✎ | Neithan Paul A. Castro

the Reflections

MIRRORING THE TRUTH, GOING BEYOND THE HEADLINES

The Official Publication of Manila Cathedral School - Division of Manila
National Capital Region - 2024 - 2025 Vol. II No. I

PAGASPAS NG TAGUMPAY

Grade 12 Mock Job Interview: Paghahanda para sa kinabukasan

✎ | Sopphia Loraine Marquez

Ginanap noong Nobyembre 26-28 2024 sa Manila Cathedral School ang Mock Job Interview para sa mga estudyanteng Baitang 12. Nagsilbi ito bilang paghahanda, hindi lang para sa job immersion, kung hindi pati na rin sa kanilang magiging totoong Job Interview kalaunan.

Ang Mock Job Interview ay isang pagsasanay na ginagawa ng mga estudyanteng Baitang 12 bilang paghahanda 'practice' na makatutulong sa kanila sa panahong magbalak silang sumabak sa totoong trabaho. Isa itong pagkakataon para sanayin ang kanilang mga sagot, 'body language', at mga kasanayan sa komunikasyon.

Sinimulan nila ang Job Interview noong Nobyembre 26, 2024. Kung saan unang isinalang ang Science, Engineering, Technology and Mathematics (STEM) na may Health Allied Courses na sinundan naman ng mga Accountancy, Business, and Management (ABM) at Humanities and Social Sciences (HUMSS) students...

ITULOY SA PAHINA 3

Pagdiriwang ng Buwan ng Oktubre Banal na Rosaryo 2024

✎ | Paula Jhen Micael

Ang mga katoliko sa buong mundo at lalo na ang mga pilipino ay lubos na pinahahalagahan at mulat sa kanilang kasaysayan bilang kapayapaan. Ngayong buwan ng Oktubre ay idineklara ng Simbahang Katoliko at muling nanawagan sa mga mananampalataya na magdasal ng rosaryo araw-araw upang makamit ang tunay at pangmatagalang kapayapaan sa mundo. At ngayon tignan natin ng malapitan kung paano ginanap ng MCSians ang Buwan ng Banal na Rosaryo.

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the Reflections
The Official Student Publication of Manila Cathedral School
Division of Manila | National Capital Region | 2024–2025

Manila Cathedral School: 75th Founding Anniversary Celebration

| Paula Jhen F. Micael | Liksari MultiMedia Club

As the New Year was welcomed, January 2025 brought us exciting news for MCSians. It announced that the celebration of MCS 75th Founding Anniversary has finally arrived. This wonderful news of all the MCSians as they eagerly planned and prepared for their respective performances activities.

To formally begin the celebration of MCS 75th Founding Anniversary, A thanksgiving Mass attended by the students, teachers, and personnel was held in the gymnasium and the Immaculate Conception Parish Church. In his homily, Rev. Fr. Nolan A. Que, the school director and Rev. Fr. Nicanor A. Celiano, Jr, Assistant school director and also Rev. Fr. Rey Anthony I. Yatco, of Immaculate Conception Parish. Two weeks before the celebration, MCSians took their time practicing their mass demonstration and prefer props while the personnel from the different grade levels help to organize the school and gymnasium to make the event

For the exact dates of our 75th Founding Anniversary January 23 to 25, 2025, is the amazing and colorful performance of all grade levels, (SHS) students perform the festival dances (JHS) students is the cutest performance and also ECE and SPED, on the second day of the performance the actors of Batang Riles of GMA 7 joined in the celebration of the 75th anniversary of the establishment of our beloved Manila Cathedral School. On the other hand, supporting parents, teachers, and family members watch the performance in the gymnasium.

After that, don't forget the booths! Yes you hear it right 3 we have booths inside the Manila Cathedral School to explore all the booths and filled with happiness there's so many booths you try and buy, with the promise of earning various prizes if you win the games. The booths are there is be a shooting star! by mathematics department booth, you shoot a ring or ball and next booth is karaoke booth follow by Aqua Splash, Squad Game, E-Games, Snap & Click booth, True Colors, Ikot the Explorer, Baldebol, ILock now unlock the love, Ishoot mo. Ishoot mo na ang ball, Write & Post, neat pics, Nom de Plume to become a writer and you can buy sticky notes and write your anonymous letter to anyone. Stickers are available also by the Reflections staffer, after spending so much energy on those booths. There's a lot of places to rest and relax if you are hungry or thirsty. We have Snack bar booths, Employees Coordinating Body like street food, pancake, drinks, along with sweet delicacies like taho and cotton candy.

In summary, this year's 2025 founding anniversary celebration was joyful. It was memorable and exciting. Therefore, the next foundation we look forward to seeing you here and come join us to celebrate the Foundation Anniversary next January. We hope it's more exciting MCSians!

Clash of the Sci-Tech Champs Pamamazon Cluster Qualifiers

| Paula Jhen F. Micael

Itong buwan ng Enero malaking pasasalamat ang MCS naging magandang labanan ng Junior High School at Senior High School sa pagiging mahusay na kinatawan sa paaralan sa gaganaping Brainiac: Clash of the Sci-Tech Champs Year 3 CAMANAVA at PAMAMAZON cluster qualifiers na ginanap sa Quezon City Science High School nitong Enero 11, 2025.

Gayundin, nais naming batiin ang pangkat ng Senior High School para sa pagiging top 11 na si Lorence Dennis Pantaleon, Cylan Ezekiel Iglesias at Earl Dwyght Gadiano na pinakamahusay na gumanap na paaralan sa PAMAMAZON (Pasay, Manila, Makati, Quezon) Cluster. Nakatakda na sila sa finals

round sa February 15 sa Philippine Science High School. Patuloy naming suportahan ang koponan sa kanilang pagpunta sa grand finals!

Mag-aaral ng MCS, Bumida sa Pagsasapapel ng Proyektong Panlipunan Gamit ang Wikang Filipino.

| Lois Lhane Joaquin

Ipinamalas ng mga mag-aaral ng Baitang 12 ng Manila Cathedral School ang kanilang husay sa pananaliksik at pagbabalangkas ng makabuluhang proyekto sa isinagawang presentasyon ng mga panukalang proyekto noong Nobyembre 12 at 15, 2024.
Lumahok sa aktibidad ang mga mag-aaral mula sa ibat ibang academic strand tulad ng
ABM, HUMSS, STEM, at TVL, na siyang bumuo ng mga proyektong naglalayong tumugon sa mga isyu o pangangailangan ng paaralan at ng mas malawak na
Ginamit ng bawat pangkat ang Wikang Filipino bilang pangunahing midyum sa kanilang mga presentasyon at promotional materials, na siyang nagpatibay sa layunin ng gawain na linangin hindi lamang ang kaalaman kundi pati ang pagmamalasakit sa wika at lipunan.

Sa gabay at suporta ng kanilang mga guro sa asignaturang Filipino sa Piling Larangan (Akademik) at sa tulong ng mga gurong nagsilbing tagapagsuri, naging makabuluhan at matagumpay ang nasabing gawain.
Ang proyektong ito ay patunay na ang Wikang Filipino ay hindi lamang kasangkapan sa komunikasyon, kundi isa ring mabisang daluyan ng solusyon sa mga suliranin ng lipunan-isang tagumpay hindi lamang para sa mga mag-aaral kundi para rin sa wika at

Pagbubukas ng MCS Intramurals 2024-2025: Sama-Samang Nagsusumikap, Maglingkod nang May Layunin

📷 | Manila Cathedral School ✒ | Sopphia Loraine Marquez

Aktibong nakilahok sa pagbubukas ng Intramurals 2024-2025 ang mga manlalaro ng Manila Cathedral School mula Grade School hanggang SHS Department noong Oktubre 22, 2024 na Ginanap sa Gymnasium ng Manila Cathedral School; Ang pagbubukas ay nagsilbing hudyat sa pagsisimula ng parating na Intramurals 2024-2025. Nagsilbi rin ito bilang paghahanda sa mga manlalarong lubos na nasasabik sa parating na laro at mga kaganapan.

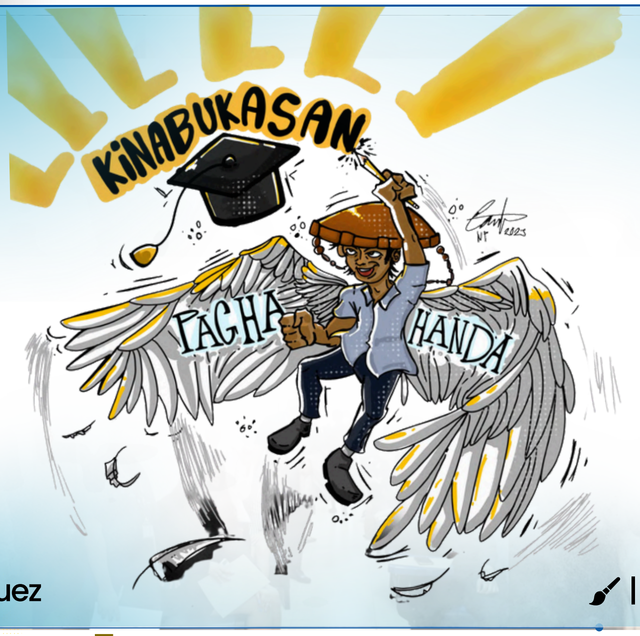
Sinimulan nila ang pagbubukas sa isang programa na dinaluhan ng mga manlalaro. Naghandog naman ng sayaw ang Liksari, ang opisyal na Performing Arts Club ng Manila Cathedral School kasabay ng 'Pag-iilaw ng Sulo' o 'Torch Lighting' kasama ang iba pang mga seremonya.

Halo-halong emosyon naman ang naramdaman ng mga manlalaro mula sa iba't-ibang baitang. "It was good naman, exciting and fun, ang galing rin ng mga sumayaw, and syempre kinabahan ako kasi nakita ko 'yong kalaban namin, pero syempre hindi kami magpapatalo" Ika ni Candice Joy Trinidad, Grade 8 Student nang siya ay tanungin tungkol sa nasabing event.

Naging matagumpay naman ang kaganapan at tiyak na mas magiging matagumpay at masaya ang laro; 'yan ang hiling hindi lang ng mga manlalaro ngunit pati ng mga estudyanteng hindi na rin makapaghintay manood sa tiyak na magiging mainit-init na laban.

Grade 12 Mock Job Interview: Paghahanda para sa Kinabukasan

...noong Nobyembre 26, 2024; Hindi naman nagpahuli ang mga STEM students na may Engineering Courses noong Nobyembre 28, 2024.



Sa kalahatan, naging maayos at matagumpay ang kanilang ginawang 'Mock Job Interview'. Ipinamalas ng mga estudyante ang kanilang dedikasyon sa nakuhang strand pati na rin ang kanilang pagiging handa sa mga susunod na hakbang ng kanilang buhay. Ipinamalas naman ng Manila Cathedral School ang kanilang suporta sa kanilang Facebook post; 'Congratulations to our Grade 12 students who successfully had their interview.' Ika sa caption ng MCS kung saan Ipinakita rin nila ang ilan sa mga litratong nakuha nila habang nagaganap ang Job Interview.

✒ | Sopphia Loraine Marquez 🖌 | Neithan Paul A. Castro

MCS' United Nations Month 2024

📷 | Manila Cathedral School ✒ | Chazz Astrid A. Cataluña

Sa selebrasyon ng ika-79 na taon ng mga Nagkakaisang Bansa o United Nations, ang Manila Cathedral School ay naglunsad ng mga aktibidad at kompetisyon para sa mga estudyante nito.

Ang unang aktibidad na inilungsad ay ang paggawa ng mga estudyante mula sa baitang 11 ng mga sining mula sa pagkakaintindi nila sa tema na; 'Connecting Hearts, Changing Lives: MCSians at the digital age of technology.'

Sunod naman ay ang taunang 'United Nations Quiz Bee' kung saan ang mga piling mag-aaral kada klase mula baitang 1-12 ay nagtapatan sa nasabing tagisan ng talino.

Ang mga mag-aaral naman mula baitang 4 ay inilabas ang kanilang galing sa pagdisenyo at pananaliksik noong lumahok silang lahat sa isang 'Travel Brochure Making Contest'.

Ang mga piling estudyante naman sa Baitang 7 ay kumasa sa hamon na gayahin ang iba't-ibang sikat at mahahalagang na mga personalidad mula sa iba't-ibang bansa dito sa Asya.

Ang lahat naman ng klase sa Baitang 7-10 ay inilabas ang kanilang galing sa pananaliksik, pagdisenyo sa silid, pagluto, at pakikipag-usap sa mga bata nung sila ay nagkaroon ng isang malaking aktibidad na tinawag na 'A day around the world'.

Ang aking mga nabanggit ay iilan lamang sa mga aktibidad at kompetisyon na isinagawa noong buwan ng Nagkakaisang mga bansa. Ang buwan naito ay tunay na inalabas ang mga natatago at natutulig na talento ng mga MCSian, dahil rin sa mga aktibidad dito, mas napatibay pa ang relasyon at pagkakaisa ng mga MCSian.

MCSians Muling Nagningning sa Individual Category ng DSPC 2025

| Lois Lhane Joaquin

| Manila Cathedral School

Matagumpay na naiuwi ng mga mag-aaral ng Manila Cathedral School (MCS) ang mga karangalan sa katatapos lamang na Individual Category ng 2025 Division Schools Press Conference (DSPC) na ginanap noong Enero 18, 2025 sa Far Eastern University High School.

Itinanghal na kampeon si Neithan Paul A. Castro sa Pagguhit ng Kartung Pang-Editoryal, dahilan upang magpatuloy siya sa Regional School Press Conference (RSPC) at patunay ng kanyang kahusayan sa sining at komentaryong biswal.

Kabilang din sa mga pinarangalan sina Clarisse April G. Sabangan, ikaapat na puwesto sa Pagwawasto at Pag-uulo ng Balita; Richmond Q. Grimes, ikalimang puwesto sa Pagsulat ng Lathalain; Antares Kiru R. Compuesto, ikapitong puwesto sa Editorial Cartooning; at Princess Bernice L. Leones, ikasampung puwesto sa Pagsulat ng Balitang Pampalakasan.

Sa kabila ng ilang taong hindi paglahok ng paaralan sa kumpetisyon, muling pinatunayan ng mga MCSians ang kanilang likas na galing at paninindigan sa katotohanan sa pamamagitan ng panulat at malikhaing ekspresyon.

Boses ng MCS Radio Broadcasters, Umangat sa DSPC 2025 Technical Category

| Lois Lhane Joaquin

Nagpakitang-gilas ang mga kinatawan ng Manila Cathedral School sa Radio Broadcasting event ng 2025 Division Schools Press Conference (DSPC) na ginanap noong Pebrero 1, 2025 sa Manuel G. Araullo High School.

Nakamit ng koponan ang ikaapat na puwesto sa Technical Application para sa English Category, patunay ng kanilang kasanayan sa paggamit ng teknolohiya sa paghahatid ng balita sa radyo.

Ang mga kinatawan ng MCS para sa English category ay sina Hesus C. Alcantara, Jewel R. Aspera, Cyan Ezekiel U. Iglesias, Travise Nicole R. Reside, Audrey Rose V. Rincoraya, Marc Axel P. Soriano, at Jacob Martine C. Yao.

Sa Filipino category naman ay kumatawan sina Cassandra Zchamiel C. Adajar, John Carlo M. Delos Santos, Richmond Q. Grimes, Lois Lhane Joaquin, Athena Uranie D. Managbanag, Noah Sebastian Rivera, at Wenson Drey E. Uy.

Sa kabila ng limitadong oras ng paghahanda, nagtagumpay ang mga estudyante sa pagbuo ng isang programang may kalidad, na tunay na sumasalamin sa disiplina at determinasyon ng mga batang mamamahayag ng MCS sa tulong ng kanilang tagapayo na sina G. Alexcis Pastrana at Bb. Claire Nicole Calimlim

MCSians, Kinikilala sa Collaborative Desktop Publishing ng DSPC 2025

| Lois Lhane Joaquin

Hindi rin nagpahuli ang Manila Cathedral School sa Collaborative Desktop Publishing (CDP) ng 2025 Division Schools Press Conference (DSPC) na ginanap noong Pebrero 8, 2025 sa Carlos P. Garcia High School.

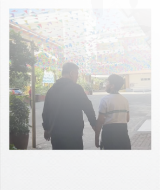
Kabilang sa mga kinilala ay sina Clarisse April G. Sabangan, na nagtamo ng ikalimang puwesto sa pinakamahusay na Pahinang Balita, at Archiel Jabiera C. Salandanan, na nakamit din ang ikalimang puwesto sa Pahinang Editoryal katuwang si Zerah Kish C. Sulit bilang taga-anyo ng pahayagan.

Ang tagumpay na ito ay hindi magiging posible kung wala ang walang sawang suporta ng mga tagapayo ng grupo na sina G. John Paolo C. Delos Santos at Bb. Madeline Audrie Tan.

Muli, ipinamalas ng mga MCSians ang kanilang kahusayan at kolaborasyon sa larangan ng pamamahayag—isang mahalagang hakbang tungo sa mas matibay na tinig ng kabataan sa pagbabalita.

