

Crucian Kay

THE OFFICIAL PUBLICATION OF HOLY CROSS COLLEGE-JUNIOR HIGH SCHOOL DEPARTMENT

At last Crucian Royals Dance the Night Again

by: PRECIOUS ANNE A. EDEJER

A majestic romantic night for the senior and junior students of Holy Cross College as they celebrated their long-awaited Junior High School promenade after a 2-year long hiatus as a result of the Covid-19 pandemic.

March 25, 2022, on a pleasant Saturday evening, the students arrived at the venue wearing their best formal attire following the theme of "The Royals in the Night Garden."

The program was hosted by the selected grade 9 and 10 students: Raj Joaquin Aryal, Joanna Marie Pingul, and Jennessa Daniela Simbillo, and was guided by Ms. Stephanie Landayan, the adviser of 10 - St. Uriel and an English teacher for the grade 10 students.

The program proper started with the students lining up

with their respective partners for the royal parade in their respective class sections alongside their picture-taking.

As the students settled down after their grand entrance, warm greetings were given to them by the Vice President of Academic Affairs, Dr. Letica D. Flores, and the school's President, Mr. Elmer H. Nucum. The panel of judges for awarding best dress, prom prince and princess, and prom king and queen were also individually introduced.

In a statement, Mrs. Diana T. Pineda, the event organizer, said, "One of our goals is to let everyone gather at an event, socialize and have fun. We made your prom nite special and memorable. The arrangement was one of a kind which

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Photo by: ROBIN EDUARD I. CASTRO

Sulong Crucians: A Celebration for World Mental Health Month

by: YVELIS CLAUDINE P. BALIGAT

Holy Cross College held an event at the quadrangle of the High School grounds to commemorate the World Mental Health Month. Its subject is "Moving forward towards Well-being" with its title "Sulong". The initiative was successful, thanks to the collaboration of the SSG officers, Utility members, instructors, and guidance counselors.

Ms. Lianne Calma - the Chief-Guidance-Counselor, claims that the focus of this program is to provide psychosocial support, because after two years of confinement due to

the pandemic, it is time to resume the normal lives of the crucians. A thought was also given by Mr. Benjie Nolasco - The Dean of Student Affairs, whose deal is to foster friendships between Junior and Senior High School and other students from various departments.

The event was co-hosted by Mr. Jerwin Recitas and Mr. Arden Cabugos, and it began with the awesomeness that the attendees brought.

At this juncture, the performance from different performers started. The first performer

was Mac Court Richmond Caveiro, a student from Grade 7 - Ezekiel, who sang the song "Fight Song" by Rachel Platten. Raj Joaquin Aryal who came from the Grade 10 - Michael, performed next. He performed his composition entitled "Corona", which demonstrates the pandemic's impacts to the Junior High School pupils.

With the song "This is Me" from The Greatest Showman, the Junior High School Dance Troupe performed in the program as well. Jamil Anika Lulu, one of the Dance Troupe members, said, "My experience at

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Photo by: ERICA D. ESGUERRA

HCC COMMEMORATES THE FEAST OF STO NIÑO

by: SEAN EDDLER P. SANTOS

Last January 12, 2023, Holy Cross College showed one of its core values, "Fides". The School with a heart celebrated the Feast of Sto Nino by having a mass that was led by Rev. Fr. Eisen John M. Cruz.

The crucians from various departments—grade school pupils, junior and senior high school students, college students, and faculty members—attended the mass.

The adviser of the Youth Ministry, Ms. Sofia Canio, along with Mr. Jose Macapagal organized the Mass. Crucians who were part of the Knights of the Blessed Sacrament

(KBS) and Child of Mary Immaculate served at the mass.

The topic of the mass highlighted Sto. Nino being the child image of Jesus. Just like Sto. Nino, people must also have a "child-like" faith and compassion to one another.

After the mass, students from the senior high school department performed a cultural dance as a way of giving honor to Sto. Nino.

The celebration of the feast continued with the games. Such as the "question and answer" and "Perform the Sinulog Dance." This gave a joyful environment to the students which made them have a

smile painted on their faces as the program was ongoing. The winners of the games had their prizes afterwards.

One of the highlights of this celebration was the distribution of the candies, which gave the students that "child-like" happiness.

Sinulog is held annually on the third Sunday of January each year in his honor. Sinulog celebrates one of the country's most renowned historical relics: The Sto Nino de Cebu. It is a statue of the child Jesus which was given to the Rajah Humabon of Cebu by the Portuguese explorer, Ferdinand Magellan, in 1521.



Photo by: HEAVEN JAMES D. AQUINO

HCC's 77th Founding Anniversary Kickstarts with a Color Fun Run



Photo by: **ROBIN EDUARD I. CASTRO**

BY: **YALIS CLAUDINE P. BALIGAT**

Holy Cross College held a Color Fun Run on November 26, 2022, to commemorate the institution's founding day. At precisely 4:00 AM, the event kicked off with participants' registration. There are 1,716 solid contestants in all who came from the junior high school, senior high school, and college departments.

The event was split into two segments: the program that took place before the color run and the awarding ceremony that followed.

For the first part of the event, the hosts, Mr. Jerwin Recitas and Mr. Arden Cabugos, introduced the show at 4:30. Joselito Macapagal, a Filipino Coordinator, gave an introductory prayer to kick off the event. The opening remarks were delivered by Ms. Jaramie Manalaysay, chairman of the 77th founding anniversary.

The Senior High School Teachers and Students' Zumba, served as the crucians' warm-up, making the participants more energized. They danced to several well-known songs, including Omi's Hu la-Hoop, and Left & Right by Charlie Puth and BTS' Jun-

gkook. The dancing created a happy mood that the Crucians enjoyed.

After the Zumba warm-up, Mr. Camilo Lacanlale gave important guidelines about the Color Fun Run, Mr. Camilo announced the instructions and the dos and don'ts during the Color Fun Run along with the route. The Color Fun Run started at HCC, then to San Jose, Sta Maria, and San Pedro, then back again to Sta Maria, San Jose, until you reached HCC.

At the Color Run, there are stations wherein some students are assigned to splash color onto the participant's shirt. The second phase of the event began following the event. The ceremony got underway with medals being given to the pupils who finished the Color Fun Run first. Idris Siriban, Jan Rhed Tiria, and Mark Louise Soriano, junior high school students, took the first, second, and third place.

Following the presentation of the medals, the Holy Cross College Hymn was sung, with Mr. Richard Magat III, SHS Faculty, conducting. Following that, the pupils were showered with water from the fire truck, which got them all active.

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made the prom very special, and elegant, and everything happened smoothly."

Following the greetings was one of the main highlights of the royal event, the cotillion of the grade 9 students. According to Mrs. Diana T. Pineda, the purpose of the dance is, "To continue the long-lasting tradition and to teach young students respectful manners while socializing." Meanwhile, the grade 10 students took up a modern twist by hosting a discotillion that showed a lively and fun dance while still paying respect to the traditional cotillion everybody grew to love.

After the cotillion, hosts Raj Joaquin Aryal and Joanna Marie Pingul interviewed the attendees and staff about their experience in the event so far to ensure quality time during the event.

Soon after the students settled down, they were served dinner. It consisted of rice, fish fillet, cordon bleu, sipo egg, and roast beef with mushroom sauce, and for dessert leche flan, and the drinks raspberry juice. When asked about the food a grade 10 student from St. Michael, John Benedict Gatus said, "Masarap yung pagkain lalo na ung fish fillet malambot, pero yung paborito ko is yung leche flan ang creamy at hindi nakakasawa."

Shortly after dinner, one of the most anticipated parts of the royal prom is the awarding of winners of best dressed, early bird, and the major awards the prom prince and princess, alongside the prom king and queen.

The royal promenade was truly anticipated by crucians, in fact, a student from grade 10 and a winner of best dressed from her section Vyanca Angela Gaviola revealed that they spent 6,000 pesos worth just for her dress alone. But, she did state that it was all worth it as she had the time of her life. The noble winners of the awards were given a plaque, a monetary gift, a sash, and an additional crown for the winner of the major awards.

Before the finale came a heartwarming message from the principal of the IBED Department Mrs. Arliza M. Reyes, where she talked about the importance of the event and how it is one of the core memories of being in junior high school, while not forgetting to compliment the beauty of her students saying, "Ang g-ganda ninyo ngayong araw na ito at dahil diyan pakiramdam ko din gumanda ako dahil nakikita ko kayo."

The finale of the event kicks off with a royal dance where the students and staff can dance the rhythm of their hearts out to one of the most popular songs from the decade, leaving an ending truly worth remembering from their junior high school life.

Library Orientation of the Junior High School Department

BY: **YALIS CLAUDINE P. BALIGAT**



Photo by: **NEAVEN JAMES D. AQUINO**

The junior high school department had a library orientation for the students from Grade 7 to Grade 10. Students from different grade levels and sections have their own schedules to attend the orientation.

The Orientation was held for four days, which was divided to the grade levels of the Junior High School Department (From Grade 7 up to Grade 10), one grade level per day. Each day was distributed with 2 batches. The batch one was held at 10:00 am, while the batch two took place at 2:00 pm.

The first day of the orientation, November 14, 2022, was attended by the grade 7's. The attendees of batch 1 were sections Jeremiah and Jonah. With the second batch, sections Ezekiel, Malachi, and Zechariah attended.

At November 15, 2022, the second day of the orientation,

second day of the orientation, the grade 8's attended. With the batch 1, sections Abraham and David attended. The batch 2 were attended by the sections Moses and Isaiah.

For the grade 9's, their orientation took place at the third day, November 16, 2022. The 1st batch attendees were sections Romans and Colossians. Galatians and Ephesians were the sections that attended the 2nd batch.

