

THE KINGS



JESUS CHRIST KING OF KINGS AND LORD OF LORDS ACADEMY (JCKL ACADEMY), INC.

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JCKL Academy Features E-Games for the Second Time

JCKLA Declares the Overall Champion for the Founding Anniversary; Green Panthers Triumphs

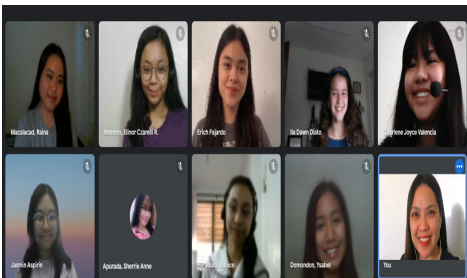
Kathleen Kate P. Ochigue (Faculty, Junior High School)



Victorious smiles. Green team faculty members pose after finding out the overall champion for the 29th Founding Anniversary of JCKL Academy last February 22, 2022.

The King's Reigns New Editorial Board Members

Elinor Czarelli Romero



Young journalists of Jesus Christ King of kings and Lords of lords Academy, Inc. held its editorial board meeting via Google Meet last September 15, 2021, together with their adviser Ms. Katrina S. Untalan and Ms. Kathleen Kate P. Ochigue, to proclaim a new set of board members. *(continued in page 5)*

Jesus Christ King of kings and Lord of lords Academy, Inc. celebrated its 29th Founding Anniversary with the theme "Inexhaustible Blessings" anchored in the bible verse Proverbs 10:22 held last February 22, 2022 declaring the green panthers as the overall champion for this year.

Ms. Jadelyn Maramara was this year's team manager of green panthers. Faculty members under green team include in the team were Ms. Katrina Untalan, Ms. Riezel Lou Lozande, Ms. Armie Guinto, Ms. Angelina Sapida, Ms. Melibeth Garcia, Ms. Marita Infiesto, and Mr. Joneil Kinaso.

Ms. Maramara shared during the interview that this is her first time being a team manager. Thus, she believed that if her team worked together, they would win with the activities. *(continued in page 2)*

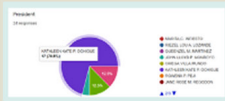
Division Schools Press Conference Resumes After Two Years

Katrina S. Untalan (Faculty, Junior High School)

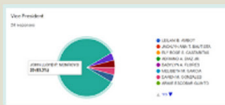
Student journalists from private and public schools attended the virtual Division School Press Conference (DSPC) that was conducted last February 22, 2022, in preparation for the Regional School Press Conference (RSPC).

Student journalists, with the help of their school paper advisers, were encouraged to join in with different categories. *(continued in page 3)*

Faculty Association Officer 2021-2022



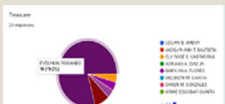
Kathleen Kate P. Ochigue
President



John Lloyd P. Monroyo
Vice President



Jane Rose M. Regodon
Secretary

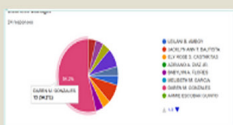


Evelyn M. Rogando
Treasurer



Armie E. Guinto
Auditor

Darren M. Gonzales
Business Manager



Queen M. Martines
PRO

Faculty Association Announces Newly Elected Officers

Katrina S. Untalan (Faculty, JHS)

With the theme, “Build, Back, Better”, the faculty association of Jesus Christ King of kings and Lord of lords Academy, Inc. welcomed the new school year by casting their votes for the new set of officers held last August 14, 2021.

Ms. Kathleen Kate P. Ochigue, who teaches English, secured the first place in the position of presidency. Along with her are Mr. John Lloyd Monroyo who is the vice president; Ms. Jane Rose Regodon as the secretary; Ms. Armie E. Guinto as the auditor; Mr. Daren Gonzales as the business manager; and Ms. Queenzel Martinez as the public relations officer.

In an interview, Ms. Queenzel Martinez stated that she will do her duties and responsibilities as a public relations officer even though this is her first time for the position. She also expressed her excitement for the upcoming school year.

“As the new public relation officer, I will do my best to communicate the inquiries of the faculty to the administration, and organize events and projects,” said Martinez.

Meanwhile, Mr. Daren Gonzales, who is also a first timer being an officer, shared his thoughts about the election.

“I know that things will get busier now that I am the new business manager but I am looking forward for the next school year. I am excited for the new task that i will do. I believe that the pressure is always there, but I’ll make sure to fulfill those

duties that I have,” said Gonzales.

Every year, faculty members conduct elections to replace officers. The president, vice-president, and secretary have the most crucial role, especially in the planning of events and activities such as the annual foundation day.

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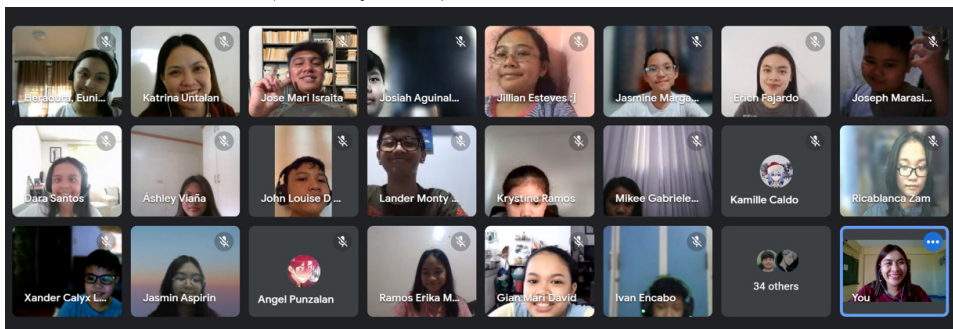
Activities in which green panthers placed first in the competition are the following: Himig ng JCKLA for Grades 1, and 2; 4 Pics 1 Word for Grades 1, and 6; Who Wants to be a Millionaire for Grades 1, 3, 4, 8, 10, 12, and for the teachers edition; Emoji Game for Grades 4, and 5; Spoken Word Poetry both English and Filipino Category; IG Filter Making Contest; Everybody Sing; Mr. JCKL; and Dance Competition.