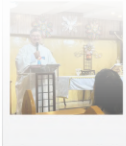
Reflection of Legacy: Unveiling of Archbishop O'Doherty's Monument and the 75th Founding Anniversary of MCS

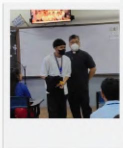
Lois Lhane Joaquin | Photo: Manila Cathedral School



Manila Cathedral School marked a momentous occasion on October 16, 2024, as it celebrated both the unveiling of the monument of its founder, Archbishop Michael James O'Doherty, in commemoration of his 75th death anniversary, and the school's 75th founding anniversary that took place at the MCS Gymnasium, with faculty, students, alumni, and guests coming together in honor of the institution's rich history and legacy. The event began with a Holy Mass presided over by the Assistant School Director, Rev. Fr. Nicanor Celiano Jr., together with the School Director, Rev. Fr. Nolan A. Que, and former School Director, Rev. Fr. Matt Garcia. In his homily, Rev. Fr. Garcia emphasized the importance of remembering and honoring the legacy of Archbishop O'Doherty. "In honoring the school, we should honor the bishop who started it," he said. He encouraged the community to preserve the school's good name and uphold the founder's legacy of service, commitment, and pursuit of excellence. Now in its 75th year, Manila Cathedral School stands as one of the most prominent educational institutions in Manila, it also holds the distinction of having the highest student population among all schools under the Roman Catholic Archdiocese of Manila Educational System (RCAMES). Highlighting the life of Archbishop O'Doherty, Grade 5 student Cassey Romano of St. Augustine of Hippo shared a presentation that depicted the founder's inspiring journey and his role in establishing the school. that met with admiration and appreciation from the audience. Senator Sonny Angara, Secretary of the Department of Education, extended his warm congratulations to the school through a message, expressing gratitude for its continued dedication to providing quality education to Filipino youth

In his message, Rev. Fr. Nolan Que thanked the school administrators and encouraged the institution to remain a place of opportunity and growth. “May MCS, as a very good school, continue to open up and welcome young people,” he said.
The Liksari Performing Arts Club brought excitement to the celebration with a stunning performance that showcased the creativity and talent of MCSians, leaving the audience amazed and proud. Assistant High School Principal, Mrs. Lucile Ariette A. Bautista also announced the upcoming events and activities planned for the continuation of the 75th founding anniversary celebration, which will culminate in January 2025. Finally, School Principal Mrs. Elizabeth V. Pastor expressed her deep gratitude to everyone who participated and helped bring the event to life. She shared her hope that this celebration would serve as a beacon of inspiration for current and future generations of MCSians. The unveiling of Archbishop O'Doherty's monument and the school's diamond jubilee served not only as a tribute to the past but also as a celebration of a promising future rooted in faith, service, and academic excellence





MCS, Nasungkit ang Korona sa "Ms. Cluster 5 & 6"

Charles E. Donato

Nagwagi ang pambato ng Manila Cathedral School (MCS) sa naganap na "Ms. Cluster 5 & 6 Pageant" na isinagawa noong ika-11 ng Enero, sa Gaudencio Rosales building o MCS gymnasium, na kasama sa pagdiriwang ng "Sportsfest 2025."

Itinanghal na Ms. Cluster 5 & 6 si Zyrl Serrano, ang pambato ng MCS.

Dumalo rin sa nangyaring patimpalak ang mga paaralang kabilang sa Clusters 5 at 6 ng Roman Catholic Archishop of Manila Educational System (RCAMES): Espiritu Santo Parochial School, Holy Child Catholic School, Saint Joseph School, at San Rafael Parochial School

Pagdiriwang ng Buwan ng Oktubre: Banal na Rosaryo 2024

Paula Jhen F. Micael | Manila Cathedral School

Una sa lahat, isang dekada ng Banal na Rosaryo ang dinadasal bago magsimula ang klase para sa buong buwan ng Oktubre. Sa bawat kwarto, ang Angel Gabriel's pagbati sa mapalad na birheng Maria na kilala natin bilang panalangin ng Aba Ginoong Maria na binibigkas ng mga MCSians student.

Bago magsimula ang pagdiriwang ng Buwan ng Banal na Rosaryo ay naghanda sila ng Culminating. Na ipinapakita ang buhay ng rosaryo ay hindi lamang isang debosyon, kundi isang pagpapatuloy ng Rosaryo na ipinangaral ni San Dominic de Guzman at inihayag ng ating Mahal na Ina sa loob ng maraming siglo. Sinabi ni Pope Gregory XVI na "ang pagkakaisa ng maraming kaluluwa na itinaas sa panalangin nang sama-sama ay lumilikha ng isang malaking puwersa at nag-uudyok sa Diyos sa awa sa atin."

Higit pa rito, bawat seksyon ay may kinakatawan na magbihis bilang kanilang class patron para sa Saints Kalook-Alike ang kompetisyon ay naging tradisyon ng MCS. Inilarawan ng mga MCSians ang kani-kanilang patron saints sa Saint kalook-alike kung saan inilarawan nila ang mga ugali at halaga ng patron saints sa pamamagitan ng kanilang paglalarawan at representasyon. At ang kaganapan na ito ay mahalaga.

At ngayon, sinimulan ang Live Culminating Awarding ng Saint Kalook-Alike. may katwiran ang pagpili ng mga mga patron saints ng bawat seksyon sa kinatawan na magsusuot ng costume, ang kanilang aktibidad na tinatawag na saints kalook-alike ay naglalayong ipakita ang layuning ipahayag ang isang sagrado, isang mas makabuluhang selebrasyon sekular na pagdiriwang ng halloween na nagpaparada ng nakakatakot na kasuotan at hitsura. Ang mga Saints kalook-alike ay hindi paligsahan ngunit ang mahalagang okasyon ang katekesis at nagpapaalala sa bawat katoliko na maging banal at hindi nakakatakot.

Ang Saints Kalook-Alike Awarding Championship para sa JHS, (Grade 1 Champion) De Guzman, Jhino Edred D. ang nagbihis ng St. John Bosco (Grade 2 Champion) Cabudoc, Zoe Ysabella D. ang nagbihis ng St. Elizabeth (Grade 3 Champion) Pangilinan, Athena ang nagbihis ng St. Rose of Lima (Grade 4 Champion) Galang, Juan Miguel ang nagbihis ng St. Charles Borromeo (Grade 5 Champion) Caluag, Jayceon T. ang nagbihis ng St. Thomas Aquinas (Grade 6 Champion) Boma, Dianna Niel L. ang nagbihis ng Venerable Mo. Ignacia (Grade 7 Champion) Natividad, John Haniel Rei S. ang nagbihis ng St. Linus (Grade 8 Champion) Cha, Keith ang nagbihis ng St. Claire of Assisi (Grade 9 Champion) Mendoza, Franc Civ ang nagbihis ng St. Andrew the Apostle (Grade 10) Jacinto, Ava Dominic ang nagbihis ng Our Lady of the Immaculate Conception.

Ang Saints Kalook-Alike Awarding Championship para sa SHS (Grade 11 ABM Champion) Buenaventura, Christian Drew C. ang nagbihis ng St. Homobonus (Grade 11 HUMSS Champion) Leones, Princess Bernice L. ang nagbihis ng St. Josephine Bakhita (Grade 11 STEM Champion) Ricafrente, Ashly Manic ang nagbihis ng St. Catherine of Siena (Grade 11 TVL Champion) Canares, Jade Marielle T. ang nagbihis ng St. Rigid (Grade 12 ABM Champion) Campbell, Ulysses D. ang nagbihis ng St. Expeditus (Grade 12 HUMSS Champion) Abasolo, Sheree Francein D. ang nagbihis ng St. Margaret (Grade 12 STEM Champion) Lopez, Emmanuel ang nagbihis ng St. Dominic Dela Calzada at ang panghuli (Grade 12 TVL Champion) Bunquin, Sophia Fatima A. ang nagbihis ng St. Martha.

Panghuli, kuwento sa rosaryo ay ang Birheng Maria ay nagbigay ng rosaryo kay Saint Dominic noong ika-12 siglo. Ang rosaryo ay isang hanay ng mga butil na ginagamit sa pagdarasal ng mga panalangin ng Aba Ginoong Maria, Ama Namin, at Kaluwalhatian. Kung iuugnay natin ang pagdiriwang ng MCS Buwan ng Rosaryo, Nawa'y si Maria maluwalhating reyna ng kabanal-banalang rosaryo nanalangin kami sa lahat ng aming minamahal naming MCSians, Guro at sa buong mundo.

Chazz Astrid A. Cataluña

MCS Attends Manila Local World Youth Day

Last November 2024 Manila Cathedral School joined the two day Manila Local World Youth Day which was held in Our Lady of Guadalupe Minor Seminary, Makati City.

The school sent its student leaders, the CCFO head, CLEd teachers, Guidance Associates, and some representatives from the Liksari Multimedia and dance club.

This event gathered 5,000 young prayerful pilgrims of hope from the Archdiocese of Manila and other nearby Archdioceses to celebrate their faith and the youth.

This year the Manila Local event was guided by the theme:

"Those who hope in the Lord... will run and not be weary. " (Isaiah 40:31)

The delegates from our school spent the two day event with Eucharistic celebrations, meaningful activities, socializing with other people, and a special Lakbayaw Performance from the Liksari dance troupe.

The event left its participants to have new friends, new memories and experiences, spiritual reconnections, and many more.

Manila Cathedral School is looking forward to joining the 2025 Manila Local World Youth Day.

| Manila Cathedral School

MCS Hails New SCB Officers for S.Y. '24-'25

Manila Cathedral School (MCS) hailed newly-elected Students' Coordinating Body (SCB) officers for the academic year 2024-2025 this Tuesday, August 13, 2024.

Last Friday, August 9, SCB Elections for the school year 2024-2025 was conducted—students casted their votes through Google Forms with the help of their MCS' Gmail accounts.

Lorence Pantaleon won the Presidential race—while Naomie Ricohermoso, Joreal Sagum, Kreezha Delos Reyes won the position of Vice Presidency for Senior High School, Junior High School, and Grade School.

In addition, the following candidates won their position; Kaleena Suanes for Secretary, Pauleen Franco for Treasurer, Cedrick Santos for Auditor, Gabrielle Marquez for PRO internal, Janna Oriel for PRO External.

Furthermore, the grade level representatives are: Keren Flor for Grade 4, Mako Suerte for Grade 5, Dianna Boma for Grade 6, Ysabella Bañez for Grade 7, Armani Tan for Grade 8, Seanna Dumayag for Grade 9, and Joannabhelle Suating for Grade 10. The Senior High School strand representatives; Al Angelo Sambayon for ABM 11, Travise Reside for HUMSS 11, Mathieu Salas for HE/ICT 11, Dana Boma for STEM 11, Cyan Iglesias for ABM 12, Paolo Parungo for HUMSS 12, Chastine Pinili for HE/ICT 12, and lastly Richmond Grimes for STEM 12.

On August 16, 2024, the new set of SCB officers gave their promises during their Oath-taking ceremony.

| Charles E. Donato

MCS' Math and Science Month 2024

This year, the Math and Science Month went under the theme; "MCSians Play, Discover, Innovate: Unleashing the Power of Math and Science". This month, the Math and Science departments released a mix of new and familiar activities.

The kick-start activity for this month was the Math and Science Olympics. In this activity, chosen MCSians would be grouped randomly and they would solve Problems and Challenges that involve Math and Science. This activity enhanced their Social Connections, Critical thinking skills, and their ability for teamwork.

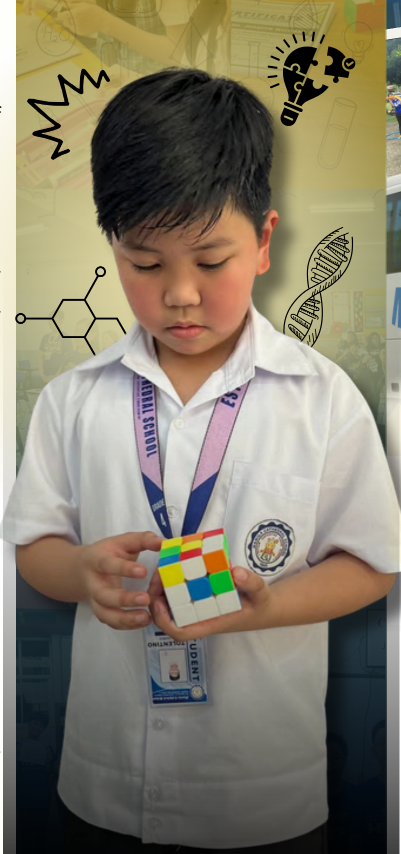
The next event was the Science Quiz Bee. Representatives from each class along with their whiteboard and marker went to compete with each other and finding out who the Science Wizard is.

There were also activities that respective Math teachers gave to their students. Such as; Tangram, Brain Twister, Math Bingo, Sudoku, Guesstimation, and The Rubiks Cube Master.

Grade 10 students also created an escape room where the players are the students from Grade 9.

Meanwhile, Senior High School students had their Science Magic Show to Elementary students.

The Month-long celebration was cut-short due to multiple class suspensions. But MVSians made the most out of the activities they were given in a short amount of time.



| Chazz Astrid A. Cataluña
| Manila Cathedral School

MCSians Partake in EFLL

| Charles E. Donato | Manila Cathedral School

Students from Manila Cathedral School (MCS) participated in the school trip or the "Education For Lifelong Learning" (EFLL) from September to October 2024.

According to the MCS facebook page, EFLL has been part of the instructional program—it is an alternative activity to formal education.

The trip started from September and ended in October, with each grade level having different destinations.

Grade school and ECE went to Cavite and Antipolo; with Grades 1 and 2 along with ECE to the Aguinaldo Shrine and Museum, the Diocesan Shrine and Parish of Saint Mary Magdalene, Chosen Children Foundation, Torres Farm and Resort, and Yoki's Farm-South's Hidden Treasure.

While Grades 3-5 went to the Antipolo Cathedral, Kanlungan ni Maria, Avilon Zoo, Change Maker, and Tales of Illumina.

Lastly, Grade 6 went to Camillian Sisters Bahay Kanlungan ni Maria, International Shrine of Our Lady of Peace and Good Voyage, Avilon Zoo, and Whimsical Wonderland.

Moreover, High school traveled to Batangas, Metro Manila, Bulacan, and Candaba, with Grades 7 and 8 to Padre Pio Shrine, Sta. Ana-San Joaquin Bahay Ampunan, Senses of the Sea-The Mega Sardines Museum, and Change Maker 2040.

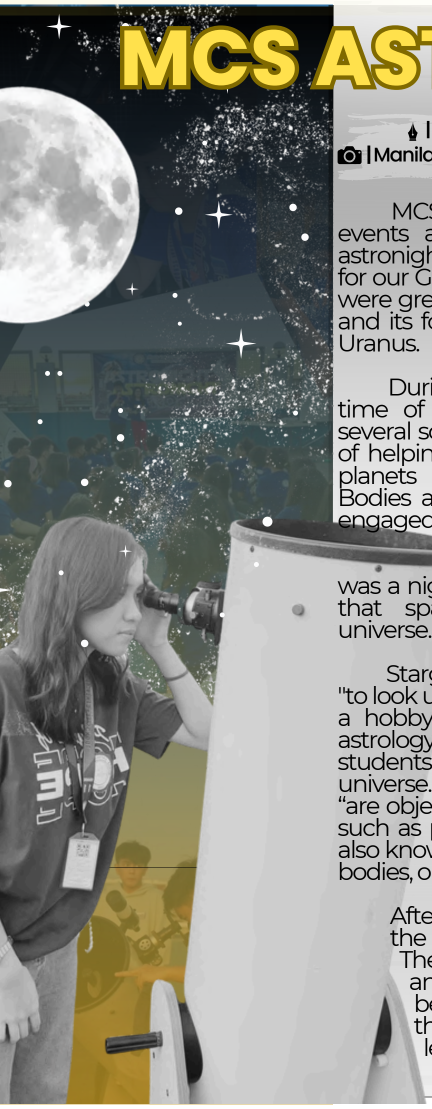
In addition, Grades 9 and 10 went to Sta. Monica Parish Church, Tahanan Mapagkalinga ni Madre Rita, Inc., and Lola Corazon Leisure Farm (Water Activities, Team Building & Basic Life Support Training).

Senior High School (STEM, ABM, HUMSS, TVL) students also traveled to Biñan and Calamba, Laguna by Sto. Niño de Cebu Parish and Woodland farm and waterpark—they also had water and team building activies.

Anna Nicole Gayagoy from Grade 11-St. Stanislaus said that the trip was fun and exciting "It was fun and exciting at the same time kasi lalo na may pa-swimming-swimming sila."

"Iba man 'yong expectation ko, kasi 'yong field trip talaga mostly mga enchanted kingdom 'yan so medyo na-shock din ako na iba rin pala sa catholic school—iba 'yong culture nila," she added.

MCS ASTRONIGHT 2025



| Charles E. Donato
| Manila Cathedral School

MCS continue one of their anticipated events annually, on January 25 2025 the astronight was truly a remarkable experience for our Grade 4 and Grade 5 students as they were greeted by planets Venus, Mars, Jupiter and its four moons, Saturn and its ring, and Uranus.

During the stargazing camp, the exact time of the event is 5:00pm there were several science teachers who were in charge of helping the students view and enjoy the planets and they discuss about Celestial Bodies and the planets, students were also engaged in exploring how to navigate our telescopes, astrolectures, and astrogames. It was a night filled with wonder and discovery that sparked their curiosity about the universe.

Stargazing means to our Astronight 2025 "to look up at the stars and objects in space as a hobby, for scientific study, or as part of astrology" this event was designed to give the students an experience of the beauty of the universe. And about Celestial Bodies means "are objects in space that astronomers study, such as planets, stars, and galaxies. They are also known as astronomical objects, heavenly bodies, or celestial objects."

After the activity they give a certificate to the participant to join their Astronight. The concept of this activity is exciting and enjoyable for the students because apart from having fun themselves, the students learn l lessons from the Astronight event.

the Reflections
The Official Student Publication of Manila Cathedral School
Division of Manila | National Capital Region | 2024–2025

Let The Sunshine In

| Gabriel Solomon N. Batencila
| Manila Cathedral School

Rowena and Cathy stepped into the walls of the Emilio Aguinaldo College of Manila, just as they did countless times in their youth. "Kumusta na kayong dalawa!?" shouted Gerick in their direction. The three, delighted, shared a warm embrace. It was their 29th High School Reunion, and even with few attendees, the trio still enjoyed the time they spent with their batchmates.

"Sana makapunta si Cecile next year," commented Cathy while discussing who came. Indeed, this trio was once a quartet, with Cecile completing a once inseparable bond. Some years after graduation, Cecile stopped responding to letters and coming to reunions. Even with the advent of the internet and social media, she was untraceable.

A few weeks later, Gerick, Cathy, and Rowena attended the graduation of the beneficiaries of the Bigay-Biyaya in San Rafael Parish. The three had come a long way; from being students at their school, to each having successful careers, to participating in the feeding program of their parish.

When they met with the program coordinator, they were happy to learn that they successfully supported in feeding about 100 poor beneficiaries who could not
support themselves. The coordinator then shared with them a group picture of the graduates of the program, they were delighted to see it! A visual, reminding them of the many persons who have been helped However, there was something peculiar about the left-most woman in the photo. She had soft eyes, coupled with a sharp nose and sharp eyebrows, all finished off with a half-smile. "Is that Cecile?!" Rowena exclaimed, It was true! The woman in the picture bore a striking resemblance to their close friend.

However, there were a few significant differences of note, While the Cecile they knew had a healthy figure, the woman in the picture looked frail and weak, appropriate
to be in Bigay-Biyaya, With a gleeful smile and twinkling eyes, Cecile radiated youthfulness; standing in harsh contrast was the aged-looking woman. With wrinkles
permeating her face, lips that looked as though they struggled to open, and eyes devoid of emotion, the trio was hesitant to believe she was their long-lost friend.

Nevertheless, Gerick asked the coordinator for the woman's name and address. He didn't remember her name, but he referred them to the barangay where she lives. After a few days, the trio appeared at the doorstep of the address. It was a small, dingy house in the slums where you would never expect a graduate of their school to live.

