



The Blue Quill

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Fifteen senior high school students accompanied by Ms. Lucilyn Magbag, the SHS Coordinator, were the only students invited for DENR's Environmental Summit.

DENR bare programs to beat pollution in Environmental Summit

by Dana Pangilinan, Riona Basco, and Nicole Olalia

Fifteen senior high school students attended the Department of Environment and Natural Resources' (DENR) Environmental Summit 2019 held on September 4-5, 2019 at Royce Hotel and Casino in Clark City, Pampanga.

This year's theme was "Beat Air Pollution: Managing Solid Waste towards a Pollution-Free Environment."

This two-day event was attended by different delegates from private institutions and LGU's from the provinces of Aurora, Pampanga, Tarlac, Bulacan and Nueva Ecija. St.

Scholastica's Academy was the only school invited to the event.

The summit commenced with a ribbon-cutting led by the CESO IV- Regional Director Lormelyn E. Claudio.

Prior to entering the venue, the director went through the different eco-friendly products that were exhibited in the hallway of the hotel. Hand-crafted local products were on display for the summit. There were bags made out of magazine pages, furniture made of recyclable materials like wheels from cars and plastic bottles, hand-painted bags

made from the tarpaulins used during the 2019 campaigns, ornaments made from found objects, hand-sewn and embroidered pillows, organic hair and cleaning products, reusable sanitary napkins, metal straws, and drinking tumblers.

After every booth has been visited, all guests were invited to gather inside to officially start the seminar training. "Heal Our Land" was sung as the opening prayer, followed by the singing of the National Anthem then, Director Lormelyn E. Claudio was invited on stage again to deliver her welcome remarks to everyone present in the venue.

Besides delivering her welcome speech, she also took that chance to showcase the recent "Refill Revolution" that they have launched in Guiguinto, Bulacan. Refill Revolution aims to lessen the impact of plastics and to cut back 396 tons of plastic waste or 50 truckloads of garbage by encouraging the barangay to bring their own containers for their condiments, fabric conditioners and even shampoo. Instead of having to buy a new tetra pack or a new bottle of these products, they can just bring their own bottles and refill in designated areas with refill stations.

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Directress launches theme for SY 2019-2020

by Rynna Estacio and Katrina Kabigting

St. Scholastica's Academy, on June 24, 2019, opened its doors to welcome the School Year 2019-2020.

Students were given time, from 7:00-7:30AM, to be able to meet their advisers and classmates, especially the new comers, before going to the St. Cecilia's Covered Court for the opening program.

The masters of the ceremony were the Student Council officers.

The program started with a prayer (Lectio Divina).



Sister Ma. Rebecca Maglalang, Order of St. Benedict, the school's directress, launched this school year's theme, "Embracing Differences: Uniting the Benedictine Youth in Christ," during her welcome remarks.

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Ms. Dela Fuente



Ms. Cano-Katigbak



Ms. Carlos

SHS Holds Research Forum

by Anne Aquino

St. Scholastica's Academy's Senior High School Department held a research forum on August 23, 2019, from 1:00-3:00pm.

Each strand was assigned a different venue with a set of speakers, professionals from their field.

The Humanities and Social Science (HUMSS) strands held their talk at the Grade School AVR. For the

Science, Technology, Engineering, and Mathematics strand (STEM), their forum was held at the Amrhein Hall. The Accountancy and Business Management (ABM) students had theirs at the High School AVR. General Academic strand students were able to choose which among the talks they were going to attend.

ABM

Ms. Clarence Dela Fuente had

focused on ethics about data science, giving the students pointers on what to prioritize in the future.

Ms. Cheryl Katigbak spelled out the word success by sharing her experiences.

Ms. Kamille Carlos shared her expertise on Sustainable Development.

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Campus Ministry adds Monastic Meal to Feast of St. Benedict activities

by Sophia Pingol and Bianca Bondoc

Instead of the usual salu-salo, a more solemn activity in the form of a monastic meal was given to the students as part of the celebration of this year's Feast of St. Benedict, held on July 11, 2019.

While having the meal, sharing the food they brought with their classmates, students listened to the reading of Rules of St. Benedict, quietly made to reflect on the meaning of these words.

"We celebrate the Feast of St.

Benedict because St. Benedict is the founder of the Benedictine life and spirituality," Sister Edigna Jumangit, the Campus Ministry Officer said.

Father Gamboa presided over the holy mass held at the St. Cecilia's Covered Court.

After the Holy Mass, Grade 7-10 students had their monastic meal at the St. Cecilia's Covered Court.

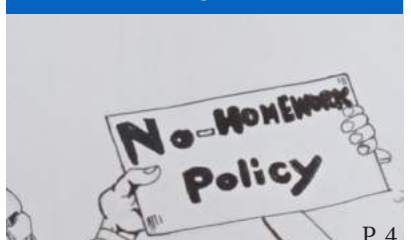
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Father Gamboa raises the sacred bread during the mass held in honor of St. Benedict.

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DENR bare programs to beat pollution in Environmental Summit *from page 1*

This is DENR's response to the very large amount of plastic waste that a household consumes in a week or a month. They hope to be able to do the same in different parts of the country in the coming months.

After her speech, Regional Coordinator Andresito Cabalar gave an overview of what were to be expected on that day. He gave a brief welcome to the guests as well before leaving the stage.

In the afternoon, the microphone was handed to the partners of DENR in that summit. Metro Clark Waste Management and DBP shared their insights and projects in relation to the environment.

The first speaker on the seminar was Engr. Dorren Torres who shared about RA 9275, which is more famously known as the Philippine Clean Water Act. She mentioned of the goals and provisions under the act. She had also emphasized the importance of a clean sewage system and proper treatment of water in households to avoid water contamination.

RA 8749 or The Philippine Clean Air Act of 1999 was tackled next. The speaker went over the several programs which are in-line with this act, together with the other laws that were implemented meant to adhere with the provisions of RA 8749. This includes the Smoking ban of 2001, which prohibits smoking in several listed locations and Section 8 Paragraph 3 which talks about the consequence of burning leaves/ garbage.

Malaman, Magtrabaho, Magmalasakit. These are the 3M's that were given by the speaker

who talked about Solid Waste Management. Under this act, the importance of proper waste management was given emphasis to. She had classified the different solid waste that we consume and gave the proper way of disposing them.

The last talk of the first day was about RA 6969 or the Hazardous Waste Act. This act talks about the proper way of disposing materials with hazardous content. There were four characteristics of hazardous waste given which are toxicity, reactivity, ignitability and corrosivity. RA 6969 aims to for a proper chemical management to avoid hazardous content from harming people.

The continuation of the seminar happened on the second day, together with the awarding of the best practices of the different LGU's and institutions.

What could be the reason that St. Scholastica's Academy was the only school invited? This could possibly be because of the school's exceptional value in taking care of the Earth. As soon as one enters the Scholastican community, the value of stewardship is inculcated into a Scholastican's mind and soul. They are trained as young members of society to follow Benedict as he had said in his opus Regula Benedicti or Rule of St. Benedict to, "Treat everything as sacred vessels of the altar." With this blessed motto, they garner respect for the beauty and goodness of creation as a sacrament of God.

Collectively, Benedictine educational institutions seek to foster awareness that they are part of a larger ecology and that the

environment--human as well as non-human has been given by God for the sake of all. With this virtue in mind, the school has proudly been executing practices and launching programs for the betterment of the environment since time immemorial.

Entering as the babies of the high school community, one cannot disregard that these seventh graders are already sponsoring a child to go to school. This is made possible by a project called "Boteful Project." The grade seven students collect mountains of used plastic bottles to be later on weighed and converted to money at the end of the week. Proceeds of this project goes to the school's donee.

Every Wednesday, the whole campus "shuts down" for an hour to lessen the consumption of energy. Electric fans, lights, televisions, airconditioners, and other electrical sources are unplugged or closed as Scholasticans open their windows and doors to let in some fresh air. Even in the sweltering heat of March, the students give this little sacrifice to save the dying planet.

St. Scholastica's Academy reigns as the first school to have installed solar panels. This goes to show that as the years go back, they progress with the graces of technology to further cultivate the value of stewardship and help heal the planet.

These are just some of the notable projects and practices they have as a community in an effort to take care of the one and only abode. Other noteworthy practices are: the segregation of food waste and food wraps, responsible

disposal of trash through the materials recovery facility, the use of recyclable materials in school projects or performance tasks, and the integration of the value of stewardship in the different subject areas.

Just like the aim and theme of the Environmental Summit 2019, St. Scholastica's Academy takes on the challenge in helping the nature gain back the balance it had lost over the decades. Through proper segregation and other simple ways that the school and the government is taking, everyone is hoping that it may bear good outcomes in the future.

Participants

Grade 11

- Adeline Palo - 11 St. Aurea
- Alyanna Tadeo - 11 St. Beatrice
- Elaina Sampang - 11 St. Celestine
- Rafaella Calilung - 11 St. Celestine
- Clare Ventura - 11 St. Elizabeth
- Kay Nucom - 11 St. Frances

Grade 12

- Francesca Dana Pangilinan - 12 St Amalberga
- Nicole Olalia - 12 St. Amalberga
- Riona Basco - 12 St. Amalberga
- Florabea Charis B. Iñon - 12 St. Ehrentrudis
- Julia Samonte - 12 St. Ehrentrudis
- Kurt Tungcab - 12 St. Ehrentrudis
- Maxine Aragon - 12 St. Hildegundis
- Sharon Kyle Camacho - 12 St. Martha
- Hannah Tiu - 12 St. Monica

SHS holds Research Forum *from page 1*



Dr. Cruz Engr. Barotac Dr. Utulo Arch. Capili Dr. Paguyo

STEM

The speakers under the STEM strand tackled different strategies that will assist the researchers.

Dr. Misael Cruz, one of the speakers, stated that thesis papers do not need to be too much of systematic. But it should restrain interest, requirement, and observation. The researcher should also consider the study's process and purpose.

After Dr. Cruz's discussion, the floor was open to Engr. Mary Lorenz Barotac that shared her insights about her profession and gave some tactics on how they will deal on their research. She elaborated points that should be look-out and emphasize. These were the efficiency, optimum, cost, and sustainability of the study. She also exhibit topics that were suitable for

Directress Launches... *from page 1*

She also introduced her fellow Benedictine Sisters, the Institutional Heads and Middle Administrators.

In line with the increasing number of Senior High School students, there are now two new appointees for new offices: SHS Coordinator, Ms. Lucilyn Magbag; and SHS Formator, Ms. Vilma Carino.

their strand. Moreover, her takeaways of idea for research topics were Energy, Materials, Manufacturing, and Environment. Truly, the first two speakers presented details that will propel help to the students who aim the best for their study.

To continue the discussion, Dr. Marijay Utulo highlighted three major points that will serve as their guide in formulating their research basis. These were the assessment of the community, the crafting of topics, and the gathering of data. She suggested that the researcher should create three research problems to have choices that will suite the study. She also mentioned that the researcher should probe the previous and present phenomenon of the area that the student will opt to study.

Arch. Corazon Capili discussed possible Ms. Julieta Tayag, Academic Coordinator, introduced all the Subject Area Coordinators followed by the presentation of the different subject areas.

The Student Council Officers were presented by Mr. Jonathan Manalo, the Coordinator for Student Activities.

The Dance Ministry, Glee Club and the new teachers each presented a special number as



Atty. Lapuz and Ms. David

topics related to architecture that will arouse the students' curiosity. These were Bamboo Structures, Coco Fiber, Engine Oil for pest control, Salt for soil preparation, and Human Hair for oil spills. The variation of speakers' ideas will surely evoke the students' interest in research.

Dr. Mary Abegail Paguyo, a pediatrician, introduced the cognition of research in a perspective of a problem. She explained that the researchers should see the research as a problem in order to explore for a solution. This will stimulate the methodology of the study. The process of the research will seek the identification and creation of the solution. She indicated topics that were medically affiliated to add improvement on the students' learning and inclination to research. These were Disease Preventions, Adolescence Health, Treatments, icebreakers.

The community of SSA, as a sign of hospitality, welcomed all new comer students by giving them Benedictine medals.

And before the program ended, Julie Narciso, the SC President, delivered her closing remarks.

The ceremony ended with the singing of a community song, *Journey to the Past*.

and Lifestyle Medication.

During the Question and Answer, Dr. Cruz suggested an acronym that will direct the students' research process, FINEST, in which F stands for feasible, I for interest, N for novelty, E for ethic, S, for sign, and T for timely.

SSA-CSFP administered preeminent speakers to nurture the students' understanding about research. They direct the pathways of continuous process of learning and discovering innovations. Along these lines, at the end of the day, we, future researchers will be as successful as them. This day will be the start of the journey towards the passion of the triumph of our papers.

~Contributions from Liaa Patricia Dulay, Zyryl David, Ma. Bianca Lourize Franco, Jazmin Songco, Angelic Salac, and Sofia Rozul

Campus Ministry... *from page 1*

The Grades 11-12 had theirs at the Sister Margarita Alovera Covered Court (SMCC).

Afterwards, each grade level of the high school department had their *manualia*, where students were assigned different areas of the school to clean.

"The *manualia* is one of the activities that upholds the Benedictine value of stewardship. It actually is a much more difficult task but we made it easier for students to accomplish." Sister EJ said.

After a long day of celebrating the Feast of St. Benedict. The students bid their goodbyes and went home.

The Campus Ministry Office, with the Christian Living Education Area, planned the various activities and hoped to inculcate the Benedictine values to the students through these activities.



Grade 8 students play tug of war as part of Larong Pinoy, the culminating activity for Buwan ng Wika.

Larong Pinoy Ends Buwan Ng Wika

by Julia Diaz and Francine Louise Sanchez

To show the love of our native language and its value in uniting the country, Buwan ng Wika is celebrated for the whole month of August.

It was launched on the first day of August by the Komisyon sa Wikang Filipino (KWF) with the introduction of the theme for 2019, which is "Wikang Katutubo: Tungo sa Isang Bansa Filipino."

This year's theme brought focus on the native languages of the country and how it ties into becoming a true Filipino country.

In St. Scholastica's Academy, the month was celebrated by replacing English language of the daily morning praises to Filipino. Original Pilipino Music, or OPM for short, played on the speakers of each classroom during recess and lunch breaks.

As part of the celebration, each grade level was tasked to perform with a dedicated theme. For the Grade 7 is the "Masining na Pagkukuwento", the Grade 8 had "Balagtasan", the Grade 9 had spoken word poetry, the Grade 10 had "Sabayang Pagbigkas", and the Grade 11 has "Salaibahin". Every grade level also had a "retrato" competition in line with the theme for the Buwan ng Wika.

The winners for the Retrato contest are as follows:

- | | |
|-----------|---|
| Grade 7: | 1st Place – Deborah
2nd Place – Esther
3rd Place – Naomi |
| Grade 8: | 1st Place – St. Agnes
2nd Place – St. Therese
3rd Place – St. Cecilia |
| Grade 9: | 1st Place – Manaog
2nd Place – Lourdes
3rd Place – Remedies |
| Grade 10: | 1st Place – St. Mechtilde
2nd Place – St. Humbeline
3rd Place – St. Gertrude and
St. Elfreda |
| Grade 11: | 1st Place – St. Celestine
2nd Place – St. Aurea
3rd Place – St. Elizabeth |

A scheduled "Misa ng Sambayanang Pilipino," a Filipino inculturation of a Roman Catholic mass, was to be celebrated last August 2, 2019 by the entire school. However, due to the weather, classes were suspended and only the teachers and non-teaching personnel attended the mass wearing native Filipino outfits. For this day was a supposed "salu-salo" and "Palarong Pinoy" as well.

"Nakakalungkot na hindi natuloy ang 'Misa ng Sambayanang Pilipino' at ang paglaro ng mga pambansang laro," Ms. Penicka Pangan, Grade 7 and 8 Filipino teacher, said. "Gusto sana namin ituloy," she added.

However, at the end of the month on August 30, the Palarong Pinoy pushed through as the culminating event. It took the timeslot of the activity period and each section in the Junior High School played one known Pinoy game with one section crowned as the winner per grade level.

For the 7th and 9th Grade, they had the "agawang panyo" game. This was won by Judith and Peñafrancia respectively per level. For the 8th and 10th Grade, on the other hand, they played "agawan ng lubid". The winners for this were St. Agnes and St. Hildegarde respectively.

This game was not just to merely have fun, but also served as a reminder for all on the celebration of the Filipinos' culture and language. And with the execution of the events for the month of August, it could be said that it was a success to remind everyone of their roots.

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Grade 11 students wear new uniforms

by Eina Loux Ruiz

Here's a question for our dear oldcomers. Remember your first day back? Do you remember waking up early in the morning, thinking about your entrance into a new grade level? Your bag was (I assume) ready, your spirits are high with excitement (again, I assume), and your iconic uniform was laid out for you to wear once again. Navy blue jumper skirt, a white blouse with ruffled edges, and a new patch of whatever grade you're in. Same old but beloved uniform.

