

Crucian Ray

Keeping the Holiday Spirit Alive with Caritas

By: **PRECIOUS ANNE A. EDEJER**

HOLY CROSS COLLEGE has once again proven itself as a trustworthy school with a heart in the Municipality of Santa Ana, Pampanga. On December 10, 2021, they held a Caritas program called PISO PISO PARA SA NOCHEBUENA and SCOUT CARITAS at the Gawad Kalinga Foundation, at Sto. Rosario, San Luis, Pampanga. With twenty-nine family recipients of the program hosted by the SSG (Supreme Student Government) AND BSP-SSP (Boy Scout of the Philippines - Senior Scout Section) of Holy Cross College.

According to the SSG Adviser, Ma'am Diana Pineda, the main purpose of the program is "to give joy to the needy during the yuletide seasons - Christmas

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PHOTO BY: HCC MULTIMEDIA DEPARTMENT

CRUCIANS' VOICE: ON AIR

By: **AINCE DHEMRICK W. LAPUZ**

Crucian Beats, the official broadcast of Crucian Ray, broadcasts via Facebook Live every Friday from 1:00 pm to 2:00 pm, except when there are upcoming exam weeks. The speaker/s of the Crucian Beats or also known as the DJs, have their own separate days when they are going to broadcast. Also, the DJs are the journalists that allows them to hone their skills in script writing. Although some problems occur such as having a bad network quality in the middle of the broadcast or reading the script incorrectly, the broadcasts are still successful in the end.

A script in the broadcast is the main requirement when

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HCC TO CONDUCT IN-PERSON MOVING UP CEREMONY

By: **BARBARA SOPHIA M. PANLILIO**

Two years after the outbreak of the Corona-Virus disease, students of Holy Cross College (HCC) under the Junior High School Department may now be able to attend a Face-to-Face Moving-Up Ceremony. This was in line with the announcement of the Department of Education (DepEd) last March 25 2022, stating that they will allow physical graduation rites for all the areas under Alert levels 1 and 2.

The said completion ceremony will happen on May 12 of the current year at HCC Gymnasium also known as the Aniceto building that will be led by Mr. Rodel Nogot and Ms. Stephanie Landayan. This year's celebration has a theme "K to 12 Graduates: Pursuing Dreams and Fostering Resilience in the Face of Adversity." On the other hand, Mrs. Mary Anne Bernadette M. Samson, the Education Program supervisor 1 for MAPEH, will be the guest speaker.

In preparation, grade 10 advisers headed by Mrs. Diana Pineda scheduled both online and face-to-face

completion practices. Online practices will be done on April 26 and 27 using Microsoft Teams, while actual completion practices will be held on the 29th day of April, and on the 2nd and 3rd day of May. The final practice and toga distribution will take place on May 10.

"As the moving up ceremony approaches, I feel happy and also sad at the same time. I'm happy because I was able to surpass Junior High School. In those 4 years, our hard work and determination were tested, and to be honest, it is not easy. I'm also grateful to have met great people who are always there with me. But also, I am sad because our high school life comes to an end," uttered by Brandon Rain Venzon, one of the graduating students.

To sum up, all students must wear a complete uniform, while their guardians should dress casually. Everyone in attendance is required to maintain proper social distance, bring alcohol, and wear face masks at all times.



Junior High picks New SSG Officers

By: **BRENDA LYN MAE M. CASTRO**

As the current school year is ending, junior high school students conducted an online election for the executive position of Supreme Student Government (SSG) for the S.Y 2021-2022, last March 8, 2022.

Students from Grade 7 to 10 cast their votes from the two parties SULONG and SIKLAB online with the use of google form.

Prior to the election day, virtual presentations of participating parties and online campaigns were held, wherein all candidates gave their brief background and their platforms to campaign for their aspiring position.

Early on, Mrs. Diana T. Pineda, SSG Adviser, with the former SSG officers facilitated this year's campaign schedules that will be followed by the different parties.

The virtual proclamation of the new SSG officers through Facebook live was hosted by Ms. Erica D. Esguerra.

"Give up on your frustrations but never on your hopes, give up thinking about your setbacks but never on your goals, give up worrying about your ability but never on your responsibilities" this was an inspiring message by Mrs. Elena Soliman, the former IBED Vice Principal in the virtual proclamation.

In the end, the newly elected SSG officers for the S.Y 2022-2023 as follows:

President: Jaimie P. Timbang
Vice President: Franz Geric G. Pangilinan
Secretary: Marcela Benita Emilia M. Timbol

Treasurer: Lindsay V. Pineda
Auditor: Allyson S. Samson
P.I.O: Gwenn Ellison M. Caalim
Sgt. @ Arms: Urlica Loise C. Lalu and Ille Calvin Andrei V. Dueñas

Grade 8 representatives: Ashley Charm M. Dizon and Rihanna Ayesha L. Dizon

Grade 9 representatives: Hanna Louise D. Dizon and Rhiane Joy C. Miranda

Grade 10 representatives: Frances Jasmine S. Turla and Stefanie C. Alfonso

Indeed, the school will continue to have wonderful officers as every individual promised to do their best to serve the students with their best effort.

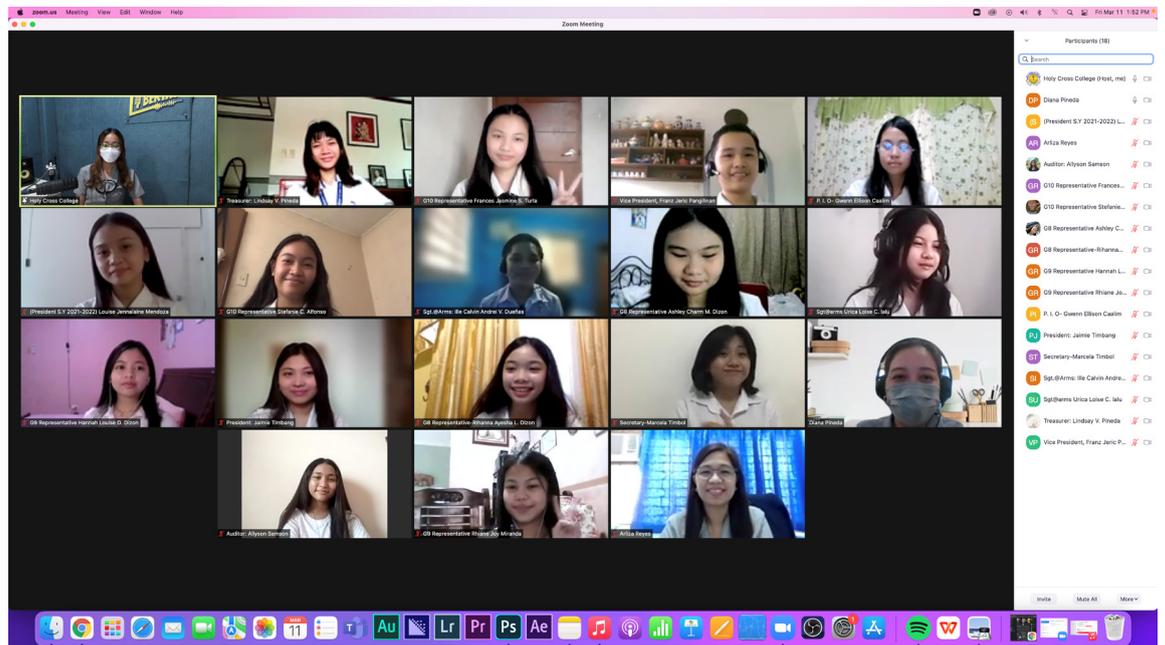


PHOTO BY: HCC MULTIMEDIA DEPARTMENT

Reflection through Virtual Pre-Lenten Recollection

By: **CLAIRE MARGARET D. GARCIA**

Recollection is a program that was done by the Grade 6 to Grade 10 students of Holy Cross College yearly led by ma'am Sophia Canio of Junior High School. The duration of the said program in every session is 2 hours being managed by different personalities such as: Reynald Velardo, LPT, Quincy R. Casupanan, LPT and Sir Mervin Maniago, LPT who are all a religious and values teachers from their respective schools. This year's recollection has the theme of "Witnessing to Faith with Jesus, A Gift to Share with Others" that left a deep meaning to every students' heart.

January 6, 14, 21 and February 11 and 19 are the scheduled dates for the virtual Vrecollecion program. The Grade 6 students attended the virtual recollection on January 6, 2022 and it was done and finished at 9:00-11:00 AM. Then, the recollection for the Grade 7 students was done separately by sections: Jeremiah, Malachi and Ezekiel are the sections that attended the program on January 14, 2022 at 9:00-11:00 AM. While the 7-Jonah and Zechariah attended the afternoon session on the same day at 1:00-3:00 PM.

pupils on January 21, 2022 with the guidance of Quincy R. Casupanan both Abraham and David attended the morning schedule while 8- Moses and 8-Isaiah joined at afternoon of January 21, 2022. " It was a happy experience," Casupanan quoted. Furthermore, Mr. Mervin Maniago take the lead for the recollection of Grade 9 - Romans, Colossians at 9:00 AM - 11:00 AM and Galatians, Corinthians, Ephesians at 1:00 - 3:00 PM for their virtual pre-lenten recollection on February 11, 2022.