For the last day of the orientation, that was held on November 17, 2022. The batch 1 attendees were sections St. Michael and St. Jeremiel. Sections St. Gabriel, St. Uriel, and St. Raphael attended the 2nd batch.

The orientation was held at the Junior High School Library which is located at the 4th floor of the LRC building.

The flow of the orientation

began with introduction of the places in the library and the purposes of it, the library services, and the people in charge of the library which were discussed by the associate librarian, Ma'am Zaire Lapuz.

The orientation continued with the discussion of the Rules and Regulation of the library along with the consequences or penalties a student will receive if they disobeyed the rules and regulations, along with the library schedule that were discussed by Mr. John Loyd Cordova, an on-job-training student, and Ma'am Princess Anne Balajadia, a librarian in the Junior High School Department Library.

The purpose of the orientation was to give knowledge and instructions to the students such as the do's and don'ts in the library, and etc.

VALENTINE'S DAY WITH A BLAST AT HCC

By: YVELIS CLAUDINE P. BALIGAT

HCC celebrated the day of love with a loving atmosphere. There were booths, as well as the bands from several departments performed live, which was undoubtedly the event's high point.

The event was split into two parts: the booths, that ran from the morning until the afternoon, and the live band performances, which took place from the afternoon until the evening.

The day began with the setup of the booths, such as the Dedication Booth, Jail Booth, Linking Booth, Candy Corner, and HCC Bazaar. The booths that the department officers organized were well-liked by many pupils and even the teachers.

All of the booths were closing for the final section at precisely 3:30 pm, which served as a sign for the subsequent program. Sir Jerwin Recitas and Sir Arden Cabugos served as the program's hosts.

The performance set the tone for the event's flow, which continued with the announcement of the raffle winners after

that. Mac Court Richmond Caveiro, a junior high school student in grade 7, gave the opening performance. He sang the songs "Forever's not enough" and "Akin ka nalang," which were excellent choices for the occasion. He made mention of dedicating the songs he sung for his crush during the interview.

Many bands from various departments and strands participated in the event. The bands that played were Hiraya, Apollo (God of Music), and Nostalgia (Memory).

A guest band, Musica Nava, played as the event drew to an end. The performers energized the event and engendered a cheerful atmosphere in the audience.

The Guidance and Counseling Services Division organized this event, which was the second psycho-social support activity. For the students who were unable to attend the first psycho-social support event, this program acted as a "pambawi." The day of love was truly felt by the students, teachers, and visitors, thanks to this event.



Photo by: ERICA D. ESGUERRA

Crucians celebrate World Teachers' Day

By: SHIN I. DE GUZMAN

After two years of not celebrating teachers' day properly due to the pandemic, this school year 2022-2023, teachers' day was celebrated again in the school with a heart by teachers and students in their classroom on October 4, 2022.

On the first day of teachers' day, the students from Holy Cross College prepared simple surprises for their teachers. Students showed their appreciation for their teachers by bringing them gifts, decorating the classroom, and other ways to demonstrate how much they valued them.

On the second day, the teachers and the SSG officers prepared an honoring celebration. The celebration was held in the school's gymnasium to congratulate teachers for their contributions to appreciate and honor all their hard work.

Mr. Elmer Nucum, the school's president, also conveyed his gratitude by giving a heartfelt message. Furthermore, Dr. Leti-

cia D. Flores spoke in front of the audience to share her thoughts and feelings regarding the event that the students had organized.

In a statement, Lindsay Pineda, the SSG treasurer in Junior High School Department said, "Even though it was just a little event, we are glad that our teachers and fellow students got to enjoy Teachers' Day once more. We were glad despite our exhaustion from planning and organizing this event, as well as from witnessing the students' indescribable excitement. We hope that the good times at Holy Cross College will continue, and we look forward to celebrating events there once more."

To sum up, teachers' day was joyfully celebrated again after many years of a pandemic that affected everyone. Despite everyone's experiences and those of our school, today will mark the beginning of the continuation of the enjoyment that the school with a heart began.



Photo by: HEAVEN JAMES D. AQUINO

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the event was quite enjoyable; I made new friends there, and some of my close friends also enjoyed themselves. It continuously acts as a reminder that we are all still attractive in our own particular ways, regardless of how we appear, how many flaws we have, or what skin color we have. It stands for the notion that since these things are gifts from God, we should be proud of who we are. Our dance has some very strong movements. It has the ability to uplift viewers, make them smile, and let them realize how fortunate they are."

In the continuation of the program, a grade 10 student, Joanna Marie Pingul sang "A Million Dreams" by The Greatest Showman. In addition, Rohmiela Gail Dayrit, a student in Grade 8, sang "Greatest Love of All" by Whitney Houston.

A guest band made up of HCC Alumni played at the other half of the event, creating a happy atmosphere for the students in attendance. The event was beautifully concluded with this

As they all had a great time right up until the conclusion, the Crucian's joy was felt and carried home by them. All of the students, teachers, and staffs who attended were extremely engaged throughout the entire event. The students left the school with a smile. They were all grateful that HCC offered this program because it brought happiness and awareness to everyone.

HCC conducts Earthquake Drills

By: DOROTHY ANNE M. BAGAIN

DUCK, COVER, and HOLD; Crucians from Elementary to College Department participated at the first face-to-face fire and earthquake drill on October 21, 2022, at Holy Cross College. The drill was headed by the Bureau of Fire Protection (BFP) and Municipal Disaster Risk Reduction Management Office (M-DRRMO). The fire drill was also accompanied by representatives from JHS, Raj Joaquin Aryal and Ron James Dela Torre; SHS, Aeron Vercasion and two faculty members, Juaren Joy Gutierrez and Arnel John Pasomonte.

The mock earthquake drill was separated into two batches: the morning drill, which started at 9:00 am and the afternoon drill started at 2:30 pm. This was headed by Sir Jeffrey Lansangan, the head of the safety and protection division and was assisted by SSG officers of HCC.

The drills began with the students

performing duck, cover, and hold inside their classroom. When the alarm went off, crucians started to evacuate in the quadrangle, they were assisted by their subject teachers with the class president who did the headcount.

These drills are to ensure that all learners are properly guided on what should be done during and after an earthquake or a fire in school. Emergencies and calamities may strike anywhere, anytime thus having an effective preparation is the key in preventing disasters and saving lives. Let us use effective planning and simulation exercises to keep our students, staff, and schools safe from fires, earthquakes, and other natural disasters.

It is critical to raise awareness, dispel panic, and ensure the safety and security of students, teachers, and other parties on the school grounds.



Photo by: ERICA D. ESGUERRA

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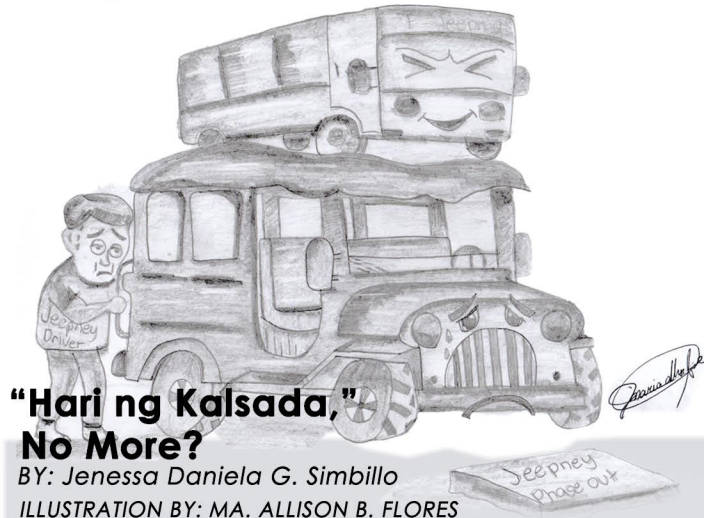
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“Hari ng Kalsada,” No More?

BY: Jenessa Daniela G. Simbillo

ILLUSTRATION BY: MA. ALLISON B. FLORES

“All the Jeepney drivers will be affected. We can’t even afford some of our necessities, and now, the government or the LTRFB wants us to pay 2.6 million for a minibus. Even if it is an installment, it is too much for us,” Mang Danilo, one of the Jeepney drivers in Pateros said in an interview with the Rappler.

Jeepney is considered as one of the trademarks of the Philippines, “Hari ng daan”, as most of us say, but what will happen to these renowned vehicles that most of us Filipino passengers rely on when they are slowly being phaseout by the government?

A small operator has an income of 2,000 to 2,500 pesos a day, and that income will be lessened because of the expenses for fuel maintenance and their necessities. Would that money be enough to buy 2.6 million pesos worth of minibus? Even if it is installment, it will take a long time to be paid in full, and some drivers might be in debt because of it. The question is, what is the plan of our government for the drivers that would be affected by this PUV Modernization Program?

This program can also be a cause of the acute shortage of public transportation modes in the country. Let’s just look at the queues when it is rush hour.

By the time the clock strikes 5 PM, you will expect that the inside of the public transportation will look like a can of sardines. Many passengers are running and fighting to get to the public transportation immediately so that they will be a sit or spot left to them. Also, the jeep gives a low fare to the passengers that’s why some Filipinos especially the ones who have a limited budget, rely on it. If the minibus will push through its fare may have to be increased to 21-24 pesos from the current 14 pesos minimum fare.

2.8 million pesos cannot be easily achieved by some of the small Jeepney operators but rehabilitation of it is one of the solutions. The government should atleast permit individual operators to “rehabilitate” their units if it does not want the conventional ones. An individual operator who rehabilitated his jeepney following the DOTr’s Omnibus Franchising Guidelines only

spent 900,000 pesos. It is taller compared to the ordinary jeep, still retains the iconic Pinoy jeepney look, can seat 12 passengers on each side for a total of 24 passengers, and has the same features as “Carmex” which is one of the most recent public transportation in the Philippines. In this way, modernization won’t be expensive.

