

UNIVERSITY OF BAGUIO SCIENCE HIGH SCHOOL

GAZETTE

LITERARY MAGAZINE

ISSUE #2!

CONTROVERSIAL: IS THE
YOUTH MATURE ENOUGH
TO VOTE?

BY IAN RAPHAEL BANDAAY

BEFRIENDING
THE COVID-
19 VIRUS

BY JEAN ROSE DE VERA

DIAZ'S GO FOR GOLD

BY FRANCHESKA GABRIELLE LACANILAO



GAZETTE

ISSUE 2

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ISSUE 2

TO ALL OUR SCHOLARS,

Every school ascribes its successes not only to the commitment of educating individuals to be empowered in coping with the demands of the global community, but also to the get of learning experiences that serve as avenues for students to hone their abilities contributory to lifelong learning and assiduity. This is evident in engagements aimed at encouraging responsible journals and literary appreciation. However, this year, in a challenging time when competitions cannot push through face-to-face, an avenue or platform may be made for students' continued honing of skills and passion.

In accordance with the school's objectives and in recognition of the fun-learning environment that the university intends to provide, the Science High's official publication in English, Gazette, decides to rise from the ashes. With the idea of contributing to the school's vision in preparing the young journalists as trustworthy and noteworthy writers, the making of this English literary magazine has been made possible and plausible. From this humble work that we hope for an expansion of students' knowledge, skills, and experiences for the creation and production of master works, May this humble work become a vehicle for more productive endeavors toward the attainment of the goals of the institution and of the society.

Dr. Veronica M. Bito

Gazette Adviser, English Subject Head

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GAZETTE

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<https://shs.ubaguio.edu/>

STUDENT LIFE

Befriending the COVID-19 Virus

BY JEAN ROSE DE VERA

On March 13, 2020, my clock chimed at 4:30 in the morning. I dressed and took breakfast. I grabbed my things and traveled to school. As soon as I arrived, I kept my mouth quiet. At that moment, everyone had the same struggle. Some students put their facemasks on as an unseen enemy that wipes out lives struck the country. It was around 11:00 a.m. While others appeared unaware, the school announced a one-week class suspension. Time slipped fast and it is no wonder that the city government made the delay of classes even longer – until the president ordered General Community Quarantine in the Northern part of the Philippines.

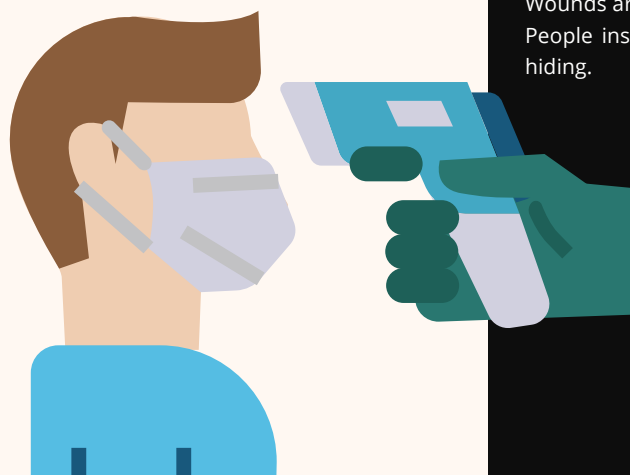
I used to wake up early. I altered my alarm time setting from 4:30 to 6:30 A.M. Now, everything has changed. The invisible virus, COVID-19, petrified everyone's life. It revealed our limits and patience. It demonstrated what endless waiting looks like. My student life has fallen into an ordeal. I sometimes gaze at our class picture and consider possibilities that could have happened if the issue did not exist. The same questions keep spinning in my mind. Many what-ifs trigger me to let go of some things and try new ones.

It was August 28, 2020. I had to prepare myself for the new chapter of my high school life. I grabbed my device for the first day of our school's first semester. I felt fearful and like an outcast. I encountered strange things that I could not figure out. The pandemic made me go away from people and brought me into a retreat where I could combat my weaknesses. Despite being baggage to every person, the disease served as an opportunity for some. It served as a voyage of self-discovery. I found the beginning of this page difficult as I was just starting to find

myself.

I met a few friends during the 1st semester. I barely talk to some people and keep some of my interests and abilities as a secret. This pandemic has brought me determination and helped me ascertain my weaknesses. I happened to know that one's real persona is best found during difficult times. Some of those times are when we fall, there seems to be no way and we learn the bottom line of hardships. It was Sunday and it is time to unbend my mind from studying. It was 8:00 in the morning. I wanted to go to church. I sat and listened to the priest. I kept myself focused until the mass ended. And by that, even though we have to take some rest, we can still learn and grow.

Today is a weekday. I need to get back to studying. No one should interfere. I need to focus. The pandemic helped me generate fertile ideas. It molded me to visualize and perform the things that seemed impossible at first. I once told myself "perhaps this pandemic also intends to make everyone productive". It is manifest that the virus has wrecked good moments and opportunities. But we have no choice but to keep on fighting and use it as a time to improve ourselves instead. So now, since it is a weekday, get back to work and continue to strive. No one should interfere with you. You need to focus because life must still go on.



The Pandemic

BY LYKA AQUINO

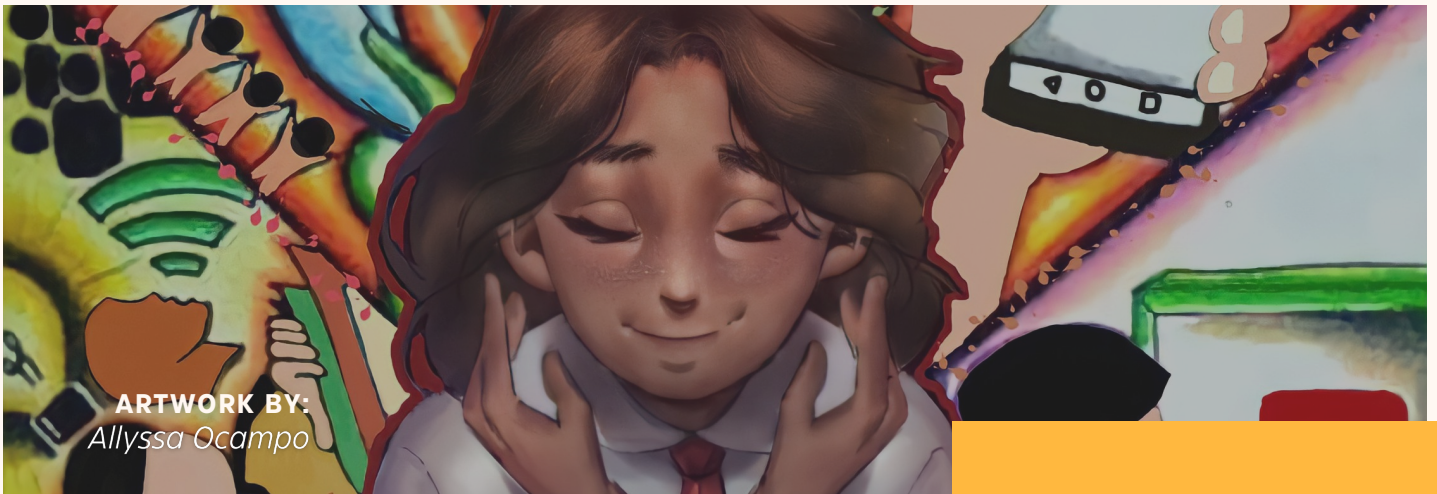
You didn't believe me
I told you that they're everywhere
I even prayed for you so that you'll be safe
I warned and tried to protect you
but you never listened to me

It was the start of your suffering
You had runny nose, sore throat
and you were even coughing
You didn't mind those happening
But your friends were secretly distancing

I thought work from home was great,
That all I need is a gadget and an internet,
I was excited and I didn't know
that there was a threat,
I was shocked when people
started looking for food to eat.

Economy suddenly went down,
Government officials are acting clown.
We need someone to heal the sick,
The movement we need should be really quick.

In this world that we are living,
Children in the streets aren't even eating,
Wounds are still bleeding,
People inside their house are still hiding.



What's On My Mind

BY JOSHUA EITAN OLMOS

Quite frankly, being a student was never easy, let alone being one in the midst of the pandemic. Fortunately, I for one consider myself to be privileged enough to still continue my education, most especially having access to the tools and gadgets needed nowadays in the so-called new normal. However, I think to myself, what about the less fortunate children who cannot afford these tools? Is it still possible for them to continue their education knowing that most classes are conducted online? These are just some of the thoughts that are constantly present in the back of my head, along with, of course, my responsibilities as a student and other subject matters I can possibly think of.

I am sure that a lot of my peers can relate to the fact that school has never been the same ever since the first outbreak of COVID-19, which has been roughly two years ago. To be honest, I never expected that being away from the noise and chaos of the classroom is something that I would hate to actually happen. Previously, we students would actually wish for the fact that there would be no need for us to

attend school at all, but now, it's something that most of us regret saying. Undoubtedly, studying at home is not bad at all – or is it?

Indeed, most people would agree that the current generation of teenagers are the pros when it comes to navigating their way through the world of technology and social media, which I most certainly agree with. With this in mind, you would think that it's easy for us to adapt to the new learning method, brought to us exclusively by our newfound friend, Corona. Unfortunately, it's not. I myself confess to the fact that I did struggle with keeping up with this strenuous setup, which includes having poor time management, a disorganized sleep pattern, and of course, meeting deadlines, all of which contributed to my then unhealthy routine of being in the depths of despair. But I knew that this habit of being unorganized and doing schoolwork just for the sake that I can pass needs to be let go of. If I'm going to strive for my goals and wants for the future in the midst of an ongoing pandemic, I need to be stronger and more passionate about what I'm actually doing.

This leads me back to my question of how are the less fortunate children able to study during these trying times? Some are able to find their ways through using a mobile phone and having printed modules be picked up from school, but what about those who can't really afford such materials? This realization helped me further gain recognition of the things I am blessed to have, which is why I need to take advantage of this privilege of being able to still study in the comfort of my home. I don't see any reason why I should not thrive and actually do good in school, knowing for a fact that there are people who would wish to have the same privilege as me.

Although I do not consider myself to be rich, I consider the fact of being able to continue my education in the midst of the pandemic a privilege in itself, a blessing if you may.



Auto-Pilot

BY CAMILLE BALBA

MODE

As it was nearing the final months of my junior high school, I had planned out a whole month scheduled filled with exciting and fun-filled activities. A month that I thought I would forever cherish in my heart. A perfect, gratifying close to another chapter of my life as a junior high school student. But never have we imagined the crisis the whole world would face at that time.

From a supposed week of no classes, to a month; then a school year of online learning and another. Until now, I have been counting the days when we can finally go back to our normal lives. Whether it's hanging out with friends, having face-to-face classes, family gatherings, or regular old living. After a year and a half since the pandemic began, here we are, still unable to go back to how things used to be.

The pandemic and the state our country is in feels like all hope is lost. The constant thought of dread that our loved ones could be a part of the statistics shown on our television screens. Being in a constant state of paranoia and being overly conscious of things we touch or with people we come across.

The pandemic has done nothing but steal our and others' lives away. Hopes, dreams, and plans were forced to be set aside until the whole ordeal would be over, mine included. The only goal that we try to achieve lately is to endure another day. Although, it is nerve-racking that as each day passes by, it feels as if our dreams drift farther and farther away.

As though we might never have the chance to accomplish it. For students such as myself, we simply comply knowing we won't gain any new knowledge making it utterly useless, and alongside it comes the overwhelming feeling of lack of accomplishment. Moreover, as an incoming senior high school graduate, it scares me knowing that I would be entering university with nothing learned. The never-ending cycle goes on and on as if my body is working on auto-pilot mode. The repetitiveness of it all makes it exhausting to go on with your day, even with life. But despite all that, we still tell ourselves to keep going.

Although the tunnel keeps stretching out and the light slowly shrinking, it will never close. What keeps it that way is our perseverance to end the crisis and that longing into bringing back the old normal.

