocal about their thoughts but in the context of what is right and morally acceptable.

What’s more, activities like spelling bees, impromptu speeches, declamations, and elocutions support to build vocabulary and stage presence. Performing in front of an audience makes one used to speaking to a crowd and how to keep them intrigued. With a morphology of sentences and a combination of vocabulary, what you say can be embedded in people’s minds. I wish you the best of luck Blake!

What’s Wrong Jacob?

Yzza Dominique Sulit

“Suicide doesn’t end the pain; it only passes it on to someone else.”



The days of glee had grown cold for Jacob. Everything felt decayed. He had asked for help but he was just a ghost in the wind. He had chosen to cut connections with reality taking pleasure in a powder of bliss but it wasn’t enough. He’s not happy when the morning comes he snaps back into reality. The lights are flickering for Jacob; he’s come to the conclusion that he needs to end it all.

Depression amongst teenagers should not be taken lightly. This is one of the leading causes of suicide in adolescents. It is normal to be sad as it defines humans as still and trying humans, but if it extends over a long period of time this is now worrisome and should be enough as a ground point for it to be taken action of.

Sad to say, the average for cases of suicide has been said to be 100,000 in the Philippines 2019-2020 and had a 57% spike in 2022 in which 29% of this are pupils due to the pressures of online class. Jacob and students of the Philippines resorted to put a period to their story instead of a comma at the time of the rising action.

Depression sometimes goes unrecognized because people choose to keep it to themselves according to studies and it is for the reason that they are not the lucky and the golden one. To get professional help is advisable, but how do we know who needs the counseling?

Like Jacob, it may be a sudden change in habits and emotions. It can be caused by abuse at home, violence in school, pressure and stress from school, or the

death of a loved one. But should we really wait for detectable signs of depression in order to ask someone how they’re doing?

Jacob’s sonata to Rosetta lasted for a year. It was not long before that Rosetta’s family discovered that she was diagnosed with Glioblastomas, a type of aggressive cancer that may occur in the brain or in the spinal cord. 2 years of fighting the terrible illness it was finally time to say one last goodbye.

After Rosetta’s death, Jacob was introduced to online learning due to the pandemic Covid-19. The sheer amount of tension from school was already too much for Jacob to handle. Let alone dealing with the sorrow of his darling, Rosetta’s passing.

He dreams of all the battles he had won, but this was no ordinary battle. He tells and vents to his mom that he is just a bum and he wants to drop out. “Mom, I’m done! I’m just a bum please let me rest I’m tired and I want to drop out.” His mom replies in anger “You’re overreacting! You must become a doctor like generations of our family. How will you become a doctor if you wish to stop learning?” He turns to his friends but his friend turns their backs on him. With no other foundations to support him, he finally breaks down and bids goodnight forever.

No one should go through what Jacob did. Depression does not come alone; it can be accompanied with anxiety too. As a reminder of what Jacob went through, no one deserves a cruel world yet even if the world is ugly you will always be beautiful to someone. If not someone then to yourself. Know that there is always a rainbow after the rain.

The Final Destination

Yzza Dominique Sulit

“The highest tribute to the dead is not grief but gratitude”
-Thorton Wilder

Angelo was feeling down and out of it. It was the 2nd of November, All Souls’ Day. And he was reminded of his mother who passed away a year ago in a car crash. He wishes to visit her grave this late afternoon. As he bought orange cone-flowers, her favorite kind of flowers. Vivid memories had rushed into his head like taking a picture of it in present time.

All souls’ day is a day to honor the faithful departed. Like Angelo, we all lost someone in our lifetime, whether it be a friend or family. The reaper spares no one yet no one truly dies when the moments in time resides in another soul.

The holiday originated in the 10th century by the Catholic priest St. Odlo of Cluny in France. It was originally for Christians only in order to pray for the souls who are still waiting in purgatory until they would be judged by the Lord if they were worthy of entering the Kingdom of God.

“It is common to pay tribute to the

deceased with candles and flowers, but why do we offer it?” Asks Angelo. The flowers symbolize the emotions of those who mourn. Flowers are known to have different meanings. Some flowers are known to convey sadness and sympathy, while others may express grief or gratitude.

On the other hand, candles suggest honor to the dead. It is tradition to light a candle for the dead to pay respects and to show that the burning candle stands for the memories that still exists. The light behind our eyes.

Though All Souls’ Day amidst the pandemic, people were prohibited to visit cemeteries yet 20,000 people had disregarded community guidelines and had brought young and old people who were not vaccinated. This had caused a major spike of Covid cases and created public issues at this time.

It should be noted that cemeteries are now guarded due to the events that

had taken place and will no longer allow children under the age of 12 and elderly men and women unless they are fully vaccinated.

Moreover, November 2 was the chosen day for All Souls’ Day because St. Odilo wanted it to follow All Saints’ Day which is celebrated on every 1st of November for all the Martyrs persecuted for the proclamation of their faith and for those who died as Christians performing miracles even after their death.

Nevertheless, we pay respects and sympathize for the souls who have passed away. We recollect memories of those who are gone and buried as we pray to ask for their peace that they may finally rest in the Kingdom of God and for all the souls in purgatory that they would be remembered. You are not alone. Like Angelo we all experience having a fallen loved one, but they will not go down without a crown of roses. My condolences Angelo.

Burning Heart: Passion for Music

Keishalyn Quilong-Quilong

“With every strum on the guitar and beat of the drum, is the joy of Washburn”

Music knows no boundaries. It unites souls and turn them in a beautiful symphony.

A contest in school leads these students together to form a band. Consisting of talented LCCians, who love to perform. Their love for music make them closer to one another until eventually, they became great friends.

A great group does not form overnight, they have different experiences and inspiration.

“Because of my uncle, I found myself to like music seeing how he also plays the guitar,” Seven Nepomuceno answers after being asked the question on how they developed a love for music.

Dave Vicencio also replied, “When I was a child, I always heard my brother playing guitar, and so he taught me and and his words became engraved into my

mind. He told me to just keep doing what I love.”

Sad to say, when the pandemic started some of their members left and it was hard to see each other to perform together. Music is what makes them happy, they like to play not just for themselves but also for others.

“There are times that I lost passion for music, especially during the pandemic. “I stopped playing for 2 years and lost motivation because of the isolation,” Miya Villeno said.

Washburn lost touch with what made them happy and it is heartbreaking. The deprivation of consistency doing what you love because you don’t have the time and strength to do it.

Yet during the time they became burnt out, when they lost their interests in creating music, they discovered a new

form of music-inclined passion. “Before the pandemic, I still have a passion for music and I have my second one and that is being a producer,” Tyduz Tapia remarked.

In addition to the information provided, there were times when they wanted to stop because they’re not performing like they used to and they started to encounter problems. However, Marc Galvez contradicted this and said, “When face-to-face classes started once again, my passion for music came back and we returned to being a band.”

Every step towards success is difficult but the desire of these people to become great performers cannot be stopped by any obstacle that comes in their way.

Nothing can wash away the burning heart of Washburn and their passion for music.



TEARS FROM ANOTHER MANS PLEASURE

Yzza Dominique Sulit

“There is no greater disability in society than the inability to see a person as more” - Robert Hansel

Shira rode the bus on her way home. She sat alone as everyone was giving her horrible looks considering that she was a Jew. Though a particular man saw her and immediately hit her again and again. Shira begged him to stop but this only urged him to strangle her. From suffocation it led to asphyxiation yet still no one intervened. At the funeral it was just her mother who was the spitting image of her, crying on the coffin of a young innocent girl.

Antisemitism is hostility and prejudice towards Jews. The root of the discrimination comes from the history of Jews when they refused to acknowledge the Gods worshipped by the pagans and killed their own God banishing him from his own land. This is also the reason why the Holocaust started.

The Holocaust also known as the Shoah was genocide of European Jews during World War II by the Nazis with the leader, Austrian Christian man, Adolf Hitler. Poor Annelies Frank got caught in the line of fire when she could have been living the life of a normal girl. With a total of 10,431,569 Jews dead from the horrendous torments and trauma brought by the Germans. History may be repeating

itself again.

Moreover, on popular people on Antisemitism, known as anti-Semites are Martin Luther and in Present times is Kanye West having his comments on antisemitism, he lost 2 billion within a day after several businesses and fashion associates cut connections with him such as Adidas and Gap after promoting his new clothing.

“White lives matter.” His longtime talent agency CAA also dropped him and his music documentary shelved. Another is a famous basketball player, Kyrie Irving. Not only did he make comments in regards of antisemitism but also was involved in controversies such as a refusal to get a covid vaccine and suggestions that the Earth is flat despite advanced technological equipment flown out to space to have live viewings of the earth and other wonders out in the cosmos. Such debates led him to lose links with Nike and was suspended Thursday evening before a game.

In accordance with their criticism, as people of color, they would know most with experiences on discrimination. Color discrimination is not different

from antisemitism. Shira’s case is no different from anyone who is harassed or offended, treated with inequality due to lightness and darkness of their skin or to their beliefs as a representation of their identity. A problem in time that is still ongoing, it brings bafflement so does the world truly know of the severity or not?

George Stinney Jr. was an African American boy, aged 14 years old when he was accused of the murder of two young women. He was killed via Electric Chair. Being too short ironically, he was made to sit on the Holy Bible. “No, sir” was his last words as the man asked him if he had anything left to say. Not long after did he feel the electricity burning him from inside and out.

Shira, Anne and George’s deaths are highly unacceptable. Normal children born from the womb of loving mothers never deserve the pain of losing their own innocent children when they were just about to explore the many wonders of life.

Discrimination to any races is mockery to oneself.

An eye for an eye and the world goes blind.

Ora, Mores, et Labora

Yzza Dominique Sulit and Therese Salamagos

“Study hard, always smile, and always pray.”