Who wouldn’t want a Modernize Jeep, wherein you can feel comfortable, and at ease, because of the good features it gives, like air-conditioned, free Wi-Fi, and CCTV, but we also want what we called ‘modernization’ to be easily attained by everyone else.

“Kahit na kakarampot lang ang nauuwing kita ng ating mga namamasada ng jeepney ay hindi sila tumitigil sa kanilang responsibilidad sa masang Pilipino na sa kanila umaasa para sa kanilang pang-araw-araw na transportasyon kaya’t panahon na para sila naman ang isakay natin sa maginhawang buhay”, Sen. Jinggoy Estrada said in a Senate hearing.

All of us Filipinos want modernization so we can keep up with other rich and advanced countries, but let us wait for our fellow citizens like Jeepney drivers who are here with us for over 93 years.

Social Media? Restrain Yourself From It

BY: Sebastian F. Suarez

Social Networking is a popular method of communication for many. It allows us to chat with people around the world, share events, and document our daily life. But there are still flaws with this type of communication.

As helpful as Social Networking Sites (SNS) are, there are still a lot of risk factors involving them. For the record, I spend a lot of time on different SNSs throughout the day. Despite that, I have a complete awareness of the risks it has.

Risks in Social Media are astronomical such risks involve scams, bullying, harassment, and so on. One factor that makes all of these risks possible is that it is incredibly easy to access, especially for children.

Underaged or minors could easily access such content simply by faking their age which makes them a perfect target for scams and even sexual offenses. Since you can pretty much make your identity anonymous and pretend to be an audience of the same age and work your way through.

It is relatively easy to judge someone based on what you see alone. Social media is not an exception. This leads many teens or young adults to care or show off in the content they post. What first started off as a just-for-fun type of thing turned into a necessity for most people and it makes you addicted and more sensitive to what people think about you which could lead to poor self-image.

I don’t want to be involved in such matters, it’s just that I see this a lot. One thing I can suggest to everyone is to be mindful of what you do and observe. Don’t just agree with the stuff you don’t know, Cliché as it may be, but “think before you click.”

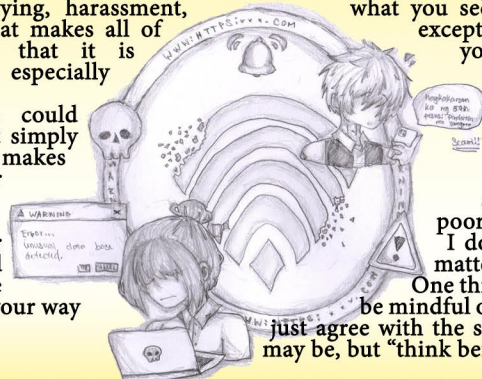


ILLUSTRATION BY: JASMIN D. MACALINO

Transitioning From What We Used To

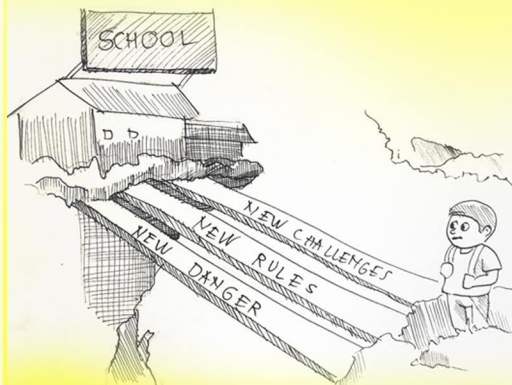
BY: CHRSTIAN GABRIEL D. BUAN

Due to the pandemic, the two-year learning model had changed; it could now be modular and online. And after learning through technology, it is now the time for us to learn physics.



Face-to-Face Classes demonstrated everyone's potential, not just through their hard work but also through their desire and perseverance. How is it advisable to be on class personally and not on technology?

A slow connection occurred during online classes. We may encounter unpredictability and indolence, which is one of the explanation why face-to-face classes are more preferable. It is worth nothing that onlince classes can also be highly effective, especially with the right tools and strategies in place. However, being physically present in a classroom can help us to stay more focused and engaged, while also providing opportunities for collaborative learning and real-time feedback. This year has been tremendously successful since we are not only having fun, but also learning. They fully embrace the hybrid form of learning, in which they attend school every day and digest the teachings. It is helpful in a way that we now have the ability to ask question and get immediate answers. Because the lengthy wait for the on-site session is over, everyone demonstrated their readiness and delight. Most pupils have already accepted their learning method through regular contact. Everyone agreed that this method of learning increased their confidence, self-esteem, and sense of community with their peers. This allows us to have more hands-on approach to learning, which can be beneficial for some subjects. A structured schedule and routine that can help with time management and accountability is one of the few helpful things that face-to-face classes have. Ultimately, using this form of learning, you can have those group activities and assist everyone build their leadership skills.



Finally, the choice between face-to-face and online classes is influenced by a variety of factors such as personal preference, accessibility, and circumstances. A lot of realizations had occurred to me, and this set the tone for me to open my mind to new possibilities and prospects, as well as them. "Nothing is impossible, as long as you are motivated to succeed," HCC students once stated. Holy Cross College's vibrancy has finally returned.

Your Children Aren't Gems, so Why Treat Them as Such?

BY: RAJ JOAQUIN P. ARYAL



Diamonds are created due to the immense pressure that they experience underground while they are still in their regular, and undeniably boring carbon form. Diamonds are great. If they can be created by exerting pressure, does this mean if we pressure our children they'll become great as well?

Back then when we were still in lockdown, the main problem that the young generation was facing was the fear and the numerous mental health issues that Corona had brought alongside with it. But now that the fear of this virus has been alleviated, our society is slowly but surely getting back on its feet from the damages that it

During the two years that the pandemic has forced us to close all our doors and be stuck inside our homes, the education of our youth has been affected considerably. With the students being forced to learn in the comfort of their homes, it was very clear that a lot of them didn't take it seriously. It seemed like high grades were very easy to attain because Google will be by your side at all times. But now, things have returned to normal. The gates of the campuses all over the Philippines are once again opened.

With this, the wings of the birds which now sore very highly in the sky seemed to have been cut. Anxiety and pressure from the fear that their grades might drop have enveloped the minds of multiple students. This alongside the expectations of their peers, families, and even teachers has surely affected the state of the

mental health of multiple students. It seemed like one problem was finished just for another to sprout.

It also doesn't help that parents seem more conscious of their children's grades than the children themselves. Some even express it openly, not caring whether or not they are still inside the classroom after a Parent-Teacher meeting during a Cards Out. The pain of your high marks not being enough because you aren't in the Top 5 of your class is maybe one the most painful things a student who is still at a young age might experience.

These types of events create pressure on our youth. Now whether or not this pressure creates something great is only up to how this person will deal with it, and if it even creates something great, it will only be seen on their report card.

The hurtful things that a parent says and does to their child just because they failed to reach their expectations may push them to study harder, but it also might make them think that whatever they do and accomplish, it will never be enough if they aren't number one. The parent might have the satisfaction because they will be able to brag to their friends that their son or daughter has accomplished something great, but what about them? What will the child think?

Multiple studies have shown that exerting pressure on children increases the chance of anxiety, depression, and other stress-related disorders. It will also make them do worse than what their potential might actually offer.

It also affects their social life. When a parent compares their child to another just because they are doing better than their child at something, it teaches the child to think that they are in competition. And if a parent shows disappointment toward their kid for not being the Rank 1, they will see everyone as a competition.

These are only a few of the negative effects of academic pressure. Parents might think that what they say or do are only small things that shouldn't be taken to heart, but they are wrong. Expressing disappointment just because your child has failed to meet your expectations is never good. It will not only affect their life now but also their life in the future as adults.

Instead of making your child's school life stressful by expecting high grades from them, why don't we just encourage them to have more fun with their classmates? Their life at school is the only time that they will get to enjoy a life without much stress, so why not just give it to them?

Your children aren't the fossils underground that are to be turned into diamonds. They are the fruit of your love. Show them support. Encourage them to do what they want. Let them live their life. They didn't ask for it in the first place, so why should you make it harder for them?

Fashionistas on Fridays

BY: ARKHIN T. SUBA



Bron C. Soliman, a Grade 7 student from Jeremiah, shared his experience of Friday's washday, saying that it was a memorable and pleasant experience. He appreciated the freedom to choose his own clothes, even if they were somewhat formal, and he enjoyed the opportunity to express himself through his fashion choices.

What stood out to him was that the day allowed students to showcase their individuality and personal style. He found it amazing how everyone's outfit reflected their unique personality. Moreover, Friday's washday taught the students the importance of self-care and taking pride in their appearance. They spent time washing and ironing their clothes, so they could look and feel thAccording to Bron, this lesson on personal grooming and self-esteem stayed with him to this day. He emphasized that it's not just about looking good, but also about

taking care of ourselves and feeling confident in who we are. Overall, he looked forward to Friday washday every week, as it was a chance to take care of their clothing and themselves. In conclusion, Bron believes that it's essential to take pride in our identity and express ourselves in our unique ways.

Other students from grade 7 also shared their experiences of Friday's washday. They mentioned that it was a day that brought everyone together. They shared that Friday's wash day allowed them to experiment with different styles and colors. They enjoyed trying out new clothing combinations and discovering what suited them best. This day helped them discover their style, which she still follows to this day. They also said that Friday's washday was a time to bond with her classmates. She enjoyed chatting with her friends while they washed their clothes and shared fashion tips. It was a break from the stress of schoolwork and a chance to relax and have fun. These different experiences show that Friday's wash day was more than just a day for washing clothes. It was a chance for the students to express themselves, learn practical skills, bond with their classmates, and take pride in their appearance.

