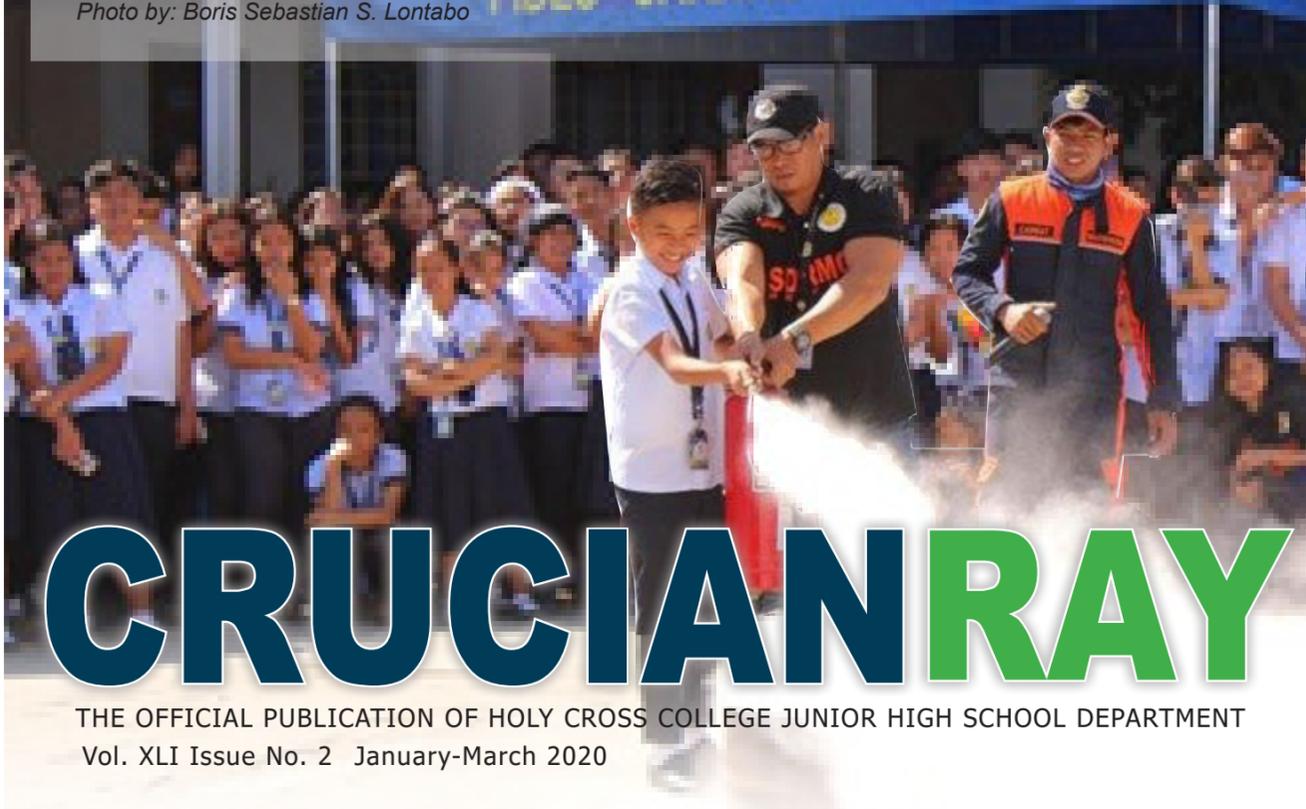


BFP R-3 RAISES AWARENESS AMONG CRUCIANS

Learning by doing. Mr. Jeffrey Lansangan patiently assisted a Grade 7 student demonstrate properly the use of fire extinguisher.
Photo by: Boris Sebastian S. Lontabo



As part of the Fire Prevention Month, Holy Cross College conducted fire and earthquake drills to raise awareness among students which was supervised by the Region III Bureau of Fire Protection and Sta. Ana BFP officers last March 2, 2020.

According to Mr. Michael Angelo B. Calupe, HCC Internal Security Officer, "We conduct these drills not because it is required by the DepEd and CHED but also to raise awareness among the students".

During the earthquake drill, students, teachers, and employees gathered in the quadrangle as their exit and safe place.

The Junior Rescue Team also conducted a scenario wherein they need to save a victim. According to Louise Jennalaine S. Mendoza, member of the Junior Rescue Team, being part of the rescue team is memorable because she learned a lot of things.

Aside from the earthquake drill, a fire drill was also done wherein the proper usage of fire extinguisher was demonstrated.

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CRUCIANRAY

THE OFFICIAL PUBLICATION OF HOLY CROSS COLLEGE JUNIOR HIGH SCHOOL DEPARTMENT
Vol. XLI Issue No. 2 January-March 2020

No tuition hike next SY

School Year 2020-2021 is still few months away yet good news is all over the campus. The President of Holy Cross College (HCC), Atty. Dennis C. Pangan has officially declared that there will be no tuition fee increase for the coming school year.

According to President Atty. Pangan, tuition is the fee paid by parents to the school to be utilized in paying the salaries of teachers, other employees and for the improvement of school facilities.

The amount could be different in every level because they have different needs.

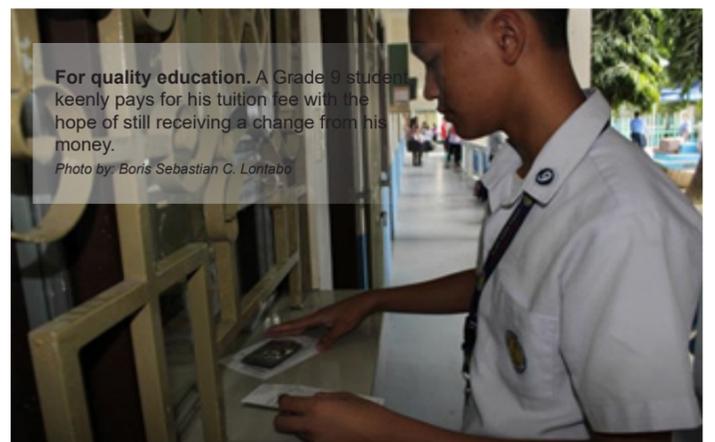
He also cited that though it is very important to have a tuition fee increase, he opted not to in order to make the access to education affordable. President Atty. Pangan also made sure that the school administration will still be delivering quality education to its clientele through the use of school savings.

This will surely be a delight for those who wish to be part of HCC

next school year which will feature affordable education, more facilities, improved classroom conditions, and qualified teachers.

According to Ille Calvin Andrei V. Dueñas, one of the students from Grade 7 Jeremiah, many of the students are even more eager to attend classes because the 'no tuition fee increase' will help lots of parents and working students lessen their burden of paying expensive tuition fee.

BY PRECIOUS ANNE A. EDEJER



For quality education. A Grade 9 student keenly pays for his tuition fee with the hope of still receiving a change from his money.
Photo by: Boris Sebastian S. Lontabo

Teachers receive free smartphones

In connection with the new project of the administration which is the Online Registration System or the so called online enrollment, the management gave smart phones to all teachers in basic education including the Junior High School department for free.

"The online registration is already functioning and the teachers' portal is already open", those were the words of President Atty. Dennis C. Pangan on the day that the smartphones were distributed. This means that it's high time that teachers should be equipped with such technology in order to deliver quality education among the students.

According to President Atty. Pangan, the phones are equipped with unli call, unli text to all networks and 6GB mobile data for free so that the communication between the teachers, students, and parents will



President Atty. Dennis C. Pangan explains the importance of giving mobile phones to the employees in attainment of HCC's quality education.
Photo credit to HCC Multi-media Dept.

be easier. "Teachers must not worry about the payment because the monthly bills will be charged against the school", he added.

In a statement made by Mr. Kevin Q. Gatbonton, JHS TLE teacher, he is thankful for the

HCC administration for giving the teachers smartphones. "This will surely be a big help to the development of technology in terms of giving quality education", he added.

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HCC lives up to caritas mission

President Atty. Dennis C. Panga, the current President of Holy Cross College, together with his management went to Lipa City Batangas, last January 19 to distribute the donations and relief goods donated by the HCC community.

Just after the eruption of Taal Volcano, student leaders as well as teachers from the different departments suggested to make a plan in helping the victims of Taal eruption. By the approval and command of President Atty. Pangan, the Students Affairs and Services Department started facilitating the donation drive.

The said project was dubbed as 'Caritas for Batangas' which means 'Care for Batangas'. This was taken from the core values of HCC, Fides (Faith), Caritas (Charity), and Libertas (Liberty). As explained by President Atty. Pangan, HCC must live with its ideals to help others in need and that's the meaning of Caritas.

"Syempre para sa ating mga students, magandang opportunity siya lalo na sa mga gustong tumulong pero hindi alam kung paano. Naging isang daan yung Caritas for Batangas para mamulat tayong mga students sa pagtulong sa iba kahit na musmos pa lamang, tsaka nakakataba ng puso yung pagtulong lalo na kung alam mo yung binigay mong tulong ay talagang maa-appreciate nila", said Janina Mae Punsalan, Grade 10 student of Junior High School (JHS).

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New Face of HCC

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Play beyond Reality

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Filthy air results to bones' danger

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Doctolera, seizes glory for Crucian fame stint

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Pres. meets parents for the first time



President Atty. Dennis C. Pangan was gladly met by the parents for the first time while saying that their children are in good hands.

Photo by: Cristine M. Yabes

In order to inform the parents and other stakeholders about the current status of Holy Cross College, a consultation meeting between the parents and President Atty. Dennis C. Pangan was conducted last January 31 at the Learning Resource Center.

At the said meeting, President Atty. Pangan discussed all of his plans for the next school year. Among his plans that were mentioned were free Wi-Fi for the entire school, fully air-conditioned classrooms, online enrollment and free mobile phones for teachers in connection with the digitized system of checking students' attendance and students' grades.

He also announced that the school will offer free Licensure Examination for Teachers (LET) review because he envisions HCC teaching force to be 100% LET passers.

"Grade 9 na ang anak ko and this is the only time that we were able to talk to the president of the school. Yes, I'm in favor of the projects of the new administration which I think is for the betterment of the school and the students." said Celia Martin, parent.

BY SEBASTIAN F. SUAREZ AND
 BARBARA SOPHIA M. PANLILIO

Digital system to boost student enrolment

As early as January 2020, HCC administration announced that Crucians may start enrolling themselves through online registration system for the School Year 2020-2021.