-Kriss Maningas



the hardest times in his life was when his father passed away. Yet he still found the light and made his way to recovery from this incident through prayer.

Unquestionably, Kuya Kriss is already known throughout the whole school, once you mention his name students will exclaim saying they know him or they are friends with him. Not only he is a good friend, he is also a good inspiration to everyone especially to the LCCians. He is a simple janitor of the school, but it is apparent that his impact is more than “just” a janitor

Although he is a normal janitor who wants to have a stable life, he doesn’t care much about success however he only thinks about the value that he and everyone receives. Although he jokes around with

students or sometimes gets a little cheeky, he never forgets to teach them right. He makes sure that the students around are comfortable yet they still learn from him the value of life and to fear the Lord.

There are some people who would really do anything just to make everyone happy, and Kuya Kriss is one of those people. He always makes sure that the students will do well in their academic work and will be nice to others like him. He also makes sure that they are good, well and aware of the importance of prayers to the Lord.

To whoever sees, he is nothing but a barnacle at best, but to those who observe, he is the sail of the ship who leads hundreds of sailors to the trails of God, gold, and glory.

“You can just enjoy music without understanding it, music is a universal language”
-CL from 2NE1

Luna is excited for the upcoming world tour of her favorite K-pop group, Blackpink. She has been waiting for this moment knowing that she is a big fan of them ever since they debuted.

Later that day, she secured herself a ticket and prepared herself to see them in-person. Luna and many people really love listening to K-pop but not everyone can love one and the same thing. “Why do you even listen to it, when you don’t even understand

A Medal’s Captive

Keishalyn Quilong-Quilong

“What is the real achievement for a student? The shackle or The trophy?”

“Announcing, the academic excellence awardees in the first grading, with honors...” All the Junior High school Students are watching the convocation of honors for the first grading. Sophia is carefully listening, anticipating that her name would be called.

Some time passed and Sophia thinks that maybe she would be unqualified in this quarter’s Honor roll. “Hey maybe in the second quarter I’ll also hold that certificate,” she tells to herself.

Contrary to what she said to herself, she was upset overthinking on the possible outcomes. What if she did her best but she doesn’t think that she’s good enough. She fights the urge to cry, yet suddenly she hears her name being called on stage.

She’s finally engulfed in happiness; she reminds herself of all the things she did to stand on the stage proudly holding a certificate of honor. She was remembering that one evening, “Sophia let’s eat!” her mom said. “Wait, I’ll finish this first.” Sophia replied. Countless of nights, staying up late to finish a project, sacrificing her meals because it takes time. Is academic excellence really important for students to give up all of their time?

“My parents will be proud of me and I feel that I have value when I see these medals and certificates on my wall,” Sophia whispered to herself. The amount of time, tears, and above all, her own sanity sacrificed. For Sophia and

all the students who worked hard on certificates for validation, yes it is worth every suffering. It is your weapon, a feat to be proud of.

But even so are they really a weapon or a trap? Will the world wait for it to be your blood that will be sacrificed to attain your goal? Maybe you are happy with your success but slowly wound after wound, you’re becoming a medal’s captive.



Korean?” Asked by Luna’s friend, Nami, this is also a question asked by many people who doesn’t listen K-pop. First and foremost, one of the reasons Luna and a lot of people listen to K-pop is that the songs are very catchy such as “Gangnam Style” by Psy and “I’m the Best” by 2NE1. Both songs became so popular that people didn’t even know that they were composed by K-pop artists. Coming at second is the message of their songs. Most of their songs are very inspirational and it helps the fans like Luna to recover from their personal problems. The idols’ songs inspire many people to do the things they love and to fight for what’s right.

Leading as one of the most famous example is BTS’s Love Yourself campaign. The campaign was created for the people who are having a hard time accepting who they are and to let these people know their worth. It was quite enjoyable right Luna?

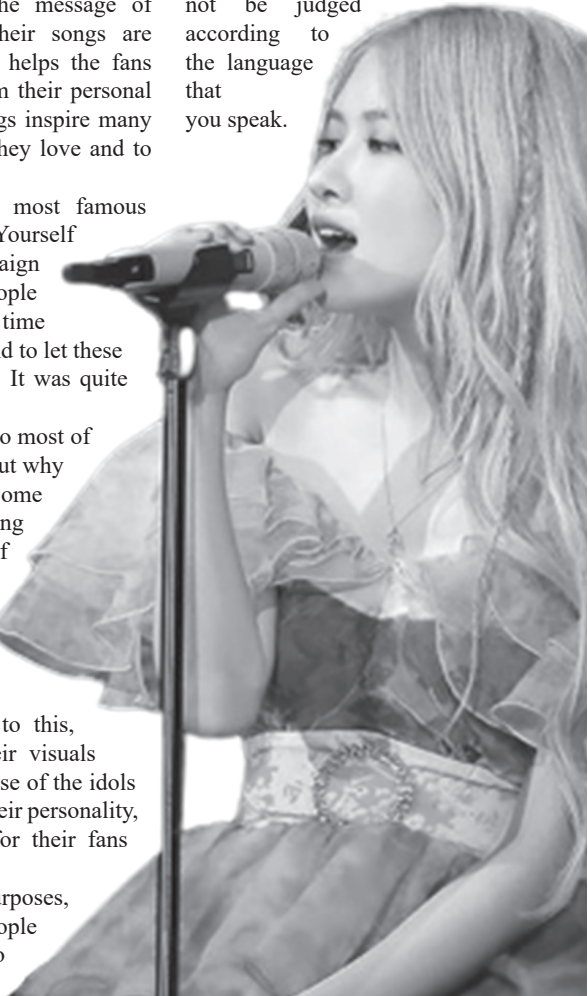
K-pop is a foreign genre to most of the people in the world, but why is it so easy to love it? Some jump to conclusions saying that it’s just because of their visuals, which is also true yet who can even resist such visuals?

“But that’s not all right?” Says Luna. In addition to this, not only because of their visuals and talents but also because of the idols themselves. They show their personality, passion and their love for their fans through their music.

Music is used for many purposes, it entertains, it brings people together and it also comforts Luna and

many people every time they are having a bad time.

Music is like a language that everyone understands whether that is pop, rock or any other genre you can name! Despite the language barriers from all across countries, we are certain that music is considered to be another form of communication. Like Luna we can enjoy any music we like and should not be judged according to the language that you speak.



Music is a Universal Language

Therese Salamagos

Vinces Althea Guaño

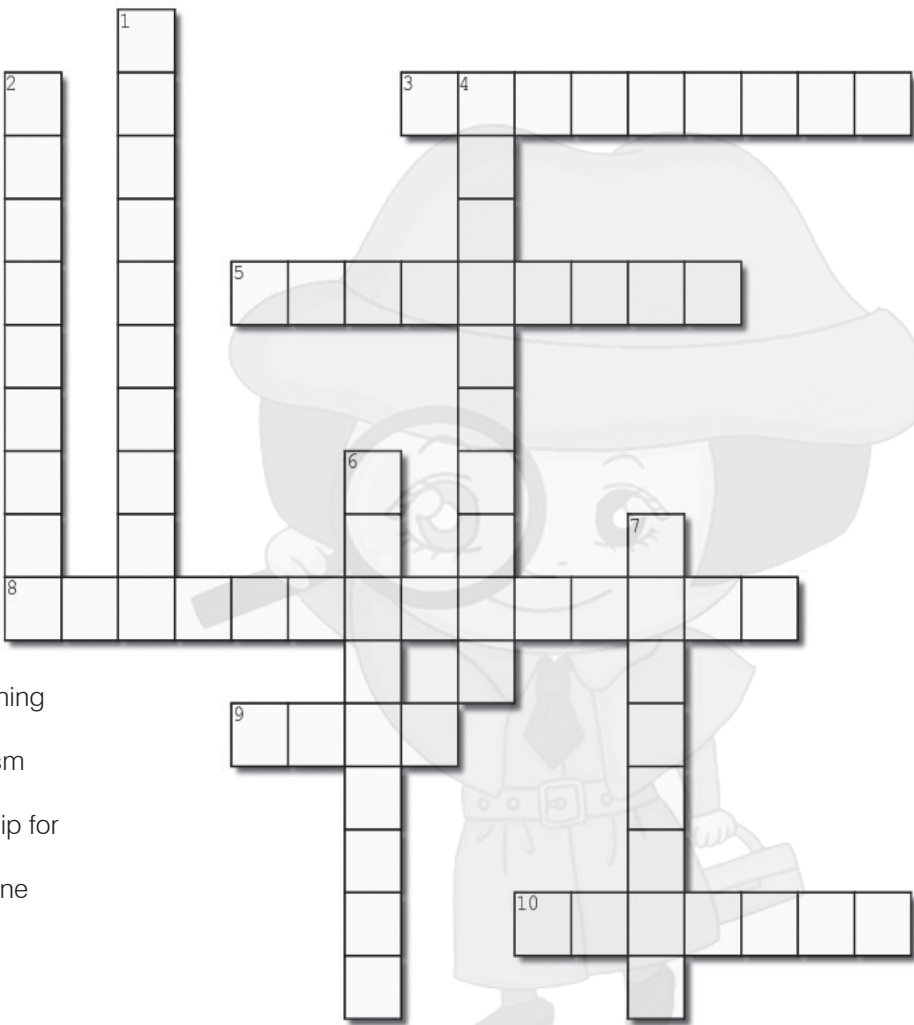
CROSSWORD

ACROSS

- 3. holding a grudge against something/someone
- 5. a state of well-being and contentment
- 8. negative emotion when an outcome doesn't match your expectation
- 9. - an unpleasant often strong emotion caused by anticipation or awareness of danger.
- 10. feeling of disapproval or dislike

DOWN

- 1. feeling of being alone
- 2. feeling caused by something unexpected or unusual.
- 4. feeling of great enthusiasm and eagerness.
- 6. very strong love or worship for someone/something
- 7. hostile toward a rival or one believed to enjoy an advantage



