



## KINGS WIN BIG IN MEDIACON; Macalacad notches sixth in DSPC



*All smiles. The Kings' staff writers pose triumphantly after winning in Mediacon 2019 held in Blessed Mary Academy last July 27.*

**The Kings' Editorial Board and Staff of Jesus Christ King of Kings and Lord of Lords Academy, Inc. (JCKLA), bagged awards in the Media Convergence 2019 held in Blessed Mary Academy on July 27.**

Valerie Joan Fuentes won the 3rd Place in Editorial Writing (English), Ysabel Psalmer Domondon won the 8th Place in Editorial Writing (English), Jocylene Bague won 12th place in Science Writing (English) while Raina Anne Macalacad won the 8th Place in Pagsulat ng Lathalain.

Consequently, Macalacad seized the 6th spot in Pagsulat ng Lathalain during the Division Schools Press Conference (DSPC) held in Dasmariñas II Central School on September 3-5, 2019.

*"Hindi ko inasahan na mananalo ako kasi una sa lahat, so-*

*brang bago ng topic para sa akin,"* Macalacad said referring to the life journey of Yanagi Mizuho, a Linguistics graduate from Japan who wanted to be a K-Pop idol.

While Domondon and Fuentes were consistent participants to the said event, Bague considers the award as her first since her enrolment in JCKLA.

"We are eager to bring back our students' passion in journalistic writing so seeing them receive gold medals is truly heartwarming," said Katrina Untalan, Paper Adviser in English.

MediaCon is annual press conference for student journalists from City of Dasmariñas Association of Private Schools (CDAPS) -affiliated private schools before competing in DSPC, a competition for all public and private schools in Dasmariñas City.

### HS faculty attend PEAC INSET

*Kathleen Kate Ochigue  
Faculty, Senior High School*

To equip themselves with modern teaching strategies for the K-12 curriculum, 17 high school teachers attended the Private Education Assistance Committee (PEAC) In-Service Training (INSET) program on June 3-9 at Lyceum of the Philippines University, Laguna. *(continued on page 3)*

### INSIDE THIS ISSUE

NEWS **02**  
SHS students render outreach

OPINION **06**  
ROTC : Misled?

FEATURE **10**  
Keep-Going: Self-Help Books

### Mabansag sits as new SG Prexy

*Erich Kyrsten Fajardo*

With a total vote count of 228, Mark Joseph Mabansag (12-Asher) was elected as the new Student Government (SG) President in elections held on July 22, 2019.

Mabansag garnered 63% of the total voting population, edging out his rival Jelyn Glodoviza (12-Asher) of Legends Partylist.

Princess dela Cruz (10-Proverbs) triumphed as Internal Vice-President while Nicole Nicart (12-Asher) as External Vice-President.

Meanwhile, John Christopher Cabanban (10-Psalms) was declared as the secretary, Paulle Kristin Robles (9-Corinthians) as Treasurer, Chzaynd Genevieve Tierra (10-Proverbs) as Auditor, and Anilov Christian Cait as Public Relation Officer.

John David Gonzales (12-Asher), Diego Dimog (11-Ezra), Ahlea Therese Bamba (10-Proverbs), Dion Jacob Gonzales (9-Corinthians), Reign Diane Alaba (8-Hosea), Harry Hedrich James Crisostomo (7-Matthew) and (Juliana Samiah C. Encabo (6-Zephaniah) were elected as senators.

Meanwhile, Brian Payaban (12-Asher), Jhon Mark Rey Montalban (11-Ezra), Kasey Julienne P. Banawa (10-Psalms), Jaynard Rentoy (9-Corinthians), Wilshan Kier Gimeno (8-Hosea) and *(continued on page 3)*



## SHS students render 3-part community service in Silang

John Michael Ezra Genova



**Smiles for a purpose.** Grade 11- Ezra students, together with Christopher Punzalan, Immaculate Genova and Ptr. Edwin Camerino pose while waiting for the outreach program beneficiaries from Brgy. Adlas, Silang, Cavite last October 25.



**Regreening.** STEM students assist each other in planting a cacao tree seedling.

**To expose themselves to social work and community development, Grade 11 students rendered a 3-part community service in Silang, Cavite on October 25.**

Anchored on JCKLA's "avowed mission of spiritual education and humanistic service to God, country and people," the community service was composed of three parts—tree planting, river clean up and outreach program.

Together with Christopher Punzalan, STEM Club Adviser, the students joined the ornamental propagating and tree planting activity organized by Cavite Provincial Government Environment and Natural Resources Office (PGENRO) at the Ylang-ylang River Watershed, Yba, Silang, Cavite as part of the Cavite Arbor Day. Some 1000 fruit-bearing tree seedlings were planted in the said location.

This was followed by a clean-up drive in a river in Adlas, Silang, Cavite. The students were able to collect over 10 sacks of garbage from the riverside.

"It is good to see my students share the same advocacy as mine. After all, education is measured by how they utilize it for a greater cause," said Punzalan.

Assisted by Values 101 teacher, Immaculate Genova, the students continued with an outreach program in Adlas. Fifteen families received basic commodities such as rice, noodles and canned goods including non-perishable goods like clothes, toys and books for the children.

A mini-program was also held for the children in the said barangay. The students presented song and dance numbers and shared their life testimonies as Christians with the children. They also prepared games for the children including the prizes.

"Masaya kasi sa mga outreach program na tulad nito, hindi lang sila ang natututo sa'yo kundi ikaw din ang natututo mula sa kanila," 11-Ezra Treasurer Jungmin Lee said.

"We made the outreach program with the aim of exposing the students to community work," Genova said. She also thanked the staff of CSWD-Silang for assisting them in the conduct of the said activity.