Enrollment process is one of the most costly and time-consuming activities that a school needs to conduct during the months of April to May. This time HCC opted to adopt the online registration system in order to aid the enrollees who still need to wait for hours just to be officially registered.

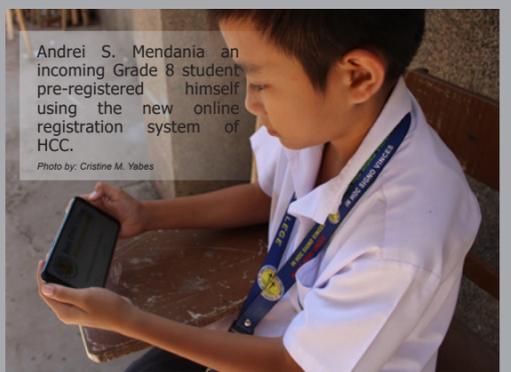
The said system was proposed in replacement of manual procedure of enrollment to have an organized flow of information and speeds up the enrollment process. Online

enrollment offers many advantages, for both parents and the employees.

According to the school administration, the following benefits will be achieved if the system will be properly managed: time consumption for paper processing will be lessened, paper works will be reduced and manpower needed to facilitate enrollment will be minimized.

As stated by Shin L. De Guzman, one of the students from JHS, she is happy to have the new system because she with her mother will not consume a lot of time to enroll herself and this will also prevent long registration queue of the parents or guardians.

President Atty. Dennis C. Pangan



Andrei S. Mendania an incoming Grade 8 student pre-registered himself using the new online registration system of HCC.

Photo by: Cristine M. Yabes

who is behind the idea of having an online registration system together with the Multi-Media Department and Registration, officially announced that the early enrollment has already started which will last until May 2020. All enrollees will be able to access the website at <http://enrolment.holycrosscollegepampanga.com>.

BY RUTH MARIE E. PADILLA

SY 2020-2021 features fully air-conditioned rooms

"I want to give the students a conducive learning environment that's why I promise to make the Junior High School classrooms be fully air-conditioned" this was the line of President Atty. Dennis C. Pangan, the president of Holy Cross College (HCC), during his consultation meeting with the parents held last January.

According to Mayo Clinic, having an air-conditioned classroom is an advantage, it can lower the amount of pollen, mildew, and other airborne outdoor allergens that can possibly lead to asthma symptoms.

The fully air-conditioned classrooms will be effective starting SY 2020-2021 that's why as early as February, air-conditioned frames were already attached to all JHS classrooms. The school administration also promised that they will fix what should be fixed in all classrooms, such as putting springs on the doors, curtains or blinds and other fixtures that would suit the air-conditioning units.

Through this, teachers will not be bothered by the heat during their discussions especially in the afternoon and students will be more comfortable in learning their everyday lessons.

Teachers also see this as an advantage since some of their students suffer from asthma and other illness. This may help the students feel secure and comfortable in their new air-conditioned classrooms.

In terms of monetary aspect, President Atty. Pangan assured all parents that this would just cost them a minimum amount since only ₱7.00 per day or ₱150.00 per month will be added to the students' miscellaneous fee.

According to one parent who wants her name to be anonymous, it's okay to spend money as long as it is for the students and for the betterment of the school.

BY KARYLLE C. MALLARI

BFP R-3...

Likewise, Mrs. Stephanie D. Lasig, head of the JHS Junior Rescue Team and one of the teachers who did the rappelling as part of the rescue operation also shared that she had a great experience joining the rescue unit of Region III. "I have conquered my fear of heights and enjoyed rappelling", she added.

In conclusion, the said drill became successful with the help of the BFP and some coordinators.

BY PRINCESS ROYENCE S. PALAYON

HCC LIVES UP...

16 boxes of canned goods, 29 boxes of noodles, four boxes of coffee, four sacks of rice, 55 boxes of bottled water, one box of biscuit, nine boxes of hygiene materials, 31 bags of used blankets and clothes, three boxes of diapers, three boxes of laundry soap, two boxes of candies, one box of Milo, 3 boxes of different medicines and approximately PHP 60,000 were given to the evacuees of the said eruption.

According to Mrs. Stephanie Lasig, Araling Panlipunan teacher of JHS Department, "HCC once again made its mark in helping our fellowmen affected by the eruption thru 'Caritas for Batangas' project. It's an honor to be part of this family who has concern, sympathy, and love for others especially those who are in need."

She also reminded everyone to continue that kind of attitude and for sure outpouring blessings will come in return for HCC.

BY BARBARA SOPHIA M. PANLILIO

TEACHERS RECEIVE...

Aside from establishing accessible communication, teachers will also use the smart phones in entering the grades of the students online. This would give the parents easy access on the grades of their children even at home or at their work. Students just need to sign in to the portal using their student number and they can easily access their grades anytime and anywhere.

BY BARBARA SOPHIA M. PANLILIO

HCC ties up with PNRRC



Dr. Johnny Michael P. Manguabnan, the school's registered doctor carefully assessed the health condition of one school personnel before the bloodletting session.

Photo by: Barbara Sophia M. Panlilio

For the second time, Holy Cross College tied up with Philippine National Red Cross last February 24 by conducting a bloodletting wherein 34 bags of blood were collected and donated by teachers, employees, students, and parents.

"Nagdicide akong mag-donate ng dugo

kasi 'yun lang ang meron ako, maliban sa pera, at least bago ako mawala sa mundo may naibahagi ako sa iba na kahit wala na ako, yung dugo ko buhay pa at nagbibigay-buhay sa ibang tao" stated by Ms. Rusita Garcia, one of the blood donors.

According to Mrs. Gondelina Garcia, head nurse of HCC, they are not sure where the collected bags of blood would be donated but once the Red Cross team collected bloods, for sure it will be given to the persons who need it the most. She also added that it could possibly be given to someone who needs blood transfusion.

The Health Services and Sanitation Team which consists

of 3 physicians, 1 dentist, and 4 registered nurses and Pampanga Medical Society or the group of doctors from Pampanga were the people behind the said event assisted by the school nurses. Here are the requirements when donating blood:

- At least 18 years old and above
- If you are under age, you should have a parental consent
- You should be healthy
- Your weight should be 50 kg and above
- You don't have major diseases
- No maintenance
- No piercing or tattoos

BY BARBARA SOPHIA M. PANLILIO

HCC chapel, now fully air-conditioned

One of the projects established by President Atty. Dennis C. Pangan is the renovation of the school chapel. Just last January 2020, two air-conditioning units were installed.

According to the administration, this was put into action in order to create a relaxing ambiance in the chapel while praying and visiting the place.

The said chapel was donated by the HCC Alumni Association headed by Mrs. Grace T. Lansangan Batch '64 being the president of the alumni association. The laying of the cornerstone took place on the 63rd Foundation of HCC and it was completed on November 30, 2009. Different activities were already held in the chapel such as the recollection of the students, First Communion ceremony of the grade school, employees' Eucharistic Mass and other religious activities.

According to Rica Angela Canlas, Grade 7 student, "Our chapel is more presentable and conducive for praying now that it has been renovated because you can really feel the presence of God due to its ambience". She also added that she wants to thank President Atty. Dennis C. Pangan for making our chapel fully air-conditioned.

In order to maintain the chapel, some equipment was also added such as roller blinds and it is being maintained by the utilities to make the chapel more attractive and to keep its sanctity.

BY JIANE JOYCE C. ALBES



A mass was presided by Rev. Fr. Reynaldo M. Cruz, Parish Priest of Sta. Ana, and was attended by HCC employees headed by President Atty. Dennis Pangan.

Photo by: Multimedia Department

ADCP admin studes libertas

"Freedom comes with great responsibility". This was the line provoked by the new admin of Holy Cross College, after President Atty. Dennis C. Pangan declared all first Fridays of the month as Freedom Day last January 31, 2020.

Starting February 7, students of HCC came in with their dignified attires in

accordance with the rule set by the admin, wherein revealing clothes are strictly prohibited. The said Freedom Day aims to make Crucians able to express themselves through wearing their own comfortable outfits.

"For me, as a student it is a good thing to have Freedom Day because students get to wear what they want, overall it is good", said Julianne Nicole

A. Amurao, Grade 8 student.

Last March 6, another Freedom Day was held with the most awaited promise of the President which is the Free Wi-Fi located at the Learning Resource Center which was truly fulfilling regarding the benefits it would give to the students.

BY LAWRENCE EDRIAN S. CULALA

Journalism Summit to kick off soon

In order to prepare young journalists for any journalistic endeavor, President Atty. Dennis C. Pangan suggested that the school should conduct a "Journalism Summit" which is a seminar for all the current and aspiring campus journalists of the school.

According to Ms. Angelica Marie G. Simpao, the Publications Moderator of the school, this will be a joint seminar for all the current journalists of all the departments and it will also be open to the aspiring journalists for the next school year.

The location and the date is still tentative. She also said that the school library is the most appropriate location for this seminar.

This will be an intensive seminar that would be hosted by different speakers outside the school who are respected in their field of writing. The aim of this Journalism Summit is to teach students different styles of writing, and the proper ways of interviewing.

As of February, some speakers were already invited who would teach journalistic skills to the ever growing journalism community of HCC. The committee is also encouraging more writers to join the seminar which would help them improve their writing skills.

According to Ms. Cristine M. Yabes, JHS School Paper Adviser, "This is a good chance of improvement for the junior and senior writers as they prepare for the upcoming competitions and also an opportunity to hone their skills in order for them to practice responsible journalism".

BY RAJ JOAQUIN P. ARYAL

Grade 9 studes notch 4th place on MTAP

After joining the biggest and widest competition among elementary and high school students called Metrobank-MTAP-DepEd-Math Challenge, participants from HCC Junior High School department bagged different awards last January 17 held at San Juan High School, Mexico, Pampanga.

This competition aimed at testing the participant's teamwork among their

teammates and measuring their knowledge that deals with mathematical problems.

The Grade 9 students named John Andrew G. Maniti, Kathlene G. Salac and Arravela T. Vinuya, all from 9 Romans, won the 4th place. According to Vinuya, "Aside from my teammates, my biggest inspiration is Ma'am Alexza because even though it is hard, she mentored us to explain certain topics that we

cannot understand. Also, she always cheers us up so that we can win."