Finally, the last batch for this year's recollection are the Grade 10 students. For the first session that happened on February 19, 2022 of 9:00 - 11:00 in the morning, 10-Michael, Uriel and Raphael attended the recollection, virtually. And then, the 10- Jeremiel and Gabriel attended the program from 1:00 pm to 3:00 PM with the exact date of other sections. To sum it up, every grade experienced this year's virtual recollection and was left with a quote " Witnessing To Faith with Jesus, a gift to share with others".

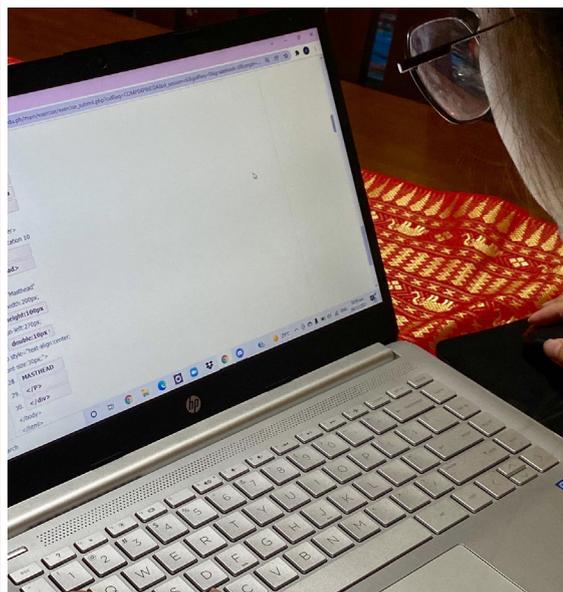


PHOTO BY: RUTH MARIE PADILLA

E-LMS: Key to New Normal Education

By: **RUTH MARIE E. PADILLA**

"Put your heart, mind, intellect, and soul, even to your smallest acts. This is the secret of success," stated Swami Sivananda. One of the awaited periods of the year is exam week. On March 21st to 25th, 2022, Crucians faced their first long test in the fourth quarter through the school website, E-learning Management System (E-LMS).

The 1st long test in the last grading prepared by the subject teacher of each class was accessible through the online education website, E-LMS. It is used for creating, tracking, and reporting educational courses and outcomes. Holy Cross College (HCC) uses E- LMS software to plan, implement, facilitate, and monitor their student learning. All of these activities are performed behind a virtual wall that provides authentication, security, and privacy.

Moreover, the system mentioned above became a way for the Crucians to take their quarterly exams successfully. However, on the survey of Grade 10-St. Michael English class, unstable internet connection remains the main problem of teachers and students in online classes, particularly when taking a test. According to it, most of the students are falling behind in online education due to the delayed WIFI connection.

In a statement, Nichole Marin, a grade 10 student, uttered, "I prepared for almost a week for the upcoming test because it is already the 4th quarter so I really need to study hard. As a result, of course, I passed every subject I took

but the only problem is a weak WIFI connection. I think it is not just me having difficulty with the connection because it is a common trouble that every student encounters. So I think they should allow us to take all examinations online, as well as take tests in person if they want. This will allow us to choose between these two possibilities to ensure that we may obtain our grades based on our hard work and efforts."

Despite the fact that quarterly tests are being taken online, the school with a heart ensured that its students did not adopt cheating techniques since the HCC E-LMS can detect the children's devices when taking examinations. Teachers also monitor their students to see whether they are taking a test or if they have another tab open on their device. In addition, the E-LMS examinations have two-hour time restrictions; when the time has ended, you will no longer be able to access your exam. That is one of the website's guidelines.

HCC has stated that the final test for the last grading period will be held from April 18th to 22nd, even though the first long examination of the fourth quarter just ended. Students are excited for the final exam; to take a vacation but they are intensely preparing for it to pass every subject and to receive awards. At the end of the school year, Crucians' hard work and determination will be recognized with medals and certificates.

Career Ambassadors 2022: A Significant Event

By: **SHIN L. DE GUZMAN**

Career Ambassadors 2022 for the Junior High School were organized by the Guidance and Counseling Services Division in celebration of Career Guidance Week 2022. There were also participants from the different strands of SHS that joined the competition. This program began on March 16, 2022 and ended on March 22, 2022.

Let us start with the JHS Department representatives. The Grade 7 representatives were Lianne Lecea Cunanan and Angelie Salopaso. For the Grade 8 representatives, Lance Sebastian Valdez and Ma. Ella Arante joined, for the Grade 9 representatives, they were Choi Pangilinan and Urica Loise Lahu. And last but not the least, the Grade 10 representatives were Janiro Hugh Mangalus and Maria Angela Rivera.

Each of the contestants represented their dream job and their advocacy speech. As seen from their performances, they had presented their dream and will to succeed. They also exposed those limiting beliefs, things that were holding

them back from achieving their dreams, and so on. In a statement, Lianne Lecea Cunanan, a student in the Junior High School Department and the Grade 7 representative said that when she joined the activity made by the Guidance Council Office, she was so nervous and worried because it was her first time. She's not expecting to win, but a part of her wants to win because she worked hard for it and it took a lot of effort to finish it. Being in second place made her so happy and proud because her efforts were worth it. The participants were all tasked to take photos that included them wearing their career outfits; an advocacy speech for showcase; and a video for a minimum of 3 minutes and a maximum of 5 minutes wearing their school uniforms, which also included their career outfits with a ramp walk.

The criteria that the participants needed to meet for judging were: (A) Poise, Confidence, and Personality for 20%; (B) Modeling Skills for 20%; Career



Attire for 30%; and the Advocacy Speech for 30%. The champions received 1000 each, and trophies were also included. For the first runner-up, they received 500 each. And the 2nd runner up received 300 each. All of the ramp videos and advocacy speeches were posted on the Facebook page of the Guidance and Counseling Services Division.

To conclude, the Guidance and Counseling Services Division established the Junior High School Career Ambassadors 2022 in honor of Career Guidance Week 2022. There are also competitors from several SHS strands who have entered the competition. Each contestant gave an inspirational speech and represented their dream profession. They also revealed the obstacles that were preventing them from accomplishing their goals, and such. - e.e.

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it comes to broadcasting. Making scripts is not that hard when you have experience and because there's a teacher that will assign you in what part you will write in each segment. Sometimes, the adviser will also help you if you are having a hard time making your script. You can also ask the help of your fellow-DJ who also wrote the script of the recent broadcast.

The first-ever broadcast of Crucian beats was hosted by Barbara Sophia Panlilio, Janiro Hugh Mangalus, and Lawrence Edrian Culala last August 6, 2021.

Crucian Beats airs a variety of segments which makes the broadcast entertaining. Such as Crucian Story, IBED updates, Guesting, Advice of the Week, Subject Highlights and others. Some of these segments are really helpful to other students who find it hard when it comes to studying, doing assignments, and other matters.

According to Fatima Joy (one of the DJs in Crucian Beats), she finds it exciting when it comes to broadcasting. She also said that "When it's your first time in the world of broadcasting, it is normal to feel nervous." She even added, "Just enjoy the moment; be approachable and calm as possible. Breathe and think it's a normal conversation." To add; another DJ, Vincent, stated that "You will really feel nervous when one of the DJs gets an internet problem in the middle of the broadcast. But in order to get rid of the nervousness, you must be prepared and just practice the lines that you will catch." He added.

With this, what's the reason for having the broadcast in the Crucian Ray? According to Ma'am Angelica Marie, a Publication Adviser, "We encourage campus journalists to have a radio program to hone their skills and talents in radio broadcasting. As campus journalists, they should be versatile or flexible, exploring different media platforms to reach their fellow Crucians. Especially during a pandemic, students are in distance learning so we find ways on how to still communicate and reconnect with them through radio and social media. To add, it is also a good platform to exercise their freedom of expression and of the press." We also got the thoughts of Sir Mark Joshua Lansangan, Head of Multimedia Department, on his reason for coming up with the radio program for journalists, he said, "Because of the pandemic, the youth has lost their voices and lost the venue to air their voices. Campus journalism have also weakened. To revive it, we created a broadcast Program for Publications. It is also a way to hone the broadcast abilities of JHS and SHS students. Virtual issues that are released on the website and articles on FB also help the broadcast."

In short, we must show ourselves on what we got in this pandemic and let Campus Journalism be active once again!

Keeping the Holiday Spirit Alive with Caritas *from page 1*

gift-giving project of the SSG for indigent families - align and support one of our core values of HCC - Caritas."