“This year’s foundation is fun though the activities were done virtually in light of the present Covid-19 pandemic. I was honored to be part of this team and also proud to be the representative for the spoken word poetry competition under the English category,” said Elinor Czarelly Romero, green team member.

Second place goes to the blue team followed by the red team placing the yellow team at last. This is the second time the school celebrated virtually still because of the virus, but this didn’t stop the students from showcasing their talents, skills, and even their sportsmanship. Hopefully, on the 30th founding anniversary of the school, face to face celebration is allowed. Truly, the administration, staff, and faculty members are excited for Foundation Anniversary next school year 2022-2023.

The Kings Organizes Virtual In-House School Press Conference 2021

Katrina S. Untalan (Faculty, JHS)



Unleashing creativity. Students from JCKL Academy pose after attending the category of photojournalism during the in-house virtual school press conference 2021.

JCKL Academy supported students-journalists from elementary to senior high school by conducting a virtual in-house school press conference to exercise their journalistic skills held last November 24-25, 2021.

A total of eight categories such as news writing, science writing, sports writing, editorial cartooning, photojournalism, column writing, editorial writing, and feature writing with eight speakers presented their topics in the area of their expertise.

Ms. Jojane Opao, guest speaker from Philippine Christian University who talked about sports writing, said that having this kind of activity is good because most of the students are afraid to write articles. This opens the minds of students that there is beauty in journalism.

Meanwhile, the conference lasted for three days, with one hour allotted for each speaker to talk. Immediately after was the workshop prepared by them. There were at least 70-100 participants in each category leaving the meeting room via google meet in a full capacity.

In an interview, Raina Anne V.

Macalacad, the new Editor-in-Chief of "The Kings" shared how to encourage students to join the said activity.

"My love for writing has always been there and I wanted my fellow students to discover their talents in writing by joining this kind of conference. When I was still a newbie to joining conferences, I was hesitant at first. I also doubt my skills, but here I am, embracing journalism. We encourage my fellow JCKL students to join together with the new editorial board members of the organization," said Macalacad.

In-house school press is an activity that is done yearly in order to introduce students in the field of journalism and to train new writers who will compete outside the school.

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Categories for the DSPC include the following: news writing, editorial writing, feature writing, sports writing, science and health writing, column writing (exhibition only), copyreading and headline writing, editorial cartooning, and photojournalism.

Meanwhile, Raina Anne V. Macalacad and Sherrie Anne N. Apurada, Ysabel Psalmer Domondon, Erich Krysten S. Fajardo, Ila Dawn Diato, Eunice P. Heradura,

Matthew Alexis Z. Villania, Charlene Joyce Valencia, and Jasmin Faith B. Aspirin were the participants from Jesus Christ King of kings and Lord of lords Academy, Inc.

In an interview, Fajardo expressed her excitement towards the event.

"As a part of 'The Kings', we always participate in this kind of event. Ever since the pandemic happened, extracurricular activities like this have halted, that is why we are excited now that it has finally resumed," Fajardo said.

Considering various restrictions and limitations because of the COVID-19 pandemic, the term contest for the virtual DSPC 2022 was replaced by selection. For this year, few student journalists will be chosen after the activity for DSPC who will be trained for the Regional School Press Conference.

Ysabel Psalmer Domondon who registered under the category of editorial writing, was one among five student journalists from different schools who passed to train for the Regional School Press Conference. However, she didn't qualify to join the RSPC.

Ms. Kathleen Kate Ochigue, co-school paper adviser of 'The Kings', also shared her sentiments about the event. "Even though this activity happened virtually, I am happy as the DSPC took place this year. This is a good opportunity for students to engage themselves in social issues through journalistic writing," said Ms. Ochigue.

JCKLA's Peer Counselor Organization Welcomes New School Year

Kathleen Kate P. Ochigie (Faculty, JHS)

The theme "Rise Up! You are Not Alone!" was highlighted in the annual virtual welcome fellowship spearheaded by Mr. Joel G. Gallandez, the school principal, together with the members of the school organization in order to help the students adapt to the new setting they will find themselves in when they return to school. The activity was conducted last September 3, 2021.

There were four speakers who spoke during the fellowship: Ms. Jadelyn F. Maramara for Kinder- Grades 1-3, Ms. Vivian B. Yasis for Grades 4-6, Ms. Katrina S. Untalan for Grades 7-10, and Ms. Kathleen Kate P. Ochigie for Grades 11-12.

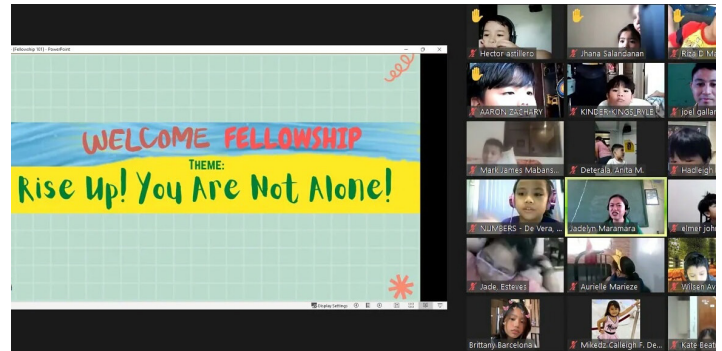
"This activity not just helped the students feel at ease since they are transferees, but this will also allow them to enjoy fun activities prepared by the organization and the speaker", Ms. Maramara commented.

Through this activity, students learned to value the importance of God's Word in facing different challenges in life. One of the objectives of this activity is to acknowledge that in God's presence, there is security and protection in line with this year's theme is Rise Up! You Are Not Alone!