According to their coach Ms. Alexza Mae M. Peña, "It was challenging because we only had a few days or weeks to review yet, the participants still joined the competition and that only proves that these students are willing to do everything for their school".

BY ARTFHE MARIE KHYLE S. MALIWAT

Crucians elect new student-leaders

As the School Year 2019-2020 is about to end, Junior High School Department conducted the annual election of Supreme Student Government (SSG) officers for the next school year last February 7.

Through the use of school's official ballots, the whole JHS population from Grade 7 to 10 chose and voted from the two partylists: SULONG and SIKLAB.

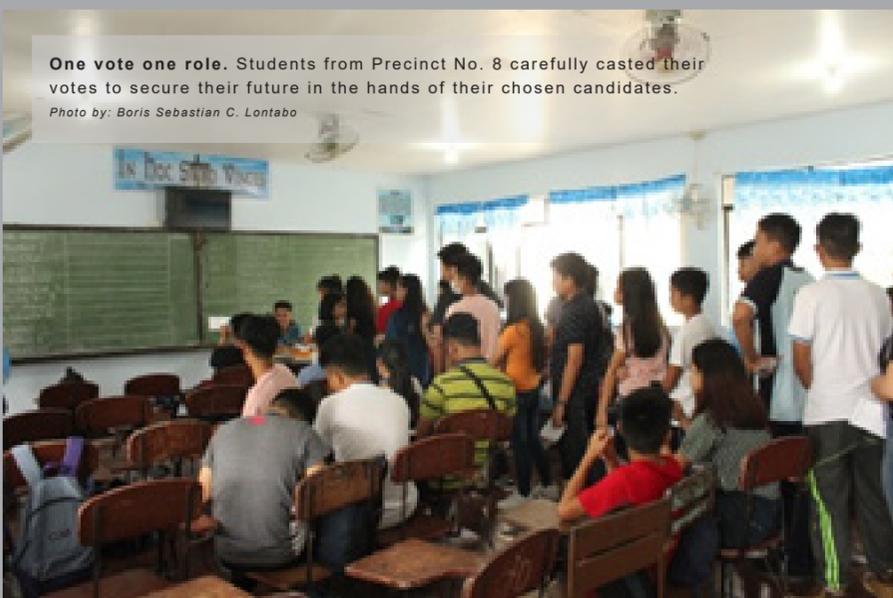
Here is the list of the newly elected SSG Officers:

President: Louise Jennalaine S. Mendoza
 Vice President: Princess Royence S. Palayon
 Secretary: Christian Jerome M. Mamawan

Treasurer: Brendalyn Mae M. Castro
 Auditor: Kathlyn S. Serrano
 P.I.O: Iya Aleine V. Duenas
 Sgt. @ Arms: Arravela T. Vinuya and Shakira J. Kunanan
 Grade 8 Representatives: Louie Nicole S. Maglanque and Fiona P. Marin
 Grade 9 Representatives: Mickaella G. Cunanan and Joshua Paul V. Pangingbatan
 Grade 10 Representatives: Rainiel T. Sanchez and John Rei L. Aviles

The newly elected SSG officers were proclaimed three days after the election at the JHS quadrangle. However, the current SSG officers took their final vows to thank students for their trust and support.

BY BRENDALYN MAE M. CASTRO



One vote one role. Students from Precinct No. 8 carefully casted their votes to secure their future in the hands of their chosen candidates.

Photo by: Boris Sebastian C. Lontabo

Crucian Ray

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RESPONSE



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Milk is not the answer

What did you do to draw the ire of a billionaire senator and a repeat offender of head-scratching comments? Senator Cynthia Villar pointed out on January 27, 2020 in a hearing on agricultural issues that it's not the curriculum or lack of teachers that is responsible for young Filipino's poor academic performance. It's cow's milk.

That's how she explained why in December, Filipino students aged 15 years old ranked last in reading comprehension compared to 79 other countries who participated in the 2018 Programme for International Student Assessment (PISA), a worldwide study that examines students' knowledge in reading, Mathematics, and Science. But it takes logic far beyond ours to understand why she's once again blaming the agriculture department she famously accused back in October of doing "too much research".

Sen. Villar believed the authority is to be blamed for "dumb" Filipino children, because most milk on the market are imported and therefore unaffordable for poor families and students.

But how can Sen. Villar say that imported milk can broaden the knowledge of the students or poor children? Milk is not being drunk for a person to be wise so it means it has no connection to students' intelligence.

If the student got low score and grades, it doesn't mean that he or she is dumb or stupid. Maybe he or she just cannot understand the lesson or the teacher's discussion. Teachers should focus on every student they're teaching so that they can follow and can get passing scores. There is also a possibility that the student is hard-headed or lazy in studying, but still, it is not acceptable and right to call them dumb and stupid.

It is not too late to take action about this. Yes, our body needs milk because it contains calcium but it is not connected to someone's knowledge and intelligence. Some students might really be intelligent but it doesn't mean that each of them is drinking imported milk.

Students must cooperate and listen to their teachers. And the government should provide the teachers enough resources in order for them to teach well so that no one will have a difficulty not only in reading, but also in studying to prove that imported milk doesn't have to do with the child's intelligence.

“
Some students might really be intelligent but it doesn't mean that each of them is drinking imported milk.
”

New Face of HCC

It is undeniable that change really exists in Holy Cross College over years and longer, changes that were not done by the previous administration as they are busy financing themselves over non-sense expenses and corrupting it, an act of betrayal to the alma mater that served as a plague to the fast progress of innovation.

Well if only time can repeat itself, all I could say is, HCC is poles apart from yesterday.

Last November 2019, a new regime was unveiled to the school where the expectation of Crucians and employees met the standards of the real ambience of a private school. A quick action brought by the new President Atty. Dennis C. Pangan together with his administration in less than a month. It was truly just and a well-done job as they were able to make use of the funds for the benefit of the school, as well as the people inside it.

The president's way of allotting money makes sense from million peso-worth and higher, starting off with the renovation of the school's chapel and the high school and college department libraries which only took 3 to 4 days before they were all accomplished.

Meanwhile, a total of half a million budget was allocated for the new photo studio wherein only the new admin made its first appearance possible.

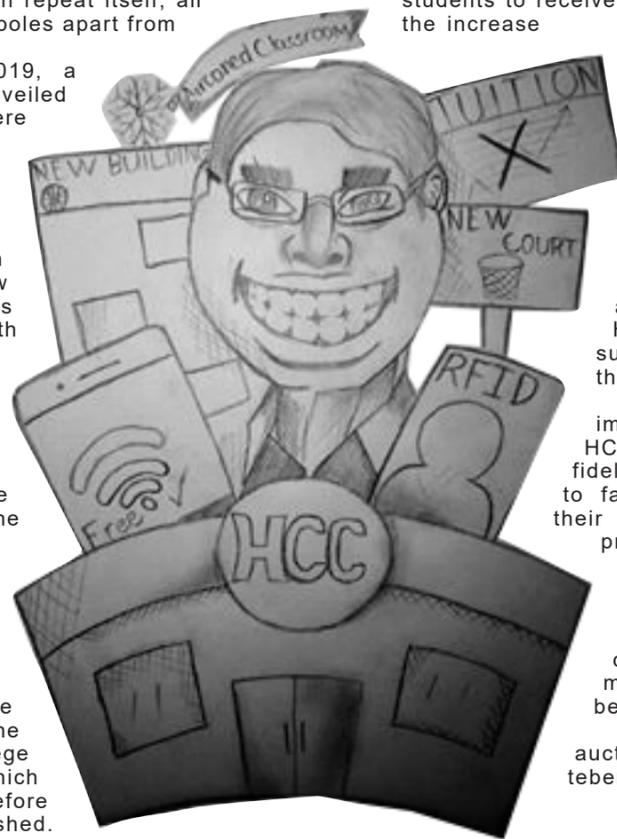
January 2020, a resolution mandating 'No Tuition Hike' was recently passed by the Board of Directors which will be effective in the school year 2020-2021, a mandate that provides all students to receive quality education without the increase of tuition fee.

On the other hand, the landscaping, beautification of JHS grounds, air conditioned classrooms and implementation of RFID are not the climax of the rising development in the school.

These projects are just a glimpse of what future HCC holds from the new supervision by the admin at this point of time.

Afterall, the fast improvement as seen in HCC today only proved the fidelity of the school admin to face alarming issues and their resistance, enough to protect the institution. Finally, students honing their own stance were indeed prioritized by the current leadership, a fair commitment past admins must take in effect even before.

Am ut opontra? Morum auctus conemum ia vehem tebem se.



BY LAWRENCE EDRIAN S. CULALA
ILLUSTRATED BY HEAVEN JAMES D. AQUINO

PROBLEM OR SOLUTION



@hazel_anne_pangan

Tragedy brought by a Malady

One of the most controversial issues today is the COVID-2019 formerly known as NCOV-2019 or Novel Corona Virus 2019. This virus is now one of the biggest problems not only in China but also the whole world as it affects people and animals.

The year 2020 started with many problems which attest people's firmness. China is facing a big problem because of the big number of patients and deaths. Another is South Korea, where more cases of COVID-2019 were reported. Aside from these, there are other countries with reported cases of the virus.

In the whole world, China and Korea are the most affected countries. Numerous people and animals are reported dead and affected because of the said virus. There are some talks saying that the COVID-19 can't stay with hot weather long just like in the Philippines. Unlike in the other countries with cold temperatures, they

are more affected with this disease.

This outbreak affected many countries especially in terms of delayed flights or travel ban. The Philippines must be strict with the people who are travelling either from other countries or from the Philippines going to another country. The Philippines has banned all travel specifically from China and Korea.

Filipinos with signs of having corona virus were quarantined to prevent this from spreading. The travel ban is not just for the safety of the Filipinos but for the safety of all the people in the Philippines. Implementing a travel ban is a good way to help the Filipinos and other nations as well to prevent the outbreak.

People must not depend with their own understanding and to the information they read. It's better to check news and do safety measures regarding this disease. At the end of the day, people must be responsible in taking care of themselves.



ILLUSTRATED BY HEAVEN JAMES D. AQUINO

Just for a Charity

After being chaired as the new Manila City Mayor last June 2019, Francisco "Isko" Moreno Domagoso has successfully presented his wide-reform within the first 100 days of his regime from the past polluted Manila. In return, critics keep on neglecting the lending hands of Mayor Isko and give accusations that are below the belt which put themselves into shame.