**Delicious reward.** A healthy boodle fight awaits the volunteers after the first part of the community service.



**Helping hands.** Girls repack the goods to be given to the beneficiaries.



**Little teacher.** The children attentively listen to their "little teacher" while the latter is sharing a short story.



## Ching, Lee eye PH Math tilt; Coaches attend Mathlete Clinic

Adriano Diaz Jr.  
Faculty, Senior High School

Jungmin Lee (11-Ezra) and John Francis Benjamin Ching (12-Asher) took the Qualifying Stage to the 22nd Philippine Mathematical Olympiad held in Dasmaringas Integrated High School last October 12, 2019.

An annual event lead by Mathematical Society of the Philippines, PMO is a nationwide mathematics competition aimed at fostering interest and appreciation of mathematics among high school students. PMO participants have to ace three stages—Qualifying, Area and National Stage before being potential contestants to the International Mathematical Olympiad in 2020.

In an interview, Ching explained how they prepared for the qualifying stage.

*“Nakalagay sa official website nila (PMO) ‘yung mga questions from their previous runs. We downloaded these questions and tried to answer during our free time at school,”* Ching said.

Lee shared how challenging the questions were. *“Mahirap ‘yung mga questions kasi they were not the usual problems na nakikita namin sa school,”* Lee said.

While only the top fifty scorers per area (Luzon, Visayas, and Mindanao) will qualify for the next stage, both students expressed their eagerness to push through as preparation for future competitions in mathematics.

Meanwhile, a 4-hour Mathlete Clinic was conducted for coaches while the competition was ongoing. High School Mathematics teachers— Jane Rose Regodon, Ruby Rose Fundimera, John Lloyd Monroyo, and Adriano Diaz Jr., attended the said training. Prof. Jonathan B. Mamplata of the University of the Philippines discussed the techniques on answering problems on Geometry and Elements of Proof.

## 13 pupils qualify for Mar Dunong Semis; HS eliminations set in November 14

Valerie Joan M. Fuentes

*Out of 39 elementary students, 13 qualified for the Mar Dunong Middle School Semifinals slated on November 15 at Animo Center, De La Salle Health Sciences Institute.*

After having won in the eliminations phase held at the same venue last September 18, Czarina Lianne Penetrante, Karl Andrei Romilla, Johann Carlos Reambillo, Patricia Anne Flores, Theresa Tolentino, Hannah Collein Nueno, Ronald Cochangco, Ysabel Malapitan, Francesca Ivan Reyes, John Axl Lupena, Marie Antonette Salandanan, Leny Anne Santarin, and Tom Andrex Encarnacion will proceed to the semifinals.

Dasmaringas City’s Mar Dunong Challenge: City Spelling Bee is an annual competition for elementary and high school students from both private and public schools. It aims to sharpen students’ vocabulary through spelling bee.

This year, the organizers opted to implement a new ‘paperless’ testing platform. Contestants to the bee used tablets in lieu of the traditional pencil and paper as used in the past seasons.

“I am definitely happy for them. Everything was worth-it,” English teacher and Coach Kathleen Kate Ochigue stated in an interview.

“Together with my co-teachers in English, I had to train them one by one, on a regular basis, as group session would have not worked for 39 participants,” Ochigue emphasized.

Meanwhile, the high school participants have high hopes for their eliminations round rescheduled in November 15 because of the class suspension due to tropical cycle NIMFA.

*(continued from page 1)*

and Gian Stephano Dadula (7-Mark) were elected as representatives.

“As the new SG President, I will focus on teaching students the power of leadership to create positive changes in the school,” Mabansag expressed his high hopes for his term.

*(continued from page 1)*

Riezel Lou Lozande, Grace Saflor, Katrina Untalan, Baby Sherrill Denal, Leilani Amboy, Jane Rose Regodon, and Daren Gonzales attended the JHS INSET. Meanwhile, Thelma Consaludo, Leonard Lhey Hayag, Rowena Peji, Kathleen Kate Ochigue, Babylyn Flores, Immaculate Genova, Joel Gallandez, Edwin Camerino, Adriano Diaz Jr, and Cherry Catam attended the SHS INSET.

Held on June 3-6, JHS INSET focused on “Designing, Assessing and Facilitating Learning of the K-12 Standards with 21st Century Pedagogies.” The participants were trained to align the curriculum map and learning plan to their classroom teaching. On June 7-9, SHS teachers were trained to teach essential topics

of the core subjects to ensure students’ preparation for the 4 exits of K-12 curriculum— higher education, entrepreneurship, employment, and middle skills development. They were asked to submit a teaching guide that is aligned with the Classroom Instruction Delivery Map (CIDAM).

*“Yung huling araw ng training kasi bukod sa marami akong natutunan, marami rin akong nakilalang guro na nakatulong talaga sa akin”* Denal stated when asked about her unforgettable experience during the training.

Meanwhile, Adriano Diaz Jr., received a Certificate of Recognition for his demonstration teaching on solving problems on exponential functions.

## Christopher Punzalan flies to Hongkong to present thesis

*Adriano Diaz Jr., Faculty, SHS*

Together with his co-authors from the Philippine Normal University (PNU), Christopher Punzalan, Faculty in Research at JCKLA, presented their paper at the International Postgraduate Roundtable and Research Forum cum Summer School (IPRRFSS) on July 3-5, 2019 at The Education University of Hong Kong (EduHK), New Territories, Hong Kong.

The paper entitled “Environmental Awareness of Filipino Grade 8 Students in Rural and Urban School Contexts” was one of about 350 abstracts submitted for presentation to local and international audience.

IPRRFSS is an annual event since 2011 that brings together postgraduate students from different regions in the world including Australia, France, Germany, Japan, Singapore, Taiwan and the Philippines. Anchored on the theme “Postgrad-



**Sustainability advocate.** Christopher Punzalan discusses the SDG as part of his thesis presentation on July 4 at EduHK, Hong Kong.

uate Education: Digital Literacy vs Language Skills”, this year’s IPRRFSS focused on discussing research methodology and assessments in Education, Social Sciences, Liberal Arts and Humanities for the academic success of the students around the world.

Teaching Practical Research in JCKLA for two years now, Punzalan have encouraged high school students to pursue a research study that would enable them to collaborate with a greater audience of diverse cultures.

