

Hidden paradise or obvious mistake?

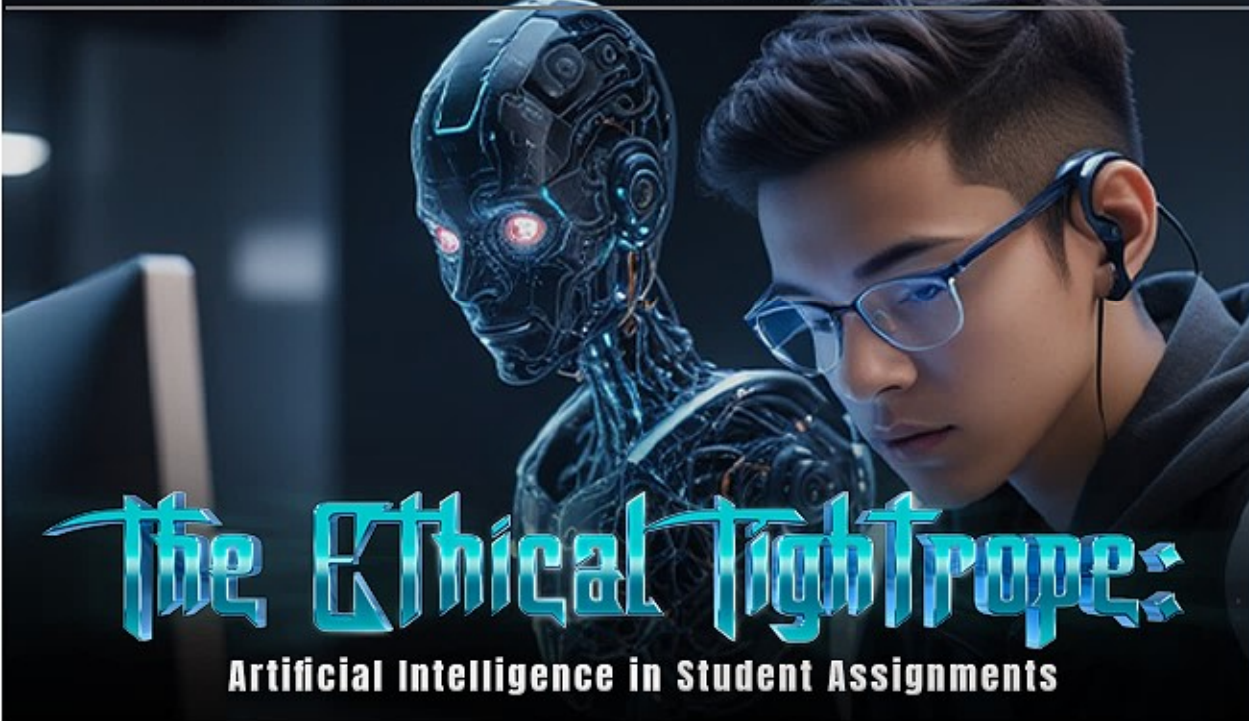
NEWS EDITORIAL OPINION FEATURE LITERARY SPORTS



The Crusader



THE OFFICIAL STUDENT PUBLICATION OF HOLY CROSS COLLEGE - COLLEGE DEPARTMENT



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The Crusader bag awards at the 22nd RHEPC

Trisha Mae G. Manaloto

Four student journalists of The Crusader joined individual competitions at the 22nd Regional Higher Education Press Conference at Palm Cabanas Resort in San Antonio, Arayat, Pampanga, last January 11-13, 2024.



HCC marks above national passing rate in September 2023 LET

Trisha Mae G. Manaloto

Holy Cross College continues to uphold its commitment to delivering quality education as proven by the institution's impressive performance in the recent Licensure Examination for Teachers or LET held in September 2023.

The school achieved exceptional passing rates, significantly surpassing the national averages. For first-time takers of the Bachelor of Science in Elementary Education, HCC secured a remarkable 76.19% passing rate, notably higher than the national passing rate of 47.01%. In the Bachelor of Secondary Education category, HCC also excelled attaining an impressive 82.67% passing rate for first-time takers, surpassing the national passing rate of 56.26%.

Michelle Pelayo, now a licensed teacher, mentioned that all the lessons she learned during her stay at Holy Cross College are worth it. But the journey towards her license is difficult but her

professors motivated and cheered them to continue and achieve their dreams. "There are many times po talaga na sukong-suko na ako at ayaw ko na mag-review. Nakakapagod at ang hirap kasi hindi naman ako ganoon katalinuhan pero talaga kallangan ng determination and effort also consistency sa pag-review," Pelayo said.

"Iyong mga teachers ko are very approachable and friendly... I can always rely on them... Mga pangalawang ina na namin sila dito sa HCC, maraming salamat po sa walang sawang suporta sa aming mga students," she added. HCC's strong performance in the LET stays still as previously, in the

March 2023 LET exam, the institution achieved an 82.35% passing rate for first-time takers in Elementary Education, with an overall passing rate of 66.67% and a national passing rate of 40.76%. The secondary education teachers secured a 75% average for first-time takers, with an overall passing rate of 54.90% and a national passing rate of 46.94%.

These remarkable achievements reflect HCC's unwavering commitment to providing high-quality education and producing exceptional educators equipped to make a positive impact in the field of education.

NATIONAL PASSING RATE

47.01%

Bachelor of Elementary Education

56.26%

Bachelor of Secondary Education



Psych majors achieve a back-to-back win in the regional quiz bee

by Trisha Mae G. Manaloto

HCC Psychology students have once again proven their dominance in the field of psychology, securing a back-to-back 2nd runner-up title in the recently concluded Mind Speak, Sprinkle, and Shine: Reunion of the Giant Brains quiz bee held at the 9th Regional Psychology Convention in Holy Angel University Theater during April 13, 2024.

The team, composed of Cullen Cuaveara, Alysa Celina Galang, John Harold Lising, and Justine Mhyb Catuscan, showcased their exceptional knowledge and critical thinking skills throughout the competition. They faced stiff competition from other top schools in the region but ultimately emerged victorious, defending the title from last year.

"With only days before the competition, my teammates and I tried our best to read all the concepts as much as possible with the guidance of our coaches, Ms. Clara and Ms. Cherm," said

Justine Mhyb Catuscan, a member of the psychology. "As much as possible, we did not just indulge ourselves with reading, and we did not only memorize these varying psychological theories and concepts and concepts, but we kept in mind that one of our application of their knowledge to real-world scenarios. "One moment, we were making ourselves believe that we did our best, and that is enough. It turns into a psychology. "The team's victory reflects the high-quality education provided at Holy Cross College. The school offers a rigorous

psychology curriculum that challenges students to think critically and develop a comprehensive understanding of the field. Moreover, the events theme, "Aklag: Pagtanggap sa Silaholohang Sumasalungat" fostered brilliance and connection to the psychology community as future mental health professionals showcased their talents and skills in the region and fulfilled their role as a source of hope in the helping profession.



The Crusader bag awards at the 22nd RHEPC

Four student Journalists of The Crusader joined individual competitions at the 22nd Regional Higher Education Press Conference at Palms Casino Resort in San Antonio, Aklan, Pangasinan, last January 11-20, 2024.