After a few knocks, they were surprised to see the woman who answered! With shocked faces, Cecile had no choice but to welcome them into her home. "Cecile! We've been looking for you for so long! We just didn't know where to find you!" said Gerick. "What happened, Cecile?", said Cathy. Her face becoming emotional, Cecile opened up about what happened since the last time they spoke over Cathy.

Her face becoming emotional, Cecile opened up about what happened since the last time they spoke over 15 years ago, about her hard life as an OFW, forced to quit work after a malicious report from a jealous coworker. Upon return to the Philippines, she learned that she was homeless because her cheating husband sold off their home and other possessions. Feeling shameful about her situation, she shied away from friends, relatives, and resolved to climb out of poverty on her own. But, luck hasn't been on her side. Fortunately, some church organizations, have helped her get by with some basic needs. Then, her three friends hugged her.

"Sorry that we weren't able to reconnect with you for so long, Cecile. But we will make up for lost time." Cathy said, "From now on, we will take care of everything that you need." The following day, Rowena gave her a makeover and bought everything that she needed. Moreover, Gerick employed her as a staff in his store. Because they reconnected, Cecile's life changed for the better!

At their 30th Alumni Homecoming, their batchmates listened happily and applauded Cecile, who gave her heartwarming speech. "I have learned that staying in touch with my friends is most important. I should not shy away and instead, reconnect with them, as friends are the ones who will be your light and help you get through your darkest times. From now on, I will let the sunshine in!"

Within the Walls

| Jhane Karol I. Reyes

Athletes filled the halls — the thought of losing flushed down through the toilets as they wore their jerseys.

Their name, printed on the back. They walked with confidence, chased their dreams and strove for victory.

The Gymnasium was full of supporters and fans. Screams and cheers were heard. From left to right, the pressure and excitement was felt.

The ground shook, as their shoes squeaked with talent. The bleachers felt like tectonic plates — shaking!

Everyone was celebrating, their team won — but amidst the joy, there's the other team that didn't get the victory.

It's fine, just try again next time. Even if they lost, they still got congratulated. Something that we should do. Always.

Congratulate both teams, it doesn't matter if they lost or won, their effort is what matters the most.

Elusive Accountability

| Gabriel Solomon N. Batencila

They came with a mission Sugar-coated, strategically orchestrated Delay and dismiss Tempered with a move to return Swiftly passed the ball Averting the disclosure of truth The public knows Their bias as clear as day.

Rewarding corruption Through political maneuvers Silencing justice Wicked, unethical, says who? A biased collusion within hallowed halls Crashed the whole nation Church, academe, the public – shaken yet fighting Pushing for trial to proceed forthwith.

Hurdles thrown left and right Complicating the constitutional process Dousing hopes of a God-fearing nation Failing the people big time On the eve of independence Dark political landscape looms Truth in shackles Who'll set it free?

Judges sworn to uphold
Not stifle the truth
Equality before the law
Country first before self
Remove rotten tomatoes
Keep the few good ones
Be stalwart supporters of truth
Public deserves to know.

From here on, we will rise With renewed courage, unyielding Students, educators, workers, every Filipino Fighting against grave abuse of power In unity, we have strength To right the wrong Restore power Back to the people.

A constitutional detour Only stokes the flames of justice Time to wield the power of the people Be vigilant Let evidence speak Guard our democracy Delaying tactics ruled the court once But hope for it not to happen again.

Paskong 'Di Malilimutan

| Jhane Karol I. Reyes

Mga bituing parang alitaptap, nagniningning sa maluwag na kalawakan.

Mga alaalang biglang tumimo sa aking isipan, nakatatak.

Sa isang munting tahanan, may mga alaalang nalalanghap — amoy ng hapunan ay kay sarap.

"Kain na!" sigaw nila, buong pamilya ay nasa lamesa na.

Sa Noche Buena, puno ng saya — nagsasalu-salo kahit hindi kumpleto.

Akala mo'y lechon, ay tinapay lang pala, ngunit may Ik ka naman, galing kay tita.

Pagkatapos kumain, sama-sama pa rin.

Mga ninong at ninang na nag-iinuman, mga batang nangangaroling na parang walang katapusan.

Mga regalo'y binubuksan, tawa at saya ang umaagos sa puso nila.

Ang saya ng Pasko ay hindi nawawala, kahit sa mga alaalang nasa puso't isip na lamang.

WHERE'S THE UNITY?

| Avrhia Leigh D. Guillermo
| Neithan Paul A. Castro

The UniTeam, a symbol of unity and collaboration, once promised a Philippines united under a shared vision. This carefully constructed image resonated with voters weary of political division. The partnership between Marcos Jr. and Duterte, two powerful political figures, seemed to guarantee a stable and effective government. However, the recent events paint a drastically different picture. The once unified front is now showing cracks, and it is impossible to ignore the tension brewing within the highest levels of leadership, affecting members of the nation.

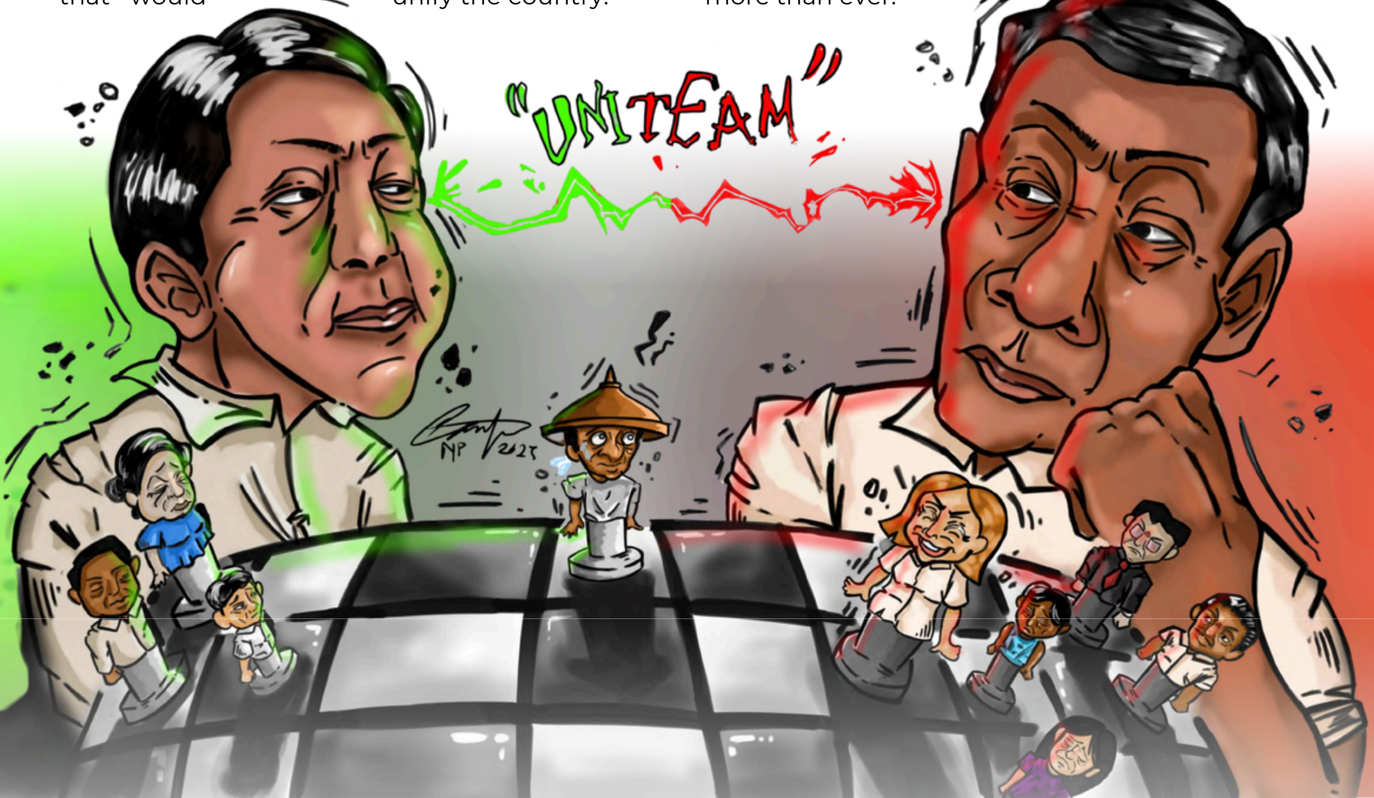
Moreover, the internal conflict within the administration leads to government inaction and inefficiency. A lack of unity at the highest levels of government obstructs effective governance and negatively impacts the delivery of public services. The National Economic and Development Authority (NEDA) has noted that internal political conflict can slow down critical decision-making processes, leaving issues such as economic instability, unemployment, and rising inflation largely unresolved. In a country where millions of Filipinos are still struggling to recover from the effects of the COVID-19 pandemic, any delay in action can further hinder progress.

The question is: Where is the unity? The UniTeam campaign promised a unified nation, a central theme that now seems to be fading rapidly. The public deserves a clear explanation of the issues and a demonstration of the leadership needed to overcome this crisis. The President and Vice President must prioritize national needs over personal differences and work to restore the trust and unity they promised. Failure to do so will damage their political standing and undermine the stability and progress of the Philippines. According to a report from ABS-CBN News, the growing political divide between the two is becoming a source of frustration for many Filipinos who believed in the "team" that would unify the country.

Take, for example, the administration of former President Gloria Macapagal-Arroyo. During her campaign, she promised to fight corruption and ensure the welfare of the Filipino people. However, once in office, Arroyo's presidency was marred by allegations of corruption, leading to widespread protests and a loss of trust in the government. Similarly, former President Joseph Estrada made grand promises of fighting poverty and corruption but was soon embroiled in scandal and ousted from office in the 2001 People Power Revolution. These incidents, like Marcos and Duterte's current feud, highlight how easily political leaders can break their campaign promises once they are securely in power.

This pattern of broken promises has serious consequences for the Filipino people. The public trust in the government erodes, and people become more cynical about the political system. According to a Pulse Asia survey, public satisfaction with the government has dropped sharply, with only 56% of Filipinos expressing approval of the administration in late 2024. This drop can be attributed, in part, to the growing perception that the President and Vice President are not working together for the nation's benefit. In the past, the Philippines has seen the impact of such clownery. For example, during the 2000s, political instability and public dissatisfaction contributed to economic stagnation, with the country's GDP growth rate struggling to keep pace with its Southeast Asian neighbors. This history of broken promises and resulting discontent can only serve as a warning for what might happen if the current leadership continues down this path.

The nation's future rests on their ability to reconcile their differences and rebuild their fractured UniTeam foundation. In a country that faces economic instability, poverty, and political division, strong leadership is more than ever.



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Impeachment: Dapat Bang Isulong?

| Maria Louvelle A. Ramoran

Mainit ang usapan ngayon tungkol sa impeachment laban kay Vice President Sara Duterte. Ang isyu ay kaugnay ng paggamit ng confidential funds ng kaniyang opisina noong 2022, kung saan ₱125 milyon ang ginastos sa loob lamang ng 11 araw. Ayon sa mga kritiko, ito ay maaaring ituring na pag-abuso sa pondo ng bayan. Subalit, ang impeachment ba ang tamang hakbang sa usaping ito, o isa lamang itong politikal na galaw?

Ang impeachment ay isang seryosong proseso. Ayon sa Saligang Batas, ito ay ginagawa lamang kung may matinding pagkakasala tulad ng graft and corruption, paglabag sa Saligang Batas, o pagtataksil sa tiwala ng publiko. Kung walang sapat na ebidensiya, ang impeachment ay maaaring magdulot ng kawalang-tiwala sa sistema ng pamahalaan at mas makasama pa kaysa makatulong.

Ayon sa mga ulat, ang confidential funds ng Office of the Vice President (OVP) ay ginamit nang mabilisan noong 2022, kahit hindi ito kasama sa orihinal na badyet ng ahensya. Sinabi rin ni House Deputy Minority Leader France Castro na ang ganitong paggamit ng pondo ay maaaring ituring na sapat na basehan para sa impeachment. Ngunit, sapat ba ang mga alegasyong ito para magsimula ng ganitong seryosong hakbang?

Ang transparency sa paggamit ng pera ng bayan ay napakahalaga. Bawat sentimo ay dapat maipaliwanag nang malinaw, lalo na at ito ay galing sa buwis ng mamamayan. Kung may mga paglabag, nararapat na may managot. Subalit, kailangang tiyakin na ang proseso ng impeachment ay ginagamit nang tama. Hindi dapat ito gamitin bilang sandata ng politika para lang pabagsakin ang kalaban.

Bukod dito, mahalagang tingnan ang epekto ng impeachment sa bansa. Ang prosesong ito ay magastos, matagal, at maaaring humantong sa mas malaking kaguluhan sa politika. Sa halip na magtulungan para harapin ang mga problema ng bansa tulad ng kahirapan at kawalan ng trabaho, maaaring lalong maantala ang mga programa ng gobyerno.

Isa pang mahalagang aspeto ay ang intensyon sa likod ng impeachment. Sa politika ng Pilipinas, hindi maikakaila na ang ilang desisyon ay naiimpluwensyahan ng personal na interes o partido. Kung walang malinaw na ebidensiya, mas makabubuting imbestigahan muna ang isyu sa paraang patas at walang kinikilingan. Ang impeachment ay dapat na huling remedyo lamang kung talagang may mabigat na paglabag.

Ang pananaw ng publiko ay mahalaga rin sa usaping ito. Bilang mga mamamayan, may karapatan tayong malaman ang totoo. Kung mayroong maling paggamit ng pondo, nararapat lamang na maipaliwanag ito nang malinaw ng mga opisyal na sangkot. Ngunit kung walang sapat na basehan ang mga alegasyon, hindi rin tama na sirain ang pangalan ng isang opisyal para lamang sa politikal na agenda.

> **Ang hamon ngayon ay panatilihin ang pagiging patas, itaguyod ang katotohanan, at siguruhing ang bawat hakbang ay para sa interes ng sambayanan.**

Viral Yet Vicious

| Diana Sofia E. Murillo | Antares Kiru R. Compuesto

Gambling is the practice or activity of betting or the practice of risking money or other stakes in a game or bet, such as commercial games, number games, instant lotteries, sports betting, etc. However, in the Philippines, online gambling has been rising and becoming famous among people, as it has existed since the 16th century and has been evolving and improving in the modern era. Like a mouse lured by the scent of cheese, Filipinos seeking easy money are drawn into online gambling, unaware that they are walking straight into a trap. With just a few taps, they enter a cycle of risk and reward, hoping for fortune but often falling into financial ruin.

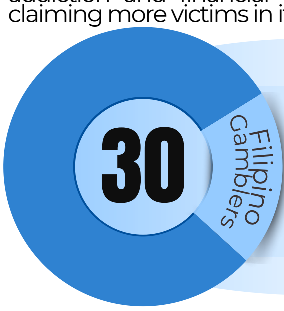
Since the legalization of online gambling in 2016, it has gained a lot of users, especially when the pandemic hit. However, like a well-set mousetrap, what seems like an easy opportunity comes with severe consequences. With the rise of social media, advertisements have also enhanced this deception. Companies collaborating with vloggers and celebrities have amplified the reach of these games, luring even more unsuspecting victims.

As the economy depends on the circulation of money, online gambling presents both an opportunity and a threat. While it does generate revenue, it also drains the finances of countless individuals. Regulatory bodies, like the Philippine Amusement and Gaming Corporation (PAGCOR), have attempted to oversee the industry, but gaps remain. Without stringent legal enforcement, online gambling becomes a breeding ground for corruption, crime, and money laundering, further destabilizing an already fragile economy.

Nonetheless, online gambling can lead a simple betting game into a monstrous addiction that one cannot escape. Like a mouse trapped with no way out, gamblers spiral into debt, fear, and anxiety, desperate for another win that may never come. The constant psychological stress creates a vicious cycle, pushing individuals into deeper despair. The mental health crisis tied to gambling addiction remains largely ignored, yet its impact is evident in the growing number of Filipinos facing severe financial distress and family breakdowns.

One of the greatest enablers of this addiction is social media promotion. Vloggers and celebrities, motivated by sponsorships, recklessly promote these platforms without regard for the consequences. In doing so, they become part of the mechanism that sets the trap, glamorizing gambling and making it appear as an easy path to success. According to a study by the University of the Philippines, social media endorsements significantly increase the likelihood of younger audiences engaging in gambling activities. Influencers create an illusion of wealth and success, showing off their supposed winnings while hiding the reality of devastating losses.

Like a mouse eyeing a tempting piece of deadly cheese, many Filipinos continue to fall for the illusion of easy wealth. When will we recognize the trap for what it truly is? Until the government and the people take a stand against this exploitative industry, the cycle of addiction and financial ruin will only persist, claiming more victims in its unrelenting grip.



116 over **30** million Filipinos participate in **gambling** activities

| Neithan Paul A. Castro

Elect
Epid

| Leonie Maxi

Over the years, the usage of e-cigarettes has affected millions of people around the world. In the Philippines, an alarming 2.7 million Filipinos use e-cigarettes or vapes, according to the Department of Health (DOH). Based on the Global Youth Tobacco Survey (GYTS), about 14.1 percent of these users are students. Disturbingly, reports indicate that some Filipino vapers are as young as 10 years old, highlighting the failure of regulations meant to keep these products out of minors' hands.

One of the main reasons minors can vape is its easy accessibility. Vape shops, despite existing laws, often turn a blind eye to age restrictions, prioritizing profit over public health. The Vape Law (Republic Act No. 11900) was enacted to regulate the sale of vapes, setting the minimum age at 18. However, many stores do not enforce this rule, and online platforms make it even easier for minors to obtain these products. This lax enforcement allows peer pressure to thrive. Many teenagers start vaping due to influence from friends, wanting to fit in or satisfy their curiosity. Seeing their peers casually using vapes, even inside school premises, makes the habit seem harmless. In some cases, minors turn to vaping as a form of escape, seeking relief from family conflicts, academic pressure, or personal struggles.

The dangers of vaping among minors go beyond just social influences, but also it presents serious health risks. According to the World Health Organization (WHO), e-cigarettes contain harmful substances such as nicotine, volatile organic compounds, and heavy metals like lead, which can severely damage the lungs and brain. Nicotine addiction in adolescents affects brain development, leading to difficulties in learning, memory retention, and impulse control. The American Lung Association also warns that vaping can cause respiratory illnesses, increase the risk of heart disease, and lead to a lifelong dependency on nicotine.

tronic
lemic

m L. Hernandez

In the Philippines, the rise of respiratory illnesses linked to vaping has been a growing concern. The Philippine Pediatric Society (PPS) has issued warnings about the dangers of early nicotine exposure, citing cases of minors developing lung injuries and persistent coughs. A study by the National Institutes of Health (NIH) even found that e-cigarette users are at higher risk of developing bronchitis and pneumonia, conditions that can be life-threatening, especially for young users. Yet despite these findings, vaping continues to be glamorized on social media and among peer groups.