Are Massive Tremors Critical In Obtaining "The Big One"

BY: HAZEL ANN M. PANGAN

Southeast Turkey (officially the Republic of Türkiye) and northwest Syria were devastated by a massive 7.8 magnitude earthquake that struck on February 6, 2023, along with a number of other powerful tremors and aftershocks. The number of fatalities has surpassed 41,000 and is still rising. An further 6.3 magnitude earthquake struck southern Turkey two weeks later, on February 20, 2023, resulting in additional casualties and damage. is the sort of end-of-the-world cataclysm that geoscientists have been fearing. It is the sort of end-of-the-world cataclysm that geoscientists have been fearing.

The initial earthquake in Gaziantep province occurred close to Nurda at a depth of 11 miles (17.9 km). According to the United Nations Office for the Coordination of Humanitarian Affairs, the area has experienced thousands of aftershocks since the initial earthquake (OCHA). There are 35,418 people have died as a result of the strong quake that hit Turkey and Syria last week. The number of dead may double, according to the United Nations, because other people are still being searched for within the rubble. Given that Turkey is currently experiencing a severe cold, the rescue will be challenging. One Filipina was recently discovered alive while two were confirmed dead. Videos that surfaced on social media showed how the buildings in Hatay's city center eventually fell down. Like pushed matchstick homes that eventually fell apart and filled with smoke. The ground is still shaking and people can be heard screaming. Turkey's ten hardest-hit provinces have seen almost total building devastation in a matter of seconds. The buildings' downfall is being investigated by Turkish authorities, who also requested the arrest of



113 people. The custody of 113 people suspected of being behind the destruction of the buildings was authorized by Turkey's vice president on Sunday. There was extensive collapse because of what the authorities believed to be negligence on the part of the accused defendants in the building's construction. It is reported that only recently did this type of erosion occur, leaving nearly nothing behind. Several regions and cities experienced the abrupt loss of thousands of homes and buildings. In a region already rocked by unrest brought on by the current refugee crisis and the almost 12-year conflict in Syria, thousands of people have been injured and hundreds of thousands have been homeless. Teams of search and rescue personnel from all around the world are now primarily focusing on recovery activities after searching desperately for additional survivors for almost two weeks. According to reports, at least 47,000 buildings have been demolished or damaged, and there are over 87,000 injured. The first consignment of its kind since the catastrophic earthquake that devastated

both nations on February 6 witnessed six trucks crossing into besieged northwest Syria from Turkey. The supplies included food, water, shelter, and sanitary equipment. The epicenter of the seismic event was close to the cities of Nurda and Gaziantep in the province of Gaziantep, which is home to millions of Syrian refugees. Around the border, which has been plagued by the almost decade - long conflict in Syria and the refugee crisis, the earthquake increased the misery. Due to the extent of the damage and the astonishing number of individuals who have been left homeless, badly injured, or killed, Turkey and Syria will require all the assistance the international community can provide. It's encouraging to see that the Philippines has also given assistance. 85 Filipino engineers and medical personnel have already arrived, and our government is also providing winter clothing and blankets to earthquake victims.

Earthquakes are brief, typically lasting no longer than a minute, they can nonetheless cause a great deal of damage. Earthquakes occur suddenly, violently, and without warning, but seeing possible hazards and making plans can lessen the risk of property damage, catastrophes, and fatalities. The term "disaster preparedness" describes the precautions made to lessen the impact of a calamity. Lessening the impact of disasters on vulnerable people, preparing an organization for an influx of activity, and developing a coordinated plan that minimizes wastage of resources, time, and efforts are the objectives of disaster preparation. Contingency planning strives to quickly restore normalcy to the affected populations and has the ability to save the greatest amount of lives.

Earth, The Most Important Planet

BY: MARIA MIKAELA P. MIRANDA

We thank the earth for being the most compatible one to make us, it brings us life and it makes us enjoy life. Life is wonderful here on earth, we can breathe air freely, and we can find food, shelter, and even income. But as time goes by, the earth is getting tired of our actions, actions that can prevent but can't control. Does that mean our 'beloved' earth is close to the edge?

Global warming is one of the main problems of earth, it's the long-term warming of the planet's overall temperature. Though this warming trend has been going on for a long time, its pace has significantly increased in the last hundred years due to the burning of fossil fuels.

It has been a big problem year by year, which means climate change is also a big problem. According to NRDC " Though natural cycles and fluctuations have caused the earth's climate to change several times over the last 800,000 years, our current era of global warming is directly attributable to human activity—specifically to our burning of fossil fuels such as coal, oil, gasoline, and natural gas, which results in the greenhouse effect. In the United States, the largest source of greenhouse gases is transportation (29 percent), followed closely by electricity production (28 percent) and industrial activity (22 percent)."

Back in April 2022, about 1000 scientists demonstrate and protested global warming, its effects of it, and how close we are to the edge. For a long time, they have been protesting about it, which leads them to be arrested. One of the scientists stated, "The government's insane, and I don't know what to do, other than to do this, to try and get the attention that we need to wake the public up."

People on the internet help them to protest, been

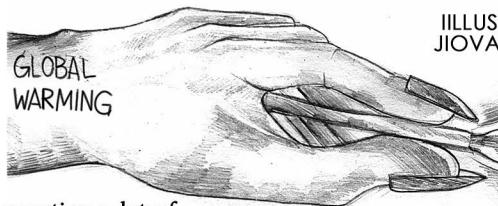
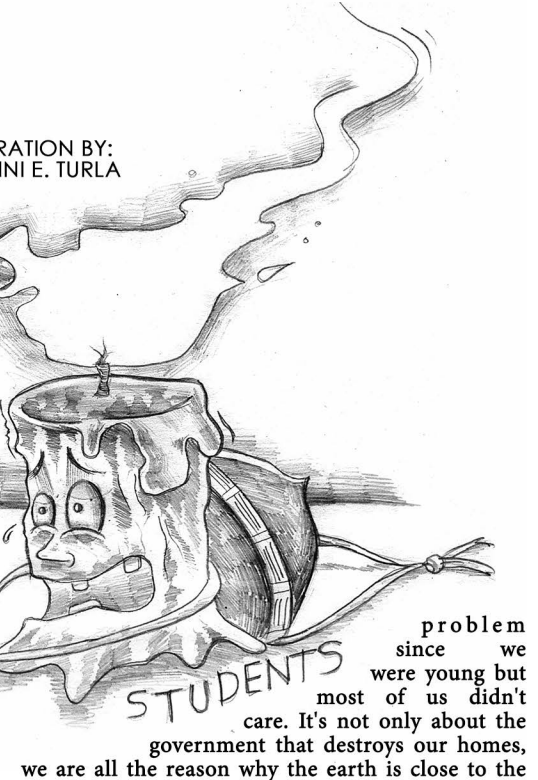


ILLUSTRATION BY: GIOVANNI E. TURLA

posting a lot of awareness some of it were about deleting unnecessary emails, turning off the lights when it's not being used, planting a tree, and recommending some apps that help the earth to be better, and many more. In most people, it lasted about 2 weeks and some called these people "going only with trends but didn't mean everything." most of them just keep blaming the government for it, since the scientist keeps protesting but also keep arresting them.

Earth is close to the edge, scientists give us 5 years if the situation is still worse earth would start to break, and climate change would be worse. Also, every year we discover new proof of its terrible effects on both people and the environment. Communities suffer, and the number of fatalities rises, as the heat waves, droughts, and floods brought on by climate change grow more regular and severe. Scientists predict that if we don't cut back on our emissions, climate change might kill more than 250,000 people annually and push 100 million people into poverty by 2030.

Believe it or not, we are all responsible for this problem, many of us have been educated about this



problem since we were young but most of us didn't care. It's not only about the government that destroys our homes, we are all the reason why the earth is close to the edge. Earth is the only planet we can count on yet we still treat it like trash. Time is clicking, every second, and everything just keeps getting worse, day by day, the earth is fighting however she is also getting tired of us. She's tired of the society that keeps faking its kindness to her, it's 2023, if we keep doing this to our earth maybe we can only live here till 2050, wake up and do your thing. Be the human that the earth deserves, share awareness, and stand for the earth.

Science Feature

Disallow Willow!

By: CHRISTIAN GABRIEL D. BUAN

If I were to ask you, would you put our environment at risk in order to acquire money? You might not be aware that you have been taking risks in order to gain advantages. How about asking you why the world's temperature is rising right now? Yes, we have no idea what we have been doing lately.

ConocoPhillips recently suggested a project known as Willow Project. It is the \$6 billion project that is being proposed for Alaska. It will enable drilling in some of the US's last undeveloped locations. The Biden administration approved this effort, stating that it might have a significant influence on the nation but pose a serious threat to living things there like polar bears and others. Is it required to read this project? Yes, for the country's economy.

The climate is changing right now, am I correct? Additionally, once the plan is implemented, it is more likely to rise. In particular, the fact that this project will

produce oil is what will cause the temperature to rise. Oil drilling byproducts have the potential to seriously harm the environment. In my estimation, this is a bigger problem than the issue of breakups.

Okay, so why do others oppose with it? They contend that they are fighting for the wellbeing of our planet rather than its advantages. They are afraid since whatever may occur will always have an impact on them and our surroundings. They even started a petition to stop this problem because it actually threatens the future of the entire world.

The best way to address this issue is by bringing the government and its constituents together. Making wise decisions and practicing self-control would enable us to control the way the world functions.

So let's work to put a stop to this nonsense—we can do it



STOP THE WILLOW PROJECT

Illustration by PREPPY-DESIGNZZ



Photos by: NCC FB PAGE

The Battle for the Mr. and Ms. Intramurals

By: PRECIOUS ANNE A. EDEJER

“Crowns are not made of brimstones. They are made of discipline, determination, consistency, and a rare trait called courage.” - Tessa Ridley

Intrams is an event to showcase to young children the value of sportsmanship and camaraderie. And pageants, live in the hearts of many people ranging from children, teens, and young adults, to even grandparents. The Philippines is a powerhouse when it comes to the world of pageantry so it's no surprise to see that schools nationwide adopt this culture, a great example of this is Holy Cross College a school in Sta. Ana Pampanga.