Well, the new batch of Grade 11 students didn't quite see the same thing.

Instead of the precious uniform they've worn in their junior high school years, a new and strikingly different uniform awaited them. Implemented this year only, and for them only. Because of this, it's easy to spot a Grade 11 student wherever they are. Canteen, Covered Walk, Tiled area, or anywhere, you can always tell them apart.

So, what exactly does this uniform look like? To start, it's traded off the long and pleated skirt for a somewhat fitted and less-flexible one, but it still has the navy-blue color and the standard two inches below-the-knee. The blouse takes on a more mature look, losing the ruffles around the collar and button area and keeping them simple. Some pleats run beside the center and back, and it is always to be kept tucked in. Patch is placed on the collar, and for an obvious reason. If you've seen the uniform before, you'll notice the distinct lack of the jumper straps that make out uniform so iconic.

While it is sad to see the jumper go, what with the significance it holds in identifying a Kulasa, it's one the reasons the new uniform looks more 'sophisticated'. The jumper in the standard uniform gives Scholasticans a very youthful look and gives off a young 'vibe', which isn't bad at all. But the lack of it, as well as the other changes present, make the Grade 11 student look more lady like and graceful. As these Ates start preparing for their college years, it's only fitting that the introduction of change begins with the uniform and the look that it brings.

Opinions on the new look have varied here and there, but it cannot be denied that it is truly beautiful and shows the students in refreshing new light. As they become more mature and grow as individuals through the senior high school program, the uniform adapts to them and presents them parallel to how they are. It's a wonderful welcome to a new chapter in their lives, despite being 'just a uniform'. The change somehow symbolizes them letting go of their young and more carefree days and taking on a new world that requires more maturity and more thought on your actions and their consequences. Real talk, it's not just a uniform. It's a mirror on character. The way you wear it, the way you carry yourself in it, it all can reflect you as a person.

Hopefully, when the Grade 11 students see themselves in the uniform, they see themselves reflecting the values St. Scholastica's Academy teaches. That the new uniform, for them, means more than a requirement of the school. Rather, an expression of pride in the person they are now. This uniform isn't just something new, it's something more. It's the beginning of their journey in higher education, and they sure are proud of it.



Teachers and students join the Zumba activity, the culminating activity of the Nutrition Month.

Proper Diet, Exercise Highlight Nutrition Month Celebration

by Angela Dizon

Celebrated annually during the month of July, St. Scholastica's Academy of Pampanga (SSA) launched the event of Nutrition Month on the first week of the month.

The 45th year celebration of nutrition month commenced across the Philippines, following the theme, "Kumain nang wasto at maging aktibo... push natin 'to!"

The theme focused primarily on promoting a balanced healthy lifestyle through proper nutrition and physical fitness activities; encouraging Filipinos to realize the importance healthy diets and physical activity.

The National Nutritional Committee

(NCC) along with the Department of Education (DepEd), pushed the advocacy of maintaining a healthy diet, while doing physical fitness activities as well.

Nutrition Month is a great avenue to all the younger generations for them to be informed and be aware of how to have a healthy body and to be active in daily activities.

The chosen logo showed the balance that needs to be achieved through healthy diet as symbolized by the leaf of a vegetable; and physical activity by moving figures of people.

The annual celebration which happens every month of July served as an avenue to help

every individual make proper food choices and be guided to do physical activities and commit in daily exercises.

With the campaign of leading a healthy lifestyle, SSA has invited Zumba instructors to aid in guidance of the physical workout.

Scholasticans participated in the Zumba event stationed at St. Cecilia's covered court during their activity period. The vibe of the event was powerful as the students gave it their all for the name of a healthy lifestyle.

The teachers and the staff also moved with the beat of the difficult yet entertaining dance steps with their colorful sports attire. Motivation also struck the students and staff as announced that the most active section would be awarded. Gr. 10-St. Mechtilde have garnered the said award along with Mrs. Manalang for being the most participative in the event.

by Freya Escaño, Leanne Mayrina,
and Yezha De Guzman



Editorial

NO HOMEWORK POLICY NOT AS EASY

Last August, there were reports about the lawmakers wanting to ban homework for students. It was when House Deputy Speaker Evelina Escudero, Quezon City 5th District representative and actor Alfred Vargas, and Senator Grace Poe filed different bills which prohibit elementary to high-school teachers from giving assignments to the students.

There are two sides to the said policy—those who oppose and those who agree. Some who believe that children should just relax at home and enjoy time with their family concur with the proposed bill. A few officials of the Department of Education also support this for they believe that students lose time with their family and friends due to the homework given by the schools. But we strongly disagree with this. It may sound like a good idea at first but if we come to think of it, it is not really necessary to disallow assignments for students to finish at home.

A research conducted in Germany suggests that homework has a positive impact on the character of children. The study showed that students who give their best effort in finishing their homework become more conscientious as time passes by. Not only that but also it helps students to review what they have learned in school. It makes them responsible with the assignments given to them which will help them in the future especially if they are already working adults. So with these positive effects, is it even a need to prohibit homework for students?

Homework in the Philippines has been here since formal education was brought to this country. Until now, there are no studies that state homework give severe stress to the students.

If they give students more time for themselves, then how would they spend it? Most will say that they will give their bodies rest and sleep for schoolwork drained every ounce of energy in them. But is using mobile phones and other gadgets considered as rest? Even if their free time is used to spend time with their families, there are still some who can't take their eyes off their mobile phones. Due to the high technology we have today, we do not notice that we spend so much time on them. Homework can take the students away from their gadgets after school hours.

We suggest that instead of completely banning homework, the government should just implement a rule where the students will be given a "homework free" day. DepEd should carefully review and adjust policy regarding homework to guarantee that its goal is to make students more productive. For us students instead of complaining about the work assigned to us, let us try to practice time management. Sometimes we only use our time in using gadgets and doing things that are not really urgent. We should set a list of 'work to accomplish' for the day in order to make sure that we spent our time wisely and all our tasks are finished on time.

As for the government, no response has been given yet but Senators Pia Cayetano and Sherwin Gatchalian are into thorough study of the proposed bill before being implemented. They have mentioned that the country must focus at providing students with a holistic learning environment.

Surely, homework has its own positive effects on both students and teachers that is why careful consideration should be done before having the bill passed.



UNHINGED

CRAVINGS

by Katrina Kabigting

Price of palay (unhusked rice) dropping, farmers struggling, and different judgements arising. These are all happening because of one matter, the Rice Tariffication law. The Rice Tariffication Law or Rice Liberalization Act or Republic Act No. 11203 amends the Agricultural Tariffication Act of 1996 that inflicted tax to agricultural imports excluding rice. Because of inflation during the last quarter of 2018, the law was induced. It aims to remove the quantitative restriction that will levitate imports and lower palay prices. The law also claims to protect local farmers from the imposition of 35% tariff rates or more on rice imports which would allow the farmers to "provide and earn" more in the world market.

The law considered the Filipinos who are struggling because of inflation. It seeks to help depress the price of rice. On the contrary, local farmers have been complaining about the Rice Tariffication Law. They blame the law for being open for imported rice to flood in the Philippines. The inrush of imported rice significantly affected locally produced rice basically because import products are cheaper than domestic products. As per September 5, 2019, prices of local rice have fallen, in Pampanga, it's Php 9.00 per kilo and in Bataan, Php 7.00 per kilo. This is why the people who are working hard to produce food, cannot even afford to eat.

There may be positive effects of the Rice Tariffication Law such as lowering the retail

price of rice for consumers, avoiding rice shortage, and decreasing inflation rate. But negative effects are still evident especially for the farmers. There is a possibility of displacement of farmers, NFA employees, accredited NFA retailers, rice millers and rice by-product producers. Local farmers say that the new law will make them compete with cheaper rice imports. They are afraid that they might go penniless.

Many Filipinos are benefiting from the Republic Act No. 11203 but that does not mean our issue has been solved already. Considering that this law affects several farmers' livelihood, an act should still be done, an act from the government is needed.

A response was made by the Liberal Party wherein they called to amend the Rice Liberalization Act to help farmers who are in a "dire situation." A resolution was pushed through by Quezon City Rep. Jose Christopher Belmonte, LP secretary general, with his party-mates in the House of Representatives. He said that the resolution will help the government in searching for more sources of funds direct cash transfers to farmers. Also, Sen. Cynthia Villar said that the government should buy local rice in providing the staple to beneficiaries of the cash transfer program.

The cravings of our farmers can be satisfied with proper implementation of the law and prevention of lack of government regulation.



ZEPHYR

GAMBLE THE NATION

by Mary Raphaelle C. Muñoz

With Philippine Offshore Gaming Operator (POGO) being consolidated into the Philippines, with over 20,000 Chinese illegal workers living in the nation, and with the Chinese investors scheming to transform three islands, doesn't it seem like Duterte has sold the Philippines to the Chinese?

Today, anger and disappointment are once again stirred by the recent reports of China's aggressive behavior.

First is the sinking of a Filipino fishing boat in the West Philippine Sea by a Chinese vessel.

Second, a Chinese-Filipino bought the former Island Cove Resort located in Kawit, Cavite and was transformed into Pogo Island. Pogo is the acronym for "Philippine Offshore Gaming Operator."

Third, a group of Chinese investors are planning to transform Fuga in Cagayan and Grande and Chiquita in Subic Bay, Zambales into tourist destinations and economic zones.

With these reports given, Filipinos can't help but to ask if the Philippines is slowly turning into a province of China?

For someone who threatened all kinds of punishments against Canada for shipping garbage to the Philippines, Duterte has been surprisingly speechless in the probe of the sinking of a Filipino fishing boat.

Duterte critics believe that he has been too compliant to the Chinese and that Duterte has been a coward when it comes to Chinese bullying.

On the other hand, the supporters of Duterte have characterized the criticism against the president as a demand for a declaration of war against China. The die-hard Duterte supporters are intentionally raising the "war" scare to silence those who are demanding an explanation of the disturbance from China.

The citizens shouldn't just allow Chinese to make a dent on our sovereignty. If this occurrence would get swept under the rug like many others, then it seems like Filipinos are slowly giving them more and more power and this should not be the case. They should take a page from Hong Kong's book. When they felt China stepped over the line, they weren't reluctant to let them know.



COLLAB

DENG VAXIA: BRING IT BACK OR LEAVE IT IN THE PAST?

by Carlene Canlas and Hyacinth Singian

The government shouldn't reconsider the usage of Dengvaxia.

First, the vaccination would more likely pose as a threat to people than it being a helpful prevention to dengue. Although there may be a chance that the vaccine is effective, it would still do more harm than good and is not a solution to the epidemic that we are facing right now.

While it may be a fantastic vaccine to those who have suffered from dengue before, the DOH should not have made the it available to those who have not experienced dengue at all. Dengvaxia is more of a vaccine to those who have had dengue to suppress them from getting infected again rather than it being used as a prevention to those who have no prior exposure to the virus. Injecting the vaccine to those who are fine and healthy may cause damages to their immune system which would increase the chances of experiencing severe diseases.

A week after being vaccinated, several vaccinated children experienced the side effects of Dengvaxia such as headache, injection site reactions, malaise, weakness, fever, and muscle pain. Months passed and children started to die

after having the said anti-dengue vaccination. The vaccine protects only those who have been infected.

Sanofi knew the risks of Dengvaxia but did not inform the Philippines immediately and only publicly issued the warning on their vaccine in November 29, 2017. The vaccination program was suspended on November 2017 and was permanently banned in the Philippines on February 2017.

Second, even if the government decides to open the vaccine for available use, it is not that cost effective. With its price at 1,000 pesos per dosage, those are injected with the vaccine cannot ensure that it will be effective. A number of tests should be conducted first to make sure that the vaccine will do more good than harm.

The Department of Health (DOH) should focus on the prevention for dengue instead of just focusing on lifting the ban for Dengvaxia. Measures must be made to keep surroundings clean, eliminating all possible breeding sites of mosquitoes, and taking all necessary precautions against Dengue and other diseases.



REALITY CHECK

VICTIM BLAMING

by Jheiney Manalo

Despite the petitions and movement created by some individuals to stop it, victim blaming remains as a problem. Victim blaming refers to the practice of questioning what a victim could have done differently in order to prevent or cease a crime, thus implying that the fault of the crime lies with the victim and not on the perpetrator. It is often associated or used in the context of rape and sexual assaults but might as well be related with theft and murder.

Victim blaming doesn't necessarily mean accusing survivors directly of their misfortune. Sometimes just by thinking that the victims invited the crime done to them or you could've been more careful in their situation, these thoughts already are implying that the blame is to be taken by the victim.

This problem can be experienced and encountered in social media sites such as twitter and facebook. Some users post insensitive comments regarding the issue while some even have the courage to joke about it, which of course, is wrong. The media has a big impact when it comes to victim blaming because of the huge population of its users that can see and freely express their opinions that sometimes marginalize and degrade those who are affected.

This practice may be caused by ignorance, lack of understanding or smug. But aside from these, there is a more significant cause. According to psychologists, the tendency to blame someone originates from the deep need to believe that the world is a good and just place. However, because of the crimes and terrifying things happening around this belief that the world is a good place with good people is threatened.

Therefore, to pass this troubling realization and maintain the good point of view, people separate themselves from the victim and thus victim blaming instances happen.

Despite these psychological reasons, victim blaming should stop and not remain as an issue suffered by a lot of people.

The victim should not be held entirely, not even partially responsible for the wrongful act committed against him or her. No one would ever want or ask for anything wrong done to him or her. Whatever the person is wearing, whoever is he or she with, wherever, intoxicated or not, conscious or unconscious, should not be factors or reasons to say whether the victim is to be blamed. Committing a transgression is the choice or control of the perpetrator.

What's worse is that victim blaming might lead into unresolved cases or injustices. It marginalizes the victim or survivor and make it harder for them to come forward and report the crime. It keeps some silent due to the fear of being censured and feeling ashamed. Victim blaming should stop. It is not the victim to be blamed, it is not the survivor's obligation to fix the situation but rather it is the abuser's.

Martin Luther said, "Our lives begin to end the day we become silent about things that matter." The right of the survivors to ask for help in building a better life after the committed crime must not be taken from them. Their cry for justice must be heard and not the other way around. Victim blaming ends the life of many people. It silences them to something that really matter.

CALLING ALL CATCALLERS

by Hyacinth Singian, Mary Raphaelle Muñoz, and Eina Ruiz

According to Inquirer, Republic Act 11313 or the so-called "Bawal Bastos" law aims to punish catcalling and other gender-based harassment either in public spaces or online.

This law still received some violent reactions because of President Duterte. This seemed ironic for the president because he himself would make rape jokes and even tell stories about it as if it was a normal topic for everyone. Sen. Risa Hontiveros challenged the president to follow the very law he signed, not only as a law-abiding citizen but as a leader who respects everyone.

The success of the Bawal Bastos law that promotes courtesy and respect for women will depend on the proper implementation. There have also been complaints that barangay officials refuse to help the victims of domestic violence, even if tasked by the law to provide assistance. Can such barangay personnel be bothered with enforcing the Safe Spaces Act? Or perhaps, some of them are guilty because some of them might be among the violators?

There is also the danger of abuse and the use of the law for police extortion. RA 11313, penalizes a range of offenses with fines ranging from P10,000 to P100,000, community service and even imprisonment from six days to six months. People would be vulnerable to blackmailing just to avoid these punishments and to escape having a criminal record.

This law is not just for the women, it is for everyone. With this law valuing the dignity of every human person and guarantee full respect for human rights, majority of the Filipino citizens felt relieved because they need not worry about being harassed and can finally do something about it when it happens.

The Safe Spaces Act recognizes the role of everyone in the society and ensures the equality, security and safety not only in private but also on the streets, malls, workplaces, schools and even online of men and women.

This law is a challenge for the president himself. President Rodrigo Duterte, who is known for his controversial remarks and actions toward women. He needs set an example to everyone because this law wouldn't be effective if he himself doesn't stand for it. What good is a law that isn't even followed by the Man behind it all?

Nevertheless, the 'Bawal Bastos' law is a big step in the societal progress of the nation. Crimes against women, and humanity, have been present in our nation for far too long. The government is finally doing something about it. This should be the end of sexual disrespect, but the fight doesn't stop there. Laws don't just need to be made, they also need to be enforced.

Yet, this law cannot be guaranteed to be followed by all, especially with the state of our law enforcement as of recent. There are undoubtedly policemen and barangay heads who hold misogynistic views and disregard a women's rights. The people needed to enforce the law can't always be trusted to do so. In a perfect world, this law wouldn't even be needed.

But this is not a perfect world, far from it really. The fight for equity and common rights will carry on to perhaps many years from now. But with laws like these getting passed, laws that enforce respect, there's a hope that perhaps that perfect world isn't so far from us.