To curb this crisis, vape shops that sell to minors should face heavier penalties, and online platforms should require stringent age verification processes. Schools should reinforce anti-vaping campaigns, educating students about the long-term consequences of vaping. Meanwhile, parents play a crucial role in monitoring their children's behavior, ensuring that they are not influenced by harmful trends.

In addition, the government must take decisive action by addressing loopholes in existing regulations. The DOH and the Food and Drug Administration (FDA) have repeatedly urged for tighter control over flavored vapes, which are specifically designed to attract younger users. A study by the U.S. Centers for Disease Control and Prevention (CDC) found that over 80% of teen vapers prefer flavored e-cigarettes, proving that these products are directly targeting younger demographics. Without immediate action, the number of underage vapers in the Philippines will only continue to rise. It is time for the government, schools, parents, and society as a whole to take responsibility and protect the youth from this growing electronic epidemic.

“A Healthier Future Begins With a Vape-Free Generation.”

E-leksyon: Sikat o Kriminal?

| Willzen A. Ballen

Tila nakakapanghinayang sa bawat eleksyon nagiging sentro ng atensyon ang mala peryang sistema sa mga pangalan sa mga kumakandidato. Ngunit hindi maikakaila na sa bawat pagsumite ng Certificate of Candidacy (COC), may mga personalidad na nagiging bahagi ng isang kontrobersyal na palabas: mga sikat na artista na walang sapat na kwalipikasyon at mga dating kriminal na may balak pang tumakbo sa gobyerno.

Bilang isang Pilipino, tayo ay nahaharap sa tanong: sapat ba ang kasikatan para punan ang isyu ng bayan? Isang tanong na hindi masagot-sagot hanggang ngayon. Ang pulitika ay hindi entablado ng showbiz kung saan ang tanging batayan ay dami ng taga-hanga o galing sa pag-arte. Ang pagiging lider ay nangangailangan ng karanasan, kaalaman, at integridad—hindi lamang mukha sa billboard o viral video.

Nakababahala ang pagbabalik ng mga sikat na may mabigat na kasalanan sa bayan. Paano maaasahan ang isang lider na pinanagot na sa batas na maghatid ng hustisya? Ang ganitong kandidatura ay hindi lamang insulto sa sistemang demokratiko kundi pati na rin sa sambayanang Pilipino na umaasa ng tunay na kaginhawaan at pagbabago.

Ngunit ang problema ay hindi lamang nakasalalay sa mga kandidatong ito. Ang mas malaking tanong ay: bakit nga ba sila binibigyan ng pagkakataon? Ang sagot ay nakasalalay sa atin—sa mga Pilipinong botante. Hangga't hinahayaan natin ang popularidad o pera ang magdikta ng resulta ng eleksyon, patuloy tayong magkakaroon ng mga lider na hindi karapat-dapat.

Panahon na para maging mapanuri. Hindi lahat ng sikat ay karapat-dapat, at hindi lahat ng nagsasabing "para sa bayan" ay totoo ang intensyon. Tayo ang may kapangyarihan, at ang ating boto ang magpapasya kung ano ang mangyayari sa ating kinatatayuang bayan.

“Sa darating na eleksyon, huwag nating gawing eksena ang halalan. Piliin natin ang karapat dapat, hindi ang sikat lalo na ang kriminal. Ang tunay na pagbabago ay nagsisimula sa responsableng pagboto.”

Dugo para Dolyar

| Ian Sille V. dela Peña | Antares Kiru R. Compuesto

Sa bawat Overseas Filipino Worker (OFW) na umaalis ng Pilipinas, mayroong pangarap na nais tuparin, pamilya na gustong maiangat sa kahirapan, at pangakong babalik nang matagumpay. Ngunit sa kabilang banda, may isa ring nakadidismayang katotohanang pilit itinatago—hindi lahat ng lumalabas ng bansa ay nakakauwing buo, ligtas, at malaya. Ang kaso ni Mary Jane Veloso ay isang salamin ng trahedyang paulit-ulit na sinasapit ng mga Pilipino sa isang bansa na itinuturing ang kaniyang mamamayan bilang “bagong bayani,” ngunit hinahayaang maging biktima ng isang marahas at mapagsamantalang sistema.

Ayon sa Philippine Statistics Authority (PSA), humigit-kumulang dalawang milyong Pilipino ang nagtrabaho sa ibang bansa, beterano man o bagong pasok pa lamang. Ito ay patunay ng patuloy na pag-asa ng mga Pilipino sa overseas employment bilang solusyon sa kawalan ng oportunidad sa loob ng bansa. Subalit, ayon sa Commission on Human Rights (CHR), ang ganitong sitwasyon ay naglalagay sa mga manggagawa sa mas mataas na panganib ng human trafficking, pang-aabuso, at maling paratang, tulad ng nangyari kay Veloso.

Kung babalikan, si Veloso ay naaresto sa Indonesia noong Abril 25, 2010 matapos matagpuang may dalang 2.6 kilo ng heroin sa kaniyang maleta. Hinatulan ang Pilipina ng kamatayan at napabilang sa death row, sa kabila ng kaniyang pahayag na siya ay biktima ng human trafficking. Patunay lamang ito na ang mga OFW, na naglalakbay upang maghanap ng mas magandang buhay, ay nahaharap sa masalimuot na sitwasyon na dulot ng kakulangan ng proteksyon at masusing pag-iingat mula sa mga aw-toridad.

Sa loob ng 14 na taon, nanatiling nakakulong si Veloso sa bansang hindi sa kaniya upang parusahan para sa kasalanang hindi rin sa kaniya. Noong 2015, sa huling sandali bago ang nakatakdang pagbitay, nabigyan ito ng *reprieve* o pagkansela ng kaparusahan matapos ang matinding apela mula sa gobyerno ng Pilipinas at mga grupong pangkarapatang pantao. Ayon sa Department of Justice (DOJ), ang *reprieve* na ito ay nagbigay-daan upang masusing imbestigahan ang kaso ng OFW at ang posibilidad na siya nga ay isang biktima ng *human trafficking*.

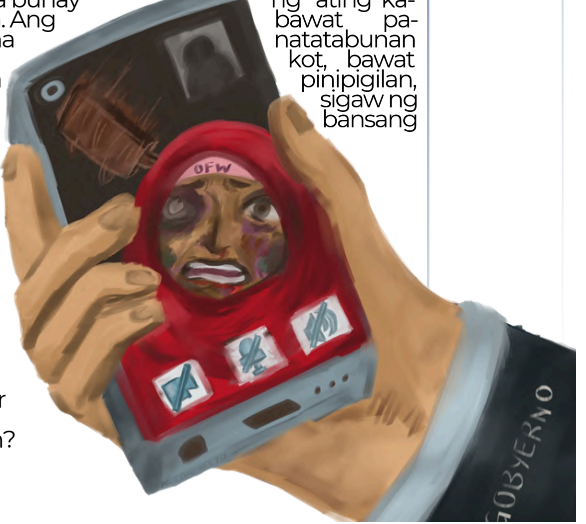
Nito lamang Disyembre 2024, matapos ang matagal na negosasyon sa pagitan ng gobyerno ng Pilipinas at Indonesia, pinayagan si Veloso na makabalik sa bansa upang ipagpatuloy ang sentensya nito. Sa ilan, ang kaniyang pagbabalik ay isang simbolo ng tagumpay ng diplomasya. Ngunit sa marami, isa rin itong patunay ng kabiguan ng sistemang nagtutulak sa mga Pilipino sa bingit ng kamatayan.

Ayon sa isang ulat ng Philippine Center for Investigative Journalism (PCIJ), karamihan sa mga nahuhuling mga *drug courier* sa Southeast Asia ay mula sa mahihirap na bansa, kung saan ang mga biktima ay madaling malinlang ng mga *illegal recruiter* at *human trafficker*. Ngunit ang masakit na katotohanan ay, kung mayroong matinong trabaho sa Pilipinas—isang trabahong may sapat na sahod, benepisyo, at dignidad—kakailanganin pa kaya ni Mary Jane Veloso at milyun-milyong iba pang Pilipino na makipagsapalaran sa ibang bansa?

Higit pa rito, ang kaso ni Veloso ay nagsisilbing babala. Ayon sa Department of Migrant Workers (DMW), may dosedosenang Pilipino ang kasalukuyang nasa *death row* o nahaharap sa mabibigat na kaso sa ibang bansa. Hindi lamang si Veloso ang nasa panganib—marami pang iba ang hindi natin kilala, hindi natin napapansin, at maaaring hindi na natin maabutan bago maging huli ang lahat.

Isang bansa ang Pilipinas na ipinagmamalaki ang kontribusyon ng mga OFW sa ekonomiya, ngunit sa oras na sila ay maipit sa panganib, biglang nagiging tahimik ang gobyerno. Maituturing na isang malaking kabalintunaan na ang bansang ito ay umaasa sa ambag ng mga makabagong bayaning ito sa ating ekonomiya ngunit hindi man lang naglalaan ng sapat na proteksyon para sa kanila.

Hindi na natin maaaring ipagpaliban pa ang pagbabago. Hindi na natin pwedeng gawing kaso lamang at pan-dagdag-datos ang mga buhay ng ating ka-babayan. Ang bawat pa-ngalan na natatabunan ng lung-kot, bawat boses na pinipigilan, ay mga sigaw ng isang bansang nagha-hanap ng kata-rungan. Ilan pang pagda-nak ng dugo ang kai-langan para sa inaasam na dolyar ng mga dayuhan?



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AABOT PA KAYA?

| Earl Dwyght Gadiano

Masaya ako. Walang mali sa akin. At hindi ko kailangan ng tulong ng iba.

Pilit kong isinisiksik sa aking utak ang mga katagang ito habang nakatingin sa malaking salamin na nakasabit sa aking kuwarto. Patuloy kong tinitignan ang imahe ng aking sarili sa salamin, kinikilatis kung bakas pa rin sa aking mukha ang bigat at sakit na aking nadarama. *"Aabot kaya sa aking mga mata ang huwad na ngiti ko?"* tanong ko sa aking sarili habang binabanat ang aking labi sa isang pilit na ngiti. Hindi naman nila alam, ako lang ang nakakaalam at hangga't kaya ko, lalabanan ko ang mga boses na patuloy na pumupuksa sa aking pagkatao.

Habang tinatahak ang daan patungo sa aming silid-aralan, tila maraming mga mata ang nakatutok sa bawat galaw ko. Hindi ako mapakali, parang sa bawat yapak ng aking mga sapatos ay nadadagdagan ang mga mapanghusgang tinging ibinabato nila sa akin. Wala naman akong ginagawang masama o kaduda-duda at nag-aaral naman ako nang mabuti, patunay na doon ang mga medalyang natatanggap ko sa iba't ibang patimpalak. Hindi naman siguro ako iyon, kaya sinubukan kong lumingon at nakahinga ako nang maluwag nang makita na ang mga estudyante dito ay may mga sariling mundo. Patuloy kong tinahak ang maingay na pasilyo habang patuloy na kinakalimutan ang kakaibang nangyari kanina.

Nang makaupo ako sa loob ng silid-aralan ay siya namang pagpasok ng aming guro na nakapako ang mga mata sa akin. *"Iho, mag-usap tayo mamaya sa opisina ko,"* saad ng aming guro na nagpatindig ng aking balahibo. Hindi ko maitago ang panginginig na nararamdaman ko sa aking mga kamay, sinubukan kong kumalma ngunit kinakain ng takot ang aking sistema. Kung ano man ang nais sabihin ng aking guro, pinagdarasal ko na lamang na ito'y mabuting balita na tila hatid ng mga anghel sa langit.

Ngunit mali ako.

"Ikaw pa naman ang inaasahan kong makagagawa nang maayos sa project na ipinagawa ko! Pero ano na naman itong pinasa mo?! Basura! Nasaan na ang magaling kong estudyante? Nasaan na ang ipinagmamalaki ng lahat? Sa susunod na magpapasa ka nang ganito kapangit na gawa, hindi mo na makikita ang sarili mong nakasuot ng medalya." Tila isang matalim na espada ang paulit-ulit na sumasaksak sa akin habang nakatayo sa opisina ng aking guro at nakikinig sa sermon ng niya. Napayuko na lamang ako upang hindi niya makita ang luhang umaagos mula sa aking mga mata dulot ng sakit at galit sa aking sarili.

Nasaan na nga ba ang dating ako? Parang nasasabog ang utak ko sa kaiisip kung saan ako nagkulang at bakit ako nagkakaganito. Unti-unti nang namamatay ang apoy ng determinasyon sa aking puso at gumuguho na ang kaayusan ng aking pag-iisip. Patuloy lamang ako sa pag-iyak hanggang sa malimutan ko nang huminga nang maayos. Patuloy akong kumukuha ng lakas at hangin sa aking paligid, desperadong maibalik ang normal kong paghinga. Ngunit nanlabo na ang aking mga mata kasabay nang unti-unting paghina ng malalakas na boses na puno ng pag-aalala.

"...Ayos na po siya pero mas mabuting ipatingin niyo po siya sa psychologist dahil maaaring dala ito ng stress sa kaniyang paligid."

Iyan ang una kong narinig pagkamulat ng aking mga mata. Isang pamilyar na puting kisame ang aking nakita paggising ko ngunit pinagdarasal ko na sana bumalik na lamang ako sa pagtulog. Isang malakas na sampal sa akin ang mga salitang binato sa akin ng aking ina na namumuo ang galit sa kaniyang mga mata habang ako'y nakahiga sa kama ng hospital. *"Pag-aaral na nga lang ang gagawin mo tapos hindi mo pa magawa?! May gana ka pang dagdagan ang gastusin natin! Sana natuluyan ka na lang!!"* Sana nga ganoon na lamang ang nangyari nang hindi na madurog ang aking basag nang puso.

Hindi ko naiwasan na muling bumuhos ang mga luha sa aking mga mata. Sobrang sakit at hapdi ang aking nadarama na parang naipon ang lahat mga tinatagong emosyon ko sa isang garapon at ngayon ay nabasag na ito nang tuluyan. Patuloy kong hinahawakan ang nanginginig kong mga kamay at pinipilit na pakalmahin ang sarili dahil alam ko sa sarili kong malakas ako. Ngunit ngayon, tila tinakasan ako ng tapang at naging isang maliit na tuta na nababahag ang buntot.

Punong-puno ng magugulong bagay ang utak ko ngayon at habang patuloy na umiiyak ay napaisip ako na kung mawawala ako sa mundong ito, magiging masaya kaya ang mga tao at mas magiging maayos ang buhay nila? Magagalit pa kaya araw-araw si mama kung wala na siyang mapapagalitan? Madidismaya pa ba ang aking guro kung wala na siyang estudyanteng maaasahan niya? Aabot pa kaya ako sa panahong magiging masaya silang lahat at walang problema na katulad ko ang iniisip nila?

Sana kahit papaano ay mayroong pagkakataon na ako ang naging dahilan ng kanilang pagngiti at naging daan upang makamit nila ang nais nilang kasiyahan. Sana umabot pa sa panahong kaya kong humingi ng tulong sa kanila sa oras na hindi ko kayang mag-isa nang walang kasamang panunumbat. Sana... ang mga hiling kong ito ay matupad ko pa, dahil alam kong susukuan ko na ang laban kong ito. Maging aral sana sa bawat isa na hindi kayo nag-iisa, maraming tao ang handa kayong tulungan upang malampasan ang inyong problema lalo na sa pangkalusugang mental. Hindi pa huli ang lahat... kayo'y aabot pa.

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One Step Closer:

Cheers to The Dreams That We Will Reach

| Helaena Nicole R. Coligado | Antares Kiru R. Compuesto

Nobody knows what the future holds for it is a mystery that is waiting to unfold. Life is a never-ending cycle of learning and growing, whilst a step-by-step process of accepting what is real and what is right. It has its own ups and downs, but those attributes themselves are what helps us to realise that time is not still, it will never cease to exist nor stop for you or me—that's why as long as you live, it's a must to make the most of it. Keeping in mind that no matter how pointless and directionless everything may seem, there will always be people by your side who are willing to guide you to achieve your dreams.

At Manila Cathedral School, delivering the best Christian education and formation to their students is the number one priority that their institution has. They make sure that the MCSians acquire the knowledge they require to be able to excel in the fields that they will choose to pursue a few years from now. In preparation for the college venture that the Grade 12 students of the School Year 2024–2025 will face, they implemented a pre-work immersion seminar that discusses guidelines and various tips that one can follow and use to gain hands-on experience about the jobs that are connected to the strand they have chosen before formally entering senior high school.

Upon interviewing students who have attended the seminar, I've encountered two girls from the Accountancy, Business, and Management (ABM) strand who shared their insights about the said event. As per Paulene Leigh T. Patdu, when queried about how the pre-work immersion impacted her view in reaching out her dreams in the near future, she calmly stated that, *"I acknowledge the benefits that it offers, especially since I want to be a business woman,"* clearly reflecting what she wants to achieve in this lifetime. In addition to this, she also mentioned how the seminar provided her with ideas as well as techniques for preparing in attaining her goals. While on the other hand, her best friend, Nazyrene Jhoy C. Ching, alluded that she already knows how hard this work immersion can be as it will show her how difficult it really is to achieve what she truly desires, her dreams—it also made her realize that nothing is as simple as it seems because the time and effort that she needs to invest in building herself up for the position she wants to be in is not a light task to do. Apart from that, the pair was asked about what the whole program made them feel; Paulene expressed her true self by saying, *"I'm nervous and scared at the same time since I'm not ready for college yet, but we can't do anything about it; time is running out, so we need to keep up."* On the contrary, Nazyrene claims that it made her happy and tired concomitantly.

To further grasp and understand what the others feel about the conference that happened, I then proceeded to talk to another attendee who's named Matthew Gabriel Ngo, a student from the Technical-Vocational-Livelihood - Information and Communication Technology (TVL-ICT) strand. As I questioned him about the same thing, he simply answered me with, *"I see that reaching my dreams will not be easy and it will take a long way to achieve."* It's somehow similar to Paulene and Nazyrene's responses, but in a sense, it's still unique in its own way. Continuing my little chat with Matthew, something about his reply to the second question I murmured successfully captured my heart as a troubled student because of how enthralling it was. *"Did it help you to reflect on what you wanted to be in the future?"* were the exact words I used as I patiently waited for his retort; *"Yes, it gives me the motivation to pursue what I really want and continue doing it no matter what problem or difficulties I will encounter,"* was what he let out. Hearing this initially made me feel that his mindset cannot easily be tampered with any negative thoughts as he already instilled in himself that he needs to pursue what he wants to acquire regardless of the hardships that he will face.