Year 2020, 12th of January, an intriguing event occurred after the Taal Volcano erupted which lasted for weeks. To offer relief to the affected residents especially in Batangas, Mayor Isko donated 4 million pesos of his talent fees from product endorsements.

On October 2019, an amount of Php.1 million from Mayor Isko's talent fee in endorsing JAG Jeans was given to the charity for the cancer wards and patients of the Philippine General Hospital (PGH). When he turned 45 last October 24, instead of receiving gifts, he asked the members of Manila Golf and Country Club to donate their pledge donations of 24.5 million pesos to the cancer patients of the said hospital. Clearly, one shouldn't deal with wreaking of havoc due to the impact that the donations will cause for the said hospital and its recipients.

Instead of praise, Fahima "Fudge" Tajar, a known attorney, slammed a complete accusation over Manila City Mayor Isko in regards of the mayor's billboard endorsement. The critic explained the violation committed by the mayor; pursuant to the Section 90 of Local Government Code which prohibits "engaging in any occupation other than the exercise of their functions as local chief executive", however, it is unreasonable to judge a mayor who just offered fair deed to the people affected by catastrophes.

The law's effectiveness would be nothing if the condition was used in a right way especially if the intention is completely for the sake of the community and not because of taking advantage of the power of being a politician.

Fairly speaking, one should not put accusations because of a certain regulation. Law has its own limitations, but at the same time, it has exceptions. There's no doubt that the intent of the Manila Mayor is really justifiable under the law knowing that it would benefit a lot for various causes.

BY LAWRENCE EDRIAN S. CULALA

AGREE OR DISAGREE



@janiro_hugh_mangalus

Hello Free Wi-Fi

Admit it or not, many humans cannot live without cellphones especially the youth nowadays or the 'teenagers' and we, people have our own kind of this gadget. One of the discovered technology platforms is the internet that cellphones can be associated with it. It helps us people in our daily lives as it makes our communication fast and makes our life easier.

Recently, Holy Cross College (HCC) administration announced that they will be installing in the whole institution a Free Wireless Fidelity famously known as 'Wi-Fi'. Students, faculty members or teachers and other employees, these are just some of the people who will benefit from this project especially when they have free time to use the internet.

According to HCC President Atty. Dennis C. Pangan, the installation of the free Wi-Fi will be done by the end of February 2020. There will be 2-3 Wi-Fi's that the school will be installing in the school canteen, student center and garden. The school administration clarifies that there will be no more

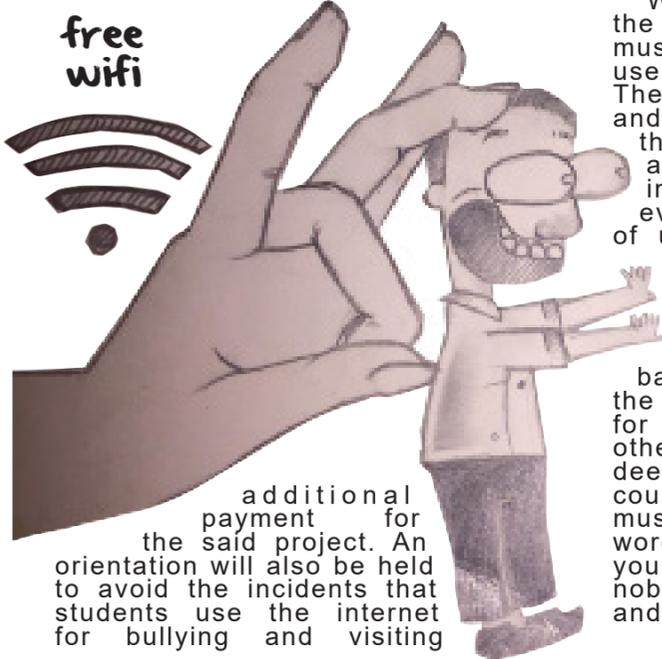
pornographic sites.

Visitors who will come to school can freely access or connect to the free Wi-Fi. As a result of this, they might enjoy the free internet and it may have good points for them to stay and study in HCC especially the students. It's good to hear also that the institution can afford the projects or services that other big schools or universities offer to their students.

Students will surely agree to the installation of free Wi-Fi in the school campus because it helps them in different ways. One of these is it helps them in answering assignments, in making their projects and other academic requirements. They can also communicate with their loved ones from other countries if they have free time.

Mr. Ron Ellie Mark Balagtas, one of the Junior High School teachers also agrees with the free Wi-Fi project. However, he stated that the free Wi-Fi of the school should have a good system just like the services at the malls wherein the users must register first before using the free internet. As a computer teacher, he proposed that there should be a limitation in using the internet. Thus, we can sustain the fast and reliable free Wi-Fi in the school.

With this privilege that the school offers, students must use it properly and use it in the right way. They must not abuse it and mustn't visit with the websites that aren't acceptable in the eyes of everyone. All of us should be responsible in using technology. Nowadays, there are some people who use it in a bad way wherein the internet is used for cyberbullying and other unacceptable deeds against our country's laws. People must follow these words, "Think before you click" so that nobody will get hurt and abused.



additional payment for the said project. An orientation will also be held to avoid the incidents that students use the internet for bullying and visiting

ILLUSTRATED BY KYLE A. TRINIDAD

CHANGES



@raisa_nicole_buan

True Leader's Heart

Kapampangans are very lucky enough that they're still alive at this moment. After the Pinatubo eruption's unrest during 1991, Batangas willingly stretched their hands for Pampanga. Until this late January 12, 2020, the situation has repeated itself after Mt. Taal once again erupted. Many were emptied and now longing for help, and in just a glimpse, the prayer of the Batangeños were all answered.

With the personal problems Pampanga hasn't resolved yet, Governor Dennis "Delta" Pineda didn't waste time just to offer help for the affected citizens of the unexpected Taal eruption. Governor Pineda together with Converge ICT Solutions President Dennis Uy, strikes pose after the company donated P4 million intended for the residents affected by the said eruption. The

“
Many were emptied and now longing for help...
”

admin of Pineda supplied food packs, dry goods, and water containers to 211 evacuees of Batangas, where it served as relief for the upset the residents had experienced.

The operation was followed by a medical mission that benefited more than 600 citizens from five villages of Batangas where they are viewed and given free medicines. Gov. Pineda is really after extending help as he personally handed over monetary donations from various private and public sectors in Pampanga all the way to Batangas Gov. Hermilando Mandanas. Instead of chasing only fame, Pineda just stood as a real leader to his fellow natives regarding his fidelity to serve not only Pampanga but also other provinces in need.

Meanwhile, the Pampanga Capitol has already provided over P1.9 million in total of financial assistance to the victims of the Taal volcanic eruption.

Pineda only shows that he is eligible to become Governor of Pampanga province. Because he cares not only for the safety of the people of Pampanga but also other people including the victims of the Taal eruption. It is clear that once a province is at risk, a hand will always be extended by others, a balanced point of view a true leader must be endowed with.

STOP QUARRYING MASUNGI

It is one of the conservation areas in the Philippines and which was recognized in an international award – Masungi Georeserve. This georeserve is an important place for a lot of people as it preserves rock formations, forest where animals and other living things.

Recently, a quarrying company known as Rapid City started fencing off which has also encroaching part of the Upper Marikina River Basin Protected Landscape and the proposed Masungi Strict Nature Reserve and Wildlife Sanctuary, areas that are strictly protected from different destructive and quarrying activities, thus, what the company has done is considered illegal. These areas must be protected and preserved from bad threats and people.

Last 2018, the Masungi Georeserve was awarded for being a global model for conservation at the International Union for Conservation of Nature (IUCN). It's clear that there's no reason to destroy

and quarry a place that's recognized and known worldwide. This georeserve has contributed not only in our country but also to our nature. At the end of the day, people will also be the beneficiaries.

The Department of Environment and Natural Resources should evict the said quarrying company from Masungi and to other near areas that may be affected and damaged. They must think about the possible outcomes if they continue their operations.

Government must take actions with illegal operations especially in destroying the environment. They must be responsible with the big companies that they partnered with. Nowadays, there are many species, animals and natural resources that are endangered. We must preserve and protect our environment from extinction.

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We must preserve and protect our environment from extinction.
”

BY JANIRO HUGH E. MANGALUS

Paray must repent and pay!

One of the most controversial issues today is the Greenhills hostage taking. The Philippine National Police (PNP) when they found out that a hostage was taking place at the Greenhills Mall they immediately went to the mall to be sure that the victims are safe.

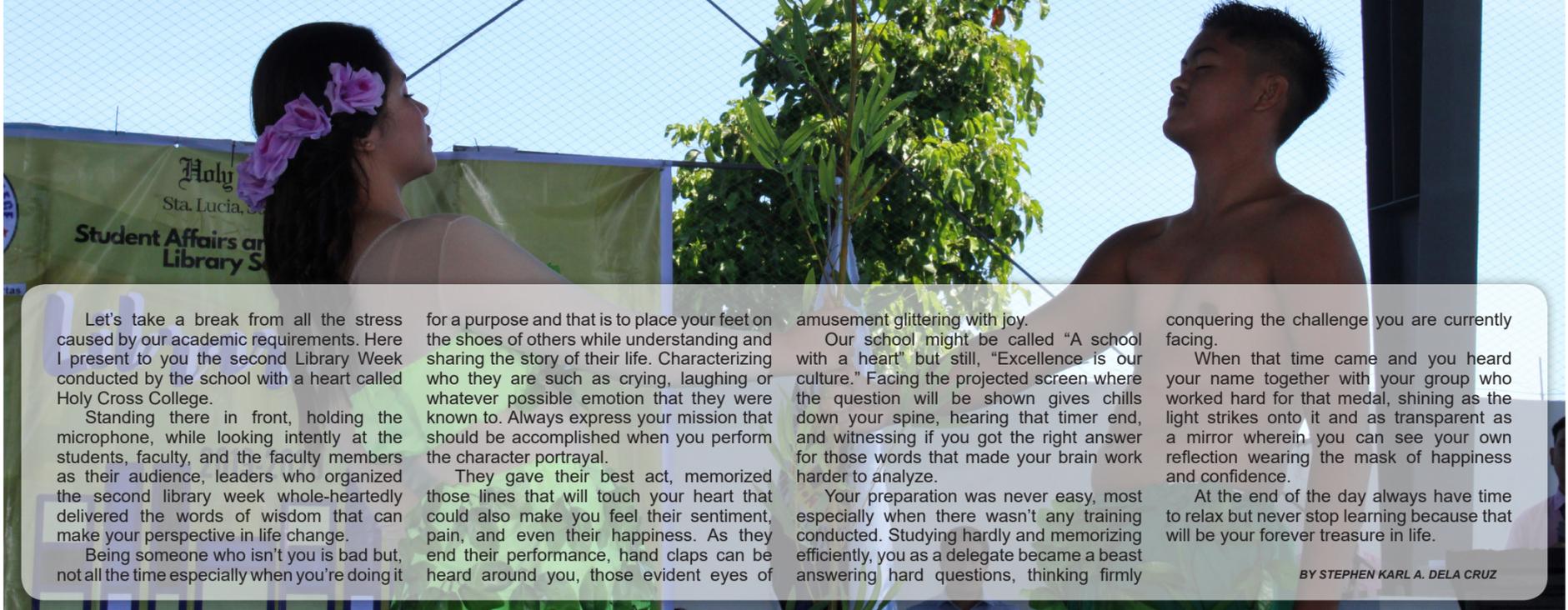
The dozens of hostaged vendors and employees of V-Mall were released on Monday night after authorities complied with the demands of the hostage taker. Alchie Paray walked with gun, his phone, and some grenade. There are 30 people held hostage. Paray was a security guard but according to some police officers who investigated the incident, he is not registered as a guard and doesn't have a license to hold a gun.

