



Student-journalists Reyes and Galang, along with their teacher coach, Jerwin C. Recitas, gear up for a regional news writing competition.

Galang, Reyes bested almost 60 student-journalists; advanced to regional finals

• ANDREI FRANCE REYES

Ella Rose Galang and Andrei France Reyes, both grade 11 HUMSS students, secured their tickets to the Regional School Press Conference (RSPC) after bagging the championship in Pagsulat ng Balita in the Division School Press Conference (DSPC) 2023.

The RSPC took place in San Jose City, Nueva Ecija, where the duo showcased their exceptional skills and represented not only their school but also the Division of Pampanga. They competed against the best student journalists across Central Luzon during the RSPC

2023.

During the Cluster Secondary Schools Press Conference (CSSPC) held at Adelle Grace Montessori School in Arayat, Pampanga, Galang and Reyes displayed their exceptional writing prowess after ranking 1st and 2nd, respectively,

in the same event.

Meanwhile, during the DSPC 2023 held at Diosdado Macapagal High School, Mexico, Pampanga, the two once again ranked 1st and 2nd, respectively. They outperformed approximately 60

MORE STORY ON PAGE 3

OFFICIAL STUDENT PUBLICATION OF SENIOR HIGH SCHOOL DEPARTMENT

Crux Magna

JULY 2022 - JUNE 2023 VOL. 1 No. 1

HCC returns to full face-to-face classes

• LANCE STEPHEN C. PELAYO

After over 2 years of doing online classes due to the pandemic, Holy Cross College returned to the traditional full face-to-face classes on November 7.

MORE STORY ON PAGE 3

Students are back to school again after almost two years of hiatus from in-person classes due to COVID-19 pandemic.

PHOTOS CAPTURED BY BORIS SEBASTIAN

Crucian journos bag medals at DSSPC 2023, set to compete in the regional level

• ELLA ROSE GALANG

Holy Cross College (HCC) journalists achieved outstanding success once again by securing several medals in the 40th Division Secondary Schools Press Conference (DSSPC) held at Diosdado Macapagal High School (DMHS), Mexico, Pampanga, May 12-13.

HCC was able to bring in the following winnings:

MORE STORY ON PAGE 5



The student line up for the offertory, part of the mass during the feast of the Exaltation of the Cross.

• ELAINE MARGARET TIBUNG

Holy Cross College commemorated Ash Wednesday with a celebration of the Holy Eucharist led by Rev. Fr. Eisen John M. Cruz. It was held at the JHS Quadrangle on February 22.

Present during the celebration were the students from the Integrated Basic Education Department (IBED), Senior High School Department (SHS), and College Department. The teachers had also taken part in the said mass, along with some of the school administration and staff.

The said mass marked the first day of the Lenten season, a time to reflect on Jesus's sacrifice and prepare people's hearts for Easter will last for 40 days.

HCC commemorates Exaltation of the Cross

• JERWIN C. RECITAS

The community of Holy Cross College, as a whole, memorialized the feast of the Exaltation of the Cross on September 14.

Rev. Fr. Eisen John M. Cruz presided over the Holy Eucharist celebration, which included students and teachers from the Integrated Basic Education Department (IBED), Senior High School

Department (SHS), and College Department. The school administrators were also present at the commemoration.

The feast commemorated how a primitive torture instrument was transformed into a divine "tree of life" that gives humanity hope.

SCHOOL WITH A HEART OBSERVES ASH WEDNESDAY



The lay minister tenderly puts ash on a child's forehead, signaling the solemn start of the Lenten season.



Victorious Duo Head to Regional Level After Success at DSPC 2023.

PHOTOS CAPTURED BY MARIA ANGELA RIVERA

PHOTO COURTESY OF SIR JERWIN RECITAS



A student-teacher from the 4th-year college cohort imparts knowledge during a limited face-to-face session.

Student-teachers participate in limited face-to-face classes

• ELAINE MARGARET TIBUNG

Part of the requirements of the 4th year college education students at Holy Cross College is to have observation and participation in their delegated classes.

The purpose of the said activity is to give the aspiring teachers an opportunity to see an authentic classroom scenario and participate within its setting.

Through observation and participation, the knowledge and skills of education students are enriched in the fields of making lesson plans, teaching lessons, and giving assessments.

HCC returns to full face-to-face classes

FROM PAGE 1

This was based on Vice President Sara Duterte's initial directive as concurrent secretary of education. She issued the directive through Department of Education (DepEd) Order 34, s. 2022, which was made public on July 2 and contains the schedule of events for the 2022-2023 academic year.

HCC SHS students and teachers embraced the aforementioned set up after the limited face-to-face classes that were made available since the academic school year 2022-2023 began.

In this regard, the school observed strict compliance with all the necessary steps to be taken as part of the return to the traditional face-to-face.

The HCC corridors and classrooms have arrows showing where to enter and leave in order to accommodate the changing timetables. Before then, the securities were subjected to a tight implementation, mandating each Crucian to follow the painted arrows in order to avoid any throng that would have seemed risky. There were also changes to the class schedules and seating arrangements in the classrooms.

In addition to that, HCC has opened its canteen, making it simpler to purchase meals and snacks. It was noticeable that despite the canteen restarting after another couple of years, they had put up protection protocol signs and closely adhered to health and safety regulations to maintain compliance within the school premises.

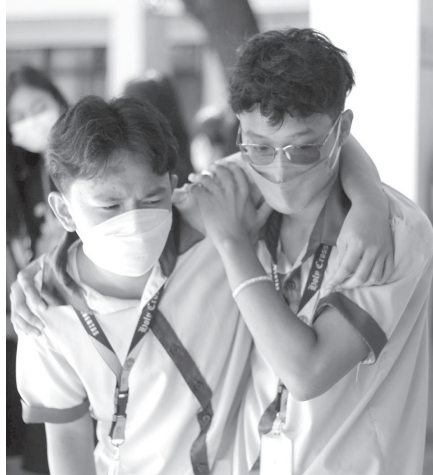
HCC strengthens Students' Disaster Preparedness

• LANCE STEPHEN C. PELAYO

After two years of conducting online webinars about disaster preparedness for Crucians the School with a Heart conducted the Fire and Earthquake Drill, which was led by the Safety and Protection Unit together with the Bureau of Fire Protection of Santa Ana, October 24. Students from the Senior High School (SHS) Department participated in the said safety drill.

From the sound of the alarm, each SHS student showed their readiness by performing the Duck, Cover, and Hold, which will help protect their heads from objects that may fall during an earthquake. After the alarm, they quickly lined up outside their classrooms to prepare to go down to their assigned exits. Each student showed their eagerness to participate in the mock earthquake drill. Its purpose is to train every student to protect themselves during a disaster, especially an earthquake.

After the said activity, the Bureau of Fire Protection of Santa Ana conducted a demonstration of what to do in the event of a fire. Teachers and students had the



Students demonstrate hands-on skills during a disaster preparedness drill aimed at enhancing their emergency response understanding.

opportunity to try putting out a burning fire by following the instructions for using a fire extinguisher. Additionally, there was a simulation of what may occur during a disaster and what might be done to deal with it.



Students' adherence to the grooming and dress codes is being checked prior to entering the school premises.

HCC checks studes proper grooming and dress code

• RHIANNE PRINCESS BARREDO

After the first month of limited face-to-face classes, Holy Cross College has strictly implemented the correct and proper grooming and dress code for students.

Some of the things that are being checked before students can enter are a proper haircut and hair color, as well as the dress code. In the event that a student violates the regulations, he/she will be referred to the Prefect of Discipline so that the other students will be wary.

It can be remembered that each student was given a one-month grace period to get a haircut, dye their hair black, and have a complete uniform. It is expected that all students will have an appropriate and suitable demeanor within the school.

The reminder to avoid wearing colored t-shirts, crop tops, ripped jeans, or any other clothing that is against the school's dress code is still being implemented.

SULONG!

HCC CELEBRATES WORLD MENTAL HEALTH DAY

• ELLA ROSE GALANG



The teachers and students are having a simple 'kamustahan' as part of the school's psychosocial activity.

In line with the celebration of World Mental Health Day, a psychosocial activity, SULONG!, led by the Holy Cross College Guidance and Counseling Services Division along with the student councils from the Integrated Basic Education Department, Senior High School, and College, brought entertainment to Crucians on October 14.

SULONG! appealingly exhibited the theme "Moving forward towards well-being," which helped Crucians' well-being to be at ease. Students

from different departments took part in showcasing their talents in music, dancing, and poetry.

During the event, the value of mental health awareness—the relevance of valuing, promoting, and protecting one's well-being—was discussed. The event highlighted the importance of mental health awareness and advocacy. The said celebration ended with a mini concert that brought joy and excitement to both students and teachers.

Seminar on STD/HIV, AIDS raises awareness

• ROMAR E. MANGUNE

The Provincial Health Office and Population Commission of Pampanga organized an awareness seminar on sexually transmitted diseases (STDs), human immunodeficiency virus (HIV), and acquired immunodeficiency syndrome (AIDS) at Holy Cross College on August 23.

Students from the senior high school department were present at the above event. The discussions revolved around HIV, as the speakers provided some crucial information about the subject.

Dr. Dorothea Tan tackled how the disease spreads. The first of which was unprotected sex with HIV; the second was the use of a non-new or contaminated syringe; and later on, it was known that it could also be transmitted from an HIV-positive mother to her child during pregnancy, childbirth, or breastfeeding.

In this regard, the speakers emphasized knowledge on how to avoid it. It was pointed out that there are disease education, sexual avoidance, commitment to relationships, proper and consistent use of condoms, avoidance of the use of the same needles, and early diagnosis of the disease.



Raising Awareness Together. Guest speakers pointed out the topics centered on STDs, HIV, and AIDS.



PHOTOS CAPTURED BY BORIS SEBASTIAN

Crucians Celebrate the Feast of Sto. Niño

• ELAINE MARGARET TIBUNG

The school celebrated a holy mass for the feast of Sto. Niño led by Rev. Fr. Eisen John M. Cruz, at the JHS Quadrangle on January 12.

Students from Integrated Basic Education (IBED), Senior High School (SHS), and college departments participated in the said mass, along with their respective teachers.

Meanwhile, as one of the prepared parts of the celebration, the STEM strand from the SHS department staged a short presentation, in honor of the feast of the Holy Sto. Niño.

The celebration ended with the distribution of goodies and conduct of entertaining games for the students.



A mass is led by Rev. Fr. Eisen John M. Cruz as Crucians assemble to recognize the spiritual value of the Feast of Sto. Niño.

PHOTOS BY MARIA ANGELA RIVERA

Galang, Reyes bested almost 60 student ...

FROM PAGE 1

student journalists from various Pampanga schools in this round, giving them a well-deserved advancement to the regional level.

It is evident that Galang and Reyes are two Crucian journalists with a bright future ahead in the field of media. Their accomplishments are a monument to their hard work and dedication, and they have brought pride not only to their school and division but also to the entire region of Central Luzon.