A contest where 4 young men and women are picked among beautiful students and are judged to see who truly fits the title of “Mr. and Ms. Intramurals.”

January 25, 2023, was the start of the intramurals for the IBED Department and one of the main highlights and most awaited parts of the said event, the Mr. and Ms. Intramurals. With great confidence and enthusiasm in their stride, the 8 contestants of their respective grade levels amazed their audience with their catwalk in their casual attire.

The starting round of the pageant consisted of the contestants showcasing their dancing skills in the production number. For the second round, the participants introduced themselves to the judges and the audience. After that, the pageant had a short dance intermission break that was led by the teachers

for both the junior and elementary departments.

After the break, the contestants showcased a different side of themselves with their sports attire, followed by the finale, a question-and-answer portion.

The Zumba competition was held right after the contestants wowed the audiences with their answers in the aforementioned Q&A. Right after the Zumba was the most awaited announcement of the winners.

Kent Warren S. Carreon of the Seven Hornets and Nicole S. Cabrera of the Venomous Scorpions were deemed as the 3rd runner-up. Ahead of them in scores were Jay Andrei Aviles of the Flaring Tigers and Czyryll Keith Lopez of the Reigning King Lions who were given the spot of 2nd runner-ups.

Just behind the Ms. and Mr. Intramurals were Hn. Maria Manalastas of the Seven Hornets and John Kurt Dizon of the Venomous Scorpions were titled as the 1st runner-ups. And finally, John Vincent B. Tarifa of the Reigning King Lions along with Johve Keira Marguerite Tan of the Flaring Tigers was the Mr. and Ms. IBED Intramurals.

It was a beauty pageant, but it was not only their beauty that won them this competition. Beauty is subjective. What we find beautiful may not be the same for other people. These people won and stood out because of their discipline, determination, consistency, courage, and most of all their desire to win for their team.

Being stuck in our houses doing the online and modular means of learning not only took from us the opportunity to see the faces of our classmates in person, but also the opportunity to participate in live school events. Now that the risks of this pandemic have lessened, these events are making a comeback. And they are louder, merrier, and more intense than before.

Last January 25, one of the most anticipated events of the school year kicked off in the Gymnasium of our school. The Holy Cross College Integrated Basic Education Department Intramurals was held with the purpose of developing the sense of unity, teamwork, friendship, discipline, and camaraderie of every single student who was participating in the said event.

As all of our events go, an opening prayer was done before Doctor Leticia Flores, our Vice President of Academic Affairs gave her opening remarks. Even though there were still risks in conducting an event like this especially since the CoronaVirus Pandemic is yet to end, she said that the smile on the faces of each participant was more than enough to outweigh these cons. Words that helped even more in hyping up the occasion.

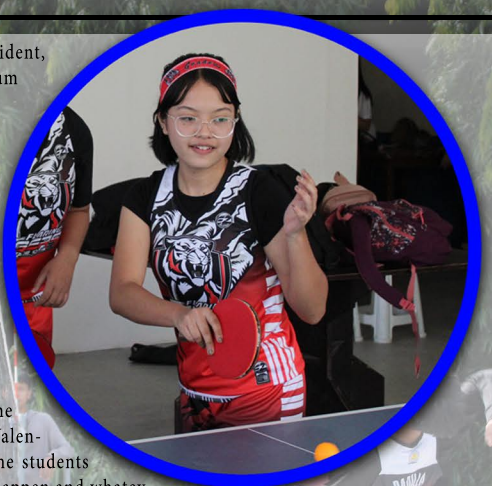
The Lighting of the Symbolic Urn led by a student athlete from the Reigning King Lions of the Grade 9, John Miles Kabigting shortly followed. He along with the captain balls of each grade level lit up the urn that symbolized that every athlete and team participating were unified under one purpose. And that purpose was to have fun while playing each game.

The School's President, Mr. Elmer H. Nucum gave a short message to the students after the urn was lit. Reminding them to have fun and play fair. Afterwards was the Oath of Sportsmanship led by a student athlete from the Flaring Tigers of the Grade 10, Jenny Valenzuela. Reminding the students that whatever may happen and whatever the results may be, they should stay as good sports and to always play fair.

The event was one step closer from official starting as the IBED Principal, Mrs. Arliza Reyes gave her speech. Once more reminding the students to remember to play fairly, safely, and of course to have tons of fun. After this was the tossing of the ball led by the president, which served as a sign that the IBED Intramurals had officially begun.

The four participating teams in this Intramurals were the Seven Hornets of the Grade 7, the Venomous Scorpions of the Grade 8, the Reigning King Lions of the Grade 9, and last but not the least, the Flaring Tigers of the Grade 10. Each prepared with their own sets of athletes,

yells and cheers that were to be heard for each of their games in the following days. On the opening day, the Mr. and Ms. Intramurals and the Zumba competitions were also held. The teachers from the IBED department also showed that the "Zumbangers" weren't



THE Comeback Worth Anticipating

by: RAI JOAQUIN P. ARYAL

only ones who were capable of dancing. Let us also not forget the parade of the Red, Yellow, and Blue teams from the Grade School with their own set of muses and escorts.

Some games had to be held days before the official opening as they were held outside of the

school. The Athletics were conducted on January 23 in the Heavenly Palace, while the Badminton games were conducted on January 24 at Shuttle Pro Sta. Ana. The games inside the school all started on January 26. It's been a while since the HCC

on the 27th of January as the championship games of the major events were held. Cheers were heard throughout the campus with every point the teams scored. It was also on this day that the title of the Overall Champion was given.

The Flaring Tigers of the Grade 10 took the title without breaking a single sweat. Behind them in points were the Reigning King Lions of the Grade 9 who took the title of the 1st Runner up. The Venomous Scorpions of the Grade 8 took the 2nd Runner Up while the Seven Hornets of Grade 7 took 3rd Runner Up.

Though titles such as these were given away, let us not forget the true reason why events such as this are held. The true purpose of the Intramurals is to teach the students more about teamwork, sportsmanship, and unity. Of course it is also to make them have fun, and give them more memories to remember as they graduate from highschool.

This specific Intramurals is to also serve as proof that nothing, whether it may be a pandemic or a disaster, will ever stop Crucians from having fun. Yes, it may have stopped us

Photos by: HCC JOURNALISTS AND FB PAGE

Crucian Volleyball Makes Come Back after 2 Years

by: CHRISTIAN GABRIEL D. BUAN

Holy Cross College finally experienced Intramurals after a lengthy absence owing to the pandemic! It was full of excitement and laughter because of the sports available; and one of them was Volleyball. Individually, it gripped them and piqued their interest due to their skills and movement. Volleyball is a team sport where in which everyone is not regarded as an enemy, but rather a friend.

Each team successfully defeated the court hurdle with their collaborative talents and teamwork. The players only had a few weeks to prepare, so it was a little tiring, but they pushed through with the enthusiasm and with the school's support.

From January 26 to 27, participants competed for the title of champion. To say that the volleyball games were mesmerizing to watch would be an understatement. The volleyball teams were working hard to stay until the last match. This leads them to the statement that "even without placement, you still have an achievement."

In the boys category, the Venomous Scorpi grade 8 finished up third runner up, the Reigning King Lions of the grade 9 finished second runner up, and last but not the least, the Flaring Tigers of the grade 10 took the first place.

In the girls category, the grade 9 Lions finished second place, while the grade 10 Tigers finished first place. And the champions were the grade 8 Scorpions.

"It is the sportsmanship that truly popped from the game we played", Yaelis Claudine Baligat remarked. "It can express the idea that Camaraderie, Unity, Sportsmanship, and other outcomes can be obtained". This gave an opportunity to all the children to have fun through this sport.

The sport's goal is to develop Collaboration, Discipline, and Sportsmanship toward others. Despite the sweltering temperature, they demonstrated their commitment to win this sport. Camaraderie was evident over the two-day event. Their social and mental growth has been encouraged. Thank you to the coaches and Holy Cross College for bringing back this event, which allowed everyone to showcase their abilities and talents. Let us yearly greet our players as they progress to the next level of the game.

Photo by: HEAVEN JAMES D. AQUINO

Flaring Tigers Take Home the Win: Basketball League

by: DOROTHY ANNE M. BAGAIN

After 2 whole years, the Intramurals have finally made a comeback at Holy Cross College. Along with it is a game that everyone is very familiar with, basketball.

The games started last January 26, 2023 and ended on the day after, January 27, 2023. The Flaring Tigers of the Grade 10 earned the Gold Medal. The Reigning King Lions of the Grade 9 took the Silvers while the Venomous scorpions of the Grade 8 took the Bronze.

The matches were all held at the Holy Cross College Gymnasium, which was filled especially on the last day as students cheered for their favorite teams.

The first match was between the Lions and Scorpions wherein the former slammed the latter to the ground with scores of 56 and 38. After this game was the first confrontation of the Lions with the Flaring Tigers, in which the Tigers taught their Juniors a lesson as they beat them.

This was no problem for the Lions though as they quickly bounced back after a rematch with

the Scorpions. But this still wasn't enough to take the champion spot as the well-conditioned Tigers once again showed domination on the court, taking home the beacon.

With a winning streak that wasn't once broken, John Cena Soliman, the Captain ball and the Most Valuable Player (MVP), Has led the flaring tigers along with his team to earn the number one spot.

JC stated that "Basketball is a game that prioritizes height, speed, and agility. It demands a lot of hard work and talent. However, it is also a game that anyone can play and enjoy, which is why it is so popular worldwide. To conclude, basketball is an amazing game!"