## Santos bags 2 golds in Song-Writing Tilt

*Katrina S. Untalan, Faculty, JHS*

HumSS student Jasmine Santos won golds in two consecutive on-the-spot song composition and performance in Septemehr 17 and 24.

During the first round, Santos triumphed against 26 contenders from private schools in Dasmaringas City, Cavite. She had to compose a song about the problems of the youth arising from their diversity,

Santos advanced to the Division Level where she won against 18 participants from both public and private schools in Dasmaringas. An hour and a half were given to compose a song about the unique talents and skills of the Filipino youth as a tool to break barriers in inclusive education.

In an interview, Ms. Jenny-Lyn Dolor said, “It was my honor to be her coach. Magaling na talaga siya kaya hindi na mahirap na turuan pa siya.” When asked what she felt after her win, “I am glad that she won, after all, she worked hard for it.”

Santos eyes for a straight-three win at the Regional Level to be held in Antipolo, Rizal in November.

## Kuponan ng JCKLA, wagi sa balagtas

*Raina Anne V. Macalacad*

Matagumpay na nasungkit ng tatlong mag-aaral ng JCKLA ang ikalawang puwesto sa ginanap na pandibisyong antas na balagtas noong ika-31 ng Agosto sa Dasmaringas City Quadrangle.

Ang nasabing kuponan ay kinabibilangan ng mga mag-aaral mula sa 10-Proverbs na sina Daniella Nicole Pingol, Ralph Aerol Musni, at Raphael Aeron Musni. Kanilang itinanghal ang piyesa ni Bb. Renelyn Lopez ng Paaralang Elementary ng Sta. Cristina na may pamagat na ‘KPop at Kdrama: Pagtalikod ba sa Kulturang Pilipino o Hindi?’

Ayon kay Pingol, magkalong hirap at kaba ang naramdaman nila bago pa man ang patimpalak. Aniya, kinailangan nilang linangin ang kanilang boses, tamang intonasyon, at tono kasabay ng ng lakas ng loob at tiwala sa sarili. Nagpasalamat rin siya kina Bb. Jenny-Lyn I. Dolor, MAIE at Bb. Queenzel Martinez na nagsilbing gabay sa pagsasanay.

Ang nasabing patimpalak ay kabilang sa iba’t-ibang gawaing pangwika ng lungsod bilang pakikiisa sa pagdiriwang ng Buwan ng Wika.

## 11-Ezra researchers out qualitative study findings

*Christopher Punzalan Faculty, SHS*

Employing research strategies develop the higher-order thinking skills of learners while at the same time solve societal problems. Most people believe that it is the stepping stone to national progress as it addresses the need of the humankind. This is one of the reasons why research courses are introduced in the basic education program of the Philippine education system, specifically, the senior high school curriculum. With the three



research courses encompassing the qualitative and quantitative methods; inquiries, investigations and immersions and research project, the department seek to elevate the curiosity of students with regard to analyzing specific problems related to their field or strand of studies and come up with suitable methods to solve these concerns.

The Grade 11 students recently presented their qualitative research studies in the areas of management, health, educational technology, school policies, social skills and environment. These topics were translated into research problems where some have been experienced by the students in the school and some pursued to solve potential difficulties in the future.

Researchers came from three different strands offered in the school comprising of Accountancy, Business and Management (ABM), Humanities and Social Sciences (HumSS), and Science, Technology, Engineering and Mathematics (STEM).

Various research topics were given the opportunities to be employed into an empirical study as these were suitable to be discussed in qualitative approach using the in-depth knowledge of participants. A series of screening process was conducted from the topic to the proposal presentations to make sure that the research undertaking will be relevant and beneficial for its stakeholders.

A committee on research presentation was developed to critic the papers in constructive manner and provide helpful insights on how to enrich the entire studies. The members of the panel were Ms. Jenny-Lyn Dolor, the principal of Elementary Department with research background on educational administration and supervision; Mr. Leonard Lhey Hayag, the Guid-

ance Advocate with experience in social sciences and guidance and counselling researches; and Mr. Christopher H. Punzalan, Faculty on Research.

Five studies that worked out in the field of STEM include: Impacts of Existing Laboratory Materials (Hardware) in Studying Computer Subject, Effects of Smartphone Usage to the Health Conditions of the Senior High School Students at JCKL Academy, Students' Evaluation of the Food Products' Nutritional Value in JCKL Academy's Canteen, Dengue Prevention Practices at JCKL Academy, and Lived-Experiences of JCKL Academy Community on Single-use Plastics Issues. Additionally, three studies were conducted in the fields of ABM and HumSS including the Students' Experiences on Canteen's Heavy Queuing during Break Hours, Reasons of JCKL Academy Students on Violating School Policies, and Social Skills of Online and Non-online Gamers in Grade 10 Class of JCKL Academy.

The findings of these studies were interpreted into possible actions to maintain positive school environment. Some actions were suggested by the researchers in the forms of advocacy campaigns, seminars/workshops, clean-ups, policy making, management plans and technology development. This practice of presenting the findings of research works to audience strives for extension programs of the school. In conclusion, the primary aim of research was provided with the avenue to encourage the school community including the other students and faculty members to work on certain solutions for education and environmental concerns.

**1st STEMTalks boosts interest of STEM 'leaders'**

*Ryhen Ashantei Gonzales*

*'You might be mere 'students' today but in the near future, you will be one of our STEM leaders.'*

This was the opening statement of STEM Adviser Christopher Punzalan during the first STEMTalks held at ECD Hall on October 5.

Anchored on the theme "Stimulating Interests of Future STEM Leaders," STEMTalks is the one of the club's project to encourage students to pursue STEM-related courses in college.

"We invited about 60 students from the high school department to be our main participants," STEM President Jasmine Santos said.

Punzalan commenced the program with his talk on science and technology. He stressed the role of science and technology in the development of the society.