Paray was arrested as 5 cops tackled him to the ground and they found some multiple firearms. For me, Alchie Paray needs to stay at the prison for too long so that he will repent about what he did, at the same time he must need to remove his firearms so that he will never hurt others. There is always a proper venue in raising a concern. He should've put it into writing and did not do it in lieu of people's security.

BY HAZEL ANNE M. PANGAN

Alyssah S. Samson and Avelino S. Alfaro, both Grade 8 students, impersonates the character of Malakas and Maganda during the celebration of Library Week 2020.
Photo and caption by: Boris Sebastian C. Lontabo

Place of knowledge, my new comfort zone



Let's take a break from all the stress caused by our academic requirements. Here I present to you the second Library Week conducted by the school with a heart called Holy Cross College.

Standing there in front, holding the microphone, while looking intently at the students, faculty, and the faculty members as their audience, leaders who organized the second library week whole-heartedly delivered the words of wisdom that can make your perspective in life change.

Being someone who isn't you is bad but, not all the time especially when you're doing it

for a purpose and that is to place your feet on the shoes of others while understanding and sharing the story of their life. Characterizing who they are such as crying, laughing or whatever possible emotion that they were known to. Always express your mission that should be accomplished when you perform the character portrayal.

They gave their best act, memorized those lines that will touch your heart that could also make you feel their sentiment, pain, and even their happiness. As they end their performance, hand claps can be heard around you, those evident eyes of

amusement glittering with joy.

Our school might be called "A school with a heart" but still, "Excellence is our culture." Facing the projected screen where the question will be shown gives chills down your spine, hearing that timer end, and witnessing if you got the right answer for those words that made your brain work harder to analyze.

Your preparation was never easy, most especially when there wasn't any training conducted. Studying hard and memorizing efficiently, you as a delegate became a beast answering hard questions, thinking firmly

conquering the challenge you are currently facing.

When that time came and you heard your name together with your group who worked hard for that medal, shining as the light strikes onto it and as transparent as a mirror wherein you can see your own reflection wearing the mask of happiness and confidence.

At the end of the day always have time to relax but never stop learning because that will be your forever treasure in life.

BY STEPHEN KARL A. DELA CRUZ

SKIN CARE: THE SUMMER SETUP

Sure, summer might be the season to kick back, relax, and enjoy the stress free vibes but it's no time to slack on your skin protection. UV/UVB rays are harmful all year round, but that danger goes even higher when the summer season starts. Thanks to the prolonged exposure levels.

We're giving you a skin care setup for the hot summer days, with tips from certified dermatologists. So let's get you ready and be prepared for that summer skin that will totally scream "Sana All".

1. Make small changes.

You don't want to wear those heavy, "taglamig" clothes on a hot summer day, right? So why should your skin do the same? As the season changes, you might want to change your skin care products to adapt to the rising temperatures. Instead of having heavy creams, you might opt for gentle foam cleansers and more lightweight moisturizers.

2. When it feels right, it's right.

You might notice that I did not quote or mention any certain brands that most skin care tips do. It's because like Dr. Winlove Mojica, your fellow Twitter Derma said, "not all skin care types or routines are suitable for everybody." Our skin can be as unique as everybody else's. So when trying out new products for your skin care summer set up, always remember the rule of thumb, when it feels right, it's right.

3. UV rays and cloudy days.

"Nak, wag ka nang mag-SPF, wala namang araw". Now those words may sound too familiar, but you might actually be more prone to UV exposure than a clear and sunny day. Dr. Erin Jane Tababa a.k.a. "The Nerdy Derma" explained that UV rays actually scatter more on cloudy days. With the help of refraction thanks to the clouds, a cool shade might just offer more than a cool place to sit, but also UV rays that can harm our skin especially, when we are off guard. So, whether it's cloudy or sunny, try to frequently apply your skin protection.

4. SPF myth

Hate to burst your bubble, but in order for a sunscreen to work, one must apply it - apply it correctly. The amount of protection you get from applying a "thin" layer would not be as much as applying a "generous" amount of sunscreen. Meaning to say, you are not really getting that much benefit when applying that 150 SPF sunscreen if you really don't apply enough for your skin.

Second, a common rumor circling right now is that anything over 50 SPF is ineffective. However, experts all agree that the more SPF you use, the more coverage you get. SPF stands for sun protection factor, and works like this: If your skin burns after 10 minutes in the sun, using an SPF 20 should allow you to stay in the sun without burning for 200 minutes, because $10 \times 20 = 200$.

If you are still confused on what to buy, it is recommended to buy and wear your sunscreen properly! Experts say that at least SPF 30, Broad Spectrum, PA +++ or ++++ should be enough. For oily skins, it is still recommended to apply sunscreen, Dr. Deepali, a well-known dermatologist suggested to use gel based sunscreen for those who face the common dilemma to stay protected in the summer season.

5. Avoid burning at all cost

I know it's tempting to stay outdoors, but be aware of skin burns. Sun burns are such a pain, (literally) they are a byproduct of staying outdoors without the adequate protection for your skin, and they are a total hassle. And to add hassle to that problem, extended or mistreatment of sunburns can extend to even bigger skin problems. If you plan on staying out for long, remember to add enough sunscreen and re-apply as needed.

As you prepare for the hot sunny seasons, it's best to enjoy the weather with a little bit of protection. Taking care of our skin is something we should normalize even when it's not summer, it should be something to be aware about after all. The skin is indeed the largest external organ of the body, and should be taken care with extreme protection just like any organ. Happy Summer!

BY ELI L. DELA CRUZ

Produce X: Filmmaking lol

By Eli L. Dela Cruz

For what used to be a revolutionary idea, films or short films have been popular lately, whether from the big screens of several film festivals to the performance task such as creating a film for that Romeo and Juliet, or novels of Dr. Jose Rizal like El Filibusterismo and Noli Me Tangere, we can't deny that the concept of film making production hasn't been strange to us, especially to us students.

But, as often as we encounter them for our school projects and performance tasks, we often get lost on what to do, what to tackle first, and the different whats and hows of the art-in-the-making. So here's a list of different tips and advice to guide you in producing a film.

1. A good script is a director's best friend.

It is really doubtful that you'll be able to pull some movie magic without a solid screenplay. Remember that the essence of the film revolves on what is the story; how the story is made is next. People tend to forgive technical imperfections, bad angles, or cheap displays if they are really drawn to the story you are telling. If the script is great, the film has its shot.

2. Work on what you've got.

It is best to work on what you've got. That means, using the very best potential of everything, and using everything to the best potential for your film. Play on your strengths, surely there's probably something unique that you and your group mates have in your household or community area.

3. Accept limitations.

We cannot deny that there is a large bracket of limitations for a school-based filming, and it can be discouraging. How can you create a film when all you've got is a camera? Well, you should be celebrating the fact that all you've got is a boring camera that means all the solutions you'll encounter are going to be creative as Robert Rodriguez wrote, "that can make all the difference between something fresh and different and something processed and stale".

4. You can't beat Hollywood.

Well, not yet a little dreamer. But for now, keep that dream alive and set foot in reality, tempting as it may seem but you cannot really beat Hollywood's fancy CGIs, its style and gloss, but you can do it with your passion and love for the art. Let's try our own style; something that Hollywood has never seen; something that the studios and their imagination wouldn't have the guts to do. Let your imagination run wild, little director.

5. Push Yourself.

You can't be a better script writer if you write the same story over and over again. You can't be a better videographer if you use the same angles or comfort zone tricks, same would be to an editor if you don't explore the capabilities of your editing software. Every film you make should teach you something you didn't know before. You should draw on the skills and techniques you've already learned—but if you're not building on them, if you're not pushing yourself further in some way, you're playing it safe.

6. Against all odds, don't give up.

The odds may be against you but don't be hasty and surrender if you haven't failed at filmmaking yet, then you probably weren't being ambitious enough. If you did, congratulations; you're on your way to becoming a great filmmaker. Just keep at it, and as Beckett put it, "fail better" next time.

7. Don't listen to others.

One of the most difficult trials in making a film isn't about a deep technical fault but rather a foul by opinion. Hollywood screenwriter William Goldman famously said of the film world that "nobody knows anything"; and it's true. That doesn't mean you should ignore everything anyone tells you, but if you're really passionate about a project, don't let anyone talk you out of it. Make the film that you want to make. Most of all, don't listen to people who say you can't do something.

Who says films have to cost a certain amount, look a certain way, be made a certain way, or contain this element or that one? Hint: they don't.

Play beyond Reality



1. When you are just starting, don't focus on decorating, spend your money on buying cats.



7. When you see fireflies or bees flying around your garden at night, tap them, they give love too. Be careful though as some of them will just give you ads.



2. To get more love, tap the yellow button thrice after completing each task, this will give you 320 Love.

Are you bored? Are you somehow dreaming of designing your own house? Do you want a home with a life-time partner and have a bunch of cats to take care of? Well, there is a way to let you experience that even though it's just on the screen of your mobile phone. A new game that had an impact with the people today, even if it's the youth or some people who are in their adulthood.