When user-hostile recruiting processes and the habit of assigning most demanding assignments to the least experienced teachers are factored, it's no surprise that when the job market is hot, districts have a difficult time attracting and retaining the finest employees.

Although, amidst this crisis hope isn't lost. Lately, students have been able to develop new talents and hobbies. Students are open to new things and new discoveries. I have been able to develop and learn throughout this pandemic too. Not only that but students have also been able to help amidst the pandemic. Activities like online volunteering, helping people and many more. This just goes to show that no pandemic will affect the growth of our students.

These past years have been rough but, students have shown their resilience through simple things. Things like online volunteering, learning new hobbies or even opening their eyes to a new world.

Our plans, goals, and dreams that we never had the chance to accomplish still lies deep in the back of our minds.

Even though we still are limited to accomplishing what we want, we continue to fuel that fire.

For me, traveling has been the top priority of my to-do list once the pandemic is over. Whenever I see old pictures of myself travelling with family and friends, nostalgia immediately hits me. I have always longed to experience going from place to place again, discovering the wonders outside this small town. Daydreaming has also made that goal of mine within my grasp, even for just a moment. Those thoughts that circle throughout my head, ignites that desire of travelling once more. As unusual as it sounds, it works so well in keeping me motivated, most importantly, it is something that I genuinely enjoy.

Despite the difficulty of the crisis, we all know it will come to an end one day. And once it does, those dreams we tightly held on, can finally allow ourselves to breathe and live again. The day where we will enjoy life as how it should be.

The Will to Bounce Back

BY EILIKRINE PANGOS

Waking up, it's a good morning, but is it really? The alarm echoes loudly in your ears as you try to stave off the comforting clutches of sleep. You eventually manage to do so and begrudgingly, you open your laptop, check your email, schedule the requirements due the following week. Ever since your classes have been canceled in March 2020, this "fixed routine" continues, or at least you try to keep it fixed. As burnout creeps in every academic week, you wonder "when will my life finally start over again?". You think to yourself, have I truly adapted to the circumstances, despite the messy schedules and the disorganized room?

"Demonstrate resilience through your talents and skills", they say – but is it really skillful to just sit and stare at your desk, the seed of writer's block taking root in your mind as you painfully finish an essay due in an hour? Is it really a talent to procrastinate requirements whose deadlines are inching closer? You aren't innovating new technology or proactively responding to crises, but you stay alive – going against every fiber of your being to let loose. You keep moving, because that is all you can do. You may not be able to accomplish the big accomplishments in life just yet, but you're alive and well in a world where the reasons to be happy are growing slimmer by the day. Indeed, you are victoriously surviving – that, in itself, is true talent, true skill, and true resiliency.

Open opportunities to an Open World

BY RASHEMAIAH PURUEL

The switch to online and home-based modes of learning, due to the COVID-19 pandemic, has created an unprecedented challenge for the academic community, especially for students. Although many students have been able to cope, adjust, and maintain a positive attitude, the restricted learning environment has been trying for those seeking inspiration outside of their homes.

It has frequently been stated that schools don't do a good job of cultivating talent or providing opportunities for their most driven educators. According to studies, it isn't "poor compensation" that pushes exceptional practitioners away from classrooms, but rather the restricted professional prospects that the classroom provides.

Of Masks and Alcohol:

Embracing the Unfamiliar and the Unreachable for an Uncertain Future

BY JOSHUA DAPIAWEN

The hushed cold breeze forcing its way through the windows, and the blinding lights of computer monitors. The pungent and stinging aroma of alcohol combined with the uncomfortably snug feeling of wearing masks. Dizzying computer notifications ringing in the background, and the constant worry of catching the new virus. These scenarios may seem familiar to regular citizens during this current stage of the pandemic. Almost two years since the sudden announcement of lockdowns back in March of 2020, this state the nation is currently in has been termed as the "new normal".

Webster defines 'new normal' as a state wherein previously deemed 'uncommon' actions have now become standard practice for a whole society. This may come about after crises, including this new pandemic the world is facing. Following the declaration of a nationwide lockdown back in March of 2020, procedures such as frequent hand washing, a mandatory rule on wearing masks, practicing social distancing, and disinfecting whole streets have taken place. Previously unheard of prior to the pandemic, these have now become the norm. Yet what does this 'new normal' entail for the millions of citizens across the Philippines, and what does the future hold for the whole community?

To understand the background of why such procedures have been put in place, one can turn to different news and media organizations. According to an article made by Rappler in August of 2020, CoViD-19 has the ability to spread through tiny droplets of saliva inhaled by another person.

As such, masks have the ability to filter out such droplets, and reduce infections. In another article made by the Centers for Disease Control and Prevention (CDC), procedures such as hand washing, disinfecting household items, and avoiding contact with other people also helps curb its spread.

In much more recent developments in the science world, vaccine mandates have become mandatory in many places as well. According to GAVI.org, vaccines such as the Oxford vaccine showed an efficacy of 62% to 90% against the virus. In terms of people vaccinated, a statistic of 54.6% of the entire global population has been vaccinated, according to an article by Our World in Data (OWID).



ARTWORK BY: JHULEICKA AGUILAR

Yet with all of its statistics and efficacy, this topic of the 'new normal' and its corresponding rules and regulations also unlocks a Pandora's Box with talks of poverty, lack of necessities, and misinformation. For instance, in the very same article published by OWID, it states that only 6% of people from low-income countries and backgrounds have been immunized against the virus. In another article written by the World Bank's International Development Association (IDA), barriers such as the rise in the number of impoverished people, an unfolding food crisis, and high debt can further distance the underprivileged from basic medical necessities. An unfortunate consequence of such would be an increased death rate. In an article published by Frontiersin.org, individuals living in lower income communities within the US have higher death and infection rates from CoViD-19 as compared to other groups. Within the Philippines, the most vulnerable people in terms of contracting the virus would be people living in the poorest areas, as put by another article by the World Bank.

Another topic that arises from this issue would be misinformation regarding the virus. According to Reliefweb.int, misinformation with regards to the pandemic can wane public trust in factual medical information. These can then lead to unfortunate consequences, such as more infections being seen, a decrease in trust of medical information, and the deaths of more people. In relation to this, another concern such as fear of the new rules can also distance people from attaining proper treatment.

With all these variables of uncertainty, fear, and misinformation, the way current society has handled being faced with a global crisis has been met with grim statements. In an interview with someone who wishes to remain unnamed, they state that they are afraid of contracting the new virus due to some people's inattentiveness and unwillingness to help curb the spread of the virus.

Yet as history beckons us to listen to one event, it may help many to understand the current situation. Enter San Francisco in the early 20th Century. In an article written by PBS.org, it details how San Francisco residents managed to stop the spread of the virulent 'bubonic plague' in the midst of misinformation, unsureness towards the application of drastic measures to curb infection, medical malfeasance, and an earthquake which brought down the fragile foundations of a medical system.

This historical event may highlight an aspect of society many say may have noticed, and what many may have overlooked. In an interview with a teacher who also wishes to be unnamed, they stated, "In the middle of all of the negatives being brought out in crises...it remains a solid fact that humanity has to embrace what they thought of as unthinkable to remain a strong society. Pero [But], this can only be done if people have access to the must-haves".

While barriers such as poverty and misinformation have arisen in regards to this, numerous government and organizational actions have helped to address these. In an article written by Weforum.org, it showcased how numerous NGO and World Bank initiatives have helped reach impoverished people from Africa to Bangladesh in order to provide CoVid-19 relief. The Wall Street Journal has also published an article detailing how Facebook and other internet platforms have taken steps to mitigate the spread of medical misinformation on the web. In the end, there exists another box aside from the one talks of the 'new normal' has carried.

This second box entails with it the contents of the future, of which time will be the sole person able to unlock it. With the country's population coming from diverse financial positions and even more diverse living backgrounds, as well as the arising of differing opinions and a spectrum of willingness to partake in the government mandated procedures, the future remains uncertain. Perhaps the old adage rings true, "Only time will tell".



ARTWORK BY:
ALEXANDER RUEBE

#ACADEMICEASE:

2 WEEK QUARANTINE TURNED TO A 2 YEAR AND COUNTING LOCKDOWN

BY GRATIANA FRANCISCO

Challenging. That word is what summarizes this whole pandemic situation of the students and teachers. Every individual had to just continue living but this time, virtually. It was and still is a tough ride to all. Majority of what we see on social media is the experiences of students during this online set up but teachers are also struggling with the online learning modality.

Pre-pandemic, everyone had their own thing to do. From having a routine of going to school early, accomplishing tasks within the day, listening to the discussions, and of course, having fun times with friends and classmates after school, it was a total turnaround of events.

One way or another, this pandemic has taught each one of us something. As students, we had to comply with whatever's given to us but we sometimes do not realize the effort that teachers have been giving as this is as well a challenge to them. Technology has advanced that not all teachers will be able to keep up just so they can suffice materials for the students. Every now and then, students request for academic ease as this set up and the environment we are surrounded with is slowly getting exhausting. It is a fact that being with family and developing a tight relationship is one of the most appreciable things this pandemic has brought. However, there are families that do not get along with each other and that school is their safe space.

The limelight's focus is on basic education but the challenges raised by Covid-19 cover the full spectrum of learning. Quality of education has taken on new significance for students wishing to gain skills that will allow them to make a life. Educators and the institution have constantly struggled with digital delivery with students noticing a decline in the quality of education being provided and this is not only in our institution but the whole country as well. The learning environment is not conducive to all thus the request of students to have an academic ease. Luckily, our school has been understanding with the request of students, working hand in hand to make the online learning modality provide quality education.

Nevertheless, we have survived so we will keep holding on and surpass these challenges with flying colors.



THE SCIENCE HIGH HAS ITS OWN WEBSITE!

BY JOAQUIN GO-ACO

When the school year started, the ministers of batch 2021-2022 planned to establish a website for the school. The website was initially intended to be utilized for hosting the school's events and general news and updates by the ministry. However, after months of planning and brainstorming, the Science High Ministers plan to include much more on the website. Sir Dean Aguado, the SPG adviser, along with Sir Antonio Mangaliag, the school principal, has been collaborating with the University's Management Information Systems (MIS) to make this idea of a website a reality. Now, the website building process is ongoing as the SPG is communicating with the website developers to include their other ideas.

The initial plans of the website include the Student Center hosting the scholar of the week program, an online bulletin board, and updates from the ministers. Another one of the web pages to expect is one that showcases and recognizes the achievements of our teachers. The ministry also plans to include a section for a Guidance Hotline that refers students to counseling. However, the school's website is still in early development, and the plans are still subject to change.

Life

BY LYKA
AQUINO

Sitting here in the corner,
Thinking why I'm still
working harder,
If I can just die any day
and anywhere,
Though I still wake up and
start to wonder.

It rains but shines,
It's dark but there's still
light,
Bad times don't last,
Thank God, there's still
another day for me to
fight.

Going out feels adventure,
There's more to life and no
enough reason to surrender,
Different experiences is
waiting out there,
I may cry but I'll still seek
around for my life to be
better.