Buwan ng Wika promotes appreciation of the Filipino language

• ROMAR MANGUNE

Holy Cross College's Senior High School Department held Buwan ng Wika 2022, with the theme "Filipino at Wikang Katutubo: Kasangkapan sa Pagtuklas at Paglikha" on August 23.

In this regard, the Organization of Filipino Students (ORMAFIL), together with the HCC-SHS Central Student Council, prepared various activities that paved the way for a deeper sense of appreciation for the use of the Filipino language and the "Amanung sisuan"—the Kapampangan dialect. The students of the School of Heart showed off their talents by participating in these various contests, which included writing essays, poetry, impromptu speeches, artistic storytelling, and making TikTok videos that promoted nationalism.

Additionally, a concluding program was held in which the students from several strands displayed their individual skills and talents through singing and spoken poetry using the Kapampangan dialect. The program ended with the awarding of certificates and cash prizes to the recognized contest winners for each activity.



Celebrating Language and Culture. During the Buwan ng Wika celebration, a participant and an enthusiastic emcee take the stage, expressing the spirit of our rich language heritage.

PHOTOS CAPTURED BY BORIS SEBASTIAN



PHOTO COURTESY OF HCC OFFICIAL FB PAGE

Engaged participants and dedicated officers collaborate during the informative program, paving the way for informed career decisions.

Holy Cross College holds Career Guidance Week

• ELAINE MARGARET TIBUNG

HCC's Guidance and Counseling Services Division conducted its annual Career Guidance Week from March 13–21. On March 15 of the current year, students from the Senior High School department participated in the said activity.

It was spearheaded by student hosts from Senior High, accompanied by the Deans and Program Chairs from the College department. The speakers from each school encouraged the audience to chase their dreams and continue

their education at Holy Cross College.

On the other hand, guests from the Asian College of Aeronautics of Pampanga visited the school with a heart to share the courses and merits that the said school offers.

Career Guidance Week seeks to provide students with knowledge on identifying their own career path, increasing their awareness of the requirements of specific career jobs, and making wise career decisions in the future.

Miting de Avance, Strand Society Officers Election for 2023 Candidates speak up about their platforms

• LANCE STEPHEN C. PELAYO

Students who wished to be part of the Strand Society of the respective SHS Strands joined the SHS Candidates Forum held on September 15 and 16 at Radio Libertas.

The event was spearheaded by the Central Student Council (CSC) and the Commission on Student Elections (COMSTUDELEC).

The above forum, which was attended by the candidates from different parties, aimed to provide an opportunity to get to know each candidate and learn

about their platforms and future plans should they be chosen to serve as official officers. Participants in the exercise also had the chance to ask pertinent questions.

The first candidates to arrive at the forum were from the Accounting, Business, and Management (ABM) strand. Candidates from the Humanities and Social Sciences (HUMSS) strand came next. The two parties talked about issues, including time management. Here, they discussed how to manage their careers as officers of the Strand Society while balancing their



Aspiring strand society officers for the 2023 term engage in a lively 'Miting de Avance' broadcast at Radio Libertas, passionately promote their platforms and visions for the future.

PHOTO COURTESY OF MAMAM GAIL BONABRA

academics and recreational pursuits.

The next day, September 16, students from the Science, Technology, Engineering, and Mathematics (STEM) strand and the Technical Vocational Livelihood (TVL) strand had time to introduce themselves and share their hopes for the future of the school, their peers, and themselves.

All in all, the meetings were held with order and peace. Although the candidates from different parties were together, humility towards one another persisted throughout the entire discussion.



Mr. Camilo Lacanlale, G12 Assistant Principal, addresses a group of G12 students during the National Achievement Test.

PHOTO COURTESY OF HCC OFFICIAL FB PAGE

• ANN JEZLEIGN LURIZ

The Grade 12 students took the National Achievement Test (NAT), which was administered on January 30 and 31, as part of the assessment being conducted by the Department of Education to assess graduating students' performance and determine whether they are achieving the curriculum's learning standards.

G12 studees take National Achievement Test

There were 789 students from HCC who underwent the said assessment.

"The test findings will be used as information and proof to enhance how the SHS curriculum is implemented. The NAT score will also reveal what proportion of Grade 12 students achieve the required level of proficiency in the fourth stage of

the SHS core subjects," Sir Lacanlale stated.

"Its purpose is to assess whether graduating students have mastered the curriculum's learning standards," he added. Additionally, Mr. Lacanlale spoke about how being proactive will help every student in the long run, especially in their aspirations.

Teachers from public schools facilitated the NAT among HCC Grade 12 students.

HCC-SHS completes its first month of face-to-face classes

• ANDREI FRANCE M. REYES

After more than two years of distance learning due to the pandemic, the classrooms opened again for the conduct of the limited face-to-face classes for senior high school students at Holy Cross College on July 27.

Since the start of the first day of limited face-to-face classes, HCC has strictly observed compliance with the health and safety protocols upon entering

and even when leaving the school. After the first month of classes started, many activities were carried out that further stimulated the revival of the school.

Currently, the school is safe, and there have been no recorded cases of COVID-19 since the first day of class. Meanwhile, HCC promised that it would continue to provide quality and inclusive education for the students.



PHOTOS CAPTURED BY BORIS SEBASTIAN

The students are actively participating in a classroom discussion part of the conduct of the limited face-to-face classes.

Crux Magna airs on Radio Libertas for the first time

• BARBARA SOPHIA PANLILIO

In line with the opening of the school year 2022-2023 and the limited face-to-face classes, Radio Libertas opened its radio station for the student journalists.

The radio DJs of Crux Magna experienced their first radio broadcast of Crux Magna on Radio Libertas. It can be recalled that during the pandemic, student DJs hosted the program through various online platforms from their respective homes.

The said broadcast was a weekly program led by 11th and 12th grade student-journalists under the supervision of their adviser, Jerwin

Recitas.

Crux Magna sa Radio Libertas is a program that discusses the activities at Holy Cross College, particularly in the senior high school department. It also has a part in which the DJs give their views on pressing contemporary issues. The program also includes an interview with some SHS students about certain topics.

Meanwhile, the program runs every Tuesday via livestream on HCC's official Facebook page and can be heard on Xeno FM. Radyo Libertas is the first education radio station in the eastern part of Pampanga.



PHOTOS CAPTURED BY SIR JERWIN RECITAS

A historic moment was made when the student journalists conduct the inaugural pilot broadcast of Crux Magna on Radio Libertas.

HCC, SACOP ink an agreement to help financially challenged students

• ANDREI FRANCE M. REYES



PHOTO COURTESY OF HCC OFFICIAL FB PAGE

SACOP and HCC representatives joined forces, reinforcing their commitment through a memorandum of agreement to give critical financial support to students suffering economic issues.

In a bid to provide further assistance to financially challenged students, the Social Action Center of Pampanga (SACOP) has renewed its Memorandum of Agreement (MOA) with Holy Cross College. The agreement was finalized after the Community Building Services Unit head, Ms. Rhodora Marie Ocampo, together with the Humanitarian Service Specialist, Ms. Ma. Jesusa Molavizar, and Community Development Specialist, Ms. Ailla D. Nucum, visited the school on February 15.

The signing of the MOA

consolidated the partnership between SACOP and Holy Cross College that aimed to provide support for scholarship programs, with a commitment to continue working together towards the betterment of their collaboration.

The meeting concluded with a sense of hope and renewed enthusiasm for the partnership between SACOP and HCC, as they strive to make a positive impact in the lives of the students and their families. The collaboration has been in place for several years and has helped many students in need pursue their education.



DepEd visits Holy Cross College

• RHIANNE PRINCESS BARREDO

The Department of Education (DepEd) visited Holy Cross College on the first day of September. The visit was led by Dr. Rigette Ryan Ramos, Educational Program Supervisor (EPS) of Regional Office III, and Mr. Robin Perez, Educational Program Supervisor (EPS) for private schools of SDO-Pampanga. The above activity was conducted to see the implementation of safe, limited face-to-face classes and the orderly start of the new academic year.

DepEd also focused on checking each classroom and the number of students

within each classroom. They were not disappointed because the School with a Heart intensified the maintenance of cleanliness in each room to ensure the safety of each student and staff and prevent the further spread of COVID-19.

On the other hand, Dr. Ramos also expressed his gratitude for the generous donation of seats to public schools by HCC. He said that these can be used by other students to continue studying more smoothly and comfortably.



PHOTOS CAPTURED BY BORIS SEBASTIAN

SHS Principal, Maria Teresa A. Edejer and other HCC school admin engaged in a positive discourse with DepEd members during their visit to the school.

HCC celebrates Teacher's Day

• RENE G. CAPULONG, JR.



HCC teachers gathered for the celebration of World Teacher's Day.

Holy Cross College honored its teachers on October 5, part of the observance of the International Teachers' Day.

During the event held at the school gymnasium, Holy Cross College's President, Mr. Elmer Nucum, and Vice President for Academic Affairs, Dr. Leticia Flores, expressed their appreciation by sharing their messages with the faculty members of each department and the staff that comprises the whole school's academic and institutional functions.

On the other hand, selected students from the head councils of each department also demonstrated their witty talents and abilities as a way of showing their appreciation for their teachers. Through singing, dancing, and other acts, they have found ways to express their gratitude. A program per class was organized also by the students to surprise to their respective advisers and other subject teachers as a way of recognition and appreciation of their efforts and hard work.

COURTESY OF HCC OFFICIAL FB PAGE



PHOTO CAPTURED BY ERICKA MORAL

DSWD's educational assistance on qualified beneficiaries benefit young scholar who is driven to finish her studies.

DSWD provides educational aid to qualified recipients

• ROMAR MANGUNE

On August 20, 2022, the Department of Social Welfare and Development (DSWD), under the Assistance to Individuals in Crisis Situations (AICS) program, began providing financial assistance to qualified student-recipients nationwide.

The individuals who were eligible for the DSWD program included: the primary breadwinner who is a working student, an orphan living with relatives, a child of a single parent, a kid of a non-profit, a child of an overseas Filipino worker (OFW), a child of

an HIV victim, a child of a person who has been abused abroad, and a victim of calamity.

Qualified student-recipients may get Php1,000 for elementary schools, Php2,000 for JHS, Php3000 for SHS, and Php4,000 for vocational/college institutions. The aforementioned recipients were the only ones eligible for the program.

This educational cash assistance is a supplemental grant that can help defray expenses such as tuition fees, miscellaneous fees, school supplies, and transportation allowance.

Crucian journos bag medals at DSSPC 2023...