"Adorable Home" is a simulation mobile game that allows you to simulate a home life with a partner and a bunch of cats. In the beginning of the game, you will be asked to choose your avatar, name it, and choose an avatar for your partner in the game as well. Then the fun part begins. You decorate your home, unlock new rooms and areas by paying with "love" — this is the in-game currency of Adorable Home. The more cats you have, the more chances you'll earn "love points," which can later help you decorate your home.

This game is just like the real life where you have to work to make money. These "love points" are just like the money in real life because it is what you use to buy furniture to decorate your home and buy more cats.

Well, yeah, it is a little hard to earn that much love in this game easily, but don't worry, I am here to help you. Here are tips that could help you level up.



6. Decorate your home more after buying the garden, this will make even more visitors come to your house.



3. Choose sea dried fishes over other food options as this will give you more love and it'll take less time before the cats eat it.



4. When cutting the nails of the cats, tap them instead of swiping. This will reduce the risk of hurting them.



5. Save up to buy a garden. This will make visitors come to your house which will also give you more money.

Lying Truth



Keen eye no lie. Heaven James D. Aquino was awarded for his skills and keen eye in spotting fake news right off the bat.
 Photo by: Boris Sebastian C. Lontano

You were already fooled by love; would you allow yourself to be also fooled by fake news? Stop and identify fabricated news so that the spread of misinformation will be prevented. Here are some useful tips to distinguish fake news.

First of all, do you know what fake news really is? You might be taking it in a way far different from its legit meaning. Fake news is made up stuff, masterfully manipulated to look like credible journalistic reports that are easily spread online to large audiences willing to believe the fictions and spread the word.

Second, fake news has bad grammar. If their grammar is already bad, how much more lying is?

Third, badly written content. Oh, this might hit you hard, you can compare this in a real life situation wherein you looked for its outside appearance not knowing its decaying inside. So, it is better to be a keen observer.

Fourth, fantastic claims. A news should never have an adjective, it must always be straight forward, so don't be fooled by its sweet words like how you have fallen for a person who is good in telling you convincing promises that at the end were not fulfilled.

Fifth, outlandish headlines. Uhhuh? So, this means even being unique can be equivalent to being untrue.

Sixth, an obvious lie. Gosh, it is clear that it is lying yet, here you are still trusting. Can't you open up your eyes to see how pathetic you already are? Wake up!

Seventh, no news sources or attributions. Then, where did they get their information if there was no source? Ah, probably unreliable. It is just like this, you will not learn if nothing was taught, whether by a person or event.

Eighth, check the URL. Human's mind is tricky, even a single letter can be changed to a number that you might have thought to be the same URL. For example is the capital letter I can be substituted by number 1 so that you'll be fooled.

Ninth, read about the page. Know it better before you give your full trust so that there will be no regrets in the end.

Lastly, read beyond the headline. Do not just rely on its headline, you might end up judging that it is legit without knowing that the whole story was just a big lie.

Fake news is nothing new. While, networks don't filter for truth. Falsehoods are more shareable than truth. Sadly, people nowadays would like to believe the lie in order to avoid the painful truth. Nevertheless, there will never be enough reasons to cover up wrongdoing with another wrong doing.

BY ARTHE MARIE KHYLE S. MALIWAT

Lenten Season

"You came from dust, and to dust you shall return"- Fr. Reynaldo Cruz

Every year we celebrate Lenten season, it is to deepen the meaning and value of our Christian lives, and it stimulates us to rediscover the mercy of God so that we, in turn, become more merciful toward our brothers and sisters.

Lent is a new beginning, a path leading to the certain goal of Easter, Christ's victory over death. Ash Wednesday is the start of the season of Lent, which begins 40 days prior to Easter. In Catholic church, adherents attend mass on this day and the priest put ashes into the worshipper's foreheads.

In the bible, ashes are symbol of repentance and death, that is why Ash Wednesday is the start of Lenten season because it represents one's repentance from sin as well as Jesus Christ's sacrificial death.

After that, there is holy week, it is the most important sacred time of the year where we remember the last days of

Jesus' life on earth. Also, it is the week before Easter which observe with special solemnity. It begins with Palm Sunday, then Holy Monday, Holy Tuesday, Holy Wednesday, Maundy Thursday, Good Friday and end up with Black Saturday.

Easter Day is the celebration of resurrection of Jesus Christ. It is the main reason why Christians keep every Sunday as the primary day of religious observance.

Here in Pampanga, as we celebrate this Lenten season, there's a lot of worshippers who do act of self-flagellation still takes place in the hundreds of processions that take place each Easter.

Not only in Lenten season you see the sacrifices of God for us, we need to remember it and deepen our faith in Him. Also not just in Lenten season, we remember God but also in our everyday life, because He died for our sins and sacrifice Himself for the sake of all mankind.

BY BRENDA LYN MAE M. CASTRO AND RAJ JOAQUIN P. ARYAL

TikTok fever reaches HCC



Since TikTok started in 2017, it has had a huge impact on people all around the world and became a wide sensation. What is the reason for the success of this app, is there a secret?

TikTok is a video-sharing social networking service owned by ByteDance, a Beijing-based company founded in 2012 by Zhang Yiming. It is used to create short lip-sync, comedy, and talent videos. The app was launched in 2017 for iOS and Android in markets outside China.

TikTok made a huge impact on the life of Crucians, both teachers and students. "The videos are entertaining. Their creativity is inspiring and drives me to create videos. You can express your feelings through dancing and transitions", Lindsay Pineda of Grade 7 Ezekiel said.

Teachers are also never late with these kinds of trends. In fact, Mr. Robin Eduard I. Castro is one of the teachers here at our school who is famous for his TikTok videos. According to him, whenever he sees videos that are funny and entertaining, it makes him one to make his own videos. It is also one of his ways to go with the flow of his students, as 80% of his advisory uses the app.

Ms. Alexza Mae M. Peña, a math teacher is also known for the videos she makes. She said that her cousins influenced her to make an account, as she always asks them "what the app is for?" She said that she is having fun while making these videos because after a stressful day of a teacher, these videos serve as her stress reliever.

Many people are already hooked with this app, also made some trends that

were even mentioned in many social media platforms and even on the news just like the "Tala Challenge." I think the reason for that app's success is because it is easy to use, as they are only just two main pages, the "For You" and the "Following", where you can just swipe up and down to browse videos and save those you can't just stop watching.

Though it is a big source of entertainment, we should never forget that there is a world outside the small screens of our mobiles, laptops, tablets, and others where we could still share our talents with other people and have fun.

BY RAJ JOAQUIN P. ARYAL

My child, there is no Planet B

Beautiful scenery, paper, pencil, money and food all came from Me. I went to earth just to give it all up to you but now, you destroyed Me. Earthquakes, floods, fire, eruptions of volcanoes are some of the disasters you people are experiencing because of the inhumane actions of every person towards Me. It is your fault you must face My punishment. I commanded you before to be grateful but do not destroy.

Aren't you wondering why a light rain can cause heavy floods? Floods which can cause many problems in human life and in society. You people are experiencing loss of loved ones, damage to property, loss of livestock, and deterioration of health conditions owing to water borne diseases. And yes, all of those hardships you experience are the result of your wrong actions. You throw garbage everywhere, and cut down trees in the mountains where nothing could stop the flood. Aren't you grateful for having such a wonderful nature? And yet here you are, destroying those creatures.

"OH MY! IT'S TOO HOT!", "GEEZ, IT'S SO COLD!" Those are some of your expressions whenever you feel hot and cold. That's because you are experiencing the wrath of climate change. Climate change is a change in global or regional climate patterns, and attributed largely to the increased levels of atmospheric carbon dioxide by the use of fossil fuels. When this event continues, it will surely burn the whole planet or it will even kill millions of people.

You people are being irresponsible, undisciplined. You were called humans but I can't see humanity. No one wants to experience disasters, but why do you keep on making wrong actions that can cause disaster and tragedy? In the end, you are the one who is suffering. Why do you let this Earth be destroyed? This Earth was a paradise before, but now it was a wasteland.

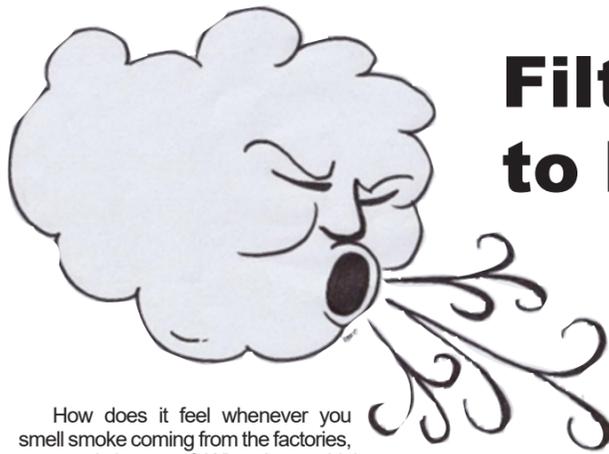
It is true that no one likes the disasters that come into your lives but who is the reason behind it? Isn't it you? Of course you! People without discipline and self-seekers of their own interest! Worst things are yet to come if you don't stop what you are doing. So if you don't want to experience the worst disasters,

prove that you are my stewards. Fulfill your responsibilities in life, establish discipline, most of all learn to love and take care of Me, the One who gave you all what you need and always

remember that there is no Planet A. By the way I am God.



BY MATTHEW JACOB S. SEBASTIAN AND MARJORIE L. SAPNU



Filthy air results to bones' danger

How does it feel whenever you smell smoke coming from the factories, cars, and cigarettes? What do you think is the effect of these smokes to the environment and to human health? Well, bear with me and let's discover!

In a blog article written by Rinkesh (2020), he stated that smokes coming from cigarettes, factories, cars and from the bush or cease fires can cause air pollution due to the chemicals coming from these things. Too much smoke that causes air pollution can lead to the destruction of the ozone layer of the Earth which protects us from dangerous ultraviolet rays coming from the sun.

However, exposure to air pollution can also lead to poorer bone health and contribute to osteoporosis. According to the International

Osteoporosis Foundation, osteoporosis is a disease in which the density and quality of bone is reduced. Most of the people in the Philippines, especially the elder ones are confirmed to have osteoporosis. Some people nowadays don't know what could be the effect of air pollution to their health that's why they are exposing themselves to too much air pollution. On the other hand, air pollution can also cause lung cancer, respiratory diseases, miscarriages, and even hair loss.