Happiness is a success,
Life is unpredictable but
there are no regrets,
Life alone is greatness,
Living the moment is such a
beauty and happiness

ARTWORK BY:
JARIZZ BERGONIA

JAILED BY JOAQUIN GO-ACO

Blue and Purple skies in the wake of dusk
The eve that brought out man's internal husk

His battles once thought forgotten and gone
Surfaces and brings out the darkness' spawn

Alone and anxious, the poor man fears all
Silence in bedlam, mind always in brawl

Torment and torture from within his soul
Tears and cracks form from hope without condole

Proud with bliss was the man in times of yore
Now paralyzed, unable to do more

Living in the morrow, stuck in the past
The man whose sulks in the present still lasts

Self-sabotage with despair, regret, pain
The man jailed by the demon in his brain

My home

BY PENELOPE
DE GUZMAN

You, who could cheer me up
Whenever my days get gloomy
Like how a roof shelters me
When the clouds get heavy and
rain starts to pour

Like the foundations of a house
Strong, sturdy, and stable
You are someone that can be
relied upon
Someone to lean on when things
feel uneasy

You are the light that guides me
Whenever I get lost in myself
The warmth you give is
incomparable to anything
It soothes my bones when I lose
hope

You are my comfort
The one person that holds me
up when the world drags me
down
Thank you for letting me know
What home feels like

Every one of us is different from each other
That makes us close to each other
Our differences make us unite to learn from each other
We should not judge others by our characteristics

Let us now go ahead constructing a revision
That extremely make us know the better for us
No matter what race or what are they belief
Everyone foresee for courtesy and admiration

Responsibility is always important
As it rather shows well the respect you give to others
The words we say and how we act to people usually
Entirely affects the respect we give to each every one

If you can keep your gracious held high
When you are hardly convinced that what you offer is yours
Your originality will make people love you
In a way, you did not expect in return

Every big castle once started with a single block;
Everybody wants the platform but nobody wants the process.
Why do you think you are better if you are not respectful?
Maybe you seem different but deep inside all are the same

Never had this reflection even in the deepest and lightest
Of my imagination, ever occurred that the name and memory
I have truthful words and ways that can be fair to others
Ego and egoism are disappeared in fairness often

That I assume is the truth, very deeply in my heart
But then there is a doubt that starts frequently
In all honesty, today has been something out of the ordinary.
Help our love grow honesty brings forth the special glow occasionally

Society rebelled against them all hoisting my banner
'Every human being is to be seen as equal bravely
Freedom, Justice, and Equality sat down to discuss their differences
Freedom is what we always fight for, you, me, and everyone



Communication Barriers equals Miscommunications

BY RHYSS JANE MEJIA

Memories are the personal record of past experiences, ranging from getting your chickenpox shot to what you just ate for dinner. Memories contain a whole lot of experiences that help build your personality and beliefs. But most of all, communication is the key to finding the most memorable memories or the most traumatic ones.

A striking memory I had was when I was a toddler: I was shy and would barely talk, even to my family members. I would stutter at little things and my voice would always sound like a faint whisper. The frustration of not being able to express what I want and what I hate for fear of rejection or a scolding, even as a child, was a terrifying memory. Although communication comes in many forms, such as verbal, non-verbal, written listening and visual communication; it still was pretty difficult for young me to get my point and thoughts across.

For many others, communication can be quite difficult. Sometimes the lack of attention, interest, distractions, or irrelevance to the receiver, add that to the differences in perspective, makes the act of communication even more difficult. Miscommunication, more often than not, is not only caused by different viewpoints but also by language barriers and

cultural differences.

The language barrier is one of the most intricate barriers people strive to overcome. For example, the Japanese words ある (aru) and いる (iru); to any foreigner, can hold almost the same meaning. However, even if both terms imply "to exist," "aru" refers to inanimate items while "iru" refers to animate objects. Apart from standing for similar meanings, the similarity in pronunciation could confuse foreigners and spark some sort of prejudice against native speakers of the language. For the widely diverse Japanese language in particular, the prevalent homophones and few syllables makes it stand out from other similar-looking languages like Chinese and Korean.

Communication is a double-edged sword; it can damage, it can heal. It might be hard for some people to communicate, but it is something that can produce long-lasting memories that give us a sense of purpose or a sense of dread. Communication is complex, but it can serve as essential foundation to help you learn and improve something about yourself that you never thought you'd needed to. In fact, it is long-term, where communication serves as a stepping stone for days, months, and years.

Stereotypes

BY JOSHUA DAPIAWEN

Dirty unwashed skin caked
with years of grime
Stuck in the past and
forgotten by time
How uncivilized with tails be
the lot
So be the Igorot

Ignorant people of concrete
jungles
Every task they do so
bungled
Dirty tourists who eat like
dogs
So be the Tagalog

The poorest who live in the
smallest huts
Who worship demons and
always head butts
With ugly languages in tow
So be the Cebuano

Smelly people who live on
the streets
Blonde-like hair covered in
grease
Begging and singing maybe
right now
So be the Badjao

Awkward people with dirty
skin
Who cackle like chickens to
others' chagrin
Eating dogs with an
engorged nose
So be the Filipinos

Easily frightened and
equally ignorant
Highly rowdy and barely
competent

But also models of the
civilized manner
So be the Foreigner

Highly social yet equally
divided
Professing wisdom yet
deeply misguided
All are the same with
discordant mentality
So be all of humanity

Smart and Groovy: Aspiring Dancer Lara Diaz Shares Her Journey

BY NISHA UMILA

Our school has long prided itself on the many talented and intelligent students that roam our halls. From mathletes, sports players, debaters, broadcasters, and today's special topic, dancers.

Dancers express emotion through movements accompanied by music. It's indeed a talent that is deserving of its recognition. We see many dance trends online, and some of them we do too. Through Tiktok, YouTube, Instagram, and other social media platforms, dance is all around us.

Like these performers, we have one of our own ace dancers, Lara Diaz from 12-Perseverance. During an interview with Lara, she mentioned that she recently joined a dance company called 'Waya Creatives', held by creative director and ballet instructor Fritz Gerald Ganga Dereje. "I'm currently taking a choreography class instructed by Keanu Carig", said Lara.

Before this, she joined several dance competitions and she has also been a part of two dance groups, megatoys, and the royalty. And in June-August 2021, Lara and fellow scholar Nichole Morgan, along with Franchesca Reinoso (from University of the Cordilleras) trained in Pop Pinoy with the group name *Code Three*, competed, and even aired on TV5!

"What goals do you have when joining these types of activities/competitions?" I asked her, to which she replied, "Joining competitions, as well as Waya Creatives Dance, gave me an opportunity to fall in love with dance much more and improve it. Dance became a passion of mine and it has helped me through tough times during the pandemic. I want to learn more information

about the dance world since no one really showed me every aspect dance has. It's actually incredible learning that dance is so much more than what people think, and that's why I fell in love with it. By learning more about dance I get closer to one of my other goals which are to become a part of a group with the best dancers around the world."

"I have been dancing since I was in 2nd grade, and my favorite part about all this is the friendship I've managed to get. It is one of my favorite parts about joining Waya Creatives. Also, other than attending Waya Creatives, I take my academics very seriously. Most of the days I use my time to accomplish tasks to keep my university scholar at the University of Baguio Science High School. On the other hand, whenever I'm not doing any schoolwork I use my free time to bond with my family", Lara added.

The UBSHS family is proud of what Lara has achieved it is all inspiring indeed. Imagine experiencing such heart-racing moments just because of your passion for dance. You can do these things too! It's not only possible with dance but many other things. Not to worry, because Lara has left us with just the right piece of advice:

"Here are some of the phrases that are kept in my mind whenever I want to achieve something.

1. GO FOR IT! If you don't try you will never know.
2. You are your own unique person. Don't let anyone make your mind up for you.
3. Believe in the Lord and his plans for you. If you think there is no more hope, just pray."

FEATURED

The Best of Science High

RECOGNITION OF SCHOLARS !!!

PASSIONATE AND DEDICATED

BY CAMILLE BALBA & SHERYN CAGULADA



It was a really busy school year for Joaquin Go-Aco. Not only is he the Prime Minister of the school, but he has also represented the school for various competitions. To name a few, he participated in the Hong Kong International Science Olympiad (HKISO), the Math Olympiad where he got silver and his international group became the champion for the ASEAN Future Sustainable Leaders (A-FSL) competition. Joaquin Go-Aco is also a recipient of the Youth Leadership Excellence Award (YLEA) awarded by the Junior Chamber International Philippines.



Noticeably, Joaquin has participated in numerous competitions. When asked about his motivation in doing so, he answered that he just has the drive to do them. He also is passionate about these extracurriculars and feels energized whenever he enters a competition. Because of actively participating in different extracurricular activities, Joaquin has also received numerous awards. Aside from these, he considers submitting his college applications on time as another significant achievement this school year.



When asked how he prepares for competitions, Joaquin replied that it is usually a compromise between his academics and competitions or himself and other people. He would first inform his teachers about it so that his academics would still be right on track. After this, Joaquin would then set aside all his studies to focus on reviewing for the competition. He does this at least an hour every day on average.

As Joaquin is also the Prime Minister of Science High, yet amazingly still is able to manage his time with academics, co-curricular activities, and extracurricular activities we ask how he was able to balance his time along with his duties as Prime Minister. He replied that it is indeed hard, and is lucky to have such a patient family and friends. Since he becomes all over the place when he has multiple things going on at the same time. They are patient with me, and they don't resent him for not being able to talk to them as often as before. He also mentions that of course, when he has free time, he would cherish every moment he spends time with them.

What Joaquin considers as the greatest lesson he learned is always sharing every single victory, whether it is big or small. He added that it allows him to maintain the wonder and spark that he has in these competitions.

Joaquin has really raised the bar being a science high scholar. He has done more than anyone expected and yet he still wishes to continue doing more. He dedicates his time trying to hone his knowledge for academics and his competitions at the same time upholding his duties and responsibilities as the Prime Minister of the school. Even if he gets the chance to take a break, he would use that chance to make up for the time he didn't get with his family and friends. All of those are what make Joaquin a commendable scholar.





ERIKA CABABA FOR THE AFS ASIA KAKEHASHI PROJECT

BY CAMILLE BALBA

Erika Cababa is a Grade 12 student who is among the 4th batch of recipients to represent the Philippines in the Asia Kakehashi Project, an exchange student program created by the AFS Intercultural Programs. The Asia Kakehashi Project was created by Former Prime Minister Shinzo Abe in hopes to strengthen relations with Japan and other countries in Asia. On October 1st, 2021, she flew to Japan alongside the other recipients to hopefully succeed in fulfilling that mission.

When asked about her reason for joining the cultural exchange program she responded by saying that the message or goal of the program resonated with her deeply. She added that the program stands for building understanding between people no matter how different they are in terms of culture, and she would stand alongside that vision and be a part of the bigger picture. She also mentions that exchange programs are a wonderful opportunity to not only meet different people, experience a new lifestyle, or learn a new language, but to find out more about yourself and what you are capable of.

Upon research, when you are a recipient of the Asia Kakehashi Project recipient, it would feel that you are representing the country or acting as an ambassador for the country's behalf, so we asked her what it feels like to represent the country and its culture. Erika responded that to be representing her country honestly puts a lot of pressure on her, but she feels honored that she can showcase to others from a different part of the world what it means to be a Filipino. She also adds that as a representative, they have the responsibility of showcasing the country, its cultures, and traditions in a knowledgeable and good light. Ever since joining this program, she feels as if she knew more about the Philippines than she did before.

We then asked what were Erika's biggest lessons she learned during the whole program. She replied saying that it is okay to make mistakes, that mistakes are a chance to learn and grow to be a better person. Being in a new country with different rules and social norms, it's really common to be making mistakes now and then, but you shouldn't let that discourage you. She also said that "There will always be someone kind enough to teach and guide you, whether they be your host family, friends, teachers, or even strangers. I've received so much love and kindness from people I've met because of this program and so I guess, the biggest thing I've learned is to spread to others the same love and kindness you've received."

Since Erika has expressed how much the program has moved and captivated her, we asked her a question from a more national perspective. We asked her how important cultural exchange programs, like the Asia Kakehashi program, are to our country. She responded by saying that she feels that cultural exchange is important because it is a different kind of learning opportunity that is outside of our usual classrooms. She thinks it's good that we experience different kinds of learning environments because it forces us to become more independent, responsible, socially adept, and culturally aware citizens of society. With this, she adds, we become more capable of contributing to Philippine society soon.

Lastly, we asked her what she would be doing once the program ends and returns home from Japan. She said that she had experienced so much during her stay in Japan that she would like to share her experiences with others as much as possible and hopefully inspire them to do the same. Even after the program, she will continue to uphold the core values of the program which is to build bridges and promote understanding between people from different cultures.