The planning of the program wasn't easy at all due to the COVID-19 pandemic. Both the school and the program planners expressed that they had a hard time finding contributors, and ways to prepare for the event because of the limited interaction with the SSG officers. Because the students aren't allowed to go to school due to the pandemic, the school has resorted to using texting, chatting, and other social media platforms to reach out to

students and parents that are willing to donate to the Caritas program.

That is also why the SSG (Supreme Student Government) and BSP-SSP (Boy Scout of the Philippines - Senior Scout Section) of Holy Cross College opened an online donation to collect funds starting through the means of a digital poster post using Facebook. The advertisement has been put in place by the organization to help spread the information about the Caritas program to the general public. As stated by the Outfit Adviser - BSP, Sir Robin Eduard

Castro, "The collected funds were used for the purchasing of essential goods like Noche Buena package, which was distributed to our indigenous neighbors in the community,"

The Caritas program was attended by SSG Officers BSP-SSP, HCC community, and extension office HCC community (students and parents), with the introductory speech led by the Dean of Student Affairs and Services Department, Sir Benjie Nolasco, and the IBED Principal, Ma'am Arliza Reyes, before the distribution of the goods.

The HCC family has shown

that they truly live up to its three core values. Fides shows sincerity in their actions, Caritas shows Christian love and charity, and last but not least Libertas proves that the students have the freedom to choose. That is why "It's a big YES! because we've seen people smile as they receive the gift," as stated by Ma'am Diane Pineda, the SSG Adviser. The Caritas program is considered a success because with over twenty-nine recipients, no damage to the program, and happy, satisfied families ready to celebrate the holidays.

SCIENCE FEATURES

Changes in Weather: How do these affect us?

By: **JHORENE JIREH M. GULAPA AND LOURD VINCENT M. REY**

The cold/rainy season is over and as the start of the summer season approaches, many places are getting hotter, especially here in the Philippines where we have a tropical climate. To fight the summer heat, we must drink a lot of water and use an umbrella to protect our skin when going out. Many people are also going to the white sand beaches and swimming pools, others are selling summer-related products like iced drinks and inflatable pools.

To add, the temperature is around 31°-34°C in Manila, but in some parts of the Philippines especially in the Leyte province, the storm "Agaton" is bringing heavy rains and many families are having a hard time, but the storm is weakening and some areas are only on signal number one. There is also another storm that is named "Malakas," it is the size of our country but luckily it will not landfall. Rather, it will bring the storm "Agaton" to it and will go in the opposite direction of the Philippines. In the month of May, it is expected that the temperature will be 30°-34°C and it will be clear/sunny the whole day, so be prepared for the hot weather that is about to come.

Weather affects us in a huge number of ways. Climate influences the growth of crops, thus affecting the availability and kind of food we eat. Fluctuations in weather (e.g. dry spells, wet spells) also affect crops. Weather affects what clothes we wear, and so on.

Climate change is a change in the pattern of weather, and related changes in oceans, land surfaces and ice sheets, occurring over time scales of decades or longer. Weather is the state of the atmosphere—its temperature, humidity, wind, rainfall and so on—over hours to weeks.

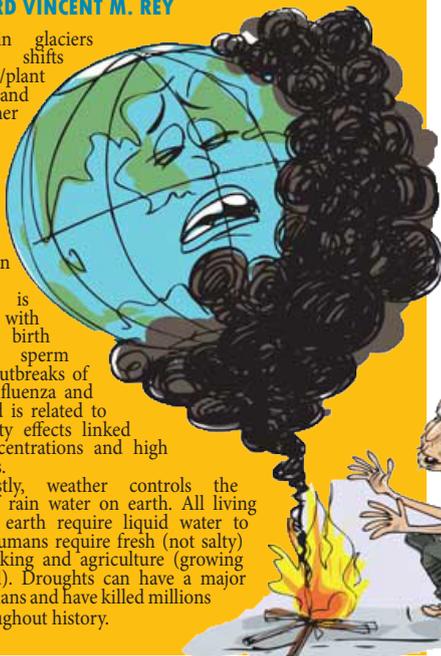
Earth's climate has changed dramatically many times since the planet was formed 4.5 billion years ago. These changes have been triggered by the changing configuration of continents and oceans, changes in the Sun's intensity, variations in the orbit of Earth, and volcanic eruptions.

These phenomena include the increased temperature trends described by global warming, but also encompass changes such as sea-level rise; ice mass loss in Greenland, Antarctica, the Arctic

and mountain glaciers worldwide; shifts in flower/plant blooming; and extreme weather events.

Weather has a profound effect on human health and well-being. It has been demonstrated that weather is associated with changes in birth rates, and sperm counts, with outbreaks of pneumonia, influenza and bronchitis, and is related to other morbidity effects linked to pollen concentrations and high pollution levels.

And lastly, weather controls the distribution of rain water on earth. All living organisms on earth require liquid water to survive, and humans require fresh (not salty) water for drinking and agriculture (growing crops for food). Droughts can have a major impact on humans and have killed millions of people throughout history.



CrucianRay

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EDITORIAL

Moving Forward with the Pandemic as Journalists

By: **PRECIOUS ANNE A. EDEJER**

The world would be a different place without the help of journalism. Being a journalist alone is a demanding job. Combine that with an unprecedented pandemic that challenges journalists. Journalists sacrificed a lot. To be able to inform people of factual information about the ongoing Covid-19 pandemic, helping them to become more aware of the situation.

Journalism helps connect the world and provide citizens with the information they need to make better decisions about their daily lives, communities, society, and the Government. They have the responsibility of making sure everyone hears and sees the truth.

Journalism aims to produce and distribute reports on the interaction of ideas, facts, and people that are the "news of the day" and that helps society to a certain degree. Truthfulness, accuracy, fairness, public accountability, etc.—are some of the many principles a journalist upholds. They aim to uncover the truth and deliver newsworthy information.

We are currently in the digital age, where information is available via computer technology. COVID-19 lockdowns are key factors with news media shifting from physical to digital newspapers, drastically changing the nature of their reporting, and having an increase in so-called citizen journalists. With platforms like Instagram, Snapchat,

Twitter, Tik Tok, and Facebook taking over the internet. These citizens are "playing an active role in the process of collecting, reporting, analyzing, and disseminating news and information" stated Shayne Bowman, and Chris Willis, Citizen Journalist. And with the increased usage of social media also comes with a downside, the rise of Fake news. Fake news has become a threat to health, beauty, and even politics. Before the approaching election, people have already started flooding social media with stories, photos, and spliced videos casting doubt or attacks on a candidate, especially presidential candidates. With over 4.9 billion users on the internet, you can barely tell which is true or a hoax. That's where journalists come in, they go through the rigorous processes of reviewing, and are here to help us fact-check and rundown false information on the web.

The rise of digital media has allowed journalists to distribute their stories and make their own way in the world. It has also allowed them to connect with their audience on a personal level. This is very important for journalists as they can now show their personality and connect with others.

With that being said, our world would be completely different without journalists. Without them, we wouldn't be able to get our facts straight. We would be in a chaotic whirlwind of information and have nowhere to turn for help.

ON ACADEMIC BREAKS

By: **E. E.**

"If you are tired, rest. But do not quit." This quotation has been said a lot of times to students struggling to finish requirements. Indeed, being a student in the middle of a pandemic can be exhausting. You have to deal with book activities, journals, homeworks, quizzes, long tests, and performance tasks. That is why academic breaks are labeled as essentials.

Holy Cross College started with online and modular classes when the pandemic was in surge. With this, students, parents, and teachers adjusted with new ways of learning; shifting from going to school every day to facing their computers/modules in attending classes. We can say that everyone involved experienced a huge impact with these changes. Adding all the social media posts and trends being on rage by the millennials, a lot of students are reported to have "anxiety" issues.

Anxiety, as defined by the dictionary, is the apprehensive uneasiness or nervousness usually over an impending or anticipated illness. In line with this, students who are said to be overwhelmed with a bunch of school work tend to say that they are experiencing "anxiety." Being known as the school with a heart, HCC gives considerations by letting students have academic breaks.

Academic breaks are usually for five days without online classes and offline work for activities and performance tasks. Within these days, students can do anything they want from their hobbies to family gatherings and of course, for rest. The breaks are being implemented to temporarily forget all the requirements they need to submit and classes that they need to attend.

These academic breaks help students and teachers to keep their mental and physical state balanced. One of the teachers said that "Academic breaks are good because they lessen the stress being experienced from the day-to-day classes and issues." Students also love these breaks as they can somehow meet their nearby friends or be with their families. Of course, breaks are necessary in everything that we do. We shall always learn to prioritize ourselves despite the busy schedules we have.

The "New Normal" Classes

By: **JENESSA DANIELLA G. SIMBILLO**

teachers, are all new to the students. Some of them say that this is much better than the normal one, which is face-to-face classes because they are the ones who are in control of their hours.

During these two years of online classes, many of the students develop their mental illness because of the pressure given by the number of school work they need to pass in the given time. Many school works are going on in their mind and about to explode through tears flowing in their cheeks because of the tiredness that they feel. They develop anxiety and depression, the most common mental illness the youth of today have. Many students lost their communication skills because of this.