Meanwhile, Adriano Diaz Jr, Faculty in Mathematics, continued with his talk on the "X's and Y's of Mathematics Education: Pursuing Mathematics for the Future. He shared the myths in math education and how these myths affect the performance of students. He also talked about the possible careers after college for a mathematics major student.

Engr. Angelica Mantele's talk on the vital role of Engineering in the society. Now a licensed engineer working at a housing and building firm in Alabang, Mantele was a former student at JCKL-LA. She talked about her experiences as a budding engineering.

During the open forum, students were given the chance to ask the speakers. A student from the crowd asked about the salary of an engineer.

"I think a common myth among engineer-aspirants is that newly-hired engineers automatically earn high salary. We all start from scratch like any other professional," Engr. Mantele quipped when asked about her salary.

HS Principal Thelma C. Consaludo ended the STEMTalks with a challenge for students to take up a STEM-related course in college.

## EDITORIAL

**“In this way, they would rob children out of their own rights for the higher call of sacrifice in defense for the land.”**



## Wrong Recruits, Misimplimented Goal

***House Bills 8961 and 5113, Senate Bill 2232, or re-instituting mandatory Reserve Officers' Training Corps (ROTC) for students Grades 11 to 12 in general has been disputed over the past year. President Rodrigo Duterte even highlighted ROTC as one of his plans to implement during his most recent State of the Nation Address, stating that the children of today need to learn "patriotism, and the love of country". Yes, it can garner the respect of one's love for their country, but there are huge flaws in the system, especially of who the cadets shall be.***

The definitions of what ROTC will entail is questionable. It is unclear whether students can opt for a commission as an officer upon graduating, or joining the reserves in any main branch of the Armed Forces of the Philippines (AFP). If so, this directly violates the Optional Protocol to the Rights of the Child on the Involvement of Children in Armed Conflict, a supplement to a United Nations treaty wherein the

Philippines is a part of. It prohibits the conscription of citizens under the age of 18, disbaring anyone under 16 to become a military recruit, and that recruits ages 16 to 17 are not sent as direct hostilities. Students of Grades 11-12 have an age range of 16-17. This would be a shameful blunder to both the Philippines' internal and international relations.

However, other programs of ROTC solely to teach young students military discipline without any obligation to serve in the future exist internationally. The United States of America implements a Junior Reserve Officers' Training Corps (JROTC) designed for children to "instill in students in secondary educational institutions the values of citizenship, service to the United States, and personal responsibility and a sense of accomplishment", which HB 5113 is attempting to seek, except for the fact that it is implemented in the Philippines.

Another major flaw of "returning mandatory" ROTC is that it is directed at the secondary level, not the tertiary level it used to be before

2001 when it was halted. Neither the government or AFP can voluntarily conscript minors.

There is a sense for logistical concern as there are 5965 public high schools and 4830 private high schools offering senior high programs as listed in the Department of Education's website. What facilities and what location shall these proposed ROTC cadets would be using?

Unless the bills concerning mandatory ROTC is amended to include tertiary level students in lieu of senior high schoolers, or that ROTC becomes a form of JROTC, there is no hope that the bill will be passed and approved by the senate or be approved by the United Nations. Yes, the government can call upon its citizens to defend the nation, but the citizens the Congress are targeting are underaged.

In this way, they would rob children out of their own rights for the higher call of sacrifice in defense for the land.





**STANDPOINT**

*John Michael Ezra D. Genova*

**Overly lenient policies on littering**

While I participated in the clean-up drive with the STEM Club of JCKL, I have noticed that there was an overwhelming amount of garbage that was littered around the school that puts Manila Bay to shame. It's certainly easy for us to chuck trash around and expect no one to see but when it comes to the preservation of our already collapsing environment - shouldn't people be at least scolded for it? It gives

**“ What we need is a culture that encourages that kind of behavior and approaches the masses positively without forcing them to comply but rather, give them the opportunity and time that they need to change. ”**

the impression that we simply are not trying hard enough to combat pollution in our country, and that we don't care enough to segregate our trash.

I even found myself asking sometimes while I was picking up three bottles of San Mig Light, “who drinks beer around a school and just throws it out on the curb?”

The Japanese handled this issue well with its strict

waste management and public cleansing law, so why not us Filipinos? It's a mind-boggling issue why even our President, who threatened Canada because they sent waste exports, doesn't even acknowledge our own self-sufficient garbage heap?

I understand why some people litter, maybe for convenience sake or just don't care since there would not be a punishment

for it. However, with the world already showing signs of sickness and decay, it would be wiser and beneficial for all of us if we had laws like Japan which could reduce our waste output by a mile. Things like promoting tidiness not only in public places but teaching them the value of cleaning around the house and also around the neighborhood as well. It encourages children and teenagers alike to value cleanliness both inside the household and outside.

What we need is a culture that encourages that kind of behavior and approaches the masses positively without forcing them to comply but rather, give them the opportunity and time that they need to change. And most importantly, we need to implement rules and regulations that will complement that culture and make sure that Filipinos everywhere will comply. Maybe not strict in a sense that they would get arrested for littering, but strict in a way that they would have to pay a fine for it. Because the problem of improper waste management today are the behaviors of those Filipinos who carelessly throw their junk away on streets and parks. If we don't do something about that now, what are we gonna do the next time another forest fire starts and its becomes too late for our planet? Or if another chunk of the Arctic falls apart and destroys our climate beyond repair?

We need to start taking action and crack down on these problems immediately, not just for the benefit of our country but for the planet as well. When we continue to ignore and even aggravate the issue by polluting the atmosphere

**THE KINGS**  
Editorial Board and Staff

- JOHN MICHAEL EZRA D. GENOVA**  
Editor-in-Chief
- VALERIE JOAN M. FUENTES**  
Associate Editor
- RYHEN ASHANTEI GONZALES**  
News Editor
- YSABEL PSALMER E. DOMONDON**  
Opinion Editor
- JOCYLINE MAY S. BAGUE**  
Feature Editor
- RAINA ANNE V. MACALACAD**  
Chief Staff Writer
- ERICH KYRSTEN S. FAJARDO**  
Staff Writer
- ILA DAWN V. DIATO**  
Staff Writer
- ELINOR CZARELLI R. ROMERO**  
Staff Writer
- JOHN DAVID S. GONZALES**  
Cartoonist
- KATRINA S. UNTALAN**  
Technical Adviser - English
- ADRIANO A. DIAZ JR.**  
Technical Adviser - Filipino

with toxic materials and waste - we further ourselves deeper into a pit we might not be able to get back from.