"I would like to thank our coaches for being amazing. You have always pushed me to be my best and I didn't always appreciate the hard work and early mornings, but now I see why you made me do it," he added.

The Tigers' Basketball girls and boys cheered together with their team coaches as they declared that they were the overall champion of the Intramurals basketball league 2023.



Photos by: HEAVEN JAMES D. AQUINO

Zumbangers, Arise!

by: RAI JOAQUIN P. ARYAL

Discipline, unity, sportsmanship, friendship and camaraderie. These are the five values that we were to uphold in the Intramurals. But on the dance floor, none of these five really matter.

Energy and shamelessness, only these two things are what we should remember when dancing, and that's what our "Zumbangers" have showcased last January 25 in the opening of the IBED Intramurals.

Participants from each grade level have all prepared their own Zumba dances for the Zumba competition which was held on the first day of the Intrams. With each dance showcasing the overflowing energy of each student who participated.

It is debatable whether or not all those who participated were gifted when it comes to dancing, but it is not really that important. What matters to those who have witnessed all the performances was the entertainment, and surprise that all the students have felt when they saw their classmates twerking just to be exempted from their upcoming preliminary examinations.

We shouldn't forget about the performances of the IBED teachers as well. Their intermission number was what really jump started the Zumba competition. With their dances, the whole HCC Gymnasium was hyped and prepared for what was about to come.

The Venomous Scorpions of the Grade 8 were deemed as the Champions of the competition. The Flaring Tigers of the Grade 10 were the 1st runner up, the Reigning Kings Lions of the Grade 9 were the second runner up, and the

Seven Hornets of the Grade 7 were the third runner up.

All these titles were for nothing though, because just by having the sheer will to dance in front of that huge crowd, you are already worthy of the title "Champion".



Photo by: BECCA D. ESGUERRA



Photo by: SHANIAN KATRICE M. LACAP

JHS Paddlers, Smash and Serve at the Intramurals 2023

By: JENESSA DANIELA G. SOMBILLO

"The best time to play Ping-Pong is when you know that winning is not everything." -Anonymous.

Last January 26, 2022, Junior High School Athletes competed in a table tennis competition for the Integrated Basic Education annual Intramurals.

The games which were held on the second floor of the Learning Resource Centre's second floor were separated into two divisions; the Female's and the Male's divisions. They were then divided into 3 more categories for each division namely the Single's A, Single's B, and the Doubles.

Like all the other sports, the players started with a warm-up to prevent injury and to practice their moves before the nerve-racking match began. The Seven hornets failed to have representatives for this event, all players moved to the next round. The Venomous Scorpions of the Grade 8 also didn't have players for the female's division which meant that the silver medal was secured to those in the said division.

The first match was of the Female's Single's-A category, in which Jerelyn Marin of the Grade 10 Flaring Tigers and Alexis Arno-bit of the Grade 9 Reigning King Lions were the only competitors. The former smashed the latter in their games with 2-0 advantage for the first, and a 11-3 score which secured Marin's gold in said event. For the Male's Singles-A, Tiger Hiltom Dumana also gave hell to his opponents as he secured the Gold Medal in his best-of-five championship showdown against

Jenald Digneneng with a 3-0 score.

The winning streak of the Tigers was only ended as Lapuz of the Lions smashed her opponent Flaring Tiger Kim Hillary Guites with a 3 - 0 sweep, scoring 11 points against Guites' 6 in their last set. Lapuz was deemed champion in said category.

The Venomous Scorpions weren't left behind as Paul Joshua Dumana ferociously stung his opponent from the Grade 10, Norberto Gamboa Jr. in their match. It was a close fight but Dumana was left standing in the end with a score of 3 against Gamboa's very close 2.

The Flaring Tigers once again raised their flags after not getting gold for two consecutive matches as Raphael Kian Pangilinan and Raizen Montoya broke the twice to beat advantage of Nuldrei John Patawaran and John Mark Yu from the Grade 9 Reigning King Lions, deeming the former as champions.

Even though there were those given the title "champion" in this event, the reasons as to why the Intramurals are held shall never be forgotten. We hold these to promote Camaraderie, Sportsmanship, and Teamwork. In this Intramurals, we are all winners as we all had fun not only in playing, but also in cheering our favorite athletes.



PHOTOS BY: HEAVEN JAMES D. AQUINO

Crucians aiming for the Gold in Intrams: Badminton League

By: FATIMA JOY Z. CULALA

"If you can't accept losing, you can't win" this quote motivated all our players as they competed in the Badminton game during the IBED Intramurals on January 24, 2023 held at Shuttle Pro Badminton Court.

Before the match began, the players had a simple warm-up at the court to practice their moves. The tension could be felt in the air with each hit of their badminton rackets. A few, cautiously viewing the other competitors at their side taking note of their skills. A very heated match amongst the players began, showing off their energetic moves and confidence to win the game.

If you play doubles, you need good teamwork and awareness of what is going on around you. Know when it's your turn to hit the shuttlecock to avoid hitting each other instead, a flaw seen amongst some of the players. In playing, prepare and practice to be able to concentrate and feel the heat of the game. If you play singles dominating the court is one of the easy strategies to winning. An advantage is having a quick reaction to the shuttlecock and swiftly hitting it whilst avoiding the net or the "outside".

All players wanted to achieve the goal in winning the gold medal, bearing the thought "win or lose, we must do our best and

show good sportsmanship during the game". The coaches with the medical team ensured that the tournament was played fairly and safely. Aiding the competitors who suffered a little from the heavy blows of their opponents, giving them a short break to catch their breath and gain their composure back before resuming. This made sure that no one was harmed in the process of the game.

Right after the match, the winners proudly cheered for their victory and the remaining others clapped for them in celebration as well. The result of the game was awarded to the following players: Ian Nucum from the Grade 9 Lions won the Singles A Male category. Mark Andrei Flores from the Grade 9 Lions won the Singles B Male category. And as for the Doubles Men, Rain Keshter Pangilinan and Paul Del Rosario from the Grade 10 Tigers both won the match...

Of course, we also have the women's category of winners: Maxene Ysabelle Pelayo from the Grade 8 Scorpions won the Singles A Female category. Jhainna Macapagal from the Grade 8 Scorpions won the Singles B Female category. And lastly, Jezzell Legaspi and Ywona Grace Manalastas from the Grade 9 Lions both won for doubles women.

All players enjoyed the tourna-

ment as they were able to show off their talents, self-confidence and tricks on how to play and win the game. They were able to develop their body speed, strength, agility and flexibility. The Social Interactions helped them build their confidence and resulted in positive feelings after the game. This also helped them in reducing stress and anxiety. It improves concentration levels and helps them become more focused, alert and agile.

And that concludes the match of the intramurals badminton players. Their capabilities were tested and that indeed, proves that each one of them personally won in the tournament as they were able to experience personal life lessons and challenges. They were able to think on what better preparations to do on the next tournament. They gave in their best and learned from it.



PHOTOS BY: NEIL CEDRIC M. DELA CRUZ

To Make a Point in a Pointless Universe

A look on Optimistic Nihilism

By: FRANZ JERIC G. PANGILINAN

Human existence is vague; we can never truly understand it. In this doughnut hole of a universe, we were just suddenly thrust into the center, experiencing life around it, shaping who we become, and inevitably back to nothing, we will re-submerge. If this is the case, what is the point of living? With no clear origins and no grand goal to strive for, we are left alone to find meaning in what seems to be a bottomless pit of oblivion. In the grand scheme of everything, what can we derive but nothing?

This is nihilism; some may not agree with it, but for those who do, it is a concept that follows you for the rest of your life—the concept that nothing you do matters, every emotion, and every path of decision ultimately doesn't matter. We all have this fear: the fear that we will never be who we are supposed to be, the fear that we have already missed the chance or opportunity to make it big or to be the best version of ourselves, and that we will never amount to anything greater than this. So what? So what if you will never be the best version of yourself? So what if nothing matters? Because out of nothingness, you are the only one who can make something out of it, out of yourself.

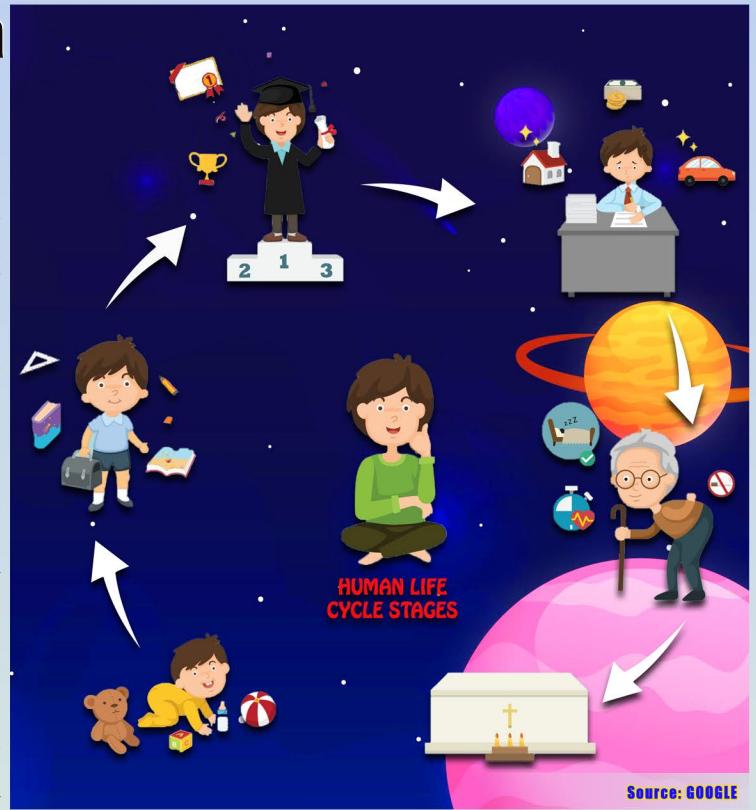
I think there's a good side to nihilism

as well; it makes you think about your place in the world and how we can choose to make something meaningful in our lives, to decide what's right and wrong and what our actions are going to mean. Life doesn't make sense, and it can be tiring at some point, so that's all the more reason to cherish what does make sense: the connections you made with other people, perhaps the time when you watched a movie with your friend and it sucked but you still had a great time, the feeling of joy, and the feeling of cherishing and being cherished.