The opening ceremony on the first day began with featuring acclaimed keynote speakers: Atty. Samuel T. Biron, who spoke to the young journalists as he discussed the events, trends, "AI and Ethical Shaping the Future of Campus Journalism in the Digital Age" and the individual competitions began right after and continued

until the lateafternoon of the second day, followed by the "VAR" night. The first set of awards for individual categories was announced in the evening, while the group and individual category winners were awarded on the last day. The Crusaders took home awards as Fuztez received 30th place in Photojournalism, John David were sent as representatives of the school to participate in the three-day event. The opening ceremony on the first day began with featuring acclaimed keynote speakers: Atty. Samuel T. Biron, who spoke to the young journalists as he discussed the events, trends, "AI and Ethical Shaping the Future of Campus Journalism in the Digital Age" and the individual competitions began right after and continued

Caritas Commitment for the Crucians

by John Michael H. Fuztez

Holy Cross College and the Social Action Center of Pangasinan (SACOP) continue their partnership to provide scholarships to college students in need.

In a significant event marked by a Memorandum of Agreement (MOA) signing, Ms. Elmer Nucum, President of HCC, Dr. Leticia D. Flores, HCC's Vice President for Academic Affairs, the Kenneth D. Aldre, Executive Director of SACOP, and Ms. Rhodora Marie Ocampo, Head of SACOP's Community Building Services Unit, led the initiative.

Notably, individuals present included Deans Marvin O. Mallari, Mark John Pangan, Benjie B. Nolanco, and Community Extension Head, Ms. Aniel Lazañin.

Observing students with certified indigence and outstanding conduct will have access to SACOP scholarships amounting to P9000 per semester until graduation.

Among the beneficiaries is Raith De Guzman, a second-year BS Criminology student, who expressed gratitude for the assistance amid his family's financial struggles. He emphasized the impact the scholarship holds on his future aspirations and extended hopes for more deserving students to benefit from SACOP's support.

Similarly, John Michael Fuztez, a fourth-year BS Development Communication student, voiced appreciation for the continuous support from SACOP since his freshman year. He commended the organization's dedicated commitment to empowering underserved students to achieve academic and entrepreneurial goals through scholarships.

In her remarks, Ms. Aniel Lazañin, the Community Extension Head, emphasized the shared commitment of both parties toward providing quality and affordable education. She conveyed heartfelt gratitude to SACOP for their unwavering support, highlighting the enduring legacy of HCC's core values—CARITAS—Magr. Fernando Capat, esteemed founder of



SASED Team Building Event Fosters Leadership and Unity

by Janet Carol M. Buluan

The School of Arts, Sciences, and Education (SASED) had its team-building event on January 20-21, 2024, at Beillard's Aqua Adventure Resort in San Luis, Pangasinan. Under the guidance of Dr. Leticia D. Flores, the vice-president for academic affairs. Students from BS Education, BS Psychology, and BS Development Communication programs, alongside SASED professors, participated in the event.

Doc. Leticia emphasized the importance of learning how to lead well; work together, communicate effectively, and stay united. The event aimed to help Holy Cross College's future leaders in the SASED Department develop their leadership, listening, and organizational skills.

With about 40 students and 14 teachers participating, everyone was split into four teams: Team Malalam, Team Magaplagak, Team Maribao, and Team Malakol. The game kicked off at 4 p.m. and ended with a heartwarming "We are here" prayer; were offered by Mr. Christian.

Mr. Joshua Aga, President of HCC Psychology Society, was very thankful for the successful SASED event. He highlighted how vital Psychology, Education, and Development Communication are within the SASED family. Mr. Aga was delighted to be part of the SASED Team Building 2024.

January 21, 2024 started with an energetic games session led by Mr. Omer Landayan and Mr. Christian Buluan, aimed at boosting everyone's energy and spirits. The event wrapped up with an awarding ceremony, where Team Malalam led 3rd place, Team Magaplagak got 2nd place, and Team Malakol was the 1st place winner. The overall champion of the SASED Team Building 2024 was Team Malakol, under the leadership of Mrs. Tina Basco.

CSC initiates College Student Pantry

by Kristine Olan

The College Student Council (CSC) organized a student pantry, which started on August 21, 2023, catering to college students who have evening classes to ease hunger as the school canteen is closed during that time. The pantry is available every Monday and Friday from 6:30 to 8:30 in the evening.

"When the Student Pantry started, together with my classmates, we did not need to endure hunger until we got home. Those sandwiches, biscuits, and water are a huge help," a second-year engineering student stated. She added that it is good that the students who get food in the pantry are monitored to minimize abuse and last supply for late classes. The College Student Pantry continued its operation with the in-kind donations of the students.

HCC CSC leads the Month of the Holy Rosary

by Felipe Ephrem A. Buencamino

The College Department of the Holy Cross College usher the event for the Month of the Holy Rosary, the Scriptural Rosary entitled "Mary, Our Mother, Advocate of Peace" last October 2023.

The said event was held at the Chapel of the school that was led by the Committee on Religious Activities of the campus and Brothers Felipe Ephrem Buencamino, Jayson Barrios & Jofel Montoya.

"The true power of praying the rosary is that it immerses the soul in the life, death and resurrection of Jesus, uniting it to Him who purchased for us the benefits of eternal life as well as uniting our hearts to Mary, in her most perfect love." Quoted from the post of Felipe Ephrem Buencamino, a student of SASED Department.

The Scriptural Rosary was organized by the Holy Cross College Supreme Council together with the Committee of the Religious Activity of the campus and Brothers Felipe Ephrem Buencamino, Jayson Barrios & Jofel Montoya.

The School of Arts, Sciences and Education took the lead in starting the procession of the Inveig of the Holy Rosary of the Blessed Virgin Mary last October 16, 2023 through the courtesy of the College Building and it was assisted by the School of Criminal Justice (SCJ) and the image was transferred inside of the chapel that was followed by the Scriptural Rosary.

The School of Criminal Justice accompanied by the School of Engineering, Computer and Library Studies led the Holy Rosary on October 16, 2023. The next day it was led by the School of Business and Accountancy accompanied by the School of Hospitality and Management.

The event was concluded by the officers of the College Supreme Council, alongside Mr. Felipe Ephrem Buencamino with the tradition of burning of prayer intentions and singing of different Marian songs.



Crucians feel God's presence through Stations of the Cross

by Felipe Ephrem A. Buencamino

The College Department of the Holy Cross College together with the Committee on Religious Activities joins the Stations of the Cross during Lent Season.

The Committee on Religious Activity started the Stations of the Cross on the first Friday of the Lent, the said event was started on the 16th day of February 2024 and it was led by the Integrated Basic Education or IBED and it was celebrated inside of the campus.

It was on March 15 that the Stations of the Cross started with the veneration of the Relic of the True Cross of Jesus Christ. The opening prayer was led by Sr. Christian Buluan, together with the guidance and help of Mr. Felipe Ephrem Buencamino and Mr. Jayson Barrios; the event went solemnly as they prayed at the Stations of the Cross.

The procession began after the opening prayer. The SASED, SCJ, and SECLs are in charge of the Stations of the Cross. On March 22, the in-charge schools are the SHM and SBA. Lastly, the College Department was in charge on March 29, 2024.

The Stations of the Cross are scattered accordingly inside of the campus, the venerated cross of the Holy Cross College was used in the said event together with the Knights of the Blessed Sacrament. It was March 15, 22, and 29 that the College Department led the Stations of the Cross.

College students joined and participated at the Stations of the Cross despite conflict and hectic schedules they are spiritually enriched by the said event.

By praying, reading the scriptures and singing the songs of the Stations of the Cross, the students participated in the passion and death, allowing themselves to be one with Him.

The Teacher's Perspective

Artificial Intelligence in Student Assignments

In the digital age, students have access to a plethora of tools that can aid them in their academic pursuits. Among these, artificial intelligence (AI) has emerged as a powerful ally, promising to streamline processes and enhance learning outcomes. However, the increasing use of AI in student assignments raises important ethical questions that must be addressed.