We can say that Erika values the importance and essence of cultural exchange programs such as the Asia Kakehashi program. From the valuable lessons she had learned, her experience living and studying in another country, witnessing Japan's culture first-hand, to the people she has met along the way, this entire experience would remain a core memory and could hopefully be her most cherished one, to say the least. Even after she returns to the Philippines, she still would like to continue to enrich her understanding of the whole program and share stories, and even inspire people to participate in cultural exchange programs. Hopefully, her story could reach out to you, as the reader as well.

KIANNA DUNTUGAN: SCI HI'S VERY OWN INFLUENCER

BY JED COLYN & JOAQUIN GO-ACO



Kianna Duntugan is an 18-year-old student leader of the UB Science High School. Amazingly, she also manages to be a famous YouTuber. As a teenager who advocates for body positivity, she uses her influence to inspire young girls to be confident and embrace their beauty. One of her biggest dreams in life is to become a famous content creator on social media platforms; that's why when the pandemic started, she thought it was the perfect time to open her chain. After a year, her YouTube channel reached 500,000 subscribers with nearly 10,000,000 views on his videos. She and her mom also do mother-daughter content on TikTok. And now, they have already reached around 6,500,000 subscribers, just after a year of hard work, perseverance, dedication, determination, and passion.

Being a student is not easy either. She still encounters delays in her deadlines and deliveries every time she helps organize an event with her fellow student leaders. She and the other ministers of the student government then decided to schedule their plans that would not be delayed nor disrupt the student's academic responsibilities.

How can she do both at the same time?

She creates to-do lists and follows a strict schedule to complete her assigned task. Kianna prioritizes her academics, then her ministerial duties. She always makes sure to finish her school work before continuing her work on YouTube, such as shooting vlogs and video editing. Besides being a minister and social influencer, she is also a teenager with family and friends. Kianna always makes sure to spend quality time and have fun with them.

WELCOME TO SCI HI, SEAN!

BY YNAH DANIELLE MANANSALA

Switching schools brings so many opportunities—from academic, athletic, and extracurricular opportunities to new friendships and everything in between. However, it's not an easy task. Our very own Local Government Minister, Sean Allen Bugarin, can attest to that.

After finishing a special math class program in a local high school in Ilocos Sur, he took a big leap to become a Science High Scholar. Baguio City has long been known as the education center of the North. Thus, Sean set his heart on coming up to the highlands to take charge of his schooling and build a network here. Aside from the University of Baguio's competent faculty, harmonious family culture, healthy campus politics, and wholesome intra-school competitions that perfectly complement the cool climate, the ultimate deal-maker was the science curriculum aligned with his scientific interests. Although the school closure and the government-mandated lockdown have created difficulties for all aspects of a student's life, Sean showed us how to rise to the challenge. Undoubtedly, there was a lot of adjusting to be done. He even shared how he spent half of his 11th grade finding one's feet in an unfamiliar environment and working alone. Regardless, he kept his morale high, making learning fun and worthwhile. His dynamic personality and infectious energy pulled others toward him in no time.

Sean is an active learner, and he's always had a penchant for leading. When the opportunity came, he indeed stepped up. He believes that student leadership doesn't end during a crisis but is more important during it. Through his transformational leadership style, he encouraged, inspired, and motivated every team he's been a part of. On top of that, he has a clear picture of what he wants to achieve and makes sure to communicate this to his peers. The new set-up has been filled with apprehension, but it has also helped solidify a variety of fundamental characteristics of successful leaders, such as adaptability, teamwork, and resiliency. Many of the unexpected hurdles that have arisen made way for him to lead in a novel manner and solve problems that did not previously exist.

From startup entrepreneurs to students like Sean, Elon Musk is an inspiration to all trying to defy the odds and make their dreams come true. He's founded some of the most innovative companies globally, including X.com(which later became PayPal), SpaceX, and Tesla Motors. If that doesn't keep him busy enough, he's also founded lesser-known companies like Neuralink (a neurotechnology company) and The Boring Company (focused on infrastructure and tunnels for transportation). With such a long list of businesses under his belt, Sean aspires to be like him.

Elon Musk is known for being bold with an eye for the future. He thinks there's a better way to do everything, and he sets his sights on constant improvement. It's no wonder his leadership style has become an area of interest and fascination. Sean, too, has big ideas and wants to unite his team around his vision and objectives. Like Elon Musk, he's also fast-acting. According to Sean, the constant march of time, which leads us to an inevitable end, stimulates him to live his life to the fullest, with no regrets.

The past two years brought a cocktail of emotions and experiences unlike any other school year. Although it has not gone as initially anticipated, we can all move forward with the new growth, knowledge, and strength we have gained from these unprecedented times. Sean is so grateful to the school community and hopes that tomorrow, or next month, perhaps next year, we all come out of this and reconnect, rebuild, and start anew!



SCI HI IS PART OF THE PHILIPPINE ARCHERY NATIONAL TEAM!

BY SHERYN CAGULADA



In the field of archery, two students from the University of Baguio were able to make it to the reserve list for women's recurve for the 2022 Hanoi SEA Games. They are Damariz Gabriel Calera and Keturah Gonzales. The final selection for the Philippine Archery National Team was held on February 6-12, 2022, at the Olympus archery range in Barangka, Marikina. One of the students, Keturah Gonzales, underwent a year of preparation, workout, strengthening, shooting, and practicing the proper form. According to her, there were five qualifying competitions to participate in the final selection in Manila. The journey was not easy for her as she faced many unexpected dilemmas. The last three legs of the competition, in particular, were reminiscent of a nightmare for Keturah Gonzales. During this, her equipment got destroyed, fortunately, a teammate lent their equipment.

Given the circumstances, it was quite challenging for her to adjust because it was a different brand and had unfamiliar limbs. She was still thankful because she would have ended up with no score if it wasn't for them.

For the first to the fourth leg of the competition, Keturah Gonzales ranked fourth, while for the fifth leg, she ranked sixth. Later, when they tallied the scores, she was ranked 4th and qualified for the final selection, in which only the top 8 would participate. She was ecstatic when she heard the news last December. Right there and then, Keturah Gonzales became more determined to increase her scores. Sadly, in the same month, she was diagnosed with menorrhagia and endometriosis, which made her very weak and thin, and on some days, she had to force herself to train. Even though Keturah Gonzales was not in her best condition, she prayed and prayed to make it. When the time for the final selection came, she ranked 5th, top three, would have been the national team, while those ranked 4th and 5th would be under the training pool. Her story is such a remarkable feat that when we asked her what makes her stay determined. She replied with her dream to participate in the Olympics and all the time she spent learning archery. Keturah Gonzales also added that she could not have done it all without her supportive family, team, and school, who always help her when she is down mentally, physically, and financially.



ISAAC UGAY REPRESENTS BAGUIO CITY IN THE REGIONAL SCOUT YOUTH FORUM

BY JOAQUIN GO-ACO

On February 22 to 24, Scout Isaac Ugay represented the University of Baguio Science High School and Baguio City Council on the annual Regional Scout Youth Forum (RSYF). This regional forum event is where senior scouts of the BSP brainstorm, propose, and develop ideas for the entire Northeastern Scout Region. If the senior scout delegates and the adult Scouters believe that the finalized idea is applicable and suitable for the region, the idea may be implemented region-wide; it may even go on to the nationals scout youth forum (NSYF).

Scout Ugay and three other scouts from UB High School and SLU proposed the idea of SPEAR (Subject, Problem, Existing Projects, Agencies involved, and Resolutions) during the council scout youth forum. Sct. Isaac developed the Agencies involved and the Resolutions aspect of the idea. He also created a resolution that focuses on psychological first-aid and group counseling sessions for anybody who wants to improve their mental health. SPEAR, along with the group's proposed resolutions, has been approved by the regional body and will proceed to the NSYF for further development. But unfortunately, our scout, Isaac Ugay, will not be participating in the national forum due to advancement reasons.

"It is a very memorable event since it's my first time joining in a regional forum," said Scout Ugay about his experience in the forum. He is happy and at peace with SPEAR proceeding in the nationals. "It was a new experience considering that we've only met in the last day of the event but as we were talking it felt like friends that haven't seen each other in so long," said Isaac as he described his new scouting friends. Overall, the RSYF encompasses the traits of a scout; it is also a great learning experience and one that develops a sense of duty and responsibility. With these types of events, we see that the ideas can be developed by anyone anywhere; the scouting spirit continues to improve our lives.

Scout Isaac Ugay is the current Senior Crew Leader (SCL) of the BSP club. He has led the club by organizing in-club activities and sharing opportunities for webinars, online jamborees, and other scouting events with the other senior scouts in the club. He plans to continue his scouting journey by focusing on developing the Scouting Pillar of the school. "What I'm expecting is that scouting will bring out self-confidence, ethics, leadership skills, and citizenship skills that influence our lives," said the SCL. Scouting is all about trying new things while providing service to others.

As one of the most active and inspirational scouts of his generation, Scout Isaac Ugay, a scholar of our school, wants to encourage everyone to join the scouting movement.

"WHAT I WANT TO SAY IS THERE ARE PLENTY OF OPPORTUNITIES THAT ARE OPEN TO YOU IN JOINING BSP AND LEARN THINGS THAT YOU WOULDN'T NORMALLY LEARN IN SCHOOL AND ALSO JOINING THE BSP IS ALSO JOINING A MOVEMENT THAT CAN HELP YOUTH IN VARIOUS WAYS AND HOPEFULLY THIS ENCOURAGES EVERYONE WHO IS INTERESTED TO JOIN EVEN THOUGH WE HAVE A PANDEMIC."

ASEAN FUTURE SUSTAINABLE LEADERS COMPETITION (A-FSL)

BY CAMILLE BALBA

Every year, the ASEAN holds a competition to provide a space for ASEAN students to demonstrate their leadership, teamwork, and creativity in addressing problems connected to the Sustainable Development Goals (SDG). In the said competition, it is divided into two parts: the Nationals and Regionals/ Internationals division. The first aspect of the competition would be to create a video with one of the SDG's as its backbone. Once past the first stage, you would then make a project along with other ASEAN students which would be then elaborated in a form of a research defense in front of panels.

Two groups from our school namely: Team A: Joaquin Angelo Go-Aco, KC Dimalanta, Juliana Martires, and Sean Allen Bugarin and Team B: Nathaniel Jose Revilla, Kianna Duntugan, Nisha Anne Umila, and Ashley Bea Lao, represented our school and eventually, represented the whole country. Through thick and thin, and despite the hurdles they faced along the way Team A landed as 1st runner up and Team B ended up as the champions for the Nationals division. From that, they were grouped with other ASEAN students and had to work alongside them in the Internationals division. In which case, the group of Joaquin has attained the title as champions, Nisha's team placing in 1st runner up, and 2nd runner up for the team of Juliana and Naj, with Juliana also being awarded as Best Presenter.

To start, we asked both teams what motivated them to enter the competition. Team A said it was for the experience. Their coach, Ma'am Thea Suaco, recommended the competition first to Joaquin and Naj around early August. Both of them would then find their own teams. Joaquin would be their leader and he recruited Juliana, Kc, and Sean to be a part of the team. For team B, Naj looked for members to fill up the positions he was looking for. He approached these 3 members in particular because he saw what they could offer on the table. He was right. Their ideas went hand-in-hand as they created their program, the script enhanced by their group work, the video editing in the best way that highlights their project's details, and the overall performance they gave during the Q&A section.

Both groups were then asked on how difficult it was for them to prepare for the competition and the process during the competition proper. Team A responded by saying that it was hectic due to the academics and co-curricular that they had to balance. For them, it was also difficult to decide a topic among the 17 SDGs, following the plan of action. Since KC was in charge of that, she had to ask for help from her peers to have an idea for probable solutions. There were also restrictions in their topic (gender equality) since it was quite sensitive to touch on. Which meant they weren't allowed to randomly ask people about it for it might be offensive. For Team B, they answered by saying the preparation was nerve-racking and very difficult, especially when the deadlines were nearing. They had to film in the comfort of their homes and were unable to meet personally to plan the project. In the second stage, the Q&A section, they were a little nervous but still executed the presentation efficiently, tackling all parts of the project with all of them having a chance to speak.