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Coronation of the Queen of Pampanga

by Caitlin Yambao, Hannah Fenella Bacosa & Raphaelle Muñoz



“O Indu ming Birhen kekeng patulunan
Ikang minie tula ampong kapayapaan..”

Our Lady of Remedies is recognized as the ‘Patroness of Women that have just given birth’ but moreover the Virgen de los Remedios is better known as the Queen and Mother of Pampanga although she was originally shrined in Malate, Manila.

But the question is, why was she moved from Manila to Pampanga?

During the time after the Second World War, Rev. Cesar Ma. D. Guerrero noted that Pampanga was rich in natural resources, however, it was the center of communism. The province was even called “Little Russia” for it being the breeding ground of socialism put the Catholic religion and social order of the Philippines in danger.

To ease the hostility and in hopes of bringing back the Catholic faith of the Kapampangans, the Bishop decided to revive the Marian Devotion which was first introduced by the Spanish to Pampanga and Manila. According to ‘News from the Pampang’, Bishop Cesar Ma. Guerrero conceived a crusade that would divert the attention of the Kapampangans from communism back to their Catholic faith. On April 15, 1952, under the patronage of Our Lady of Remedies, the Crusade of Charity and Goodwill was born, however, it was renamed later on renamed as Crusade of Penance and Charity on November 23 1954. The current state of Pampanga is the evidence that the Pilgrim Virgin was indeed the remedy for the turmoil in the province.

Government Officials and Pampanga’s faithful requested Bishop Guerrero to make representations of Ecclesiastical Authorities for the Canonical Coronation of the image of the Virgen de los Remedios. On the feast day of Our Lady of Lourdes, February 11 1956, he submitted a petition to His Eminence Federico Cardinal Tedeschini and requested Pope Pius XII to grant the petition of having Pampanga as the location for the Coronation of the Indu Ning Kapaldanan. On September 8, 1956, Most Rev. Egido Vagnozzi and Honorable Governor Rafael Lazatin crowned the image of the Queen of Pampanga.

Last September 8, 2019, we celebrated the annual Canonical Coronation of Virgen de los Remedios, our province’s patroness and being on its 63rd year of being celebrated. This was held at the Provincial Capitol Grounds.

Just like how the first Canonical Coronation was celebrated, many Catholic devotees flocked to the just to attend the special event.

The procession rites began from the Metropolitan Cathedral going to the Pampanga Capitol grounds at 3 PM. The images arrived at 3:40 PM. The highlight of the celebration was the reenactment of the coronation rites at 4 PM followed by a Holy Mass.

The Vicariate of Blessed Trinity hosted this year’s set of activities with the theme, “Maria, piyalimbauanan ding kaynakanna mipakamalan, mipagkalaman at mipsiknangan misundu kung misyun nang Cristo” which is translated in English as “Mary blessed the youth with awareness and knowledge to continue the mission of Christ”

The Chancellor of the Archdiocese, Rev. Fr. Dino Albert N. Pineda read the Decree of the Canonical Coronation of the image of the Virgen de los Remedios. After that, the kapasalamat ampon panigapu started. The Archbishop, Most Rev. Fr. Florentino Lavarias D.D removed his mitre and stood as he is the one who presided from this part of the celebration.

We are our Brothers’ Keeper

by Ashley Lugu

“Then the Lord asked Cain, ‘where is your brother Abel?’, he answered ‘I do not know, am I my brothers’ keeper?’”

President Rodrigo Duterte has signed the so-called “Bawal-Bastos” law, which aims to punish catcallings and other gender-based harassment in public spaces and online.

As a Filipino citizen and as a woman, I acknowledge this law because I want to be respected as much as I respect others. Therefore, I believe that we are all born free and equal in rights and dignity. Thus, being degraded can be a barrier in someone’s personal success and

enrichment.

Men must not belittle women just because they think they’re strong, powerful and can do all things, while women were totally their opposite. This kind of men’s mentality must be eliminated, especially nowadays in our society that women can do such things than men could. Sometimes, we women can do much better than men. In addition, this may be the root of reason why men harass women, because of the thought

that women were afraid of them so they’ll just stay silent. Besides, all of us have the right to walk in the streets even in the middle of the night without being abused.

Finally, there’s the leadership that will keep us safe and respected. Just like what Cain asked God if we are our brothers’ keeper, we must all have the same answer which is, Yes! President Duterte will have to lead by example in complying with the new law.



Source: <https://socialmediaexplorer.com/social-media-marketing/3-tips-for-boosting-your-business-social-media-engagement/>

Fame’s Temptation

by Caitlin Yambao

tap *click* *likes* *rings*

“Hello? Temptation? Nice to meet you.”

In this day and age, it is a common sight to see people hunching forward as they click away on their phones. It shouldn’t be that big of a deal because it is a known fact that technology plays an important role in our daily life in this Modern Age. The importance of technology and its pros and cons are highly debated topics that divide netizens by their opinions. It is quite ironic to read their comments about the pros and cons of technology on the internet.

Yes, we would be able to continue with our lives without the help of technology just like how our ancestors did, but we can all agree on the fact that technology does make our life easier. Even though technology does have a lot of pros, we can’t turn a blind eye at its cons.

Peer pressure.

Peer pressure is one of the reasons why people consider social media as a danger zone. As our generation spends time on the internet with comfort, we do not realize that we are diving into the temptation of peer pressure. Indeed, some teens consider social media as a place where they can be themselves and run away from reality. In reality or social media, we still do things for us to fit in.

Depression. Mean. Lies. Hate. These were considered as negative values and attributes, but somehow became trends on the internet. Faking depression, lying about having problems, and issues are now used to gain fame. Being sarcastic to people that aren’t following the trends is cool. Starting a fight with someone and labeling them names because they a different opinion makes you audacious. These ideals and standards are the reason why parents are trying to restrict their children from using the internet freely.

From our sense of style to the way we speak. The pressure is what influences and builds our mindset and standards. Our mindset determines our decorum towards other people, situations, and how we see life.

After the kapasalamat ampon panigapu, the coronation took place. Then the person assigned hanged the Lei or the garland to the Santo Cristo del Perdon. Afterwards, the devotees who attended sang the Himno Official of the Virgen de los Remedios.

The Archbishop led the ligaya as the audience sang along with him. He also presided the introductory prayer or the panimulang panalangin. The Liturgy of the word commenced. The first reading was taken from the Book of Sirach, while the second reading derived from the Letters of St. Paul to the Colossians. Rev. Jerome Roque, a deacon, read the gospel which is Luke 2: 41-52 and it was all about Mary and Joseph finding Jesus who stayed at the temple.

After the Liturgy of the word, prayers of the faithful and offertory concluded. The Liturgy of the Eucharist began. The mass ended with the message from Archbishop Aniceto & Archbishop Emeritus and words of gratitude from Vicario Foraneo. For the final blessing, The Archbishop wore his mitre once again. The mass ended at 6 PM and the images of Santo Cristo del Perdon and the Virgen de los Remedios were brought back to Arzobispado de San José.

To end this article, we quote an English Translated line from Most Rev. Florentino G. Lavarias, D.D

“You, young people, like the Blessed Virgin, may you be instruments so that other people may know Christ.”

Lecture by Marion Lazatin



SEVEN BEAUTIFUL PLACES THAT WILL RELIEVE YOUR STRESS!

by Angel Sibug, Marielle Olalia

1. Dipaculao Beach

Do you like beaches with white sands and a nice place to watch sunset? Well, Dipaculao beach is for you! It is also known as Dinadiawan beach and it is located in Dipaculao, Aurora which is at least 4.5 hours of travel by land from San Fernando, Pampanga. Despite the long road trip before getting there, this beach is reported to be awe-inspiring for its clear waters and sands filled with pebbles and shells. Dipaculao beach is known for its waves which makes it a great place for a surfing getaway. So if you're very fond of surfing surely this place is for you!



<https://www.philippinebeaches.org/dinadiawan-beach-dipaculao-beach-aurora-important-tips/>

2. Tikling Beach

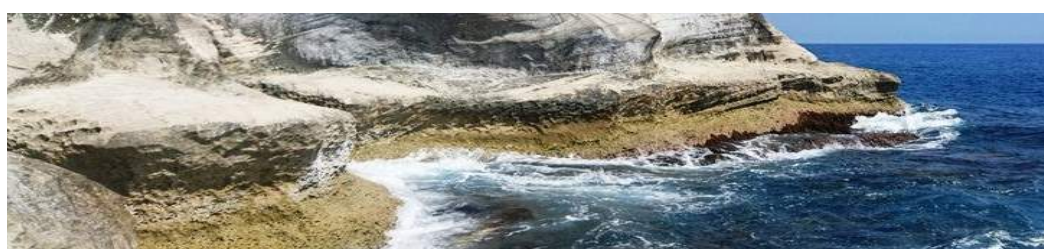
Tired of beaches with white sand? Good thing the Philippines is equipped with some pink beaches which will surely give you a whole new beach experience. One of them is Tikling beach located in Matnog, Sorsogon and takes at least 9 hours of travel by land from San Fernando, Pampanga and a 20 minute boat ride to the island. Because of the powdered red corals scattered around the beach, it gave this place a pinkish sand. This island is known for its ocean blue waters and amazing view. Tikling is privately owned by a family that's why there are no hotels around the island, you would be needing to go back to Matnog by taking a 20 minute boat ride back. But to sum it all up, Tikling Island is worthy to be listed under your summer vacation list.



https://www.tripadvisor.com.ph/Attraction_Review-g678562-d4056271-Reviews-Subic_and_Tikling_Beach-Sorsogon_Sorsogon_Province_Bicol_Region_Luzon.html

3. Kapurpurawan Rock Formation

Looking for a place to take instagrammable pictures? Don't miss the beauty of nature located in Burgos, Ilocos Norte. Kapurpurawan Rock Formation is known for its creamy white and streamlined limestone formations which are sculpted by the nature itself through the different oceanic and weather forces. If you're travelling by land it will take at least 10 hours to get there but if you'll be travelling by air it'll take you at least 5 hours. In order to have access to the rock formations you will be needing to take a 15 minute horseback ride from the entrance. So what are you waiting for? Grab your cameras and take shots for those instagram worthy pictures.



<https://www.wheninmanila.com/travel-spotlight-kapurpurawan-rock-formation-in-ilocos-norte/>

4. St. Augustine Church of Paoay

Ilocos Norte is not only known for its beaches and the astonishing views made by nature. One thing you shouldn't miss when you visit are its historical churches and one of these is the St. Augustine Church of Paoay. St. Augustine Church is known to be one of the oldest churches in the Philippines completed in 1710 and it is famous for its distinct architecture having large buttresses at the sides and back of the church. It was declared as a Natural Cultural Treasure by the Philippine Government and a United Nations Educational, Scientific and Cultural Organization (UNESCO) World Heritage Site under the group of Baroque Churches of the Philippines in 1993. So before visiting Kapurpurawan Rock Formation don't forget to drop by and pray for a safe journey.



<http://geejaytravellog.blogspot.com/2014/07/paoay-church-ilocos-norte.html>

5. Death pool of Cabangaoan beach

Driving downward to Burgos, Pangasinan the silky cream beach of Cabangaoan and a nerve-wracking adventure awaits you with the infamous "death pool" along its parameters. If the death pool is not enough to leave your mouth hanging, check out other spots like the mini pool and cave pool within its proximity. Burgos is 30 minutes away from its provincial capital, Alaminos that has slowly transformed into a tourist destination with its thrilling offering. With its intricate rock formation and death pool's deep blue water, Cabangaoan is surely for those thrill seekers this summer.



<https://www.ilovepangasinan.com/cabangaoan-beach-death-pool-in-burgos-pangasinan/>

6. Cagua volcano

If you are willing to take the risks for a dramatic selfie, Gonzaga, Cagayan is the place for you. Cagua volcano unknown to many mountaineers is a 1168-meter active volcano that is part of the Babuyan island chain of volcanoes. The steams coming from the boiling water and melted rocks make a perfect dramatic background for your selfie. After engaging yourself with many selfies with so much smoke, you could refresh from the Cagua falls that is just a 30-minute walk from the volcano.



<http://northernforum.net/cagua-volcano-making-mountaineering-in-cagayan-more-captivating/>

7. Kaparkan Falls

Definitely a hidden gem of Abra! Kaparkan falls concealed to many tourist is an incredible masterpiece located in Sitio Kaparkan, Barangay Caganayan, Tingin in Abra Province. If you don't mind a little trekking to see this natural engineered water-filled rice terraces then off you go to Abra province! After your little trekking journey it will all be worth it once you get to see the breathtaking site of the limestones of Kaparkan structured like that of terraces. Explore and enjoy yourself in the hidden beauty and natural wonders of Kaparkan that has continued to evolve slowly over millions of years.



https://www.tripadvisor.com.ph/Attraction_Review-g804268-d13078989-Reviews-Kaparkan_Falls-Bangued_Abra_Province_Cordillera_Region_Luzon.html

Surely the Philippines don't fall short on many fine and grand destinations. They just needed to be uncovered by keen travelers and locals. With over 7,000 islands to choose from it would not come as a surprise if more of these hidden gems would be unveiled in the future.

CRUMPLED SAVERS

by Rafaela Baluyut and Angela Dizon

No matter how much you love something, if it is not taken care of, it will fade away. When we love, we sometimes take it for granted and because of that, it will eventually leave us. And despite all our efforts to take back what was once constant in our lives, it will just slip through our fingers leaving us with a sense of guilt. This is what will happen if we do not make any efforts in saving our trees.

Every day, hundreds of trees are being cut down. Trees who stand tall with pride have to fall for the desires and interest of humans. Numerous animals lose their family and only homes for the benefit of humans. We continue to chop down trees to create products that only we will use, not realizing how much it affects the planet. If we lose our trees, life will continue on but it will be a life full of hardships. Breathing would become a chore as there will be no more trees who give out oxygen for every living creature. Without trees there will be nothing that creates

a humid atmosphere for rain. And if it will rain, landslides and floods will be a huge problem as there are no trees to absorb the water from the rain.

Amidst all of this though, we have the power to create our own destinies; it's never too late to help save the environment. There are a lot of people who have made an effort to help our trees. Some have started plantation projects with their communities and others have contributed in passing laws that protects our trees.

The hundreds of trees that have lost to the power of the axe, which are then used to produce papers—the sole necessity of almost every profession, can be brought back to life through our actions, may it be big or small. The papers that have been used to put our solutions in a test cannot be considered waste. It can still be used. We can recycle old and used papers instead of throwing it to the waste baskets and burning it.

We can use these left-over papers to magically transform it into little beads for crafting! They can still be used for a lot of things. We can use to create art. Recycling these old papers can bring pride to the tree that once stood tall.

This is what all those “Save a tree” boxes are all about. These boxes, which can be found inside our classrooms, is where Scholasticans can put their old but still useable papers, these papers will then be used to recycle. By contributing to this project made by the Earth Saver's Club, we are able to practice our stewardship and help us realize to not take papers for granted. Taking them for granted will hinder us from realizing that our trees need our help. Trees have done so much for us humans, it is now time for us to be grateful and give back the kindness they have given us. By doing so, trees will no longer have leave our sides.

Photo credit: <https://www.dreamstime.com/stock-photos-green-concept-tree-hand-draw-style-save-earth-idea-illustration-layered-easy-manipulation-custom-coloring-image32018223>



BE KIND TO ALL

by Rafaela Baluyut, Julie Narciso, and Marielle Olalia

Sister Rebecca has mentioned in her opening remarks last June 24 that being in a Benedictine community means we are all different yet one with Christ which is why our school's theme calls us to become united by doing the mission the Catholic Church has given us, that is to show a good amount of kindness, love, and empower others because we are all gifted and equal in the eyes of God.

Have you ever asked yourself the question: Did I show enough kindness to others today? This year we are all challenged to welcome every one despite their own distinctions with the theme: “Embracing Differences: Uniting the Benedictine Youth in Christ.” We can accomplish this by showing kindness and acceptance not only to our fellow Scholasticans but also to the people we encounter every day in our lives. Through the different forms and kinds of kindness, we make the world a better place not only for you but also for everyone else. We are all interconnected and we strengthen the bonds we have with each other by showing goodness and positivity. As Brian Tracy once said, “The greatest gift you can give to others is the gift of unconditional love and acceptance.

Kindness is a virtue that one must embody especially for the likes of Scholasticans. When Sister Ma. Rebecca Maglalang, OSB was asked for some advices on how Scholasticans can express kindness and make them perceive how important it is, she answered with four things.

First, “We should treat every person that we come in contact with respect and kindness in words and actions.” One of the natural truths as human beings is that we are all unique but fundamentally equal, we might have our own differences in life but that should

not hold us back from giving the same amount of kindness and respect that we want to receive from others. As the golden rule states, “Do unto others as you would have them do unto you.”

Second, “Show more concern towards others in need and be willing to lend a helping hand.” St. Benedict calls us to give our service to others by sharing our assistance for the welfare of others. We are blessed by bountiful blessings and these graces are meant to be shared to the poor and the marginalized.