Not only their mental health is the problem that the students are facing during online classes but also their physical health. Many parents worry about the health of their children because of

them sitting and their eyes focused on their gadgets for almost 5 hours a day. Some students begin to feel eye strain, migraine, headache, spinal pain, etc.

The solution for this is to have a shorter class hour for the students. Have at least 15 minutes of eye break per subject. Minimum of 2 and maximum of 3 assignments, activities, and performance tasks that they need to pass on the given time, every school day, for them to have at least time for their parents, loved ones, pets, and other things that make them happy. The teacher should not give assignments every Saturday and Sunday. We know that this is one of the basic rules, but some teachers don't follow it.

DepEd says that the solution for this problem or to be back again to normal is for the students to get vaccinated and it also depends on their Local Covid Risk Severity Classification.

All of the 5 hours sitting and focusing their eyes on their gadgets, absorbing radiation from it from Monday to Friday will be over through mass vaccination. When the students are vaccinated, they are safe to attend school and have limited face-to-face classes.

Most of us are hoping to have at least limited face-to-face classes. We need to understand the mental and physical health of the students and also the Covid cases here in the province and in any other parts here in the Philippines. Some of the schools here in Pampanga and other regions here in the Philippines have started to do Limited Face-to-Face classes, while some of them have been stuck here for 2 years. When the covid cases are stable and low in the Philippines, it is sure that we will have what we are all waiting for, to have a normal S.Y. again.

FACE TO FACE CLASSES: ARE WE REALLY READY?

Different aspects of the society are heading into the new normal including the business and tourism which are highly affected by the pandemic. But it seems that education is sort of being left behind when it comes to aspects that must be focused and given importance by the country. It's been a long time since all of the schools nationwide are closed. Isn't it time yet to open the doors for students to learn and return to their normal mode of learning?

It has been more than a year since the students started struggling with multiple modalities of learning most especially in online learning. Fortunately, this problem is solved somehow because President Rodrigo Duterte approved the proposal of limited face-to-face classes. This is only applicable with the areas that are identified as low risk of COVID-19 or the places that are under Alert Level 1 or Alert Level 2. In addition to this, there are some things that both the Department of Education and Department of Health require for the resumption of face-to-face classes. Some of these measures are the requirement for teachers to get vaccinated and to practice health and safety protocols inside the school.

Admit it or not, this will be the new normal when it comes to education where in the full capacity of a classroom is so unlikely to happen in this time. The resumption of the normal mode of learning will be more convenient for most people especially in the

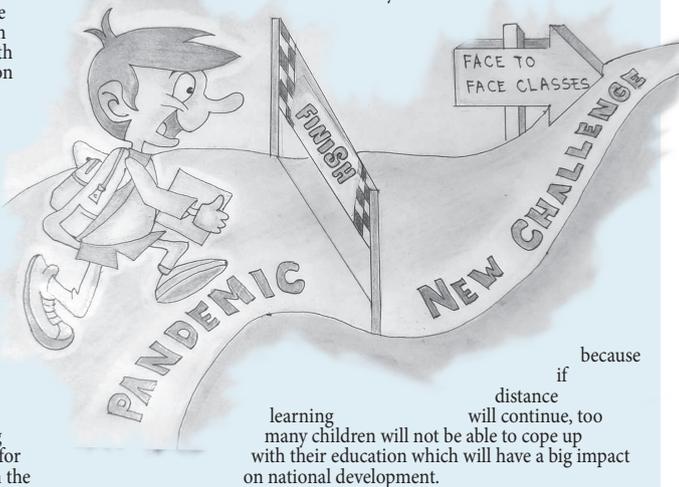
Admit it or not, this will be the new normal when it comes to education where in the full capacity of a classroom is so unlikely to happen in this time.

By: **JANIRO HUGH E. MANGALUS**



marginalized areas of the country. Lack of the needed gadgets and internet connectivity are some of the biggest problems for most students during their distance learning. This problem led to a big effect in education because millions of students did not enroll because their parents could not afford it due to their loss of livelihood. It will also be convenient for the parents to have a face-to-face class since they are the teachers and helpers of their children during the distance learning and some of them need to work also to provide for their families.

With the dropping numbers of the COVID-19 cases here in the Philippines, it should not be an issue anymore to bring the students back into the four walls of a classroom. Besides, many events and activities that are just for fun are happening now like parties and celebrations which are really not as necessary as the education sector. Electoral rallies are rampant nowadays where a myriad of people join and social distancing is not being practiced anymore. The government must focus on the things that really matter



NEW HABITS DURING THE PANDEMIC

By: **JAIMIE P. TIMBANG**



COVID-19 is a highly infectious disease caused by the novel coronavirus called severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2; formerly known as 2019-nCoV). This virus had taken millions of lives worldwide which has led to a rise in fear, anxiety, stress, and depression among the world's population. The coronavirus pandemic has ruined many lives and countries. The pandemic caused delays and shutdowns for clinical studies and laboratories including those studying and developing treatments for rare diseases that's why many people with rare diseases suffered during the pandemic. Although most people who were infected with COVID-19 only had mild or no symptoms at all, some in the rare disease community said the virus made some symptoms of their rare disease worse.

The coronavirus pandemic has certainly been stressful. From the fear and concern to uncertainty about how to transition safely back into our routines, COVID-19 has stirred up a lot of emotions. When the COVID-19 pandemic started, our lives were changed very quickly and in so many ways. Our regular habits and routines were dramatically changed for the safety of our family as well as ourselves. The pandemic did change the world we live in, however, time is still the most precious thing to everyone. Therefore, we must use our precious time wisely. There is nothing much we can do at this time; thus, we must appreciate every minute that we spend. The fear of getting infected by the virus has brought up and inspired new health habits for everyone. It's been a long ride, and I know that we are all looking forward to the end of the COVID-19 outbreak. But while we're not out of these woods yet, let's look at the pandemic-related habits we have picked up over the past few years that could help us live a healthier and happier life. On top of the list is handwashing, even though we all know how to wash our hands before preparing food or after using the bathroom, COVID-19 has highlighted how much more we should be doing in terms of hand

hygiene. Making sure we wash our hands for the full 20 seconds when we get home from running errands and using hand sanitizer while we're out. The second one is keeping the distance, and avoiding handshakes and the pagmano, speaking of germs, we might also want to make the handshake a thing of the past. You placing your hand into someone else's and grasping each other's palms can cause a transmission of a virus from one person through another. The third one is prioritizing family time and self-care. During the pandemic, most of us were not able to get out so we have gotten closer to our family whether it's because of games or other activities. We have also learned not just to take care of ourselves physically but also mentally, as the pandemic took hold, more individuals found themselves suffering from anxiety and depression that's why the practice of meditation and other activities had spread worldwide to let themselves unwind, reflect, and regroup. This can also be done by doing recreational activities that avoid too much physical contact from the outside world. The fourth and last one is cooking and working out, with gyms closed, it was time to look for some alternatives. Some of us have searched online about workouts and exercises they can do at their own comfort places like their homes. During the pandemic, many of us have discovered and learned many skills, one of these is cooking. We have learned how to cook dishes on our own and may have also created different kinds of recipes from the things we found at our homes.

Despite the negative effects of COVID-19 to the world and to us humans, we can't say that the pandemic hadn't imparted many positive changes not just in our habits but also to the environment. Instead of looking at the bad side of the pandemic, why don't we look at the bright side. The pandemic had taught us many lessons morally, being here today is one of the things that we should be thankful for as many people had lost their lives and their loved ones during the pandemic. We learned that despite the difficulties, we must always keep optimism because that mental attitude itself will bring out inner strength and self-confidence to fight our way out in these kinds of situations. We learned to adjust to certain uncertainties as no one will do it unless we do. It made us realize many things and also the saying "We can make something beautiful and something powerful out of a really bad situation."

Journalist: Contribution to a Clean Election

By: **KATE ALLISON P. TUAZON**



Elections are the most powerful centerpiece in a democratic society. It is the way where people can express and voice their opinions to choose who they think is the deserving leader to control and guide the nation. Selecting the future leader of the country is a big challenge for the public to designate and the journalists can be a big assistance to the citizens. All news and information must be reported thoroughly and accurately. The journalist and even the media must not only enlighten the voter but also perplex the conflict and issues of each candidate.