Pursuant to the Philippine Clean Air Act of 1999, it aims to achieve and maintain healthy air for all Filipinos. Government agencies also conduct programs to reduce the dirty air in the surroundings. But even though the government cares for the environment, people are really undisciplined and irresponsible for not taking care of the environment.

In order for us to reduce the diseases coming from the dirty environment, we should be responsible for every step we take. If we do not take care of our environment, we will also suffer from our wrong actions and decisions in life.

BY MARJORIE L. SAPNU

Is Mt. Pinatubo sleeping?

Everyone felt sadness, fear, dread, especially those people of Batangas about the eruption of Mt. Taal. Due to the eruption of Mt. Taal, people of Pampanga and its neighboring province are also alarmed because fear and dread returned to their hearts as they remembered the eruption of Mt. Pinatubo. But are there any possibilities Mt. Pinatubo will erupt again?

According to volcanologists, further violent eruptions could be possible. Mount Pinatubo is also called "Bundok ng Pinatubo" in Tagalog and "Bunduk/Bulkan ning Pinatubu" in Kapampangan. It is an active stratovolcano in Zambales mountains, located on the tripoint boundary of Philippine provinces of Zambales, Tarlac and Pampanga. It was June 15, 1991 when the last eruption of Mt. Pinatubo happened, 29 years ago to be exact. More than 350 people died during the eruption, most of them suffered from collapsing roofs, continuous mud flows. Disease that broke out in evacuation caused additional deaths, bringing the total death to 722 people and 200,000 people were left homeless.

PHIVOLCS (Philippine Institute of Volcanology and Seismology) stated that Mt. Pinatubo may erupt again. Any time the volcano erupts, it is best to know what you will do at the time of the eruption and before the volcano erupts everyone must be ready.

These are some of the things to do before the volcanic eruption. First, listen for emergency information and alerts. It's important to listen to the emergency information alerts so you will know when you need to evacuate and what you need to do. Follow evacuation or shelter orders. If advised to evacuate, then do so early. Evacuate if needed and don't be stubborn. Avoid areas downstream of the eruption. Do not go further into the nearby volcano. Protect yourself from falling ash. Lastly, do not drive in a heavy ash fall.

BY MARJORIE L. SAPNU AND MATTHEW JACOB S. SEBASTIAN

COVID-19, virus without cure

Fever! Cough! Breathing Difficulties! Sore Throat! That could be a virus. A virus which suddenly spreads, life-threatening, untreatable, fascinating, and contagious.

Last January 2020, CoronaVirus (COVID-19) circulated on news reports and became trending. According to the Virginia Department of Health (2020), COVID-19 is a type of coronavirus which is a large family of viruses found in both animals and humans. Some infects people and are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

It started in Wuhan China which has spread to neighboring countries. According to the World Health Organization, 2019-nCoV causes respiratory disease and can be transmitted from one person to another usually after close contact with an infected patient.

The following symptoms are seen on a person with COVID-19: fever, cough, breathing difficulties, sore throat. If a person feels all of those, the person is advised to see a doctor.

As of now, researchers as well as doctors were not yet able to find a cure for this virus. That's why taking precautionary measures are being advised to people especially on strengthening their immune system. The following ways on how to prevent this virus can also be adopted. 1) Use an alcohol-based hand sanitizer with at least 60% alcohol. 2) Always wash hands with soap and water especially after using the comfort room. 3) Avoid close contact with people who are sick. 4) Stay home when you are sick. 5) Cover your mouth and nose when coughing or sneezing. 6) Use a mask to prevent inhaling dirt.

BY MATTHEW JACOB S. SEBASTIAN

How Long Can You Live?

YOUNG, WILD AND FREE. That's how we define youth nowadays. Some of the teenagers and students, especially men, are now smoking cigarettes to

look cool and sophisticated.

But are they aware that smoking can lead to depression for young adults?

According to Better Health

Channel, smoking cigarettes affects our physical health and immune system especially lungs but it can also affect our mental and emotional health. Researchers also said that one stick of cigarette contains 600 chemicals and its smoke contains almost 7,000 chemicals. Those chemicals can destroy your immune system but who would expect that smoking cigarettes can also lead to depression?

Smoking is a hard habit to break because tobacco contains the very addictive chemical nicotine. Other teenagers nowadays or even adults use cigarettes for relieving stress, self-medication, etc. However, there are some cases in the Philippines and in other countries wherein smokers are confirmed suffering from depression. Depression as defined by Smith et.al (2019)

is a mental and emotional illness in which people who are suffering from it feel sad, worthless, empty, and they feel loner. This is among the negative effects of smoking, possibly because nicotine damages certain pathways in the brain that regulate mood.

Other people who don't smoke tend to have better health than those who smoke. When you are smoking, you can't immediately stop it. Until one day you are diagnosed with some of the negative effects like depression.

In our life, we should be wise and smart with every decision we make. We should always think of the possible effect of our actions and decisions. Maybe these actions will only lead us to danger or even to death. Quit smoking before smoke quits you.

BY MARJORIE L. SAPNU

Photo by: Boris Sebastian C. Lontabo

Grade 10 soar highest in Intrams '20



Photo by: Boris Sebastian C. Lontabo

SPORTS EDITORIAL



New home for victory!

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As the school year ends, Crucians swept off with their utmost performances after the three-day onslaught on the Intramurals Double Twenty which was recently held at the newly-constructed gymnasium last February 20-22.

It is an unexpected celebration for the Grade 10 athletes after sealing once again the Over-all Champ title wherein they've also bagged during their 9th Grade.

Sizzling assaults and consecutive shots made the win caged by the Grade 10 (men's division) veterans in the field of basketball, as John Lloyd D. Peña (10-St.Gabriel) carried the team all throughout the game clinching the MVP title and declared as one of the Mythical Five including Jaycee P. Pangilinan (8-Isaiah), Mc. Jayson L. Manalastas (9-Ephesians), Kyle Andrei E. Venzon (10-St.Uriel), and Jayson S. Mercado (10-St.Raphael). Also, their princesses brought home the throne with Princess Sofia D. David (10-St.Uriel) declared as MVP.

Meanwhile, nothing would stop the force of Grade 10 in the field of volleyball as they took advantage of seizing the champ title on both male and female category, with April Ann V. Pangilinan (10-St.Michael) (women's division) as the MVP, while Ryan Jericho D. Silayro

(10-St.Michael) declared as the MVP in the men's division.

Strong placings with perfect combinations outlasted the three grade levels after the Grade 10 triumphed as champion in the male category wherein Karl Lawrence R. Garon (10-St.Uriel) was acknowledged as Best Tekong and MVP, however, in the women's division Grade 9 dominated the championship with Eillah Nicole H. Pangilinan (9-Colossians), crowned as Best Spiker and MVP.

On the racket events, Grade 10 overpowered a smash in Singles A led by Earvin S. Ko (10-St.Raphael), but Mark Solemn B. Castro (9-Colossians) wasn't stunned enough and stole the gold medal in Badminton. Grade 10 doubles boys Thed Vincent R. Galang (10-St. Michael) and John Andrei S. Maglanque (10-St.Gabriel) aimed for the gold profile, on the other hand, Alexandria S. Mangune (8-David) (Single A Girls) captured gold for Grade 8 followed by the 9th Grader's avenge as Bea Dorothy V. Lacbu (9-Romans) (Single B Girls) took the first slot wherein Grade 9 also topped the doubles led by Lizeal Thea D. Mamawan (9-Romans) and Jeraldine G. Ocampo (9-Romans).

In the field of table tennis, Grade 10 bagged two championship titles in the double's girls and boys, while two championships were also tallied from

the singles girls and boys from the Grade 8. Princess Syra C. Cargamento (9-Corinthians) offered gold medals for Grade 9, while Hiltom M. Dumana (7-Ezekiel) seized saving grace for Grade 7.

Also, 10th Grader Jhoanna Lynn M. Mina (10-St. Uriel) ranked first in the field of lawn tennis where 7th Grader Kenneth M. Cortez (7-Zechariah) also harvested gold to charity. In the field of swimming, Grade 7 regained hope after Precious Anne A. Edejer (7-Jeremiah) captured 4 golds on different activities where the Grade 8 also won gold but it didn't outwork 10th Graders to seal 5 golds.

In the track and field events, Grade 10 managed to hack out 6 golds close to the 8th Graders' 4 golds, followed by the 3 golds by the Grade 7. For the board games, Grade 8 was able to take home the overall title in scrabble, on the other hand, in the field of chess, the 7th Graders outsmarted the higher levels after seizing the overall champ with 2 gold medals.

The three-day event really challenged the Crusaders regarding their skills physically and mentally, meanwhile, the JHS Intramurals also hones the cooperation, discipline, and sportsmanship of the Crucians in the world of sports.

BY LAWRENCE EDRIAN S. CULALA

Suffer first to conquer

After several years of soaring high in the field of lawn tennis, Kenneth Cortez, bringing pride to Holy Cross College with exhausting but definitely stunning victories drew fame and at the same time unforgettable memories for the school.

Since Cortez' elementary times, lawn tennis is considerably his only wealth and passion "This sport has really been my passion since my elem. days, but even if I play still it's necessary to maintain my grades", Cortez shared. An athlete with so much determination at a very young age, has a flag to raise by the near future.

Over 4 years of serving in the field of sports, Cortez has already hit the goal of stepping in the CLRAA meet during his 6th grade as he clinched the 3rd place. The win he has seized will remain an inspiration towards his avenge for the Palarong Pambansa by the year 2021.

Before his sizzling campaign for the

competition, he passed through first many trials and errors which made seeds to harvest the awaiting fruit of success. However, Cortez' humility is his best suit in winning such competitions as he claimed despite being qualified in the said meet, there's a lot to improve especially techniques.

Being an aspiring athlete must deal with a do or die point of view in order to be a true enthusiast carrying the possibility to pave way for overflowing opportunities.

The 13-year-old player is only on the first chapter of his journey of enthusiasm in the field of sports, as he continues finding the key to unlock the triumph for HCC. "Be attentive in every training, I admit that it's really exhausting but at the same time you must be patient enough because this will serve as your training course to win in any games. It is also heart warming that you know all your hard work paid off and have purpose", Cortez exclaimed happily.