**"I realized that teachers are like an (extraordinary) sponge— they soak themselves up with a lot of information for a day's lesson."**

Last October, the students of JCKL celebrated Teachers' Day and part of event was to "hire" student teachers for one day. Together with some of my friends, I was chosen to be one of these students who will assist the teacher in his/her classroom discussion.

I was compelled to go back to our previous lessons in Mathematics the night before the event. Back in Grade 10, I would write down my notes while our teachers were discussing. As I browsed through the pages of my notebook, I wondered how my teachers have managed to store all of them in their memory until now.

It was the same night when I realized that teachers are like an (extraordinary) sponge— they soak themselves up with a lot (and I mean, a LOT) of information for a day's lesson.

My math teacher would tell us about a lot of trivia and surprise us with out-of-this-world formulas. My science teacher would tell us the stories of long-dead scientists and their contributions. My English teachers even taught us the formula in writing a grammatical statement. My AP and Filipino teacher would share with us current issues in the country. My MAPEH teachers who tried to bring out the inner artists in us. My TLE teachers who brought us to the mind-boggling world of technology and entrepreneurship.

For a student teacher like me, it felt fulfilling to share with the students what I had prepared for them. I felt happy seeing them take down notes while I am trying my best to explain the presentation I made. From time to time, I glanced at my teacher at the back who nodded as if approving what I was doing.

I came to the realization that to teach in front of the class was not as easy as our usual class reporting. I had to check out whether the students at the farthest back were still paying attention to me while the students in the first rows were



throwing countless questions. I knew how tensed I looked whenever they asked follow-up question.

While I switched rooms for my next class, I did not notice about my time, though ironically, I was wearing a

M A S I



**"We will never be able to understand their hardships if we are just mere spectators unless we wear their uniforms and teach in front."**

wristwatch. Maybe, my teachers were like this. They became used to surviving the day with their own body clock. Maybe, my teachers were so busy doing things for us that they almost forgot about having a time for themselves.

As I went out of my last class, I overheard some

fulfilling to hear feedbacks from the students about the way they teach. Having seen the students appreciate my work, I knew I made my teacher proud.

Then the event ended and it was an exhausting day.

After my students bid me their "Goodbye, teacher! God bless and Mabuhay!", I found myself sitting at the canteen, staring blankly at a glass of milk tea, pondering on what and how I went through the day. I could not take a sip at my milk tea because I felt that my vocal cords became dog-tired of the continuous talking. My checkered skirt became covered in fake snow— chalk dusts, while my hands were tinted with black ink.

I must admit, walking into my teachers' class was the most thrilling experience I have ever had. There was this feeling of guilt, of not being enough for my students, that no matter how I prepared for a day's class, you would still become unprepared how the day would run. In my experience, I was able to prepare for our lesson but not on how I would react to my students' behavior.

I cannot think how these teachers—, the ones who we put patience into test every day, the ones who we make fun of because of their mannerisms, the ones who we talk about whenever they are not around, the ones who we treat invisible most of the time— manage to get through every minute, hour, day and year with a class of around forty different personalities. We will never be able to understand their hardships

of the students talking about the lesson. "Uy, ganun lang pala kadali yung lesson. Galing ni Sir!" Bingo. I could not contain my happiness for everything paid off. And I guess, the same went for my teacher. It is

if we are just mere spectators at the back of the class unless we wear their uniforms and teach in front. It may be their passion, their commitment, or their ministry that drives them to stay, but whatever that is, I truly admire them for doing so.

Salute to my teachers in JCKLA! Salute to all the teachers in the world! Mabuhay kayo, Ma'am, Sir!



**A M R!**





According to research, there is a positive correlation between workers' attitudes and their environment. This idea promotes the capacities of teachers in dealing with daily tasks and challenges as they seek to advance the educational paradigm. It is important to cater the needs of the teachers since they are involved in uplifting the three domains of learners' improvement such as the knowledge, skills and attitudes.

Last summer, the JCKL Academy teaching and non-teaching staff relished the field experiences in the ecological resort of Hidden Valley Springs, Alaminos, Laguna. The resort is situated in the rural part of Laguna between the famous mountains of Makiling and Banahaw which is two-hour away from the urbanized zone of Dasmariñas City. It is developed with four hot spring tourist-friendly pools that are spacious and located in different parts of the resort, a restaurant that serves farm-to-table healthful meals, a long trek experience to the natural pool of Hidden Falls and various accommodations to serve its guests who plan to stay

overnight or for a couple of days.

One of the highlights in the spring resort was the 30-minute morning trek to the hidden falls. The entire route was built with bamboo ladders and parkways

that support the use of resources available in the place. Because of the oxygen-rich air from the abundant trees along the way, the teachers and staff did not run out of breath and felt exhausted. It was a fulfilling experience to witness the concealed beauty of hidden falls after the trekking as

### JCKL fam visits Hidden Valley Springs Christopher H. Punzalan



seen from the eyes of teachers and staff. The fresh cascading water running through the surface of the resort revealed the efforts of the people in the resort on maintaining its cleanliness. Apparently, the various spring pools also encompassed the natural sweet-

ness of freshwater in the resort. These man-made inspired pools are filled with fine sand on its bed and allow the swimmers to comfortably enjoy the running water. One would surely en-



joy a peaceful floating on the water while staring under the tree canopies covering the pools with a glimpse of sunlight. In the same way, the resort served Filipino dishes for lunch and merienda prepared by hospitable staff of the resort. Majority of the foods served in the bahay-kubo inspired dining hall were obviously harvested from their own farm.