Journalism is a noble profession that plays a significant role in shaping the opinions of the public. Journalists are the major key in publishing every news and information to know the candidates better. Every reliable data needs a trustworthy journalist. Imagine having a journalist who filters every detail and issue to cover

up their prospective candidate. These people pledged to focus on issues, not just personal interest, but also to investigate every record of the political candidates. One of the most important roles of the journalist is to monitor every movement of the election, we never know what could happen. We cannot deny that the election system is very faulty, and this is a huge problem that the public needs to be aware of. A journalist should ensure that people know the facts through their reporting and articles, they should make sure that the people are not confused. As a journalist, they should acquire knowledge about issues and problems in society and reflect it through stories, articles, pictures, etc. so that not only the government officials come to know about them but also the public which could help in taking necessary measures for those problems. Everyone gets their own opinions, but journalists need to be factual. They should not show any bias toward either party. People are getting biased and fake news, we need to make sure that they get all the accurate information. The majority of the votes reflect on what the journalist tells us. Moreover, it is their responsibility to deliver an honest source and if they maintain this kind of attitude, citizens will

not be confused and will skillfully choose who they want to lead the nation. They must keep a check on how funds are being used by campaigns, how they are collected etc. they also educate people with debates, discussions, news reports, and stories on who is a fit candidate among all. Journalists must include views of political parties, they must not indulge in propaganda. And they should be fully aware that the effect of their writing may result in positive or negative interpretations. Journalists must do everything they can to report the truth. If facts cannot be checked, or if there is any doubt about their accuracy, alternative sources should be sought so that readers, viewers and listeners are presented with a fair and accurate account of what has happened.

Journalists are known for bringing change into the country. They are expected to educate and inform people with facts and truth which can help them make the right decisions. It's the journalist's job to help the general public understand how our electoral system works. Use your words to explain the electoral college, the voting process, and the

importance of voting. Simply telling readers not to vote for a particular candidate is not enough—it's up to you to explain why they shouldn't support that

candidate. As far as information access is concerned, they must provide unbiased news coverage, especially saying who is behind which policy and why it would benefit you to choose that side in an election. Being a journalist you must know every consequence that you signed up for. You must know that each word you write or report can have a big impact on the life of many. In the upcoming election, citizens hope that you can assist them in choosing the deserving and better leader of the nation.





76 years ago, on November 29, 1945, the first private Catholic school was established in Santa Ana, Pampanga by Reverend Monsignor Fernando C. Lansangan with the help of some civic-minded and kind-hearted residents of the town. The former Holy Cross Academy now, Holy Cross College (HCC) continued to soar high like an eagle in providing quality education. Thus, making this private school the leading educational institution in the eastern part of Pampanga. Reminiscing how HCC started, you will realize that genuine care for the education of the youth where their future relies, is the foundation of a deep-rooted and strong educational institution. That is why, to remain humble and focused to its core, Holy Cross College annually celebrates the date it was created. This year 2021, the HCC community was not hindered by the pandemic to celebrate its 76th foundation Anniversary. Prepare your hearts and minds as we witness how the school with a heart honors and values its humble beginning.

As the curtains open, like how they do in theaters to embark on the start of the play, the week-long founding anniversary celebration has officially kicked off on November 22, 2021. It began with the thoughtful letter of the school's chairman, Engr. Gervacio Alfredo N. Balatbat followed by the heartwarming message of the Integrated Basic Education Department (IBED) principal and the 76th founding anniversary chairperson, Mrs Arliza M. Reyes. Now, the stage is finally ready to become

The Unstoppable Fleet of Victory

the venue and the witness of the Crucians' talents and skills.

Who would have thought that homes could actually be contest venues? Yes, you've read it right. Juggling COVID-19 measures and enjoying the celebration can be quite challenging but has never been impossible. The resourceful and creative HCC Foundation Celebration committee headed by Mrs. Reyes governed different virtual activities that the Crucians can participate in. These activities include E-games

tournaments such as Call of Duty and Mobile Legends where a good Internet connection is a must and a strategic mind is a foundation. There is also an online presentation of artistic gymnastics to show off that flexibility, Taekwondo Poomsae to flex that moves, Arnis Poomsae to showcase those stances, online Chess to bring off that clever mind, online singing competition



"Flying High and Breaking Boundaries for God and the Community."

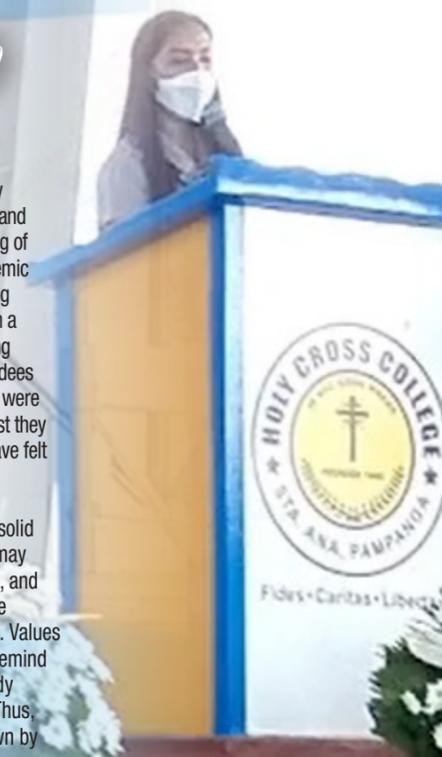
TH to serenade the ears of the listeners, spoken poetry competition to catch the attention of the uninterested, declamation and oration contests to touch the hearts and souls of the audience, and Virtual showing of Pamagdulap King Krus to cherish the sacrifice of our Savior.

As these talented youths clash in the battles of the

best, they once more proved that Crucians have jaw-dropping skills aside from amazing wit. At the end of every combat, a champion will dominate but no loser will be proclaimed. That is because you may not get the trophy, you still got something others can't steal; the knowledge that will fuel you for your next fight.

When the curtains close, that means the show is finally over. It's time for the moment of truth. The nerve-wracking and the most exciting part of the whole celebration; the awarding of the champions. They may have been deprived by the pandemic to walk on the school's stage while everyone else is clapping for their victory, they were still recognized for their efforts. In a live broadcast for the 76th Founding Anniversary Culminating Program which was aired on November 29, 2021, the awardees were like celebrities on the television wherein their pictures were displayed together with their accomplishments in the contest they participated in were shared. What an experience! It must have felt like you were on cloud nine.

Undeniably, the celebration was beyond a success. Thanks to the efforts of all the organizers as well as the solid cooperation of the whole HCC community. As Crucians, may we continue to remember our core values: Fides, Caritas, and Libertas. Let's live with it and by it. Sticking with our core doesn't have to be applied only during special occasions. Values are for a lifetime. May the foundation week celebration remind everyone to remain humble no matter how far you already got because everyone started with humble beginnings. Thus, everyone must fly high humbly to avoid being pulled down by the heavy chain of boastfulness. – e.e.



HCC'S 1ST E-SPORTS: a tournament that unites

By: LAWRENCE EDRIAN S. CULALA

"Memories bring back, memories bring back you" a line taken from the song Memories by Maroon 5 that would surely make you reminisce about the good days, especially the memorable foundation day of your school, making every student's heart jump out of nervousness and excitement.

Loud cheers and mixed chants completely dominate the gymnasium, and see the students actively participating in various events while giving their utmost effort just to win. Surely, these experiences are very relatable for Crucians during the past celebrations of foundation day at Holy Cross College.

Despite the pandemic, HCC wouldn't let its students feel deprived of experiencing the spirit of a school's founding anniversary.

Even though face-to-face sports aren't possible to be witnessed, an Esports Tournament made the students of HCC choose their team bets from the Mobile Legends: Bang Bang and Call of Duty Mobile categories that they really supported virtually on a Facebook live of HCC.

The tournament really opened the opportunity of unlocking the critical thinking and socialization skills that helped in boosting the self confidence of students from different levels and departments which is really the goal of the online contest.

Only one team will definitely shine above all teams, as the MLBB and CODM players of the IBED

department bagged their titles. The real friendship of Markevin Serrano, Luis Philippe Miranda, Clarence Ian Roman, Tristan Paul Manalo, Ram Jacob Gulapa, and Lysa Denise Castro made the IBED team entitled as the champion against 9 teams in the Mobile Legends category.

Meanwhile, the unique skills of Idris Siriban, Miguel Sanjose,

Mark Javonitalla, John Miles Kabigting, Ian Humprey, and Wence Lee Canlas helped them clinch the 2nd place for the IBED department. These great performances from the two teams really made their loyal supporters grasp ultimate happiness and inspiration.

Although apart, it made all players feel united starting from communicating and strategic plays all the way to seizing the victory. The esports lasted for two days on November 23-24, 2021 which left a remarkable experience for everyone.



MORE WINS WITH ARNIS ANYO and CHESS

By: MARIA MIKAELA MIRANDA

"Train to be able to defend yourself against any attack, and at the same time, retain your good heart towards other people. Don't allow bad people to turn your heart hard, but always be ready to defend yourself should you have to."