On one hand, AI offers undeniable benefits. It can assist students in conducting research, generating ideas, and even proofreading their work. Platforms utilizing AI can provide personalized feedback, identify areas for improvement, and help students learn from their mistakes. In essence, AI has the potential to level the playing field, providing support to students who may face various challenges in their academic journey.

Yet, the use of AI in assignments also presents significant ethical dilemmas that must be addressed. The foremost is the issue of academic integrity. While AI tools can aid in research and writing, there is a fine

line between using them as learning aids and relying on them to complete assignments. When students lean too heavily on AI, they risk compromising their own critical thinking skills and creativity.

Furthermore, submitting work that is largely the product of AI raises questions about the authenticity of academic achievements and the value of education itself.

Moreover, there is the concern of equity. Not all students have equal access to AI tools or the training necessary to use them effectively. Those from disadvantaged backgrounds may be at a disadvantage if AI becomes a standard part of the academic process. This exacerbates existing inequalities in education, creating a divide between those who have access to advanced technology and those who do not.

Another significant issue is the potential for misuse and abuse of AI tools. As with any technology, AI can be exploited for nefarious purposes, such as plagiarism or gaming the grading system. Educators must remain vigilant and

implement strategies to detect and deter such behavior, ensuring that academic standards are upheld.

To navigate these challenges, a balanced approach is necessary. Educators should embrace AI as a tool to support learning rather than

replace it. Students should be taught how to use AI responsibly, emphasizing the importance of independent thinking and originality. Additionally, there should be transparent guidelines regarding the use of AI in assignments, with clear distinctions between acceptable and unacceptable practices.

Furthermore, efforts should be made to ensure equitable access to AI tools and training for all students. Schools and institutions should provide resources and support to bridge the digital divide and empower students to harness the potential of AI in their academic pursuits.

Ultimately, the responsible use of AI in student assignments can be considered a collective effort among educators, students, and policymakers. By fostering a culture of academic integrity, promoting

equity, and embracing technology as a supplement to learning rather than a substitute for it, we can harness the benefits of AI while safeguarding the principles of education and intellectual integrity.

The authenticity of someone's knowledge and own work should not be compromised by the use of AI; rather, it should serve as a tool that will help us accomplish tasks effectively, but something that will deter our true capability. We stand for safeguarding and fostering Technology through the use of Artificial Intelligence in Education as long as we will know their limitations and boundaries.

John Michael Fuertes

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Becoming a student: A Working Student's Perspective

8%

OF COLLEGE POPULATION ARE WORKING STUDENT

It requires bravery to balance different tasks simultaneously, and not everyone possesses the skill of multitasking. Some opt for this path, but for the majority, the only mode of employment is not available. In fact, based on data from the Commission on Higher Education (CHED) last 2022, approximately 316,000 students in the Philippines engage in employment while pursuing their studies. This accounts for 8% of the total college population.

Janeh Carrol M. Buluan

Financial difficulties frequently lead Filipino students to begin working at a young age. Consequently, many must find themselves balancing both employment and studies. This can be challenging as they must effectively manage their time between attending classes and fulfilling work responsibilities.

Despite these obstacles, they persist in attending classes and completing assignments, even in the face of demanding academic requirements such as homework and exams.

As some people choose this path because their parents don't have enough money to pay for their education, for most, they have to rely on themselves, so they work extra hard. Some are lucky enough to have part-time jobs to learn how to be independent and not depend on their parents.

Fortunately, my situation differs. Yes, I am among the 8% of students who are also a part-timer. I began working in October 2021 as the pandemic being confined at home for several months led to a high school learning. I made the decision to become a customer service staff at a shop here in Sta. Ana, Pampanga. It is not because my parents requested it, nor is it due to financial constraints on their part, but rather because I believe I need to experience.

During the pandemic, I felt a strong desire for social interaction. You haven't said, I am an extrovert. Additionally, I felt that I wasn't gaining much knowledge during online classes. Through the part-time job I took on, I learned to be patient and became more alert because the shop I worked in had many customers. I also learned how to get along with others, applying the work ethics that I studied during my second year of college. I discovered

that I am a quick learner and capable of multitasking. What I liked most was that my knowledge of computer programming, which is in high demand by companies nowadays when you apply - being computer literate.

To be honest, when you become a working student, you gain more than just money; you acquire valuable experience that you sometimes fail to recognize. For those working in fast food chains, they can develop organizational skills, flexibility, and empathy. On the other hand, students who try to call center jobs can enhance their communication skills, understand the importance of tone of voice, and even learn about budgeting, considering the substantial salaries in this field.

Some have set aside their pride and worked as construction workers just to be able to pursue their studies - surely, they have learned real skills that they can apply at home, which are often not

taught unless aligned with your course. There are even those who became sales ladies, aside from getting used to standing and improving your posture, you'll gain experience in persuading consumers. Who knows, because you've gotten used to talking to customers, someday you might become the CEO of your own product.

Being a working student has been a profound journey, offering me invaluable lessons, experiences, and the opportunity to apply my academic learnings in real life. It's not shameful to be part of that 8%, so always remember, never let your pride hinder you from reaching your dreams. Sometimes, the path to success requires us to bow down before we can rise.

John Michael Fuertes



"Piercing" na Sabagal sa Pag-aaral?

Sa paaralan, hindi lang dapat mag-aral, kabilan ang piercing o tiniturulan ang mga bata o estudyante ng mga sipayan, agham at mga subalit-keape ako ay papeksil ng gite asignatura na magbabigay ng ng aming paaralan ay si itatipin na ako kaalaman sa kanila. Tiniturulan ang mga gwaryid o banyo para din sila ng mga matal at paano kumpisapakan at kunin ang mga umasa ng tama lalong-lano sa ay palamuti na nakalagay sa akong tiniturulan ng sila lung dalawang terna na dapat hindi papano magdesiyon sa kanilang nam.

Haninawala ako na hindi sarili ng walang nitatapakan tao tulad na lamang ng pagkakaaralan ng hikaw sa terna o "piercing" ng paaralan. Una sa kabilang hindi naman ito sabagal o nakakahadang sa aming pagkatuto, nakalahadang dabilan ay hindi ito pumapatak sa kanilang estuwidyo lung paano itatago ang kanilang "piercing" o para hindi masta at maluku "ng mga gwaryid, nakakaaralan ito sa mga estudyante na dapat pagpapali palang ang kanilang lipin baguig dagdag pa ito sa kanilang ora.

"Piercing" Sabagal nga ba ito sa pagpapali o ita lang itong tita? pag-saral ang dapat ayusin at gigaling din para ang kinababayan palamuti na walang kinalamian at ambag sa pagpapali ng mga estudyante na dapat hinahangyan ng mga bata sa kanilang gusto ng may limitasyon at walang Unatapakan mga.

Ila ako sa mga palatuyo at nakaranan-nyan sa tawing ako ay pumapasok ng akong

ng paaralan. Una sa kabilang hindi naman ito sabagal o nakakahadang sa aming pagkatuto, nakalahadang dabilan ay hindi ito pumapatak sa kanilang estuwidyo lung paano itatago ang kanilang "piercing" o para hindi masta at maluku "ng mga gwaryid, nakakaaralan ito sa mga estudyante na dapat pagpapali palang ang kanilang lipin baguig dagdag pa ito sa kanilang ora.

Katiling na Hiwag lamang to kung tutuutan para bigyang panin, pag-saral ang dapat ayusin at gigaling din para ang kinababayan palamuti na walang kinalamian at ambag sa pagpapali ng mga estudyante na dapat hinahangyan ng mga bata sa kanilang gusto ng may limitasyon at walang Unatapakan mga.