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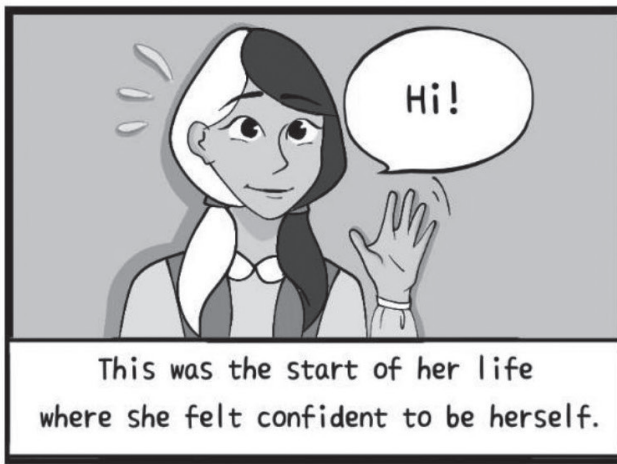
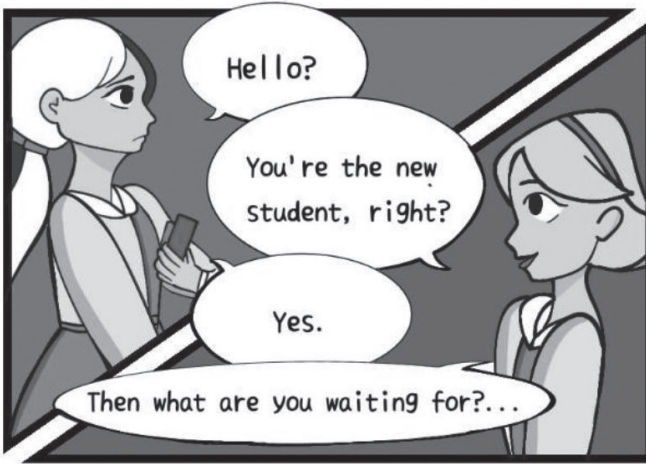
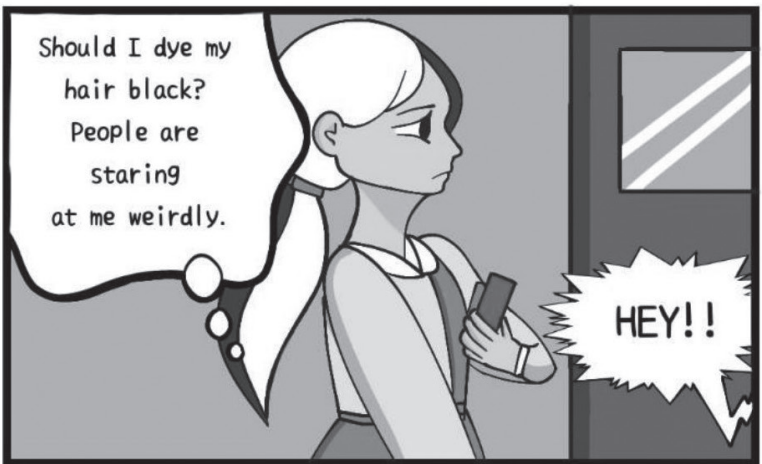
SUDOKU

Aubrei Claire Arcitio

COMICS

OUTCAST

COMICS BY SOPHIA GARRA



This was the start of her life where she felt confident to be herself.

He Loves Me Back

El Soriano

I was hurt by someone I so love,
Never is what I say when giving up starts to creep in,
I did everything for him to stay,
But he refused to, for he is loved by someone more than
I do.

I loved him more than anything in this world,
I even did everything even if it hurts,
For my heart dominated my mind,
To think that I've already given my all.

But one day, I did,
And someone asked me why?
I just said, I am so much tired of loving someone
Who would never love me back.

Then one day, someone asked me,
Do you find yourself falling in love again?
Yes, I immediately said.

I find myself falling in love,
To someone I know will love me the way I do, God.



Through You, I found Home

Clarisse Joy T. Musni

Through my youth, I've always felt the urge to search for
something, someone rather.

Continuously yearning for the love of one's other half is
what I've felt as years gone by.

Through the process of seeking, unconditional feelings
started to bloom.

As I've found my greatest love successfully, my heart felt
at peace and the warmth of home.

Waves Through Devotion

Ailene Clare Alboleras

Your light shines brighter than those countless stars
With your world reflected in the soft sound of water
If you found me sinking in these intense sparks
Will you ever let the wave sweep us away?

On the shore where admiration and fondness bloom
Perhaps on the island where the moon and sea meet
Or in case I drown in the depth of a vacuum
Will you ever join me underneath?

Like how the spring adores the rain
My soul is too glad when we play in the wild.
The world stops, and the pulse disappears
With a burst of warm sunshine appears on your smile.

My actions weren't natural.
My reactions weren't real.
I felt so very terrible,
But my heart I did not wield.

And when the group said goodbye to me,
My eyes were fixed on you.
I knew I was trying to see
If you felt the same way too.

All the things that are so pure about you
Are the only matters that make my heart sings
And the joy that dances with the breeze so blue
Wishing you'll be there though you have no clue

In your company I am safe, you are indeed my home
But the current is a long flash of secrets and burden
Riffles do witness how I treasured the waves
And the words that can't utter are kept behind flames

While the water that watches us is furious and naive
Hanging on the story that is impossible to sail
As the boat is nailed in the ocean of grieves
The rain falls and the pain pours to leave

As your light shines brighter than those countless stars
Your world that reflected in the mad sound of water
If you found me sinking in these loving sparks
Through my devotion's wave, you'll never be swept away.
Always and forever,
IYMI, is exactly the poem that I always wanted to write.

TO THE MAN WHO WAS NEVER NOTICED,

You were an ordinary being, invisibly so.
But to me, you dazzled, like a jewel that was made for me to wear.
I noticed even the tiniest things—the way you laughed, the way your eyes sparkled like
The stars in the sky; the way you look at me with such love like you want to hold
me tonight.
I knew that you were something that I could never get rid of, and I held onto the
idea that you'd be with me.
To them, you were the side character, but to me, you were the star. To them, you
were
You were the sidekick, but to me, you were the hero. You were one of the background voices, but to me, you were the tunes;
The melody was in sync with me. The melody that I wish I could sing to forever
, The girl who always noticed

It Was Beautiful Because It Was Us.

Me to You

The ending was long planned by fate. I can only stare at your eyes that night, secretly hoping for the stars in your eyes to appear—like in every memory I had with you. The winter's last breath was nothing but cold air and promises left unfulfilled. Even the padded jacket and mittens were futile against the warmth I'll lose soon.

The thirteenth month which is far from any day now, it's only my heart that refuses its acknowledgement. I won't dare dream of anything else but the day we'll get to meet again. And maybe, by that time, my heart no longer cries of you and your smiles.

Spring, summer, autumn, and winter—a cycle never broken, a pattern I have lived in. Nights were mysteriously longer. However, it was actually just my soul longing for you. I hate to admit the fact that I still feel everything for you, even if you were the cause of this scar. It was beautiful, in spite of—every mark left also traces back to a fragment of what was an in-depth connection. All precious; all significant.

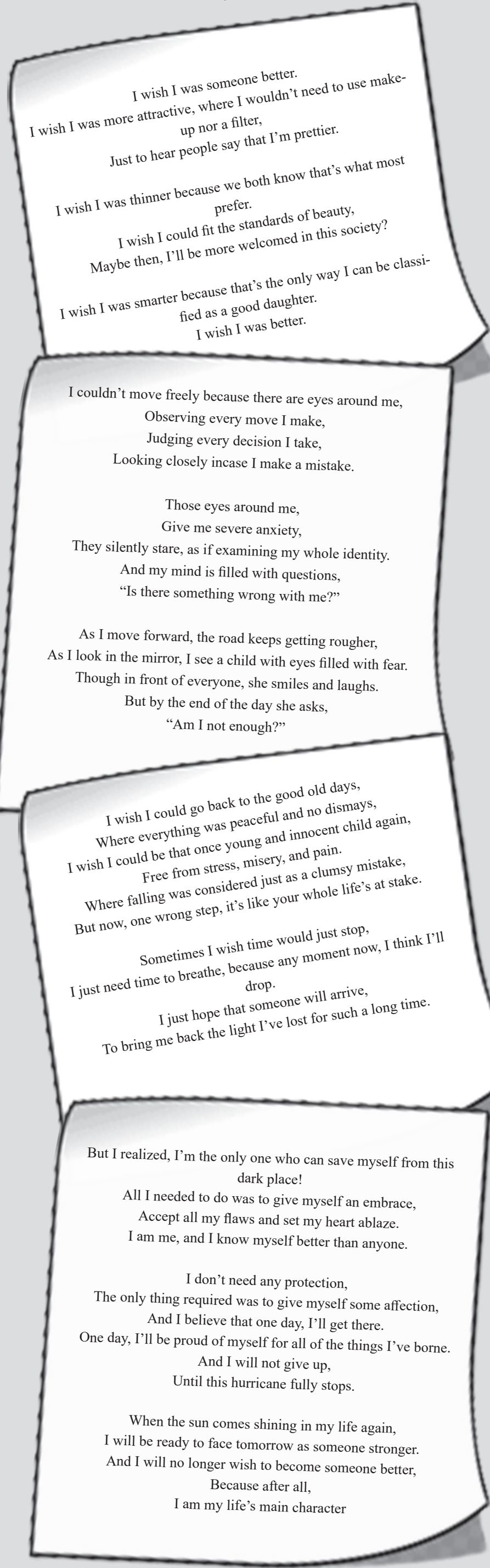
Looking back, it might've been a series of ups and downs, laughter and sadness; a novel written with its detailed chapters. What the authors had was something more significant than the output; that's what all that mattered—affection shared between each other.