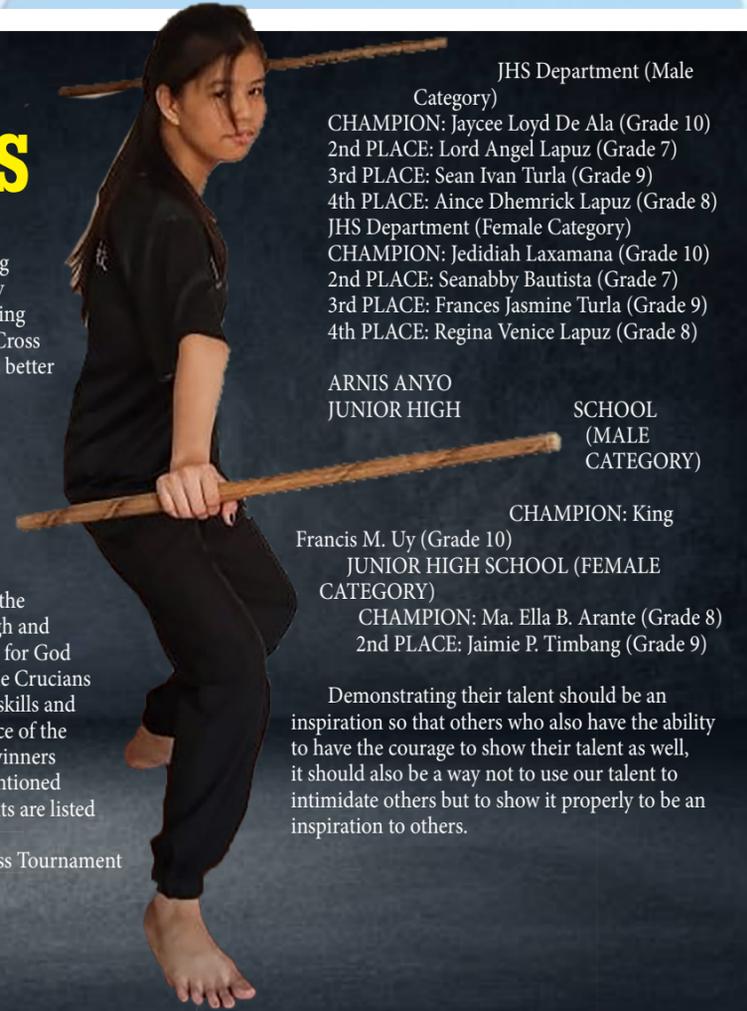
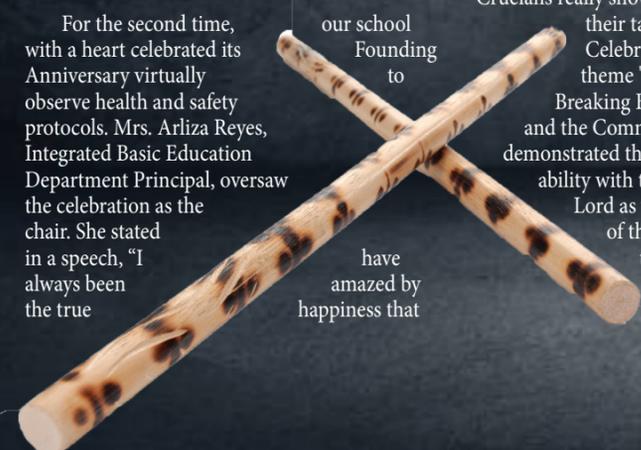
Bohdi Sanders, BUSHIDO: The Way of the Warrior

Having knowledge of the different types of martial arts and sports is not an invitation to use as a scarecrow and cause harm, but rather to teach others how to use it in the right way.

For the second time, our school Founding to have amazed by happiness that

the celebration of the Founding Anniversary ... brings to every Crucian. There is one thing being proven here, and that is Holy Cross College is getting stronger and better as it gets older."

Some of the activities of the Junior high school (JHS) department are Arnis Anyo and Chess. With this, the Crucians really showed their talent. Celebrating with the theme "Flying High and Breaking Boundaries for God and the Community." The Crucians demonstrated their genius skills and ability with the guidance of the Lord as well. The winners of the aforementioned tournaments are listed below.



JHS Department (Male Category)
CHAMPION: Jaycee Loyd De Ala (Grade 10)
2nd PLACE: Lord Angel Lapuz (Grade 7)
3rd PLACE: Sean Ivan Turla (Grade 9)
4th PLACE: Aince Dhemrick Lapuz (Grade 8)
JHS Department (Female Category)
CHAMPION: Jedidiah Laxamana (Grade 10)
2nd PLACE: Seanabby Bautista (Grade 7)
3rd PLACE: Frances Jasmine Turla (Grade 9)
4th PLACE: Regina Venice Lapuz (Grade 8)

ARNIS ANYO JUNIOR HIGH SCHOOL (MALE CATEGORY)

CHAMPION: King Francis M. Uy (Grade 10)
JUNIOR HIGH SCHOOL (FEMALE CATEGORY)
CHAMPION: Ma. Ella B. Arante (Grade 8)
2nd PLACE: Jaimie P. Timbang (Grade 9)

Demonstrating their talent should be an inspiration so that others who also have the ability to have the courage to show their talent as well, it should also be a way not to use our talent to intimidate others but to show it properly to be an inspiration to others.

Poomsae Taekwondo and Rhythmic Gymnastics: THE ART OF TALENT AND PASSION

By: FRANZ JERIC G. PANGILINAN

Holy Cross College (HCC) has gone through many things over the past 76 years and a mere virus can't stop the heart and passion of our crucians in the 76th Founding Anniversary of the school.

As the foundation week rolls around, some crucians aspire to show their dedication and passion through various sports and activities such as chess, arnis anyo, e-sport games such as mobile legends and call of duty, and literary contests. However, some students decided to go one step further with poomsae taekwondo and rhythmic gymnastics.

Rhythmic Gymnastics is a sport which tests the contestants' coordination and flexibility as they perform on the floor with an apparatus such as a ball or a hoop. It is something we love to watch despite knowing very little about as there are tons of things to love about it; the beaming, beauty pageant smiles of the contestants, or the superhuman flexibility and coordination they have, it is just something so fascinating yet so beautiful to see.

Beautiful, graceful, elegant and poised are all words you can use to describe the performances of our crucians as they perform on-screen. Starting with the Primary Division, Enzo Manalaysay in the Male Division and Lanoree Jahara P. Gutierrez in the Female Division, both Grade 1 students won and proved that age doesn't matter when it comes to your passion. Additionally, Kurt Matthe T. Galang, Grade 2 won second place while Kez Pangan, Grade 3 won third place in the Male Division. Lastly, Katniss Paige F. Maglangque, Grade 3 won second place while Mikayla Louise Aguilus, Grade 2 won third place in the Female Division.

In the Intermediate Division, Prince Josette P. Reyes in the Male Division and Jennyca S. Sanchez in the Female Division, both Grade 6 took the crown with a flawless performance. In addition, Xian Aljen V. Pineda, Grade 4 won second place in the Male Division. Lastly, Luis Anndrea R. Franco, Grade 5 won second place while Sakura Llaime M. Ocampo, Grade 4 won third place in the Female Division.

In the Junior High Division, Jedidiah R. Samson, Grade 10 won with a decisive victory in the Female Division. In the Senior High Division, Kyle Ronquillo of HUMSS in the Male

Division and Crineza Jenny Ibe of STEM in the Female Division won with a dazzling performance. Moreover, Emmanuel Dela Pena of STEM won second place, John Alexis Aguas of TVL won third place and lastly, John Paul Dela Cruz of ABM won fourth place in the Male Division. Additionally, Rica Mae Bagtas of HUMSS won second place, Elaine Macaspac of TVL won third place and lastly, Francheska Elaine Dela Cruz of ABM won fourth place in the Female Division.

In the College Division, Jeron Angelo B. Morales of SCJ in the Male Division and Anzaira Khai Pamintuan of SECLS in the Female Division took the crown as champions while Roma Allaine Salac of SBAH won second place and Arabella Sagum of SCJ won third place.

Moving on to Poomsae Taekwondo, it is a set sequence of movements that consists of the various fundamental attack and defense stances, blocks, punches and kicks. It is used heavily in Taekwondo in order to discern the skill level, focus, strength and knowledge of a student by watching them perform a set of these forms called "Taeguek". Although it looks simple, this sport requires a great amount of knowledge and focus to pull off. It is more than just performing a set sequence of movements, it is having good flow, confidence, and expertise with each movement like a confident brush stroke.

As always, our crucians blew away the competition with their performances. It doesn't matter to them what age they are as they all delivered wonderful performances. Starting from the Primary Division, Mytj Jenuel M. Cortez, Grade 3 in the Male Division and Briana Gabrielle R. Due, Grade 1 in the Female Division took the crown and proved that skill doesn't come with age. Additionally, Jian Aiton D. Manalili, Grade 2 won second place in the Male Division. Lastly, Ziya Daine Castro, Grade 3 won second place while Ava Isabelle Lulu won third place in the Female Division.

In the Intermediate Division, Johann Sebastian N. Gantan, Grade 5 in the Male Division and Ayedee O. Alarcon, Grade 4 in the Female Division proved themselves as champions with their amazing performance. In addition, Philip Jash M. Ismael, Grade 6 won second place in the Male Division while Geann Hazel Buan, Grade 5 won second place in the Female Division.