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INDIVIDUAL CATEGORIES

- Ella Rose Galang – 1st Place News Writing Filipino
- Andrei France Reyes – 2nd Place News Writing Filipino
- Jiovanni Turla – 5th Place in Editorial Cartooning English
- Brenda Santos – 9th Place in News Writing English

GROUP CATEGORIES

- 2nd Place – Overall Radio Broad Filipino
- 1st Best Infomercial
- 2nd Best News Presenter
- 3rd Best Technical
- 3rd Best Script
- Jamaica Mallari
- Aldrin Nico Magcalas
- Rhianne Barredo
- Assymae Arceo
- Xeenah Eveanne Lapuz

- 4th Place – Overall Radio Broad English
- 2nd Best Infomercial
- Barbarra Sophia Panlilio
- Raj Joaquin Aryal
- Precious Anne Edejer
- Danielle Ethan Reyes
- Heaven James Aquino

- 4th Place – Overall TV Broadcasting Filipino
- Yaelis Claudine Baligat
- Gino Pelayo
- Raven Guiao
- Boris Sebastian
- Kairon Gonzales

- 5th Place – Overall TV Broadcasting English
- 3rd Best Script
- Janiro Hugh Mangalus
- Arela Vinuya
- Louishana Lane Sunga
- Fitz Turla
- Keaian Gonzales

The victors expressed their gratitude to their teacher-coaches for their support and encouragement.

Looking ahead, the 1st and 2nd place winners are thrilled to fight against other bright people from the area at the next Regional Schools Press Conference (RSPC) on May 20th, when they will represent not only HCC but Pampanga.

HCC participates in Blood Donation Drive

• LANCE STEPHEN C. PELAYO

Holy Cross College joined once again in a bloodletting activity in partnership with the Philippine Red Cross Pampanga-Angeles City Chapter, March 23.

The activity aimed to augment the blood supply in the province and create awareness of the importance of donating blood to save others' lives.

The School with a Heart has been a consistent partner of the Philippine Red Cross for several years. The donors during the activity did not only include Holy Cross College's students and employees but also the general public.

As part of the activity, the HCC Clinic has also conducted a pre-medical assessment for the employees, students, and other donors. They went through a check-up to ensure that they were chartered and thereupon safe to partake in the said charity drive.

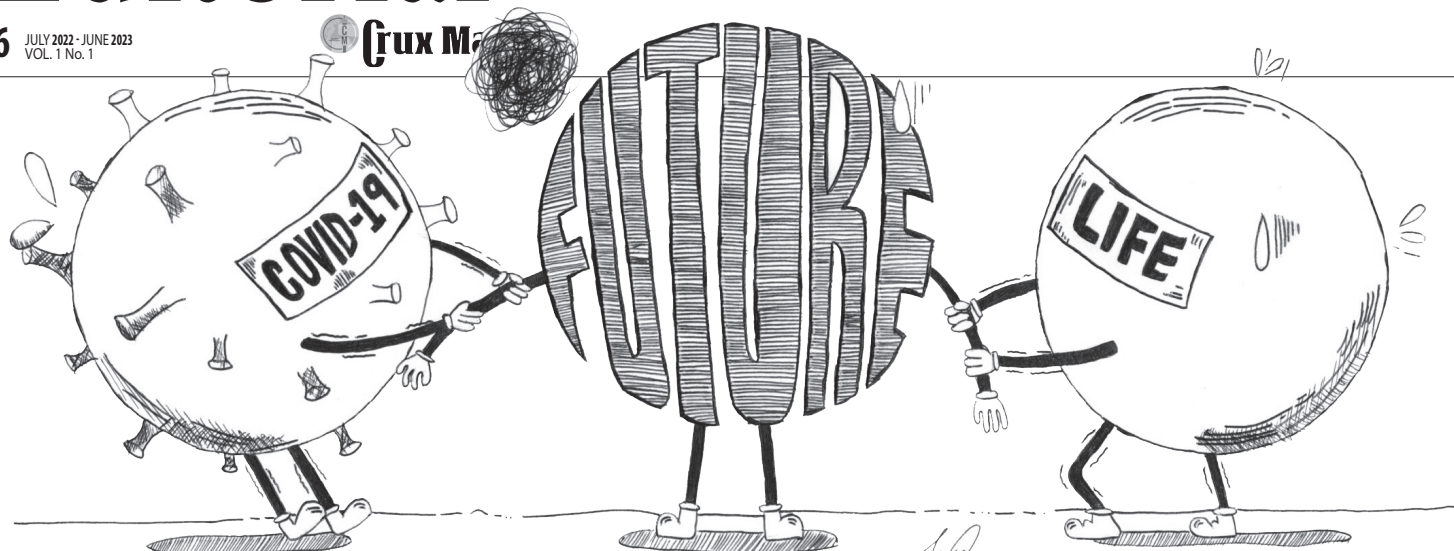


COURTESY OF HCC OFFICIAL FB PAGE
The Philippine Red Cross Pampanga-Angeles chapter along with the HCC nurses during the bloodletting activity held in Holy Cross College.

Editorial

6 JULY 2022 - JUNE 2023
VOL. 1 No. 1

CRUX MAGNA



The Era after the Pandemic

It's been three years since the world lost its trajectory and halted the movement of the uprising of advancement. The roads were left unoccupied, the walls in the buildings had gone silent, the bustling cities had stopped the loud crowd, and people engulfed themselves in the comfort of their homes. The shortcomings of the public health system, which were obvious even before COVID struck, became much more evident over the challenging years of the pandemic. And even though there is not a lot of collective action in the community, there is a selection of people who have sought to meet the needs of others and have even gone to an extent to put themselves on the frontlines of the pandemic. Lives were put at risk, and many deep breaths were taken. This is what COVID-19 did in the Philippines in that span of three years.

And now that everything is returning to its previous state, what has it left the Philippines with?

We have reached a stage of freedom that did not seem possible to attain when the virus spread. Social distancing has been forgotten. Yet many Filipinos continue to favor wearing masks in public. Hand and respiratory hygiene have become optional. And mass gatherings have returned as businesses and establishments are being opened again. Ever since the number of lockdowns was minimized, transportation has become more accessible and has been immediately reinstated. Corporate workers and

laborers adhere to their workplaces again. The current academic year for face-to-face classes has been pushed through, and students are now able to attend school—back in the traditional mode of learning. Small local business owners continued to polish sales for their brands. Attendants of different vehicles went back for transportation on the roads, in the waters, and on flights. The tourism industry here in our country was also prioritized now that the recovery of each nation after the pandemic is gaining momentum.

As far as the status quo can tell, the Philippines is on its way to full convalescence. The COVID-19 in the country is now classified as “low risk,” according to a statement from the Department of Health. Norms established during the duration of the pandemic will become common or customary practices in this timeline, such as the new blended learning environment and working from home. And as though it were time-serving, the country's unemployment rate in December 2022 was estimated at 4.3%, according to the Philippine Statistics Authority's data.

Alongside these leaps, this nation has also been subjected to an aftermath. The spread of misinformation and fake news also took over the surface of this country's utilization of social media, as the pervasive usage of it causes a lot of damage due to malice, intent, or negligence.

Unjust killings have arisen once more when

a case in relation to hazing resurfaced when the body of an Adamson student was found buried in a shallow grave in a vacant lot in Imus, Cavite—which has led to the hazing within fraternities coming to light once more. Senators and all the other lawmakers initially charged various trials, one including the people involved in the said incident, to intensify the severity of the law's punishment.

A turbulent occurrence about a recent leakage of oil in one of our own seas has raised massive environmental concerns. One recent instance is what took place on February 28, 2023, when the motor tanker MT Princess Empress sank in the depths of Naujan, Oriental Mindoro, Philippines. The spilled oil has then invaded the waters of the provinces of Antique, Batangas, Oriental Mindoro, and Palawan.

In the economy, the loss of income and job possibilities were the main issues. Communities that are prone to disasters had a harder time adjusting to COVID-19's restrictions and its severe implications. Furthermore, the strength of the Philippine peso's value against the US dollar is declining. As people struggle to make ends meet, these issues frequently result in poverty and desperation, which leads to unintentional criminal activity. There is still a lot of tending to do in regard to the nation's social issues. What's more concerning is that these issues were already here and had become stagnant even before the pandemic struck.

”
The roads were left unoccupied, the walls in the buildings had gone silent, the bustling cities had stopped the loud crowd, and people engulfed themselves in the comfort of their homes.

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Speak Out

The recovery of the Philippines after the massive hit of COVID-19

• DANIELLE ETHAN REYES

The COVID-19 pandemic has evidently presented multiple challenges to the world that have led to a global crisis. Almost all countries had to shut down their economies to prevent the spread of this virus. The Philippines is one of the countries that has taken strict measures by

implementing health protocols and restrictions. It was not an easy challenge for the Filipino people, as this resulted in high unemployment rates, took many lives, and hardly affected the poorest communities in the land.

To manage the spread of the virus,

government authorities implemented strict quarantine restrictions and health protocols, a long period of lockdowns, and restrictions on the mobility of people as well as the operational capacity of businesses. One of the longest-running lockdowns in history has impacted the Philippines' trajectory of economic growth. It has transitioned from being Asia's darling to resuming its former position as the region's sick man. As a result, the Philippine economy suffered a 9.5 percent GDP contraction in 2020, the worst in the region and the steepest in its post-war history; that figure was later revised to 9.6 percent.

Notwithstanding these difficulties, Filipinos were able to rise to the occasion and slowly achieve pandemic recovery by

upholding the spirit of bayanihan and resiliency. Throughout the pandemic, there were many modern heroes who ignited hope and light, and one of them is the Filipina who wanted to assist and reach out to the disadvantaged Filipino community by establishing a community pantry. The former modest community pantry, which Ms. Ana Patricia Non in Maginhawa, Quezon City, founded, aims to assist those in need by providing them some food to eat in their day-to-day lives, provided they are heavily affected by the unemployment and poverty-stricken situation here in the Philippines. This also paves the way for the ones who have more than what they have to give back to the community by providing and giving food, money, and any other necessities to the

established pantry.

What started as a small gesture of kindness turned into a big opportunity.

But this doesn't mean that we have to always rely on resilience. In my opinion, it's always us citizens who play our part in overcoming the difficulties that our country faces, and I think that must change. It must always be a combined effort between the government and its citizens. Clearly, our government has failed to provide the right and effective response in fighting this global pandemic. What we need are long-term, effective solutions because this will lead us to greater heights. I hope that the new administration will provide ways to put the country in its utmost glory.

Point to Know

Traditional Jeepneys Are About to Reach the End of the Road

• JESSICA MARIE G. AGUIRRE

Often tagged as the "King of the Road," traditional jeepneys, which have been operating for over 80 years, are about to cease existence. There is already a government initiative for the reformation and development of the public transportation system in the country. However, a question arises. From a financial perspective, is the Philippines ready for the coming shifts? Way back in 2017, the Department of Transportation of the Philippines (DOTr) launched the Public Utility Vehicle Modernization Program (PUMVP) to reform and make the country's public transportation system efficient and environmentally friendly by 2020.

The said program has the main goal of creating a restructured, modern, well-managed, and environmentally friendly transport sector. It would benefit both the public transport drivers, as they get to have a stable, adequate, and dignified livelihood, as well as the commuters, as the shift will result in a more comfortable, safer, and faster commute experience. Despite all the positive sides to it, commuters, especially jeepney drivers, find the news alarming as it concerns the phasing out of traditional jeepneys, buses, and other public utility Vehicles (PUVs). It is beyond doubt that for the past few years, traditional jeepneys have become a

means of livelihood for most heads of Filipino families. With that being said, with the launch of the PUMVP, the jeepney drivers fear that their livelihoods will be put at risk as the sun nears its deadline. Hence, their recent transportation strike.

