



One of the proponents of K-12 Basic Education, Dina Ocampo gets an interview by Quezon Science High School (QSHS) Ang/The Velocity journalists in QSHS school grounds on Monday, June 6, 2016. Ocampo, along with the other proponents visit schools with K-12 buildings in Quezon and Bicol provinces (PHOTO/KHRISSTINE JOY SANTIAGO).

## DepEd Undersecretary visits QSHS for K-12 implementation; Senior High Building undergoes inspection

{Aldrin E. Porcalla, Jr.}

Education Undersecretary Dina Ocampo, one of those who founded the K to 12 Basic Education Program, checked up on the students of Quezon Science High School (QSHS) to inspect the newly established Senior High School (SHS) Building last June 6.

Usec. Ocampo came by to ascertain that the Senior high school students' state of learning and investigate to ensure that the students have an ample amount of area for the student to study in.

"Can you imagine how lucky you are?" Usec. Ocampo told The Velocity talking about the opportunity to have a

Senior High School education in the campus. Students graduating from Junior High School in QSHS would be less with the burden of finding and transferring to a new school just for Senior High.

"It's good to have more time to learn," Usec. said while talking about the additional school years that the K to 12 program has brought to the basic education system.

Usec. Ocampo also visited municipalities from the first, second and third district of Quezon namely from Bondoc Peninsula, Calauag, Tagkawayan, Atimonan and pagbilao. She as well paid a quick visit at schools in the Bicol Area.

"This week, dalawang countries na lang," she proudly

commends that the Philippines, that was once among three countries that does not offer a complete basic ensucrereducation, now has a program that n

1.46 Million students have graduated from the school year 2015-2016 for Senior high schools while 54,262 'back-to-school youth' started to enroll from the 800,000 that enrolled last June as Usec. have said.

According to Usec., they did not plan to visit Quezon Science High School yet it was along the route they were taking to where the school they are going to inspect is, that is why they made a quick stop over at the school.

Quezon Science High School is now one of the 10,729

schools nationwide that offers Senior High School.

Usec. Ocampo, together with Regional Director Dioclsaldo San Antonio and Quezon Assistant Division Superintendent Girlie Ilagan, will continue to stop by at other senior high schools in the province.

"Still we have to wait for DepEd's memorandums and advisory. But definitely our Senior High School will still carry on," Mrs. Carmela Ezel Orogo, QSHS OIC Directress, stated as response to how the SHS program is going.

"However, as Usec. Dina has said, Quezon Science High School will only offer Science, Technology, Engineering and Mathematics (STEM) strand," Orogo added to clarify that

only one strand can be offered by QSHS.

All students that will take a different strand would have to transfer to other schools that offer such strand. Luckily, there are neighboring schools like Enverga University that offers different strands for SHS.

As of June this year, the average annual enrollment for Senior High School is at 790,000 enrollees catching up to the 800,000 average annual enrollment for college.

The daily enrollment rate counted to 10 to 30 enrollees and would be expected that by the end of June, Senior High School rate of enrollment would exceed that of college enrollment. ↗

## QSHS students partake in the 25<sup>th</sup> OISCA-CFP



Grade 7 and 8 students from Quezon Science High School, one of the representatives of the Philippines for the Organization for Industrial, Spiritual and Cultural Advancement-Children's Forest Program (OISCA-CFP) held in Manila, August 17, 2016. (COURTESY/ANCELO MIGUEL CATALLA).

{Mark Henry S. Alcantara}

Six students from Quezon Science High School (QSHS) represented Quezon Province in the 25<sup>th</sup> Anniversary of OISCA (Organization for Industrial, Spiritual and Cultural Advancement) - Children's Forest Program (CFP) to stimulate awareness of environmental conservation and to open their minds about the condition of our environment.

The QSHS students witnessed and become a children guest speaker at OISCA-CFP Philippines together with the students of Southern Luzon State University (SLSU), in Davao schools and even in Indonesia, August 17, 2016.

Kyian Crista Salvatierra, grade 8 student from QSHS, informed the children and the foreign visitors about the environment the Philippines is facing.