Third, “Regard the faults and limitations of others with respect and kindness, without an air of superiority, so that we can actually help them and stop wasting our energy on useless complaining.” Every human has their own limitations and faults and every time we encounter them, we should acknowledge them with respect and kindness. Instead of complaining about one's faults and shortcomings, we should fill those up and help him/her become better. After all, we are relational beings. We all have different strengths and weaknesses, hence, we complement one another.

Lastly, “Be more understanding and accepting differences in others. There is no escaping our differences. However, our belief in Christ unites us. With respect and kindness, we can have Unity in Diversity.” It is not about pointing out our differences, rather it is about finding what the common thing is in all of us and that is we are all empowered by Christ and through him we are all unified. That is why next time we encounter a new person we should not judge her by his or her physical looks, but instead we should see through her heart and that is where good attributes are found.

Our school directress was also asked

Paradigm of Service

By Katrina Kabigting

“Only a life lived in the service to others is worth living.” – Albert Einstein

Service to others is indeed one of the values true Scholasticans possess. St. Benedict himself taught this value and is now being inculcated and done in St. Scholastica's Academy. The act of assistance can be shown even in simple gestures such as serving food to others and serving the elders with respect. SSA would like its students to understand the importance of service especially that they are part of a bigger community.

In order for the school to attain its mission, which is to nurture excellence in services, Social Involvement Program (SIP) is established. Its objective is to raise the awareness of the students, faculty, staff, administration, & even parents regarding the root causes of poverty and lack of equality in our present state and lead them to participation and commitment to work for peace with disempowered sectors of the society. Specific programs are implemented to show service to others which include:

- Most Bote-full Project for the Grade 7 which supports a scholar of the school;
- Advocacy on Environment for Grade 8;

on what mantra she could give to the students which could aid them in achieving the goal of the school year's theme. She replied with, “Lord, embrace me with your love so that I can love You, others, and myself.” Most of the time, our experiences reflect on our actions, hence, this is why we unconsciously or consciously do, if not exactly, the similar things to others. The Lord's love is self-less and through His love that embraces us, we are inspired to give the same love to everyone.

As the new school year started, new theme and goals are also set. Attaining this year's goals is not easy. Sister Ma. Rebecca Maglalang, OSB replied that the observation of Benedictine Stewardship could help Scholasticans achieve their goals for this year when she was asked what value should Scholasticans observe in order to achieve them. She said, “Benedictine Stewardship which reminds us that our gifts and all creations (persons, material things, talents) are from God and that we are accountable for them. Thus, we need to handle them with care, reverence, respect and kindness. On a much deeper level, the appreciation of persons and material things lead to a sacramental stance toward all

- Mentoring Activity for Grade 9;
- Catechetical Apostolate for the Grade 10;
- Feeding Programs which are being done by clubs;
- Formation training of the parents in the adopted community (Bagong Sibol) being accomplished by the faculty;
- Operation Joy and scholarship program of the alumni;
- Medical missions by the PTA;
- Operation Joy & Sakripisyong Kulasa every December;
- And sponsorship every first Friday of the month

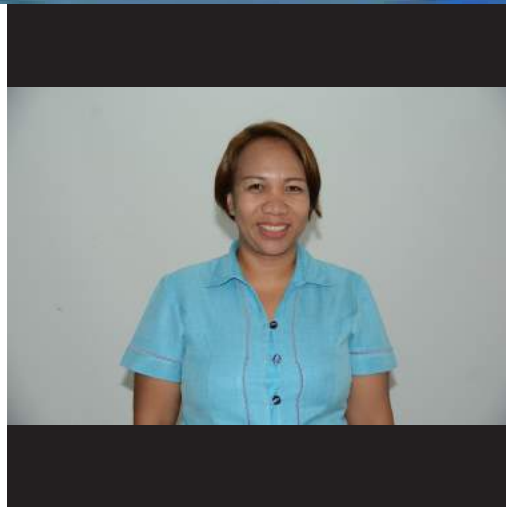
Having these activities or programs prove that SSA is not just a school focused only in providing quality education but it is also more of a community. A community who upholds the Benedictine values. A community who is willing to help the less privileged. A community who is inclined to offer service to others. A community who is considered a paradigm of service.

creation and the cultivation of beauty, as an experience of the presence of God.” Indeed, embracing and embodying this value in one's life and in achieving goals could help through the small deeds like appreciating and being contented with what you have, staying humble and making things simpler. For deeper understanding of the value, it is not solely for taking care of the nature but also for cherishing other people and things in our own good ways. As what she said, “Stewardship also includes the great yearning in Benedictine communities to live more simply. Benedictine Stewardship rejects the notion that we must ‘have it all’ and instead, demonstrates the value of giving in love, in service and in justice in the building a Christ-centered community.”

This school year, everyone is called to be one with Christ through Ora et Labora and accept each one's differences and as Sr. Rebecca said “We are not colors. We are not religion. We are not countries. We are the world.” May this school year be a challenge to us that despite everyone's differences we can still be kind enough to accept others not just in our community but also in our lives.



Source: <https://www.amazon.com/Bless-Serve-Lord-Through-Teaching/dp/1977934013>



The Returnee

MS. MICHELLE G. SOLIS

Science

Philippine Normal University Manila

Listening is one of the values I really treasure. Facts and information can be acquired through the web but wisdom can be caught by listening.

Do you know any interesting conspiracy theories?

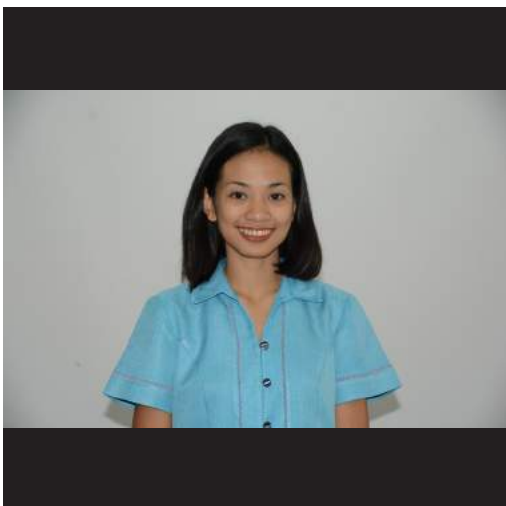
If dinosaurs are still present here on earth, to this day, who would survive? Us or them? It would be fun to upload a video clip on "how to kill a giant cockroach" right?

The universe is made up of many mysteries. If you meet God and ask him one question about life, what would it be?

I'm trying not to meet God yet, but if I will have the opportunity to ask God, I would like to know if there are other human beings in the universe and it will be a joy to know how they live.

Benedictine Educators: Our Life's Mentors

by Angela Dizon, Stefani Garcia

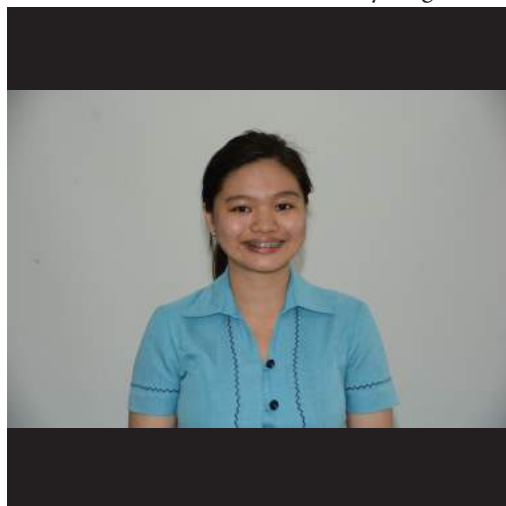


MS. CHARLENE B. MANUEL
English

Don Honorario Ventura State University
"Be clingy with development/improvement."
I eat tomatoes like apples.

What book title would you associate to your current life situation?

If I were to write a book the title would be "A Ride in a Ferris Wheel". It would be based on my personal experiences; I believe writers could write better stories if it is based on real life experiences.

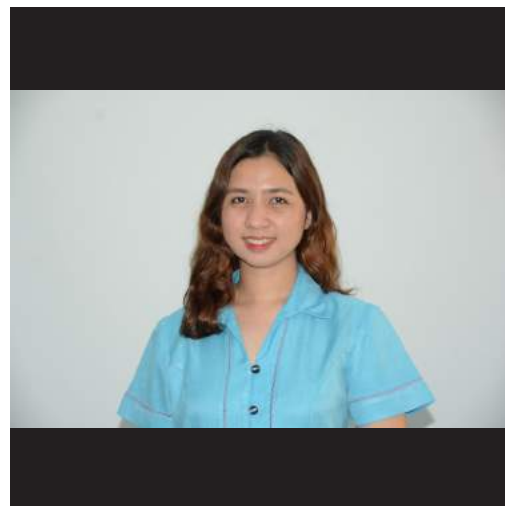


MS. JOAN FAYE P. MORALES
English

Don Honorario Ventura State University
"Never forget to have free time to enjoy life, it shouldn't always be academics
I used to be a student disc jockey.

Would you rather live inside a story of a book or stay in the real world? Would you live in an epic or a ballad?

Real world, even though there are ups and downs, God made the world perfectly beautiful for us, and if you don't appreciate the beauty of life therefore you are not human.



MS. PAULINE RESHA M. CUNANAN
English

Don Honorio Ventura State University
"Always look at the brighter side in every situation. Count your blessings instead of your misfortunes. Be positive!"

I am afraid of mascots. I don't know when it started, but every time I see one I feel so terrified.

If you were to be your favorite character in mythology, who would you be and what would you be doing?

If I were to be a Greek character for a day, I would be Terpsichore. Since dancing is my Waterloo, I will spend the whole day doing it if given a chance to be the muse of dance.



MS. CRISSA MAE P. SITCHON
English

Holy Angel University

Believe.

I'm afraid of heights yet I love the feeling when I'm on top of a mountain.

What book title would you associate to your current life situation?

All the Bright Places by Jennifer Niven



MS. JOBELLE G. CELESTE
Math

Don Honorario Ventura State University

"Study your lessons."

I like playing Rubiks Cube.

If you were to compare yourself to a famous mathematician, who would you be and why?

I highly respect our great mathematicians who made a huge impact to the world and their works are incomparable, I can't even compare myself to any of them.



MS. KATHLEEN MAE V. TARUC
Math

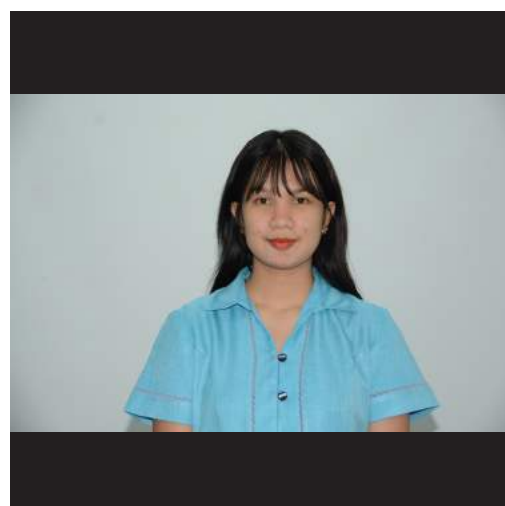
Don Honorario Ventura State University

"Work hard and never lose hope."

I love to travel; I actually want to go to Maldives.

What mathematical sign would you compare to your life?

Positive, because in life no matter what happens you should always stay positive.



MS. ELOISA B. SAWAL
T.L.E

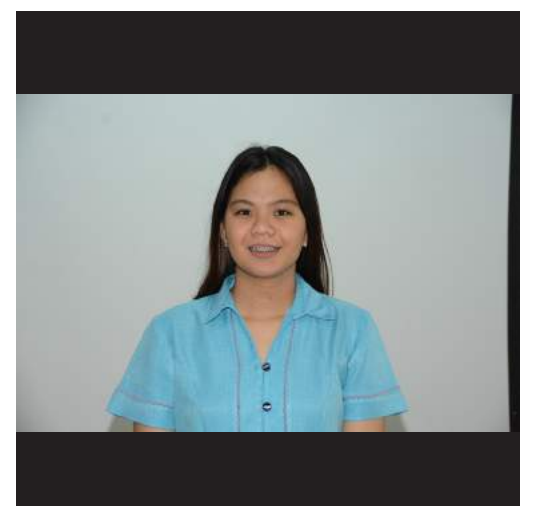
Don Honorario Ventura State University

"POSITIVE, POSITIVE, POSITIVE!"

I can eat fast, even for just a minute.

What power would you want to have to help you in your daily life as a T.L.E teacher?

Clairvoyance, so I can see who cheats at the back.



MS. MARY ELIZ G. DELA CRUZ
Araling Panlipunan

Holy Angel University

Carpe Diem!

What would you do if you find a time machine in the middle of the school and have the chance to go back in time?

If I found a time machine in the middle of the school, definitely would sell it; why go back and change history if I could be wealthy in the present? Just being practical.

Behind the Masks Shown

By Stefani Claire C. Garcia
and Rynna M. Estacio

"I'm fine," probably one of the most said words by many, words that could actually mean "I'm not." Putting on a mask showing everyone a smile when actually, it's the complete opposite from who they are when nobody's there to see. Most people have experienced feeling sadness and loneliness, and sometimes leads to illnesses that affect their mental health.

One's mental health is just as significant as one's physical wellness. It creates a huge impact on how we think, feel and act. It is important for every individual to be fully aware of it for your thinking, mood and behavior could be affected by problems.

If left undeveloped, various types of disorders might be encountered. The most common problems include Schizophrenia disorder, mood disorders, anxiety and the most popular, depression. In 2012, 3.3 million Filipinos suffered from depressive disorders. Eight-hundred thousand cases of suicide are being filed every year.

Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. Some sources say that some ways on treating anxiety includes; therapy, exercise, medication and etc. but sometimes just being there for a person who is depressed, listening to their problems and telling them that they can go through their problems can be a big impact in their recovery. Another common mental problem is anxiety disorder.

Anxiety is an apprehensive uneasiness or nervousness usually over an impending or anticipated ill, in other words, a state of being overly anxious. Anxiety is different from anxiety disorder; it is an emotion or feeling that something will go wrong; it is a normal reaction to stress. Anxiety can be beneficial; it can alert a person when it comes to danger and to pay more attention to their surroundings, it can motivate you to accomplish your homework and study harder. Treating a person with anxiety depends on the nature of the anxiety disorder and individual preferences. Often, treatment will combine different types of therapy and medication, but it can also depend on the person who has that disorder.

Good mental health helps you enjoy life and cope with problems. It offers a feeling of well-being and inner strength. Just as you take care of your body by eating right and exercising, you can do things to protect your mental health according to Carol A. Gooch. It is vital to make our overall health our top priority, not just our physical health but also our mental health. It can be beneficial to our holistic health, to our wellbeing and even to the people around us, by spreading positivity to all. Seeking help from professionals can be beneficial specially when suffering from a disorder, even just by asking friends for advice can be helpful.

Being mentally healthy can be a huge impact on our lives and on how we view it but how can we improve our mental stability? Research shows that how you think about yourself can have a powerful effect on how you feel. Thus loving yourself means loving your health, being healthy isn't just about your physical wellbeing, it is also about being able to take care of yourself mentally and emotionally. Another way to strengthen your mental health is knowing that you are valued by others, for helping you think more positively, support from peers and relatives can help you think more optimistically about solving your problems in life. As the saying goes, "People with mental health conditions deserve just as much support and compassion as people with physical health conditions."

Student Council Corner

by Anne Aquino and Katrina Kabigting



"The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sail."

-John Maxwell

Many aspire to be a leader but it takes a lot of dedication and courage to be one. Our Student Council officers for the school year 2019-2020 are these dedicated and courageous people who took responsibility in leading Scholasticans to be better students and Benedictines. They were chosen by the student body because of their capabilities and characteristics that true leaders possess. And as we move along this school year, some words of encouragement were given by them to the aspiring leaders and their messages for all the students.

Julie Cristelle B. Narciso – SC President

Being a leader is one of the ways of offering one's life for the sake and for the betterment of the others. It entails the embracement of the value of sacrifice and discipline in order to lead others well into a path full of learnings and wisdom, not just a successful one. There may be difficulties but if you're passionate and dedicated, you will be a good leader. Set your mind and heart on the goal however do not forget to listen and to open yourself to the people you are with and you are leading. Moreover, be the kind of leader whom people will remember for what she did and sacrificed for them.

Almost 2 months into the new school year and we're one step closer in achieving a great school year. Despite the challenges thrown at your way, I hope you don't feel discouraged and burnt out. Use them to build a stronger, braver and better version of yourself. In times of difficulties, always remember where and why you started and that you have a goal to achieve this school year. Find time to take enough rest amidst your busy schedules. I believe in all of you and you should, too. Like what R.S. Grey said, "She believed she could, so she did." Best of luck, my fellow Scholasticans! Your SC Officers are also willing to lend their hands to help you.