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“Three Toon’s Nightmare”

Many Filipino netizens were left in shock and anger with the recent news about the closure of the Chocolate Hills, specifically resorts, established on the very sacred sites of the Chocolate Hills. Hailed by United Nations as the first global geosite in the Philippines, the Chocolate Hills of Bohol are the only natural limestone formation



Camilla Mae Miranda

There is nothing sweet about finding out that your favorite chocolate treat is being taken away from you. It's not just the taste and the look, but the whole experience of having those huge teeth bites — a chocolate thief left, by the way, of the obvious warning that it was not for them but for you and you're your own selfish reasons. This is the case for other things that may be your favorite cake, ice cream, pie, or... the Chocolate Hills?

proactive in the preservation and protection of natural heritage and treasures like “Chocolate Hills.”

“For tourism,” some netizens say as they defend the right to operate of these resorts. However, as per the statement issued by the Department of Tourism (DOT) about the issue, the resort in the viral video did not receive any accreditation from the agency. To preserve and protect these ecological

treasures, tourism should come in second place and not leading to issues like environmental exploitation. If aestheticism and tourism are out at the top of the list, the conservation of environmental gems like Bohol’s Chocolate Hills is compromised. “Maraming nabibigyan ng tabaho diyari,” a netizen shared on the Facebook timeline as some defend the “tourism” argument of the built commercial structures in the hills. However, weighing the benefits and downsides of such argument regarding the

booming eco-tourism employment, the disadvantages are much heavier in value, with various risks and hazards posed

for the people, as well as the heritage per se.

The festival naman din na nakatayo ‘yan. Di’g raging issue ngayan?,” another random comment on Facebook under the post criticizing the said resorts. Well, this point merely worsens the fear of those who took part in the establishment of these resorts and environmental-degrading decisions of building establishments there.

As a stakeholder, I have already caused a dent in the conservation and protection of a Filipino ecological treasure. And just like the comment of the netizen, I have no doubt that because with the awareness that the viral video spread unoriginally on Facebook and Philippine government officials and Filipinos in general, are made to see the atrocity that corrupt officials and greedy business owners cause even in the most sacred and beautiful heritage of the country.

Like a core truth, these commercial establishments sicken out, ruining the natural beauty of the place. And now that this “dent” to the natural heritage rose

CAPTAIN’S PEAK RESORT

Mending Minds, Healing Souls: Self-Care Tips for Mental Health Wellness

✦ Trisha Mae G. Manaloto

As college students who experience many stressors, you are prone to experiencing mental health issues, and it can be challenging to concentrate and boost your energy as you groove in the journey of academic life. It is important to practice self-care, which can help you adapt, build robust support systems, and face setbacks.

Our mental health is also essential in the same way as we care for our physical health, but knowing where to start when caring for our mental well-being can be challenging.

1. Prioritize self-care.

Self-care is not selfish; it is vital for both our mental and physical wellness. It is crucial to ensure enough sleep, eat nutritious foods, and exercise regularly to have a sound mind and body.



5. Do your hobbies.

When things get too much, taking a break and doing the things you love is okay. This will make you feel more motivated and energized to face the things that you do.



2. Meditation.

Practicing mindfulness in times of great distress will help you calm down and focus on something that will help you relax your thoughts and body.



6. Talk to someone you trust.

If you are struggling with your mental health, talk to someone you trust about what you are going through. Talking about your feelings can help you process your thoughts and make sense of it.



7. Do not compare yourself to others.

Everyone’s journey is different, so do not compare your progress to anyone else. Focus on your journey and celebrate your victories.



3. Journal writing.

Writing your negative thoughts and feelings can help you feel relieved since the negative energy in your body is being eliminated.



4. Do nature therapy.

Being in the same space sometimes contributes to your unproductive state and lack of energy. Going outside your usual place and exposing yourself to nature can help you feel at ease and be relaxed, as your view is new and calm.



8. Seek professional help if you need it.

If you are struggling with your mental health and self-care is not enough, do not hesitate to ask for advice from a professional. Getting help from a therapist can help you sort out your problems and develop healthy coping mechanisms to help you manage them.



Taking care of our mental health is an ongoing journey, but it is worth it. By following these tips, you can live a happier and healthier life with good mental well-being. Once you master and keep all these tips in mind, you will have a guaranteed sound mind.

Let Campus Journalism Flourish on Sacred Ground

Amidst the sprawling academic fields and bustling student life, campus journalism has emerged as a vibrant and indispensable force, empowering students to investigate, inform, and engage within the community. Driven by a passion for truth and a desire to make a difference, student journalists are stepping up to fill the void left by declining traditional media outlets. Armed with laptops, smartphones, and a relentless pursuit of facts, we shed light on issues that go beyond the headlines and uncover stories that resonate.

With all the things that campus journalists do, it is clear that we serve a huge purpose in the community. United by our passion, we shall never be deterred to deliver the truth. But how can our passion live if those around us do not appreciate our efforts? How can we fulfill our mission without fear of suppressing the truth to the public?

In recent years, we have come under increasing pressure from administrators who want to control the message on campus and try to censor by not letting us write. This seriously threatens campus press freedom, as student journalists have the right to report on important issues with the fear of censorship or retaliation.

We were also given minimal support as our function was minimized due to limited means and insufficient resources available to aid our duties. We make way and only utilize all the materials we have just to deliver quality output, but our stress and struggle should not go unnoticed.

This is why the institution should provide us with the resources on the school paper publication so that more students would be engaged and encouraged to enhance their skills. By providing a room where we can produce our work and complete materials will be offered, our

work will be done better. By putting focus on the school publication, our efforts will be noticed. We should also get recognized at all times, not only in our own school but also in other events.

Moreover, campus journalism offers students invaluable opportunities, personal and professional growth. As the demand for credible and accessible information grows, campus journalism is essential to both professional and academic success. By embracing our role as campus journalists is far greater than the awards or recognition we receive in every competition we triumph.

By empowering campus journalism, we report on issues that matter most, campus newspapers and digital platforms that keep students informed, engaged, and socially responsible.

As someone raised in a household where faith is the core of our non-Catholic faith tradition, the idea of attending a Catholic school seemed unfamiliar and strange at first. However, when I decided to attend Holy Cross College, I realized that I would be one of the few non-Catholic students but after four years as a student here, I've come to truly appreciate my school experience.

Every first Friday of the month, the students will come together in solidarity for the mass, one of the most sacred Catholic rites. This is an opportunity for us to respect, remain in the hallway, but can't help

✦ Rose Angela H. David
“Will you be in there? You'll be in there, and you'll be better.”

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✦ Trisha Mae G. Manaloto
“Behind accolades, the legacy of a journalist shall prevail.”

Jolly Barcy:

The Bare Minimum Exceeder

✦ Jhon Carlo Fuentez

Along the hallways of school premises is a bright and jolly person ready to make your day...

Basilia Sarmon, better known as "Ate Barcy" has been a utility worker at Holy Cross College for almost a decade already, serving the Cruson community. Even though she works for 10 hours a day, she is praised for being approachable, funny, and friendly to students and school personnel.

Her work starts at 5:00 in the morning and ends at 4:00 in the afternoon. There are also instances when she needs to work overtime. Despite the long, tiring day she spends inside the school, she manages to be friendly to every student she meets in the hallways. She is frequently seen laughing and joking with the students, which makes her job simpler and more enjoyable to do.

But behind those laughs and joys, it is evident that her job is also challenging. In an interview, she said that "the hardest part of my job is to clean the restroom in the Senior High School (SHS) building and to carry a lot of chairs from the ground floor up to the third floor whenever there are events in the school," yet her dedication prevailed.

Ate Barcy is just one among the utility personnel of HCC, and the way she narrates her story reflects her life and her coworkers. "Even though the job is hard and tiring, I still choose to smile and be jolly to the students and other people around the school so that my work will be bearable and easy. I am also glad to make the students happy every day," she added.