Nevertheless, everything's imprinted on my soul; never leaving, always lingering.
I've long accepted it.

Nonetheless, *it was beautiful because it was us.*

I Wish I Was Better

Clarisse Joy T. Musni



Life Puzzle

Jillian Neisha Rebancos



Same footsteps you’ve walked through
Open doors as you let anyone hurt you
And I, deny...
And I’m coping with the heaviness inside me; the burden just kept on coming.
Dry the tears that’s falling, got to keep it in silence
I’ve found someone who’s got to keep my heart together.
There are times I’ve tried to put myself in the center.
But I know this pain is going to go away, though it sounds cliché.
There are ways for me to get away; just give me some time.
I just needed time.

Forgiven but not completely healed.
Embrace of fears been around me
Everything changed suddenly.
A ground-breaking wave passed
I felt comforted by this figure’s presence.
Once, I finally felt fortunate.
It kept myself collide
All this time, it’s all about a second try.

The Beauty of Scars

Charlie Leynes

Despite the trials brought by life, despite the times you’ve wavered,
Despite the eyes that have judged you and words that caused wounds,
Despite the frequent thought of giving up at the back of your mind.
Black and blue all over, golden is your soul.
Those scars signify your strength and valor.

Broken Wings

Ell Soriano

High as the sky, I try
To spread my wings can’t fly
Down beneath me so dry
I couldn’t fight but cry

A dream turned into nightmare
Where everything I could possibly stare
But with a tiny trunk I was caught hold
And fell in a sea so cold

In pain, I crawl
Shouting with loud voice I call
“Can someone hear me?”
Or no one just don’t care but only me

Slowly I stepped out
One by one I stood up
I looked at my broken wings
Pain, I feel but healing my heart sings

Struggled in the process of recovery
I earned one thing that is bravery
Two days passed and I can walk straight
To the path where I can see my fate

All alone I fought my fight
But it doesn’t change my might
In on week I know I can fly again
To the destiny I must attain

You, yes you!
No matter how hard you do
No matter how painful it leads you to
One thing is for sure, you can fly high again
that no one dares to afford your shoe



Tahanan

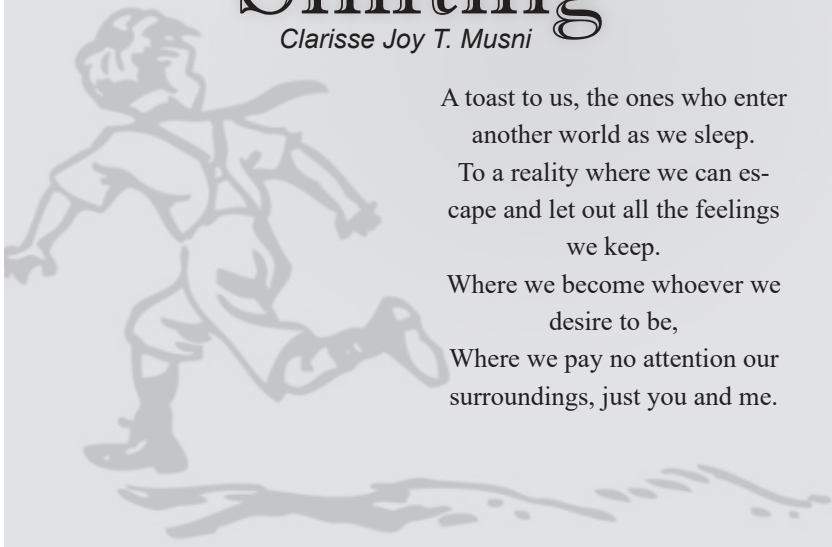
Me to You



Thirteen smiles, the reason
for every breath,
Your presence, the sum-
mer warmth always
felt,
A rushing, unwaver-
ing feeling, love so
depth,
In this home, we
shared, and togeth-
er, we'll dwell.

Shifting

Clarisse Joy T. Musni



A toast to us, the ones who enter
another world as we sleep.
To a reality where we can es-
cape and let out all the feelings
we keep.
Where we become whoever we
desire to be,
Where we pay no attention our
surroundings, just you and me.

Us, Again.

Me to You



I never dare question what lies
ahead of us, tahanan.
I'm afraid not of the thought of not
seeing you, but the thought of I'll
never be able to witness
my tahanan's smiles.
Still, in the sanctuary of where my
love roots for you, I'll be waiting
endlessly for the time to
come.
Even if it's in the thirteenth month,
I'll always dream of the day we'll
meet.

Kapit lang, tahanan.
Maybe not now, tomorrow, or the
day after tomorrow.
But, I'll see you, too, someday.
Mahal kita, tahanan.



Those Eyes

Charlie Leynes



Never in my life have I been captivated.
Once our eyes met, my chest tightened, my
mind – clouded.
Rushing through my veins, I felt a force of
attraction. The next thing I know, I'm
drowning in intoxication.

Your pair of hazel orbs with streaks of
gold,
Hold galaxies and constellations,
new and old.
I've fallen for them and for once, I don't
mind.
I don't mind getting lost in your pool of choco-
late eyes.

Always and Forever

Sophia Antonelle M. Garra

When we were together, you were my sanctuary.
The feeling when it was January.
As we sang together in harmony,
Your eyes shined with beauty.

Love bloomed in February
Surrounded in our own reality,
Neither gloomy nor cloudy
We could see each other clearly.

Everything felt like yesterday
We'd meet out every Saturday.
Just for a walk at the bay
I dreamed March could stay this way.

Love was difficult to display
When April was filled with haze.
Afraid of feeling castaway,
As were on and off for days.

Yet our love grew and grew
May we continue to be this all through.
There's nothing I would change about you.
That's what I adore about you.

We achieved the goals we pursued
The feeling in June to begin life anew.
A lingering thought made me blue
A feeling that no one can undo.

Deep inside you knew
That I'd be lost without you.

As July was passing through,
Our problems soon to ensue.

August turned you into something new.
Aren't we partners, us two?
Love me like I do
that's all I ask of you.

We grew distant in September
I called you, yet no answer.
Our feelings matched the weather
Troubling faces with temper.

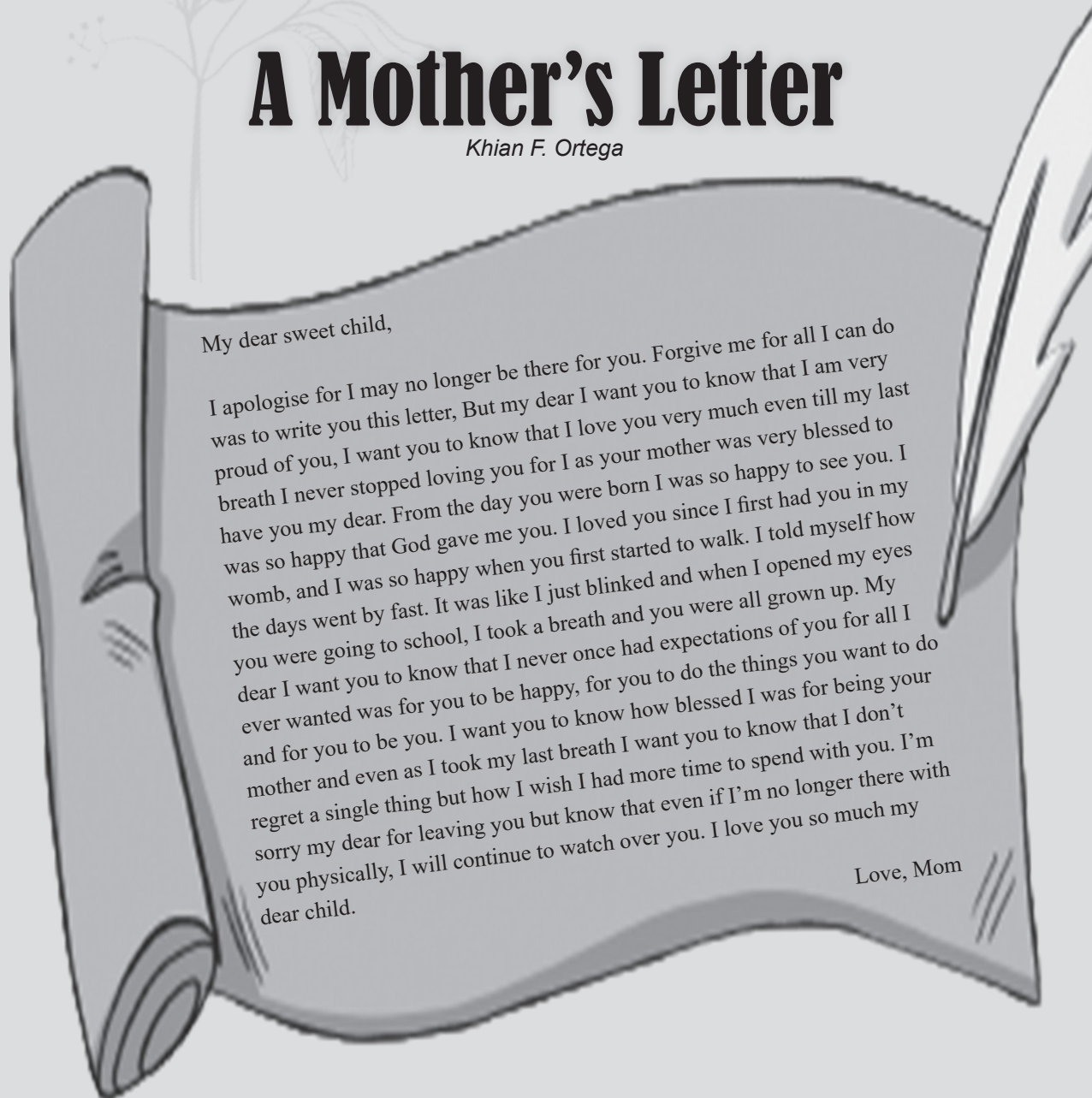
Despite treating you better,
Your feelings withered in October.
I fell into a painful slumber
Resides in my heart was full of bitter.