Now, delving into the experience that the last two people who I had the opportunity to confer with shared from the Science, Technology, Engineering, and Mathematics (STEM) strand, Kyle Andrew V. Mansia thinks that the pre-work immersion seminar is significant, especially for those who are still uncertain or rather, undecided about what they want to be in the future. In addition to this, as a return to the question, *"Do you think it's significant? Why? How can you say so?"* Wea Mae N. Arceo said that it's indeed important because it helped her to understand herself more and improve as a person which will play a crucial role in making decisions; by fair means, still a tad bit alike with Kyle's response. To formally bring an end to the interviews I've conducted, equal to the others, I also requested the both of them to reveal what they felt about the concept of the meeting. According to Kyle, it made him feel relieved because he recognizes the fact that he won't have to stress as much about choosing a career because he has already decided on what path he wants to follow, while in contrast to this, Wea claims that the seminar made her more self-aware than before.

Growing up will always be scary for some, but it is an inevitable part of life, that is why with time, we need to continue to change and adapt to the environment we live in. The pre-work immersion seminar that was held in the MCS Gymnasium and Library can be considered as a stepping stone offered to those who seek to reach their dreams slowly but surely. It may be deemed as a small piece in most of the students' journey in fulfilling their dreams, but it's the little things that count after all.

My beloved country was circling around in the same system. It seems like the desired change is being investigated. Imprisoned in the hand of the person who goes back and forth in the seat that is contested.

The Philippines is like a circle in this dizzying system. Repeatedly returning to old habits. The Filipino people are tireless in their origins and have the courage to return to it.

On the paper in front of me, the shaded circle seemed to be just a number. The name listed was familiar, and I had a glimpse of the system they filed in the town. But I am still confused because I was looking for a change in the promise that was nailed.

It's a time when crocodiles come out of their dens. Election Day is approaching, and it seems that only one person has run the money race to victory. This chapter is just the same as the previous page of history.

Indeed, in the Philippines, the circus-like election system can be seen. While looking at the paper in front of me, I glimpsed the names that darkened my surroundings. I didn't think you could join the race; you just have a million "followers". Clowns who use their fame to open the way for them to run.

That's right, this system is not new, and I've been here. What a dream to live as a child of authority. Wealth of the people to be passed on to the next generation of the former chair.

I remember, I do know these people. Let's end and break the metal chain that keeps clinging to its rusty system. May the minds of the people who are enchanted with the glitter of money and influence be opened.

Let's stand up together and be wise in choosing the person who will guide us to overcome the darkness. It is not too late, and there is nothing to lose in solidarity to taste the desired change. Our pen is in the hands that will lead to a beautiful or gloomy future. Vote wisely so we can be brought to a better future.

| Richmond Q. Grimes | Antares Kiru R. Compuesto

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UNLOCKING THE UNIVERSE:
A Month of Discovery at MCS

| Sophia C. Suazo

September arrived, not just as another month, but as a vibrant explosion of scientific inquiry and mathematical wonder at Manila Cathedral School. For us, it wasn't just Science and Math Month; it was a personal odyssey of discovery.

It began with a flurry of posters—bright, bold, and bursting with equations and diagrams. Our school, usually a haven of quiet study, transformed into a buzzing hive of activity. The hallways echoed with the excited chatter of students, the rhythmic click of calculators, and the hushed whispers of collaborative problem-solving.

I remember our first activity. We were asked to create a piece of artwork that uses modulo arithmetic principles to generate patterns or designs. It was challenging and frustrating at times, but the sense of accomplishment when our desired design was achieved, a testament to our collaborative effort and mathematical skill, was unparalleled.

Then came the Sudoku Showdown. I have always considered myself a Sudoku whiz, but the puzzles presented were cruelly difficult. Hours were spent hunched over grids, my pencil a blur as I wrestled with numbers and logic. While I didn't win, the satisfaction of solving even one of the more challenging puzzles was immense.

"It's time! It's time!" I remember my groupmates yelled, their voices cracking with a mixture of terror and excitement as we prepared for our Science Magic Show. Our volcano stood majestically on the table, a symbol for weeks of nervous preparation was poised there, awaiting a blow of baking soda and vinegar. Then, a collective gasp, followed by a thunderous applause erupted from the audience; we had done it! Our experiment, our science magic, was a resounding success.

Beyond the formal events, the spirit of Science and Math Month permeated our daily lives. Seeing that this isn't just about textbooks and theorems. It's about the "aha!" moment when a complex problem yields to a simple solution; it's about the excitement of exposing a hidden pattern in nature. It's the satisfaction one feels when one builds something that works or understands something that was once unknown. It's about the people—brilliant minds, persistent researchers, curious students who dedicate their lives to untangling the mystery of the universe.

Science and math are not just subjects to be studied; they are tools for understanding the world, solving its problems, and shaping its future. The month September lets us embrace their power, celebrate their beauty, and inspire the next generation of innovators and discoverers. Let the echoes of "Eureka!" ring out across the land—a testament to the enduring power of human curiosity and the endless possibilities that lie within the realms of science and mathematics.

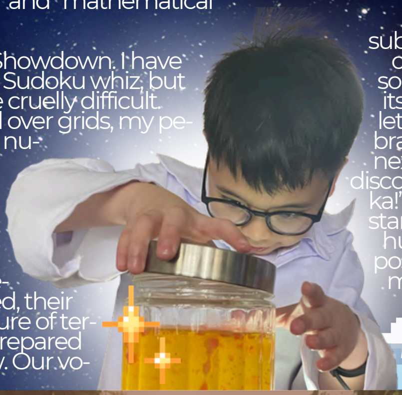


Photo from: Manila Cathedral School, Inc.

THE UNCHOSEN PATH
THE COURAGE TO CHOOSE

My life is a kaleidoscope of possibilities, a vortex of "what ifs" and "maybes," a glorious, terrifying, utterly overwhelming mess of... nothing. Or rather, everything. I'm a student, perpetually teetering on the precipice of exams and essays, and my grand plan for conquering the world? It's currently taking a nap, possibly in a hammock strung between two existential dread clouds. I'm undecided. Not just about dinner, or what to wear—I'm undecided about my entire life.

People tell me to "find my passion," as if it's a lost sock in a cosmic laundry basket. They say, "Follow your dreams," but my dreams are a chaotic circus of wildly incompatible acts: a trapeze artist juggling flaming bowling pins while simultaneously composing a symphony.

My academic record is a witness to the pressure of finding the "one true path." Society tells us to find our passion, our niche, our single area of expertise, and excel at it. But what if I don't have a single area of expertise? What if my talents are scattered like confetti, impossible to consolidate into a neat, marketable package? The problem isn't a lack of interest; it's a crippling lack of self-awareness. I've bounced between majors, from astrophysics (too mathematically challenging) to creative writing (too emotionally draining), always searching for that elusive "click," that moment of recognition where I discover my true calling. But the click never comes, leaving me adrift in a sea of possibilities, paralyzed by the fear of choosing incorrectly.

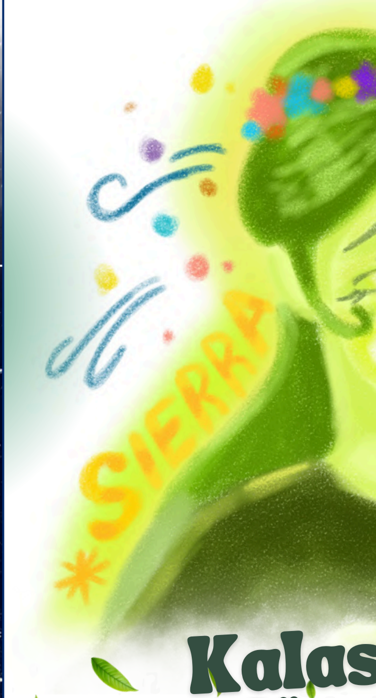
My friends, bless their hearts, offer well-meaning advice, their suggestions ranging from the practical ("Choose a major already!") to the utterly bizzare ("Just become a mermaid in Manila Bay!"). Their words wash over me like gentle waves of mild annoyance. I appreciate their concern, truly, but my indecision is not a problem to be solved; it's a lifestyle choice, a bold statement against the tyranny of pre-determined paths.

The truth is, I find a certain beauty in this uncertainty. It's a constant state of possibility, a blank canvas waiting to be splashed with the vibrant hues of my future self. It's exhilarating and terrifying in equal measure, a rollercoaster of emotions that keeps me awake at night, but also keeps me from falling into the dull predictability of a life lived on autopilot.

This journey of uncertainty isn't about avoiding responsibility; it's about embracing the process of self-discovery. Each seemingly aimless exploration, each tentative step into the unknown, brings me closer to understanding who I am and what truly resonates with my soul. The "right" path, I suspect, will reveal itself not through meticulous planning, but through the organic unfolding of experiences, both expected and unexpected.

So, yes, I'm undecided. And I'm embracing it. I'm choosing to enjoy the chaos, to dance on the edge of the unknown, to let my future unfold organically, like a perfectly imperfect garden bursting with unexpected blooms. It might be a messy journey, a path littered with questionable course selections and half-finished essays, but it's my journey. And that, my friends, is a pretty good story, even if I don't know exactly how it ends.
Yet.

| Sophia C. Suazo



Kalas... Gitn... Sak...

| Richmond Q. Grimes

"Pilit na kumakawala sa malarehas na abuso ng bagyo."

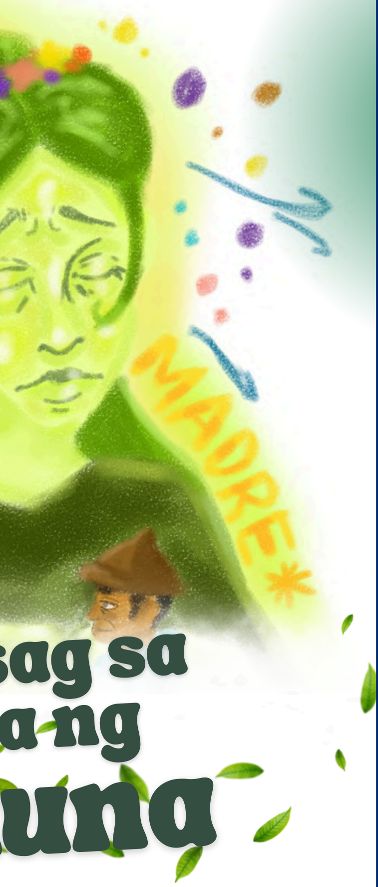
Tumitindig at lumalaban sa maitim na ulap ang anyong lupang animoy isang panangga. Tila isang pader na humaharang sa malakas na simoy ng hanging Amihan at Habagat. Taglay ang pambihirang lakas sa bawat hagupit ng bagyong mapang-api. Katatagan ang labis na ipinapamalas upang bigyang-proteksiyon ang mamamayang Pilipino.

Sa pagsapit ng buwan ng Hunyo ay siya ring pagdilim ng kalangitan na sanhi ng sunod-sunod na hagupit ng mga bagyo. Ngunit sa kabila ng sunod-sunod na pang-aapi ng bagyo ay siyang proteksiyon ng isang bundok na gumaganap bilang gulugod ng Luzon mula sa probinsiya ng Cagayan sa hilaga hanggang sa silangan ng Quezon. Isang walang patid na bundok na sumasalubong sa Karagatang Pasipiko na nakalantad sa malalakas na alon.

Hindi maikakaila na malaking papel ang ginagampanan ng Sierra Madre. Tila ba ito'y isang sundalong lumalaban upang ihatid ang tanglaw at liwanag sa bansang Pilipinas. Sa bawat sakunang ibinabato ng kalikasan ay siya ring nagsisilbing tulong upang bawasan ang mga posibleng bunga ng bagyo.

Nitong taong 2024, naranasan ng mga Pilipino ang sunod-sunod at sabay-sabay na pagpasok ng mga bagyo ngunit hindi ito gaanong nagbigay ng malaking pinsala dahil binabawasan ng Sierra Madre ang lakas ng hangin bago pa man ito makarating sa loob ng bansa. Ang *"mountain range"* na ito ay tunay ngang isang panangga dahil sa haba ng sakop nito. Kahit anong lakas ng ihip ng hangin ay nilalabanan nito upang hindi maihatid ang mapanglaw na pinsala.

"Ang kahalagahan ng Sierra Madre ay napatunayan nang manalasa ang Bagyong Kristine sa Southern at Northern Luzon.



Neithan Paul A. Castro

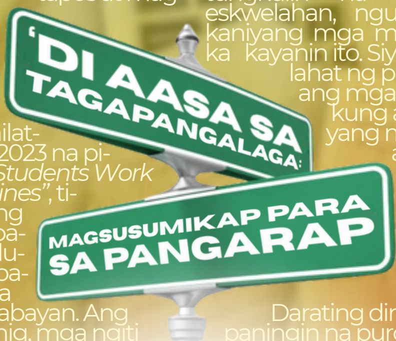
Dahil sa ginawang proteksiyon ng Sierra Madre, marami ang nagsumamo, kabilang ang mga opisyal ng pamahalaan, na alagaan at isalba ang *mountain range*," pahayag ni Artemio Dumlao, mamamahayag ng Pilipino Star Ngayon.

Sa kabila ng tulong na inihahatid ng Sierra Madre upang pumikit ang mata ng bagyo, hindi rin maiwasan ang walang awang pagkalbo rito. Isang namamanglaw na sitwasyon ang kinakaharap ng bundok kung saan bukas-palad itong gumagabay sa mga tao ngunit tao rin ang magiging sanhi ng pagbagsak nito. Tunay ngang tao ang pinaka delikado na nilalang sa mundo.

Dahil sa Kaliwa Dam sa Rizal-Quezon boundary, Ahunan Dam sa Laguna, at Pacific Coast Cities Project (PCCP), unti-unting maglalaho na masilayan ng mga Pilipino ang liwanag ng araw. Pilit na sinisira ang ganda ng Sierra Madre: ang magaganda nitong tanawin, ang berde nitong kulay na sinisimbolo ng kalikasan, at ang tahanan ng mga inosenteng hayop. Tinanggalan ng karapatan at hindi napakinggan ang boses ng kalikasan.

Sa mga araw na natitira, huwag na nating hintayin pang sukuan tayo ng Sierra Madre at hayaang gulugurin ng mata ng bagyo ang bawat parte ng ating bansa. Tumindig ang bawat isa upang ingatan ang yaman ng Pilipinas at gulugod ng Luzon. Ating iangat ang boses ng kalikasan at ipaglaban ang karapatan nito. Oras na upang wakasan ang pang-aabuso sa yamang angkin nito. Huwag nating hayaan na dapuan ng kalawang ang kalasag ng Sierra Madre upang maiwasang tumagos ang bawat suntok ng bagyo. Lumaban at makiisa sa karapatan ng kalikasan nang sabay-sabay nating masilayan ang liwanag sa likod ng madilim na kalangitan.

Photo from: KUBO by KGM Resorts



Hanggang kailan mananaginip nang gising at maglalakad nang nakapikit? Naghihintay na makamit ang isang pangarap na pilit ipinagkakait. Ang pag-aaral ay karapatan na nararapat tinatamasa ng bawat bata. Mahirap man ang buhay noon, 'di maipagkakaila na mas mahirap ang mamuhay sa ngayon sapagkat saang anggulo man natin tingnan, marami pa rin ang nabibigyan ng pagkakataon na makapasok sa paaralan—magkaroon man, sapilitan pa rin ang proseso para lamang sila'y makapagtapos at magtagumpay.

Sa paglipas ng oras, ang porsyento ng mga tinaguriang *"working students"* sa Pilipinas ay patuloy na tumataas. Ayon sa isang artikulo na inilathala sa *internet* noong taong 2023 na pinamagatang *"Reasons Why Students Work While Studying In The Philippines"*, tinatayang 216,000 ang bilang ng mga estudyante na nagtatrabaho habang nag-aaral. Nakakalungkot na isipin at siya na ring pagmasdan ang katotohanan na hinahanap ng ating mga kababayan. Ang mga boses nila na hindi naririnig, mga ngiti na tuluyang nababali, at mga mata na natatakot dulot ng kakulangan sa kasiguraduhan kung kanila nga bang mararating ang imaheng nais nilang matunton balang araw o hindi.

Sa lahat ng pahinang isinulat ng tadhana, makikita ang pagsisikap ng mga dalaga at binata upang 'di umasa sa mga katagang "Ma, anong ulam?" para mapatunayan na ang lahat ng sakripisyo na ipinamalas ng kanilang mga magulang ay hindi mababaliwala. Mga puso man nila'y napapagod na sa pakikipagsapalaran sa mga problema, 'di ito magiging hadlang sa paghawak nila nang mahigpit sa kanilang mga rason para magpatuloy at lumaban pa. Paulit-ulit nila itong inuukit sa kanilang mga isipan para sa pagdating ng panahon, mababalikan nila kung bakit at saan man sila nagsimula.

Batay sa pahayag na binitiwan ni Howard Nick B. Roque, isang estudyante sa *senior high school* na maagang namulat sa kalupitan ng sansinukuban, 'di madali ang magtrabaho sa kaniyang edad lalo na't marami rin siyang mga tungkulin na kailangan gampanan sa eskwelahan, ngunit para matulungan ang kaniyang mga magulang, kaniyang pinipiling ka kayanin ito. Siya ang nagpapatunay na 'di sa lahat ng pagkakataon, umaasa lamang ang mga mag-aaral na katulad niya sa kung anong kayang ibigay ng kaniyang mga tagapangalaga. Kahanga-hanga rin ang ugali na kaniyang ipinapamalas sapagkat sa halip na ipamukha sa ibang estudyante na dapat sila'y nagtatrabaho na, siya'y nananatiling positibo at masigla lamang sa buhay.

Darating din ang araw na kung saan ang paningin na puro hiwa at sugat ng mga estudyante na pursigidong makapagtapos sa pag-aaral ay maghihilom. Kanilang makakayanang masilayan at pagmasdan na rin ang kanilang mga sarili sa salamin nang may kumpiyansa sa kung ano man ang kanilang narating, salamat sa dugo at pawis na kanilang inalay para sa kinabukasan na malayo sa dilim. Sa wakas, sila'y makakalaya na rin sa kalupitan na kanilang inakala'y walang hanggan at makakabawi sa mga taong kailanman ay 'di sila nilubayan para mahalin at suportahan.

| Helaena Nicole R. Coligado
| Neithan Paul A. Castro

| Jadly Isaac V. Tejadilla

The walls of October gapes open, welcoming with open arms as numerous events readied to display different parts of the world. United Nations Month launches off excitingly, ready to shower students with knowledge about different cultures of different countries!