Bea Maria G. Asuncion – SC Vice President

Being a leader is one of the toughest roles you could have; you must have wit, initiative, compassion, perseverance and a strong sense of justice. Despite many setbacks, being a leader is one of the most fulfilling roles. You can see how those you lead grow into better people and you have your own personal growth. Don't be afraid to step outside your comfort zone and challenge yourself to lead others. Even the smallest ounce of courage can go a long way.

Being a part of the SCO had always been a goal of mine. Eversince I had been elected into the position and started my duties, you, dear

students, have been supportive and welcoming. For that, I am thanking all Scholasticans. There may be some mishaps here and there, but my experience with the entire student body so far is fulfilling. I won't have it any other way. I hope this continues and develops as the school year goes on, and I hope you do too. God bless, Scholasticans! To the stars and beyond!

Jilianne G. Gatpolintan - SC Secretary

Go beyond your limitations and be the personification of your ideal leader. A leader who is of service to her subjects; who has the eyes that see everything, the ears that listen and the voice that echoes many. Anyone can be a leader but only few are remembered good. Start by painting the following school years' empty canvass with things which are unforgettable. Be ready to step up your leadership because I am waiting for you!

When things get tough, no one cares if you fall a step behind. You have all tomorrows to take two steps forward. Only you can control where this school year would take you. Lastly, as the famous saying of Muhammad Ali goes, "Don't count the days, make the days count." Let's soar together, Scholasticans! God Speed!

Maria Eleina Mishel G. Cruz - SC Treasurer

Serving others with your whole heart is the most important attitude needed when it comes to leadership. You must not think only of yourself but also for the benefit of the people you serve. There may be circumstances where you'll receive hate and negativity but never let these stop you from doing & implementing what you think is right. Just keep in mind that being a leader is never being a boss rather it is being a servant to others.

Never give up. We all come to a point where we get physically, emotionally, and mentally drained because of what the world demands us to be. We tend to give up on life and think that there is no hope for tomorrow but in reality there is. Just keep on going Scholasticans. I know you can do it, you'll succeed.

Jheiney Gwyneth D. Manalo- SC Auditor

Leadership is being the voice that others echo. You must set a good example to the people and be a model that will inspire them. Not everyone will follow you but this must not stop you from doing what is right. Being a leader will be easy if you have the sense of service, selflessness and willingness within you. You must also know how to balance and prioritize your responsibilities well.

It's surely another tough year for us and I hope you become happy with every chance you grab and every step you take. Keep on striving to be the best versions of yourselves. Live and enjoy every moment, Scholasticans. *Allea iacta est.* Have a blissful and blessed school year!

Ayishi Tomei Respicio – SC P.R.O.

Stop holding yourself back when it comes to discovering your own true form as a leader. Your hard work and dedication will serve as your stepping stone in making your intentions clear and that is to serve the student body.

With all the quizzes and projects lined up, I hope you still find time to give yourself a break. Find time to do what we love and enjoy. Not only it will make us feel good but also it relaxes and improves our mood to conquer our workload in school. We all deserve it. Keep doing great!

Alongside with their advices and messages, to arouse and fire up the spirits of the Scholasticans, they also gave the timeline of their upcoming plans. Here's a sneak peek:

SEPTEMBER

- *Radio Kulasa*
Living out the core value of the school, social awareness, the SC with the cooperation of the Blue Quill and Speech and Drama Club will be conducting a 5-minute rundown of the news for the day. Details on the time and schedule of the broadcast will be announced later on.
- *Recognition of the Honest Members of the Community*
There will be a spot in the SCO's Let's Celebrate Board where names of the honest members of the community will be listed
- *Leadership Training*
Details are to be announced.
- *Perfect Attendance*
Every quarter, sections who managed to have no record of absentee at all will be given recognition.

OCTOBER

- *You-did-a-job-well-done*
These are boxes filled with candies which are stationed in the different areas in the campus that will serve as rewards for the students for a job well done after taking the examinations
- *Teachers' Day*
Details are to be announced.

NOVEMBER

- *Uniform Donations (Tentative Name: UniKulasa)*
Any student who is willing to donate her spare SSA uniforms for both jhs and shs will be assisted by the SCO. The collected uniforms then will be given to those students who are in need of uniforms (at most of 2 pairs of blouse and jumper/skirt per student)
- *Garage Sale*
Along with SIP area, the donations of the students (preferably children clothes and toys) will be sold in a garage sale which is open for outsiders. The profit will be used for this year's Operation Joy 3.
- *Children's Books Donation*
The collected books will serve as a donation to schools where the student catechists are commissioning.



Hope

by Aiyana Gutierrez

Everyday we see the sun rise
Every night we see the sun fall
From your lowest, you can climb up
To the top of the world, and with pride,
stand tall

To every problem there is a solution
To every valley of darkness, there is light
If you believe, you can pull through
Just keep on trying with all your might

When you feel like you're stuck at your
worst
Just keep holding on tightly to that rope
For you know that one of the strongest
forces on earth
Is not hate, not fear, not pain, but hope

Simply, be thoughtful
A word can destroy, but a word can also be
helpful
Never speak without thinking
And also, never conclude without listening

I Doubted When I Shouldn't

by Katrina Kabigting

Here I am again, sailing the sea alone
Here I am again, afraid and at loss
Can't jump from the boat because of a
feeling unknown
Because of a thought that came across

The waves are huge and horrific
I can't do anything to stop it
I can't believe I'm stuck in the middle of
the Pacific
I have no choice but to panic and just
wanted to quit

I'm forever haunted by the thunderstorms
All I wanted was to unwind
But what happened to me is not norm
Instead, I earned no peace of mind

This is hopeless,
I am hopeless
But not until you passed by
I am finally letting go of this burdensome
sigh

You held me like there's no tomorrow
Seems like your desperate to take me away
from this hurricane
I thought this is all for a show
Unbelievably, you sought away my pain

Thank you for holding me tight
Thank you for removing my fright
Thank you for helping me when I couldn't
help me
Even if I doubted when I shouldn't be

Behind Closed Doors

by Angel Sibug

No knowledge can outshine the things that
happen
Each night the weight of the load has lessen
With every tear opens the thought of ifs and
ors
Each night the pattern happens behind
closed doors

Pain and satisfaction were constantly
present
In the action I knew they would resent
I could care less and feel no little remorse
Because each night this pattern happens
behind closed doors

Every contemplation and prayer for hope
This pattern had let me freely cope
The yearning my body feels for the pain of
force
That happens each night behind closed
doors

The reason for my horrid action?
Is simply the feeling of modest gratification
Pay no heed in this repeated course
For it happens each night behind closed
doors

Shall I Call Myself A Poet

by Angel Sibug

Shall I call myself a poet?
Though I debate if I'm a writer instead
The criteria for both were already met
Still I'm confused on which path I shall
tread

My works they've regarded as
masterpieces
As I'm with words while counting ages
Well versed with poems and story of life
And cunning with phrases that damage
man
For long-lengthen ages I've battle this
strife

Regarding if this will all go to plan
I could be both still anyhow
If anyone then would allow
I shall call myself as true
Before deciding if poet or writer is what
I'd be anew



That Girl

by Marielle Olalia

Dark brown eyes and unkempt hair
Afraid, frightened, and unaware
Nevertheless, she didn't care
She is that kind of girl

Behind her fierce façade
Are weaknesses that she guards
Although it is very hard
She stays as that kind of girl

In her mind, she is set to impress
In this world she should be flawless
Each moment should be seen as a contest
A poor, wounded, little, young girl

Too afraid to speak her own mind
Every wrong treatments are left behind
In reality, that's how she is defined
She is not that "fearless" girl

In everything she is too gullible
To conceal her flaws, she builds a wall
But the truth is: her world is about to fall
Fragile and sensitive, she's that girl

But now she stood up ready for war
She might be a coward before
Too faint-hearted, but not anymore
And yes, she's now a changed girl

Remember

by Angel Sibug

Can you still remember?
What love made us decipher
The truth of reality that is
And fantasy's goodbye kiss
Where love takes us to places
And sometimes to crazy mazes
Too many escapades in frigid December
Now I wished we've done it in early October
How love made my heart flutter
And how it made my lips utter
The truth I've dared to counter
I used to always wonder
Was it love that I remember?
Or fantasy's escape offer?

Scholastican

by Anmarie Camiling and
Ana Mikaela Gopez

Scholastican is a word that means a
thousand different things.
It could be a student, whose navel is draped
with the moon,
And the night sky hanging by her shoulders,
Rippling down onto her shin

Scholastican is someone who is passionate
about life and peace.
And taking care of mother nature is her
expertise
She is someone who is kind
And leads without letting anyone be left
behind

Whenever she's greeted 'benedicite' in the
hallways
She'll greet 'deus' with a sincere smile as a
response always
She is also someone whom you can trust
Someone who value being honest and just

Scholastican, defender of those belittled
She stands for the people who are bullied
and frightened
She's also someone who gives advices to
others
And treat everyone like brothers and sisters

But a Scholastican,
Could just be a normal girl,
Who adores her neighbours and God
More than anything else

It could be a person,
Whom He had created and blessed.
It could also be a human who breathes,
perceives and loves,
And knows that she is a child of God.

Scholastican?
She is everything stated above,
And is someone who has the potential,
To be more and more than she could ever
imagine.

Scholastican?
She is the girl who can change the world.
Scholastican?
She is you and I.





With Roses

by Ana Mikaela Gopez

Yellow, purple, coral, red, white, black,
To others, these hues may not mean much,
But, to me, they are the entire world;
A reminder that I've ever lived.

Yellow, as vivid as the bright sun,
Was the first rose bouquet you've given,
Showing just how much you treasured me,
As a friend and nothing more than that.

Purple, as brilliant as tanzanites,
Was the second bouquet of roses,
That you nervously held in your hand,
As you told me how I enchant you.

Coral, splendid like the streaks of dawn,
Was the third bouquet of roses,
Which you boldly left on my doorstep,
With a card containing your desires.

Red, as vibrant as your blushing cheeks,
Was the fourth rose you have given me,
Then stunning me with a whole bouquet,
And, a hopeful, "Will you marry me?"

White, as pristine as my bridal gown,
Was the bouquet of roses I held,
As I walked down the aisle with a smile,
Then exchanging vows for a new start.

Black, dark like clouds on that fateful day,
Was the rose I wish I'd never get,
But how ruthless is the universe,
To send me off with only roses,
As a path that leads me back to you.

Yellow, purple, coral, red, white, black,
With roses, the story of us start,
With roses, the story of us end,
Still, love would never wilt in our hearts.

Masquerade Party

by Franchesca Calma

"What persona should I wear for today's occasion?"
The girl asked, frowning, unsure of her decision.
Beside her are her masks-of-character collection,
Used to cover up her flaws and imperfections.

In this world where she's trained for perfection,
Not fitting or blending in is an obvious rejection.
A fabricated smile appeared to make an impression.
Her scripted expression is now devoid of any emotion.

She watched her reflection as her tears cascade,
Giving up her authenticity to hide the mistakes made.
She slips on the mask, ready for the grand parade.
Where the masquerade party is her only escape.

Eyes once lively, now they no longer glimmer or shine,
Her sealed lips tried to smile to assure that she's fine.
Soft raven hair is spun with ribbons to look divine,
Where this temporary happiness is her only lifeline.

After the taste of exhilaration, she returned alone.
Slipping off the mask, no secrets have made known,
What could've been if she danced in her castle alone?
Now, she rather felt unknown, a stranger to her own home.



A Myriad of Colors

by Ana Mikaela Gopez

What makes the world beautiful?
Everyone knows about art and how the greatest
creations may come from the smallest things in
life. We know all about the science behind the
perception of pulchritude and of the standards
one must reach to be called beautiful. We know
about the people's shallow minds and how their
eyes see nothing more than what is superficial.

We know about how these kinds of problems
only get resolved with one thing—change. You
might be wondering how that would be made
possible when some things simply cannot be
changed. The things that have shaped us to
become who we are now can never be changed.
We are who we are, and that's the only thing in
the world that only we ourselves have and must
never lose. So what should we change? What
else but the way we think?
Just imagine if the Earth was a blank canvas,
untainted from what dirt we smear on it.

Imagine how everything changes with just a
single stroke of the brush, spreading wondrous
hues to a lifeless world. We continue leaving
smudges until we discover shades we dislike
and decide we must not use those to paint our
marvellous artwork. We are afraid that the
colors might clash and ruin the whole thing,
forgetting how we made such a work so sublime
possible. Mixing colors was what we've always
been doing, and producing a shade like that is
part of what we do. We can never erase what
is already painted in the canvas; the only thing

we could do is to accept it. Accept and proudly
show what beauty was born from those colors.
Beauty itself might be an illusion that we
humans make for all we know. Only one thing
is clear—beauty is something that can never
be defined by words, and the fact that words
come from us proves that we might have been
missing something deeper the whole time.
Always remember that the world would be dull
and empty without us. You and I make the world
beautiful, and together we make a masterpiece.

Mr. Krabs Must Have Hated Bikini Bottom

by Denniela Mamawan

Tabang talangka, at first glance, is a disgusting
orange paste in a bottle that reminds some
people of skid marks on toilet bowls, but just
the mention of it makes others swoon at the
memory or expectation of its rich taste and
bad cholesterol. While most people literally
translate tabang talangka to mean "crab fat"
when it is actually "crab roe" or "aligue," which
comes from the female crab. Talangka is also
known as "Asian shore crab in English," and
its hard-to-spell scientific name is *Hemigrapsus*
sanguineus.

We can't have tabang talangka without its
origin, crabs. Crabs are decapod crustaceans of
the infraorder Brachyura, which typically have
a very short projecting "tail", usually entirely
hidden under the thorax. They live in all the
world's oceans, in fresh water, and on land, are
generally covered with a thick exoskeleton and
have a single pair of pincers.

Surely, you've rendezvoused with, at least,
one or two in your existence; be it cooked or
alive, virtually or in reality. Remember that
yellow creature who lives in a pineapple under
the sea? I can't hear you... Yes, Spongebob
Squarepants! How about that greedy character
who owns Krusty Krab aka the best restaurant
in Bikini Bottom? It's Mr. Krabs, the only crab
who bathes in tons of money. I wonder how
much tabang talangka is in Mr. Krabs. Kidding!

Now, before this article becomes qualified for
the Food Magazine, the National Geographic,
or even Nickelodeon, we go straight to today's

discourse—"crab mentality". Now for those
of you who aren't familiar with crab mentality,
it's about how the human society is compared
to crabs trying to escape from a basket. Instead
of working together to escape, the crabs at the
bottom drag the crabs that are climbing out of
the basket, which prevents anyone at all from
escaping, leading everyone to end up on the
dinner table.

In the world of the "talangka," the crabs that
dwell below would pull down those at the top,
the upwardly mobile, and those who have the
ability to climb up the ladder.

Humans tend to do everything in their power
to drag down those who are succeeding or
doing better than themselves sometimes out of
jealousy or to achieve their own goals. It's also
a trait that is quite common in Filipino society
and culture.

The crab mentality is the place where people
hate being there but are struggling to get out of
that place due to a variety of factors: personal
circumstances, denial of the situation, excuse-
making, fear, anxiety, a lack of discipline,
a lack of motivation, energy or hope, and a
general proclivity towards negative habits of
thoughts and behaviors. Instead of speaking
honestly about one's own issues, people bring
others down who are making progress.

So, why are we talking about this?

St. Scholastica's Academy is notable for
producing the best and the most academically
excellent students. Question is, does it also
produce crabs?

Academics is a priority for most students.
No student would not want the words "With
Honors" after their name. Which is why,
students do everything to get a hold of that

title—everything, even pulling others down.

If I can't do it, you should not be able to do it,
too. If I'm not part of the honor roll, then your
name should not appear on the list, as well. This
is how crabs picture things.

What's upsetting is that even friends practice
this kind of thinking. I know a few students
who stop their friends from developing just
because they're not in that process, too. Friends
blow out candles of hope and growth. Why?
Simply because, the fire on the candles of these
'friends' are extinguished. "Huwag ka nang
gumawa, 'di din naman ako gumawa." The
statement sound familiar, right?

Students today refer to this as just mere, in
millennial terms, 'pangdedemonyo' or simply,
enticement. And, most of the time, they just
laugh it out. However, if you'd closely observe,
development and progress are put at risk.

This mentality also says "Hello!" in other
aspects such as sports, competitions, politics,
etc. As crab mentality engulfs the minds of
people, the word 'sabotage' enters the room,
along with 'gossip' and 'backstabbing' at the
back; something like the Mean Girls movie.
To gain the upper hand, people deliberately
destroy or obstruct other people's success. It
is clear that these tactics are a double-edged
sword; they do not only affect the target, but
also the totality.