Not much of a sweet endeavor
When life is miserable in November.
No sorries could make it better.
I felt like a pathetic loser.

Our feelings may stay cold as December,
We were never meant for each other.
You deserve someone better
I still love you, always and forever.

A Mother's Letter

Khian F. Ortega



My dear sweet child,

I apologise for I may no longer be there for you. Forgive me for all I can do
was to write you this letter, But my dear I want you to know that I am very
proud of you, I want you to know that I love you very much even till my last
breath I never stopped loving you for I as your mother was very blessed to
have you my dear. From the day you were born I was so happy to see you. I
was so happy that God gave me you. I loved you since I first had you in my
womb, and I was so happy when you first started to walk. I told myself how
the days went by fast. It was like I just blinked and when I opened my eyes
you were going to school, I took a breath and you were all grown up. My
dear I want you to know that I never once had expectations of you for all I
ever wanted was for you to be happy, for you to do the things you want to do
and for you to be you. I want you to know how blessed I was for being your
mother and even as I took my last breath I want you to know that I don't
regret a single thing but how I wish I had more time to spend with you. I'm
sorry my dear for leaving you but know that even if I'm no longer there with
you physically, I will continue to watch over you. I love you so much my
dear child.

Love, Mom

Words from Me to You

Jillian Neisha Rebancos

Have you ever admired the lovely scenery? Every time I look at your pretty face, I see that. Your presence is more daring than the wind, my love for you is greater than anything you could ever comprehend, and my feelings for you are much clearer than the ocean. We continuously split away, but my feelings—longing for you to return—kept coming back.

We both went for it even though there are numerous pages we’ve missed. You started our epilogue, and I wanted you to serve as the foundation of mine. We both underwent changes during the past few years and started to live more freely, yet you were able to keep my heart captive. You always have that smile that makes me want to spend the rest of my life with you, and I can still remember the times when I felt anxious as you passed by. You never let me doubt you; even when you’re not doing well, you constantly check on me to see how I’m doing.

You are a work of art that I like and would like to own forever. You were difficult to read, yet whenever we talked, you kept my imagination engaged. Despite this, I managed to sense the connection that prevented us from reuniting again. If our story were to become a book, I wouldn’t get weary of reading it again and again with the prospect of a man like you being a part of it. Reminiscing scenes that I can see your presence is all I ever need. You might not have seen, but I can obviously see how wonderful a man you are. If you must know what I liked about you, I admired everything about your figure. Nobody’s perfect, I know, but in my eyes you are. There are no other possibilities because I will choose you no matter what happens, no matter how difficult it is to do so. There are no words that can really express how sincere my feelings are for you.

We did it so efficiently that no crumbs were left. My feelings for you develop as we spend more time together, and my heart softens when you talk to me. I can’t get a good night’s sleep without you. You improved my days, and now that you’re here, I’m at peace. We may have previously been upset with one another, but look at us now, trying again with a lot of knowledge and loved experiences. I can’t help but see us together; you and I appear like the two main characters in a happy love story with lots of twists and turns. You filled my senses with such love, pushed me to grow, and gave me your viewpoint on the world. Regardless of how brief the conversation was, it seemed like decades to me. When we don’t

talk, my days feel empty, and I make an attempt not to tell you how much I miss you when you’re busy. I love you much more now that I have you. I could even write a book about how much I desired a lifetime relationship with you. There are many reasons why we could split once more, but let’s not hold onto that hope. I want you to be my favorite part of my days as much as I can.

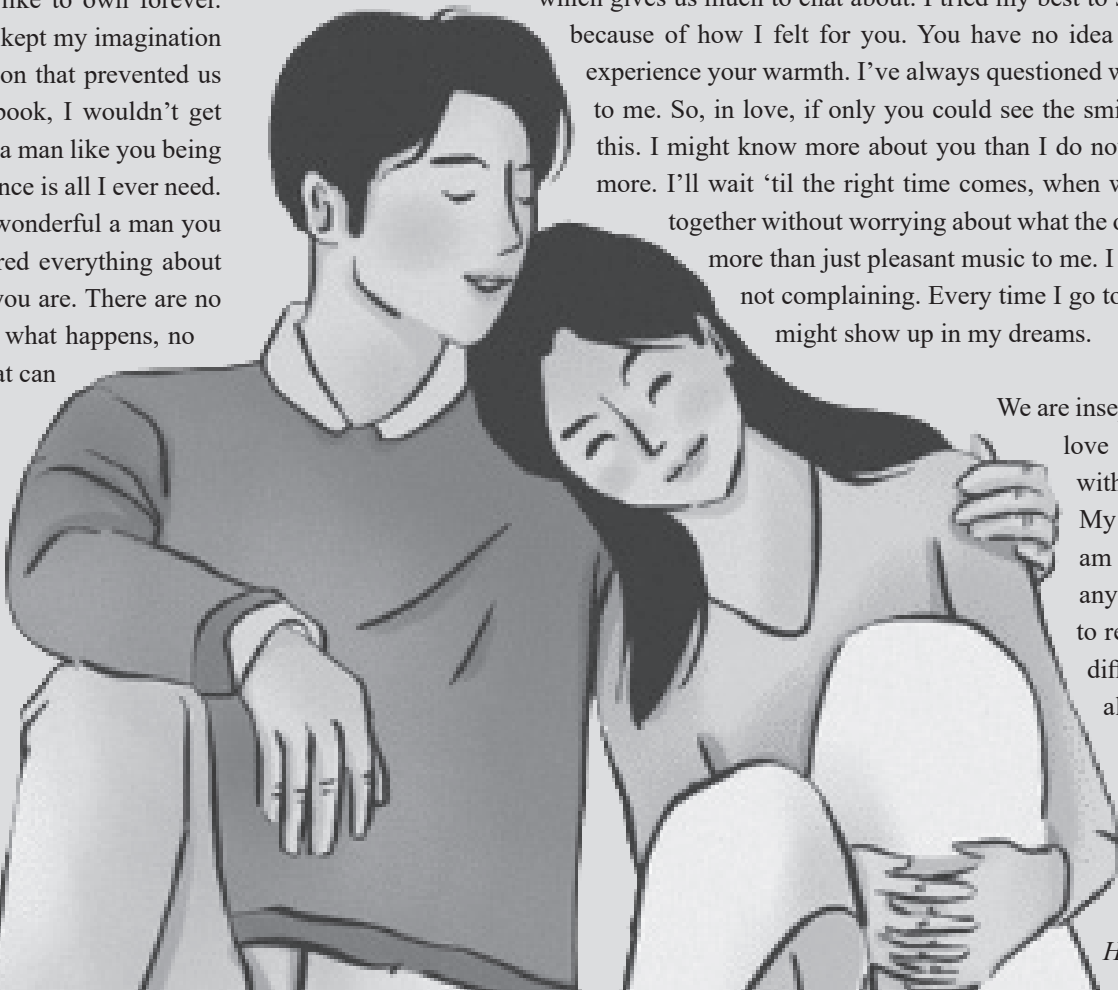
You filled me with love in addition to simply giving it to me. I might have played my cards wrong before, but now I am sure that I’ll have no more regrets. My desire was to find someone who could take good care of me, provide me with trust and treat me the way I deserved to be treated. Now that I have found you, my dream has come true. It is very much appreciated that you never stop telling me how gorgeous I am. To be really honest, I personally admire you for being such a good son, brother, and friend. You really are the complete package, and I am fortunate to have you. No matter how long it takes, I won’t get bored hearing your rants. Spending time with you is my daily medicine.

You could be wanted by a lot of people, yet you choose to be with me. I definitely have a lot of questions, but because you gave me certainty, I was able to regain that trust. We certainly share a lot of things in common, which gives us much to chat about. I tried my best to see you differently, but it was difficult because of how I felt for you. You have no idea how thrilled I was to meet you and experience your warmth. I’ve always questioned whether you truly meant what you said to me. So, in love, if only you could see the smile that’s always on my face as I type this. I might know more about you than I do now, but I’m still interested in knowing more. I’ll wait ‘til the right time comes, when we both can exchange love languages together without worrying about what the other assumes. You calling my name is more than just pleasant music to me. I fell for you with no warning and I am not complaining. Every time I go to bed or take a nap, I always hope you might show up in my dreams.

We are inseparable, and I want to experience your love forever. I want to fall deeper in love with you and I know that you love me too. My heart is now free to love again, and I am grateful to you for that. I won’t make any promises to you since I don’t want to regret them later. I want to do so many different things with you. You are and always will be my sanctuary. I wanted to roam the plain blue skies with you.

Be the captain of my sensitive heart, my steward to my goal and my companion in all time.

Here always. – N



Charming Words

Raquella Ballena

Falling in love is magical, they said.

And indeed, it is magical. It’s full of surprises, sad and happy surprises.

Just like Jingxiu and Haru, they met at a restaurant that their common friend owns and however found each other attractive. A few days passed with them stealing glances with each other and their common friend, Yena, couldn’t handle it anymore. She talked to the both of them, asked them if they like each other and they both said yes, they find each other attractive. With those answer of them, Yena asked them to talk to each other and be friends on which they both agreed. After a few days of them finding the right time, they finally decided to talk to each other.

There is one problem, though.

Jingxiu, speaks Chinese.

Haru, speaks Japanese.

Jingxiu introduced herself in Chinese in which Haru didn’t understand, he replied in Japanese in which Jingxiu didn’t understand, too.

Silence filled them for a few minutes

before Jingxiu took her phone out and opened a translator app.