On that note, we asked the most difficult aspect both groups have faced. For Team A they said filming was the most difficult. It was really time-consuming and it wasn't easy to film at their homes, let alone finding the time to film. They also had trouble settling for one SDG only for some preferred to focus on others. Team B struggled the most with creating and organizing their content. They were aware that their competitors were from different provinces in the Philippines for the first-round countries, then different countries for the next. So, they wanted to make sure that they would put in their best work. That is why they spent most of their time editing and adding spice to their content. They would also brainstorm for unique ideas to make their content stand out from the rest.

Shifting towards the international aspect of the competition, we questioned them on what was the most difficult part working as a group alongside students from ASEAN. Team A all firmly said, communication. They added that it was hard to interact with them through WhatsApp since some were more comfortable using the platform, Messenger. The language barrier made it difficult since some of the participants couldn't understand much English so they needed to simplify their words. There were also barriers for some of their members since they were not allowed to use gadgets at a certain time. They were also having face-to-face classes which made it even more difficult for it to find a proper meeting time to discuss. Some of their group mates who were also Filipinos, were unfortunately affected by rainstorms that flooded their areas which created communication difficulties. Team B's struggled the most working as a group in finding a mutually convenient time to meet or plan for the competition.



The A-FSL took place while classes were ongoing. They had different paces in making their school works so it was crucial for them to adjust their time to efficiently set up meetings. Some others said as they worked with different teammates during the second round of the competition, their team struggled with communication, which is supposed to be the stepping stone to their success.

Asides from the struggles and hardships each team faced, we asked what were the lesson/s they learned from the competition. Team A has learned that different cultures greatly affected how they perceived the world. For example, Kc's teammates were from Malaysia and Indonesia, and they had strong opinions against child marriage since they experienced it first-hand. From that, it simply fueled the brainstorming sessions they had. The group also learned that it's harder to communicate with people who aren't from the same country as you, especially because of the language and cultural barriers they encountered. While Team B's members learned that time management, initiative, and communication were the most crucial factors in making a successful quality output. In a group, expect that every member is unique in their way, and you have to get to know one another to understand their strengths and weaknesses. You have to be flexible with your own time and be prepared to adjust for the sake of the group. It is also important that all members have initiative and are willing to offer their skills. Some also mentioned that good quality work is always possible with collaboration and communication as keys. It will always depend on them individually if they choose to communicate well or not.

Lastly, we asked both teams if they had ever expected to be given the chance to represent the country. Team A responded not at all. Although they were confident of their output's quality, they didn't have much hope since their competitors were top schools from around the Philippines. Team B gave their reply by saying that they were confident that they were going to place, but to represent the whole country? They got excited and nervous at the same time. It's as if they couldn't believe that their combined skills brought them to where they are now. Their teammates may have been different while we represented the Philippines, but they managed and still kept in close contact with each other. They asked for insights on their ideas, allowing them to reach an outcome that exceeded their expectations.

Both Team A and B have shown us the inner workings of what it is like to enter an international competition. Based on their responses, it would discourage some students to take part in something like that due to the external and internal factors that hindered and complicated their communication, ideas, and inconvenience of time. However, for them, their motivation never faded, and they held on. Through their perseverance, they still came out on top and executed well on their projects. As a group of science high scholars that outdid themselves this year. A group effort that even surpassed their expectations. Not only did they represent the school, but the country as well. Despite the struggles they faced, the payout was worth their effort and time, and to them, the experience will be irreplaceable. That no matter the odds that these students encountered, with determination and dedication to accomplish a certain goal that can contribute for the good of the people is what made their actions commendable and praise-worthy.

Ladies and Gentlemen Finding Their Ladies and Gentlemen

...sometimes, in taking care of our 'face', we tend to deny ourselves the very reason of our genuine happiness, including the person for us. It's a powerful guard, but one of the most hostile barriers. We look for our match, our level, our class because it gives us the convenience and the favor of not explaining or elaborating why we have decided to be with that person. We end up being with someone whom we feel secured and amicable...but unfortunately, not happy. Life is short and in keeping the face, we make it shorter and unbearable. If we live our lives wanting to become a good catch, it might be too late for us to realize that we have become a trap.

TEACHERS' CORNER



TOUGH LOVE

BY ERLINA DE PERALTA



*"I feel your pain and suffering.
I silently cry when you cry.
To ease the load, you're carrying;
I can only release a sigh.
I love you, but what can I do?
You must learn, do things on your own.
Realize from your mistakes too.
These will make you live, when I'm gone.
So, hate me now I know you do.
For you might think I don't love you.
Time will come, you'll look back and see.
What I did today, you will thank me."*

THE IGOROT'S CONTEMPORARY CUISINE

BY MARY-ANN DACULOG



Food is an essential part of among the Indigenous Cultural Communities of Benguet. Collectively, we have termed our common shared cuisine as "watwat". It is a process of food preparation evolved from the historical experiences of Benguet in particular and Cordillera in general. Watwat is prepared traditionally through an opening ritual in butchering the pig spearheaded by the mambunong, Benguet's native priest. The big plain chunk of meat is being shared among the attendees of the ritual or festivities. As time evolves, and so the Igorot cuisine. As portrayed in the photos, watwat is now being prepared through a mixed method food preparation termed as nalaokan or mixed with other ingredients such as vegetables and seasonings. The traditional food preparations are still present coupled with the lowlands' way of culinary preparations. As practiced, watwat are bagged into plastic and taken home and preserved for the next meal.

Among festivities and IPs in the region, Ibalays and Kankanaeys have long been acculturated with contemporary cuisine, but not forgetting to practice the traditional ways. As such, pinkipikan, watwat, kiniing are still among the familiar faces in the dining as well as igado, menudo, dinakdakan, and dinuguan. A manifestation of the traditional- contemporary society marrying practices.

LADIES AND GENTLEMEN FINDING THEIR LADIES AND GENTLEMEN

BY VERONICA BITO



SCIENCE

SECTION

Lab-made Meat

WOULD YOU EAT IT?

BY NISHA ANNE UMILA



Here's a fun question, would you eat meat made by a scientist? With our ever-expanding technology, believe it or not, we can now make meat from a lab! The idea for cultured meat was first brought up by Dutch researcher Willem van Eelen independently in the 1950s. The first lab-made hamburger was created in 2012, and it cost about \$325,000 to produce. But as technology advances, the cost to produce cultured meat should continue to decrease. The term "lab-grown meat" might sound off-putting, but labs are only involved now, in order to support ongoing research and development. Instead of killing animals for their meat, the process of making lab-grown meat starts with the careful removal of a small number of muscle cells from a living animal, typically using local anesthesia to provide relief from pain. Then, a lab technician places the harvested cells in bioreactors before adding them to a bath of nutrients. The cells grow and multiply, producing real muscle tissue, which scientists then shape into edible "scaffoldings." Using these scaffoldings, they can transform lab-grown cells into steak, chicken nuggets, hamburger patties, or salmon sashimi. The final product is a real cut of meat, ready to be marinated, breaded, grilled, baked, or fried—no animal slaughter required.

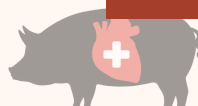
I bet you're wondering, "Is this even real meat?". The short answer is, yes! Lab-grown meat is real meat. It has the exact same animal cells as what we traditionally consider "meat"—the flesh of an animal. The difference has to do with how it gets to your plate: lab-grown meat comes from cells harvested from a living animal, while conventional meat comes from an animal that's raised and killed for human consumption. Lab-grown meat has the potential to reduce the negative health impacts of meat-eating. When growing meat in a lab, food scientists can actually control the quantities of harmful cholesterol and saturated fat in each cut. It has the potential to reduce the negative health impacts of meat-eating. When growing meat in a lab, food scientists can actually control the quantities of harmful cholesterol and saturated fat in each cut. Beneficial for all of us to consume.

Many are saying that this is a new and better way for sustainability and living, **what do you think?**

The First Pig-To-Human Heart Transplant

WHAT IT MEANS FOR THE FUTURE

BY SHERYN ANN CAGULADA



Have you ever imagined that a pig-to-human transplant would even be possible? The first time I heard about it, I was utterly surprised and had a lot of questions in mind. It has been approximately two weeks, and if it succeeds, it will be the culmination of years of research and will impact lives all over the world.

On the 7th of January, a 57-year-old American man named David Bennett was transplanted a genetically modified heart of a pig at the University of Maryland Medical Centre (UMMC). Diagnosed with end-stage heart failure, he couldn't receive a human transplant. A mechanical heart pump was also not a viable option because of his irregular heartbeat. Given that he would otherwise face certain death, a team of doctors at UMMC led by Dr. Bartley P. Griffith was permitted by the US medical regulator to conduct the procedure.

According to a statement that Mr. David Bennett gave to the public, "It was either die or do this transplant." This procedure is called Xenotransplantation. Webster defines it as the transplantation of an organ, tissue, or cells between two different species. What's interesting is that it dates back to the 1960s, wherein human patients were transplanted chimpanzee kidneys, but the longest a recipient lived was nine months. In 1983, an infant known as Baby Fae was transplanted with a baboon heart but died 20 days later.

You might be wondering, "Why did they choose to use a pig heart over a monkey or baboon's heart?". That is because pigs are easier to raise and reach adult human size in six months. In addition to this, pig heart valves are usually transplanted into humans, and some diabetes patients have also received pig pancreas cells.

Now, the biggest question remains, how is it possible? Well, the heart that was used for Mr. Bennett's groundbreaking transplant was no ordinary pig heart. It was developed by Revivicor, a biotechnology company and a subsidiary of United Therapeutics Corporation.

With the use of new technologies such as gene editing and cloning, they were able to make it more compatible with the human body. First, they disabled the effect of three pig genes, which could trigger attacks from the human immune system. Then, they have added six human genes into the pig genome that could help the body accept the organ. The final modification was to delete a gene in the pig genome, which would prevent the heart from responding to growth hormones, ensuring that the organ remains human-sized.

There are several reasons to celebrate, but we must take a moment to examine all of the problems that this finding presents, beginning with a comprehensive review of safety. Given the history of xenotransplantation, Mr. Bennett's procedure was deemed very very risky by medical ethicists. In fact, the drugs he was given after the transplant have not been tested for use in non-human primates. With that, Dr. Sandra Chaparro, a doctor at Miami Cardiac and Vascular Institute, says the fact that the recipient's body did not straight away reject the new heart is encouraging.

Ethical concerns on the subject of animal rights were also raised about the procedure, especially by animal rights groups. People for the Ethical Treatment of Animals (PETA), for example, has called the pig heart transplant "dangerous, unethical, and a major waste of resources." Dr. Karen Devolder, an Oxford University bioethics fellow, responded that they would only use gene-edited pigs for organs if they can guarantee that the animals do not suffer undue harm.

All of these now bring us to the question, "What could this surgery mean for the future?" Well, might mean that the government would be more open to such procedures for other terminally ill patients. It is also more likely that other surgeons from other hospitals would apply for a similar permission given to Dr. Griffith's team. Nevertheless, there is still much research to do in the field of xenotransplantation before it can be widely used. If it does become more accessible it could solve the problem of the massive shortages of human organs for transplants.

Thinking about it, technology has come such a long way from sticks and stones. Yet there is still a lot we have to uncover. Humans are indeed curious creatures. Thus, leaving you now with a quote, "We are drowning in information but starved for knowledge," from John Naisbitt.