Even if she is having a hard time making ends meet, she still wants to continue working and serve HCC in the long run. It is because the students and the school are both engaged in her heart. She wants to continue the service she started for the school which she considers her 2nd home.

"... The duty is not yours to try and run the world."

If I were the character that Peter and Pezzy Sieger were talking about in this song, I am sure that I would have listed all the successful women I could think of to make him take his work back and regret them. But the thing is, this song was written decades before I was born and so many years before these successful women I am talking about got the recognition that they deserved.

So cruel, isn't it? They took so much from the brilliant minds, thinking they were "nothing but heart."

But, are they? So much like the character in the song, Augusta Ada Byron or Ada Lovelace, as known today, wanted to be an engineer. So different from the reputation she had back then. She is now well respected in the field of Science and Mathematics. But what did she do? "What can a daughter of a rebellious and well-known Lord Byron could even do?"

the people during those days might have surely asked.

She was nice, she was young, she was restricted by her mother and the society from doing the things she believed that she just "needed to learn how to be a lady." This is the exact reason why she disapproved of Babbage's thought of her writing scientific papers.

Growing up, she got fond of Mathematics, as it has become her way of living. In her life, even when she was already a courtesan or an artistocrat, it kept on crossing her mind.

When she was a teen, she met Charles Babbage, the father of the computer and the inventor of the difference engine. His work was not that well-supported when they met, but Ada has surely shown her full interest in it. Soon, they became friends, even when Ada married her husband, Lord King (William Eight Baron King).

These two men in her life have supported her passion, but society has never failed to remind her that she is a lady and that she is an embarrassment for doing things like that. As it was written in the song, "they believed that she just 'needed to learn how to be a lady.'" This is the exact reason why she disapproved of Babbage's thought of her writing scientific papers.

"You got one fault, you are a woman, not worth the equal pay," was the line that the society has given her, in exchange for the work that she had put out. The Royal Society, which her husband was a part of, she denied her place to use its resources, and the reason is that she was a lady. Despite all of this, despite the people only associating her with his father's scandals, or despite her not being recognized, she went on in her life, leaving one of the most notable in history.

Ada Lovelace translated the book of Luigi Menabrea, she was not just a mere contributor as others claim. She introduced the Hota G to the world, the first computer program ever written. She also was a part of the brains behind Charles Babbage's

Analytical Engine. She created so many things in the field of Mathematics and Science which were not credited to her name just because she was a woman.

"I've been a sucker since I was baby, as a daughter, as a wife, a mother, and a dear." She died, thinking that all that people would remember about her is her gambling problems, thus she "got" from her father, or that she was a friend of Charles Babbage, and she was a wife to Lord King. But she was not all that. She was a great mathematician, theoretician, and writer; she even wrote a book all about flying which is known now as "Fology," she was a notable woman.

Charles Babbage and Ada Lovelace were friends. Lord Byron was her father, but that

does not make them the same person. Ada Lovelace and William Eight Baron King were each other's spouses. Her name should never be under anyone's name, nor she be called just someone's someone. She was a woman if society thinks that a lady should not be an engineer. No one is deserving of that. She had a dream and her passion drove her towards it.

So if you would ask me what woman could do, a day would not be enough, not even a single paper, or an article. Because a woman is a woman, and she is more than what society expects her to be.

Additional Info: She wondered if she could use mathematical formulas for card games like Solitaire. Babbage encouraged her to publish a paper but she hesitated because society disapproved of women writing scientific papers; later on, she translated a book written by an Italian author named Luigi Menabrea. Her translation was 3 times longer than the original book, because of her notes.

Note: C. The first computer program ever written. She believed that the difference engine could not only be used in mathematical formulas but also in Music.

"My Cross College taught me to use my heart and put my heart [in what I do] so that I can strengthen the core values within my community, and that molded me to be not just a person [but] rather it molded me to be a person with a heart." Lysa Nicolas Buzanlo, the newly crowned Miss HCC 2023, said in her winning speech.

Despite being a fan of pageantry who loves seeing empowered women represent beauty and brains, Lysa never envied herself as a contender, "to be honest, I didn't expect to be the representative of SISA because I don't have any experience in pageantry or event modeling," but as she stepped out of her comfort zone, right before winning the title, she put in a lot of preparation, effort, and dedication to represent the School of Business and Accountancy.

Lysa has faced countless challenges and periods of self-doubt on her journey to victory. But that was not enough to let her down, she just thanks to her strong will and the unwavering support of her mentors and friends. She then noted that, "every challenge I faced [I] only made me more determined to succeed."

Among the first people who believed and saw the potential in her was their Business Administration Program Chair, Ms. Christine J. Concepcion, along with the SBA.



Empowering Hearts:

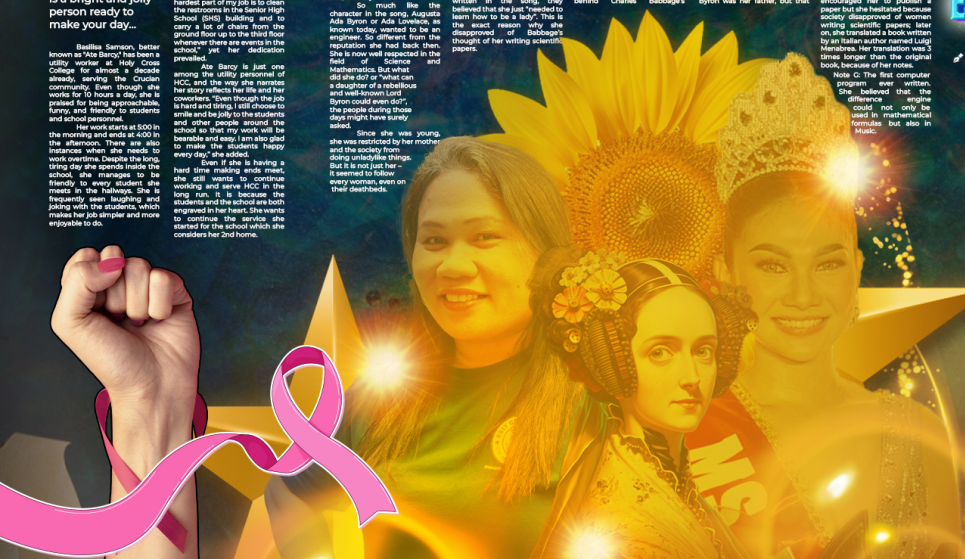
The Journey of Miss HCC 2023

✦ Janeh Carol M. Bulanon

Family who supported her. As the crowning got closer, there was a lot of excitement in the air, and everyone was so eager to see what would happen next. The moment the new title holder was announced, screams were evident as Lysa took home the crown – now ready to take the new opportunities and responsibilities on her way. "Being chosen as Miss HCC was a great honor. I knew it meant the start of something new," she expressed. With a heart full of gratitude and happiness, Lysa looked forward to the journey ahead, knowing she would make the most of every moment as Miss HCC.

As she moves forward, Lysa remains devoted to her goal of empowerment and community involvement. She envisions a community in which everyone may thrive and make a significant impact. "My journey as Miss HCC is a testament to the power of perseverance and determination. I hope to inspire others to try the things they think they can't do," she concludes.

Lysa's story exemplifies how being determined and resilient can bring hope to future generations. As she continues her journey, she will carry with her the transformative power of tenacity and the significance of believing in oneself.



78th Founding Anniversary:

A Legacy after Uncertainty

Mark Anthony David

The Crucian community's most anticipated event of the year is to celebrate the school's 78th anniversary. On Saturday, November 25, 2023, a historic and joyous celebration of the school's founding began. The Color Run fun run marked the start of the celebration filled with colors to symbolize the school's vision in pursuing its core values of *Fides, Caritas, and Libertas*.