She discussed the projects of OISCA-CFP Philippines that deals with the activities such as Tree Planting, Tree Museum, the establishment of nurseries, proper segregation of biodegradable and non-biodegradable materials, gardening such as vegetables and medicinal plants, the use of vermicompost, making Compost Pits and Mangrove Tree Planting.

The OISCA-CFP activities help to lessen the bad effects of phenomena in our environment by means of planting more trees which can avoid floods and soil erosion.

Through proper segregation, the surroundings of the recipient provinces become cleaner and more pleasant.

Mangrove Tree Planting protects people living in coastal areas as well as inhabiting fishes.

The use of vermicompost of some farmers, which is a fertilizer that does not contain chemicals, results to a more natural and ecofriendly environment.

From the research made by Salvatierra, as of 2015, Quezon was included in the 14 provinces in the Philippines that was benefited by OISCA. The program had planted 2,790,361 tree seedlings like Mahogany, Narra, Gemelina, Mangrove propagules, etc. in 1,052.44 hectares in the said country.

Based on Salvatierra's presentation, the OISCA-CFP aims contributes for the betterment of the environment - for the Mother Earth "Gaea".

In regards with this, the project affects the lives of children in their young minds. In 1,077 schools recipient, the project had expanded and inspired a huge generation of youths about the importance of those activities with the environment.

The CFP also organizes seminars in schools and barangays to promote the awareness of environmental conservation. This activity involves teachers, parents and specially the children.

"Be like the people that care about the environment like the way they care for themselves. Be like the ones who care about others' well-being. Let us try to be more sensitive to our surroundings," Salvatierra said, inspiring visitors and co-students that are involve in the program.

Aside from Kyian Crista Salvatierra, Cherry Clarice Jose, grade 8 student with the grade 7 students, Ann Nicole Villon, Romulo Edano, Ancelmo Catalla and Marco Rodillo with Edgay Yabut, Environmental Science teacher, also became delegates of QSHS in the said event.

"We learned how to take care of Mother Nature and preserve water resources from the event we attended", Marco Rodillo said.

Several speakers from different places were also present in the event. They promoted their traditions and cultures about conserving nature from their particular regions.

"We discover the different cultures of other countries such as Japan and Indonesia", Ann Villon said.

The presence of President Rodrigo Duterte in the program was expected but he was not able to attend the said event. In his absence his message was brought and delivered in front of the guests and invitees.

"Maybe, his absence didn't affect the program but maybe it is better if he was there literally to support and show appreciation on the program", Clarice Jose said.

The anniversary of OISCA hopes to impart knowledge and raise awareness regarding the unusual things that a natural phenomenon can cause, especially when people become unconscious and overuse the nature.

"We learned how to eliminate garbage and to recycled staff, which can help for the coming generation" Romulo said.

After the event, Izuo, OISCA team, said to QSHS students- "We'll be waiting for you in Japan". ↗

## SSG maximizes students' social development



Abdel Jafal Sinapilo, the current Supreme Student Government (SSG) gets interviewed by Ang/The Velocity members. Sinapilo tells them about the projects that they planned for the school year 2016-2017 (PHOTO/ANNE LOUISE CABUNGCAL).

{Mark Henry S. Alcantara}

The Supreme Student Government (SSG) of Quezon Science High School (QSHS) plans to implement activities outside the school to increase the exposure of students with the outside world.

As part of their released platforms, the organization tends to conduct a field trip and astro camp on a tentative date. The implementations of the projects depend on the approval of Carmela Ezel Orogo, the OIC directress.

"Masyado na tayong nagiging restricted sa school where in fact mas maunti, limited lang ang matutunan natin, di tulad ng pag sa labas, mas marami tayong matutunan," SSG President Abdel Sinapilo said.

The organization is also making a step for the school to participate in the other competitions or seminars, academically or sports, to develop the students' holistic health.

In an interview, Ferdinand Paunil, SSG adviser, agreed to the activities to be launched by the said organization.