So, why do many of us instinctively wish for
the downfall of others, including our closest
friends? Does the crab mentality reflect the
intrinsic selfishness of human nature or is it an
unpleasant mindset that is engendered by the
kind of culture we find ourselves in? Whatever
the answer, the crab mentality is certainly borne
from a variety of sources, including jealousy,
shame, spite, insecurity, low self-esteem, self-

criticism, and competitive feelings.

There is nothing healthy behind this way of
relating to others. A communal dismal downfall
benefits no one. Downplaying or criticizing
another person's success or happiness doesn't
really lift you up, despite it supporting the
illusion of it doing so. The crab mentality
just feeds into your existing paradigm of
unworthiness and insecurity.

Even if this mentality actually did produce
more positive feelings for the person doing the
pulling down, it's not really a viable strategy for
long-term well-being. There is always going to
be someone who is wealthier, smarter, wiser,
and luckier than you. If you constantly engage
in comparisons and let other people's success
diminish you, then a stable sense of self-
worth will be hard to establish.

It's all a matter of perspective. You can
paint somebody's success in a negative light
by pointing to some fault or flaw in their
achievement. You might say they don't deserve
it, complain that it's unfair, play the victim,
and judge this person for all the advantages
they've enjoyed in life. On the other hand, if
you can really empathize with their success
and happiness, without judgment, then you
will be able to feel an energizing sliver of the
joy that they feel. You will also be more likely
to view this person as a source of inspiration,
motivation, and hope, and then make progress
yourself.

We all hate to be at the Bikini Bottom.
However, let's not be like Mr. Krabs who
would pull Plankton down so that no
one gets to the top. We must all be like
Spongebob Squarepants who is optimistic,
hardworking, forgiving, and good-natured.

Heat of Extinction

by Caitlin Yambao

Rising of sea levels. Oceans are warming. Sudden weather changes. Polar ice are melting. Those are tell-tale examples of how global warming is affecting the Earth.

One of the best things that we could ever give to the next generation is a world safe from climate change. We must open our eyes and accept the fact that Global Warming is happening at this moment. Global Warming affects the atmosphere, surface and water of the Earth and gradually increases the temperature.

As long as climate change is not stopped, the Earth gets more damage. Climate change also has a big impact on the arctic side of the world.

Glaciers are melting. Oceans are warming. The level of the sea is rising. Melting polar ice as well as changing weather all over the world are not the only things that Global Warming can do.



Heavy rain will bring more floods. It can also give more heat waves and droughts. Many changes can occur on the Earth when the temperature rises.

This problem can also affect and change our map. It can and will transform your city if you do not try to stop it. Climate change is affecting our ecosystem.

There are dozens of things that mankind could do to help stop this heat of extinction. Global Warming has inevitable consequences and we need to prepare for it. If we do not want to face this threat, then we need to fight back by opening our eyes, mouths and ears. Misinformation can lead to more problems.

Some people that live in comfort tend to forget that Global Warming IS already happening at this moment. Even if we cannot do much physically, we can spread the word by proclaiming the truth as well as reminding people to do that right actions because climate change is here.

Clearing a wide area of trees or deforestation is a very big factor that contributes to global warming. Prince Charles said that "Forests are the world's air conditioning system, the lungs of the planet and we are on the verge of switching it off". Cutting more trees and deforestation will only lead to rise in temperature is what he simply means to say. If it was a hot summer day and you can't stop sweating, would you be able to relax without air conditioning? Imagine living like that for the rest of your life- not just during summer.

Climate change can be the reason for lack of food that could lead to famine. Since Global Warming creates more natural disasters, we expect natural disasters to come with great intensity. Those dangers will have a big effect on our agriculture.

As the years pass by, we would be able to see the difference of how the seasons were before and how they would be. Big changes in seasonal temperatures are expected as well as an irregular wind pattern and getting precipitation every year. Getting precipitation would result to having even bigger flood levels.

This heat of extinction also cause health problems due to lack of food resources and because of the drastic change in the Earth. Human health cannot handle drought and extreme heat. It threatens our future health condition. However, climate change does not only affect our physical condition but even our mental conditions. Humans can get serious mental health issues due to rapid weather change.

The battle of the human society against climate change would be a rough one, for WE are the reason why it started in the first place. The Earth's climate is indeed changing and we need to see that. We need to stop this debate whether if it is a fact or a theory. For argument's sake, if it is only a theory, will we only do the right actions after climate change starts? We cannot be a second too late. Why do we question things even if the answer is right in front of us? It is like asking "Is the Earth flat?" even if there is concrete evidence in front of you. We need to take another step in preparation and take action in our combat.

For harming our only home, the mother Earth, we must be responsible and face the realistic consequences and do our best to prevent the worse from happening.

High-tech Crops on Earth and Beyond

by Abrielle Ponce

To produce the fruits and vegetables the growers desire, plants frequently endure long, blazing-hot days. The incoming sun's ultraviolet (UV) rays can be harsh — enough to damage some crops. Such plants might benefit from a built-in sunscreen. This is why a team of scientists in Australia has stepped in to lend a helping hand.



Photo credit: <https://videohive.net/item/two-astronauts-on-the-alien-planet-discover-plant-life-space-travel-discovery-of-habitable-worlds/22150016>

A family of nanoparticles known as metal-organic frameworks, or MOFs, can take in harmful UV radiation. Joseph Richardson, a nano-engineer., works in Melbourne at the Australian Research Council Centre of Excellence in Bio-Nano Science and Technology. Some MOFs, he knew, can turn UV rays into other wavelengths — ones that plants could use for photosynthesis or the process by which plants produce food from light.

He could "feed" MOFs to the plants, in theory, but the problem is, MOFs are too big for plant roots to take up. The plants' stems would be damaged if they cut them open to load with nanoparticles. So that was not an option.

Instead, he's starting a research team working to make plants take up the building blocks of MOFs. Their goal is to help plants make their own MOFs and if those MOFs can pick up the tissue-damaging UV rays, they might help crops survive resilient climates, both on Earth and in space.

It all started when Richardson attained that the building blocks used to make MOFs are really small — so small that plant roots could slurp them up. He figured out a way to make these building blocks come together inside the plant and grow into complete MOFs.

With the worsening case of climate change and deforestation in the world, if Joseph Richardson's discovery becomes successful, it can surely be a solution to all of these problems. But even if we already have modern technology to solve these kinds of problems for us, we should never forget about our main purpose why God sent us here — to take care of the Earth and to look after all of His creations.



Focusing on improving health and at the same time, having fun, the Scholastican community joined the Zumba activity held on July 26, 2019, spearheaded by the MAPEH area and the Dance Ministry.

Zumba: Fit and Fun with Scholasticans

by Bianca Alysandra Quitevis, Phoenela Trinidad

“True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.” said by Wilhelm Von Humboldt, a Prussian philosopher, linguist, government functionary and a diplomat.

Staying fit and healthy are challenges for almost everyone but our health must be our first priority. It should always be considered in every decision we make in order to prolong our life. Being healthy isn't always about our body or physical appearance, it also has something to do with our emotional and mental state.

That is why the Department of Health (DOH) made the month of July as the “Nutrition Month” where different school

organizations make different projects and activities to promote and educate the youth about the importance of fitness and health. The theme given by the DOH for this year's celebration of the Nutrition Month is “Kumain nang wasto at maging aktibo... Push natin to”

In accordance with the theme of this year's nutrition month, St. Scholastica's Academy launched a zumba dance activity for every grade level in the high school with the participation of both the students and the teachers. The event took place last July 26, 2019 from 1:50 to 2: 50 P.M at St. Cecilia's Covered Court.

The zumba was led by Ms. Ja

One's health, either physical or mental, is a trending controversial topic these days, but I doubt anyone really knows how to cope with it or what self-care truly is.

After a lengthy, tiring, draining, exhausting, I'm running out of adjectives-ing, day at school, perhaps it's a Friday and the long awaited weekend has finally come, we all can't wait to remove the signature navy-blue jumper and put on our favorite and coziest PJs, to answer the call of our most beloved friend, our bed.

You can sleep for 10 to 12 hours, take really long warm relaxing baths, go to the salon for mani and pedis, and spontaneous haircuts, which the youth consider as a step in 'moving on', put on that overly priced (preferably aloe vera) face mask, actually finish the lengthy skin care routine you have been too busy to carry out, and call it “self-care”. But I beg to differ.

Selfcare is not about relaxing or making yourself prettier, according to society's

Contreras Pineda, SSA dance ministry's hiphop coach and Mr. Mark Anthony Pineda Santos, a dance fitness instructor, together with the dance ministry of the school.

“True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.”
~Wilhelm Von Humboldt

The students and teachers were at full energy in participating the zumba. The songs that were used in the dance surely gained the interest of everyone. The lively and easy-to-imitate dance steps that were provided by the dance instructors made everyone participate

standards (of course). It is not just taking a break from the world, eg. deactivating social media accounts and calling it 'me time'. Self-care is not always fun nor relaxing, but is always beneficial to our whole physical and mental being. It is none of those aesthetic pictures of acai bowls, detox drinks, face masks, and bath bombs you frequently see on your Twitter timelines and Instagram feeds. Just because it makes you feel better does not mean it qualifies as self-care.

Self-care is breaking down and sobbing on your bathroom floor because of the PeTa you still haven't done or the upcoming 'stressful' summative tests, and having the courage to do what it takes to pick yourself up again.

Self-care can either be a sleepless night trying to accomplish your attained goals, or maybe getting up an hour early to go to the gym or just a slight morning exercise. It could be taking a break from everything and just stare

more. Every section gave their very best to win the most participative award.

The event only lasted for almost one hour. Though everyone ended up being exhausted, the students and faculty members surely had a fun fitness Friday.

A certificate of appreciation was given to both Ms. Ja Pineda and Mr. Anthony Pineda Santos by the school for providing a fun-filled zumba event to everyone.

10 – St. Mechtilde was also awarded for being the most participative class in the zumba. The activity ended with Mr. Jonathan Manalo giving the closing remarks.

Face masks is not self-care

by Alyssa Renae Santos



YOU GOTTA
NOURISH
TO FLOURISH

Source: <https://www.joshuanhook.com/self-care-what-is-it-how-do-we-do-it/>

Nearly Everything is Pretty Much Fanfic

by Francine Louise Sanchez

Have you ever had those times, when watching a show or a movie, you would imagine yourself in their universe? Say, getting to time travel with an alien and his pseudo-police box, or getting to be flatmates with a detective at 221B Baker Street? Or maybe you've finished the thing, and felt dismayed that a couple you liked weren't a thing? Or maybe you just wanted to clash two different universes and see how they'd react to each other?

Fanfiction, or fanfic, has grown popularity in the past years, especially once the internet had become hugely available to bigger audiences. While some may consider giving fanfics a bad reputation due to the more sexual themes in some works, it still is very much a

staple thing in a fan community. It's so big that some fanfics are now in printed books. And even some end up gaining a massive liking to go as far as becoming a movie. Provided however, they become stand-alone to avoid copyright infringement. But that just begs the question, with published books and all, would fanfiction be considered as literature?

If you've been paying attention to your English class, you'd know literature in its simplest form is creative writing or artistic writing. Meanwhile, fanfiction is fiction based on an existing piece of work, whether be it characters, settings, mythologies, or even events. Based on those definitions, fanfictions seem to contradict what literature is supposed to be. Creative. Original. And indeed many people argue fanfiction is considered plagiarism. But here's the catch. And an example for that. Arthurian legends are considered literature, but not all of what is usually considered as part of the legends are truly just that. Arthurian legends feature various books of various authors, and the more recent authors are technically fanfiction writers. For one, Chrétien invented the character of Lancelot, and wasn't in the earlier versions of the legends. Another example is Virgil's Aeneid, which was set in Homer's Iliad series. And in turn, Dante

Alighieri's The Divine Comedy features himself meeting with the aforementioned Virgil as they travel from hell to purgatory to heaven. A self-insert Biblical fanfiction, basically. And on the subject of Biblical fanfiction, that is pretty much Paradise Lost, focusing on the story of Genesis and Lucifer. When you look into some of the literary works we discuss in the classroom, some of them could technically be called fanfiction. So who's to say modern fanfiction could be considered as literature, too?

Modern fanfiction, unlike the “ancient fanfiction” if I were to call it, borrows characters or universes much heavily than ancient fanfiction. And there are degrees on as to what exactly is being borrowed from the original work. Ancient fanfiction generally is at what is probably the safest degree of borrowing the universe. This is the mentioned Divine Comedy or Paradise Lost. Next is borrowing the characters. This one is most probably known as “Alternate Universes” or “AUs” where an existing group of characters are placed in a new setting. Imagine putting the Avengers in a mundane highschool setting, for example. 50 Shades of Gray is a possible example of this. The last kind are those who borrow both the universe and the characters, altering events or adding new characters. This is your Le Morte

at the ceiling and let your thoughts and feelings sink in, maybe take a few minutes and meditate. Sometimes it's cutting off toxic people that do not bring you happiness anymore, or letting go of things that clutter your life. Possibly having another painful breakdown, in order to breakthrough. Self-care should be stepping out of your comfort zone and going the extra mile to make things, not better, but right.

We have been under the impression that rewarding ourselves with bubble baths, warm showers, face masks, salon treatments, binge watching, or eating, is self-care because we convince ourselves that we feel better after. But you see, self-care can't always be pretty. You cannot mask your difficulties in life with face masks, it is not what they're for. Stop the mentality that self-care is a treat, instead treat self-care as a necessity.

In the new year 2019 instead of purchasing expensive face masks, put on a brave new face and bring on the sass.

d'Arthur or Percy Jackson.

These examples are actual popular literary works. They borrow something from an existing work, and make it their own. With its broad meaning, fanfics are a lot of the bigger works we know today. The slight difference between classic and modern fanfic is that the latter aren't being bought. They're pretty much read off of sites that host these works for free. And while yes, a lot of fanfiction can be generally terrible writing, it's not that different to the ones we discuss in school. They're still literature. Yes, you may borrow something, but what happens in the story is your idea. That's your creative mind, thinking of a story of what would've happened if Anna ends up dying in the end. Or if Harry wasn't the Chosen One. You may want have wanted two other characters be a couple, and people may disagree on that. But it's still the reader's choice if they'd continue reading. Writing fanfiction is a hobby, just as much as other kinds of writing are. If anything, it helps you develop your skills in writing, or if you wanted to try writing, start up with a simple alternate ending fic of your favourite show. They may not be as big or great as classic literature, but as they all say, “practice makes perfect.” With the summer coming soon, maybe it's not so bad to start a new hobby.

Today is a present

by Angela Dizon

Have you ever daydreamed about flying into outer space and to mars, and possibly living there forever? Bet you did. You could have daydreamed about being your own fairytale princess, maybe even owning a flying car in magnet highways. Ooh or maybe living in a world where everything is at peace? Seems likely. Daydreams that you thought were impossible. Children like you, hoped 10 years ago for these to exist. 10 years ago, you wouldn't have thought about where you are now, what you accomplished, what you have done. 10 years ago, you wouldn't have thought that you'd still be the person you are now. You're probably moving on from that last heartbreak you experienced from something. Though, we all know change is constant. You can never see the future, but you can always change how it happens.

You might have heard of the #10YearsChallenge that circulated around the vast world of arguments, fantasies, and everything you can dream about... called the internet. Posts about your past self and posts about what and who you are now. The

challenge was supposed to mean something positive or something uplifting. That challenge was supposed to make you feel nice about the way you are, the way you looked, the way you thought of yourself but... not everyone has the same reaction to it. A lot of things can happen in the 10 years you live in this planet. You might have done something bad that made you feel worse, that made you regret your life choices. A nice reminder is that your past never defines you. Whatever you did that made you want to change yourself for the future, that is all in the past. Always remember that there is no past nor future but there will always be the present. You will always focus on the things that happen today to make tomorrow a slightly better day. To make the tomorrow the present. It's a complicated yet real process.

Do you believe that 10 years from now, being superheroes would be part of our DNA? Do you believe that 10 years from now humans would evolve into something much greater? In a political way, maybe the Philippines and the Filipinos would already be living in a federal government without any complaint. We might already hold the cure for cancer or for other extreme illness. 10 years from now, you would probably be with someone you treasure the most... or focused yourself in making a change in this world. You've probably already finished school or became a well-known person in your occupation. Global warming might already

be solved or maybe even 10 years from now, humans won't even exist.

Time is a wonderful thing. Think of it as the number line we use in mathematics. The number zero (0) is the present, and the positive integer one (1) is the future. While the negative integer one (-1) represents the past. What's even more compelling is that from a realistic perspective we cannot go forward in time. No matter what moment we are in, it will always be (0), the present moment. We can speak about, and theorize about, what will happen, or what has happened. But you will always be the one to control the present. Your tomorrow will be your today.