The entire company outing ended with smiling faces from the faculty and admin staff of the school as everyone felt stress-free day and was able to share fellowship with each other. It is truly a good practice to dwell in a place surrounded by natural wonders as this increases the harmonious well-being of teachers in relations to their physical, emotional, mental and spiritual aspects.

Indeed, the Hidden Valley Spring Resort is a sustainable environment which shares its positive contribution to the community by showing ecological strategies to raise the awareness among its visitors, especially the teachers. This scheme could gradually allow reflections to assimilate encouraging ideas for the betterment of the working habits of teachers.





## Acnestis noun

The part of the back (or backbone) between the shoulder blades and the loins which an animal cannot reach to scratch

*"Tony silently pressed his back hard against his seat and moved from side to side as inconspicuously as he could, desperate for something to relieve his acnestis."*

## Borborygmus noun

the rumbling or gurgling noise in the intestines

*"His borborygmus was so distracting I had to ask him to get something to eat."*

## Fudgel verb

Pretending to work when you're not actually doing anything at all

*"Anne complains a lot about our group task when she did nothing but fudgel."*

## Octothorpe noun

the symbol "#"

*Millenials nowadays recognize the octothorpe as hashtag as it is widely used in social media platforms like Twitter.*

## Pot-valor noun

boldness or courage resulting from alcoholic drink

*"After drinking for an hour, Jessie's pot-valor made the situation worst."*

## Diurnal adjective

active during daytime

*"Birds have to be diurnal as their flight needs a good eyesight."*

## Uvula noun

the teardrop-shaped piece of soft tissue that hangs down the back of your throat.

*"Noah went into a surgery to remove his tonsil and uvula."*

## Macrosmatic adjective

having a good sense of smell

*"The smell of white flowers in the forest highly attracts macrosmatic animals."*

## ODDLY WIERD WORDS

Katrina S. Untalan

The complexity of English language has been wide and people haven't discovered the beauty of it. Since people are accustomed to use simple words, some words in English may sound odd for many. Here are some of the words which you might know exists.

For someone like me who is at the tug-o-war between staying as an innocent child and growing into a mature teenager, life is way far from the books we read and movies we watch for they are purely fictional. Life is not a fairytale, so the cliché goes. But, some of the important lessons in life hide between the pages of a book and frames of a movie. If you feel like you are lost in a world full of sadness and hopelessness, grab any of these books and movies, take a sip of coffee, and realize that your life is worth living for.



## COCO, THE MOVIE

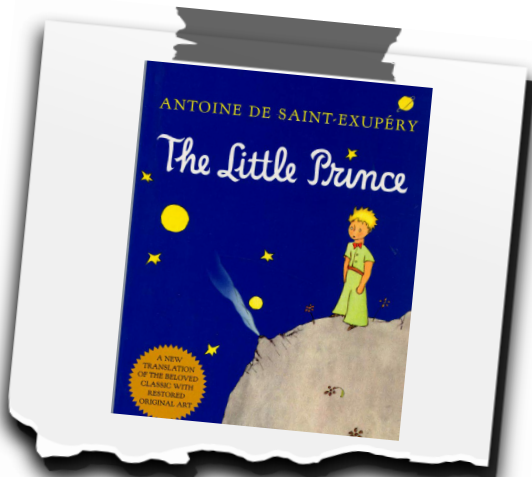
Based on an original idea by Lee Unkrich, *Coco* became the talk of the town in 2017— as Gini Santos a veteran Filipino animator took the helms of the movie.

The Disney-Pixar-released movie follows the story of a boy named Miguel who loves music which ironically is hated by his family.

With its vibrant colors, one wouldn't think that this movie could make even the most serious people cry. One of the themes that really break me down is about family since I have placed high importance on them. This movie will teach you that family is important and that they only want to do what is best for you. When you feel like they are going against your flow, *Coco* them with your heart is one of the ways out.

teaches us that talking to

“Remember Me,” the OST of the movie, the song itself conveys a lot of emotions. For one, those who have lost their loved ones would recognize it as a comforting song that would feel like a warm hug from who they miss. You can always expect a good movie from Pixar, not only is it fun to watch with the beautiful colors and animation, catchy songs and fun Easter eggs, but this is also hard-hitting. It is guaranteed to turn on your waterworks especially for those who long for comfort and understanding from their families.



## THE LITTLE PRINCE

The *Little Prince* was written by Antoine Saint-Exupéry. It follows a story of a pilot stranded in a desert who finds the most unlikely company in its quietness, a young prince. It is suitable for all ages as the language is not complicated—it uses a general vocabulary used every day.

*Okay. This is a novel made for children. That, I must admit.* Even so, why in the world do I recommend this?

Contrary to its childlike illustrations of watercolor, this book is way beyond that. Surprisingly what I thought would just give me entertainment actually opened my eyes to different philosophical perspectives. This is because it is an allegory of Antoine's own experiences and realizations in life that reading it would mean to find a part of Antoine in you.

It teaches us that a life lived for others is worthier than the lived for oneself only. It pours a cup of nostalgia of being a child again while flooding us with waves of realizations as young adults—how most grown-ups have lost what is essential and the true meaning of the consequences of our decisions.





**THE FIVE PEOPLE YOU MEET IN HEAVEN**

The Five People You Meet in Heaven is a book written by Mitch Albom. This is another book similar with The Little Prince but it has a more mature approach circled among those who are in the

The story starts with the ‘end’ of the main character, a very unique and intriguing way to start a book. Eddie who had just turned 83 dies in a tragic accident trying to save a little girl. Contrary to other books with the same level of age that it attracts, this book is not hard to read as no jargons were used. It is very easy to understand. This book will bring you to an exciting journey on Eddie’s experience in heaven. Meeting people who are either strangers or close relatives, each person explains his life on earth.

It teaches us that life revolves around a single purpose and that there is a reason why we met the people around us. A story revolving around connections, selflessness, anger, love and an absolute understanding of purpose, it is a classic that will surely inspire you to keep going.