"Naniniwala ako na mas madami pang maaring karagdagang kaalaman ang malamanan sa labas ng mga silid-aralan, at ang mga ito ay oportunidad na dapat nating samantalahan," Paunil said.

From a survey, most of the students in the school liked

the said activities.

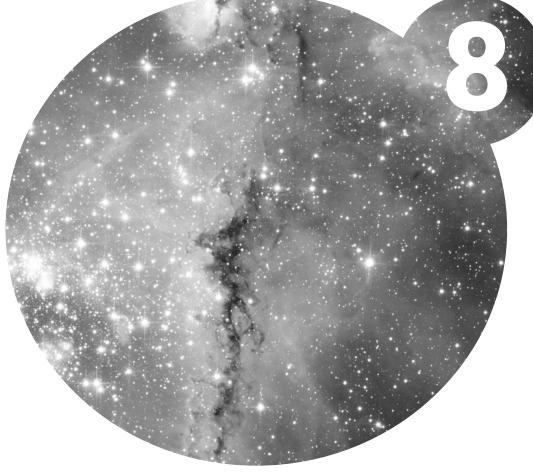
"Why not? Bakit hindi, kung may team building at field trip dahil mas makaka-engage dun ang mga students," MAPEH teacher, Maria Rosanna Quiambao said.

She also suggested a resort found in Bulacan, where you can find different physical activities, camping, tam building that will surely boost the students' physical health. For only P800.00 you can enter the said resort.

Aside from outside activities, the SSG with other grade 11 students are finding ways to reopen the 'Avalanche'. Avalanche is a device where in students can access the internet and avoid entering unnecessary websites such as social media like Facebook.

The Avalanche was the Science Investigatory Project (SIP) of the school's alumnae's, Paul Sales, Vance Targa and Elmer Merto. Their project was qualified in the regional level and was brought to national level.

As of now, the organization collaborates with the other clubs in the school. Each clubs must submit an output per month to SSG and conduct a weekly meeting. Their goal is to raise students' interaction with the other, not only with their classmates but with the whole school. ↗



# Gov't constructs fences around QSHS

[Rem Carlo S. Cabungcal & Angelo R. Banawa]

The Provincial Government is now constructing a protective fence around the Quezon Science High School (QSHS) Campus for security reasons and to put stray animals out of the site.

"Kahit papano mas nararamdam kong safe ako. Malaking tulog na rin yung fence compared noon na wala talaga," stated Kate Abulad, a Grade 10 student of QSHS.

The fencing of QSHS together with the Quezon Trade and Investment Center that started last April 5 of this year, covered almost 3 hectares of land and costed nearly Php 8 million.

The fence measures 2.5 meters in height and was conceptualized by the Provincial Engineering with the funding of the Provincial Government.

"Kaya mataas ang disenyo ng pader na ginawa namin ay para di makapaskong mga baka at walang makapasok na mga outsiders," a worker said.

Engineer Roy Faller and Herman Holanda lead the said construction along with 30 workers.

After the fencing project is accomplished, constructing the QSHS main gate and two guard houses to ensure the students' safety and protection.

The completion of the said project is still unknown and is currently on going.

In accordance to this, a temporary road was put into use this month to lessen the burden of students from walking from the Senior High School Building to the Main QSHS Building.

As the rainy seasons are to come, the pebble road serves as an effective walkway for the students away from the mud and puddles.



Faller's construction men works on the fence around Quezon Science High School, Isabang, Tayabas City. The fencing was part of Governor David "Jay-Jay" Suarez's project for the school to ensure the students' safety (PHOTO/ANNE LOUISE CABUNGCAL).

# Q1K imparts knowledge to Quesayanos

[Marl Gabriel M. Decuzar]

Students raise awareness about the Q1K project to boost the knowledge about the significance of the first 1,000 days of a baby.

The importance of the first three years of a baby and the mechanics of the Q1K project are highlighted in the symposium as a part of the annual Nutrition Month Celebration.