"As a part of this family, I am excited to finally organize again such activities. Peer Councilors Organization(PCO)members get to interact with other teachers and students," Ila Dawn Diato said in an interview.

PCO not just organizes welcome fellowships, but also Fellowship 101 every quarter. The First Fellowship 101 that was held last November 18, 2021 has a theme "Productivity Matters" conducted by Ms. Ely Rose S. Castaritas and Ms. Queenzel M. Martinez. During the second quarter, fellowship provides practical tips to students to overcome laziness, especially when it demotivates one's life consistently and has a theme "When Laziness Strikes!" conducted by Ms. Jacklyn Ann T. Bautista, Ms. Jane Rose M. Regodon, and Ms. Hazel R. Tenedero. Third Fellowship 101 expounds the importance of recognizing different scenarios in life and their possible impact on us. Mr. Leonard-Lhey M. Hayag, Mr. Edwin O. Camerino, and Ms. Immaculate D. Genova were the speakers.

Monthly Devotion is also PCO's ac-



Welcoming new students. Transferees and new students participate in a welcome fellowship organized by the Peer Counselor Organization held last September 3, 2021.

tivity. Students were invited every last week of the month to connect with them, bring them closer to God through devotion.

STEM Week Introduces Riptide to Students

Kathleen Kate P. Ochigie (Faculty, JHS)

The Science, Technology, Engineering, and Mathematics clubs organized activities for one week headed by Ms. Babylyn Flores with the theme, RИP-TIDE: Science Clubbing Steadfast Against Ragging Currents, in order to develop students' critical thinking skills in relation to science and math.

Activities included were crafting an article about the theme of STEM Month Celebration, interactive games such as Escape Room and Quizizz, which helped boost students' engagement and fact fluency with interactive skill-building math and science activities, apple investigation, and tree planting. Ms. Babylyn Flores, the coordinator of the club, said that they conduct this kind of activity every October. She also shared that since last year, extracurricular activities like this have halted and have resumed now. She also expressed her excitement regarding the activity during the interview.

The celebration ended by upholding and enhancing the ideas of STEM students on career opportunities and needs of the scientific community by conversing with various STEM professionals as part of the STEM month celebration through STEM Talks: "Stimulating the Interests of Future STEM Leaders" with Mr. Adriano A. Diaz Jr. as the speaker. The participants of the said event were Grade 11 and 12 STEM students.

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Raina Macalacad, who is a student from Grade 11-HUMSS, was proclaimed as the new Editor-in-Chief of the organization. Macalacad has been an achiever and has always been a great writer, especially in feature writing, making her trustworthy for her place.

In an interview, Macalacad shared her sentiments over the activity.

"It is my honor to be this year's Editor-in-Chief. I know that being in this position has a weight and it has responsibilities that I have to do, but I will not perceive it in a negative way, but I will use it as a challenge for me to do better," said Macalacad.

Editor-in-chief is the highest position at the publication. They are assigned to manage writers and editors, write articles, and oversee publication. After the editor-in-chief is the associate editor who proofreads, edits, fact checks, and writes articles in the person of Ysabel Psalmer Domondon, a student from Grade 10 Proverbs.

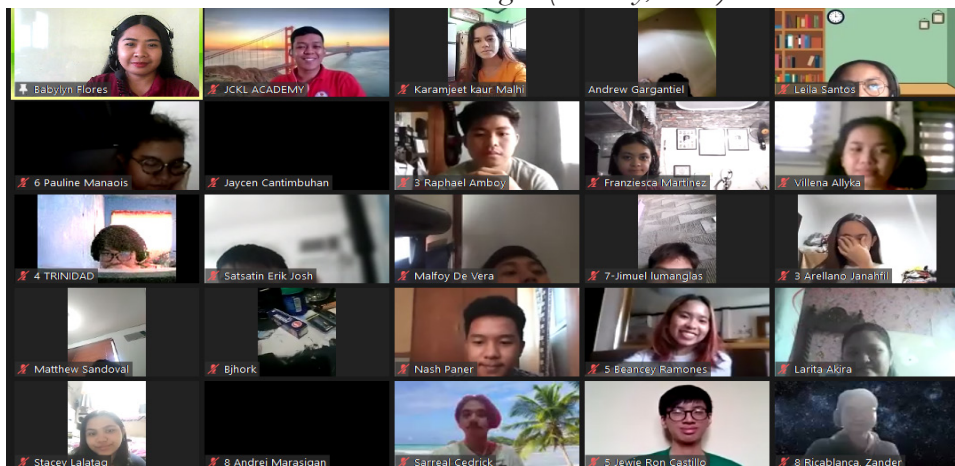
Domondon, who is known for writing editorials, said that she is excited for what will happen at the publication this school year as the new associate editor. She also stated that she is willing to work with everyone, especially with the new editor-in-chief.

Editors for this year are Ila Dawn Diato and Elinor Czarelli Romero. Meanwhile, Erich Krysten Fajardo is the new Chief Staff Writer with her writers Charlene Joyce Valencia, Eunice Heradura, and Sherrie Anne Apurada. The organization's editorial cartoonist is Matthew Alexis Villania. Graphic Artists such as Jasmin Aspirin and Joshua Esguerra are the newest members of The Kings.

The Kings have appointed a new set of board members to empower students to be more proactive on existing social issues and to take part in it through writing. The Kings also launched their Facebook page to spread more relevant and factual information.

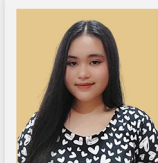
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Kathleen Kate P. Ochigie (Faculty, JHS)

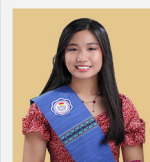


Celebrating STEM week. Grade 11 students from STEM strand attend the Math and Science Quiz done last October 25, 2021.