Yes, you may never know what will happen tomorrow let alone what will happen in 10 years. If you have a big presentation for your grades tomorrow, why worry about it today when you can just do what you must do today to make it work the next day. You don't have to worry about your tomorrow because when you focus today, it'll deliberately shape your tomorrow. But that's the beauty of it too. When the Lord opens your eyes in the morning, you don't have to worry about ANYTHING.

So really, try to think wisely with what you'll do for today. Because one choice you do will determine something for your future. Focus right now and worry about your #10YEARSCHALLENGE later.

because they were the first to make us laugh. When we were still babies, they never get tired of making us laugh using different ways. They make funny faces, jokes, and show funny movements like a clown which really is effective to make us laugh. Now that we are grown up, they still are our clowns. Whenever we are sad they never fail to make us smile and encourage us to laugh all the sadness out. They always wish to make our burdens lighter and help us keep a positive outlook on life.

Lastly, they are our first friends. Friends are people who are there for you through thick and thin, friends who'll accept you for who you really are. They are the first people who we shared our food with, the first we played with, and the first people who we can run to if we have problems. Our parents can be our crying shoulder if we have problems. They're the best at giving advice and helping us be stronger during times of difficulties. They'll never get tired of making us feel loved and important. They will never leave us and will always accept who we are.

Our parents deserve a lot for everything they've done for us. They deserve everything we have. Without them, we can never bring out the best in ourselves. Without them, we may not be here today. Let us never forget to show our respect, gratitude, and most importantly our love to our first teachers, first clowns, and first friends, our parents – our real life Barneyes.

over the online counterpart. There is just a sense of satisfaction that can only be experienced through the embossed titles and aroma of both old and new books.

Reading may just be the best investment one can make, and hopefully, these activities will still be supported in the future.

The Big Bad Wolf Book Sale was founded by the Malaysians, Andrew Yap and Jacqueline Ng in 2009.

their children. A love that will surely last a lifetime and a love that will make us the best versions of ourselves.

Parenting is no joke. It is not an obligation, rather a commitment—a commitment which you can never take back, a 24/7 job with no material salary but with a more precious reward which may be the achievements of their own children.

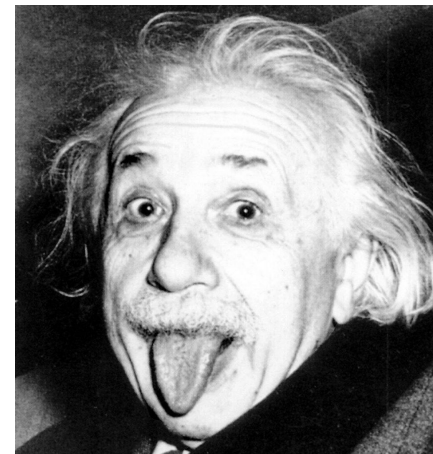
Being a parent is hard. According to a dedicated and hands-on mother I once talked to, patience, selfless love, and continuous effort are needed for one to become a good parent. In applying for a job, various requirements are needed. making us feel loved and important. While in becoming a parent, these are the major qualities that a parent should have. These are characteristics that would help in becoming good parents.

Our parents are our firsts. Our first teachers, first clowns, first friends, etc. We call them our first teachers because starting when we were merely kids, they opened our eyes to the real world. They taught us how to say please and thank you, say “po and opo,” say sorry, and other life lessons. They sang with us nursery rhymes such as “Twinkle Twinkle Little Star” no matter how tiring or repetitive it was. Our parents may be our first teachers, but even up until we grow older, they still guide and help us become better persons. Thus, teaching us what they know is the best for us.

Our parents are our first clowns

look for their favorite fiction and nonfiction books. People were rapt into reading and going through the wide selection of books, which were sold for half up to 90% off of its original price. Some notable books picked up as soon as they were restocked were Greek Gods by Rick Riordan, a Paulo Coelho book set, Harry Potter book set, and many more. There are even novels as low as 30php-90php.

Nowadays, there are a number of alternatives to reading, but the BBW sale has proven that not only do the Kapampangans read, they still prefer traditional paperbacks and hardbounds



Source: <https://www.forbes.com/sites/rainer-zitelmann/2019/08/26/self-marketing-geniuses-the-wisdom-of-albert-einstein-and-stephen-hawking/#33388fe91488>

How to Get Higher Grades

by Carla Yalung

You may be studying for hours but that doesn't guarantee that your mind can actually digest the material. Here are some tips to study smarter and eventually get higher grades.

First of all, remove distractions. Distractions are everywhere, from phones to social media. Keep your phone or anything that distracts you away to avoid temptation. This helps you focus more and make sure that you remember what you have studied.

Another tip is to relax. Stress hinders learning. Take a break once in a while (but not too much) to lower your stress level. Drawing a few deep breaths will also help with your learning and studying effectively.

Always pay attention to discussions. It's important to pay attention to when your teacher is discussing. Active listening will make sure you hear and understand what is being taught.

You should ask questions if you don't understand. Don't be afraid to ask questions as this will help you understand the lesson more. If you don't feel comfortable asking it in front of the whole class, set an appointment or talk to your teacher about it later.

Have a positive mindset. Don't say “I'll fail” or “This is hard,” instead, say “I can do this” or “I'm going to get a higher grade.” When you have a positive mindset, your mind will absorb the information better and it will motivate you.

Find your own method in studying. Try different ways of studying such as verbal coding (repeating information over and over again out loud our putting it into a song, rap, etc.), auditory approach (hearing information to remember it), studying alone or in a group, and visual approach (using graphs, flow charts, diagrams, etc.) until you find a method you're comfortable with.

Be organized. Organize your notes and keep your study area clean. This helps clear your mind, able to digest the information better.

Now you can study for a shorter period but still get high grades. Remember to work hard because as John Maxwell said “Dreams don't work unless you do.”

Our True-to-Life Barney

by Eleina Cruz

“I love you, you love me. We're a happy family. With a great big hug and a kiss from me to you, won't you say you love me to?”

Barney. Do you know him? The gentle giant purple and green dinosaur- star of kids series “Barney”? For those who don't know him, let me describe him to you.

Barney is a purple and green dinosaur who adores kids. He teaches, talks, and plays with them unceasingly. He teaches them values and manners about life which the kids can bring with them as they age. Barney is an important and unforgettable memory in the childhood of some people.

But who are the real Barneyes in our life?

Aren't they our parents? They are the people who were with us from day one. Even back when were just mere life forms in our mother's womb. The people who don't get tired of us. Our parents are our real-life Barney.

A parent is a person who brings up and cares for his/her child, therefore, guiding them as they take each step in their lives. Our parents show us the true meaning of love, which is the willingness to sacrifice everything- even their lives for us,

Big Bad Wolf Comes to Town

by Sofia Martinez

Book enthusiasts got excited when the Big Bad Wolf Book Sale announced that they are coming to Pampanga. They held a book sale at the Laus Group Event Center from July 12-22.

Many Scholasticans attended the said event to



Ms. Vilma Cariño
SHS Formator

St. Scholastica's Academy acknowledges the continuing obligation to educate its students towards greater respect for themselves and others. Along with this responsibility is the authority to administer penalties in a wise, fair, and uniform manner, aware of the school's rules and regulations. The SHS Formator is one of the people who are given the authority to conduct disciplinary measures to the students. It is a new position in the institution same with the SHS Coordinator. The person assigned to this position is Ms. Vilma A. Carino.

What are your duties as the Senior High School Formator?

"To work in close coordination with the Junior High School- Coordinator of Student Formation and be responsible in overseeing the general discipline of the student body and assist in matters pertaining to students' services."

What can you say about your position especially that it is new not only to you but also to the whole school body?

"Hopefully it would help in managing and structuring our SHS Program and a welcome addition in wanting to improve the education

New Offices in the High School Department: SHS Formator and SHS Coordinator

by Katrina Kabigting and Anne Aquino

and formation we are offering here at SSA Pampanga."

In what ways would you execute your said duties?

"I always pray for patience and wisdom in doing my daily tasks. That God would enable me to make the right, wise, fair, and just judgement whenever I deliberate on SHS students' cases."

Any words of encouragement/inspiration to the students so as to start this school year right?

"Always strive to be the best version of yourself. Remember that you will only pass this way or your high school life once so maximize opportunities presented to you. Live, love and enjoy life and be a blessing to each person you meet each day."

The goal of true education is not just about being intelligent academically, but also having good character and discipline. As stated by Ms. Carino, let us make great efforts in doing our best in everything that we do. Let us work hand-in-hand so as to accomplish all our duties in school.



Ms. Lucilyn Magbag
SHS Coordinator

series of activities such as research discussions, community engagement, and immersion.

"We want them to see the relevance of their work to the betterment of the community," she said.

Here are other plans for the SHS department. First, instruction is expected to be improved with the continuous revision and improvement of the syllabi. Second, seminars and workshops being attended by the SHS Coordinator and SHS teachers will lead to further understanding and improvement of the curriculum. Third, there will be a series of activities that will prepare students for higher education, their college life, and employability, should they choose to work after SHS.

On the last part of the interview, we asked her to give a message to the current SHS students.

"Shape up or ship out!" she teases us while wearing a vibrant smile on her face. She then added, "They have to be really good."

As any other positions in the school administration, holding, managing, and being assigned to a new position is never easy. Still, Ms. Magbag encourages everyone to humbly accept each assignment, treat it as a challenge, and learn from the experience.

"What are your duties as a SHS Coordinator?"

With a wink, she said, "A lot."

This was the start of our conversation during the interview for the newly-added Senior High School Coordinator position.

One of the additions to the family of the school administration is the assignment of the Senior High School Coordinator which was given to Ms. Lucilyn Magbag. This position focuses on the development of the students' skills and knowledge towards creating relevant and meaningful activities, both in academics and extracurricular activities.

Under the academics, one of her primary tasks is to constantly check the adherence of the curriculum of the SHS department to the DepEd guide. Part of her routine also is to make sure that the senior high school teachers' lesson plans actually take place in their classes by conducting classroom observations.

"I actually like observing classes because I learn so much from my colleagues in their interactions with students," she said.

Meanwhile, under the extracurricular activities, Ms. Magbag reassured us that there will be more

365 No Stress

by Hannah Fenella Bacosa

The first quarter has finally come to an end, but the school works won't end there! So relax as much as you can before you get bombarded with school works!

Do you stress over about the amount of work given to you? Are you completely calm about it? Or are you the type of person who seems to be at peace but in the inside you've actually gone mad? Have ever you questioned the existence of schoolwork?

School work or homework helps students understand a certain content course and to prepare them for the upcoming exams, but why is it that students have a negative outlook when it is being assigned to them? I sometimes feel overwhelmed and I have no doubt that my fellow schoolmates feel the same way.

We shouldn't think of our school work as a burden, but more of a training to become responsible adults. Why? Because it will teach us to balance our time for leisure and actual work. We also get to discover skills we thought we never had in the first place and even hone them.

Getting used to the amount of school work helps us manage stress. Being able to experience it at a young age helps us to be more resilient as time goes on. After graduation, the people

ahead of us said that it's a jungle out there. It is not the kind of world where unicorns, forever happiness and rainbows exist. We live in a harsh and cruel reality. So we must endure it so we can have a positive perspective in life. The world will be slapping you with hardships and facts, so as much as possible, try to enjoy life to the fullest.

If you don't know how to endure the pressure and stress, then I'll be glad to tell you how to!

First! You should get enough sleep to avoid bad academic performance (and we wouldn't want you to sleep in class and miss all the lessons). Second is to balance your time! If your homework requires a lot of brain cells, then don't procrastinate and do it for your sake. Third is to engage in relaxation techniques! If you feel like smashing your study table while looking at your Math homework, then it is the best time to meditate and play with a stress ball. Fourth and the last, practice taking a break. Let your brain rest from all the Math problems and formulas! Don't force yourself to work when you're tired or it will negatively impact the quality of your work.

Keep these in mind because not only they can help you throughout your student days, they can also help you when you're a working adult!

Contractualization

by Aiyana Gutierrez and Kiane Manalang

What is contractualization? What does it mean? Do we benefit from it? How can it affect the daily lives of the Filipinos? Why is contractualization such a huge issue in the Philippines?

Contractualization is one of the major issues here in our country. To put it simply, contractualization is a practice that gives employees temporary jobs for a few months only. Meanwhile, Endo is a short-term practice of employment that is common in the Philippines. When a person experiences Endo or Contractualization they experiences disadvantages such as not being able to receive the benefits of a regular employee. They also experience hardships because of always changing careers and not always focusing on one specific work field. Employees also cannot enhance their skills because of always changing careers.

Contractualization was labelled as an

issue by the government in 2016. A lot of Filipinos had suffered because of this issue. Some companies that have been known to practice contractualization are Jollibee Food Corporation, DOLE Philippines Inc., Philippine Long-Distance Telephone (PLDT), Philippine Airlines, and PAL Express. Surely, at least some of these companies are familiar to you.

Visualize it this way: a single parent within the working class had their contract terminated. She went home jobless and empty-handed, crushed by the fact that she had mouths to feed, lives to raise, a house to maintain — all that should have been less difficult were she not fired from her job. It felt like an impossible situation for her. She needed money to live, and to earn money she needed a job. Seeing how the present economy works, it is impossible for someone within the lower and middle-class groups to survive this world without a job. Contractualization does not benefit anyone other than the companies themselves. It is something that must not be. It hurts more than just an individual, and is something that sets off a domino effect of hardships and worsens the poverty problem of the Philippines.

The Ways We Hurt

by Hyacinth Singian

Bullying is intentionally hurting a vulnerable person either verbally or physically. This act affects the victim negatively that the child most likely will experience having depression, anxiety, and extreme sadness and loneliness.

Bullying comes in various forms: verbal bullying, physical bullying, relational bullying and cyberbullying. These types of bullying have a different impact on the children. Verbal bullying is difficult to stop because it occurs when the elders aren't around. Also, when this happens, there won't be evidence so the bully will have a chance to turn the blame to the victim. Words are like daggers, you may be able to pull it back, but it will leave a mark that will take time to heal.

On the other hand, there are also negative physical interactions that happens between children but it is considered as physical bullying when the action is done repeatedly and the bully deliberately intimidate or harass the victim. This does not only affect the victim or the bully but also the bystanders. They develop uncertainty that leads to anxiety, to fear and guilt. There are times that they suddenly become voiceless because of fear of being involved.

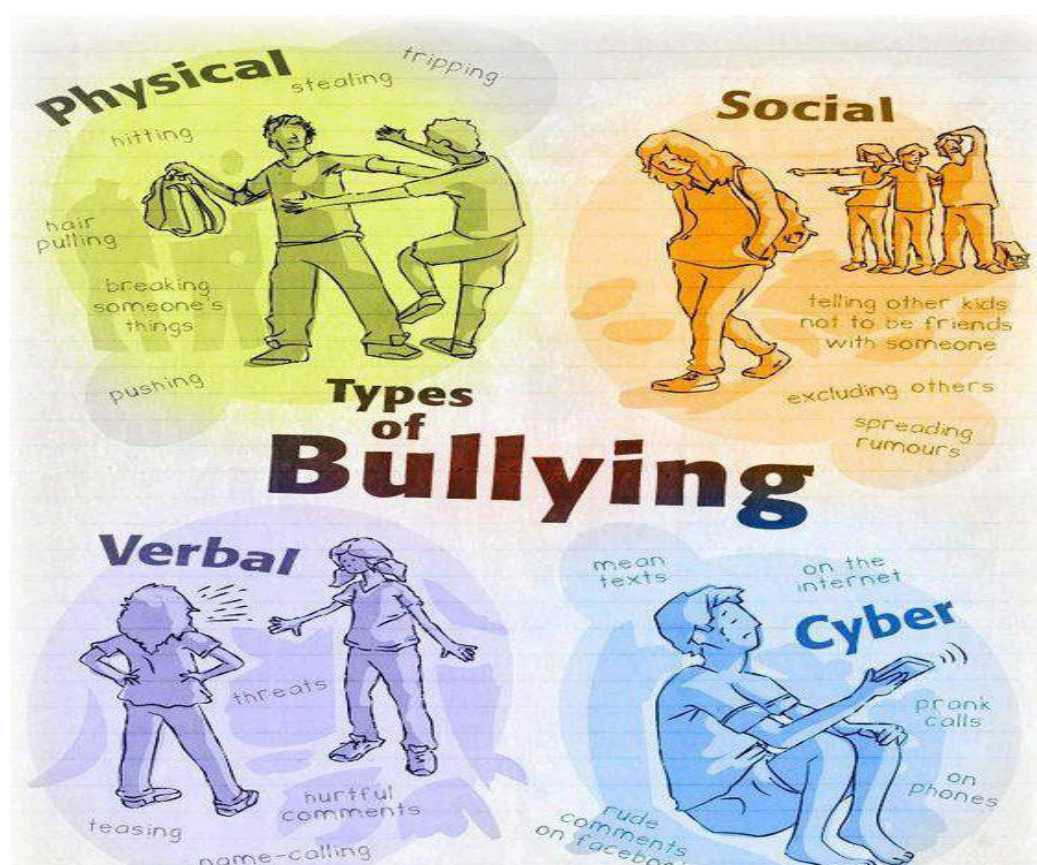
Meanwhile, relational bullying is unique because it happens concealed and silently among friends. This happens because of jealousy. They tend to exclude their friends just to make them feel bad or spread rumors behind their back. It is also unique because it has a bigger impact on the victim for the bully was their least expected one, a friend.