BY JOHN ELIJAH G. GALANG

It seems like the new gymnasium serves as an early victory for the student-athletes of HCC, a new home which is now functional where they will develop their own skills toward bringing home championships from national competitions.

As the new President Atty. Dennis C. Pangan still after his endless reform, he didn't neglect even once putting up an electric-powered gym for the school. Almost a P100, 000.00 budget allotted for the equipment of the new gym is a thrill for the students as it grasps many surprising features that could motivate them to do rigorous training. One of its features; the five shooting racks worth P25,000 including the P70,000 worth electronic scoreboard, first-ever appearance in HCC.

Pursuant to the million-worth funding over the projects being set by the Board of Directors, the construction of the gym was not game-played due to the benefits it will contribute in producing future potential athletes from the school. Even the construction of the building took much delay in the said target date last September 2019, the benefits it will give to the students are set as early without any targeted day.

The said gymnasium could be used for many sport events such as; volleyball, basketball, badminton, table tennis, tennis, and more recreational activities. It will also showcase programs which is the main function why the building was raised.

Indeed, it is agreeable that the new administration is truly aiming for the goals expected by the students here at HCC, no doubt that ongoing projects will be revealed by this upcoming school year as seen from the progress the admin is showing. The gym which is not degraded will be in great need of the Crucians honing their skills in the field of sports. It should be used properly just like the benefits it would treat for the future athletes of the Philippines.

CRUCIAN RAY Sports

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Doctolera, seizes glory for Crucian fame stint

A never-ending journey of running inside the oval shaped course despite the scorching heat of the sun was definitely a story of enthusiasm an athlete should bear, but to have one ticket trip and compete for the national level is a history no one could deny.

After the endless roller-coaster ride, the doors suddenly opened up for Veammer Scott D. Doctolera (10- St. Gabriel) that made him grab many opportunities he had dreamt of in the field of athletics. It was 2017, when he first joined the varsity team of athletics at the Junior High School department of Holy Cross College (HCC) where his sporting career brought fame for several years to the school.

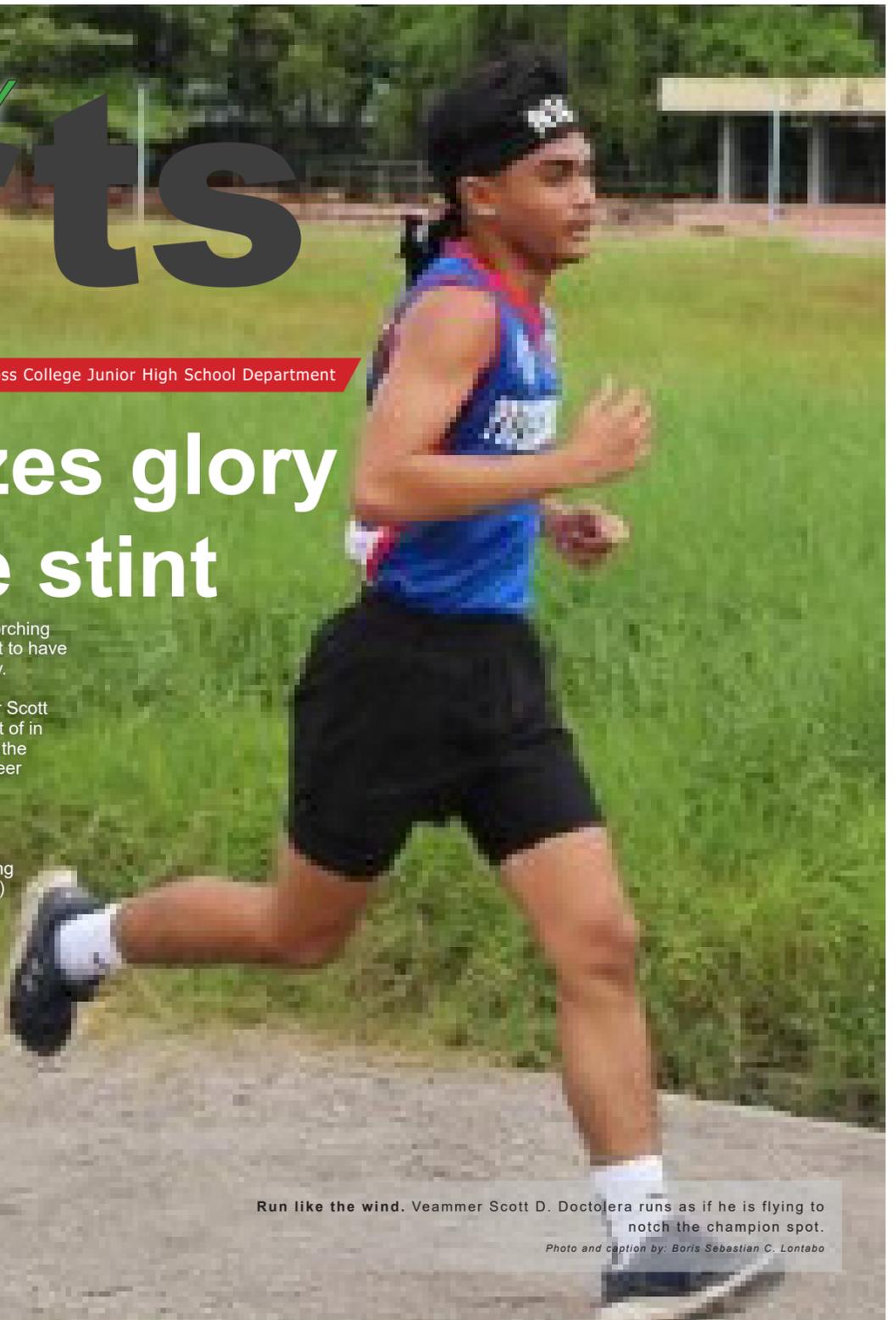
Last 24th of January, Doctolera once competed with prowess in the recently concluded PASDAM, clinching the silver medal in 1500 and 5000 meter-run at the Bren Z Guiao Sports Complex, San Fernando, Pampanga. Marking it as his first appearance in the said competition, he was able to seize glory for HCC despite losing the first slot to pave way at the Central Luzon Regional Athletic Association (CLRAA) meet.

"I think I need to look forward to improving my self-confidence because whenever there's a competition the pressure comes first on my part and of course the will and patience in training", said Doctolera.

On the other hand, the perseverance of his coaches and co-athletes to motivate him served as the key to his victorious stance "They lift me up to be strong and not to give up, the reason is that once you give up there will be no change, and I made them as one of my inspirations to win so that I can prove to myself that I'm not a failure", he added.

The 15-year-old athlete has probably a history to engrave in the near future with the potential he holds for the upcoming national competition. "Never give up when you're having training even if it's hard at first, but the longer you train it will be easy enough for you, accept it or not, being an athlete is hard especially when you're not taking it seriously", Doctolera concluded.

BY LAWRENCE EDRIAN S. CULALA



Run like the wind. Veammer Scott D. Doctolera runs as if he is flying to notch the champion spot.

Photo and caption by: Boris Sebastian C. Lontabo

CLRAA: stepping-ladder to Palarong Pambansa

For several years of bringing fame in the field of sports, Crusaders once again top notched different sporting events as they competed with prowess and valor in the recent Pampanga Schools Athletic Division Meet (PASDAM) which was held at the City of San Fernando, Bren Z Guiao Convention Center last November 19-22, 2019 and January 24, 2020.

The Junior High School athletes engraved another remarkable history every aspiring Crucian athlete will surely continue. In the field of badminton, Thed Vincent R. Galang (10-St. Michael) was able to seize the championship title after outlasting his opponents' tactics. On the other hand, Maria Joanna Lynn M. Mina (10-St. Uriel) bagged the championship title in the field of lawn tennis.

Meanwhile, Precious Anne A. Edejer (7-Jeremiah) reigned supreme after sealing the gold medal in 4x100m freestyle, and the silver medal in her utmost performance in the 4x100m medley relay. Even young campaigner, Kenneth M. Cortez (7-Zechariah) didn't let his contenders take advantage of him after stunning them with his vigorous moves and grabbed the championship title in lawn tennis.

Finally, Veammer Scott D. Doctolera (10-St. Gabriel) managed to soar high after hooking up the silver medal in 5000m run and 1500m run, despite of not being on top, he didn't lose hope to secure a ticket all the way to Central Luzon Regional Athletic Association (CLRAA) meet.

The four Crucian athletes will immediately advance to CLRAA meet at Iba, Zambales wherein it would serve as a stepping ladder to Palarong Pambansa.

BY LAWRENCE EDRIAN S. CULALA

A LEGEND EVEN DEAD



Mamba In!

Behind the best-of-best performances of a well-known legend in basketball, Kobe "Bean" Bryant, who made fame of the name "Black Mamba" which covers many pain kept hidden over the years after

accusing him of sexually assaulting a 19-year-old woman in 2003, the said name reinforced him to remain still and play in the court despite the issue.

Until last January 26, a tragic incident occurred after the helicopter Bryant was riding in had crashed, together with his 13-year-old daughter Gianna. The sporting world mourned and paid tribute to the legend with his

daughter.

The incident affected the whole world especially Bryant's fanatics. Many Crucians were amazed of him which they also imitated his moves including the low post and the fade away shot. After the said accident, even the HCC community were in sorrow as they commemorate Mamba's contribution to the sporting world.

Arts and songs are the way how Crucians expressed their sadness because of his death, like the art wherein they wrote down the name Kobe with different styles and drew his face using chalk and blackboard.

Kobe's 'Mamba Mentality' taught students of HCC to be inspired by their academic stances, "He inspires me to work hard, achieve my goals, and to continue to fulfill my dreams", shared Jarei Oswin Gomez, Grade 8 student. Another student shared how the legend inspired him much as others do, "Many students like me mentioned the name Kobe when shooting paper in the trash bin", added Sanford Vinuya, Bryant's fan.

Mr. Robin Eduard Castro, Filipino teacher, also a fan of Kobe showed tribute to the veteran by connecting the death of Kobe Bryant into teaching. He stated that as a teacher, you need to give your best as what Kobe did in basketball. "Unexpected things happen everyday but our legacy will remain just like Kobe, kaya habang nabubuhay tayo, 'yun ang misyon natin, ang magturo at magbahagi ng kaalaman sa mga kabataan", he concluded.

BY JOHN ELIJAH G. GALANG