"Do this, do that!" Chaos swirled around every classroom of the Junior High School department in preparation of "Day Around the World," an event where students showcase their artistry and imaginations as they turned their classrooms into their portrayals of various countries of the world. Students displayed countries' landmarks, history, and cultures and traditions to younger learners while they went into a dreamy adventure to different exhibits of the classroom.

"You look just like..." Heroes and heroines of Asian countries? Yes! Grade 7 students brought esteemed and honourable heroes and heroines to life through cosplays, representing figures of Asia who changed history.

"It felt like a museum!" Well, maybe it did! Through "UN Spotlight: Europa sa Diorama," Grade 8 students exhibited landmarks of the different countries of Europe, showcasing their talents and creativeness in arts.

"10 minutes left!" What a familiar phrase, well do we rush? Do we get anxious? Or do we stay calm and collected because we're confident enough to write? In an Essay Writing Contest, Grade 10 students made use of their knowledge, creativeness, and skills in writing as they faced challenges.

"So this is what it looks like!" Grade 4 students ventured to different countries of the world as they participated in a Brochure Making Contest, along with Grade 5 students who engaged in a Poster and Slogan Making Contest, and Grade 2 students who took part in Flag Mosaic. Students' ideas and imaginations surfaced and their artistic prowess was demonstrated, whether it was through making brochures, posters, or flags.

It was a different battle this time, a battle of minds where different ideas clashed. Students of different grade levels took part in the UN Quiz Bee, where brains brawled instead of brawns. Students faced difficulties in answering tough questions that tested their knowledge, although in the end, these challenges served as a testament to their strong will and wisdom.

"Shake it off!" Grade 12 students showed off their talents in dancing as they danced to the rhythm of songs whilst portraying the country that was assigned to them, commemorating United Nations Month in a fun and unique way.

Books have always told a story, books of any size really, but how often is it that you see a big book? Grade 6 students constructed big books in the Big Book Making Contest as part of the celebration of United Nations Month, highlighting their hard work as well as their imaginativeness and creativity.

United Nations Month was a blast! This month brought memorable moments full of bliss and joy, as well as newfound knowledge as we learned about the different cultures and traditions of different countries, while also getting a chance to see their landmarks. The month also brought a sense of satisfaction as talents and skills were improved. United Nations Month made history with MCSians as it finally ends.

"If only I knew, I never would've risked anything to lose you. I should've kept what I felt to myself, maybe then, we could've watched another sunset together, my dearest friend." Is a thought that continuously roams my mind day and night, alike with any other who struggles to let go of something or rather, at times, someone who was bound to leave without a single faint "good bye".

Through the years, it has been told that sunsets symbolize endings, changes, beauty, and even reflections that mirror the heart. Some may also associate it with a lost loved one, which in my case, fits the best. No, the person I'm talking about isn't dead nor anything close to it yet, but what we once had, is.

We used to laugh with each other 24/7, to raise our eyebrows at one another and ignore what the people around us had to comment, but my mind wonders where all those happy memories fled to at the moment, as I cannot fathom what tragedy just eventuated. "Is letting go that easy for you?" is a question I've always wanted to hear the answer to, because apparently, my friend is somebody who's too afraid to start a conversation that can terminate the retaliation we've administered among ourselves who find solace in self-isolation. With enough time at hand, I sought for the truth that's a hard pill to swallow. I came in terms with it and finally accepted that I was the one to blame for his unwitting deflection.

| Helaena Nicole R. Coligado

A CELEBRATION OF LIFE, FROM WOMB TO WORLD

| Sophia C. Suazo

This Women's Month, I'm not just celebrating women; I'm celebrating the symphony of girl power that orchestrated the beautiful chaos of my family. It's a melody woven with threads of anticipation, the crescendo of a baby's first cry, and the enduring harmony of a mother's love. Let's rewind the tape, back to the time when my sister was a silent note, a secret melody humming within my mother's heart.

The months before my sister's arrival were a prelude, a delicate composition of anticipation and preparation. My mother, the conductor of this beautiful orchestra, navigated the symphony of pregnancy with a grace that continues to amaze me. Each doctor's appointment was a rehearsal, each late-night worry a minor chord resolving into a hopeful major key. I remember the hushed conversations, the gentle touch of my father's hand on her belly – a duet of love and hope. But it wasn't just physical; it was a profound emotional composition. She carried the weight of expectation, the promise of a new life, with a strength that transcended the physical. She was crafting not just a baby, but a masterpiece.

One image that has etched itself in my memory is that of my mother, bathed in the golden lightof a late afternoon sun, her hand resting on her burgeoning belly. She was reading, but her eyes held a distant, dreamy quality, a silent conversation with the life within. It wasn't just a physical connection; it was a soul-to-soul lullaby, a tender melody of unconditional love. In that moment, I saw the transformation – the blossoming of maternal instinct, a fierce protectiveness, a love so powerful it resonated through our entire home. It was a mother's lullaby, composed of dreams and whispered promises.

Then came the day – the grand finale! The hospital, a whirlwind of activity, a cacophony of sounds, yet somehow, my mother remained the calm eye of the storm. Her strength, a powerful bassline, anchored us amidst the chaos. The first cry – a breathtaking crescendo! – filled the room, a triumphant declaration of new life. The sleepless nights, the endless feedings, the constant demands – these were not dissonances, but variations on the theme of love.

Today, our family is a harmonious blend of laughter, love, and tiny human chaos. My sister's laughter is the joyful melody that fills our home, a constant reminder of the miracle we celebrate. And at the heart of it all is my mother, the composer, the conductor, the unwavering source of our family's harmony. This Women's Month, celebrated during the third month of the year, March, I honor not just her but every woman who creates her own symphony of girl power—a testament to their strength, resilience, and the enduring power of love.

This is a month that reminds us that every woman, whether she has experienced pregnancy or not, deserves to be honored, respected, and celebrated for the unique and irreplaceable role she plays in our world.

| Neithan F

Filled with guilt and regret a person can be, taking back what was said, simply cannot be. To wait for another chance to fix what was broken is like sitting under the vast sky left with uncertainty. There's nothing I can do to change what has already been done, accepting that this is what fate has bestowed on us is my ticket to growing up and moving forward.

It sure is excruciating to see the person you once loved so dearly walk away and disappear as if you were never a part of their lives' screenplay, but one way or another, we can't deny the fact that it will always be inevitable—as people never fail to come and go. Life is a never ending cycle of making mistakes and learning from it to be better, but how come we must suffer? Maybe now is the perfect time to acknowledge that acceptance is the key to happiness and that, that's all there is to it.

No matter how gruesome things may get, the day will never cease to end, the sun will not falter to set. Just because a catastrophe happened, doesn't mean that everything is doomed to follow its steps. Sometimes, sunsets don't refer to gut-wrenching occurrences, it also embodies closure, finality, hope, and most importantly, dawn, which signifies new beginnings and opportunities.

| Neithan Paul A. Castro

ITIGIL NA ANG TAGU-TAGUAN

| Earl Dwyght Gadiano

Masaya ang tagu-taguan, lalo na kung ikaw ang taya. Ngunit ang larong ito'y nakakapangamba kung pati ang buhay ng mga bata ay nakataya.

Minsan ka na bang nakapaglaro ng tagu-taguan kasama ang iyong mga kaibigan? Hindi ba't kay sayang laruin ng mga ganitong laro lalo na noong tayo ay mga bata pa? Iyong tipong maging ang bakuran ng kapitbahay ay hahalughugin mo pa, makita lamang ang mga kalaro upang manalo. Ngunit hindi lahat ng tagu-taguan ay masaya, dahil ilan sa mga kapwa nating kabataan ang laging nagtatago sa mata ng mapang-abusong halimaw. Isang tagu-taguang hindi nanaising laruin ng kahit sino man. Ang tagu-taguang kapag nahanap ka, maaaring buhay mo na ang maging kapalit.

Hindi mapagkakaila na laganap sa ating bansa ang tuwirang pang-aabuso hindi lamang sa mga kababaihan, ngunit maging sa mga kabataan din. Ayon sa Philippine Statistics Authority (PSA), ang naitalang kaso ng mga Child Abuse sa taong 2023 na binigay ng DSWD ay nasa 2, 191 sa kabuuan. Bagamat mas kaunti ito sa 3, 616 na naitala noong 2022, nakababahala pa rin na ganito kataas ang bilang ng mga kaawa-awang bata na patuloy na tinitiis ang pang-aabuso sa kanila.

Ang mga kabataan na sinasabi nating pag-asa ng bayan ay sila pang nawawalan ng pag-asa matapos maranasan ang nakakalungkot at masakit na pang-aabuso mula sa mga walang pusong tao.

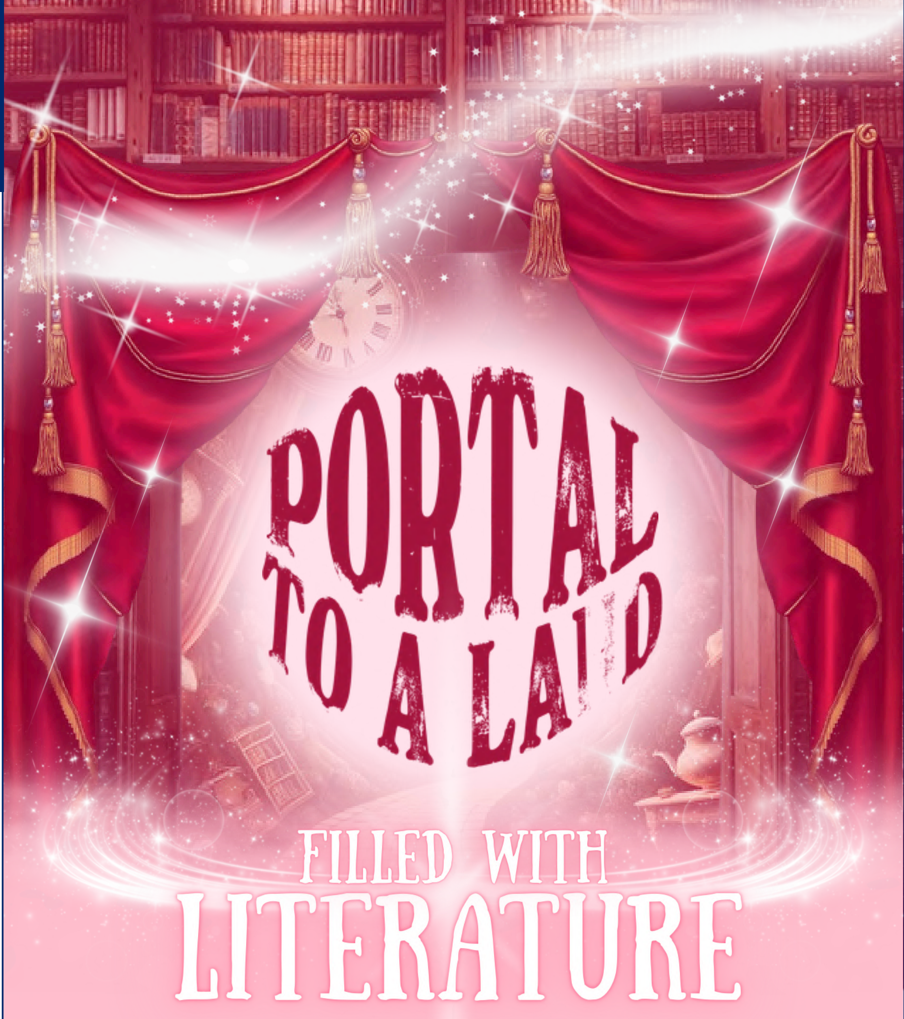
Iba-iba ang nararanasang pang-aabuso ng mga bata sa panahon na ito ngunit lahat ng ito ay lubos na nakakaapekto sa kanilang pisikal, mental, emosyonal, at sikolohikal na kalusugan. Masakit makita sa kanilang murang edad na puno sila ng mga pasa at sugat sa kanilang katawan dahil sa paulit-ulit na pagmamaltrato sa kanila, at patuloy silang umiiyak at nanghihina habang nanghihingi ng tulong upang maalis sila sa madilim na sitwasyon na iyon. Walang sino mang bata ang nararapat na tratuhin at abusuhin ng nino man dahil pagmamahal at pagkalinga dapat ang kanilang tinatamasa sa murang edad.

Kahit na mahirap ang kanilang dinanas, pinipilit nilang lumaban sa hamon ng kanilang buhay at manatiling malakas para sa mga taong handang magmahal sa kanila. Puno man ng galos, pasa, at negatibong emosyon ang kanilang katawan at diwa, nagagawa pa rin nilang ngumiti at magpakatatag laban sa mapagmalupt na kamay. Ang ating misyon bilang miyembro ng komunidad ay protektahan at panatilihin ang ngiti at saya ng pag-asa ng ating bayan.

Kaisa ng mga mamamayan at gobyerno ng Pilipinas ating pinagdiriwang noong Nobyembre 2024 ang National Children's Month na may temang "Break the Prevalence, End the Violence: Protecting Children, Creating a Safe Philippines." Layunin nitong pangalagaan ang pangkabuuang kapakanan ng mga kabataan laban sa pang-aabuso at gawan ng aksyon ang patuloy na lumalaganap na pang-aabuso sa kanila. Ito rin ay isa sa mga paraan upang pag-igtingin ang "Republic Act 9262 or the Anti-Violence Against Women and their Children Act of 2004" na nagbibigay proteksyon sa mga kababaihan at kabataan.

Panahon na para itigil ang pagsira sa pangarap ng kabataang hindi pa nakikita ang tunay na ganda ng buhay. Mahalin at pangalagaan ang magtataguyod ng kaayusan at kagandahan ng ating mahal na bansa. Huwag nating hayaan na ang kanilang mga buhay ay matali sa madidilim na nakaraan dulot ng pang-aabuso sa kanila ng kanilang kapwa. Protektahan ang mga kabataan, para sa bayan!!

Paul A. Castro



PORTAL TO A LAND FILLED WITH LITERATURE

Jadly Isaac V. Tejadilla

As October ended, a new adventure arose once again as we entered the vibrant realm of November. English Fest took off on it's exciting journey to a realm of literacy that overflows with knowledge and fun!

English Month took off with a thrilling start on its journey, aiming to amaze and inspire with events that showcases your knowledge and creativity, expands your vocabulary, and most importantly, entertains and makes sure you have a good time!

It started with: *"Once upon a time..."* A familiar phrase that is somewhat filled with nostalgia and curiosity was heard as young storytellers journeyed to explore wonderful different worlds of different newfound authors as they told thrilling and interesting stories in "Pages of Curiosity: A Storytelling Contest".

Powerful voices erupted once again as young, aspiring, and passionate speakers enthrals and captivates with their compelling performances in "Voices in the Limelight: A Declamation Contest".

"Was or were? Has or have? Whose and who's? Which one do I choose?!" Panic and anxiety emerged in the "Battle of Grammarians" as the intriguing competition tested students' skills and knowledge about simple, or maybe difficult grammar and language rules as they face challenging questions.

"Spell the word..." The familiar phrase was heard echoing throughout the land as "Spelltacular" returned, causing students' feelings to surface with nervousness as it once again challenged with tough and difficult words to spell out. Although, these words also blessed the students with knowledge as they learned their meanings and correct spellings.

"Did you know?!" a voice yelled loudly. "English Wizards Trivia" was not only a challenge that puts the students' knowledge about literature to the test, but also a chance for curious students who were on a search for new knowledge to uncover many exciting fun facts about the English Language.

"Clothes makes a statement; costumes tell a story." A quote by Mason Cooley. Although, costumes did literally tell a story this time, as the return of Book Boxtume gave students another chance to showcase their creativity, and skills in creating their assigned literary pieces of the Philippines and other Southeast Asian countries.

"Boo!" the pop-up books exclaimed as mesmerizing arts were showcased through "Bookpop Galore", a contest where the artistic talents and creativity of students are presented through pop-up books of literary masterpieces.

A gateway to another world full of stories and tales was made in the newly introduced "Pen & Portal: Crafting the Unwritten", where literature was showcased, and creativity and imaginativeness stirred as classrooms were turned into portrayals of stories brought to life.

As the month of November neared to an end, the story of English Fest 2024-2025 also came close to "the end". The journey of English Fest this year brought unforgettable memories that are full of joy, ecstasy, and excitement. Also conveying many lessons that brought knowledge and wisdom to the students of Manila Cathedral School.

Helaena Nic

"Ang kabataan ang pag-asa ng bayan" were the very words that the Philippines' national hero, Dr. José Protacio Rizal Mercado y Alonso Realonda muttered as he believed in their potential to ignite the fire within every Filipino child to stand up and fight for what is right; to serve as the voices of those who are reprimanded, convicted, and enslaved. The burning desire of the youth of today to bring forth a change that can help the society they were born in be reconstructed and reinforced for the better cannot be denied. Their enthusiasm in striving to resist and fix whatever flaw they see in the system is evident not only in the country we live in, but across the whole globe.

At Manila Cathedral School, an organization called the Student Coordinating Body, or SCB in short, is formed by numerous student leaders who dedicate themselves in serving and leading their fellow learners to the path of self-improvement and success. As of now, SCB has created and participated in a commendable amount of projects that leave a lasting impression on its beneficiaries, such as the MCS "SMILE" program, which focused on helping the poorest of poor along Tayuman St.; their "Making Christmas Special" program that brought joy to SPEd students who reside in Brothers of Charity Ortho-Pedagogical Institute; and so on and so forth. Upon talking to the head, or rather, the president of the said group, Lorence Pantaleon, about what they have in store before the school year 2024 to 2025 formally ends, he playfully answered with *"You all just have to wait and see"*—leaving many to wonder in curiosity.

Continuing to converse with Lorence opened a way for me, as well as the other MCSians, to actually peek into his life as a young leader who invests his time in making MCS a better place for many—to ensure that they can take their own precious time to enjoy and grow simultaneously, gradually but surely. When I asked him, "Do you think that the projects you create have a certain impact on the students of Manila Cathedral School? Does it have benefits?" he simply replied with, *"I think that the projects have an impact on the students of the school. It gives them a lesson to learn and carry on for the rest of their lives. Especially the lesson of loving your neighbor as yourself."* An impressive and noteworthy response, as expected from someone who greatly values every action that he makes. Delving into another topic, I then sought for what advice he can give to students who are still undecided about their goals in life after senior high school, he calmly said, *"To the students who are still uncertain about their goals after Senior High School, I would like to cite the Gospel of Matthew 6:33 where it says to 'Seek first the kingdom of God and His righteousness, and all*

TUNE OF OUNG ADERS

ole R. Coligado

these things will be added to you. Above all things, seek God first and put your faith in Him. He will make your future certain and be of no worries. He will carry your anxieties and throw them away. Jesus can truly change your life, and can dictate a perfect path you should take so that your goals will align His and all of it be achieved," strongly reflecting his religious personality.