Students from different departments arrived before the color fun run and stayed overnight to ensure everything was set for the celebration's opening ceremony. It was exciting, just as they say, "It is a happy paper to have been allowed to be a part of the Crucian's significant celebration. Volunteers worked and contributed their time and effort to guarantee the success of our school's distinct event."

The mass held at the school to commemorate the 78th anniversary of the school's founding was attended by significant individuals who were invited to the school for long-term alumni support. Alumni priests, board members, teachers, and students. It was a rain-blessings that day, not only

because of the Bible readings, but also because of the testimony of faith, kindness, and liberty fostered by the school's professors, students, and other community members.

Following the event for the core value of faith, students gave exceptional performances in the morning during the Crucian through Battle of the Bands, DDO Booth Demonstration, Crucian Fun Festival, and E-Sports Fest. They proved that they are multi-talented and academic achievers. They have shown that they're capable of accomplishing more than what others expect. Indeed, each Crucian is more than just a student, he or she is someone to cherish.

Wrapping up the celebration is a night of beauty and wit. It was the search for Mr. and Ms. Holy Cross College where everyone went to win the title. The coronation was seen by the participants. They were all excited to see who was worthy of the title Mr. and Ms. HCC 2023.

Instead, the School with a heart is a place for people who are confident in the school's long-term success. Alumni priests, board members, teachers, and students. It was a rain-blessings that day, not only

College Kaleidoscope

Rose Angela David

Four years, sometimes even five – it depends on the major you're in. May we have finished this stage yet that here is a beautiful mixture of emotions, experiences, and dreams, but is that the case?

College is the beginning of one's independence from life. The time when we once used to be accompanied by our parents has now turned into our own responsibility and solely on us – the thrill of being independent, paying bills, and making decisions. It's a mix of excitement, growth and maturity are there, but it's still going to face challenges and difficulties.

But what is in college that seems to excite students who are heading here? One of the anticipated aspects of college is the new world of knowledge. It is not the same as elementary and high school where the same things are taught over and over again to inculcate the basic knowledge of students' needs and academics. In college, what you have previously learned will just be the basis to gain more knowledge or clarity on the course you took. Concepts and assignments and textbooks are not just enough. The knowledge you learn should already be applied, and everyone should strive to make a good grade.

Here, you will learn not just the theories and concepts from books, but also the important skills in critical thinking, application of knowledge, and the never-ending analysis of your course. It is not the

same as before where you could slack off when you got bored in a class. It is not the same as before when you could slack off when you were bored in a class. It is not the same as before when you could slack off when you were bored in a class. It is not the same as before when you could slack off when you were bored in a class.

College life is also full of new experiences, and it's not just about the classes. There are also unique hobbies. The feeling of fatigue from the long hours of studying is common, but this also becomes an opportunity to manage our time and focus on priorities.

College is a happy stage in our life. This is where we meet friends who become our support system and our source of joy. In university – people who bring joy to our lives, who share with us difficult days, and people whom we share long-lasting memories with.

Kaleidoscope that creates constant change. Our journey is not just about the grades, but also about the student's view, feelings, and experiences. It's about personal growth as they go on the journey of self-discovery and exploring their own strengths, mistakes, and failures combined with opportunities for success. Triumph, and self-knowledge. Hence, it is an individual journey that shapes one's identity and shape a future under the unspoken promise of what is about to come.

"The Tertiary Plight"

Carmela Dawn C. Miranda

"Ladies and gentlemen, welcome onboard flight 788, with service from HCC, to your dreams and life!"

I heard the flight announcement. Immediately got my things ready. Finally! It's the first step to a wonderful course towards my dreams. Like what my life and those always say, most especially my mama and papa, my college course is my stepping stone to reach my goals to success in life.

"Hugay lang masasasa, banta atin kang malugaw obsa" (Study well so you'll have a great job in the future), is how their reminders always went. And I took them to heart, which explains my excitement about boarding the flight. But, honestly as I talk about it now and as the plane shakes as we

fly above by the nerves just started to kick in. "This will not be that smooth," said the voice recording me – the passenger on my left as she looked over the window of our aircraft. It was a young professional in work clothes with eyes reflecting tears in the real world you are in. And he looked in my wallet, I realized I was quite hungry.

"The plight of a tertiary flight – your money savings will be used up, and you're broke again. I found it so bizarre and tried to ignore her (which I thought I would be able to do because my hungry stomach's growling and the rhythm that could hear). Except that that could not. With her voice so firm, I almost forgot and not sleeping. And as the lady continued...

"You should know dear, that this course towards your dreams will run you dry for a while, you will have to face this course when money for you becomes scarce. You will find it hard to sleep in the allowance for lunch, snacks, and stuff related to your hobby. DDO photo cards, you will need

money for bigger things like your accommodation, tuition fee, transportation, food allowance, research fees, and a whole lot more."

The turbulence, again, shook the plane snapping me back to where I am now. I glugged my hunger and was still in shock, widened out and quite shaken by the small talk with my seatmate. A few hours have passed by, and my course is still ongoing. I have to admit, I'm now feeling quite unsure about this journey (probably because I was lost in thinking about what my seatmate had shared earlier). So, I decided to just scroll through my socials, trying to find something that would bring back my mood in the long flight. When I came across a news article, "College students rally for Free Education amidst State Universities' Budget Shortage" popped up on the screen. I was about to click the link when a voice called my name, "You are supposed to be performing your future job. And many crumble to shambles because of not being able to cope with the reality and the pressure, like her,"

pointing out the light outside the door. I hoped she can handle it well and create a better future for herself. With roared eyes, she continued, "It is in college where you will find much bigger than those petty friendship dramas and other problems of your elementary and high school days. As this journey continues, you will be opened to many complex challenges that you have to overcome, because you are an adult now – an adult responsible for your actions and your future. An adult whose eyes will be opened to realities of the world around you and that life is hard. It is cruel to people, especially to those who work hard, work minds, and most importantly, to those who cannot afford and not sleeping. And as the college degree..."

"Why are you saying all of these things to me?" I finally blurted out. I hoped she can handle it well and create a better future for herself. With roared eyes, she continued, "It is in college where you will find much bigger than those petty friendship dramas and other problems of your elementary and high school days. As this journey continues, you will be opened to many complex challenges that you have to overcome, because you are an adult now – an adult responsible for your actions and your future. An adult whose eyes will be opened to realities of the world around you and that life is hard. It is cruel to people, especially to those who work hard, work minds, and most importantly, to those who cannot afford and not sleeping. And as the college degree..."

"Ladies and gentlemen, this is your captain speaking. We have a slight turbulence as we inform you that our flight will take longer than expected due to unforeseen challenges. We rely on your seat as we work to ensure a smooth journey. Thank you for flying with us."

While rubbing my eyes, I searched the source of the noise. There, I saw a senior scolding a seemingly newbie flight attendant.

Another head and a voice accompanied me as I looked over the scene – "The plight 3 of a tertiary flight: college is when pressure to do well becomes a top priority."

Before I could open my mouth and let the lady off by getting on with her talk, "Listen well dear, this is the last flight."

She proceeded when she heard no reply. "In this flight towards your dreams – in your college course – you will be under a lot of pressure to succeed in your studies. Your training and performance in college are essential to your preparedness on the screen. I will perform now in college, dear."