**CLICK**

Click is a movie starring Adam Sandler which focuses on a man who uses a universal remote that is able to pause, play, skip time, as well as watch memories. Ever wonder what would your life be if you could speed up time to accomplish your goals? This movie will give you an idea on what that would be like. Amalgamated with humor, this movie definitely will entertain you and teach you the value of patience. When I watched this film with my family, a few laughs were let out and a whole lot of silence as well because of the scenes nearing the end of the movie.

You will realize when you watch this that work, academics and reaching ones goals are important but family must not be put aside into the darkness

to acquire these things. *Spoiler alert:* when Michael (Adam Sandler) uses this remote to skip all the “bad things” that happened in his life, he did not just miss out on those but also in real life. It was as if he skipped 83% of his life because he wanted those achievements in his hands that quick. This led to regrets in his life. This is a must watch for those who love humor and not completely drama.

“

*"No one was going to hand me my future. It was up to me to reach for my dream, grab it tight and make it come true."*  
-Ernesto dela Cruz, Coco

*"Make sure you don't keep disappointing the wrong people."*  
-Donna Newman, Click

*"It is the time you have wasted for your rose that makes your rose so important."*  
-Antoine de Saint-Exupéry, The Little Prince

*"The only time we waste is the time we spend thinking we are alone."*  
-Mitch Albom, The Five People You Meet in Heaven

”

***“The worst loneliness is to not be comfortable with yourself.”***

I had spent a very long time feeling both lonely and uncomfortable with myself. I would have told you, however, that they were two different things. I was lonely because I didn't have the people, places, or things in my life that I wanted. I was uncomfortable because I was filled with hatred towards myself. This certain quote from Mark Twain shows one of the truths I have come to understand. My true loneliness came from being uncomfortable with myself.

I hold myself to high standards and knowing that I was comparing myself to other people made me feel less beautiful. It made me less confident and it led me down to road of self-pity and self-destruction. My mind was filled with what I could do and what I could be rather than appreciate the things I am able to do right now.

***“He has made everything beautiful in its time.”***

— ***Ecclesiastes 3:11***

Maybe you are wondering why life hasn't given you all the things that you wanted or why things turned out the opposite you are expecting. Well, this piece of writing is for you.

The first thing that came up to my mind was how to endure the waiting season since people are used with a convenient and portable life and so do I. I consider this as the hardest battle that each people are facing:

waiting. Waiting for your food in a restaurant, waiting in queue to pay at the cashier, waiting for the bus to arrive, waiting for you to graduate, waiting for you to get a job, waiting for your dreams to happen, and waiting for someone in your life. Since this is hard, people would take a different route to make their lives easier but that route would only take them on the verge of a cliff. Without

Lately, I've been into non-fiction books, especially the type of books that talks about self-acceptance and self-love. The most remarkable was “You Are A B\*dass: How to Stop Doubting Your Greatness and Start Living an Awesome Life” by Jen Sincero. The book was great that even a teenager like me was so into it. It helped me to sort

## *Loving Thy Self*

Raina Anne V. Macalacad

things out. My mind became clearer.

It was all a matter of perspective. What you feel your weakness is, maybe your strength in somebody else's view. You don't “like” yourself because you look at yourself in comparison to somebody else. You keep on searching for your flaws and imperfections and continually neglecting all the good things about you.

knowing the consequence that it will bring, they would take the risk for the sake of not waiting.

For the past years 5 years, I have realized the importance of being patient. Rushing time won't be good for you. If you think you are too young, give it a shot to live your life at a moment. That doesn't mean that people at your age can do something that you can't, it doesn't mean that you can't do it. It just that, this is not

## *Growing in the Season of Waiting*

Katrina S. Untalan

your time yet. Everyone has their own timeline, just believe that you have your own.

*Bloom while you can.* Since you don't have an extra baggage yet, try to live on your own. Try things that you haven't tried yet. If you did this, you will be surprised with the things that you can do. Try extreme sports or fun activities such as bungee jumping, snorkeling, zip line,

Nothing in this life will be easy. We will cry, laugh, scream, and be silent. That's why you need to accept yourself the way you are first, then try to work on your faults to improve yourself. Get to know yourself more; acknowledge your hopes and fears.

If you can't do that, you'll never understand your values and what's important to you. You'll never know how your mind works and why you make certain decisions and actions. You'll never be able to fully appreciate who you are.

Like happiness, self-acceptance is not something you can grab, frame, and put right above your bed so it can be immortal. It comes when you act according to your value and what you believe. It comes when everything is aligned within yourself: thoughts, feelings, and actions. There's nothing better than maturing and knowing that you are enough.

arachuting, or sand boating. It will release your anxiety and stress by doing these activities and you will not regret not doing this when time comes. Or if you are studying, study hard and if you are working, work hard because it will be paid off.

*The roots of your seedlings haven't spread yet.* The Lord is still planting you. He is still nurturing you, and while He is doing this, make sure that you are preparing your heart for it. Don't try to compare yourself with other people

because we are born with distinct character and lives. Comparing will just make your life worst.

Life hasn't given us anything that we wanted because it is not yet our season. Maybe we are not ready or it is not for us. Always remember to grow while waiting patiently for the Lord will make it happen.



“Person 19, person 19, enter the door,” called the voice from somewhere.

It is already 3 AM but Death is still in his 19th person to interview. The new system that the underworld applied bores him so much. Fetching the dead rather than having an interview with them is much easier and exciting.

The door opens. A kid enters. It has been 5 days since he interviewed a kid.

“Take your sit, kid” Death mumbles. The kid is lost in his curiosity. He’s trying to check everything in that room: a paper, a quill, a lamp, and a glass of wine.

“My mom and dad loves to play that kind of glass,” the kid said.

“It is used for drinking not for playing though,” Death remarks makes him the ill-tempered he is. But there’s something about that kid that makes Death go through with the chatting instead of asking the questions from the interview sheet.