I think we are all similar in some way; we choose different paths and make different decisions, but at our core, we're all humans experiencing life through a lens of connection and emotion. But sometimes we forget that, and we forget how crucial it is to be kind to others because, at the end of the day, we are all living in the same cruel world. In a time of great division, hatred, and personal hardship, choosing to see the good side of things is not naive but necessary because only then can we survive and also find meaning in life—together.

To wrap this up, let me end it with a quote from Everything, Everywhere, All At Once.

"If nothing we do matters, then the only thing that matters is what we do."



Not Excited For School? Try These!

By: FATIMA JOY Z. CULALA

We all know that waking up early is draining. So what more if we absorb lots of information during the day, right? Here are some tips on how to become more excited for each school day!

#1 Sleep well!

At night, you should have your dinner. Abstain from drinking lots of water to avoid trips to the bathroom. Also lessen your screen time, and try to have a warm bath before going to bed. Most importantly, remember to try to at least have 6 - 8 hours of sleep. This way, waking up early in the morning won't be as tiring. You'll also have more energy to move around, be more active in classes, and just have a better mood overall.



#2 Eat your breakfast!

As the saying goes "Breakfast is the most important meal of the day." Breakfast quite literally means breaking the fast since our last meal would've been from last night. Eating a complete meal along with a glass of milk during this time will give you the vital nutrients that will empower and energize you for the entire day. With this, you'll be able to participate wholly in your classes and be able to socialize with your peers at school.



#3 Socialize! Socialize! Socialize!

Start your day at school with a lil' conversation with your friends. Being prepared for what's about to come is way better with a friend by your side! You will both have the opportunity to challenge each other, tell some jokes and have a friendly banter all while enjoying school together. Having someone with you in your journey for the day will make school even more enjoyable and encouraging.



#4 Don't Procrastinate!

In or out of school, if you have the spare time then it's probably for the best for you to already do your school work. This will give you even more spare time in the future to review your lessons, or maybe to just relax and entertain yourself. It will also lessen your worries when the deadlines are near.

#5 Health = Wealth!

Lastly, staying fit and healthy is important in enjoying not just school, but life as well. Don't just be physically healthy, but also become mentally and emotionally healthy. Remember to do things that give you joy and to avoid pressuring yourself about anything. School isn't just meant for learning Maths and Sciences. It is also about learning more about ourselves and how to improve as a person

Arts by: Ma. Ella B. Arante

Misanthropologists

-E. Smith

The art of observing mankind with disdain,
A discipline that views us with a skeptical reign,
The cruelty, greed, and disregard for our fellow,
That leaves us feeling empty and melancholy.

What comes up must always go down,
A saying they revolve around,
No matter how renowned,
It will always be crowned.

They see the world through a veil of cynicism,
And wonder if anything can ever change,
If there's a way to break free from this prison,
And find a glimmer of hope in this endless rage.

Although they believe in misanthropology,
They still have mortal biology,
hey soldier on, with an unyielding spirit,
Searching for a way to break the chains of despair,
Hoping that someday, humanity will hear it,
And take heed of the warnings that they declare.

For misanthropy, though bleak and unwelcoming,
Can also be a call to action, a plea,
To look beyond ourselves and our shortcomings,
And strive to be better than we thought we could be.

Bulaklak

-Koa

Sa gitna ng hardin na ito,
Sa gitna ng bulaklak at mga puno,
Isang binibini ang 'di mawala sa mga mata ko,
Dahil sa gandang tinatangi ng binibining ito.

Paglapit ko sakaniya kala ko'y bulaklak,
Dahil sa kanyang natatanging halimuyak,
Sa kamay ko siya ay biglang humawak,
Pinaramdam sakín ang 'di pa naranasang galak.

The Puppeteer's Play

-E. Smith

Strings pulled tight, I dance and sway,
In the Puppeteer's play, I have no say,
To trust you just to be thrown away,
My faith to be grounded till decay.

A marionette I am,
Your play a scam,
Strings pulled taut, I move and sway
In the Puppeteer's play, I'm but a display.

He played with my heart,
he played with my mind
Using me, betraying me, leaving me blind,
To the exit I must find,
I need not to be confined.

Now I see the truth, I see his hold
I long to be free, to be bold
To cut these strings, to break away
To end the Puppeteer's play.

I'll dance to my own symphony,
And forget his tyranny,
In the Puppeteer's play,
I'll end it with no delay,
And i'll emerge stronger,
And to be betrayed no longer,
For I am my own song,
And I'll write my own tune, a new dawn.

Bestfriend

-L. Gio

The blue sky is brighter than ever
While I'm looking at the beautiful view outside my window
Reminding me of that time you're still here,
wearing your favorite polo.
Guiding me through your wise words,
and I'll make sure that I'd follow.

As the sun gleam to its beyond
Starting of to a day with your joyful passion
That struck me to kept doing all of my best
Like your smile that shines through the pitch
Dark night rain that feels like the end
But throughout the day, you bring love that I can't resist

Memories

-Grim

To be alone in this night
To be alone under this moonlight
Staring at the stars' bright glow
Wondering where'd my lover go

I knew it might've been the last
As I held your hand after class
I held you close to me really tight
As I didn't want to be alone that night

We talked for more than an hour
An hour that felt so much longer
An hour of silence, comfort, and peace
An hour that made a gust feel like a breeze

After an hour, we had to say bye
I said it felt long, but why did it fly?
Thought it was sad, I still left in glee
For I have obtained an awesome memory

Now I'm alone, wondering where you might be
Longing for the hands of yours who held me
Under these stars which your eyes outshine
Reminiscing the memories from when we were fine

Panaginip

-Koa

Isang gabi ako'y pumikit,
Pag mulat ng mata ika'y naakit,
Sa gabing iyon aking kadikit,
Ang isang binibining tunay na marikit.

Nakatitig ka sa kalangitan,
Ako'y nakatitig naman sa'yong kagandahan,
Kung ito'y panaginip, wag sanang mawakasan,
Sapagkat mas nanaisin pa kitang pagmasdan,
higit kaysa kalawakan.

Vicious Cycle

-Cai

-and then one day,
when another sunshine came
we just disappeared
from each other's lives.

like we never crossed paths
nor made stories
for memories to be kept
and it all happened.

so suddelny
and unexpectedly.



If you're the moon, then I am the tide, for I flow under your command, forever longing for you, as you are my purpose.



a month ago



Love yourself pero mas mahal kita paano ba yan?



4 weeks ago



Nang aking unang masilayan,ang mga mata mong'sing lalim ng asul na karagatan nais ko itong pagmasdan,magpakailanman.



4 weeks ago



1st day of fff class and experiencing moments by making new friends and getting to join different types of events that comes from our school campus!



a month ago



Her kindness, compassion, and generosity have touched me deeply. Despite my feelings, I've hidden them from her because I value our friendship too much to risk losing it. I've come to call these feelings my "dead stars," while it can be painful at times, I'm grateful for her friendship.



a month ago



Hi JL I've been thinking about you as of late idk how to say this to you in person but i have feelings for you and i don't know when it started nor when it'll end



a month ago



I dedicate this message to a student from grade 10 St. Uriel, it is hard for me to say it personally but, I just want to say that I have a crush on you, I think that I don't have any chance but still I'm hoping that I have.



a month ago



Hello M, I want to tell you that you are the most amazing girl I have found. I may not be the one you like, but I am trying my best for you to be mine. I have a last wish that I want to fulfill. That is to dance/date you in the promenade. With that, I'll be the happiest creature on earth.



a month ago



Hello,pano mang reject ng tao na inlove sayo tas dimo masabe na nawawalan kana ng feelings sakanya kasi dapat mag iistay talaga ng friends lang kaso late nasabe kasi ayaw mag assume.na wag ma fafall kaso na fall nga pano mang reject ng walang masasaktan ghost ko nalang ba?



4 weeks ago



Hi crush"Rien" The first Time i saw you Noong ash wed literal na ,na love at firstsight haha ok lang kahit walang chance sheesh dahil sayo Gusto ko napumasok ng sat at sun haha galing mo mag piano #futureBeethoven HAHAAH



a month ago



para sa mahal kong paaralan, ang init sa room namin baka naman. <3



a month ago



I'm sorry if I hurt u. I'll Love u silently nIng while I'm fixing my self, I'll be better if u give me a chance again. miss u.



a month ago



ano po mas masarap hamburger sa canteen or hamburger sa Angel's burger? Be honest po 😊



4 weeks ago



Love yourself pero mas mahal kita paano ba yan?



4 weeks ago



Crusaders show their chivalrous acts of good sportsmanship in the East Zone Athletic and Academic

by: **RHEM CYAN C. TANGCUANGCO**

The Athletes showcase their skills and talents in the East Zone Athletic and Academic Meet which was conducted at the Heavenly Palace, last February 07, 2023, wherein Holy Cross College Athletes brought Pride and Victory in the school. They brought home the gold, silver, and bronze medals.

It was a tough battle For the 100 meter dash in the boys category, but they still won some medals even if it was a hard and challenging one, that's why HCC got the first place as well as the girls. In the girls category, Valenzuela, from the Crusaders placed 2nd in the 100 meter dash.