As she said, you can perform your future job. And many crumble to shambles because of not being able to cope with the reality and the pressure, like her,"

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KAPAMPANGAN CULTURE: A Rich Tapestry of Tradition and Modernity

The Kapampangan people are an ethnolinguistic group native to the province of Pampanga in the Philippines. Their culture is a vibrant blend of indigenous traditions and Spanish influences. One of the most distinctive aspects of Kapampangan culture is its language, Kapampangan. It is an Austronesian language closely related to Tagalog and Ilokano. Kapampangan is spoken by over two million people in Pampanga and neighboring provinces.

One distinct characteristic of Kapampangans is their religiosity. Their faith is evident in terms of traditions. It is being shown in their devotion and the way they give importance in terms of portrayal like during Holy Week – the mandamane – and the importance of genuine prayer. Kapampangans are known for their love of food. Their cuisine is characterized by its use of fresh ingredients and bold flavors. Some of the most popular Kapampangan dishes include *isid*, *betute*, and *kare-kare*.

Kapampangan culture is also rich in music and dance. The province is home to several award-winning folk dance groups, such as the *Maglalatik* and the *Pantomim*. Kapampangan music is often lively and upbeat, with influences from both Spanish and indigenous traditions.

In recent years, Kapampangan culture has undergone significant change. The influx

of new technologies and the growing influence of global media have led to some changes in traditional practices. However, many Kapampangans are working to preserve their cultural heritage. One of the most important ways to preserve Kapampangan culture is through education. The University of the Philippines Pampanga offers a degree program in Kapampangan Studies. The program teaches students about the history, language, and culture of the Kapampangan people.

Another way to preserve Kapampangan culture is through the arts. Kapampangan artists are creating new works that reflect the unique identity of their people. These works are being exhibited in museums and galleries around the world. Kapampangan culture is a rich and vibrant tapestry of tradition and modernity. The people of Pampanga are proud of their heritage and are working to preserve it for future generations.

Trisha Mae G. Manaloto



"Ang Pinakamatabang Lupa"

Carmina Dawn C. Miranda

Ang isang tanim na ang pagyabong, Maitalang pag-abong na isang malaking tanong Isang katak-takang misteryong kumutab, Sa marikit na pagbabago ng isang binhi.

Mula sa bubwit na buto, Ang halamang yamabong At naging mala-higangang puno "Paano nangyari ito?", nakakarami'y siyang tanong

Ita bay dahil sa malit na sikat Ni Haring Arak, Na bumabalad sa tamim ng sapat, Sa pagdadig ng araw-araw?

"Hindi", ang siyang naging tugon Ng tagapangalaga ng halaman, May madagat at matigilad na mga dahon, Nagtitiib silong at kanlungan.

Ita bay dahil sa dalisay na tubig, Na sa uhaw ng tamim ay pumapawt, Araw-araw na pagdig, Nagtitiib-yugong, sa init ay buwawaw?

Realization

Bernie Pator

Every morning, the sun shines, As a sign of hope to be fine, So toast the day in a cheerful way, To feel at ease at the end of the day.

In a life that is full of the unexpected, Don't get easily affected, As long as you are doing great, No one has the right to hate.

To be free on your own, Could you not listen to the words they throw? Believe in your ability, Let them taste their toxicity.

All of this has already been said before, It makes me want to achieve more, It is a challenge for me to reach, This goal is the thing I want to teach.

More than friends

Rosevel A. Divilal

Eyes know, handshakes are shared, Love flourishes, and no judgment is affected, The path less traveled, doubt defied, Genuine love, an unknown cosmos inside.

Oddest faced, love stands tall, No boundaries, societal threat, Entwined hearts, resilient call, Breaking free, breaking the wall.

Love shines bright, a beacon in the dark, Guiding through the darkest, towards the spark,

Together, robust and powerful sight, Enduring love, forever in flight.

Source of hope

Melanie B. Yorzon

In the vast sky, a colorful sight appears, A rainbow, painted with vibrant hues so clear, A symbol of hope, it whippers in the air, With each color merging, a promise it shares.

With these colors combined, a spectacle so grand, The rainbow reveals hope, stretching far across the land, It tells us that even in the darkest stormy night, There's always a glimmer, a ray of hope in sight.

So, let the rainbow be a symbol in your heart, Of hope and resilience, a fresh new start, For when life seems bleak, remember the rainbow above, A sign of hope and promise, a testament of love

Survive

Javene Ahtae Del Rosario

Amid adversity, I stand up courageously, Knowing I still have an opportunity, To grow and live beyond difficulties.

I have been struggling, Through storms, I'm hustling, The dream that awakes me, Shall shine once its time comes for me.

I shall no longer be weak, No longer feel squeak, Embrace my strength and lift high, As I fly in the shining sky.

"Hindi", ang siyang naging tugon, Ng tagapangalaga ng halaman, May madagat na ugat sa lalim ay nakabong, Nagtitiib ugat sa puno sa gitna hamon at kanlungan kasagapan

Sa matibay na pundasyon ng aral at kalinga na sa paaralang matatagpuan, Ang mga estudyanteng mabalis at mayamang utusabong, Gaya nitong marikit at matatag na halaman, Sa pinakamatabang lupa.

Chance Encounters

uno

It was an eventful night, And yet I am staring in plain sight, Looking for something new, You were just there, and I had no clue.

There, I saw you again, It made me think of your name, Unknowingly, you are now on my side,

I jumped in fright, Not knowing you were a delight, Your eyes met mine, everything slowed, Lump swallowed, feelings overflowed.

I tried saying something, But it came out as nothing, You blend in through the crowd, As I called myself a coward.

Clay

Melanie B. Yorzon

I come from that phase in my life, Unwielded existence, I can equate to strife, I'm trying to figure things out for myself, It's trapped in the corner like a broken shell.

I find myself busy ignoring life's imperfections that make it look messy, While looking for its worth and purpose As I accept the imperfections.

I was once a piece of plain clay, But, one day, a potter found me, He changed my life in a direct way, Then, I found myself bouncing with glee.

He is God, my Artist, and the Almighty Potter, I am His handmade pot, and He has made my life better.

Apat

Jane Carol M. Bulaon

Ang kolehiyo ay hindi biro Pagsuko rito ay hindi uso Dapat siliguro, dapat seriyoso Pero bahin niyo ang apat na ito.

Nagkakahayan sa simula Nakikiamdam pa sa iat' isa Hindi alam paano makisalamuha Ugali nila ay iba't iba.

Nagkaroon na ng pagasama Burmoo ng mga memorya Sa problema man o sapa Sila ay nakagawa ng malit na pamilya.

Kaunti man ang kanilang bilang Sila parin ay sapat at hindi kulang, Sama-sama sila ay lamang Kaye wag niyo silang malang-lang!

Si Balagtas ang pinakawala Tahimik minsan pero malawak ang bulatadulaya, Bumabô man ng sampo ang kanyang grado Mataas naman ang kanyang pangasap, panigurodo!

Kaya niyang dumaldal ng limang oras Inyay ni Bulkan ay talagang walang kupas, Sila ay may katalutuhan Mapagayabang din ang kanyang kagandahan.

Ang kanyang boses ay tunay na maharika Sa apat siya ang pinakabata, Si David ang nangunguna Sa talino, talento, at ganda.

Tahimik ngunit malakas ang loob Nao ng kumita para sa pamilya'y may mapagkapalad, Pinakaseryoso sa kanilang apat Yan si Puertes, ang kuya ng lahat.

Hindi kailangan na mirarami Pinatunguhan yan ng apat na estudyante, Ngayon sila'y magtatapos na Ang kanilang puso ay lunay na may siya.

Naging mahisap man ang lenda na ito Makalaking tulong ang paalalang may puso, Ang apat ay nagpapasaalamat Sa tulong at gabay ng lahat.



The community successes, improvements, and progress, should never be equal to making it worse for the environment. Because who are we to do so, when in fact, nature was well alive and joyful before we came and it could remain like that even without us; but can we?