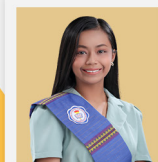
Editorial Board and Staff



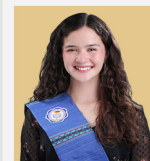
Editor-in-Chief
Raina Anne V. Macalacad



Associate Editor
Ysabel Psalmer E. Domondon



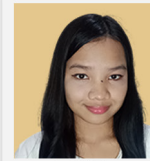
News Editor
Elinor Czarelli R. Romero



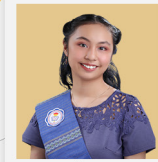
Opinion Editor
Ila Dawn V. Diato



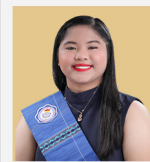
Chief Staff Writer
Erich Krysten S. Fajardo



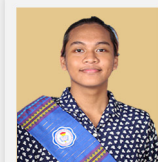
Staff Writer
Sherrie Anne N. Apurada



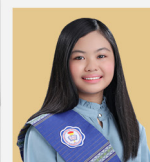
Staff Writer
Eunice P. Heradura



Staff Writer
Charlene Joyce M. Valencia



Editorial Cartoonist
Matthew Alexis Z. Villania



Graphic Artist
Jasmin Faith B. Aspirin



Graphic Artist
John Joshua B. Esguerra

Katrina S. Untalan
School Paper Adviser

Kathleen Kate P. Ochigie
Co-School Paper Adviser

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JCKL Peeps Enjoys Virtual Thanksgiving Party

Erich Fajardo



All smiles. Grade 10-Psalms with their adviser flaunt their smiles after the thanksgiving held last December 17, 2022.

Despite the restrictions caused by the pandemic, students at Jesus Christ King of Kings and Lord of Lord Academy celebrated their annual thanksgiving party virtually on December 17, 2021.

Students and teachers gather virtually via google meet from pre-school to senior high school department in order to prioritize the safety of everyone while at the same time still enjoy the Christmas season. The participants were active during the games prepared by their advisers.

"Students were active during our class, but they were more excited and livelier during the virtual party. It was so nice to see them enjoy what we are doing," said Ms. Jadelyn Maramara, adviser of Grade 5-Jonah.

The celebration started at 9am and ended at 12pm. Some teachers asked their students to prepare a meal so they could still eat together during lunch.

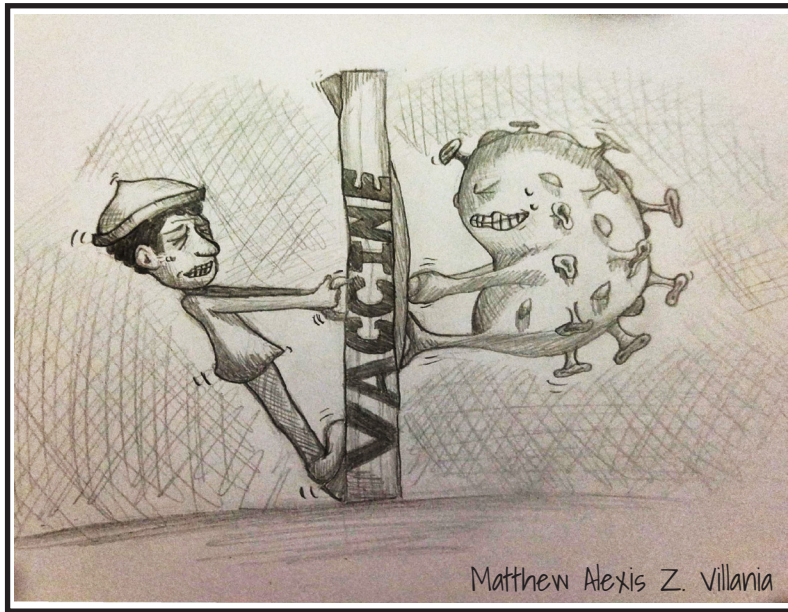
Ms. Ochigue, the adviser of Grade 8-Hosea, said that she even ordered a special meal for the special event. Some of her students ordered food from different fast-food chains and restaurants.

Connecting with one another was also highlighted at the event. The students did not just play and have fun through games, but they also shared their new year's resolutions for the upcoming year. Reflecting on what happened to them during the past few months has never been easy, but the virtual thanksgiving party brought hope, love, and joy.

"The pandemic has taken a toll on me, so events like this are a good distraction and at the same time helped me bond with my classmates", said Elinor Czarelli Romero, Grade 10 student.

As Thanksgiving came to an end, Mr. Joel G. Gallandez, our school principal, gave his message to my fellow students and teachers. He reminded everyone that this wouldn't be possible without the cooperation of one another. He also reminded the true meaning of Christmas and that is to celebrate the life of Jesus Christ, who died for our sins.

EDITORIAL



Embracing Change

Ysabel Psalmer Domondon

We are finally seeing change in our country. Two years have passed since COVID-19 started and now the Philippines is ready to slowly transition to a new normal. This is an extremely joyous moment for all. The pandemic has negatively affected the lives of many, and now we have hope to return to our normal lives.

Distance learning has taken a toll on a lot of students, so a lot are extremely happy with the news of limited learning. Many have raised their concerns since it is unavoidable that unvaccinated people and vaccinated ones may come into contact with each other. It is still a question to some why people have not chosen to be vaccinated despite knowing that the vaccine is for their own benefit.

On the other hand, vaccination is mandatory and everyone has the right to choose whether they wish to be vaccinated or not. Different people have different beliefs, so forcing them to do something against their will is out of the question. By choosing to be unvaccinated, you are given the responsibility to stay away from crowded places or go out without any protection.

Nevertheless, vaccination may be a freedom of choice, but it does not take away from the fact that being vaccinated is the best solution to the pandemic.