Save The Earth

BY SABINE ELIDO AND YASMIEN GO-ACO

Rolling waves, trash in water
There wasn't a clean up, our ocean will falter
Why don't we do so, it was never a bother
We're already responsible for inhumane sea slaughter

Black smog befools the lungs
Of everyone old, everyone young
For many years we suffered, it is time for change
Before it becomes far too late

The world changes gradually day by day
But that doesn't mean our problems go away
We shouldn't ignore any of them, it isn't okay
If we don't do something, the world will never be the same

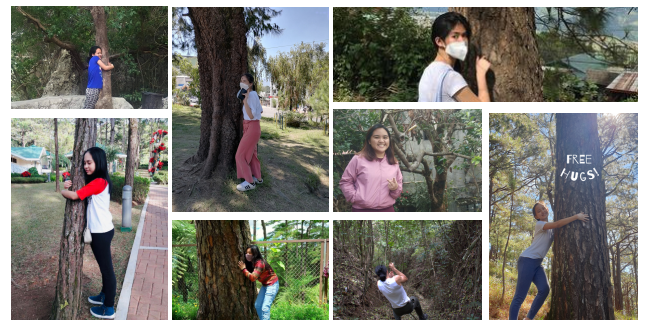
Waiting for a miracle is no help
For then our planet will wither and melt
It starts with drive and believing what is right
Together as one, this dilemma we will fight

We could take a stand and save our land
The trees will be tall and ever so grand
Beaches will be cleaner, only water and sand
We can live happily ever after if we do this hand in hand

If we really try we can save our dear Earth
From which we have lived ever since birth
Whether the deed is big or small
A glorious tomorrow will come to us all

YES-O CLUB

Celebrates Tree Hugging Day!





COVID19 VACCINE

THE ZOMBIE VACCINE?

BY: KC LOVERLYN DIMALANTA

Remember when the COVID19 vaccine was first introduced to the public? Then people started forming conspiracy theories. According to them, the vaccine was ineffective, it was only created for business purposes, it was crafted to catalyze mass destruction, and apparently, cause a zombie apocalypse. Although none of these are true, still, people believe what they want to believe. Frequently leaning towards more interesting topics to talk about, regardless if it's the truth or not. For some, the uncertainties brought by these rumors are enough reason to not get vaccinated. However, is this really the truth? Is there a more acceptable reason why these people tend to create such conspiracy theories aside from their addiction to fictional stories? What led anti-vaxxers to believe that vaccines are ineffective and can lead to more serious complications?



When people came to know about the existence of the COVID19 vaccine, the majority became uncertain because of how it was created in such a short period of time. Usually, it takes several years for scientists to form vaccines since they have to undergo numerous tests and abide by safety protocols. However, because the impact of COVID19 is massive, it became a priority for pharmaceutical companies around the world. Although the situation was deemed to be a priority, it does not by any means, bypass any safety protocols and testing. The Food and Drug Administration (FDA) also took this matter urgently. Normally, it would take months or year/s for the FDA to approve vaccines. People were also uncertain about the severity of the side effects of the vaccine. In the Philippines, there was a case with the Dengvaxia vaccine last 2018 that apparently caused the demise of vaccinated children. Filipinos believed that children died at that time because of the Dengvaxia vaccine. Although this was not proven at all. In fact, DOH already confirmed that the vaccine was not the cause of such a tragedy. According to them, the children who had the vaccine had problems with their health, even before they were vaccinated which led to their demise. Regardless, the trust of Filipinos towards vaccines has decreased rapidly. These people who display distrust towards vaccines because of this reason may be part of the anti-vax community. Even now, people are still unsure if the vaccine has long-term side effects on their health. Although over time, as more people get vaccinated, the fear against the vaccine subsided. There were flu-like short-term side effects.

But surely, there were no reported symptoms of craving for human brains aka the first stage of being a zombie. What these vaccines do is; allow the body to recognize this type of virus. Then, develop antibodies and T-lymphocytes that will remember how to eradicate the specific type of virus. It won't alter anything in the human body, at all.

However, the World Health Organization urges them to take the vaccine as soon as possible. Not only will this protect them, but also their babies. The vaccine will produce antibodies responsible for protecting the mother and the baby inside. Also, contrary to other conspiracy theories, the vaccine does not cause genetic changes in any way. Lastly, there is also no evidence of infertility or miscarriage caused by getting vaccinated. In fact, experts encourage women who are trying to conceive to take the shot to prevent complications in the future. In addition, some individuals took a rather pessimistic approach towards the vaccines. According to some, anyone can still get COVID19 even after getting vaccinated. Contrary to this belief, the vaccines are proven to be 66% to 100% effective in reducing the effects of the virus and providing the body with immunity against it. However, for people with weaker immune systems, the Centers for Disease Control and Prevention (CDC) recommends they take the 3rd dose for additional protection against the virus. In relation, pregnant and breastfeeding women are also uncertain about getting vaccinated. Due to the fear of bringing harm towards their children and themselves.

In general, there are a lot of conspiracy theories circulating the COVID19 vaccines. The important thing is to keep an open eye on these matters. Most especially that, it involves our health. We live in a world where we can easily gather information from different social networking platforms like Facebook, Tiktok, and Twitter. However, as a scholar of our school, it is very important to recognize the myths from all the "truths" that are being shown in the media. We are not experts in any kind but we must practice the most important skills of researching and critical thinking. Most especially now that the "truths" are being mixed with other people's opinions.

Ah, antibiotics, humanity's greatest weapon against tuberculosis, pneumonia and several other bacterial infections. Sir Alexander Fleming's discovery of penicillin – the world's first true antibiotic in 1928, revolutionized humanity's approach to infections that normally caused tens of thousands of deaths worldwide. In truth, antibiotics gave modern medicine such powerful armaments needed to fight a day-to-day brutal war against bacteria. Yet there is growing concern on the increase of bacterial strains rendering current available antibiotics as ineffective.



The term “superbug” is used to describe strains of bacteria (or any other harmful microorganism for that matter) that have been discovered to resist most to all currently available antibiotics and drug treatments on the market. To make matters worse, antibiotics have become the standard (and frankly, overused) facilitators of routine medical procedures and medical care, enabling both similar and differing species of bacteria to pass on the genetic code needed to resist conventional methods of treatment much easier and much quicker. This specific issue has branded hospitals and similar medical settings to become notable breeding grounds for superbugs, according to a report by the US Institute of Medicine.

An Emerging Endemic:

The Antibiotic Resistance

BY: EILIKRINE HIEL PANGOS



We had our glory days – when antibiotics were prescribed for just about anything and remained effective. But now, in 2019, drug-resistant infections were found to have played a role in around 4.95 million deaths globally – 1.27 million of said deaths were directly caused by resistant infections. How did we reach this point? Well, to start, antibiotics were heavily advertised and manufactured by pharmaceutical companies, leading to a sharp rise in prescriptions for antibiotics – even for cases that didn't need antibiotics, such as the flu, and other viral infections. Governments and drug-regulation bureaus saw the need to control the use of antibiotics, that although improved the resistance crisis in the short-term, caused a lack of profit and funding for pharmaceutical companies and dismayed them from discovering improved versions of antibiotics or new forms of treatment.

Additionally, antibiotics are heavily used in the food and agriculture industry. To save money, companies house chickens, cows, and pigs in poor, unsanitary, and unhygienic conditions – which, you guessed it, led to the natural abundance of infections. To combat this, companies would pump these animals full of antibiotics to prevent infection. Through a global chain of trade, humans would consume these and foster the growth of more resistant species of bacteria. Fleming in his 1945 Nobel Prize

Acceptance Speech warned that bacterial resistance had the potential to ‘ruin the miracle of antibiotics’ – he was right. Thankfully, there are a number of macro-scale solutions and proposals that could curb the tide of incoming superbugs: other organisms like microbes, fungi, and even viruses like phages, serve as potential tools against bacteria – through their adaptations and evolutions over the years. Pharmaceutical companies can also start packaging antibiotics with molecules necessary to inhibit resistance. Hey, even vaccines serve to be a considerable approach to common diseases to prevent them from occurring in the first place.

The main obstacle to these solutions, however, is lack of profit and funding – though governments and other organizations are looking for programs and ways to balance the scales of funding and health, and create accessibility to these solutions (so far, these programs continue to exist in the early stages). At the end of it all, it isn't the end of the world, but that doesn't mean the fight is over. The development of new forms of antibiotics and the discoveries of useful compounds in nature are crucial in deciding the course of this particular problem. If humanity plays their cards right, we just might live to see another century. So, maybe before deciding to skip out on that prescribed 7-day dose of a bad-tasting drug, think about what could happen under a microscope.

NEWS UPDATES

How is the Philippines?

HEALTHCARE WORKERS: A SUPERHERO STORY

BY EILIKRINE HIEL PANGOS

Since the life-changing discovery of the novel coronavirus (SARS-COV-2) in December 2019, healthcare workers have undergone a journey of uphill battles and deserved victories. Even now, members of the medical community are still working to keep everyone's head above water – as the pandemic continues to wreck lives and economies across the country.

In September 2021, the protest, clamor and demand for the release of hazard pay, special risk allowance (SRA) and COVID-19 related benefits for health workers increased – at a time when the highly transmissible Delta variant ravaged the country. According to the Department of Health, at the time, only 399,395 healthcare workers received their SRAs – leaving 127,332 workers on standby. The DOH said that the slow release of COVID benefits for healthcare workers are due to paperwork issues in validating whether or not an individual health worker has worked with a COVID positive patient or not. The Philippine Senate has since then argued that regardless, all healthcare workers should receive SRA, as they are all at risk of contracting the dreaded virus.

In the same year, the Philippine government issued a sudden – and what some others would even call “scarring” – deployment ban: an order aimed to forcibly keep healthcare workers in the country. Although the Inter-Agency Task Force for the Management of Emerging Infectious Diseases (IATF-EID), has since then issued a compromise and allowed health workers on existing contracts to leave the country; healthcare workers lamented the ignorance of government officials, saying their plight may have “fallen on deaf ears”. In a much-needed statement from the World Health Organization (WHO), Western Pacific Regional Director Takeshi Kasai said, “What is important is not just the beds, but to make sure there are doctors and nurses...and also support to those working very hard.”

But not everything is without its marvels. Healthcare workers have sparked unending support and endless praise from the public. During the country's National Heroes' Day, citizens across the country took to the streets, joyfully holding placards with encouraging statements written on them, in an effort to acknowledge all their contributions in the fight against COVID-19.

In addition, fellow front liners from the PNP gleefully acknowledged the health care workers. In a statement, PNP Chief Gen. Guillermo Eleazar said, “As the nation observes the National Heroes' Day today, the men and women of the Philippine National Police also recognize and honor the hard work and sacrifices of our healthcare workers.”

In addition, healthcare workers around the globe, in collaboration with scientists and researchers, took some time in developing vaccines against COVID. The Pfizer-BioNTech vaccine in particular, was developed in under a year – the quickest a vaccine has ever been developed. Local healthcare workers have since then worked round-the-clock to inoculate individuals across the country – amounting to a total of 90.2 million doses administered so far.

It goes without saying that the pandemic is far from over, and as the world scrambles to understand the fluid and volatile situation; the real heroes are working tirelessly behind the scenes, keeping things in control, and in modern superhero fashion – saving the world.