Last but not the least is cyberbullying. Cyberbullying is the use of technology to impend or target another person. Nowadays, this form of bullying is mainstream because teenagers are too attached with their digital devices that the internet somehow becomes their life. Some people takes a lot of effort like making dummy accounts just to target another person.

On September 12, 2013, then-President Benigno Aquino III signed the Republic Act No. 10627 or also known as the Anti-Bullying Act of 2013. This aims to protect children enrolled in kindergarten, elementary, and secondary schools and learning centers from being bullied. This enables the student to report the bullying incident anonymously. The disciplinary action that will be given to the student who committed bullying will depend on how severe the act is.

Majority of the people especially parents tend to loathe the bullies because of their impulsive deeds towards other people, without knowing their reasons. Students who bully their co-students may have been a victim of bullying from the past. They might also lack attention from their parents and have found the satisfaction of overpowering others. It's also the reason why guidance counselling is available to help aid issues or understand issues of both bully and bullied.

Being a victim of bullying isn't a valid reason to become a bully. In fact, there wouldn't be any valid reason to harm other people in any way. Instead of being the voiceless bystander, be courageous enough to do everything to report bullying incidents. People should treat everyone with respect and give them their due dignity and honor at all times, regardless of one's perception against an individual.



Source: <https://in.pinterest.com/pin/725712927430838070/>

"Honk! Beep!"

by Faith Suba and Louis Jane Cano

For many, it is so frustrating to imagine setting an appointment at 8:30 am, but arrives an hour late, or to wake up early in the morning for a 7:00 am class just to show up to school having a tardy slip waved at their face. But, how could such things happen?

Traffic is an issue that has made itself known many years ago and is, without question, still relevant in the Philippines to this day. Metro Manila is tragically one of the most congested areas in all of Asia. This traffic congestion is costing the country billions per day, and the number will only get higher if the situation continues to not be properly taken on.

In today's day, there is a huge number of vehicles on the road because of the overpopulation of the residents which, in turn, results to the overproduction of vehicles. This becomes a problem due to the lack of infrastructure to accommodate them. In relation to the country, the road density is more or less so-so, although the presence of more vehicles brings to the roads being disproportionately inadequate.

According to JICA and NEDA, Metro Manila only has one kilometer of road per 424 vehicles. In addition, most of the roads are also of poor quality and are not properly maintained, which leads to increased road accidents.

Another cause of traffic is the insufficient public transportation system that is primarily road-based. The current railways have a system length of 79 kilometers. Compare this to countries with more advanced public transit systems like Singapore whose Mass Rapid Transit alone spans more than 199 kilometers! Singapore's airport roadway traffic volumes also are not high owing to the fact that train lines are directly connected to the airports, which you unfortunately cannot see here in the Philippines.

Now, of course just putting the blame on the lack of infrastructure, or saying that the roads are just overly crowded would be far too simplistic. This head-heating problem is also caused by multiple other factors.

One of which is jeepneys loading and unloading in undesignated areas. Drivers see

people waving their hands far away from where they are, and they stop there, anywhere at any time. Another, motorcycles showcasing their skills. It seems like these motorcycle drivers try to compete with NBA stars on the road. Just imagine them passing through a very narrow allowance between two vehicles. How can't that bring severe traffic?

Additionally, rough roads contribute to this never-ending issue. Have you ever experienced driving on the moon? Some roads will definitely make you feel like you have. Rough roads could cause heavy traffic, but fixing these would be very time-consuming as well, which would be another traffic inducer.

And as a result, traffic congestion affects almost all of the populace. Let's say that an employee works an average of nine hours a day. If they spend five hours on the road due to traffic, that counts up to 14. Add another eight hours for sleep, and you get 22 in total. Take 22 from 24 hours, and finally you end up with two. Now, is two hours for free time really enough? What about eating meals, leisure time, spending time with the family? This applies not only to employees, but also to employers and students, especially those who rely on public transportation in order to get to places. Just imagine the stress that comes with having to deal with all of this. It's no wonder people experience fatigue and other health concerns because of traffic.

However, traffic congestion, which roots from multiple causes, can be resolved in multiple ways too. Building subway systems, improving enforcement, adding more pedestrian walkways, making qualifications in getting licenses stricter and punishments heftier, and of course educating the drivers will contribute a lot in preventing this headache.

Moreover, a long term solution and perhaps one of the most difficult to accomplish is to decentralize Metro Manila, and to advance the provinces. A recent project that will almost certainly have a hand in this once it's finished is the construction of the new Bulacan airport. Hopefully, more plans like this will spring out in the future.

For the time being, a fully air-conditioned vehicle, a well-equipped sound system, and a slow deep breath will serve as a relief for this very tiresome situation.



Source: <http://www.drawingskill.com/art/4748>

Life's Greatest Misery

by Abrielle Chelsea Ponce

What happens tomorrow is a mystery and can be life's greatest misery

With God's hands, He molded us. With His breath, He gave us life. But, He can take it away from us in the most unexpected way and at the most unexpected time.

I always think about my plans for the next day or so but sometimes, things do not go as planned. Something good or bad may happen and we would not have a clue when and how will it happen.

Each time I go to school, I can't help but worry about what happens to my loved ones while I am away. That is why I kiss my mom goodbye

as I hear my school service's horn, indicating that it's time for me to go to school.

Last September 2014, my aunt passed away because of a disease. Eight months later, last May 2015, my grandfather also passed away because of cardiac arrest. I was really devastated.

Thinking of the bad possibilities make me tremble in fear. How could different diseases, dangers and calamities take someone's life in a blink of an eye?

Even if negative thoughts occupy my mind, I still try to live by this quote: "Don't cry because it's over, smile because it happened." This quote reminds me to always be positive, no matter how hard life gets.

My greatest fear is losing my loved ones because the Almighty might take them away from me in an instant. This is the reason why I try my best to spend and treasure all the moments that I have with them. Although they won't be by my side one day, the memories that I had with them will be forever in my heart.

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Behind the Ball

by Caitlin Yambao

What does it take to be a leader?

If you look it up in a dictionary it would simply state that a leader is, well... someone that leads. However, a leader is not just a person that leads, the role requires more than what we all think. A leader is an influencer, a person that influences those around him/her; a person that strengthens the links between members and help them overcome the difficulties of getting along together.

In our school, we have a good example of a leader and that is the president of the basketball club, Nicole Santos.

Nicole Santos described her journey as a fun one, though it wasn't quite an easy one. Indeed, she has worked hard in order to achieve the position that she has at the moment. According to her, she has not only grown physically but also mentally and emotionally. The club challenged her to go beyond her boundaries and it is quite obvious that her efforts definitely did not go to waste.

We interviewed her to have a brief background on her journey to becoming the person that she is at this moment. The questions varied from how she was in the past to questions about what she learned throughout the years that she's been a part of the basketball club

Nicole claimed that basketball wasn't an easy sport for her yet she chose it because it does not only require physical skills but also a strong mentality. Apparently, she chose the sport regardless of the difficulties that she will face to improve her body coordination and to boost her self-confidence.

A good majority of people are probably curious

on how she balanced sports and academics since we all know that it is not easy being a student and an athlete at the same time. Most people would have quit if they didn't have the patience to achieve their athletic goals while trying to balance academics at the same time, however, that is not the case for our rising leader. Her dedication to the club has been there ever since she was in 7th grade.

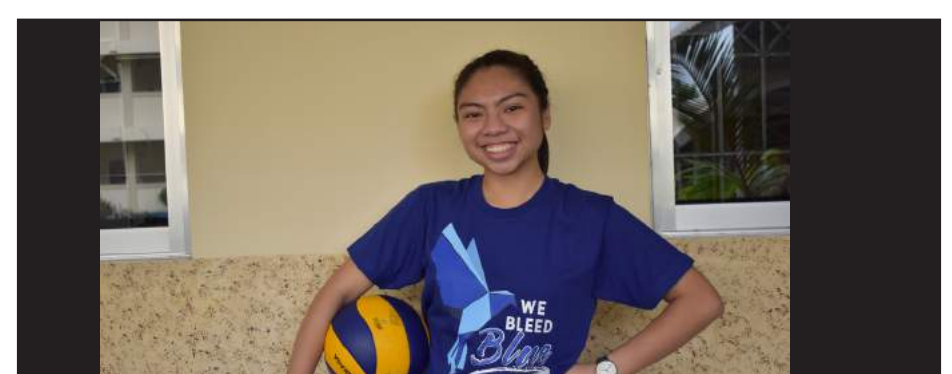
We asked her how she has a balanced lifestyle between the two and her answer to our question was "Personally, I put academics first. I make it a habit to accomplish the things that are asked of me on time, or earlier if possible. I believe it's always best to play when my mind is free from other things."

Other than that, we also asked her about the current team spirit. From how she described the club, we can safely assume that they have a good teamwork with each other. She said that what she admires the most about the team is that the members always trains with enthusiasm, which makes it easier to enjoy each other's company. Nicole also said "I'd like to say that the team practices with a purpose— to learn— and that motivation alone keeps the team focused."

As we were interviewing her, we noticed that she does qualify to lead and that she meets the conditions to take the role of a leader. What we saw was someone eager, goal-oriented and a kind leader. Though we were the ones interviewing her and we were considering what was best for her, she gave us respect, hospitality and even thought of what was convenient for both parties.

To conclude our interview, we asked Nicole if she has a message for the youngsters that aspire to be a good sportsman just like her. She used a striking quote as her ending message,

"As the saying goes, try and try until you succeed. And if you don't, then try again."



Claire Co: Inspiration to the Youth

by Aiyana Gutierrez

I recently had the chance to interview the current President of our Volleyball Club, Claire Co. Somehow, she managed to fit me into her oh-so-busy schedule as she balances academics and her responsibilities as the volleyball club president.

The questions I had prepared for her ranged from how she started playing the sport to what she had learned after all these years playing it. I got to understand the struggles of being a sports person and the learnings that came with it.

Of course, I had to ask when she had started playing the sport and how she improved her skills. Claire then retold the story of how she started playing volleyball when she was only in 4th Grade. She joined the volleyball club, though it wasn't easy at all. Of course, as she was merely a beginner at that time, there were moments in which she failed to hit and receive the ball. She even had some difficulty passing the standards to enter the club, but seeing the other players who were better than her greatly inspired her to play harder and smarter.

One of the things Claire learned in playing volleyball was that believing in herself and reaching out for help from her fellow teammates greatly improved her skills and techniques in playing. She told me that no matter how good her opponent was, she always made sure that she did her best and that she and her team worked harder and smarter.

As some students are probably curious, I asked Claire what her greatest strength in volleyball is. She told me that it was her positivity. No matter how much the opponent is up by points, she believed that with teamwork and positivity, they could go get a point.

Personally, I saw how Claire was a great leader even if I only had a short time to interview her. I saw how she could become an inspiration to other people, especially the young people who want to be better at the sport. So, before I finished the interview, I had to ask if she had a message for those who aspire to become great Volleyball players like her. Her message was equally as inspiring as her story, as she said,

"Believe in your capabilities and skills, and never stop achieving your dreams. Never listen to what others say negatively about your performance, instead, use them as a motivation to challenge yourself in improving your skills even more."

Larong Pinoy Photogallery



Grade 11 wins Dance Tilt in HK

by Hyacinth Singian

Grade 11 student Julianna Monique Liwanag, 16, won 3 medals for winning a world competition held at Youth Square in Chai Wan, Hong Kong, last July 27-29.

“Yon po kasi ‘yong passion ko. Like gustong-gusto ko pong gawin talaga,” said Liwanag in an interview by ABS-CBN News.

Liwanag achieved a gold medal against 23 contestants for the solo dance contemporary category in the Hong Kong Challenge Cup Dance Competition.

Aside from this, she also won a silver medal in group jazz contemporary and bronze in solo classical.

According to her, it took her two months to prepare for the said competition with the help of her mentors, Rolby Lacaba for Classical Ballet and Fred Fernandez for the Contemporary Ballet.

She said that when they were practicing here in the Philippines it just felt like usual because she’s been competing for 3 years.

“Tsaka kasi based sa mga sinabi ng mga kasama ko na nagcompete na do’n dati parang mas madali do’n kaysa dito sa Pinas kasi nasa grade naman yung awards, hindi siya agawan



Julianna Liwanag wins 3 medals in Hong Kong dance competition. She won a gold medal for contemporary solo dance category. Photo credits: Rhythm and Dance Center

ng place,” said Liwanag.

However, when they started rehearsing in Hong Kong, she started to get nervous because there’s something wrong on her turns on pointe.

“Ta’s after first day of competition mas lalo kaming kinabahan kasi tumaas na yung standards nila, mas naging strict, kasi nung last year ang daming nakakagold, kaya siguro tinaasan na nila,” she added.

She also admitted that she felt nervous at the middle of the competition.

“Inisip ko na lang na parang nasa studio ako tapos ‘yong teacher ko na lang po ‘yong nanonood sa ‘kin,” she said.

“Iba po pakiramdam sa stage [kaysa] sa practice lang sa studio kaya parang na-boost po ako doon,” she added.

Indeed, hard work pays off because, not only did she take home one medal but three.

Liwanag’s recent achievement was on the contest of the Association of Ballet Academies of the Philippines that was held on August 24 and 25 on Meralco Theater in Pasig. She won 5th place on Solo Contemporary, 3rd Place on Group Contemporary (no 1st and 2nd place awarded) and 5th on Group Classical Ballet (no 1st, 2nd, and 3rd place awarded).

SSADM bag 3rd place in DBA’s Indakan



DM presents an inspired ritual of the Tagbanua

by Bianca Quitevis

SSA Dance Ministry once again received deafening cheers and heart-warming applause as they showcased their talent at Don Bosco Academy, Mabalacat Pampanga for the Indakan 2019 last August 30, 2019

The Dance Ministry salutes their choreographers, Mrs. Murni Joy Dionisio and Mr. Peter De Vera, who supported them from the start up to the end of the competition.

Angeles City National Trade School was declared as the champion followed by the Holy Family Academy as the 1st Runner Up. Out of the various schools who joined the said event, SSA Dance Ministry won 2nd Runner up.

According to Mrs. Dionisio, they had different meetings for orientation and different practices for 2 hours per day in 2-3 weeks as preparation for the said event.

“In the first place, enjoyment is our main goal in every competition we will participate and in every performance we’ll have in the

future. Passion and determination for me is the secret recipe that the students have in every performance that they present to their audience. So as their teacher and moderator, I am so happy and very proud of my Dance Ministry for their passion. I believe that they are able to go farther and farther as they accomplish their goals in their lives.”, said Mrs. Dionisio, the Dance Ministry’s moderator.

“Do it with passion or not at all.” a quote from Allyzza Maye Toledo, the SSA Dance Ministry’s Vice President. According to her this quote motivates her to improve her dancing because for her, dancing is the passion of her heart.

The competition started with an opening prayer, followed by the opening remarks and the introduction of judges. Different presentations, performances and intermission numbers followed. After all of the performances, the awarding ceremony for both Best Filipiniana Costume for Don Bosco Academy students and for the Indakan 2019 took place.

Ricci Rivero’s Debut: Embarking a New League in UAAP Season 82

by Hyacinth E. Singian

UP Fighting Maroons’ Ricci Paolo Uy Rivero had a flabbergasting debut by announcing his UAAP comeback with a ferocious dunk in his first 2 points with a lob pass from Jun Manzano.

On September 4, Wednesday, Rivero scored his first two points by shooting the ball one-handedly on the ring with the help of Jun Manzano at 7:05 mark of the opening period, which earned a loud noise from the crowd together with a round of applause at the Smart Araneta Coliseum.

Rivero’s alley-oop instantly became trending on Twitter and attracted the attention of the San Francisco-based sports website, Bleacher Report. The sports website retweeted the highlights of Rivero’s game, captioned “THE DUNK IS WILD”.

ESPN and Yahoo Sports were both overwhelmed with the dunk, calling it as the “dunk of the year”

The former Green Archer wanted to restore his name to the leagues because he was involved with a thread of controversies such as allegation of drug use.

“To everyone who judged me and are doubting me – you can verify the authenticity of this to satisfy your dismay. For the record – I never took drugs and will never try it,” claimed Rivero.

Rivero sought to look for a fresh start with the University of the Philippines – Fighting Maroons

Without a doubt, this is a great start for him. This is a stepping stone for him in his career and this will also be of great help to cope up with the issues he was involved in.



Members of the Dance Ministry who won 3rd place in DBA’s Indakan 2019