In the Junior High Division, Marc Laurence M. Magallanes, Grade 8 proved himself as the deciding champion in the Male Division while Sean Jayden E. Clemente, Grade 8 won second place

In the

crown Mark won the Male while Bea

Nicole Salac of HUMSS won second place and Aralyn Sanchez of TVL won third place in the Female Division.

In the College Division, Royeth Mallari of SCJ in the Male Division and Alliah Manalili of SCJ in the Female Division went home as champions. Additionally, Regie Medina of SBAH won second place and Kenneth Joshua Castro of SECLS won third place in the Male Division while Ella Alabado of SBAH won second place in the Female Division.

Poomsae Taekwondo and Rhythmic Gymnastics are both sports which require high skill and understanding to pull off. Whether our crucians is Grade 1 or Grade 12, it doesn't matter as the heart and passion you put into it is more important and they all proved that by winning the competition. Whether they will prove themselves to be of highest caliber again in their respective sports next year or will new faces show up to stiff up the competition is up to the future but what we do know is the crucians who performed, win or lose, proved themselves and their passion for the sport. Congratulations, crucians!



Senior High Division, Aldrey De Luna of STEM in the Male Division and Glyzza Cabili of STEM in the Female Division took the as champions. Moreover, Patrick Centeno of TVL won second place in the Division



ARTISTIC FORM OF MUSIC AND Literature

By: KARYLLE C. MALLARI

"What we value about music and literature are the moments that they create in our minds when we encounter them" - Stephan Jenkins.

Literature and music are some ways for us to express our feelings and emotions. It is an art where we can artistically share our story. By writing and singing, we can use these forms for people to feel and understand certain emotions we want them to perceive.

Our school conducted different contests for students to enjoy and showcase their talents to their fellow Crucians. Even in times of pandemic, our school, Holy Cross College (HCC), assures us that we can still enjoy and celebrate our 76th founding anniversary. Some of the Junior high school (JHS) department activity contests are literary and solo singing competitions.

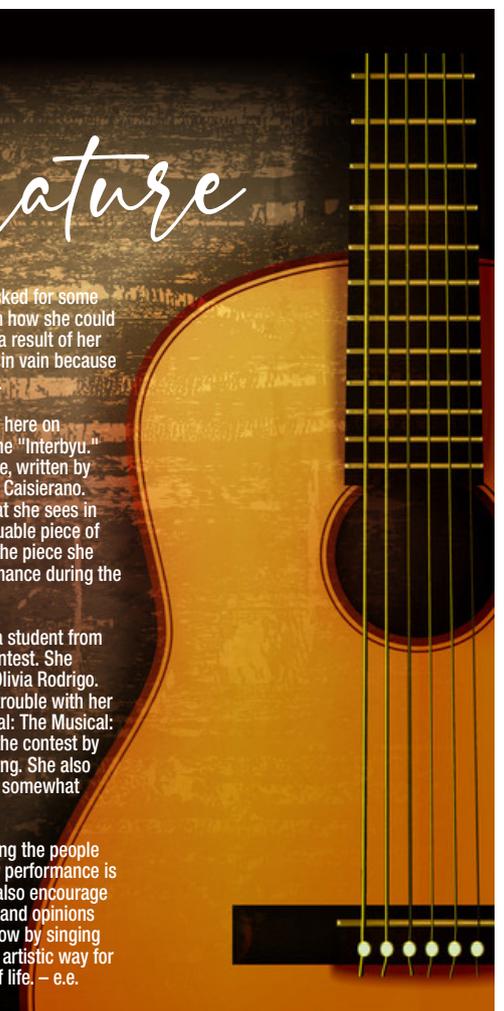
"Am I a juvenile delinquent?" is a question of a young girl finding consolation and enlightenment in her path in the midst of darkness and confusion—a result of a lack of parent's attention and judgment of people in her life. Maxeane Nathalie Maun, a grade 10 student, performed this piece "Juvenile delinquent" for her entry in declamation in English. In an interview on Crucian Beats, she shared that she prepared herself for the contest by finding a piece that would suit her. She also watched videos on YouTube for preference on how she will deliver her

chosen piece. Furthermore, she asked for some advice from their adviser coach on how she could still improve her performance. As a result of her preparation, her efforts did not go in vain because all her sacrifices led her to victory.

Money can rule most of the things here on Earth. That is the main theme of the "Interbyu." A Kapampangan declamation piece, written by a grade 10 student, Jeaninah Mae Caisierano. She wrote the piece based on what she sees in our current society, like how a valuable piece of paper can control our life. This is the piece she performed for her winning performance during the Declamation in Kapampangan.

On the other hand, Coleene Sulit, a student from 9th grade won the solo singing contest. She performed the song All I want by Olivia Rodrigo. The song was about Nini and her trouble with her past partner in High School Musical: The Musical: The Series. Coleene prepared for the contest by practicing the high notes of the song. She also chose the song because she feels somewhat related to the song.

Showcasing our talents while letting the people feel our real emotions through our performance is such a great opportunity. We can also encourage people to voice out their thoughts and opinions through this. Sharing what you know by singing and writing a literature work is an artistic way for people to see the hidden beauty of life. — e.e.



vague moments

By: c.c.

it is such a cliché
to think you can turn back a bay
without anything to say
and us not going astray

curiosity is making me lean back
yet the soul keeps avoiding track
of memories and a silent mock
will it really be worth the 'again' plaque?

A Wishful Command

(My Life and Love)

By: Anonymous

Long live my dear and die with me
Let's celebrate our love watchin' the sea
Be at my side and act as bee
And I'll be a flower just for thee

Long live my dear and breathe for me
Prepare a ring then bend your knee
Plan stuff and start a family
You and I living so happily

Long live my dear and don't get sick of me
For I have unique childish personality
If you got annoyed, my apology
I am sending this with love and sincerity

Long live my dear and love me endlessly
Accept the person inside whom I cannot see
Thanks for unlocking my heart with your key
Hey, I love you more than I love "me"

Long live my dear and grow old with me
Get busy making happy and sad memory
Let's reminisce them under a tree
And watch the sunset while sipping a cup of tea.

Flowers For You

By: Patricia Jude Varela

Oh, child of dear Oizys the forgotten,
Cast aside then followed by scorn and ridicule,
Whose eyes saw independence as uncommon
An untamed heart, dreams nowhere near miniscule

To whom strangers have treated oh so poorly,
Would you choose to set the world ablaze or dismay?
Robbed of a gleeful childhood abruptly,
Chastised to read along the lines and to obey-

If you were ever to burn the world until what remains of it is only cinders,
Or choose feel the solemn, numbing embrace of solitude
I'd gladly offer you fourteen roses- bright hues of red scattered on the flowers,
And have called mother Violet as a sign of gratitude

For I am glad an intricate, wondrous and stunning being such as you, exists in
spite of all the chaos in this world.

the brightest

By: c.c.

you are like an evening star
that I can only glance from a far
similar to an incurable scar
of memories in a painful hour

I didn't know it is possible
to be turned like a pebble
for you made a non-existent choice in my poll
and I haven't been that stable

it has been a ruthless existence
being bound to your very own presence
for there is certainly a consequence
in the decision I made on the fence

The Final Battle

By: Lawrence Edrian S. Culala

In this world full of confusion
there is this another mission
to wake up and get attention
all must fight, there's no exemption

We face the new reality
covered with negativity
as promised by the Almighty
hope will come to humanity

And this pandemic has its end
if we'll learn to apprehend,
follow the present government
no harm will be near, nor torment

For we will also find the cure
that would lead us to the future
there're no more hardships, even pain
a bright light is what we'll regain

I Choose You

By: Anonymous

I don't know how and
I don't know why
I felt this way that
It has to stay
For so many days
For one stupid reason
For an extraordinary person
That is beyond my expectation
Only through my imagination

I'm able to hold
Your hand, your face
Able to say in bold
That you made my heart race
Faster than I could ever run
But this isn't anymore fun
For slowly I'm sinking
Deep in thinking
That maybe, just maybe
I should stop, yes stop
From dreaming of you
But my stubborn heart
Together with my conceited brain
Says "I choose you..."

Even though you don't
And won't know me
Even if our paths
Would not dare to cross
Even when the sun refuse
To shine sometimes
Even when you start
To be bothered surprisingly
As the song says:
"At the end of the day,
I choose you."

harsh realities

By: c.c.

it is indeed a premonition
to be bounded in a conclusion
of responsibilities and a delusion

isn't the universe always cruel?
but we still persisted; alive and well
since we are all lines of the parallel

we never meet but we understand
the emotions and anxiety of each
other's hand
therefore, let us keep smiling as
together we stand

Recommended Apps for School Works

By: **MHEA ANGELYN B. DELA TORRE**

Are you a student who is struggling with your works from school? Are you a freshman who is struggling to cope up with one's activities? Then I have the perfect solution for you. Introducing my top 6 recommended apps for school works.