Apart from Lorence, I also interviewed SCB's Grade 12 ABM Representative, Cyan Ezekiel Iglesias. Having the opportunity to chat with him is somewhat an experience that's almost impossible to forget as his words were filled with wisdom that, with no doubt, can captivate anyone who hears it. Though I only interacted with him via Messenger, his sincerity can be felt through the screen, especially when I queried him about what the projects they launched made him feel. *"As a leader, I feel fulfilled since I am able to carry out my duty as a trusted official of the student body. Also, I feel even more motivated to execute my responsibilities at the best of my abilities because I see real progress; I see the beauty and essence of leadership, especially the help and benefits it delivers,"* were the exact words he used to express himself. Besides this, akin to Lorence, he too addressed the challenge that plenty of senior high students commonly face after graduating and provided his personal insight and advice for it. *"Practically speaking, being unsure of your goals in life after SHS is a serious setback. However, my advice is that they start reflecting and planning their future courses of action right now. They have to be, at least, clear of what their goals are—invest time and efforts in making it vivid. Why? Because it has been told, and is definitely true, that if you fail to plan, you plan to fail. It is not to rush the students, but to make them realize that they are about to sail on a larger ship on a more challenging sea, and having no plans on the route will most likely cause them greater difficulties,"* was what he uttered.

Like any other, both Lorence and Cyan once experienced the feeling of being undecided about their goals in life. One went with its flow and submitted himself to God, while the other carefully thought about his passion and practicality to self-reflect, which ultimately led them to being the person who they are today. Leadership is the ability to guide, inspire, and influence those who surround you—something that the personnels of SCB has done throughout the months they have served the MCSians. Their dedication and commitment to their positions as student leaders truly is admirable. The way they use their power to voice out what is right and to cater to the needs of those who are in dire need is indeed a testament to how they are the carriers of hope in the modern world that we live in today.

Kaginhawaan sa Likod

NG LIMANG MISTERYO

Richmond Q. Grimes

"Aba, Ginoong Maria, napupuno ka ng grasya ang Panginoong Diyos ay sumasaiyo..."

Lumabas na salita sa aking labing nanginginig habang nakaupo sa silid-aralan at tinititigan ang mababang marka na aking nakuha sa pagsusulit. Iniisip ang pagsusunog ng kilay sa pag-aaral habang pinagmamasdan ang rebulto ng babaeng may pagkaanghel ang imahe. Tila isang buhawi ang gumugulo sa loob ng aking isipan at sinisiyasat ang tanglaw ng liwanag.

Buwan na naman ng Oktubre, oras na upang ihanda ang sarili sa mga gawaing ibabato ng aming mga guro. Hindi maalis ang aking tingin sa imahe ni Maria nang pumasok ang aking guro sa asignaturang Christian Living Education (CLEd) at inihanda ang talakayang aaralin. Sa gitna ng talakayan, naputol ito nang nag-anunsyo ang aming guro tungkol sa mga patimpalak na magaganap ngayong buwan.

"Bukod kang pinagpala sa babaeng lahat at pinagpala naman ang iyong anak na si Hesus."

Bukod tanging ako ang napili ng klase upang gumanap bilang si Maria sa patimpalak na "Saint Kalookalike." Tinamaan ako ng kaba dahil unang beses ko itong gagawin. Ang buhawi sa aking isipan ay tila mas lalong lumala, hindi ko alam kung paano dadalhin ang imahe ng Ina ng Diyos.

Ang misteryo ng hapis ay aking sinisiyasat, kinuha ko ang rosaryo sa loob ng aking bulsa at nagdasal nang tahimik, ako'y nagtiwala sa kaniya na magagampanan ko ang gawaing nakaatas sa akin. Sa aking pagdarasal, napansin ko ang aking mga kamag-aral na naghahanda para sa "Spes Nostra Drama" na gagawin ng buong klase. Unti-unting kinakalawang ang sistema ng aking isipan sa dami ng gagawin, iniisip kung bukod ba akong pinagpala sa babaeng lahat.

"Santa Maria, Ina ng Diyos, ipanalangin mo kaming makasalanan..."

Kasalanan dahil sa kapabayaan sa sarili, hinayaang mapinsala ng buhawi ang aking isipan. Ganiyang stress din ba ang nararanasan ng mga kabataan ngayon? Tanong sa sarili habang pababa ng hagdan at napansin ang isa sa aking kamag-aral na may dala-dalang pangkulay at isang illustration board. Naalala ko, sasali siya sa "Poster Making Contest" na kabilang sa patimpalak ng paaralan, ang lawak at kulay ng kaniyang isipan ay siguradong magdadala sa kaniya ng panalo.

Bumalik na ako sa aming klase, gayundin ang pagtatapos ng kanilang pagdarasal ng limang misteryo ng hapis. Hindi ko naabutan ang huling misteryo na siyang ikinagalit ng aking guro. Habang ako'y pauwi, nakita ko ang ibang mag-aaral na bitbit ang imahe ni Maria para sa *Marian Procession*, tunay na nakabibighani ang Ina ng Diyos.

"Ngayon at kung kami'y mamamatay. Amen."

Ang mga patimpalak at pagdiriwang sa Buwan ng Rosaryo sa Manila Cathedral School ay tila humatak sa akin upang mas makita ang kahalagahan ng pagdarasal ng rosaryo. Wika nga ng isa sa guro ng asignaturang CLEd, tinuturuan tayo ng pagdarasal ng rosaryo na maging matiyaga at kung paano nito naaapektuhan ang ating espirituwal na aspeto bilang isang mag-aaral.

Sa aking patuloy na pagdarasal, kumalma ang buhawi na gumugulo sa aking isipan. Tunay ngang isang malakas na sandata ang rosaryo na lumalaban sa problema na humahatak sa tao pababa. Mahirap man hanapin ang kahulugan sa likod ng mga misteryo nito, ngunit kaginhawaan ang siyang dala nito.

"Ang Rosaryo ay isang paraan ng pagdarasal na nagpapalakas sa ating pananampalataya, pag-asa, at pagmamahal," mga salitang binitawan ni Papa Juan Pablo II. Hindi lamang ito isang bagay na may pagkakahalintulad sa kuwintas, isa itong daan upang alisin ang tinik na bumabara sa lalamunan ng tao at tanglaw upang maging gabay sa madilim na daan ng buhay patungo sa Diyos. Walang mawawala sa pagdarasal ng rosaryo, pananampalataya ang siyang lalakas sa sandatang ito.

the Reflections
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TIIS GANDA : Porselana Ngayon, Problemado Bukas

| Shyla May A. Liwanag

"Salamin salamin sa dingding, sino ang pinakamaganda sa buong daigdig?"

Sa panahon na pakinisan at paputian ang labanan sa larangan ng kagandahan, hindi maipagkakailang marami ang nahuhulog sa patibong ng umuusbong na mga produktong nangangakong mala-Snow White na kutis and hatid. Sino nga ba ang hindi magnanais na makamit ang pamantayang itinakda ng lipunan lalo na sa mga kababaihang likas na kayumanggi ang balat na kinagisnan? Subalit, ano ang kaya mong gawin para sa porsenalang kutis? Handa ka bang isakripisyo ang iyong kalusugan alang-alang sa kagandahan?

Isa ang intravenous (IV) glutathione sa pinakasikat na ginagamit ng mga nagnanais magpakinis at magpaputi ng balat ngunit sa likod ng makintab na alok ng mga estetikong klinika, tiyak na panganib ang kaakibat ng bawat tusok ng karayom mula rito. Sa katunayan, muling nagpaalala ang Philippine Dermatological Society nitong ika-27 ng Enero, 2025 na hindi aprubado ng Food and Drug Administration (FDA) ang paggamit ng IV Glutathione bilang pampaputi ng balat. Hindi na mabilang sa daliri ang dami ng mga seryosong babala mula sa mga eksperto upang matigil ang paggamit nito ngunit patuloy pa rin ang paglago ng produktong IV glutathione sa merkado.

Itinuturing ang glutathione bilang "mother of all antioxidants" dahil ito ang isa sa pinaka-aktibong uri ng antioxidant sa katawan na maaaring makapagpabagal sa proseso ng pagtanda ng itsura. Napapaputi nito ang balat sa pamamagitan ng pagpapahinal sa produksyon ng melanin sa ating balat na nagbibigay ng kayumanggi na kulay. Kaya naman, hindi nakapagtataka na marami ang nahuhumaling sa hatid nitong pampabata. Subalit, nagagawa lamang nitong magpaputi ng balat matapos ang maraming beses na paggamit sa gamot, malinaw na senyales na anumang labis ay masama.

Bukod pa rito, ayon sa pag-aaral ng mga eksperto, hindi sapat ang klinikal na pagsusuring nagpapatunay na epektibo ang IV glutathione bilang pampaputi dahil orihinal na layunin ng gamot na palakasin ang resistensya ng katawan at paunlarin ang kabuuang kalusugan ng isang indibidwal. Bilang karagdan, aprubado lamang ng FDA ang paggamit ng IV glutathione sa mga pasyenteng mayroong cancer, bilang gamot na nagsisilbing pansamantalang lunas sa masamang epekto ng chemotherapy.

| Antares Kiru R. Compuesto

Hindi sang-ayon ang ahensya sa paggamit nito bilang pampaputi dahil sa posible nitong masamang epekto sa kalusugan kung saan maaaring maapektuhan ang liver, kidney, at nervous system. Maaari ring magresulta ang lubusang paggamit ng IV glutathione sa Stevens–Johnson syndrome, isang malubhang kondisyon na nagdudulot ng masasakit at malalaking paltos sa balat. Kung kaya't sa halip na makinis at maputing balat ang makamit, maaari pang mapakamot sa ulo dahil sa kaakibat nitong problema sa kutis.

Mahalaga rin na maisagawa lamang ng kwalipikadong eksperto sa malinis na pasilidad ang IV glutathione dahil ang maling paraan ng pag-inject nito ay maaaring magdulot ng impeksyon tulad ng HIV at Hepatitis. Malinaw na indikasyon ng panganib na bitbit ng gamot ang sumikat na bidyo ng isang babaeng nagkaroon ng impeksyon posibleng dahil sa paggamit nito. Sa bidyo, hindi mabuksan ng babae ang kaniyang mata matapos isagawa IV Glutathione treatment kaya naman sinisi niya ang nars na ayon sa kaniya ay hindi wastong pamamaraan ang ginamit.

Kahindik-hindik masaksihan ang lantarang pagmamanipula sa isipan ng bawat Pilipinong ipinanganak na kayumanggi upang madagdagan ang barya sa bulsa ng mga kapitalistang walang ibang hiling kundi ginto kahit kalusugan pa ng iba ang kapalit. Oras na upang putulin ang naghaharing paniniwala hinggil sa walang saysay na pamantayan ng kagandahang nakabase sa kulay ng kutis. Porselana man o morena, walang dapat mamroblema sa balat ng sinuman dahil kailanman hindi rito matatagpuan ang kahulugan ng kagandahan.

Bilang mga mamimili, mahalaga rin na maging maingat at responsable sa bawat produktong binibili lalo na't hindi lahat ng mabilisang solusyon ay ligtas para sa kalusugan. Kung mala-Snow White na kutis and nais, mainam na magpatingin muna sa mga eksperto, tiyakin kung ano ang nararapat na gawin at mag-ingat sa mga produktong hindi aprubado. Kaliwa't kanan na ang paalala ng mga eksperto kaya naman tigilan na ang tigas ng kokote at pikit-matang pag-aalay ng buhay sa ngalan ng kagandahan. Wakasan na ang paggamit ng karayom upang mapatalas ang talim at pinsala na hatid ng IV glutathione sa katawan. Higit sa lahat, tandaan na hindi mahahanap sa repleksyon ng salamin ang gandang habol abutin.

MCS Sci - Math Month 2024 : where exploration meets excellence

| Althea Johann A. Bautista

"Science is the poetry of reality." -Richard Dawkins

As the month of September rolls around, Manila Cathedral School (MCS) marks the beginning of the annual celebration of the Science and Mathematics Month for the School Year 2024-2025 with the theme "MCSians Play, Discover, Innovate: Unleashing the Power of Math and Science".

MCS exhibited numerous exciting activities that cultivate the minds of eager learners from elementary to senior high school. Some of the activities for the Science related subjects include a Science Quiz Bee, Science Escape Room, Science Magic Show, Showcase of Experiments, and Daily Science Challenges. While the Mathematics department showcased the following: Math Quiz Bee, Math Sining, Tangram, Math Bingo, Brain Twister, Guestination, Modulo Art, Sudoku, and Rubik's Cube Master. On the other hand, the Math and Science Olympics was also held to integrate and commemorate both of the said courses.

Under the lead of teachers and personnel, the event that began on the 9th of September successfully culminated on the 26th of the said month, recognizing winners for the various activities that were held during the celebration.

As learners experience the full-of-life world of Science, students proudly revealed and expressed their identity with amazing skills that left a mark in every eye-captured moment.

Photo by Manila Cathedral School Inc.

Based on Vienne Alcantara, a Science Quiz Bee champion from the 7th grade, having the opportunity to join such activities led her to not only gain knowledge but also connection with others through team efforts.

"Memorable sa akin 'yung part na tawagan na ng nanalo, nervousness covered me, but I trusted and prayed to God, so maybe that made me win and survive." she exclaimed.

On the other hand, Ms. Tina De Guzman, a Science Robotic teacher, highlighted the importance of celebrating Science and Mathematics Month as it allows students to gain knowledge about the world through hands-on activities.

"We act to conduct experiments and bring them into real-life scenarios," she wrote.

On a similar note, according to studies, commemorating Science Month visualizes the 21st century learners to be youth scientists in the future for the next generations to make the nation better and to underline the importance of Science, Technology and Innovation. Moreover, celebrating it raises awareness with reality and answers curiosities leading to a society influenced by Science.

As stated by the Department of Education (DepEd) September has been declared as National Science Club Month (NSCM) under the Presidential Proclamation No. 264, year 2002 authorized by *former Philippine President Gloria Macapagal Arroyo,* saying ***"A significant educational tool to encourage and inspire the youth and students to pursue careers in science and technology."***

ROAD TO PRIVACY NIGHTMARE
Exploring Instagram's Map Feature

| Sabia L. Jindani
| Roxanny Elaine C. Barnes

Click here, click there—many are quick to jump on the bandwagon to feel a sense of belonging within the society—often at their own expense. In this digital age where social media is on the edge of becoming a drug, its pervasive influence can blur the line between what's appropriate to broadcast or what should remain private. Instagram by Meta's new location-sharing feature that launched just this month of January, 2025 is a case in point.

The particular feature called "Friend Map" was discovered after Filipino users received notifications of friends' and followers' active locations. This can be accessed through the "Messages" tab next to where users can share "Notes" on the top part. The update allows the user to zoom in on the map to view others' precise location. According to the application, users may pick whose followers have access to their data through the "Close Friends" tab or a stricter selection. Each time the user opens Instagram, the exact location is updated. However, users can also choose to activate "Invisible Mode" to hide their location. Thankfully, this feature is completely optional, but can easily be abused.

The fact that it can be turned off is evident; however, the problem lies in the lack of education about digital privacy and its long-term consequences. Based on statistics, a substantial portion of Instagram's user base are minors aged 13 and above who don't look at things the same way adults do regarding the many layers of online privacy—not just on Instagram, but everywhere. There are undeniable adverse effects once privacy is reduced to a simple on-and-off switch. Teenagers and adults have distinct awareness issues, and this is demonstrated by the fact that social media applications are constitutionally restricted to a specific age.

As social media platforms foster an insatiable craving for validation and instant gratification, many users—especially young ones—are constantly being pushed to share beyond what's necessary for the sake of clout or approval. Hence, despite Instagram being youth-oriented like many other social media softwares, location-sharing always holds risk, particularly for their female users, opening gateways to cyberstalking and multiple privacy issues.

Although practically every app is aware of their users' location, the fact remains that there is a key distinction between the intention of data collection for targeted marketing and the intentions of individuals with more personal or malicious motives. One may be tracking data to improve the applications' algorithm, allowing users to feel more entertained while scrolling through their feed, one may be a stranger who wants to initiate unwanted encounters or full-blown stalk others. The difference between the two might be pushing the envelope but it reveals the ugly truth of the digital world's reality.

To add fuel to the fire, the update is often described as 'creepy', 'too much' and 'scary' by Filipino netizens—specifically those with accounts that are mutuals with people they don't personally know raising concern at the prospect of disclosing their exact location to said mutuals, possibly compromising their own safety.

"Hi Moots [mutuals]. Just a PSA ...you are sharing your EXACT location in IG's new update ... I can zoom in and know where you are ... you might be compromising your location to your followers in IG," a user voiced out on the online platform X while many others deemed it 'creepy' and bothered them. "Ok, my IG moots suddenly shared all their location[s], like, literal addresses ... I have to let all of them know to turn [the] location off. That's scary coz they were not aware their location was shared PUBLICLY!!!" wrote another netizen.

Moreover, according to reports, a live test of the contentious "Friend Map" feature was first introduced last year in the United States where it quickly raised concerns, even calling the attention of several American politicians. In light of this, Congresswoman Kathy Castor and Lori Trahan wrote to Instagram, saying, "the public dissemination of that information exposes young users to additional surveillance, violence, and unsolicited interactions." As a response, Meta rebutted, stating that safety precautions were considered before a wider release of the service. This dispute indicates the sensitivity of the issue as the public continue to express their worry, it's important to prove that their so-called precautions are truly effective in addressing emerging threats.

As concerns flood the online community, technology companies must take a hard look at the consequences of their latest developing features and ensure that the safety of their users is prioritized over profit-driven convenience. This viral issue also serves as a wake-up call for all to unplug from the matrix and log in back to reality where privacy is not just an afterthought. In a world where digital privacy is becoming a blurred line, realizing that some things–like our location–are better left undisclosed to err on the side of caution. Sometimes, hitting the refresh button and not catching the buzz on the newest features may just open the road to happiness formed by genuine connections.

AKSYON NGAYON !

Kagat ng Peligro

Keisha Sabine B. Bungay | Neithan Paul A. Castro

Malinaw na senyales ng kapalpakan ang patuloy na pagtaas ng kaso ng dengue sa bansa matapos lumipas ang mahigit pitong dekada mula nang unang maitala ang sakit sa Pilipinas. Sa kabila ng tuntuning kasalukuyang sinusunod upang maiwasan ang sakit, libo-libong buhay pa rin kada taon ang binabantaan ng dengue. Kung kaya't higit na nakababahala ang pagsawalang-bahala sa hinaing ng mga eksperto hinggil sa kakulangan ng epektibong aksyon laban sa sakit na bitbit ay panganib.