After saying something in Chinese, it automatically translated in Japanese which Haru finally understood.

It went like that, them talking to each other using the translator app so they can understand each other.

Days has passed and they’re still talking to each other using the translator app and while talking, Haru being tired of their current setup, has asked Jingxiu if she wants to learn Japanese which she said yes to. And Jingxiu, feeling the same with how Haru feels, asked him, too, if he wants to speak Chinese in which Haru agreed to.

It went for a few days, weeks and months and finally, they can understand each other without using the translator app.

And while they’re learning each other’s language, they found themselves falling for each other.

Oh well, love is indeed magical, isn’t it?

Always full of surprises.

Sight Worth Seeing

Jillian Neisha Rebancos

You know that my songs are all about you.

Poems from the Avenue

I saw the sight of an angel whenever I looked at you.

I want to get to know you more.

Want to have you forever more

I feel it all now that you’ve came back

Looked me in the eyes without talking, but it felt nice.

Composed with long words don’t need no word advice

Places that we’ve been through, we’re the loudest in the crowd.

Time stops when I look down.

Never felt this close to you, did it fast as we expected to

For you, I know it goes with the echoes.

Looking forward on what ensue

Sharing the same queues, not quite sure if I’ll let it build

All I know, is I see the scenery of the blue

Every gaze that touches my sight

We’ll flow as the wind blows.



...

My Greatest What If

Sophia Antonelle M. Garra

- X

Have you ever believed in true love?

Could be a blessing from above

I once wished to find a good man

Here's how my story began:

They say opposite attracts. I believed, prayed, and hoped for “the one” to come. I was ready as I’ll ever be. When he eventually came to my life, it was not a time of harmony. It was a moment of tragedy. As I walked away from the grave of a special friend, he came to my aid. For comfort wise. Everyone needed comfort in their time of grief.

Maybe I was chasing the wrong man, maybe I just wanted to fill the void that my friend left. Yet as time passed by, I saw him frequently. Work enabled us to meet once or twice a week. I also developed an attachment towards him. I saw a future with him. Living in a small house with two children. Every morning we could sit by the beach with our children and enjoy the view of the sunrise. A life of fulfillment. I never dared to ask if he felt the same was as I do. One day, he announced that he’ll be traveling around the world due to a new job.

“Don’t forget me,” I meant it. This meant we could never see each other. I still had time to stop him. Yet why would I stop a man from following his dreams and making him happy? I wanted the best for him. The day finally came when we were both at the airport. I came to confess. As I looked at him, I wanted to say something. To express my affection to him. I wished it went, “Hello, I admire everything about you. From the way you talk to the way you act. I owe my happiness to you, and I love you because of that.” Instead, I just stared at his caramel eyes, trapped in his own world. I would never laugh, smile, act, the same without him. Then and there I realized my life would be the same without him. No words came out in my mouth. He felt like home. I want to spend every moment with him. Like two birds just flying without a care. Yet, I knew it was impossible. I was only a pawn at this game called Love. I wasn’t his queen. Only a pawn that lost from her own problems. I won’t sail the sea with him. I won’t be his partner till end. That much I know. Who knew sentiment could hurt this much. The rest of my story? Yet to be untold. A special friend once told me that there are four qualifications of love; love the right person, at the right time, at the right place, and for the right reason. What if this wasn’t the right time? Nor will it ever be. I would just hold him back for everything that made him happy.

“Goodbye.” I smiled bitterly as I slowly walk away from him. It was the last time we saw each other as we went on to pursue our dreams.



Friends

Khian F. Ortega

When I was young I never understood what’s it like to have friends
I was naïve and little yet so curious
As I grew up I still have yet to understand
‘what is a friend?’
But sadly I myself was yet to learn
That was until I met them,
the people I proudly call my friends

Despite being so far away
We talked like we’re practically
in front of each other
We were loud, mischievous and chaotic

Day and night we spent it talking and talking even if it’s about the little things we do.
We talked like there was no tomorrow,
and that was the day I finally understood
that this is what friends were

How I wish those days would last but sadly
Nothing last forever
Little by little we grew apart
Like glass falling and shattering to pieces
We fought and we fought till

one by one we left
The second home and family
I thought I regained was simply a hallucination
the past me used to have
and a dream that I have to wake up from
It hurts how we shattered like glass
But like that glass
my heart and trust shattered as well

It shatters me everytime I see it,
everytime I get reminded of the good old days.
How I wish it stayed

But I guess that’s part of growing up
I guess this was the harsh reality that people come and go in your life and that nothing truly lasts forever
Everything was meant to end

Things are just meant to be a few pages of your life and the day you have to turn the page and move on will come
And I thank you my dear friends for even if we broke apart
You guys will continue to shine like the brightest star in my memory

And I hope a day would come for us to once again meet,
and I hope when that time comes

I hope we last.



Solitaire

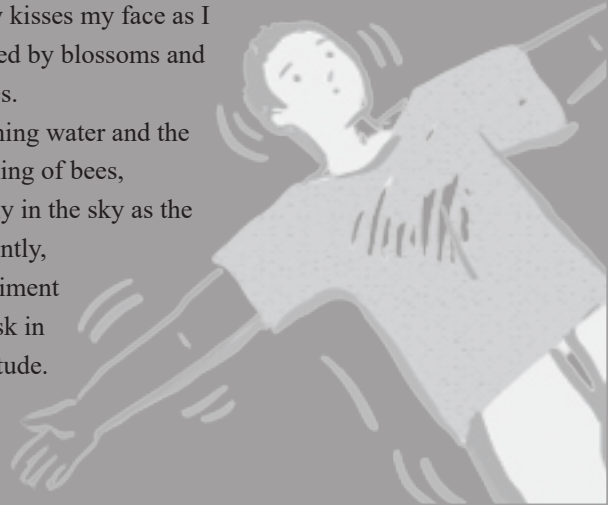
Charlie Leynes

The breeze lightly kisses my face as I sit alone, surrounded by blossoms and trees.

The sound of streaming water and the gentle humming of bees,

Flocks flying freely in the sky as the sun dances gently,

With the accompaniment of my shadow, I bask in this moment of solitude.



subsistent street

Me to You

An empty, dimly-lit street speaks nothing but desperation.

No one even dared go that way, it was dreadful, they say.

The street lies awake before that incident. Existing, but never living.

You stumbled upon me, curiosity got the best of you.

Undaunted, you wandered and exclaimed of me as a flowery path!
Am I one...? The desperation fires up. Am I one?

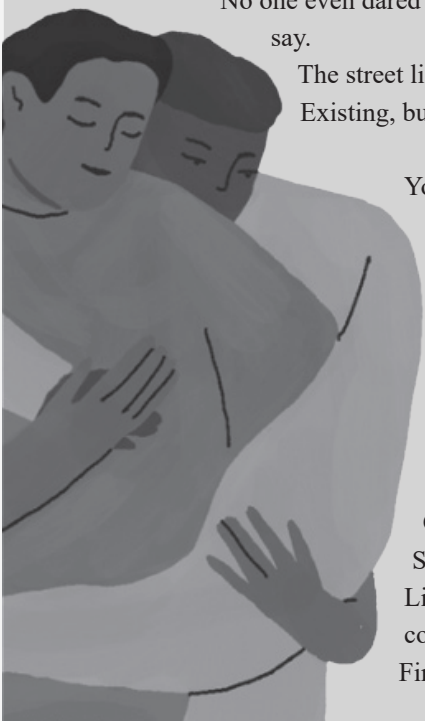
It wasn’t a disease, yet it was contagious.

Colored footsteps all over me.

Step by step, colored me, too.

Like magic, the desperation was covered.

Finally, I rest my head on you.



The Light

Ella Camille Delos Reyes

You're like a sunrise, that brightens me up through the darkness.

My life is surrounded with a mess.

I'm confused, why is this unwholesome?

When we're together it was a lifetime.

While walking the street, I realized there's no hope.

Why am I still hoping we will end up together? After I read the envelope.

I need to stop hoping for you from now on.

Like I see you as a moon.

I can't stop thinking about the way you treated me.

But, the way you treated me, I thought it had a meaningful outcome.

You treated me right as a friend only.

I knew from the start and started accepting it peacefully.

Breathing in a quiet place,

Missing you was a terrible consequence.

Having you before was a lesson now.

I'm gonna let you slow.

UGLY BRAWL MARS BLAZERS-BOMBERS CLASH

Beatrice Jacobe Pascual

College of St. Benilde, Blazers and Jose Rizal University, Heavy Bombers, 71-51 took it too far in their showdown, leading into a grapple, NCAA Season 98 at FilOil Centre, San Juan City, November 8, 2022.

The game started smoothly with JRU taking the lead in the 1st quarter, 15-5. It was visible to the public that JL Delos Santos gave his best after contributing 16 points, Marwin Dionsio helped led the squad with 10 points.

The game was just starting, giving the Blazers hopes to retaliate in the 2nd quarter, dominated by Robi Nayve scoring 10 points and Jimboy Pastoran with five rebounds, a big pull for the CSB to win the 2nd quarter cutting lead 38-35.

CSB continued dominating the game until 3rd quarter and taking the lead 57-48.

In the midst of the 4th quarter, things started to heat up when JRU forward, John Amores, first charged at a fan before rushing toward the CSB Blazers and attacking them.

The rampage allegedly commenced with foul words, escalating Amores' anger. Staff and authorities tried to get in between the players but they ended up getting involved.

Players Jimboy Pastoran got punched on the eye, while Taine Davis on the jaw.

After an hour, they ceased the game in favor of CSB, Amores being dragged out of the court and being held in the dug out to avoid further brawl.

"Primary consideration is the safety of the fans, players, audience, and all the people here. We consulted both teams and they both chose higher grounds," said Fr. Victor Calvo.

"It happens, basketball is physical, but I don't think there's any need to charge if he's being held by someone. He's been involved on these types of incidents before," said Coach Charles Tiu, disappointed after the brutal incident.