The first app is called Microsoft Lens. It is like a portable scanner for your phone. If you want to scan a hard copy that is given by your teachers or professors and you want to make a soft copy for your self, then this is the perfect app for you. The app is very handy for it uses simple operating system, and it is beginner friendly.

The second app is named Stay Focused. If you are struggling by many notifications with your social medias then this is the right app for you. This app blocks your notifications to any social media apps. It is also perfect to make you stay focused on the task at hand.

The third app is Forest. Now, we all know how hard it is to focus on a single task; this app can help you. It is a program in which it gives you a certain time to do the task and also gives breaks in between. It helps the students in making sure that they will finish the task.

The fourth app is Notion. This app is similar to notes but on a whole new level. It is a multi tool with multiple functions like a calendar and a snappy home screen. You can easily take down notes using this. Also, you can make a to-do list in this app so that you can keep track with your activities.

The fifth app that is Study Smarter. This app

helps you to review your lessons, upload or scan notes and also this can create learning materials like flashcards and learning plans. You can even invite your friends to study with you. This is a very good app and you can use it offline whenever and wherever you want.

The last but not the least, I introduce to you Simple Mind. Simple mind is a productive app where you can create and design your own cluster map of your ideas. It means that you can brainstorm and create your own concept map full of ideas. The mechanics and the interface of the app is so simple to use and great for beginners.

No matter what you use, every student has a unique way of studying. Some of the apps can help you, some of them can't. But it doesn't mean that you can't improve your study habits. Find a way to improve your unique skills and make this list a guide in helping you improve your self studying strategies. And remember, "Not everyone is the same, but we are all unique and that's what makes us special to one another."



way

TIPS FOR STUDENTS FOR THE UPCOMING FACE TO FACE CLASSES

By: **Yaelis Claudine P. Baligat**

We all know that Online and Face-to-Face classes are faraway different, it is really a new normal for us in terms of learning. But the good news is that, face to face classes are finally back! Here are some tips for the upcoming face to face classes.

BRING YOUR OWN LUNCH BOX, SPOON, AND FORK

Many food stalls, shops, and markets use plastics, straws, and other things that can make a bad effect to the environment. Making this a habit is already a big help to the earth.



BRING YOUR HYGIENE TOOLS AND PRACTICE THE SAFETY PROTOCOLS

Yes, it's already face-to-face, but let us not forget the fact that the pandemic is still ongoing. Prevention is better than cure.



SOCIALIZE WITH OTHERS

Because of the pandemic, many people became introverts. It's because that they don't interact with others, now is the time to interact and socialize with others and still practice safety protocols.



LEARN AND ENJOY

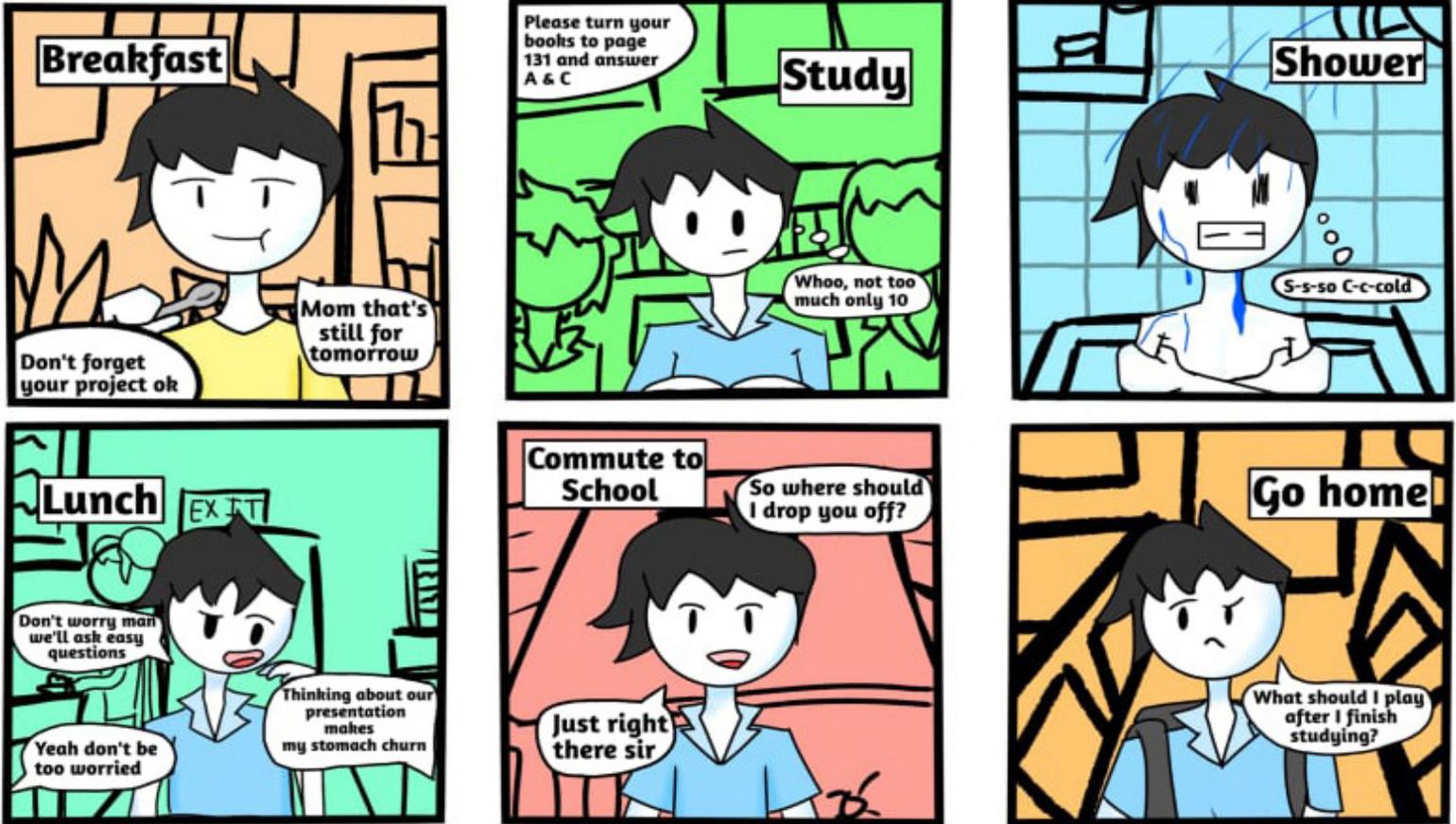
Do not forget to enjoy your high school life. Do not put too much pressure on yourself because of your studies. Learning is an enjoyable experience so make good memories out of it.

Applying these tips, we can now enjoy our high school life while getting into shape of being safe.



Daily life in Face to Face classes

CARTOON BY: MARKUS JIRAE M. MAGPAYO



Daily life in online classes

CARTOON BY: MARKUS JIRAE M. MAGPAYO



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TRIVIA



GOLF ON THE GO: GET TO KNOW BIANCA PAGDANGANAN

Golf is a sport that is not usually played by a lot of Filipinos but it is a sport worth fighting for. Being a Filipino Golfer requires skills, patience, and a lot of hard work; the attributes that Bianca Isabel Pagdanganan from Quezon City has. She is the Filipino Golfer who is now on the go with a strong shot to win a medal.

Originally, Bianca is born and raised in the Philippines and finished her studies in Assumption Antipolo before going to US for College. Getting her dream in the University of Arizona in Tucson Arizona where she was given a chance to play on the Arizona Wildcats golf team. According to the golfer, her father is the biggest reason why she got into the sport. At a young age, Pagdanganan was tagged along by her father, who is also a golfer, every weekends and while at the driving range, she started developing her skills in the sport.

Currently, Pagdanganan has been a professional golfer for two years. She was scouted and discovered during her collegiate years. In line with this, she has been competing as an amateur for years,

taking home the first place in the Asian Games 2018 women team's event, and the third place in the individual stroke play. The golfer achieved her LPGA (Ladies Professional Golf Association) Tour card in January 2020 and has been in competitions since then.

Being a Filipino golfer, she is also an advocate for women in sports. According to her, "breaking down these barriers goes beyond matching up to the skills of a guy. There are other barriers that persist, like the gender pay gap, and the level of exposure or attention given not just to women's golf but to women's sports in general."

A professional golfer who competes clearly earns money; others might say that people play for it. But Pagdanganan is not the type to do it. Once, in her competition during the 2018 Asian Games where she won bronze in the solo event, and gold in the team event with two Filipino golfers. Instead of getting the prize money for their own, they decided to donate the money to the national golf team in support of the young Filipino golfers.

"It was really, for me, never about the money," Pagdanganan told the Philippine Star. "Growing up, representing the country was really my biggest dream and goal. So, I felt great to be able to do that."

With this, Pagdanganan is really qualified to be an inspiration for a lot of people striving to be the athletes that they want to be. She is someone who plays professionally not for money, but for the victory that she can take home for the Philippines.