Although, in response, Land Transportation Franchising and Regulatory Board (LTFRB) Chairman Teofilo Guadiz III said in a press conference that it would be more of an "upgrade" than a "phaseout," there will still be an inflicted loss that is inarguable since Jeepney drivers do not even talk much to begin with. According to news reports, jeepney drivers earned at least P700 a day before the pandemic. Even less during the post-pandemic period because of the seating capacity rule as per the COVID-19 safety protocols. Furthermore, referring to the data from the DOTr, the upgraded Modern jeepneys can cost from P2.4 million to P3 million each (depending on their class).

Even with the current provision of a P160,000 equity subsidy for each driver seeking to shift to a modern PUV unit, there is still a huge difference in the amounts. Though they can obtain the modern unit, they will still be paying for the rest of the amount and will be left with a

debt to settle. Nonetheless, the modernization and development of the public Transportation systems are soon to be expected. It had already been delayed for years since the pandemic. The government set the deadline for the phaseout was continuously moved, with December 31st being its most recent extended date. It will happen sooner or later.

The traditional jeepneys will eventually reach the end of the road. But a few months are not enough to fully replace and remove what has been there for years. Therefore, even a gradual but sure process will do. There is no need to hasten the procedure. The government should take into consideration that the country is still in the process of recovering from the pandemic and resolve the issues related to the financial aspect first. Only when no one is left behind can this be true and the growth and prosperity of this country be achieved!

Plugged - in

Oil is spilled; there is a big infill

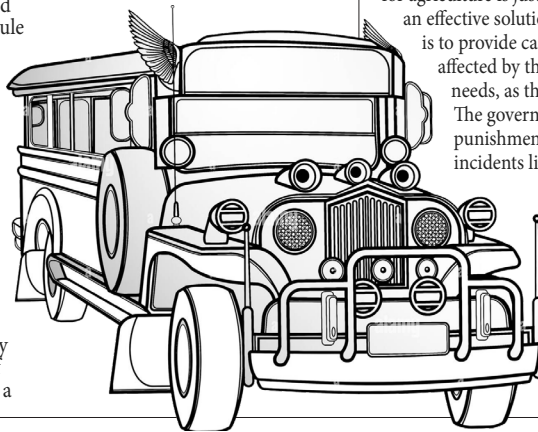
• DANIELLE ETHAN REYES

As a concerned citizen of our nation, I think what the government should do regarding this matter is first make the oil company accountable for all the casualties caused by the massive oil spill in the country. According to news reports, the owner of the MT Princess Empress, the tanker that caused a massive oil spill in Oriental Mindoro, has apologized for the incident. According to the Bureau of Fisheries and Aquatic Resources (BFAR), the oil spill has affected up to 11,000 fishermen. "Thousands of hectares of seaweed were affected, and the oil will also affect the fisheries' production, particularly the marine municipal fisheries in MIMAROPA," they added.

So, it is very evident how badly this has affected our environment and our agriculture. An apology is not enough to mitigate the casualties. We need more actions, and they need to walk the talk, considering that our agricultural sector is made up of four main sub-sectors: farming, fisheries, livestock, and forestry.

It's a shock that the only solution that the government and the President have come up with in line with this issue is to speed up the oil spill cleanup, and knowing that the President is the secretary for agriculture is just utterly disappointing. I also firmly believe that an effective solution that the government should come up with is to provide cash aid or assistance for the fishermen that were affected by the said issue. This will help them provide for their needs, as their fishing business will be temporarily stopped. The government could also do more proper sanctions and punishment for the one who caused the oil spill, because incidents like this should be taken seriously.

The government should handle this case so that it will never happen again and people will not take this issue so lightly. Also, the government should think of all the possible ways to solve these kinds of problems deep within their roots so that they may never happen again. They should be more competent because there are many people whose lives are dependent on the fisheries.



Intramurals, which have always been the most anticipated activity of the year for many students, have finally returned after two years of being restricted by the pandemic. This year 2023 is a great start for the senior high school students of Holy Cross College as they conduct the annual Intramurals for the school year 2022-2023.

Athletes from different strands, namely accounting, business, and Management (ABM), Humanities and Social Sciences (HUMSS), science, technology, engineering, and Mathematics (STEM), and Technical-Vocational Livelihood (TVL), showcased their skills in different sports. Badminton was the first sport that was played last January 10 at Shutte Pro in San Juan, Sta. Ana, Pampanga, where the STEM strand smashed the competition, earning 1st place in different categories of the said sport. Moreover, part of the pre-events for the Intramurals 2023 was the athletics, which was held on the following day, where the STEM strand once

Outlook

INTRAMS 2023: A MAJOR SUCCESS!

• JANIRO HUGH MANGALUS

again stepped its way to the top.

Deafening cheers, artistic banners, and colorful shirts representing their strands welcomed the official start of this year's Intramurals on January 15 at HCC Gymnasium. On the first official day, the search for Mr. and Mrs. Intramurals 2023 took place, where 8 girls and 8 boys from the four strands vied for the said title, showcasing their beauty, wit, and poise. At the end of the competition, Dazel Anne L. Simbulan from HUMSS Strand

was hailed as the Ms. Intramurals 2023, and Christian Justin V. Dizon from TVL Strand was crowned the Mr. Intramurals 2023.

The excitement of the students didn't stop as the program continued with the last event of the first day, which was the Zumba Competition. Dancers from different strands showed off their dance skills and nerve-wracking stunts, which made the crowd even wilder. Senior high school teachers also

showcased their groovy moves by joining their respective strands in performing their zumba entry. The gymnasium was covered with loud yells and shouts as the STEM strand was announced as the winner of the Zumba Competition, followed by ABM, HUMSS, and TVL.

As the competition got more real, ball games and other sports took place on the second day of the event. On the same day, championships for chess and table tennis were held, and winners in the said categories were awarded afterwards. The event was getting tougher as teams in the remaining sports secure their spots to fight for the finals.

On the last day of the Intramurals, students were more unstoppable in cheering for their bets, as most of the games are either

a do-or-die game were a championship match. Volleyball ended, resulting in ABM winning the championship for the girls while the HUMSS strand secured first place for the boys. On the other hand, the basketball court was filled with nervousness and excitement since the match between HUMSS and STEM was a close one. In the end, HUMSS Strand managed to win the game, which made them the overall champions for this year's Intramurals.

This event is not just a competition of skills in various sports but also to live up to the true essence of Intramurals 2023, which is to have fun and enjoy. May the Crucians bear in mind that, at the end of the day, it's not the medal they got that matters but the friendship they made.



Crux Magna Literary

SEASON

BY: KLEIN CYRILLE TIMBOL

Will shift in its own
Looking pale from afar, slowly losing my sight
Explaining the reason
Nowhere to be found in the middle of the night
Finding chance of hope in any form
Causing damages, dreams were scattered
Giving up the courage to fight
Gazing under the heaven's light
Looking pale from afar, slowly losing my sight
Nowhere to be found in the middle of the night
Why you need to hold on
Thy season, thy season
Will shift in its own
Explaining the reason
Why you need to hold on

Here, once again in the middle of the night
Promising everything will gonna be alright

LOSING YOU

BY: KLEIN CYRILLE TIMBOL

Capturing the little details of you
Under the wild universe of blue
Your pair of eyes that cannot lie
Wishing that smile would never die

Maybe, we are just an untold story
Of you and I in my own memory
Agreeing of the thought "you are mine"
A chum, buddy, companion and that is fine

Losing, suffering, sacrificing what's mine
For you to be rebuild and refine
Yes, you are never mine
As long as your smile will shine

for her...

MEADOWS AND CITIES

BY: SIMONE RAE SAMPANG

What scenery allures your sight?
Somewhere greeny or something 3-d?
Hold your breath and scale the heights
Above the meadows and cities

You can breathe the balmy breezes and wander
Through the trees that gnarled with age
Hear the gushing sound of the river
As you give the alps a gaze

You can also adore the grandure
Of the glittering city lights and busy streets
Those cars and towering infrastructures
Epitomizes the human wits

YOU

BY: PAMELA CASSANDRA GUEVARRA

You are my favorite thing
The one that keeps me going
My guide to make things right
My light in the darkness of the night

If you'd ask me what's my favorite thing,
It's you, my sweet nothing
It's you that guides me through
You, that teaches me how to grow

It's your eyes that speak a million words
Your lips that as soft as cotton balls
Your manly scent that drives me in
Can't help but to sniff it in

My answer will always be you,
My clarity, tranquility
My lovely dovey
My sunshine in the night sky

Thanks for existing, my sweet nothing
Being in your arms is my favorite thing
You make me happy just by existing
I just hope that you won't leave me hanging



ATARAXIA

BY: PAMELA CASSANDRA GUEVARRA

It's been a while since you felt this feeling
A strange serotonin boost visits you again
It's been a while, you said
I nearly couldn't recognize you,
My long lost friend

I have been down for so long
Longing for excitement and joy way too long
Then euphoric feeling comes in
As shared chuckles filled the room in
Serving as a swaying rhythm

Looking at the people I love
Their smiles are all out
Dancing, singing, laughing their lungs out
My heart couldn't help but to pound
As I realized that happiness could be found

Everything is light as of the moment
As if we're on the clouds
Cherishing each moment like this
For it will be a good memory to keep with
A state of mind where we can be happy again

A MOMENT IN TIME

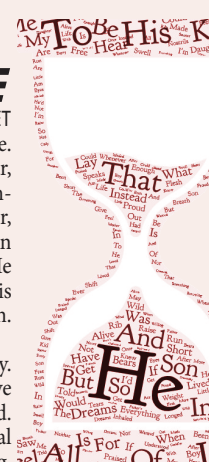
BY: LANI MARGARET

As a kid, I lay in the short-lived feelings of every moment to feel alive.
Whenever my father speaks to me of the dreams he never had but I get to hear,
it bears more weight than my shoulders could carry. When instead of a daughter,

he could've had a son prodigy enough to be praised. I saw it in his eyes when
he told me that once, when he was a boy, he longed to run free and wild. He
dreamed that he would raise a son, and he would be everything my father is
not—of what his dreams are and of what he could've been.

His eyes swelled with the memory.

After all, I am his blood and flesh—made out of Adam's rib; my nostrils have
inhaled the breath of life. I was a kid to understand something so profound.
And if I had grown a little bit sooner to hear that, I'd be cast down the spiral
and make a pool out of weeping.