By being vaccinated, you are protecting yourself and everyone around you. The government is aiming for herd immunity, where a majority of the population is immune to an infectious disease. When everyone around you is immune to the virus, the virus will no longer be able to multiply, and that will eventually lead to its disappearance. The virus causes a ripple effect; if one gets infected, everyone around that person may get infected too, and the list goes on. Being vaccinated is both a moral responsibility and a privilege. By vaccinating yourself, you are doing your part in protecting the community. You are helping the country get back on its feet. The vaccine does not guarantee complete immunity, but it does lessen the damage if you ever do get infected. With that being said, vaccination should not be an excuse to disregard health protocols and do whatever you want. Keep in mind that the pandemic still exists despite the strictness slowly loosening.

The jammed progress that the country faced because of the sudden appearance of a pandemic has finally shown some movement, and now we should be expecting things to slowly return to their normal state. In addition to that, limited learning is being taken into consideration by schools, so change is to be expected. As the world takes in change, it is time for the people living in it to also embrace change and do what is best for them by looking at the bigger picture and not just the ones where they are affected.

STANDPOINT

Harsh reality

Ila Dawn Diato

Finally, after two years of online learning, face-to-face classes are being implemented again. As somebody who has experienced the pros and cons of online classes, I can confidently say that I am beyond happy upon hearing this news. Online learning has definitely caused more damage than good to me.

During the pre-pandemic, I used to fantasize about doing online classes or homeschooling instead of waking up early in the morning to catch the flag ceremony. Now that I have faced the harsh reality of distance learning, I have come to realize that it is not as good as I have pictured. Unfortunately, for some people learning in the comfort of their homes, it is not as relaxing as it might seem to others. Some are unable to focus on their work due to having to fulfill family duties while in class. This makes it harder for students to focus on their studies which may lead them to fail in class.

Online classes can also be mentally and emotionally draining for students. I have encountered students who are unable to catch up with their studies that have resulted in them getting left behind. There are people who are hungry for academic validation due to their upbringing and with students basing their worth on a bunch of numbers can destroy one's self-esteem. This has been an issue even before the pandemic took place, but it has appeared to worsen when it started. Unlike face-to-face classes, where the teacher and classmates can help you every step of the way, online classes are different. Teachers also struggle to focus on every student since communication is harder and there are times where you are unsure if your student is truly being honest with their work.

On the other hand, it is true that with online classes students do not have to wake up early in the morning to get ready for school. The schedule can be flexible at times and there are teachers who are very understanding with the situations of their students. I am also aware that there are some students who enjoy online classes since they can do whatever they want in the comfort of their homes.

Nevertheless, it is selfish to only choose the option that is beneficial to you not because it helps you with school but because it can satisfy your laziness. There are millions of children all over the world who would do anything to have what you have. I am privileged to be able to continue my education despite the pandemic, but it breaks my heart to know that only the people with money are the ones benefiting from it.

It took two years to finally be able to consider in person school again. We are definitely behind considering other countries have already returned to face-to-face classes. Unforeseen incidents such as the "Poblacion girl" incident where she did not follow health protocols and caused a sudden inflation in the number of COVID-19 cases in the Philippines definitely prevented us from progressing faster but in times like this, comparison will do no good. To continue a steady and stable progress, do not forget to be responsible and practice social distancing. An inch of progress is still proof that we are moving forward for the betterment of our country.

Spotting Fake News

Willeen Erce

Have you ever been fooled by a friend who shared a post from a year ago, making everyone think that there were no classes today? Yeah? Well, you're not the only one. Although very unavoidable, those who don't check if it's real, or not fall victim to this way more than you think.

Since our country just conducted local and national elections, information on the internet, both true and fake news, especially on social media platforms, has been circulating non-stop. With that, it's best to develop our skills on spotting news that could potentially be fake, or just propaganda. Let us take a look at these five ways to avoid falling victim to fake news.

When was this posted? The easiest way to check if a piece of news was fake is by looking at the date it was posted. If it was posted years prior, then we can't really call it recent news anymore, can we? Checking dates and time the news was posted is crucial in knowing what's useful information and not.

Where did this come from? Considering the fact that we are living in a high-technology world, it's easy to fake one's identity. Knowing that, we need to check if the source we're getting the information from is trusted, and known by netizens to spread true news. If it came from a friend,

validate that information by simply asking them where they got it, rather than believing them without doing any fact-checking at all.

Let's develop a critical thinking mindset! Thinking more in-depth about obtained information is key to developing a critical mindset; at the same time, it will help you identify news that could possibly be false or not.

We cannot be close-minded when it comes to information that could help us in the future.

If available, check primary sources. The best sources are primary sources. Today, newspapers, interviews,

magazines, and the news sources are primary sources that are reliable and accessible to the public. Rather than gathering information from second voices that aren't from authorized people, we need to keep our focus on believing and trusting what comes from the news.

Do your beliefs distort your view on this topic? Let's face it, sometimes we don't want to be wrong. If we get information from a friend we trust, we want to believe them. But that's where our critical thinking comes in handy. Open-mindedness is another key to being able to attain the correct news we need. Before believing anything that you come across on any social media platform, it is necessary to verify it if it is true or false.



Spotify Into Limelight: How it Became Mainstream

Raina Anne V. Macalacad

From visiting record stores just to grab the newest vinyl record of The Beatles. Then sitting and waiting all day long for the radio station to play that one song you heard at the stop, to sneak out for the line-up release of Alanis Morissette's Jagged Little Pill cassette because it had been such big news for having a "parental advisory" sticker on it. Now, for the reign of the digital era, we sit comfortably in our beds in our own homes while we have instant access to tens of lots of music tracks.

It started with people rummaging every aisle of every music store, to shop for the most-talked CDs. Then Napster came, where music was free (because the founders were stealing them and faced a lot of lawsuits). Followed by iTunes, wherein you've got to pay money for each digital song you get. The music industry has faced countless changes and issues. But one of the most incredible products to come out in the last 15 years is Spotify, the Swedish music streaming service with a formidable catalog and explosive popularity.