LIFE DURING THE PANDEMIC





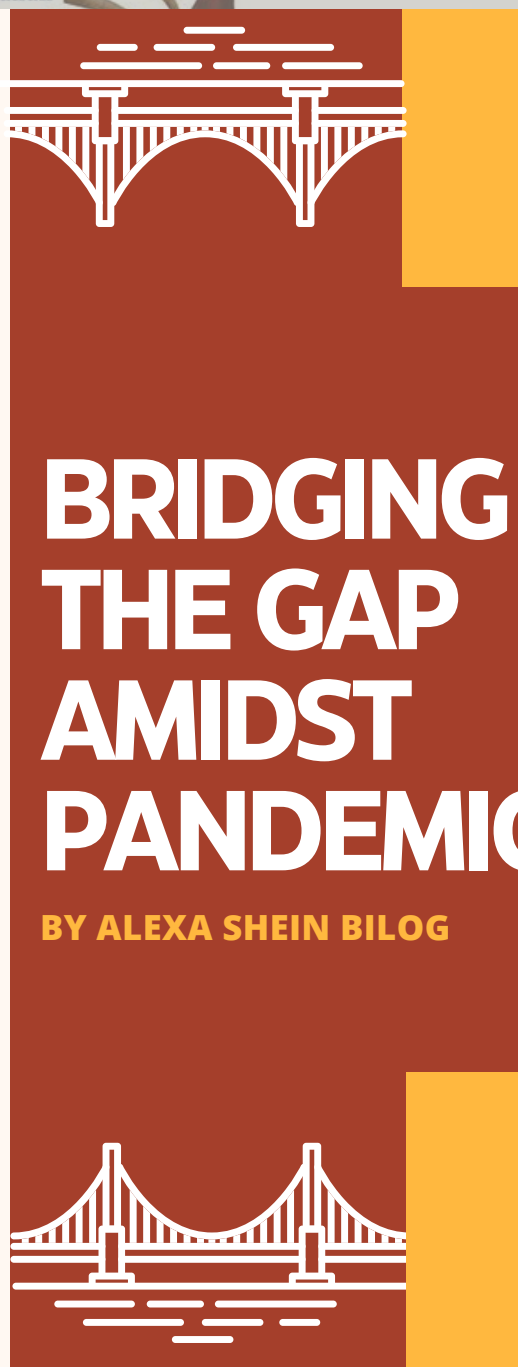
Division Schools Press Conference in Baguio City division has made its comeback from the 2 year hibernation caused by the pandemic with this year's theme "Pahayagang Kampus Kaagapay sa Paghilom at Pagbangon ng Sambayanan 2021". Rekindling the fire in the hearts of campus journalists in continuing to serve is one of its objectives as the pandemic has set off adverse effects to the society including in the field of Campus Journalism. A campus journalist has a role to bridge the gap between virtual life and "normal life" for students over the university campus.

School campuses have closed as a compliance from the government's recommended safety measures to avoid COVID 19 outbreak, thus, changing the normal campus life into a virtual online learning facility. The mandatory shifting of platforms has brought mental instability to learners resulting in detachment from school activities. As a solution, the school paper intends to showcase the news and connect the students to the campus society. We, as campus journalists, intend to provide accurate and truthful information to our fellow students.

The crisis we are facing today has unveiled the media and news dependence we have to connect us. However, with the advancement of technology, media information can easily be manipulated and falsified affecting the opinion of people especially during the times of not being able to observe outside as restricted by the pandemic. Campus Journalists are capable of filtering information to be disseminated to the public to avoid misinformation.

People's stand about how they are affected by the COVID 19 pandemic has the right to be heard by the government and fellow citizens. Campus Journalism has a role in representing its people, being the eye opener of the blind, the voice of the unheard, sharing their stories unbiasedly. Campus Journalists are expected to voice out colleague's opinions on campus especially amidst this time where most are struggling mentally. It is a tool to troubleshoot the difficulties we face during this hard time. Also, we can be constructive critics of how the government addresses the global pandemic.

Campus Journalism connects our virtual world to the actual life that we do not get to experience inside the university. It keeps us updated and included despite the physical distance. To all Campus Journalists out there, kudos to you all! Keep the desire of giving truthful service.





COVID-19 ON DOMESTIC VIOLENCE

BY: JEAN ROSE DE VERA

It is quite obvious how the COVID-19 virus utterly changed the way we live today. With the growing number of positive cases and people who die every day, it just seems that it will never come to an end anymore. Not only that it purged the lives of many people but it also led to issues such as suicide, hunger, the closure of various industries as well as the downfall of schools. However, it has been more alarming to see that the pandemic highlighted the increasing rate of domestic physical and sexual violence.

For some people, the pandemic has offered unprecedented opportunities and success. But also for some, it is more of a trap rather than a form of isolation from people who are suspected to be carrying the virus. While some people are free to do anything from their houses, some are also tethered to endure even the worst form of suffering that any individual would never dare to imagine. Unbeknownst to others, some individuals of various ages cannot go through the day without hearing screams and experiencing torturous words, physical aggressions, and sexual violence inflicted by a family member.

Many people have been suffering from physical and sexual abuse even before the pandemic emerged. And according to the United Nations, one out of three women is experiencing physical or sexual abuse. Not only women are affected by domestic violence but also children. Given the circumstances, more people are becoming vulnerable to the perils of trauma, anxiety and depression. And these dangers could even lead to more serious events, which means the root problem can just keep branching out.

But not everything is without its marvels. Healthcare workers have sparked unending support and endless praise from the public. During the country's National Heroes' Day, citizens across the country took to the streets, joyfully holding placards with encouraging statements written on them, in an effort to acknowledge all their contributions in the fight against COVID-19. In addition, fellow frontliners from the PNP gleefully acknowledged the health care workers. In a statement, PNP Chief Gen. Guillermo Eleazar said, "As the nation observes the National Heroes' Day today, the men and women of the Philippine National Police also recognize and honor the hard work and sacrifices of our healthcare workers."

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LESSONS FROM A PAINFUL PANDEMIC, WHAT'S NEXT?

BY EILIKRINE HIEL PANGOS

Since the discovery of the novel coronavirus in December 2019 – almost 2 years into the pandemic, the world has seen a devastating turn of events: economic recessions, lockdowns, emerging COVID variants, and the suspension of everyday life as we know it. These past 2 years ought to have served as a lesson, prompting every one of us to take a stand, change our mindsets, and push for advocacies that create better societies and a better world.

We all, more or less, are knowledgeable on how the pandemic has come to be, what with the slow implementation of border control, lax international cooperation, and lack of plain, old unity, the spread of the novel coronavirus was inevitable and pretty hard to miss. It was in March 11, 2020, when the WHO finally declared the COVID-19 outbreak – a pandemic. National governments scrambled for a way to contain and suppress the transmission of the infectious and deadly disease, but inevitably, they failed. COVID-19 has taught us to intensify global cooperation on epidemic preparedness and provide funding for international collective action – where collective response and adaption of preventive measures since the discovery of the virus has been too late and inadequate. From these initial experiences, it's safe to say that we must start trusting the science, filtering out misinformation coming our way – and pushing for our world leaders to do the same.

Speaking of listening to the science, we also learned to follow evidence-based preventive measures when faced with impactful and wide-scale health emergencies. Before the rollout of vaccinations, the only surefire way to prevent COVID-19 from spreading was wearing a mask. When governments across the world started initiating mask mandates, misinformation and opinions against wearing masks started going around, despite the low aerosol penetration rates both cloth and surgical masks provide, therefore moderate to high efficacy rates in preventing the spread of aerosolized particles – including COVID-19. Now, with the quick rollout of the COVID-19 vaccine sparking the spread of conspiracy theories, active protests against getting vaccinated, and vaccine hesitancy, the spread of misinformation has become a way deadlier disease than COVID itself. On December 11, 2020, the Pfizer-BioNTech vaccine was the first to receive EUA certification from the US-FDA, marking the creation of a safe and effective vaccine in less than a year due to global collaboration in the scientific community, and previous studies on mRNA technology and coronaviruses. Despite the groundbreaking news, however, ill-intentioned activists started spreading claims on how the vaccine is used as a “global experiment” and even say the vaccines “cause death on a scale even more than the virus itself”, which is simply not true.

From another perspective, the perpetual spread of misinformation and even the tiniest bit of inaction from a minute part of the population substantially increases the impactful economic effects of the pandemic – specifically to people and communities in poverty. A mathematical analysis showed estimated baseline poverty figures increase to 9.3% from 7.6% 2021 pre-COVID estimates. Basically, compared to 2019, poverty in 2020 could rise by 120 million people – 144 million people higher than the previous year. Although these numbers may start to offset as economies are now starting to recover in 2021, the long-term scenario suggests, “half of the rise in poverty could be permanent.”

The takeaway from all this? We have to start collective and comprehensive actions that would foster better societies for all of us to live in. Voting for the right leaders – ensuring good government responses, listening to science and helping others around you do the same, and debunking bouts of misinformation on social media for example, are all inherently small but valuable insights we have learned from the pandemic. The experiences of COVID-19 have taught us a lot, where we have realized that changing the world and making a difference is all in our hands.



CONTROVERSY IN THE ELECTIONS

BY IAN RAPHAEL BANDAAY

IS THE MATURE TO

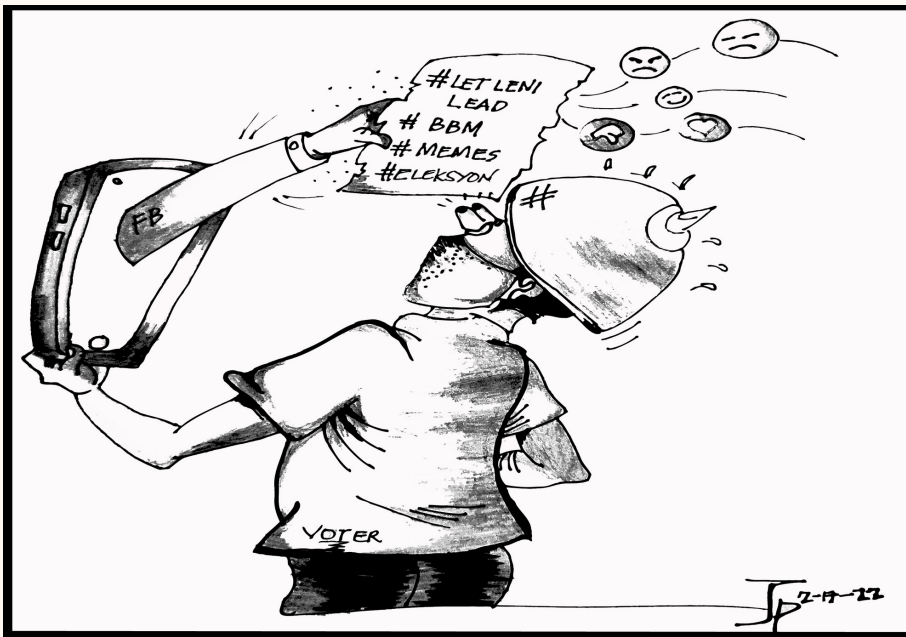


ILLUSTRATION BY: SIR MICHAEL JOHN DEATRAS

Halalan 2022 is a few months away, and COMELEC wasted no time collecting newly registered voters from the newly entering age group 18 to 21 years old. Based on the data from the Information Technology Department of the poll body last October 14, a bit more than 4 million young adults registered to vote, summing up to at least 67.5 million voters in total this upcoming 2022 elections -33% of which are of the youth, ages 18 to 30. These big numbers showed the eagerness of the youth to vote and participate in the upcoming elections amidst the COVID19 Pandemic. Nevertheless, the question remains, is the youth prepared and equipped with enough mental strength to balance our morals and beliefs with information we gather on whom to vote for?

The youth holds the second-largest vote in the upcoming 2022 elections, making a massive impact on the votes and taking on the burden of choosing the nation's next leaders. Taking on this responsibility, we must keep our morals and beliefs in check together with knowledge and history in choosing our next leaders. We must be strategic and reasonable on whom to choose.

Recently research arose studying how exposed young Filipinos have been to lose information and fake news due to being drenched on the internet. We have been victims of internet trolls and online and offline gaslighting, affecting our political stance and beliefs contradicting what we fight for. This led many to choose to be apolitical and vote for someone "just because.." or for popularity, which made it a question, is the youth really mature enough to vote?

As adolescents, the newly added age group must update their responsibilities and review why they registered in the first place. Registering for the sake of having a valid ID has risen to be one of the reasons why young Filipinos registered, along with registering for a famous trend. We must take voting seriously and vote with a golden heart.

Have you registered, and are you ready to take on the responsibility of contributing to our nation by electing our next leaders?



YOUTH ENOUGH VOTE?