Meanwhile, the league issued a statement, "Violence has no place in the NCAA. The ManCom condemns and will not tolerate any act of violence that will endanger our athletes, participants, officials, supporters, and the public. The safety of everyone is our primordial concern."

Amores was not the only one barred. JRU's William Sy and Ryan Arenal were also suspended for two games for exhibiting disrespectful acts before the management.

CSB players Mark Sangeo and Chris Flores, on the other hand, got similar penalties for engaging in the fight. Furthermore, those who entered the court without recognition from the table officials meted a one-game suspension.

JRU has also issued an announcement suspending Amores from the remainder of NCAA Season 98. This means he will not be participating in the basketball games and practices of the JRU Heavy Bombers. The university apologized to the basketball community as well.

Checkmate: PH young prodigy rules chess tourney

Chloe Anne Quintal

Albay's chess prodigy, Bince Rafael Operiano, brought home a total of four medals and a trophy after beating Galt Naran-Undrakh of Mongolia at the 6th Eastern Asia Youth Chess Championship, November 4 to 12 in Bangkok, Thailand.

In the Finals, Bince faced Naran Undrakh Galt representing Mongolia. Each had exactly one hour and 30 minutes to finish the showdown of mind and tactics.

All throughout the match, time was against Naran having eight minutes remaining to beat the 9-year-old Bicolano, while Bince, on the other hand, took advantage. Both young players showed their wit and knowledge that truly displayed their capability in the field normally dominated by the veterans and the seasoned.

Using his queen on B2 and his king on B3 finally surrounding Naran's king on A1, Bince initiated his ultimate finishing moves and left his archrival trapped.

Leaving Naran with no more moves to survive, the child prodigy sealed the fatal checkmate leading to his triumph.

At the age of nine, Bince came home triumphant against 29 contenders from different countries around the world at the boys under 10 categories.

Behind the victory, the young Bicolano and his father confessed to had experienced bumpy roads of difficulties especially caused by the lack of money and support.

According to Ben Operiano, father of

Bince, he and his son used to wait for the tickets provided by the Philippine Sports Commission (PSC); they spent three nights sleeping on benches of the airport.

Regardless of the challenges they faced, the Bicolano chess master gave a remarkable performance, placing 6th place overall.

Meanwhile, House of Representatives adopted a resolution congratulating the nine-year old.

"In winning the chess championship in the international arena, Bince Operiano brought

immense pride to the Filipino people and inspired his peers and the future generations of chess players to achieve greatness despite the odds that are stacked against them," House Resolution



Operiano, Bicolano prodigy, dominated the competition involving 29 competitors from different countries and eventually bagging the gold medal. (Photo Courtesy of Benrose Operiano and Tribune.net.ph)

(HR) No. 576 said.

Full of amazement and admiration, Filipino fans remain supportive on the chess wizard and on his future journeys as a chess master.

MORAL OBLIGATION

Beatrice Jacobe Pascual

Sportsmanship is a fair and generous act when you are in a game. It is one of the most important traits an athlete must exhibit. Without it, a player will never have a respectable history and legacy when his career game clock is finally over.

After the outburst and violence by the JRU Basketball Player, John Amores, the Philippine sports world saw the fallout of sportsmanship and put athletes under fire and moral scrutiny.

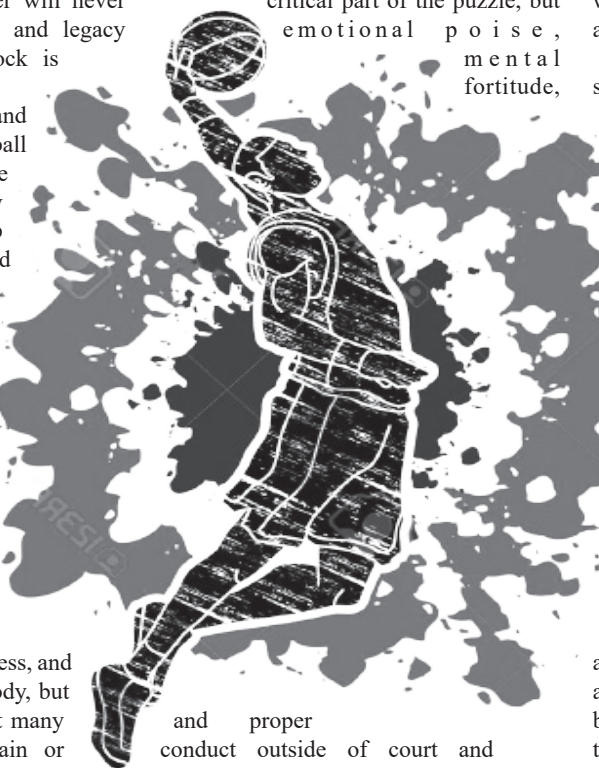
Sports can be physical and normally in most sports, it is how it is usually played. In every situation, treating your co-athletes in a fair and fun way can help you build connections and create a better reputation.

Being an athlete can be enjoyable and entertaining; whereas it also poses toughness, and challenges not just in the body, but also in the mind - an aspect many athletes have failed to train or prepare for.

There is a vast standard on how to become a great athlete. Mind you, there is a difference between possessing great

athletic ability and being a great athlete.

Aiming to be a great athlete should be more holistic. Athletic ability is indeed a critical part of the puzzle, but emotional poise, mental fortitude,



and proper conduct outside of court and competition are imperative for optimal athletic achievement.

Moreover, being the quickest, sturdiest, and most skilled athlete does not

warrant athletic success. Suitable personal conduct off the field and an ability to work with teammates and coaches - even with opponents are crucial to achieving athletic goals.

Often, being involved in issues of sports related violence nowadays can bring one to his lowest, fueled by the criticisms, insults, and threats. Anyone can agree that keeping a good image in the sports industry can also be complicated and tiring.

With every aspect catered on the table, society must realize that to be a holistic athlete, the essence of physical, mental, and values formation, preparation, and training.

Anyone who aspires to shoot, box, pedal, or smash must himself to become a man of virtue - of honesty, patience, kindness, and love for a lot look at him - as inspiration, as a model.

Whether we accept or not, every action we do is like a ripple that affects and influences younger generation of to-be athletes that will eventually become their standard.

To conclude, society should realize that the goal in sportsmanship is not simply to win, but to pursue victory with honor, integrity, and camaraderie.

BLACKLIST INTERNATIONAL RECLAIMS CROWN AFTER DEFEATING ECHO IN MPL PH S10 GRAND FINALS, 4-2

Dwyane Harry Cabrera

The Agents hacked the Orcas in a six-game showdown 4-2 to repossess the MPL S10 grand championship, Sunday, October 23, 2022 at the Blue Leaf Cosmopolitan.

Finals MVP Edward "Edward" ruled over the land of dawn with his mechanic playstyle punishing the Echo to advance in the map. Agent Zero displayed a 5/1/8 KDA on Benedetta in game four, 2/0/13 KDA on Uranus in game five, and a 2/0/4 KDA on Paquito on their 3-0 run over the Orcas.

The Blacklist International disciplined Echo as they took over the lead with a three-consecutive win with lop-sided games to protect and end the conflict between the two teams.

The renowned KDA machine Salic "Hadji" Imam proved himself in game five showcasing a four-kill streak "maniac" using Pharsa ending the match with an 8/1/9 KDA.

The return of the fearsome duo Jonmar "OhMyV33NUS" Villaluna and Danerie "Wise" Rosario "Veevise" made a huge impact on their comeback in the league after being on a hiatus in season nine.

"We're happy that we're the first organization to win three championships. I hope we can get another piece of history by winning the M4 crown," stated by the head coach of Blacklist International, Coach Bonchan.

OhMyV33NUS stated that Wise really practiced the heroes that he revealed on the match and that they are still hiding many heroes for their upcoming matches.

Despite the lost, Echo still proved themselves destroying the famous UBE strategy by Blacklist International two games in a row.

The agents respected Tristan "Yawi" Cabrera almost banning all his heroes. Yawi performed outstanding sets leading his team to victory with two match MVP 1/1/8 in game two and 3/0/8 in game three.

The crowds went wild cheering for Blacklist as they reclaim their crowns. The Filipino fans will be supporting both teams for the upcoming M4.

Blacklist International and Echo will be heading to M4 to once more prove their supremacy against the other countries. Both teams will hope to win their matches and climb up to the brackets.



Break the Code: Blacklist becomes the first team to capture 3 titles as it reclaims the MPL PH crown. (Photo Courtesy of Adobomagazine.com)

Carlos Yulo lifts PH Flag despite seesaw World Championships campaign

Dwyane Harry Cabrera

Carlos Yulo still winched up the Philippine flag by earning two medals but fell short due to self-doubt during the World Artistic Gymnastics Championships October 29 to November 6, 2022 in Liverpool, England.

Yulo captured a silver award in vault scoring a total of 14.950 and a bronze in parallel bars with a score of 15.366.

Carlos showed his passion in gymnastics with his outstanding performance making the crowds cheered for him.

Despite the achievements, Carlos admitted containing self-doubt as he

placed 7th in floor with a score of 13.300. It was the same event where he won his 1st world title years ago.

Yulo ranked 8th in the overall rankings as his lowly performances in floor, pommel horse and horizontal dragged his ranking.

Carlos admitted that he was suffering from insecurities in a mix of Filipino and English in a virtual press conference on Monday, November 7. "I get insecure about myself for the things I cannot do that others can," he explained.

"It was my first time being grouped with the really good ones. That was

when I realized I lack a lot of things. Not just in skills, but they're really different mentally," stated Yulo. "I want to be like them. I look up to those gymnasts."

Despite the poor performance the Filipino fans still supported Yulo. "We're still proud of you, Caloy! Kita namin na ginawa mo yung best mo and enough na yun para sa'min! Congratulations! LabanPilipinas," a fan said in an interview.