JUST APRILS

BY: SIMONE RAE SAMPANG

I would want a life
With only just Aprils on calendars
Ideal summers that are ripe
Should not be granted annular
No research, no homeworks
Just perfect sunbeams
No spoons and forks
Just a feast on banana leaves
OPM by the shore at night
With the sweet cricket calls
The balmy breeze hugs me tight
I could lay, run, and stroll
Hear this wish sweet as sugar
This dun wild and reckless
With only just Aprils on calendars
I could be happy until dark



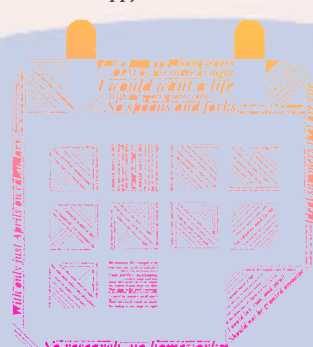
JUST

BY: SIMONE RAE SAMPANG

I am but just a grain of sand
in this commodious universe
Just a grain with tired hands
Just a grain that often falter

I am but just a lost soul
In this busy world full of
sorrow
Just a soul in a free fall
Just a soul in a furious glow

But though I am just nothing
more,
I am not less



THE BARE WALLS

BY: SIMONE RAE SAMPANG

Still up at one a.m.
And could not stare on the bare walls
Does someone think things the way I am or hear
unknown calls?

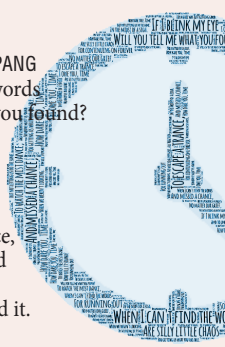
On the walls, I see pictures
Of the future and past,
A big part of me assures
That things just gone too fast.

I've been living with my what ifs
And questions in my soul.
Who would thought that there were thieves
Of moments on the bare walls?

TIME

BY: SIMONE RAE SAMPANG

When I can't find the words
Will you tell me what you found?
If I blink my eye
And missed a chance,
How will it sound?
To escape a trance,
To watch the mist dance,
And to unknot a pound
Are silly little chaos
Someone must've found it.



near the gushing sound of the river
What scenery allures your sight?
Above the meadows and cities
You can breathe the balmy breezes and wander

CHILDHOOD

BY: SIMONE RAE SAMPANG

I miss the kid I once was. My happiness was that of a curious child in an endless search for the things she doesn't yet know. Most of it was oblivious and careless. I would sometimes look up at the sky and think I could grow tall enough to reach it. I bit my nails out of insecurity over the toys other kids would have. The school will always be a place of both a playground and a prison to me. Yet I would giggle at any spark of amusement I came across there.

And because I was so delicate, everything would feel heavy within my heart. I will burst tantrums until my caretakers go mad. Demand for anything as if it's easy like looking at the back of my hand. Throw things and wail for hours. Nothing will soothe me more than an afternoon nap.

The same nonchalant, overboard joy I always get whenever I see a pup reminds me of me in my mother's arms. The tears she will get when I scream The sleepless

nights she had to tolerate And all the never-ending stories my father would tell me before I submerged to slumber. I craved all the love anyone could give me as a small child. But all those moments had gone by as if they were sand in an hourglass when the timer ran out.

Because what could a kid do if the world was too troubled to even bear its own weight? And growing up would feel like anger, rage, short-lived happiness, and sadness, and healing would take too much time. Even the slightest tending of my wounds would take a great toll.

I no longer think about the dream land I always end up in when sleeping. I instead choose to sleep after my bones are battle-worn and smoke

out. I would seek relief in places I was never accustomed to. And there would be a slight longing for the happiness I once had.

My heart cried like leaves in the fall.
My skin blazes like snow in winter.
I thought the sun would be enough to give me the same warmth,
Yet here again,
I cannot reach into you.

You said, you feel like you're getting played
Whenever this feeling would knock.
But if it had lingered and can't be divided.
If it has value.
If it had flattered.
If it had succeeded.

Would it, at the very least, change anything?
I know. It won't.

So in an instance, that you would forget how I made sentences out of the ache, remember I can always have our past times turned like a moment in the present.

And the things only my poem will know are like names in tombstones. You won't know. Perhaps you never will. In my best, I have loved the feeling I can never, ever, take a hold of. My lungs are just too tired to heave another sigh and gulp tons of sobs. I guess it's just that—the love. It doesn't happen every time.

engulfed in that violence. And all the while you get less to tire, every single time means to crumble me.

I used to think that I made my poetry good enough for you to keep it.

But I still envy those who can write better than me.

And one of them might just find their way into you. All the while I get much more to struggle, you'll get one step ahead to move on.

I didn't have the gifts, or the things you would wish on your birthdays. But I had hoped that my promises would reach you. I will bleed out another series of prose, out of a single chance that you will read them. I whisper in the clutches of hope that someday my poems will unfold before the eyes of the world to see

how I made marvel through these words—of how I came to adore you.

You should've known that I still keep these little reminders of us. And that I've saved anything I can. All the words while I count these I have written, pages will soon end out into in it.

Keep
I've
Better
See
Peace
Through
Days

SEASONS CHANGED

BY: SIMONE RAE SAMPANG

To the man whom I've put my flame unto,

Your words are contagious. I've seen cathedrals, and palaces built among your paragraphs like they were promised and I dreamed to dwell within; live with about thousands of wonders. On April 20th, your poetry has gotten vivid and with that, I am in excruciating—euphoria.

And there I knew, I was in peril. I could've been more skeptical for a poet whose subject is still unknown. But I did not. I did instead, reached another uncertainty. And the axiom of that step took me closer into you. Perhaps together, we cling to the possibilities the two of us might have, and for that at least, is what I thought it had been. It seldom scares me, that I'll forget how you made me feel and it will not linger until I am accompanied yet again with your presence. Until we came up to this point. The apogee. Unexpectedly. And the fact that it all happened in a blink, caused me masses of ache. I have harbored hate more than the years of my living. And they say the trembles of a heartbreak resembles that of a quake. Did you even know that;

ALL THE WHILE

BY: SIMONE RAE SAMPANG

I have thought once that you are happy, and it must be true.

I can see that you held your words firmly, knuckles white. It must've been a relief to unveil what exhausts your shoulders. I see you walk through that door every day; spare me glances a second long. In all honesty, you look better than I used to remember. I can tell the long days are gone. Yet right now I pick up the crumbs you've left, but this time I wasn't in for the trail.

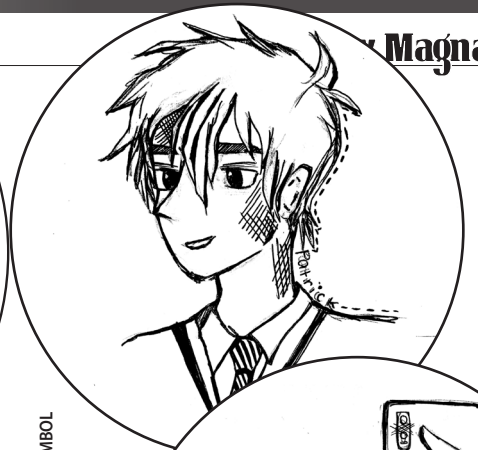
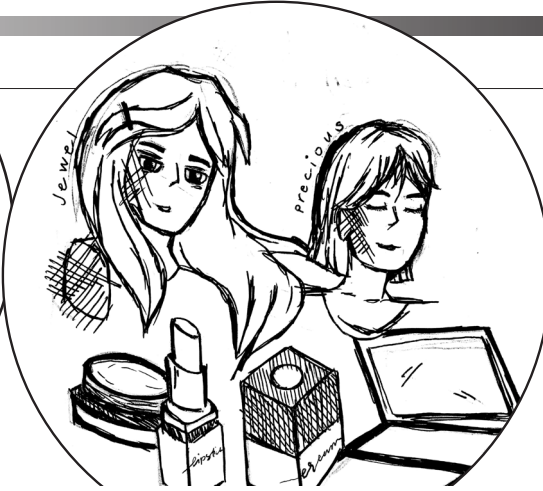
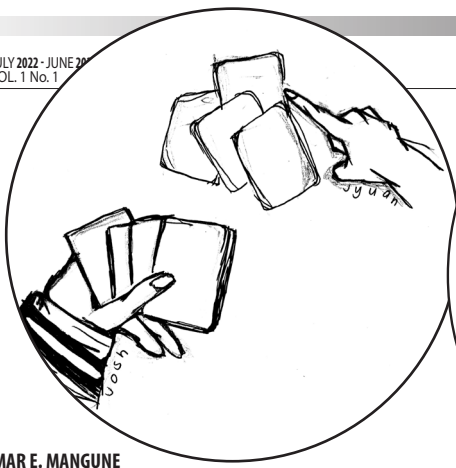
Because all the while you are busy paving peace, I keep on waging wars. Would you like to know how torrent the waves can be on a windy day? I suppose I was

He knew he could neither reverse my becoming nor hope for a shift in my choosing my mother, Or that he wanted a son instead of a daughter. I've gotten to see a point where his wishes and the people around me somehow intersect. Always the dreaming, the wanting, the longing and ambitious but never pioneer enough to maneuver reality. When all the way down it goes they look up in the heavens, call to God for salvation. So before you hurt me, you should have first shown how much ache I shed when I was still a believer in my prayers.

And questions in my soul,
And could not stare on the bare walls
Of the future and past,
A big part of me assures
Of moments on the bare walls?
I am not less,
I've been living with my what ifs,
Of moments on the bare walls?

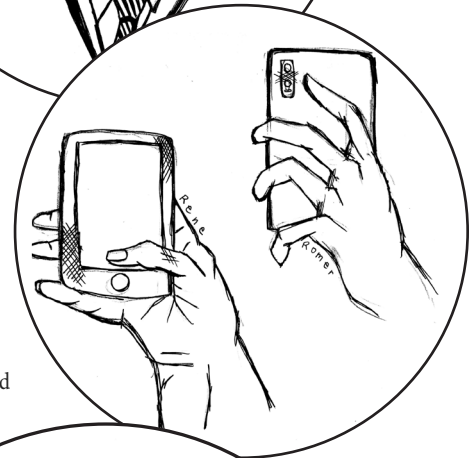
Of the future and past,
Who would thought that there were
And questions in my soul,
I've been living with my what ifs,
Of moments on the bare walls?

How dare you, Time
For running out
When we weren't looking.
In the middle of a smile
In the midst of a sigh.
How dare you, Time
For continuing on forever
But not letting us do the same.
We were so happy here, all together
Her music was just getting good.
No matter our grief,
I owe you, Time
For giving us what you are able.



• ROMAR E. MANGUNE

COMICS BY: KLEIN CYRILLE TIMBOL



DIFFERENT PRODUCTS, different purposes

What kind of student are you during your free time?
 A group of friends; Jayem, Rene, Patrick, Jewel, Jyuan, Josh, Precious, Romer, and Joshua, passed by Aling Nena's store.
 They walked towards her window, then picked up some chips that she sells. Jayem took a chirp first; he chose the crackers. At first bite, the munching sound of his chewing echoed, as you can compare it to Jayem's habit of being rowdy when talking to his fellow classmates during their free time.
 Patrick chose the scumbag's strategy of chirping, doing nothing, and just eating whatever he could get from Jayem's snacks. Chew there, chew anywhere. On the other hand, Josh and Jyuan stuck to one another. Aling Nena called them, "You both just going to be in there? Or are you going to buy something?" she asked. The two quickly approached. They took the pogs and texts, paid, and played quickly. Josh and Jyuan did the same thing every time they were in the room.
 Romer and Rene sat in the corner and held their smartphones. They didn't care about the others; they literally ignored anyone because they were busy indulging themselves on their phones. "Here they are again, not tired of pressing their phones. Their eyes might just not see clearly anytime soon," Aling Nena said. Not long after the boys arrived, two girls came up to her store to buy one of her beauty products.