Music streaming apps have been a highly competitive business, but Spotify was able to appeal to the public eye and has retained its high ground ever since 2008. Year after year, Spotify has proven itself and was able to improve its app design, usability, streaming quality, and oth-

er music sharing capabilities without compromising its branding and its original touch.

From going to great lengths to hunt out and buy albums for our collections, now we simply explore for an artist on Spotify and add their entire discography to our library. Instead of collecting our favorite songs with too much time and effort, we capture them using the "like" button with pure ease. Do not get me wrong, vinyl records and cassette tapes are still a very important sort of music and are still much appreciated by plenty. But having thousands of songs on your one small device that can be easily carried anywhere and everywhere is such an ecstatic experience.

Not only can we listen to songs with ease, but we can also share our listening activities to other social media platforms and show our friends the song we are currently playing. If they want, they can even listen to what we are listening to. Spotify offers about 35 million songs, meaning that every music preference is taken into extensive research and consideration. By having a wide and broad variety of music and podcast catalogs out there, plus including a free version of the service, Spotify has changed the music industry as we all know it. You can listen to music nonstop for your entire life and never even get to scratch the surface of what is out there, and yet, what makes Spotify iconic in this regard, is that they understand how overwhelming their library can often be; this is where excellent curation becomes crucial. From charts that provide rankings of the most-streamed songs in a certain area to curating weekly playlists, which provide every user with a customized weekly playlist of suggested songs that supports their music tastes – Spotify is guiding users to the content that they require.

Spotify has also managed to form an incredible community within its users. Music is, for several, a passion. Music brings people together in ways in which many other things cannot. It's an insanely powerful thing, so Spotify uses it to its advantage through playlist curation. By incorporating technology alongside people's capabilities, they are able to create next-level curation for music that covers any genre, mood, season, occasion, etc. Spotify's commitment to thoughtful, human-driven curation of play-

lists sets them way above other services. But Spotify's curators aren't the sole ones creating playlists. Users can create and modify playlists as well. Music can be an enormous part of someone's identity, and Spotify has learned to use this in an exceedingly fun and interesting way. Unless you're in private mode, your friends can see what you're listening to and follow the playlists you create. As someone who has been a paid user of Spotify for the past five years, I can attest to how fun and fulfilling it feels whenever someone follows and listens to the playlists that you make.

Spotify is free, so aside from the occasional ad and limitations on what number of songs you'll skip, among some other restrictions, this implies that you simply can listen to almost any song out there, for free. This is often quite different from Apple Music or Tidal, as they have not released a free version of their products. While on premium, for \$14.99 a month, and whether you're on a family plan or a student, you get higher sound quality, offline listening, and no more ads. It's interesting to note that the free version is pretty good in itself, but Spotify Premium offers users the most, which makes it a well-justified investment.

Spotify manages to form an experience around the music, the users aren't just taking note of a song but they are being fully captivated within it. From the classics and our all-time favorite artists to young and aspiring artists who can now share their music with the world without extreme trouble. They are further democratizing the music process, which gives them more clout and influence over the public. Spotify continues to push the boundaries of what consuming music means, and their future plans are definitely worth the excitement and anticipation! Now, it might be safe to mention that the spotlight that Spotify is getting is well justified.

"Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife.

-Kahlil Gibran

GenZ's Hobby in the 21st Century

Elinor Czarelli Romero

From jackstones, tug-of war, hopscotch, kick the can, hide and seek to Tiktok, Facebook, Twitter, Instagram and Youtube. We've seen drastic changes in how kids use their leisure time. People won't be surprised too, if these changes go to extremes as we are living now in a digital world where artificial intelligence and robotics are given the chance to explore what people can do.

I've been using social media for years now and all I can say is that it is worth my time if I am just going to use it to pass my time. It becomes a disaster if I wasn't able to accomplish my task for that day. It's entertaining to see videos and memes on social media, but I am curious how they are behind those lights and cameras.

Fame on social media appears to be fake most of the time, as it is perfected and distributed as the most efficient possible scenarios of reality. The true personality of a person is hidden behind their face on national television. We don't know what they are struggling and going through. We are only seeing the snippets or the highlights of their lives in their Facebook or Instagram stories, but we don't know the story behind them.

Most of the people who consume these platforms are teenagers. Teenagers who want to be known, validated, valued, and seen by the people around them. They might want to be validated by those people close to them or even by the people whom they really don't know on social media. Some of us have this mindset that we are living in a generation where the opinion of other people matters; what they think about us matters; and their judgment matters. But in reality, do they really matter?

These hobbies of GenZ's, such as playing online games, browsing on Facebook, and watching videos on Youtube and tiktok, skyrocketed when the pandemic began. Plus, the fact that some can earn money while doing those things. People behind those social medias are paying them to create more content that will entertain people. This is one of the reasons why they are engaged in these activities.

Trends on these apps are not always good as it seems. There were incidents that these trends are dangerous, especially if kids are not monitored properly. Trends such as jumping from the building, hurt-

ing oneself, not paying at the cashier, etc. resurface.

I was even surprised to see my old friends and classmates who were very quiet inside the classroom suddenly become active on social media to try new trends. I've also seen how my nice friends suddenly throw shade at every issue that we have particularly when the election in the Philippines happened. Tossing and spitting gossip about known personalities or even people they know on their own group chat emerges.

Last year, when I created my art account on Instagram, it drained me and I almost neglected my mental and physical health—devoting myself to creating more content than sleeping early. See? The effect of these social media is not the same for everybody. Some people are quite good at handling it; some aren't.

This generation is more blessed than those in the previous one for the reason that we have the internet to connect us with our family and friends who are far away through social media. We should be reminded that likes, comments, and reactions should not define who you are as a person. As a person born in generation z, I encourage you to utilize these social medias properly.