Yulo will need to put in more practice time to overcome his fears and self-doubt in order to do well in the upcoming tournaments.



Carlos Yulo takes home silver and bronze from World Artistic Gymnastics Championships. (Photo Courtesy of Rappler.com)



From Dreamers to Winners: “Dati nangangarap lang kami, ngunit sa pamamagitan ng sikap, tiyaga, at ensayo, ang pangarap ay naging reyalidad.”
(Photo Courtesy of Ma. Joaquina Consuelo A. Geronimo)

LCCIANS, TEAM LGPT CAPTURE ACCOLADES IN TAEKWONDO MEET

by Beatrice Jacobe Pascual

L a Consolacion College Caloocan once again made its name loud and powerful as three LCCians under Team LGPT (Love for God, People and Taekwondo) Caloocan Chapter captured medals at the Camanava Taekwondo Championship 2022 on October 15 to 16 at Robinsons Mall, Malabon.

With overflowing determination, Marcus Benedict B. Custodio, from 12-HUMMS A sculptured a name for himself as he grabbed a silver medal in the Novice 1 Junior Division.

Fellow LCCian, Audrey Mei Hernandez, from Grade 7-Faith snatched a silver medal in the Cadet Division.

Furthermore, Ma. Joaquina Consuelo A. Geronimo, from Grade 9-Prudence seized a silver medal in the Novice 1 Cadet Juniors Division.

Behind their win, the LCCian athletes admitted they faced many failures and difficulties in training and in managing their time properly to keep balance between their passion and studies.

“Managing training sessions and studies are really hard, especially when I’m swamped with academic requirements or when I’m preparing for a competition. Time management is really crucial in terms of balancing academic and athlete life,” Marcus stated.

“As a martial artist, I’ve had lots of failures. Yet, I didn’t give up because I had a burning passion for this sport. For example, during my first amateur boxing bout, I lost that day yet it made me strive and learn

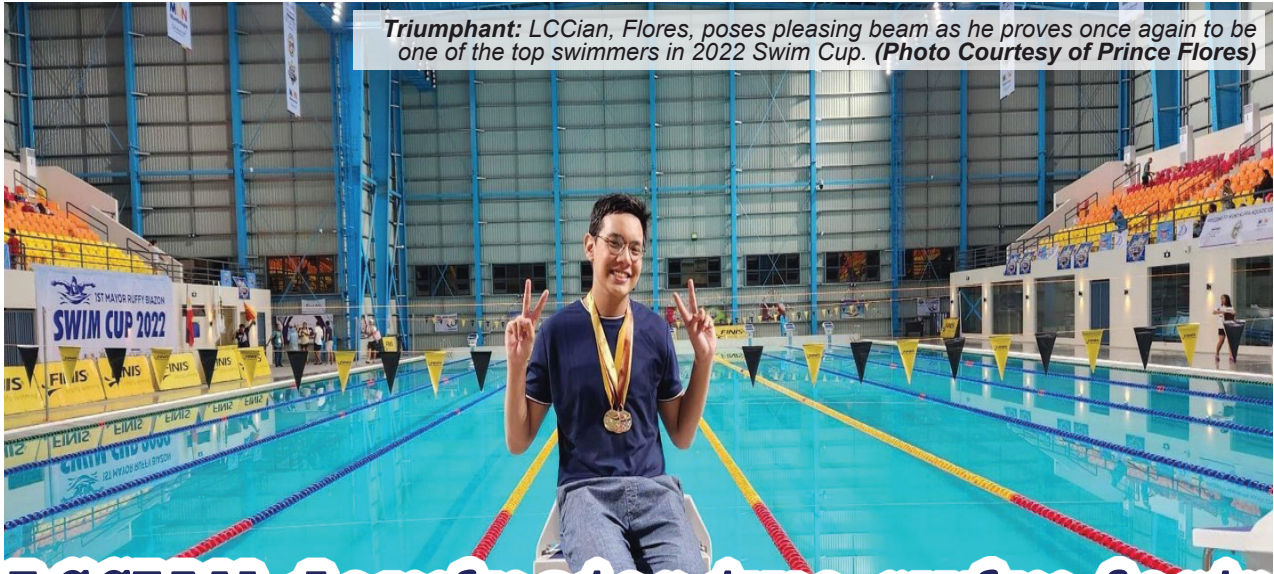
from my failures and weaknesses which gave me the benefit of winning my second amateur boxing match,” he added stating the struggles of being a student-athlete in the senior high school level.

“I’m grateful that all the hard training transformed to a great outcome. After the fight I was more motivated to train and improve my skill,” explained Joaquina as she reminisced her path to the silver medal she once dreamt.

“Masaya po kase nadagdagan yung mga

achievements ko – had a new experience competing with the other team, at nakalaban sa Camanava Taekwondo Championships,” Audrey mentioned to close out the interview.

Meanwhile, the three LCCian warriors pledge to continue conditioning as they await future schedules of matches coming from their team. To conclude, they also affirmed to persist on bringing the flag of blue and white in their future endeavors in this chosen passion.



Triumphant: LCCian, Flores, poses pleasing beam as he proves once again to be one of the top swimmers in 2022 Swim Cup. (Photo Courtesy of Prince Flores)

LCCIAN dominates two swim fests

Rayne Angelo Mesias

Our very own fellow LCCian dove and grabbed multiple awards in the 2022 Manila Swim Fest, November 5 at the Philippine Columbian Association Plaza Dilao, Paco, Manila, and in the 2022 Holiday Swim Cup, December 10 at the Muntinlupa Aquatic Center, Muntinlupa Philippines.

With overflowing determination, Prince Andre Mari J. Flores, from Grade 9 - Perseverance, brought home the Most Outstanding Swimmer at the Manila Swim Fest.

He grabbed 2nd place in the over 100 meters freestyle as he logged over a minute record.

Prince recorded 36 seconds in the over 50 meters butterfly to swim away with another 2nd place under his name.

Snatching another 2nd place, Prince clocked 30 seconds in the 50 meters freestyle.

He also bagged 3rd place in 50 meters backstroke with a 35 seconds record, bringing home another 3rd place finish. Moreover, he registered one minute and 33 seconds in the over 100 meters Individual Medley.

Following his campaign in the Manila

Swim Fest, Flores once again battled it out to collect multiple awards at the 2022 Holiday Swim Cup obtaining a total of three medals.

He finished 1st place in the B Division Butterfly as he logged a record of 32.90 seconds. Capturing another win, he finished 1st place in the C Division Backstroke as he completed the race within 35.10 seconds.

Continuing his magnificent campaign, he dashed in to get a 3rd place in the D Division Breaststroke with a record of 38.89 seconds.

Over 500 swimmers from the 44 clubs and teams participated in the event hosted by the Swim League Philippines and in partnership with the City Government of Manila.

According to Swim League Philippines (SLP) President Fred Ancheta, The Manila Swim Fest will serve as a qualifying round for the international competitions in Singapore, Thailand, France, United States, United Arab Emirates, Japan, and Malaysia in 2023.

Prince said that swimming helped him a lot in terms of his health. Moreover, through the competitions, there have been

door of opportunities opening for him where he can join and show his skills. He also said that swimming helped him to participate more in school activities like the intramurals, and KADSA competition.

“I am happy kasi nag pay-off yung hardwork na ginagawa ko everyday sa training and it’s my first time na mag compete in the midst of pandemic na maraming achievement,” he said.

As an active LCCian, Prince shared that sometimes he struggled managing his time when it comes to academics and training.

He goes to the gym and to his training every afternoon, after school until night. He treats it as an advantage when he doesn’t have training because that’s his free time to do his school activities.

“Lalaban ako hangga’t makakaya, to raise the flag of our school and maging pride ng school,” he added.

He shares his story to every LCCian to serve as inspiration that anyone can still pursue his dreams and still cope with other responsibilities like being a student. Furthermore, anyone can make every little thing possible as long as he has the determination to achieve it.

Ateneo avenges lost glory, outlives UP in the UAAP Finals, 2-1

Dwyane Harry Cabrera

After a season of absence from the throne of the UAAP seniors basketball, the Ateneo Blue Eagles are once again back as the undisputed champions after overthrowing the UP Fighting Maroons in a Game 3 thriller, 75-68, at the sold-out Araneta Coliseum on Monday, December 19, 2022.

Finals MVP Ange Kouame led the way for the eagles, exhibiting 19 points, 11 rebounds, 3 steals, and 3 blocks in game 2 and a 19-point, 12-rebound, and 4 blocks stat line to close the series in game 3.

The Fighting Maroons took game 1 72-66, Harold Alarcon created a gap as he got heated up shooting multiple three-point shot.

Trailing from behind the Blue Eagles stroke back to tie the series in game 2, 65-55. Ateneo secured the game to force a do-or-die match and get the title.

The Blue Eagles dominated the court, eager to win the title, giving the Fighting Maroons no time to react as they ruled

the court. The Eagles took the lead in the early quarter and protected it ‘til the dying seconds of the game, 75-68.

To assist Kouame in winning their matches, Padrigao and Gomez enhance their game through their hustle plays, chocking defense, and contagious energetic spirit.

Despite the loss, Carl Tamayo proved himself as he carried the team in his back scoring 7-15-11 points respectively in the series. The recently crowned MVP Malick Diouf struggled in the series, which made it difficult for the UP to defend their title.

“I’m so far from the forefront of this championship. It’s about these players. I’m just so grateful for their effort. I’m the lucky guy,” stated by the Ateneo coach Tab Baldwin.

“We lived to fight another day. Both of these teams, our monickers are something about fighting. Everybody saw what sports fighting is about tonight,” He added.



Ange Kouame finished a legendary career for the Blue Eagles with the Finals MVP plum. (Photo Courtesy of Rappler.com)