"150 pesos for the foundation powder; the concealer got sold off rather quickly," said Aling Nena when one of the girls asked about the price of the foundation powder. Jewel and Precious agreed to buy it and went on to do their routine of freshening up.
 "Slay," said Jewel. "I know, right," Precious replied. "Do you both do anything else, except for that make-up?" Jayem said. Precious glared at Jayem but decided to let it go.
 The store Aling Nena runs is very different and diverse. We have different products, but we are in the same place. Given equal opportunities to buy and choose, it is up to us to decide what we want. We might be given a different product, but we have to come up with the goal we desire.
 I asked you one of the questions I mentioned. Do you do these hobbies every time you have free time? Last question. What kind of study are you doing during the vacancy?"



"Hay naku, what a hectic week," I sighed as I hurried into our classroom since I was running late and barely even slept last night trying to finish all of my school work.
 As I entered our classroom, I noticed something different, something that felt unusual. Oh... Right... It is Valentine's Day. So what now? It's not like it'll make me less tired from this horrendous amount of work. And how I wish I could just take this day off to empty my mind and just live in the moment.
 Oh! I remembered! Holy Cross College has come up with various booths and activities for its students. Hooray! My wish

A Moment to Recharge

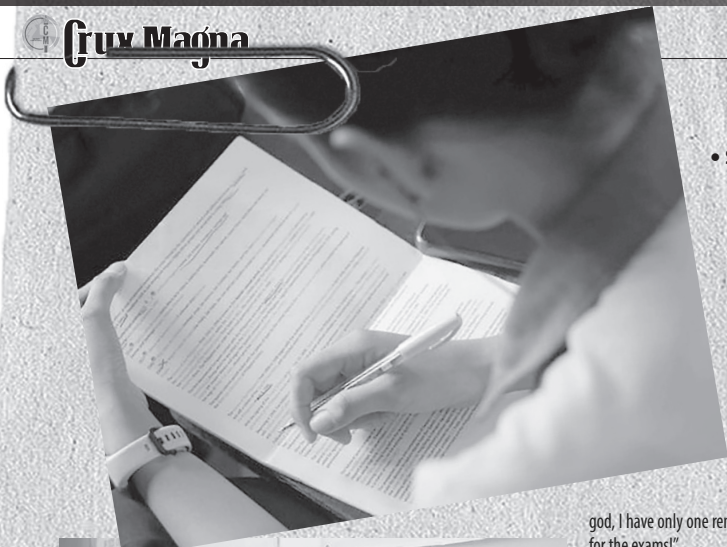
• CZARAH MAE CASTRO

is indeed granted. My friend suddenly grabbed my arm and pulled me outside our classroom. "Tara! Let's look at the different booths

they've set up".
 We then explored the different booths at the junior high school quadrangle. First, we went to the dedication booth, where we joined the junior high school students as they sang different love songs. Then we went to the jail booth of the criminology department to take a picture of us inside the jail. Additionally, we took a look at the senior high school department's set-up linking booth and bought some candy from them. After that, we went back into our classroom.
 I spent my day bonding with my friends and strolling around the whole

campus. Then I suddenly heard the loud cheering of the students: "Hurry up, there will be a band performing!" My friend exclaimed, and we suddenly rushed towards the crowd to watch and enjoy the live band.
 Every word was felt, every strum, and every beat. We sang our souls out as our bodies danced to the rhythm of the loud music. We didn't even realize that it was already evening. Students began to turn their flashlights on and wave their hands in the air. It was a really majestic view, and I stood there in awe as I watched the crowd sing along with the band. It was just like a scene in a movie, no... I believe that this was indeed a scene from a movie.
 When the show ended, we went back inside our room to get our things and proceeded to go home. "What a day," I mumbled.
 This was undoubtedly a memorable day for me. It was just like Holy Cross College had heard the needs of its students. The booths, the activities, and the programs are exactly what I didn't know I needed. This is indeed the perfect day. The perfect day to have a break, and the perfect day to recharge.





• SIMONE RAE SAMPANG

REVIEW? HA, MAYBE LATER

Have you ever heard someone complaining, or maybe you, yourself, say, "Oh my god, I have only one remaining day to review for the exams!"

frequently face anxiety when we are under time pressure. Therefore, start studying a few weeks before the exam in order to get ready for it without being overburdened. It will take such a long time for you to realize your deficiencies. Knowing your weak points earlier will give you more time to work on them.

situations such as scrolling on Facebook.

Last but not least, get up, extend your arms, and breathe in the crisp air. Move. Move. Move. Even a 30-minute stroll can have a significant impact on the body. The brain often reacts similarly to how exhausted the body is. Additionally, savor your meals like a pauper in the evening and a king in the morning. Eating heavy meals or drinking coffee at night or even in the afternoon can lead to difficulty drifting off. Foods that are high in fat and fast foods can be difficult to digest, leading to discomfort or indigestion, which is the last thing you want when you're trying to get some Zzz's.

Instead of developing a fear of exams, we must exert our best effort during the exam and its preparation. The better decisions we make now, the better tomorrow will be. So why not try putting these practical suggestions into practice as soon as possible? As they say, "Get up early, grind out hard, and aim for success."

In fact, you knew the drill a month ago. We view these as difficult since we are unsure of where to begin and how to get by. Here are some tips you've been looking for to feed and nourish your mind:

Start recognizing that you are on your own. Doesn't it sound utterly awful? "You are alone." In reality, you really are. The mark you receive is entirely yours— your own reflection of the effort you put in. In fact, you are able to ace your tasks if you follow all of these tips because, at the end of the day, you are the only one accountable for your actions.

Next, prepare right away. It is technically possible at this point. We

Another is to practice studying in the morning. Individuals who are highly productive and successful tend to have at least one habit in common: being early risers. The ideal time for people to remember ideas is in the morning. They had a good night's sleep and are alert. They can thus readily focus on the task at hand. It's said that "Early to bed and early to rise make a person healthy, wealthy, and wise!"

Recording oneself while studying is another unique technique. It seems weird but is effective. You would notice that after watching it. This kind of practice keeps you on track and reminds you of the tasks you have to accomplish in order to avoid tempting



'Holy Cross College – Warrior of Values'

• RANDALL D. LULU

They say going through the essence of success while battling amidst personal situations is what makes every dreamer dreamless, and thus far, grabbing for high is difficult to deal with. Yet, isn't having one's core values as motivation enough to continue an unfinished journey? As every Crucian responded, "This is more than just what I looked for". With this, it is ironic seeing each student carve their own path in life while still Holy Cross College digs a way for them to be with and live through the core values of Fides, Caritas, and Libertas, which they strongly fulfill and accomplish well.

As it is known, Holy Cross College encompasses faith, which is apparently practiced through activities like mass every month, especially if there's a celebration to be held, to ask for the guidance of the Lord God and the attainment of its goal. This mass can be done at the gym for big events or, more so, at the mini-church built inside the said institution for regular days. Like other schools, Holy Cross College portrays faith well by having time to pray at the start of a class session, whether virtual or face-to-face, with



kindness, and understanding when someone creates trouble. Personnel show their soft side, trust, and loyalty by giving assurance of the school's safety. And lastly, school heads convey hard work, care, and love for the betterment of all. These are the results of having and practicing the value of faith, which reciprocates through their actions as educators. After all, Holy Cross, as an institution, lives its faith for the better.

Additionally, the school year 2022–2023 became one of the best for Holy Cross College. The school is asserted as being "a school with a heart" by extending its helping hand to reach others and organizations who are in need. On August 8, 2022, Holy Cross College signed a Memorandum of Agreement with the Gawad Kalinga Foundation. The agreement aims to strengthen the Caritas programs at the school. Gawad

The Kalinga Foundation's projects will also be integrated into our NSTP programs. Additionally, in collaboration with the Office of the Community Extension, the Institute of Hospitality Management students paid a visit to the Bahay Pag Ibig (House of Prayer) in the city of San Fernando, Pampanga, during a fundraising event last November. Apart from this, the 77th Founding Anniversary of Holy Cross College on November 29, 2022, made a difference, as the Caritas project doesn't just help the people; it also extends to helping nature by conducting a tree planting with the guidance of the Integrated Basic Education Department (IBED). These events were just part of what the school had going on. Thus, Holy Cross College once again proved that every coin from the Crucians and the school itself was given solely not to one investment but for the good of many.

Alongside, Holy Cross College propounds the

values of liberty as they give students the rights to choose and live the life they ought to at school. Before the institution makes decisions, students are considered by providing them with consent, a letter, or even a survey to determine their opinions and positions regarding the topic. This value was proposed as when the discourse for having a graduation ball should be authorized or not. Another is when allowing the students to decide what course they should pursue, which is used in conceiving a division for the department included in work immersion. Furthermore, the Libertas value is not merely portrayed but also developed in students, and one of these was through a career talk that was held on January 30, 2023, which was followed on February 25 for the students to assess themselves while helping them choose what suits them best and what fits them well.

Wrapping all up, it can be said that Holy Cross College is an institution that exists not just to do its part but for a cause. Through its Fides, Caritas, and Libertas values, it helped not just the students but others as well.

Keeping fairness and faith while ensuring the rights of every student to choose, show, and stand for themselves Holy Cross College echoes the sense of leadership, camaraderie, discipline, unity, and sportsmanship in oneself. It is not just a school for students, but a home. It is not just an area to develop, but a place of happiness. It is not just a quadrangle of dreamers, but a quadrangle of our future. It is not just a school like the others, but a school that is a follower of peace and change. Hence, Holy Cross College is indeed a land of memories and a cross of hope.

A short invocation yet can be. Aside from induced at Holy Cross officers, and school live the act. It is hard

a version of the prayer. meaningful, as what it this, as a Crucian, faith in College when teachers, other personnel of this value of faith by the if one thinks about it, but worthwhile when surmounted by many. Teachers invest patience,



ARE YOU stuDYING?

• CZARAH MAE CASTRO

It's officially the end of the first quarter. There are piles of activities, performance tasks, and a lot of reviewing that needs to be done to secure good grades. But how can you really overcome these without risking your mental or physical health?

Here are a few helpful tips for you:

First and foremost, time management: You should know how to handle your time and organize your schedule. Having a schedule for doing schoolwork can help you finish your tasks quickly and avoid being overwhelmed by what seems to be a ton of work. You can also choose what time of day you can work efficiently.

The second is to ask questions and get help. The most stressful thing is when you don't know how to do the given task and don't know how or when to start. There's no harm in asking questions. You can ask your teachers and classmates. It will help you understand your work properly, so you can finish it early.