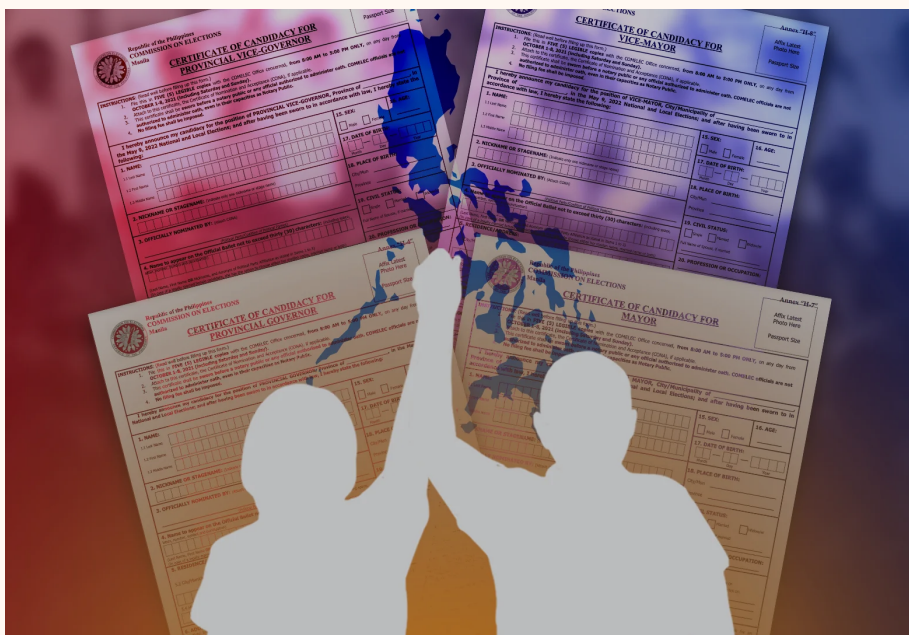
PHILIPPINE ELECTIONS: 10 NAMES FOR PRESIDENT AND 9 FOR VICE PRESIDENT

BY FRANCESCA DOMINIQUE FULGENCIO



Last January 25 2022, the Commission on Elections (COMELEC) revealed the final ballot face containing the final list of candidates for the 2022 Philippine Elections. Shown in the ballot were 10 names of the presidential aspirants. In alphabetical order, namely they are:

1. **Ernseto Abella**, the former presidential spokesman
2. **Leody de Guzman**, a labor leader
3. Manila Mayor **Isko Moreno Damogoso**
4. **Norberto Gonzales**, a former defense chief
5. Senator **Ping Lacson**
6. **Faisal Mangondato**
7. **Ferdinand “Bongbong” Marcos Jr.**, a former senator
8. **Jose Montemayor Jr.**
9. Senator **Manny Pacquiao**
10. Vice President **Leni Robredo**



The 10 names stated on the ballot underwent a long process by the COMELEC to remove nuisance candidates on the list. There was a total of 97 people who filed their candidacies for president last October. Former senator Marcos Jr., is still on the final list despite the numerous cases against his 2022 presidential bid. Robredo, on the other hand, is the only woman in the race, a similar situation she has experienced during her 2016 vice presidential campaign.

The nine people who are running for the vice presidency are namely:

1. **Lito Atienza**, Buhay Representative
2. **Walden Bello**, former congressman
3. **Rizalito David**,
4. Davao City **Sara Duterte**
5. **Many Lopez**
6. **Dr. Willie Ong**
7. Senator **Francis Kiko Pangilinan**
8. **Carlos Serapio**
9. Senate President **Vicente Sotto III**

A total of 64 aspirants will vie for the 12 slots in the upper chamber for the position of senator. The campaign period begins on February 8 for national posts, and March 25 for local positions.



Diaz' Go for Gold

BY FRANCHESKA GABRIELLE P. LACANILAO

Hard work paid off for then 30-year old Filipina weightlifter Hidilyn Diaz as she lifted her championship gold on the Tokyo 2020 Olympic Games. Hidilyn Diaz, representing the Philippines qualified and competed in the women's 55-kg weightlifting competition during the 2020 Olympic Games and became the first athlete from the Philippines to win gold. Hidilyn set an Olympic record, lifting a combined 224 kilograms to nail the top spot for the women's 55-kg weightlifting in Tokyo.

For the 30-year-old Filipina, her journey to the Olympic Games wasn't smooth sailing. In 2019 during her preparation to compete, her name was included in the list of individuals allegedly conspiring to oust President Rodrigo Duterte's political power. Just imagine the shock and fear for the athlete when the list was announced publicly by Chief Presidential Legal Counsel Salvador Panelo. The same year, Diaz went through financial difficulties to support her needs for the Olympics that she even wrote on her Instagram, "Sa tingin niyo okay lang kaya, nahihiya kasi ako pero try ko kapalan mukha ko para sa minimithi kong pangarap para sa atin bansa na maiwi ang Gold Medal sa Olympics," she said. Her call for support made headlines and led many to voice support from the government. Diaz was able to sail through the political drama and financial constraints but truly, her sailing to get to the Olympic Games is far from over. Among other athletes, Diaz's preparation and training were disrupted by COVID-19 restrictions.

At one point, on her way to Peru for competition, she was rerouted to Malaysia and got stranded there for seven months due to government border restrictions. But this did not stop her from pursuing her goal. In one of the Instagram posts during her time in lockdown, Diaz has seen training with water bottles attached to a wooden stick. She stated in the caption, "Yes, I do this. I carry a bottle of water for my weightlifting training. It's hard but we survive, still living the dream in my heart."

The rigorous training and the challenges faced by her and her team gave her the strength to fight for her dreams. The callouses on her hands are testimony of her perseverance, hard work, and strength in living her dream and making Filipinos proud. And as a takeaway from our Olympic Games Gold Medalist, Hidilyn once said in her post prior to competition, "As an athlete we don't stop when we fail once, even twice, the most important thing is we do our best and at the end of the day we won't regret anything."



'20 PHI Paralympics Team ends rough campaign

BY ADRIAN PAUL YADAO

The Philippines' 2020 Tokyo Paralympic Team were unable to cop a medal in the recently held Summer Olympics, held from August 24 to September 5, 2021.

Even before the competitions had started, the delegation had suffered multiple blows due to CoVid-19 protocols, bringing the 6-man team down to three (3).

Powerlifter Achelle Guion, Discus thrower Jeannete Aceveda, and Taekwondo athlete Allain Ganapin, were the three athletes who tested positive right before the games, making them ineligible to compete. They were together with powerlifting coach Tony Taguibao, para athletics coach Joel Deriada, and chef de mission Francis Diaz, who were forced to stay in Manila due to testing positive with the disease.

The Philippines will try to bounce back, aiming for improvement in a full-packed schedule heading to 2024, where the next Paralympics will be held in Paris.



Philippines' Valorant Esports goes International

BY ZION MAXIM QUIRANTE

Team Secret, a premier global esports organization has announced Valorant Team on September 9, 2021, consisting of ex-Bren Esports roster Jessie Cristy "JessieVash" Cuyco, Jayvee "DubsteP" Paguirigan, Jim "BORKUM" Timbreza, Kevin "Dispenser" Te, and Riley "witz" Go, and coached by Gilbert "Gibo" Sales. JessieVash being their in-game leader and the initiator of the team, DubsteP as their duelist, BORKUM as their Controller, Dispenser as their Sentinel, and witz as their 2nd duelist.

After Bren Esports wins against Paper Rex, an organization based on Singapore, the roster was destined to travel to Berlin for a chance to compete in VALORANT Champions Tour (VCT) Stage 3 Masters 2021 against the other 15 Valorant teams around the world. The dream then died down quickly after the roster finding out that they had Visa issues and was not allowed to travel to Berlin for VCT. After getting Teams Secret's Valorant roster, they participated for the Challengers Playoffs in Southeast Asia for another shot of playing with the big teams in Valorant Champions. They dominated the Challengers Playoffs and was then guaranteed a spot for VCT Champions which was again located in Berlin, Germany for a chance to be the first ever team to be the Valorant Champions. The roster's dream to play in the big league has finally come true as they land safely in Berlin for a shot at winning VALORANT Champions 2021. For their 1st match, they went head-to-head against Gambit Esports, the winner of VCT Stage 3 Masters where they were supposed to compete then back when they were still a part of Bren Esports. Team Secret sadly lost 1-2 against Gambit Esports which puts Team Secret in the Elimination Match against Crazy Racoons. Team Secrets then wins against Crazy Racoons 2-0, and they then fought Team Vikings for the Decider Match. After an intense match, Team Secret won 2-0 which grants them a spot for the Playoffs. Sadly, they lost 0-2 against Acend which would turn out to be the 1st ever winner of Valorant Champions 2021. With this devastating loss, Team Secret still went home with an abundance of support from its Filipino fans with their cash price of \$40,000 (P 2,055,700).

THE SUCCESS OF THE MALDITAS AND THE PROBLEMS IT SHED LIGHT TO

BY ZIEGMOND G. SOLIMAN

On the 30th of January 2022, The Philippine National Women's Football Team, nicknamed "The Malditas", faced Chinese Taipei in the AFC Women's Cup in a high stakes match that ended 1-1 after extra time, which then led to The Philippines edging the match in a penalty shootout 3-4. This win etched the Malditas into Filipino football history as the first football team that will represent our country in a World Cup.

Yet the majority of responses from this resounding success is relief and more hunger. How so?

Lack of Opportunity

The Philippines has never been seen as a footballing country and has rarely ever shown interest in the sport. This then brings complications on the development of homegrown talents as there still isn't any clear pathway for aspiring Filipino footballers and even with the very limited programs, these require entrance fees and other financial backing. This leads us to one of the main problems with the Filipino footballing system, the lack of a proper grassroots football system in the country.

Grassroots football (otherwise known as amateur level football) is one of, if not, the most essential levels of a footballer's early development; in order to be scouted, then go on to an academy program and so on. This essential level is what the country has overlooked for years; even after multiple failed attempts at establishing a FIFA-accredited league, it is only until recently that the PFA has taken action towards establishing the grassroots level in the country.

Long overdue

Now having a well-backed football league, the country is slowly but surely creating opportunities for young Filipino footballers to find local idols, support local clubs, and even be scouted by these teams in the Philippine Football League (PFL). Having said that, the majority of the clubs competing in it right now have established their own academies, most notably Kaya FC. These actions are long overdue but are big steps in the development of the Filipino football system as a whole as this can help raise the talent floor of the footballers of the country and can then inadvertently help increase the number of prospects available.

Things to look forward to

All of these things are just for homegrown talent (which is undoubtedly supposed to be the priority), not to mention the young half-Filipinos that would be interested to represent the national team in the future. There's a lot of untapped potential in the sport; that's why Filipino football fans are asking for more. With increasing popularity and overdue recognition of the sport due to the success of the National Women's Team, Filipino football fans are becoming more hopeful of seeing country become more competitive in the sport and compete in more international competitions and maybe, just maybe see The Azkals compete in a World Cup in our lifetime.





Gazette

Legacy Written on Paper

"THE JOB OF A STUDENT JOURNALIST NEVER ENDS"

"Ruffled papers adorned with ink dispensed from ballpoint pens and marks from worn-out pencils. Newspapers stacked upon each other beside a laptop full of documents, which itself laid beside leaves of paper filled with both scrapped and interesting ideas.

Such was the life of a student journalist before the pandemic. Student journalism proved to be a daunting task at first to many, with all the talk of interviews, and the days full of writing and recording. Yet it was also a task filled with creativity, imagination, and artistic expression. And from that labor emerged the school paper, Gazette.

Aside from the usual news stories, it also helped showcase the stories of **ordinary people, opinions, cultural topics, scientific discoveries, school events, vibrant illustrations, even tales of the supernatural, and other fantastical stories.**

And so **this story of student writers stayed unchanged, even in the midst of a global pandemic.** While certainly difficult, it has not taken away the creative spirit within each and every one of the people involved, and this is carried on within the magazine's own pages. While the pandemic gradually moves on in the background, **the job of the student journalist never ends.**

*For as long as there is still light and the darkness never envelops us all, so too does the spread of information amidst a sea of uncertainty. And this magazine aims to be as such, **a reliable light.** "*