In the 200 meter dash, boys category, the Crusaders got first place once again, because the crusaders exert their best efforts and talent. in the girls category, Cuevas, from the girls category, bagged the silver medal in the 200 meter dash.

For the 400 meter run, boys category, HCC received the second place, while the girls category placed first. Cuevas, from the girls category, placed 2nd in the 400 meter run. Crusaders truly trained hard for this competition that's why they bagged the silver medals. For the 800 meter run, boys category, HCC got the first place as well as the girls category.

Estrella and Cruz placed 2nd because of their positive thinking and strong belief in their talents.

For the 1,500 meter run, boys category, Soriano got the first place, while Villanueva got the second place. For the girls category, HCC got the first place. Lulu, got the second place, they proved the "Believe in the value of hard work." that's why they got the gold and silver medals.

For the 3,000 meter run, boys category, The Crusaders got second place. For the girls category, HCC got first place. Dela cruz got second place for the 3,000 meter run.

One of the most hard and challenging category in the ath-

letics competition is the 5,000 meter run. In the boys category, Villanueva got second place, however the crusaders still brought home a medal.

For the 4 x 100 relay boys category, HCC got the first place. And for the girls category, HCC got the first place as well, the athletes worked and pushed hard which resulted them winning the gold medals.

For the 4x400 relay, boys and girls category got the first place.

And for the shot put, boys category, HCC got the first place. Santos got second place. For the girls category, HCC got first place. Ignacio won second place.

For the discus throw, boys category, HCC got first place. Santos got third place even though they got a bronze medal, they were still trying to give their best talents. And for the girls category, HCC got first place.

For the last athletics competition category, javelin throw, boys category, HCC got first place. Miranda got third place. And for the girls category, HCC got first place once again. Ignacio got third place.

Even though some of the players loss the game, HCC crusaders showed the act of sportsmanship.

In conclusion, the athletes of Holy Cross College showed an impressive performance after winning 19 gold, 14 silver and 4 bronze medals at the East Zone Athletic and Academic Meet. They proved to everyone that the training that they took was a worthy one.

Sir Kevin, the teacher-coach of the athletics team, and all of the other coaches said that they were very proud with the performance the athletes presented as they showed determination in winning while maintaining good sportsmanship and peace towards their opponents.



Photos by: **HEAVEN JAMES D. AQUINO**

THE CRUSADERS TABLE TENNIS TEAM PADDLED HARD THIS EZAAM 2023

by: **SHANIAN KATRICE M. LACAP**

"If you can't accept and be contented for what you have, you can't be successful one day." a quote that came from one of the players that inspired many of the athletes.

Last February 05, 2023, Holy Cross College had competed at the East Zone Athletic and Academic Meet along with the other schools. The Crusaders that have competed at the EZAAM encouraged many students of Holy Cross College to express their talents and who they really are.

One of the athletes said, "If you are afraid to express who you really are, you are going to achieve nothing." This quote had also inspired many of the athletes who competed and joined the EZAAM.

There are many different events that happened in the event, one of the competitions there was Table Tennis. The players' application of discipline and sportsmanship inside of the court were admired by many.

Just like the other schools who joined the EZAAM, HCC participated as well for every categories in Table Tennis.

The Crusaders paddled really hard, they did not give up until they achieve the champion title. "Passion, hope, and confidence," They put up all these three in their mind, these had inspired the players to paddle harder.

Even though they loss at some match, they still managed to put a smile on their faces. The Crucians have trusted the process, that's why the singles A&B female category have brought home the silver medal.

Meanwhile, the singles A&B boys had paddled hard as well that resulted them bringing home the gold medal. The players of the doubles category, both from the girls and boys category, received the gold medal as well.



Photos by: **HEAVEN JAMES D. AQUINO**

The Crucians welcomed their representatives for Table Tennis with a loud cheer and a warm hug after bringing the gold and silver medals for Holy Cross College.

Since the Holy Cross College is a school with a heart, the Crucians welcomed the visitors during the EZAAM with a warm heart. The Crucians did not forget to congratulate other schools for also winning.

For those players who have competed for the Table Tennis and did not have any medals, the Crucians said, "Trust the process, God always has the perfect timing for you." But everyone won by just having sportsmanship, discipline, and respect. The Crucians were taught so well to have these values by the school with a heart.

Chivalrous Crusaders presented their talents at the EZAAM

by: **ALEXIS ANDREI H. BASINO**

The volleyball players of HCC showed their respect and good sportsmanship in the East Zone Athletic and Academic Meet after winning their matches against different teams from different schools.

For the boys category, held at the HCC elementary grounds, from February 6 to 8, HCC advanced to the finals after winning their matches against BAFI and SMACP. As they advanced to the finals, they went against AHCEFI and won with a score of 25 - 15 in the first set, 25 - 22 in the second set, and 26 - 24 on the last set making the Chivalrous Crusaders of HCC the winners for the boys category.

Moving on to the girls category, same with the boys category, their matches were also held at the HCC elementary grounds, from February 6 to 8. However, they didn't get a chance to go against SMACP after losing their matches against BAFI and AHCEFI. After winning their match against BAFI, HCC advances to the finals facing AHCEFI once again.

As the Crusaders advanced to the championship match, players from HCC showed their talents and good teamwork as they work together to defeat AHCEFI in the finals. After their match, HCC wins yet again with a score of 25 - 15 in the first set, 25 - 11 in the second set, and finally 25 - 23 in the last set.

Ashley Charm Dizon, one of the players of HCC from the women's category, said that "Sobrang saya kasi simula grade 3 and 4 sumasali na ako sa EZAAM, and palagi kaming natatalo, pero ngayon champion." Showing how happy she felt after finally winning in the East Zone Athletics and Academic Meet.



Photos by: **HEAVEN JAMES D. AQUINO**

Keeping the Crucian Fighting Spirit Alive with Kabigting

by: PRECIOUS ANNE A. EDEJER



It is truly another milestone achieved for the rising young athlete John Miles Kabigting as he conquered the Pampanga Schools Athletic Meet (PASDAM) bagging 3 gold and 1 silver and bronze medal qualifying for the Central Luzon Regional Athletic Association (CLRAA) competition for April.

Kabigting showed immense fighting spirit and courage during the two-day competition for PASDAM he stated that in preparation for the competition, he rarely took days off and it was his hard work and discipline that made him win alongside his motivators, his family, and friends.

Winning gold medals is no easy feat and even though Kabigting failed in securing the gold for the 100-meter butterfly winning bronze and the 200-meter Individual medley landing in silver, that did not stop him from persevering and keeping his cool during the game, he shared, “Kahit anong mangyari dapat naka mindset paden, kase tapos na eh, ang importante gawing mong motivation iyon para sa susunod mo na langoy.”

At a young age, John Miles displayed and demonstrated the characteristics of what it truly takes to be an athlete, he showed that by not letting others distract you from your goal, anything is attainable. And his results paid off as he won 3 gold medals: the 400-meter individual medley, the 4x100 medley relay, and the 4x100 freestyle relay. Despite the hurdles and challenges that came Kabigting’s way, he did not let that stop him from being in tip-top shape, in fact, he revealed that strong opponents do not scare him, but rather they excite and motivate him in being a better swimmer.

He enjoys competition and shared, “I love meeting stronger opponents and being friends with them, pag kinaibigan ko sila pwede kaming mag tulungan at mag share ng tips pag nag t-training para mas lalo mag improve ang swim namin.” A true sports and a great display of camaraderie from Kabigting.

John Miles Kabigting has shown what it takes to be both a crucial and a sport, keeping his passion alive and burning, while using his experience and the people around him as his key motivators. It is no surprise that John Miles Kabigting made it that far in his swimming career, he embodied the crucial spirit and is a great role model for young aspiring athletes who dream of becoming successful just like him one day.



CRUSADERS' CREAM OF THE CROP: JAMIE NATHALLIE MANIAGO'S JOURNEY

BY: Yaelis Claudine P. Baligat

"No pain, no gain," declared by Jamie Nathallie Maniago, who is the representative of the crusaders for Taekwondo. It is highly relevant to her journey as an athlete. Since this sport is combat-based, pain will be experienced while participating in it. But, as she stated in her remark, along with suffering pain, she will also gain from it.

In this planet, there's a million different sports. There are many well-known sports like volleyball, badminton, and athletics, but Jamie chose Taekwondo. She chose Taekwondo as her sport after being motivated by her colleagues who were participating in it in grade school.

The epidemic was one of the conflicts in her Taekwondo journey. The Covid-19 tragedy has caused many activities, including the competitions, to stop. But now that the pandemic is almost over, Taekwondo competitions are returning.

She claimed that it felt really amazing to be able to compete personally once more after spending two long years confined because of the pandemic. According to Jamie, "Even though I compete online, face-to-face competitions feels so different, and at the same time, fulfilling."

Of course, an athlete must give it their all during a competition, and Jamie is no exception. She talked about her training and preparations for the upcoming competitions. "During summer, I took online and limited face-to-face training in our gym (AV TAEKWONDO). I trained almost everyday, especially the following weeks before the PAMPRIZAAM."

She reached this point, owed to her trainings, preparations, and efforts, which she put forth as well. She is eligible to compete in CLRAA because she earned the Gold Medal at PAMPRIZAAM. With that, she expresses her gratitude to Mrs. Diana Pineda, a teacher-coach of Taekwondo, as well as her instructors, Mr. Arnold Valenzuela and Mr. Josh Salas Valenzuela

la, for helping her out with these competitions.

As Jamie Maniago has been qualified for

CLRAA, she anticipates that her first chance to compete in this meet will be successful.

To encourage her fellow students to follow their passion, she advised, "If you want it, work hard for it." Because success won't be attained by simply snapping one's fingers. On the other hand, perseverance and determination shall be evident on a person's path, just as they were in Jamie Nathallie Maniago's.