The third is to have a good night's sleep. Don't pressure yourself too much. A good night's sleep can help improve your learning, memory, decision-making, and creativity (Leech, 2022). You shouldn't forget to rest yourself and recharge to have a great amount of energy for the day. You can't start or finish something if you are drained. It is really tough to focus on studies if you don't get enough rest.

Last but not least, Pray. Prayer works for everything. Do you feel overwhelmed? Pray. Do you feel tired? Pray. Do you not know how to start? Pray. Cast all your problems and burdens on God, for He will help you overcome these challenges smoothly.

You shouldn't put your present at risk while aiming for the future. As the quote goes, today is a gift; that's why it is called the present. Live every moment of it and not only focus on what can possibly happen in the future.

Time Fostered: School with a Heart

• RHIANNE PRINCESS BARREDO

Everything has an origin. Being aware of the origin of things helps people determine where, why, and how things started. It provides a clearer sense for an individual about what they are part of or what roles they can perform in their milieu.

As Crucians, it is our responsibility to seek the whereabouts of the anecdotes and history of our school, Holy Cross College.

Rev. Msgr. Fernando C. Lansangan founded Holy Cross Academy on November 25, 1945. The HCC's first principal was Miss Antonia H. Dizon, also known as Apung Nena. She dedicated her life to providing quality education for the youth and performed her duties for more than 30 years. Fides, Caritas, and Libertas—the initials of FCL—have served as the school's guiding principles ever since.

For instance, Crucians who are good at writing essays, editorials, poems, etc. can join the school's CRUX MAGNA. While those students who love sports might join the intramurals that are conducted yearly by the school with heart.

Who would have thought that a school that started with a fourth-year class of six students and is temporarily housed at the Sta. Ana Parish Convent would have thousands of students and a huge campus?

For 77 years, Holy Cross College has experienced visible success in different fields.

Numerous students who studied here before are now great professionals and effective individuals in our society. It is true that our school molds students and feeds them knowledge that they can use in their lives. I hope that this success will continue into the next generation of Crucians.

FIDES. The masses conducted by Crucians as well as the celebration of various feasts of saints show how Holy Cross College teaches students to keep their faith burning.

CARITAS. In addition to that, there are also donation drives that aim to help other people who are in need.

LIBERTAS. Under Libertas are the different contests that let students express their talents by joining their desired activities.

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It is true that our school molds students and feeds them knowledge that they can use in their lives. I hope that this success will continue into the next generation of Crucians.

One click: BOOST YOUR PRODUCTIVITY

• ROMAR E. MANGUNE

Joshua stopped in a corner in the hallway, feeling anxious and not knowing what to do, then turned around. He seemed to be in a trance; he might be thinking about something.

I guess it wouldn't hurt to ask him what's wrong. "Hey, Joshua, are you okay? You look worried?" I asked.

"I'm overwhelmed. I don't know what to prioritize in my tasks at hand," he replied.

"First? Which one comes first?" I asked him. "I've been working on different subjects projects and school activities, and then I have to submit all my write-ups to our editor-in-chief. And we still have a dance performance to present for this quarter. The Strand's day is also coming around the corner—I don't know what to do anymore!" he exclaimed, hands up in the air.

"Ah, I see. Lucky for you, I know an app that can help you effectively manage your time."

"Really, what's that?" he queried, looking as interested

as he always does. I took my phone out of my pocket and opened the app that I was referring to.

"My Study Life: School Planner, is the name of the app. It is an app that helps you organize and manage your time. Getting on top of your studies often means creating a study plan, but where do you start?" I handed him the phone and continued, "This app does half of the work for you, so you can spend less time stressing and more time being productive. Import your exam schedule, and the app generates your study plan for you. The best part is that it's customizable, and you have control over how much time you want to spend on a particular subject."

"Wow, it's even user-friendly," he replied with a smile on his face while browsing the app's features. "I think I'll be much more organized

with the help of this app. Thank you so much!" he added with a beaming smile on his face.

Don't let the students succumb to the pressure. Help them enjoy studying, and at the same time, be there to support them. Boost their confidence even more. Motivate them through soothing advice.

You can keep track of all your classes, chores, assignments, and tests using the My Study Life: School Planner online student planner from any location and on any device. Your academic life will be organized for you by this app, guaranteeing that you will never forget a lesson or a piece of homework. You'll be more productive with better organization, which will give you more time to devote to the things that are most important to you.

What are the other apps you can use?

1. **NOTION** - This online application was created by Notion Labs Inc. and is a freemium productivity and note-taking tool. It provides administrative capabilities including bookmarking, task management, project monitoring, to-do lists, and more.

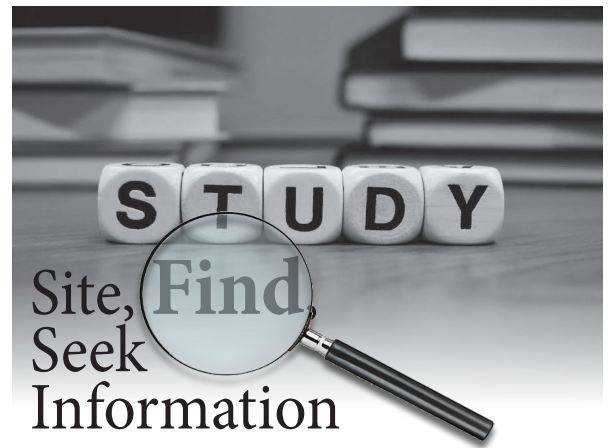


2. **TRELLO** - This is a visual project management and task tracking application that gives your team the ability to manage any kind of project. Add documents, checklists, or even automation; personalize everything to suit the way your team functions best. Simply sign up, make a board, and you're ready to go!

3. **PROOFHUB** - No matter how large or complex, is the project management solution to manage your projects, remote group performance, and others. So you can say goodbye to those disorganized email threads, missed deadlines, dispersed data and documents, and disorganized projects.



4. **GOOGLE TASKS** - A straightforward to-do list that includes lists, subtasks, and smartphone notifications contains all the essentials you need to be productive and keep track of the things that are most crucial for you to complete. You can accomplish even more with Google Tasks by using Zapier.



• ROMAR E. MANGUNE

I wonder how college students survived their Senior High School years. How did they manage their time and survive every subject they had, notably practical research? They are so amazing, but how? What I mean is, how have they coped with the pressure? I want to know; I want to conquer burnout and pass that research subject.

We are in the phase where data gathering and problem solving are involved. The moment that part came, I lost it. I don't know how to react; I feel so crushed. They say your best enemy in school is neither the bullies nor the terror teacher, but yourself when being pressured. And I don't know how to create a research paper!

"Uhm ma'am, do you mind if you give me some examples of some research papers?" I asked

"Yeah, sure," she responded. I waited for a minute, and she sent me the example. When I saw it, I saw the whole world crumble before me and wished that I was a dog, barking all day and night. I want to cry, I want to scream. It's so hard—I don't even know how to do it. Upon the deterioration of my mental state, my phone rang, and I saw another notice from my teacher.

"Site information in Google Scholar," she messaged. I haven't heard of that, but it sounds like it could make my life easier. "The Effectiveness of Campus Journalism to Boost the Productivity of Students at HCC" I inquired on the tab presented on my screen. There are a lot of sources here. It is even credible. There is a lot of research here related to my topic. What's more exciting is that it is much easier to cite reviews of related literature.

Google Scholar

focuses on finding academic materials and scholarly literature such as summaries, full-text articles, theses, books, and other materials from numerous academic fields. Access to cases associated with the law is another of its remarkable features. Although Google Scholar is free and simple to use, not all of the information available there is guaranteed to be accurate. It is still up to the viewers to determine whether it is credible.

You can also browse these sites.

1. **Google books** - is a project that Google designed to build a fully digital library that is accessible to users. With the help of this tool, students can browse through multiple sources they might need for their research paper.

2. **ResearchGate** - is a popular online hub for distributing academic publications that doubles as a social networking and academic profile site. This site can also help the students cite their RRLs.



A Boundless Evolution: CLOUD COMPUTING TECHNOLOGY

• KLEIN CYRILLE TIMBOL

As we reminisce about the old days, do you still remember how you and I used different hard drives, such as stand-alone computers, magnetic disks, and, later, USB (Universal Serial Bus)? These external devices clearly prove their reliability in terms of storing data, files, and backups, but their capacity is limited. The growing system of technology introduced another way of storing vital information and data.

We are now witnessing the accelerating changes in our society, and how is technology moving to the cloud? Indeed, "Change is inevitable; growth is optional." John C. Maxwell

Are you ready to embrace the growth that the cloud computing system offers?

What is cloud computing?

ing?

If you contemplate the entire internet as the sky, the term "cloud" is a great metaphor. You can think of this kind of scenario wherein each server connected to the internet is a single water molecule, the same way literally, a cloud is a dense group of water molecules. Each "cloud" on the internet

is essentially a bunch of servers in warehouses across the globe that constitute the infrastructure for some application or service.

Cloud computing technology provides users with access to the storage and retrieval of files, software, and servers through their devices, such as computers, smartphones, tablets, and wearables. It also delivers computing services that include storage, databases, networking, software, and analytics.

Cloud technology offers the following: security of the data, flexibility, mobility, disaster recovery, automatic software updates, a competitive edge, and sustainability of

the way we store our information and files.

According to Google Cloud Terms (2007), the cloud delivers more flexibility and reliability, increased performance, and increased efficiency. It also improves innovation, allowing organiza-

tions to achieve a faster time to market and incorporate AI and machine learning use cases into their strategies.

To sum up, there are thousands of cloud computing service providers on the internet that keep on innovating the services they offer.



AND HERE ARE THE 5 CLOUD TECHNOLOGY APPS THAT YOU CAN TRY.

ADOBE CREATIVE CLOUD

1 is an application that is made for designers, artists, filmmakers, and other creative professionals. It includes Photoshop (image editing), Illustrator, Dreamweaver, and more.



PAYPAL OR GCASH

2 For business and financial purposes, it is the easiest and simplest online payment mode with the use of a secure internet account. You can shop, interact, and even buy loads and send cash through this application.