“Really, Sir? My dad loves to throw it to my mom. When it is time to play, my mom will keep me inside the

room with red eyes. She is too laughing.”

“Why is she laughing?”

“Maybe mom is really excited to play. Dad even injects something in her before the play starts.”

“Hey kid! Why are you here?” Death feeling indifferent with the flow of conversation.

“Because dad wants me to join him and Mom. Maybe dad got bored playing with Mom because she’s just lying on the floor.”

“What did your Dad do to you?”

“I told you, Sir. He loves to play that glass. He throws it to me. Dad enjoys it, so I let him.”

Death just looked at the kid. Then, the kid asked him.

“Sir, where am I? Dad might be waiting for us to play again”

“Us?”

“Person 19, person 19 has entered the door”, called the voice from somewhere.

Death looked towards the door.

“**Mom!**”.

**C Y N E F I N**

Scheherazade

**K R I M I N A L**  
(KWENTONG ISANG IGLAP)  
*Adriano Diaz Jr.*

Hawak-hawak ni Aleng Fe ang isang buslo ng mga sangkap kasama ang isang bote ng suka para sa lutuin niyang ulam para sa pananghalian. Tirik na ang araw ng magsimulang maglakad pauwi ang matanda.

Masangsang na amoy ng dugo ang sumalubong kay Aleng Fe datapwa't ilang dipa pa ang layo niya mula sa bahay nila. Dagli niyang binitiwang ang kaniyang mga pinamili sa lupa. Kasabay ng pagbagsak ng bote ng suka ang pagguho ng mundo ng matanda.

Dugo. Mapulang mga patak ng dugo at basag na mga baso at pinggan sa kanilang mesa ang bumungad sa kanya— isang kahindik-hindik na krimen.

Agad inabot ng matanda ang patpat sa tabi niya.

“Feliix! Lumabas ka riyaaan!,” halos mapigtas ang ugat sa leeg ng matanda kakasigaw.

Lumitaw ang salarin mula sa likuran ng kaniyang bahay. Bakas sa bibig nito ang krimeng ginawa sapagkat may bahid pa ito ng dugo.

“Meow.”

Bitbit nito ang sariwang isdang ihahain sana ni Aleng Fe para sa kanyang pananghalian.

**out of the cave**

*Jasmine Santos*

To those who are in the dark lately;  
those who transfer emotions to things  
like vices, rebellion, or even memes  
this poem is for you, by all means.

I know you want help and you need understanding  
but on the ground below, you are remaining  
“Nobody truly understands.”

I do that, too. Everybody does.  
I want you to seek the light:  
the one that leads outside of your cave.  
Rocks of despair, frustrations, regrets  
will block you and hurt you; you need to be brave.

Please work your way out.  
While the sun is shining, there’s a brand new day.  
While you’re breathing, there is hope for growing.  
It’s just a spark, but it will keep you going.

Reach,  
Strive,  
Do not ever quit.  
God is with you, I know you will make it  
Out of the cave~



## KINGS REIGN OVER CDAPS-AL '19

**Competed with bravery of kings themselves, the Kings of JCKLA boasted their athletic prowess and brought their medals home in the 2019 City of Dasmariñas Association of Private Schools Athletic League (CDAPS-AL) sportsfest competition held on September 13 to 28.**

Gian Francis Dadula and Emmanuel Reyes aced Table Tennis Doubles as Champion on September 13 held at Racquettaz Badminton Center.

Kyle Jules Bacolod brought home bronze in Table Tennis Single.

Jedrick Cruzado kicked his way to the top as Champion in Taekwondo Poomsae held at Blessed Mary Academy on September 27. Joey Labasan finished with silver in the light-weight category of Kyorugi.

Once again, Laine Frances Santos edged out players in Badminton Singles after winning gold. Leila Frances Santos and Francesca Aizeah Echaves finished with bronze in Badminton Doubles held at Glory Chris-

tian Church (GCC) Badminton Court.

Jheriel Joplo proved her prowess in two separate sports in Athletics. Joplo snatched the first place in Shot Put with her fluid, exploding throws. She also finished second in Discus throw held at Dasmariñas Integrated High School (DIHS).

The winners eye for a straight win for the upcoming City Meet in November versus players from public and other private schools.

*Written by: John Michael Ezra D. Genova*

*Data by: Ms. Cherry P. Catam*

### JCKLA former athlete is one of Dasma's bets to Taekwondo tilt

Ken Jireh Cuyugan brought pride to JCKLA as one of the City of Dasmariñas' bets to Taekwondo Poomsae in the Batang Pinoy Luzon Qualifying Leg 2019 at Ilagan, Isabela last March 16-23, 2019.

Cuyugan completed the 3-man team for Taekwondo Poomsae (14-15 years old category) together with two other athletes from the city.

Prior to this competition, Cuyugan has already represented the school in the same sports in various events in the region.

Batang Pinoy 2019 is one of the Philippine Sports Commission's flagship events that gather young athletes representing their LGUs (Local Government Units) in the country. *Adriano Diaz Jr., Faculty, SHS*

### OPINION: OF BALLS AND GOLDS

There is nothing wrong with pushing our students to do sports. In fact, engaging oneself to things that interest lead them to a motivated and self-driven life. On top of that, doing sports is one of the best methods to be physically fit—a must for growing teens. It also allows them to develop sportsmanship and camaraderie together with their teammates. By the concept of multiple intelligence, joining sports events is good because it would give the chance to students who are more inclined to kinesthetic activities than classroom learning.

Yet, success in schooling and life in general, does not end in winning sports games alone. If joining sports games would dish out

their academic performance, then it would not be helpful for them in the future.

Although the school is giving them ample time to comply for their missed requirements on top of prioritizing class activities over training, it has no control over the sports activities done outside. To put simply, the responsibility in choosing what to do first lie on their hands.

While students are still in the confines of the schools, the key to win the game called success in academics and athletics, is staying in the middle of the best of both worlds.

### Cheese and Corn

by Ashley Dennise Legaspi