Food for the Soul: All Things Are Possible

Kathleen Kate P. Ochigie (Faculty, JHS)

Matthew 19:26

26 Jesus looked at them and said, "With man this is impossible, but with God all things are possible."

In this life where we face a lot of challenges and hardships in life, our natural response is to work and look for ways that can solve these problems. But the hard truth is that no matter what we do, sometimes we fail. We accept the fact that there are things that are not possible for us because we are limited in our own ways. It is stated that all things are possible with God, because He is almighty and powerful.

If something is his will, nothing can stop it from being done. To the world it is impossible; but with God all things are possible. Remember how the dead came back to life? How did the lame start to walk again? How do the blind see the world again? It only reminds us that only God can turn water into dry land. So, the next time you face destitution in this lifetime, remember that the God that you call on is the one who walked on water.

Election of Power: The Guide in Choosing an Excellent Leader*Erich Krysten Fajardo*

Leaders are expected to shape our nations, communities, and organizations; therefore, it is a must for us to choose the right leaders for our country. The issue of corruption in the Philippine government is prevalent and has followed us in to 2022. Drug wars and the economic crisis have been dragging us into the pit. I personally don't know how long this will continue, but to avoid all of this, we need to choose not just excellent leaders but a leader who values life.

Once in a while, maybe even often, some voters choose leaders out of emotion, whether it could be based on their social status or just a simple fact that they do not like that specific candidate. It is expected that these candidates will always be one foot forward in order to gain votes. Filipinos are craving for a good leader who is accountable, transparent, and cares for the people. That is why they fall into the trap if a candidate is putting on a facade. It is not hard to spot these people; however, it seems that good leaders are nowhere to be found. In order to choose a leader that will help our country, let us take a look at these characteristics given below.

A good leader should be honest. In a survey hosted by Gallup, only 12% of responders had said they believed members of the congress had high ethical standard, which is very low considering that these congress members are leading the country, good leaders can separate themselves by becoming transparent and clear with their opinions, insights, and plans for the people and the countries.

A good leader is self-aware. Political leaders who practice and learn self-awareness on a daily basis can be effective leaders by knowing their strengths, weaknesses, talents, and incapability. They are able to figure out what they can make happen, and at the same time will do tasks knowing themselves.

A good leader is a good listener. Some leaders are vain, in which they do not listen to the needs and wants of the community. If a leader is a good listener, they will hear and provide what the country truly wants and needs.

Lastly, a good leader must walk the talk. A leader must not give false hope and promises to the people, but they should back it up with actions. We, as a country, have the capability to choose who we want and what we want in a leader. Without a good leader, our country would end up in havoc and could potentially destroy the country. We have the power to choose who will lead us for the next six years, so let us vote wisely.

The Freedom of Speech and the Responsibility that Comes with it*Erich Krysten Fajardo*

"If liberty means anything at all, it means the right to tell people what they do not want to hear." —George Orwell. Freedom of speech is when we are able to express ourselves freely through giving opinions without any restrictions. But this freedom has its own boundaries and responsibilities. Freedom of speech has something to do with the decisions and actions we make. Even if we have the freedom to decide, to give or share opinions, or to express ourselves, the government can still restrict our rights if someone tries to harm someone's rights to protect the morality and security of one another.

According to Pew Research Center statistics, the public is much more willing to accept free speech as long as it is used for advocacy, conferences, debates, and other important events. Even 70% of Americans agreed that people should have the right to freedom of speech, even if their words are highly offensive. But this is where responsibilities take a turn. Even if we have the right to free speech, we have to look out for it if it sounds offensive, threatening, or discriminating towards an individual or group in terms of race, color, religion, national origin, sexual orientation, or other traits that may cause hate speech towards them. We are promoting freedom of speech, but we don't tolerate those harmful speeches just to justify that we are able to speak out our opinions or ideas about a specific subject. We all have our freedom of speech, and we are allowed to express in our own ways. But it carries responsibilities to protect the right of others, to avoid violating the Human's Rights or law. It's time to step up. It's time to speak out. It's time to change for a better one.

Bakas ng Kahapon *Katrina S. Untalan (Faculty, JHS)*

Noong ako ay bata pa, ramdam na ramdam ko ang bawat gasgas sa aking balat sa tuwing ako ay madadapa. Masakit, makiro, at mahapdi lalo na kapag ito ay binuhusan ng panlangas. Hindi ko alintana kung ito ay mag-iiwan ng bakas. Ng marka. Ng peklat. Dahil sa kabila ng pagkasugat, ako ay masaya. Noong ako ay nagdalaga, ang bawat pasa at sugat ay akin ng iniinda. Nangangamba na baka ito ay mag-iwan ng peklat. Ng dumi. Ng marka. Marka na hindi na mabubura pa. Gamitan man ito ng Sebo De Macho o kahit na magpunta pa kay Belo, alam kong kahit na maghilom ang mga sugat na ito, paulit-ulit ko itong maaalala. Parating mangangamba na baka sa susunod na ako ay madapa kahit hindi ko naman sinadya, ang mga sugat na ito ay hindi na maghilom pa.

Lost and found

Katrina S. Untalan (Faculty, JHS)

Naranasan mo na bang mawala? Sa mall, sa simbahan, sa eskwelahan, sa daan, sa kawalan? Kung hindi tuwid ang iyong pag-iisip, marahil ay ikaw ay magpapanik. May mangilan-ngilan na lalapit at magtatanong kung ano ang iyong problema, pero wala sa kanila ang mananatili para samahan ka. Maraming tatanaw sayo ngunit malayo ang distansya, makikiusyoso at magdadagdag ng ingay sa paligid. Dahil sa gulong-gulo ka na, maglalakad ka ng maglalakad hanggang sa makaramdam ka na ng takot dahil malayo na pala ang narating ng iyong mga paa at mangangamba na baka hindi ka na makabalik pa. Dahil sa pagod ay naupo ka sumandali. Nagmuni-muni hanggang sa ika'y makaidlip. Hindi mo na namalayan na lumubog na ang araw. Sa iyong paglingon sa iyong kanan, may dalawang tao ang nag-uunahang lumapit sa iyong kinaroroonan. Matinding saya ang iyong naramdaman. Ito lang pala ang gusto mo una pa lamang. Ang ika'y matagpuan.