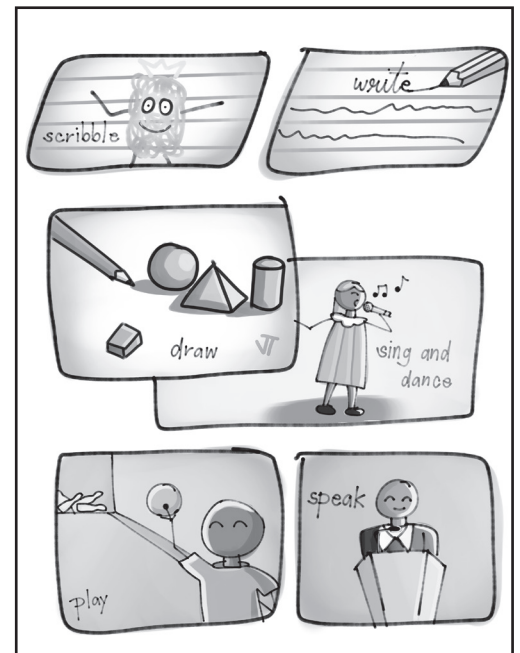
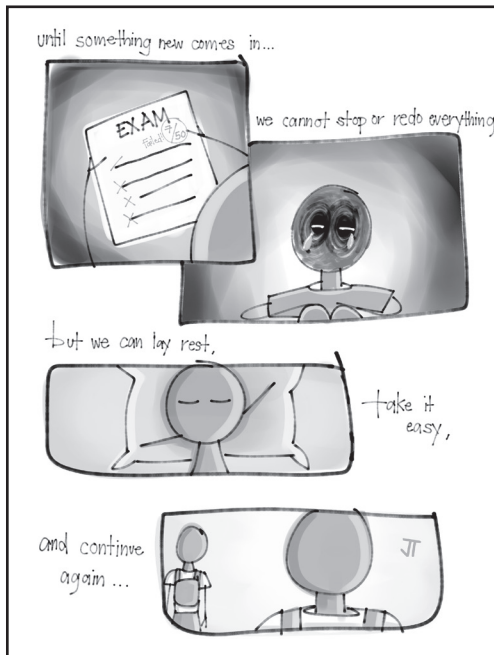
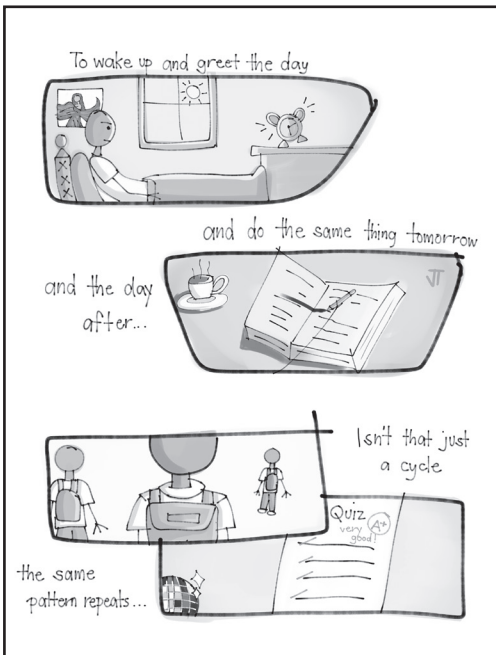
4 LINKEDIN is a social network for students and professionals to find a particular study, conduct research, and stand as a field for experts in a particular area, such as educators, medically related professionals, and more, to share and upload their presentations and educational videos.



3 is a platform that allows you to store images, files, videos, and information securely. You can create and share your work online and access your documents from anywhere. Manage documents, spreadsheets, presentations, surveys, and more.



5 iCloud is a storage platform that helps you keep significant information—like your photos, files, and backups—secure, up-to-date, and available across all your devices. iCloud also makes it easy to share photos, files, notes, and more with friends and family. It is only exclusive for iPhone users or whose devices are under Mac OS.



FROM ON PAGE 16

The Untiring Grand Slam performance of HCC on EZAAM 2023

• JOHN RAVEN A. GUIAO



PHOTOS BY MARIA ANGELA RIVERA

The student-athletes of Holy Cross College proudly marched during the opening program of the EZAAM 2023.

The unbothered players of Holy Cross College once again trembled at the East Zone Academic and Athletic Meet held at a different school from February 6 to 8, 2023.

Over several days, a series of games, including ball games and athletics, were played at different schools as a venue to decide which schools would play for gold, silver, or bronze and win a trophy.

The proud Crucians defended and retained the throne as they nipped the other nine schools: Adelle Grace Montessori School, Inc., Arayat Holy Child Educational Foundation, Inc., Arayat Institute; Blooming Fields Academy Foundation, Inc., St. Aloysius Gonzaga Academy, Inc., St. Peter Paul of Vizal Academy and St. Mary's Angel College of Pampanga.

After an intense match between the different schools, the defending volleyball champions, boys and girls from HCC, continued to bag gold medals and swipe out the other players by giving them surprising spikes, a hard defense, and flaming serves. Meanwhile, the basketball boys had a hard-fought

victory over Blooming Fields Academy, but they took them out onto the court and grabbed the first title of the game. On the other side, the Sepak Takraw players will move to the next level since they don't have opponents from other schools. To make sure that the shuttle is flying and rolling, the badminton team confidently fights with the other schools and wins as the overall champion in the field, taking home two golds, one silver, and one bronze medal.

Aside from ballgames, the Holy Cross College participated in the athletic events and took it to the hole as they gave a meaningful victory and were the overall champion in the field by winning 19 gold, 14 silver, and 3 bronze medals to show how Crucians are eager to win and show honor to the school with a heart, the Holy Cross College.

The Crucian players will take another step as they participate in the next level, which is the Interzonal. This will not be the end of their winnings, but also a challenge for another fight and to bag another medal and crown.



Don't let a hurdle slow you down, jump right over it

• ROMAR MANGUNE

The battle went on despite her falling. The best way to describe Joyce Valenzuela is as a brave, unwavering fighter.



Student-athletes and their coaches are all smile after bagging awards in one of the events in PRISAAM 2023.

Dreams are more than just a memory, and goals are almost lost due to a single mistake, fall, slip, or injury. Agile, fast running and jumping did not beat them, but that was still not enough to win the gold medal.

Like any other player at school, Joyce is one of the most successful. It was a fun experience for her journey, but not easy, and yet she continued the fight to honor her home. Every time she jumps over the test fences, Holy Cross College is proud of her. The never-ending supporter of our champion, Ma'am Juarren Joy Gutierrez, is also there to witness her triumph.

Tired but never giving up, every drop of sweat is a symbol of perseverance, and dedication in practice to further harness her talent. Joyce was truly blessed. Even though she fell, slipped, injured herself, and risked

everything, she still won the victory in the name of our Alma mater.

Crucians are truly dedicated and talented, just like her, and will continue to play hurdles in CLARAA, representing not only the School with a Heart but the whole province of Pampanga.

Joyce's game is progressing, growing, and continuing to build her legacy; double practice, triple dedication—that's how she prepares. It's far away, but the achievement is approaching. As she says, "Think positive always,"

Witness the ongoing Crusade!

HCC-SHS back-to-back Intramurals, hog wild!

• LANCE STEPHEN C. PELAYO

After being hindered for two years due to the pandemic, intramurals—which have customarily been the most sought-after activity of the year among the students—have finally gone back on as the intramurals for the academic year 2022-2023 start. Holy Cross College's senior high school students are off to a passionate start as they greet the fresh and annually conducted school activity.

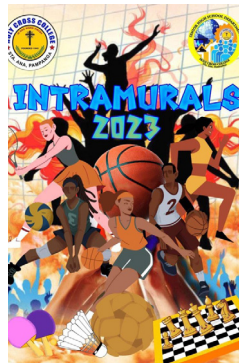
Athletes from the Accounting, Business, and Management (ABM), Humanities and Social Sciences (HUMSS), Science, Technology, Engineering, and Mathematics (STEM), as well as the Technical-Vocational Livelihood (TVL) strands, participate in a range of sports. At Shuttle Pro in San Juan, Sta. Ana, and Pampanga, badminton matches were officially launched. The STEM strand won the competition, claiming first place in a number of the sports'

classifications. Additionally, the STEM strand once again dominated athletics, which took place the day after the pre-events for the 2023 intramurals.

On January 15, the start of this year's intramurals was heralded with raucous mantras, whimsical graphics, and colorful customized jerseys that represented their strand. On the first official day, eight girls and eight boys from each of the four strands battled for the title of Mr. and Ms. Intramurals 2023 while displaying their grace and aesthetic appeal. At the completion of the competition, Christian Justin V. Dizon from TVL Strand was crowned Mr. Intramurals 2023, while Dazel Anne L. Simbulan from HUMSS Strand bagged the title of Ms. Intramurals 2023.

The program continued, with the Zumba Competition serving as the day's last event, keeping the Crucians' interest levels high.

Dancers from different strands showcased their skills and did terrifying and extraordinary feats, which aggravated the audience. Senior high school teachers do their zumba entrance with their respective strands and display some perpetrator routines. To



GRAPHICS BY: LOVELY JOY GUILLERMO DAVID (CARTOONIST)



PHOTOS COURTESY OF HCC OFFICIAL FB PAGE

Crusaders and PRISAAM are both back in action!

• JOHN RAVEN A. GUIAO

After consecutive years of pandemic, Crusaders bring back the name of Holy Cross College in the winners list of the Private Schools Athletic Association (PRISAAM) 2023, that was held at the different gamefields in Pampanga that started last March.

The crusaders made history again by taking 2nd place overall champion in the Pampanga School Division Athletic Meet with the help of their supportive coaches and the Holy Cross Family. One of the gold medal baggers is John Miles Kabigting from the secondary level, who snatched three golds, one silver, and one bronze medal and was considered one of the qualified players for CLARAA. Another one



PHOTOS COURTESY OF HCC OFFICIAL FB PAGE

from the secondary level is Idris Ibrahim Siriban, who acquired one bronze medal after showing an unbelievable performance in the swimming field. On the other side, Cyrus Jerome Magat secured two bronze medals in Freestyle relay, like the other two players mentioned above.

As they say, "girls can also do what boys can do", Mekhaylle Joie Gonzales and Precious Anne Edejer from the secondary level proved this by capturing four silver medals one bronze in the swimming freestyle category. Of course, the level will not be left behind in the fight, and Chyrsler John raised the name of Holy Cross College, where he grabbed one three bronze medals in the same field.

"Give your best punch!" was a phrase that the two taekwondo players from HCC used inside the taekwondo field. The two players, namely, Kryzza Karelle O. Alarcon (Fly Weight Division) and Jamie Nathallie C. Maniago (Poomsae), bagged the championship titles in the Pampanga Schools Division Athletic Meet and defeated different schools. While the badminton players from the secondary level, who also represent the East Zone, obtained the silver medal as they flew high and gave their best smash. However, the girls basketball players kept the ball rolling and made it to 2nd runner-up to show how Holy Cross College, the school with a heart, shaped them to be the best version of themselves.

With this result, the Crucians are now ready to represent not only the East Zone but rather the whole Pampanga Division. Get ready, CLARAA because the Crusaders are on their way to give a mind-blowing performance!



The HCC delegates proudly took pose after bringing home several awards during the PRISAAM 2023.

great applause and chanting in the gym, the STEM strand was named the winner of the Zumba Competition, followed by ABM, HUMSS, and TVL.

The championships for chess and table tennis were held on the dates listed below, and awards were given to the victors. Since the majority of the games are championship games or games that could go either way, students are more fervent in their support of their theories on the final day of in-

tramurals. ABM Girls took first place in the volleyball match, while the HUMSS strand took first place in the men's division. The basketball court was alive with trepidation, though, as the game between HUMSS and STEM is one that is competitive. In the final innings, the Humanities and Social Sciences (HUMSS) Strand prevailed in the game, enabling them to grasp the overall intramural championship.