Batay sa datos ng Department of Health (DOH), tumaas ng 81% ang naitalang kaso ng dengue mula Enero hanggang Nobyembre ngayong 2024 kumpara sa parehas na buwan noong nakaraang taon. Sa panahong ito, umabot sa nakaalarmang 340,860 na buhay ang nalagay sa panganib dulot ng dengue. Kung ikukumpara sa 188,574 na bilang noong 2023, hindi maipagkakaila na dapat mabigyang-pansin ang patuloy na paglobo ng kaso ng sakit lalo na't malaking dagok ang dulot nito hindi lamang sa kalusugan ng publiko kundi pati sa kanilang bulsa.

Dulot ng bahagdan na ito ang pangunguna ng Pilipinas sa Southeast Asia bilang bansang may pinakamataas na kaso at pagkamatay dahil sa dengue. Sa katunayan, ang Pilipinas ang unang bansa sa ASEAN na nagtala ng kaso ng dengue ngunit hanggang ngayon ay walang humpay ang paglaganap ng sakit sa bansa. Nangangahulugan itong mayroon nang kakulangan sa sistema na nararapat lamang mapunan nang sa gayon ay imbes na taumbayan ang mabawasan, ang sakit na lamang ang humupay.

Isa sa kapansin-pansing kakulangan ng bansa pagdating sa laban kontra dengue ay ang kawalan ng aprubadong bakuna na magagamit bilang pansangga sa sakit. Matatandaan ang kaguluhang dulot ng kontrobersya ukol sa paggamit ng tanging bakuna na naipamahagi sa bansa laban sa dengue na Dengvaxia. Matapos ipatigil ng Food and Drug Administration (FDA) ang pamamahagi rito ay hindi na natanaw ang aktibong aksyon hinggil sa susunod na bakunang maaaring panlaban sa sakit samantalang ang karatig na mga bansa tulad ng Thailand, Malaysia, Indonesia, at Vietnam ay mayroon nang ibang klase ng bakuna kontra dengue. Kaya naman, hanggang ngayon ay walang usad ang Pilipinas sa pakikibaka sa virus na walang humpay ang pagkalat.

Nakadidismayang isipin na sa kabila ng walang tigil na pag-angat ng bahagdan sa kaso ng dengue sa bansa kung saan libo-libong indibidwal ang nagdurusa, pilit pa ring isinusubo sa publiko ang lumang pamantayan habang pikit-mata sa panibagong aksyong hiling ng karamihan. Sa bawat balitang inilalathala tungkol sa dengue, nakaririndi ang patuloy na pagdiin sa 5s kontra dengue na Search and Destroy, Self-Protection, Seek Early Consultation, Support Fogging, at Sustain Hydration. Bagaman wasto at nakatutulong ang kampanyang ito, hindi maipagkakailang hindi ito sapat upang mapababa ang porsyento ng kaso ng sakit. Indikasyon ang kasalukuyang datos na nararapat nang maglatag ng panibagong solusyon dahil walang saysay ang lunas na hatid ng kampanyang isinusulong ng pamahalaan kung wala itong kaakibat na hustong suporta.

Bilang tugon sa kalbaryo ng mga Pilipino, iminungkahi ng mga eksperto ang epektibong pag-iwas sa mga lamok na maaaring magdulot ng dengue, pagkakaroon ng wastong vaccination programs, at malawakang edukasyon sa komunidad upang maiwasan ang paglobo ng kaso ng sakit sa bansa. Sa panayam naman ng Inquirer kay Dr. Florentina Ty, dating pangulo ng Philippine Pediatrics Society (PPS), inirekomendang tularan at isagawa sa Pilipinas ang paraan ng paglaban sa dengue ng ibang bansa. "Achieving zero dengue deaths by 2030 is possible if we work together—other countries have done it," aniya. Kaliwa't kanan na ang payo ng mga eksperto upang maagapan ang lumalalim na isyu kontra dengue ngunit kahit saang anggulo, hindi madama ang pagbabago.

Kalunos-lunos isipin kung ilan pa bang buhay ang dapat ialay upang umaksyon ang dapat umaksyon. Sa halip na kumilos lamang tuwing nagkakaroon ng malalang outbreak ang dengue, nararapat lamang na tiyaking patuloy na isinusulong ang mga paraan upang tuluyang mapuksa ang sakit. Hindi kailanman matutuldukan ng simpleng pamamahagi ng tuntunin ang giyera kontra dengue. Imbis na magkibit-balikat sa sigaw ng mga eksperto, nararapat lamang na pakinggan ang kanilang mungkahing solusyon. Paunlarin ang umaalingasaw na kabulukan sa sistema ng kalusugan sa bansa. Huwag putulin ang boses ng mga mamamayang higit na maalam tungkol sa sakit kumpara sa mga nakaupo nang sa gayon ay hindi na makagat ng peligro ang buhay ng mga Pilipino.

SAAN KA PUNTA? TO THE MOON

Archiel Jabeira C. Salandanan

"Pag-isipan ang kagandahan ng buhay. Panoorin ang mga bituin, at makita ang iyong sarili na tumatakbo kasama nila," ani *Marcus Aurelius, dating emperador ng Roma noong ika-2 siglo.*

Nagniningning na mga bituin, nagliliwanag na puting buwan, at natatanging mga planeta ang nagpabighani sa mata ng mga munting mag-aaral ng Manila Cathedral School sa ginanap na "MCS Astronight" nitong ika-25 ng Enero 2025 mula ika-5 ng hapon hanggang ika-10 ng gabi.

Patuloy ang pasabog ng gabing puno ng hiwaga at pagtuklas sa ginanap na pagdiriwang sa MCS Astronomical Observatory Area kung saan hinangaan ng mga mag-aaral ng paaralan mula sa baitang apat at lima ang iba't ibang mga planetang nakapaligid sa mundo tulad ng Saturn, Venus, Mars, Uranus, at Jupiter.

Pinangunahan ng mga guro sa agham ang pag-aaral tungkol sa kalawakan sa pamamagitan ng astrolecture at astrogames na naghatid ng kaalaman at kasiyahan sa mga mag-aaral. Bukod pa rito, nadiskubre rin ng mga estudyante ang wastong pamamaraan sa paggamit ng daksipat na mas kilala bilang telescope.

Bilang karagdagan, nagsilbing pagkakataon ang MCS Astronight upang maobserbahan ng mga mag-aaral ang nakahahangang paghahanay ng planetang Mars, Jupiter, at Venus.

Samanatala, sa darating na pebrero, ipagpapatuloy ng baitang 11 ang pagsisiyasat sa mga planeta, panonood ng buwan, at pag-aaral tungkol sa daksipat. Naway kasabay ng pag-ikot ng buwan ang pag-unlad ng ating sintang paaralan.

Photo by Manila Cathedral School, Inc.

STY International Gymnastics Cup 2024

| Crissa Dean C. Evangelista
| Manila Cathedral School

Ora Raven S. Villareal, a fellow MCSIAN, scored a stunning victory by winning gold medals in four distinct level 1 categories at the prestigious STY International Gymnastics Cup 2024.

The event was held at Muntinlupa Sports Complex, and saw many gymnastics competitions from different categories. Villareal competed in the Floor category, Vault category, Beam category, and finally, the Bars category. She performed flawlessly, allowing her to stand out in the crowd and leave the event winning all gold medals in all categories she competed.

The Manila Cathedral School would like to thank her for her remarkable performan-ce and may her performa-nce inspire others to strive for excellence.

SciMath Olympics: Mga Estudyanteng Nagtagisan sa Laban ng Talino at Lakas ng Pagtutulungan!

| Mathieu Lyxander H. Salas
| Manila Cathedral School

Sa SciMath Olympics, mga mag-aaral ang nagtutunggalian sa mga paligsahan na nagpapakita ng kanilang husay sa agham at matematika. Ito ay isang pagkakataon para sa kanila na magpakita ng kanilang talino at kakayahan sa mga hamon na nangangailangan ng kritikal na pag-iisip at pakikipagtulungan. Bawat taon, ang mga kabataan mula sa iba't ibang paaralan ay sumasali sa mga paligsahan tulad ng Crack the Code, Tangram, Sudoku, at Tower of Hanoi, na nagmumula sa kanilang kasanayan sa agham at matematika pati na rin sa kanilang abilidad sa pagtutulungan.

Sa Crack the Code, kinakailangan ang mabilis na pag-iisip at maayos na lohika upang malutas ang serye ng mga palaisipan na may kinalaman sa numerikal o lohikal na pahiwatig. Mahalaga ang papel ng pagtutulungan dito, kung saan bawat miyembro ng koponan ay may mahalagang bahagi sa pagsagot sa mga palaisipan. Sa Tangram naman, sinusubok ang spatial reasoning at ang kasanayan ng mga kalahok sa pagplano at pagsusuri ng mga piraso upang makabuo ng tiyak na larawan. Ang Sudoku ay isang sikat na laro sa Math Olympics na nagtetest sa kakayahan ng mga kalahok sa pagsasaayos ng mga numero sa isang puzzle.

Ang mga kalahok ay hindi lamang maghahanap ng solusyon kundi maghahanap din ng pinaka-epektibong paraan ng paglutas, gamit ang mga hakbang na magkakasunod at hindi magkakaroon ng pagkakamali.

“Masaya and grateful ako na naging bahagi ako ng Sci-Math Olympics. isang magandang experience rin ito sa akin since ito yung first time kong Sci-Math Olympics” ayon kay Angelo Sambayon, mag-aaral mula sa baitang 11 ABM.

“May halong kaba at pagkasabik—kinakabahan ako dahil hindi ko pa talaga alam kung ano ang eksaktong mga gagawin, kasi unang beses ko pa lang sasali roon. Ngunit may pagkasabik din, dahil naririnig kong masaya raw ang mga gawain, lalo na’t pagtutulungan daw namin ang pagsasagot sa mga ito.”, saad ni Gian Sairiz Santiago, mag-aaral mula sa baitang 11 STEM.

Hindi rin mawawala ang isang klasiko na laro sa mga kompetisyon ng math olympics: ang Tower of Hanoi. Ang larong ito ay nagsusubok sa lohikal na pag-iisip at pagpaplano. Binubuo ito ng tatlong poste at ilang mga disk na may magkakaibang sukat. Ang layunin ng laro ay mailipat ang lahat ng disk mula sa isang poste patungo sa isa pa, ngunit may mga patakaran na kailangang sundin.

Sa kabuuan, ang Science at Math Olympics ay isang platform na hindi lamang nakatutok sa pagpapakita ng mga indibidwal na kasanayan kundi pati na rin sa pagpapalakas ng samahan at pagkakaisa sa loob ng mga koponan. Sa pamamagitan ng pagtutulungan at pagsasanay, ang mga kalahok ay nagkakaroon ng pagkakataon na magtagumpay, hindi lamang sa kompetisyon, kundi pati na rin sa pagpapalawak ng kanilang mga kasanayan sa pag-iisip at problem-solving. Ang mga ganitong kaganapan ay tunay na nagiging instrumento sa pagpapalaganap ng kahalagahan ng agham at matematika sa mga kabataan.

The Math and Science Olympics

| Crissa Dean C. Evangelista
| Manila Cathedral School

On September 11, 2024, at the Manila Cathedral School grounds. They chose different students in each grade which are grade 4 to 10 students. Those learners had a heated battle of Mathematical and Scientific knowledge and application for the Math and Science Olympics. Fr. Nicanor Celiano Jr. and few teachers hosted and guided the participants in this showdown.

This event could help the children develop critical thinking skills, build confidence, and increase their interest with their future career. It is a great opportunity to talk about the importance of learning from our losses—persevering in the face of failure—dealing with disappointment, and demonstrating good sportsmanship. It also provides them with new insights.

Those who we’re chosen, will have more knowledge, will learn new things and—gain an understanding of losing. And they will acquire skills in being self-confident, and facing their failure.

MCSian Lifts Silver for MCS at 2024 Powerlifting Championship

| Arvie Grace G. Dulay
| Manila Cathedral School

In the world of strength sports, some athletes redefine limits, push boundaries, and inspire a new generation. It wasn't Gold but the student and powerlifter Sonlie Dave N. Magaspac grade 11 Humss student from Manilla Cathedral School made MCS history at the 2024 Luzon Equipped Powerlifting championships, on November 9 last year.

Competing in the Men's High School U83KG and Men's Sub-Jr U83KG categories, Sonlie clinched 2nd place overall (Silver) and set new High School National Records in the Squat and Bench Press. His 455kg total came from an impressive 180kg squat, 82.5kg bench press, and 192.5kg deadlift—a showcase of sheer power and dedication.

"I'm built for squats," he says with confidence. "My femur length makes it easier to lift heavy loads."

Sonlie recalls his coach Angelo Miguel Cabrera from the Powerlifting Association of the Philippines (PAP). Cabrera also known as "fake junior" by his students is known for his strictness and realistic way of teaching and guiding. Magaspac shows great admiration for his coach Cabrera's support.

He admits that during the second lift of his event the Bench press he experienced doubt and He's more confident in other lifts in the event, especially squats.

"The bench press is super technical," Sonlie shares. "One small mistake in technique can make or break the lift."

The HUMSS student took 12 weeks to reach his peak physique for the said competition. When asked who he was looking out for it was the Gold medalist from the same event Jian Carlos Medina Senior high school student from De La Salle University.

"Kinakabahan ako, I don't think I can reach him just yet maybe next year? Pero, I'm just trying"

After this powerlifting season, he plans to switch to bodybuilding to focus on muscle growth and physique. He believes strength athletes need muscle mass, and this phase will help him "develop a more well-rounded physique" before returning to competitive lifting. Next on his list aiming for a golden podium, he will be competing at the 2025 Raw Nationals, on February 21.

Camarad Loud an Sportsfe

| Reese Chels

2025 is just getting started, and on the 11th of January 2025, at the Gaudencio Rosales Gymnasium, MCS hosts the Clusters 5 and 6 Sportsfest 2025.

A much-awaited event that has been taking place at MCS for the last two years. A day filled with excitement, camaraderie, and a bit of healthy competition.

As the sun rose on opening day, the gymnasium was filled with vibrant colors and an unmistakable sense of excitement that marks the start of this annual event. With pride and excitement, each team proudly walked around the gym while wearing their colors. The rhythmic beats of the drums echoed through the air, indicating the solidarity and school spirit that is already being displayed throughout this event.

The opening ceremony was graced by the following schools: **Manila Cathedral School**, **Espiritu Santo Parochial School**, **St. Joseph School of Gagalangin**, **San Rafael Parochial School**, **and Holy Child Catholic School.**

From Tricia Guianan of Espirito Santo Parochial School. "It's my passion since grade school kaya mas nagiging determined ako sa ginagawa ko. Hindi Lang naman ako since sa buong team namin grabe rin yung effort na nilaan namin and yung oras na mag training parin kahit hectic na yung schedule."

School officials and coaches from each respective school were also there to show their love and support for their students. A quote from Mr. Francis Dominic Marron, a teacher from San Rafael Parochial School.

"It is not primarily a competition, But it's for camaraderie and bonding of the clusters 5 and 6. And at the end of the day, We are still one family." Serving as a reminder for everyone the spirit of the event goes beyond the scoreboard and is not only about winning but connecting as one family.

The **torch burning**, which marked the beginning of the tournament and a new chapter was a significate part of the celebration. One representative athlete from each of our five schools transferred

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the flame to another, each of whom represented competition: passion, teamwork, and dedication.

The crowd erupted in cheers as the torch burned, "Let the Games begin!". With the stage set and spirits high, the athletes, coaches, and supporters eagerly looked forward to the weeks ahead. Whether basketball, volleyball, or other events, every participant is determined to give their best, knowing that they are not just competing for themselves, but for their teams, schools, and communities.

But that's not where this event ends. We also had the **Ms. Intramurals 2025**. This competition showcased the **charm**, **poise**, and **athletic spirit** of the candidates. Contestants, each representing their respective schools, dazzled the audience with their grace and intelligence, all while maintaining the energy and excitement that come with the Sportsfest celebration.

But this was not just a beauty contest; This was also about leadership qualities and passion for the school community. They were judged based on a combination of **personality**, **confidence**, **poise**, and how well they represented the true spirit of **Sportsfest**

Zyrl Serrano of **Manila Cathedral School** was given the crown following a much-anticipated discussion. A student who is known for consistently supporting her fellow athletes and participates actively in a variety of competitions. Everyone was moved by her sincere statement during the Q&A.

The Miss Intramurals pageant is more than just a beauty contest—it's a recognition of leadership, sportsmanship, and the spirit of healthy competition that defines the Intramurals. With **Zyrl** now wearing the crown, she is not only the face of this year's Sportsfest but also serves as a motivation to everyone to put their best foot forward in every game, event, and challenge that lies ahead.

As the opening ceremony concluded, the message was clear: This Sportsfest is not just a contest of physical prowess but a celebration of unity, perseverance, and the joy of coming together through sport.

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CS Elementary Intramurals Opening

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To end the month of October on a good note, MCS Intramurals 2024-2025 has officially begun. On the 22nd of October, the Intramurals Opening for Elementary students was hosted at our beloved Gaudencio Rosales Gymnasium. The fun about intramurals is their inclusivity. Unlike varsity-level sports, intramurals cater to students of all skill levels. Whether you're a seasoned athlete or just someone looking to have fun, intramurals offer a chance for everyone to participate. To kickstart the event, the teams one by one respectfully entered. team pink and team dark pink, team orange and team dark orange, and lastly, team purple and dark purple.

While competition is a part of the intramural experience, the emphasis during the opening ceremony—and throughout the season—is on sportsmanship. Students are encouraged to cheer for each other, celebrate teamwork, and handle both victories and losses gracefully. Mr. James Regodon in his speech stressed the importance of respect, kindness, and fair play, encouraging students to focus on the fun of participating rather than simply winning. A key event in the opening of intramural is the torch lighting, A torch lighting ceremony signifies the beginning of the event, fosters unity, celebrates tradition, and inspires participants to embody the values of teamwork, sportsmanship, and personal growth. Here's a direct scoop from Marjione San Juan, A grade six student who was a part of it: "

The intramural opening ceremony is not just a single-day event; it serves as the start of a series of activities that contribute to a student's overall development. But I hope not only our athletes, but all of us remember that integrating faith into sports can provide athletes with a strong spiritual foundation. It helps them to remember that their talents and abilities are gifts from God, fostering humility and gratitude. This can create a sense of purpose beyond winning or achieving personal goals.