DAGLI

Katrina S. Untalan (Faculty, JHS)

Katulad ng isang instant coffee or ng instant mami,
Kung gaano kabilis timplahin at lutuin,
Ganoon rin kabilis na lumayo ang mga paa mo sa akin.
Katulad ng pamagat ng ginawa kong tula,
Marahil ito na ang mabilis at pinakamaikling tula.

PAGHILOM

Katrina S. Untalan (Faculty, JHS)

“Ma, sobrang sakit!”

Ito ang impit na sigaw ni Marinel habang nakabaluktot sa kanyang kulay abong kama.

Batid ni Aling Rosa na naaksidente ang kanyang anak dahilang ng pagkakaroon ng mga galos nito sa katawan ngunit ito ay isang taon na makaraan.

“Ma, sobrang sakit pa rin!”

Ito ay ulit ni Marinel habang hawak ang kanyang ulo.

Marahang tumingin sa kanya ang kanyang ina at sinuri ang kalagayan ng kanyang anak. Wala na itong galos sa katawan. Walang bahid ng alinmang dugo. Pagkalipas ng ilang sandali ay nakita niya itong nakatulala sa kisame at tila ba ay may ibang kausap.

Nag-uunahang tumakas sa mga mata ni Aling Rosa ang kanyang mga luha at nagbuga ng isang malakas na buntong-hininga. Marahan siyang nanalangin na sana'y gumaling na ang kanyang anak na nakakulong sa depresyon matapos na masawi ang kanyang ama dulot ng aksidenteng kinasangkutan ng dalaga.

I KILLED MY MOTHER

Katrina S. Untalan (Faculty, JHS)

I've been hearing strange noises. Most of them continuously shout "KILLER, BAD, DISGRACE"! My body and heart have been restless. Cold sweats are dripping from my forehead. I don't drink coffee, but my heart is pumping like crazy.

I am afraid of the consequences that I did in the past. No words can describe what I am feeling. I know it's been years since it happened, but my conscience keeps me up at night. I even find it hard to sleep. There are times where I will wake up from my sleep every midnight or early dawn. After that, I will just stare blankly at my ceiling thinking of what could have been if only I was a good daughter.

Way back when I was still studying, I was a consistent honors student. Almost a perfect daughter, they would say, not until I met Oliver. He is a mixture of good and bad. He is also an honors student, but with bad habits. We became close friends, and later on became lovers.

I was blinded by my love for him, so I neglected my life and the people around me. I learned to get high by different alcohol and drugs. Late night parties with my friends. And later on, got pregnant at an early age. I was delusional for a moment. Thinking that I'd get through this with Oliver, but I was wrong. After learning that I was pregnant, he swiftly made an exit in my life.

My thoughts have been wandering about my life when someone called my attention. "Inmate 23, you have a visitor. It is your mom." The jail guard told me with pity in her voice.

I walked slowly while rubbing my big belly towards my mom. Seeing her shedding tears breaks my heart. I truly killed her. I killed her dreams and aspirations for me. Her hope for my bright future vanished the moment that I made a reckless decision that changed my life. I've been very bad at my mom. How I wish to turn back the time, but I can no longer not. Truly, regret always comes at the end.

Locks & Chains

Katrina S. Untalan (Faculty, JHS)

The reflection of myself through the glass window has been bothering me. My friends told me that I am not fat as I have been claiming, but I am not content with what I am, and continue to shrug off their comments about me. Later that day, I went to my friend's house, whom I haven't been connected to for years, to join her for lunch.

I rang the doorbell, and the moment she opened the door, her jaw dropped with her eyes wide open. I playfully told her that it's okay to mesmerize my beauty, but I was surprised when she hugged me and whispered something in my ear.

"What happened?" She asked me while bawling.

I looked at us through the glass window of her house. Her healthy body delicately hugged mine. I realized the difference between us. My body now has lost all of the fats that I really hate. Because of the strict diet that I've been doing, I lost my appetite to eat. I thought that I would be happy once I succeeded in losing weight, but I am not. It just feels empty.

I am locked by these illusions in my head that the size of my body will define how beautiful I am. I somehow wanted to break these chains but I do not know how and when to start.

JCKL ACADEMY FEATURES E-GAMES FOR THE SECOND TIME

Katrina S. Untalan (Faculty, JHS)



Four teams participated in e-games (Mobile Legends, Call of Duty, and Valorant) as part of the celebration of Jesus Christ King of kings and Lord of lords Academy, Inc. 29th founding anniversary with a theme of inexhaustible blessings.

Participants from each team participated in the braking first before proceeding to the semi-finals. Winners from the semi-finals will automatically be placed for the final game.

“We encouraged the students to participate in those e-games. Michael Ezra Genova, the video creator at PabG ESports, hosted the event with his friend, who is also a gamer. We believe that this kind of game will stimulate the brain to think of a solution given that they are playing such game that required them to think fast,” said Mr. John Lloyd Monroyo, the Vice-President of the faculty association and one of the coordinators for the foundation anniversary.

Red team was crowned the winner in Mobile Legends, and Call of Duty Mobile, defeating the green team who was second in line to get the championship in ML, and the blue team in CODM. Meanwhile, the yellow team snatches the championship from the blue team in valorant.

“This is our second time launching this kind of event and so far, it is successful. We are happy with the turn out of this event,” said Ms. Kathleen Kate Ochigue, the President of the faculty association.

Just like last year, e-games were also the main event for this year’s foundation anniversary. Most of the students tuned-in during the live telecast of the game through Facebook under PabG ESports.