HIDDEN PARADISE OR OBVIOUS MISTAKE

How do you see the world, ten years from now? Now, on that timeline, where do you see yourself contributing? Has been a huge amount of social media—a resort in the middle of the Chocolate Hills in Bohol. Upon seeing it, how do you feel? Did you feel like it was a sanctuary in the middle of a paradise, or was it more of an unmatched piece of the puzzle that was placed in the space just because they can?

According to the articles published on the internet, it was really the idea of the owner: to promote their resort, to attract more customers, and to show the "beauty" that it adds to the landscape. Little did they know, that upon doing this promotion, they would get almost all of their wants, but just in a way that they did not expect. Their resort has surely gained the attention that they wanted; they went viral, having millions of people viewing and watching their every move, and they

even became one of the most searched resorts from 2017. Now, on that timeline, because it was in the middle of a paradise, it makes it more questionable as to just in the middle of it doing nothing, it drew attention to itself rather than the original landscape where it was located. Third,

it was government-owned-and-protected-land, which makes it more questionable as to shouldn't have been created in the first place. And lastly, it has greatly risked the natural ecosystem, by cutting down the trees which, as we know, helps us in terms of protecting our lands from floods and many other disasters, supports the ecosystem by providing us oxygen, which is a basic thing that we need to live, and trees serve as habitat for many animal species. It has created severe damage to the ecosystem more than it shows. To our eyes, it could be a simple matter. Well, what can a single resort do to our planet?

Let us imagine: before humans were blessed with the ability to make these incredible things that we have now, it was a place where you could almost hear the angels sing melodious songs. The trees were as tall as we can reach. The birds flew as high as their wings could flap. The flowers bloomed as wide and as fragrant as they can be. Dinosaurs were chasing each other. There was every plant and animal species we could think of; every organism that was created from the very start was there. And then, we were created to help in taking care of those things.

But now, what are we doing? A large number of plant and animal species have disappeared from the face of the earth. As accurate as it can be, we did not do it all; but we are part of it. Surely, we did not cause the dinosaurs' extinction, but we cannot deny that we are one of the causes of the extinction of many bird

species, elephants, plants, any many other terrestrial beings. Have you ever thought why? It was because, mainly, we are taking away their habitats. Plants do not easily adapt to their environment; some seeds could not grow in a land that wasn't theirs. Birds could not survive flapping their wings forever. If it reaches the point where they have nowhere to land, Polar bears could not survive in a place 100 times hotter than theirs. We tend to say that "one" won't hurt; but if we tolerate that one wrongdoing, others would not even bother to avoid it, just because we did not mind the first time.

The community's successes, improvements, and progress, should never be equal to making it worse for the environment. Because who are we to do so, when in fact, nature was well alive and joyful before we came and it could remain like that even without us; but can we?

The Weight on Students' Shoulders

By: Rose Angela David

With much hype, student life is portrayed as days that had no worries about anything but mostly learning, friends, and oneself. In school, many students are already subjected to a great deal of pressure at an early age. This exerts a heavy mental burden on them, causing anxiety and stress.

The most stressful factor of being a student for many is academic performance. As a kid, they are taught how their future is somehow dependent on how they do in school and how well they score in national examinations or to get into the best universities and colleges. Thus, there is a culture where life gets unbalanced when students have to devote a few hours of studying and homework to the total time of their life. Such academic demands add to the pressure that can lead to feelings of exhaustion, frustration, and burnout.

However, out of school studies, students will still face these social pressures which includes fitting in, making friends, taking an active social life, and so on. This is the level of laziness and excessive judgment that rules; you are not a child only focused on studying and sleeping. That's just part of the journey.

On the other hand, most students complain that they are too much under the financial burden. Despite the rewards of education, the astronomical costs of higher education put pressure on students to do well enough so that they might receive financial aid, scholarships, or admission to the colleges that they can afford. Some of these students secure loans that they are ordered to contribute to the expenses for further education which leads to their bleak financial situation.

Social media prominence has not only skyrocketed but is also expected from students but it has also compounded the pressures they face. This, in all probability, leads to seeing the pictures and videos of their friends' achievements on social media, forcing them to measure themselves against unrealistic goals of keeping up. Previously isolated to the school grounds, today cyberbullying and social hierarchies creep in online.

The aftermath of this long-time stress is dire. Higher cases of depression, anxiety disorders, self-harm, and suicidal ideation are reported in children, who just cannot take what they are going through. The

absence of life experience makes it hard for them to maintain a proper perspective and to make sure their welfare comes first. As a society, there is a need to have an open conversation about cutting down on the incessant stress students undergo starting from a young age. Their youth and their perception themselves should not be altered by resumes and admission figures alone. Through focusing on balance,

managing expectations and gearing up emotional health services, the students can be able to learn, grow, and be their best selves without falling under the weight of school they carry on their shoulders known as pressure.



Isang kahig Isang tuka

Winning entry for RHEPC

By: John Michael Fuentuz

Mga ordinaryong pilipino lalong-lalo na ang mga arawan ang kita ay maadlas sila ang nakakaranan ng ganitong hirap ng buhay. Bawat isa ay may storya ng kani-kanilang hanapuhay, trabaho at mga pagkakataon sa araw-araw. Ang mga iba ay kailangan pa nilang lumayo-layo sa kanilang mga tahanan at tulin ang init ng araw para magroon lang maliwi sa kanilang mga pamilya o di kaya naman ay nakikipaginda na sa iba para magkaroon lamang ng laman ang kanilang gutom na sikurata na tyan.

Sa Datos ng Philippine Statistic Authority ay Lalong tumaaas ang unemployment rate ng bansa patungong 4.5% kasabay ng pagtindi ng underemployment rate sa 15.9% nitong Enero ngayon taon, ayon sa pinkakabagong datos ng gobyerno.

Mas mataas na kawalang trabaho at underemployment ito kumpara noong Disyembre, na siyang nasa 3.3% at 11.9% bago magtapos ang 2023.

Sa kabila ng mga datos, hindi alintana ng mga arawan ang kita ang pagbago-bagong numero ng mga bilhin kahit pa na malaking epekto ito sa kanila ay pursigido at hindi sila itigil sa pagpabantan ng buto para sa kanilang pamilya. Hindi sila papatapas sa dagok ng buhay basta mayroong isang kahig isang tuka, tuloy parin sila.

Don't forget...



By: Mariella S. Tanong





Smash the Victory: SECLS Wolves smashers claim overall badminton champion in intramurals

Earl Harvey S. Bondoc

With the 2 coveted golds, 3 stunning silvers, and 1 unforgettable bronze the Wolves smasher claims the overall champion in the HCC Intramurals 2023 held at Shuttle Pro Sta, Ana Pampanga on November 23, 2023. With participants from departments and faculties demonstrating their abilities.

The competition is strong and intense, following heated rallies, strategic plays, and pounding moments one team emerged victorious claiming the coveted overall champion.

Among the contenders, the Wolves smasher rapidly stood out, demonstrating a combination of skill,

teamwork and unrelenting resolve that separated them apart from the competition. Led by their coach Sir Marvin O. Mallari the team dominated the event, dispatching opponents with precision and finesse.

The team will now prepare for the next intramurals and other competitions

to keep in their department the amazing overall champion in badminton. They said that they want to be back-to-back overall champions in the field of badminton and they will rule it. They will improve even more and they will not be satisfied with what they have enjoyed winning.

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The Ethical Tightrope:

Artificial Intelligence
in Student Assignments



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KAPAMPANGAN CULTURE:
A Rich Tapestry of Tradition and Modernity

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Hidden paradise or obvious mistake?