Q1K is based on the initial First 1,000 Days of Life program by UNICEF which focuses on providing a stronger support to the first 1,000 days plan to increase awareness and commitment, organizes public awareness and fundraising activities but due some additions and changes done to the program, a name change is done which resulted to the said title.

The Nutrition Month theme "First 1,000 Days ni Baby Pahalagahan Para sa Malusog na Kinabukasan" is also derived from the Q1K project itself.

Dr. Grace V. Santiago, host of the symposium and head of the Q1K program discussed about the do's and don'ts during and after pregnancy, effects of the actions done to the baby's health and how students could help in spreading the said project.

Based on the statement Dr. Grace gave, Quezon Province is the first province in the Philippines to conduct this program starting in late August 2015 and leading the 2016 Nutrition Month kick-off.

Health and sanitation, food and nutrition and social service are the key components of the Q1K project wherein other provinces come to Quezon so they can also apply it in their own program, according to Dr. Santiago.

Q1K had its difficulties before its initial launch date and implementation; it has also gone through various revisions to ensure its success.

"We had the idea of this way back in 2014 and then we passed the executive order for the program on May 2015 which hopes to help the children and the next generation for a better future", said Dr. Santiago about what the program went through before its implementation and how it is important to the province.

The program started by signing up 1,000 mothers from the poorest communities all over Quezon Province and giving them free medical support, seminars and livelihood programs.



Co-guest speaker Janet Abuelo encourages Quezon Science High School (QSHS) students to spread their knowledge to their fellow Quezonians of what they learned from Dr. Santiago's discussion which focuses on the "1,000 days ni Baby", 2016's Nutrition Month Theme, held in QSHS activity area on Friday, July 22, 2016 (PHOTO/AILA MARIANNE PALAD).

The program is ongoing and headed the launching in July 5 in the Quezon Convention Center by National Nutritional Council as the start of the Nutrition Month Celebration.

Twelve municipalities are targeted to conduct this project due to their location, the lack of medical help and the rate of maternal deaths and these are Buenavista, Catanauan, General Nakar, Jomalig, Lopez, Mauban, San Andres, San Antonio, San Francisco, Tagkawayan, Tiaong and Unisan.

The program would help expectant mothers and their children to prevent diseases and complications that might

affect the child during and after birth which may result to permanent or irreversible damage to its overall health.

The Q1K project also wishes to reduce parent and child-related issues, poverty, malnourishment in the province and to provide healthcare during the child's early life.

The project hopes to help all the families in the Philippines as it has become the basis of most programs being conducted in the country.

# Quezon battles against Filariasis disease



Grade 8 students of Quezon Science High School drinks anti-Filariasis medicine. The distribution of the said medicine was issued by Department of Health (DOH) (PHOTO/AILA MARIANNE PALAD).

[Marl Gabriel M. Decuzar]

To lessen the number of victims and prevent the continues spreading of Filariasis in the Province of Quezon, the Department of Health implemented a provincial campaign against the said case.

This program cooperates with the massive campaign of the government to eradicate the disease in Quezon and is also a part of the Filariasis Awareness and Mass Drug Administration Month.

The distribution of drugs to the students in all schools hopes to reduce and slow down the infectivity of the disease in the province.

Some students were observed having side effects such as low fever, head ache and dizziness.

"Sumakî ang ulo ko na nánlambot ako buong maghapón pagkatapos kong uminom ng gamot," Clare Vendiola, a grade 8 student said.

The circulation of diethylcarbamazine citrate and albendazole given to the students is advised to be taken at least once a year for five consecutive years to maximize the effectiveness of the drugs.

This program was implemented because of Gov. David "Jay-Jay" Suarez's goal to make the province Filariasis-free.

Filariasis or lymphatic filariasis is an infection with the filarial worms, Wuchereria bancrofti, Brugia malayi or B. timori.

These parasites are transmitted to humans through the bite of an infected mosquito and develop into adult worms in the lymphatic vessels, causing severe damage and swelling.

The infection can be treated with drugs but chronic conditions may not be curable by anti-filarial drugs and require other measures like surgery, care of the skin and exercise.

# Students receive free dental check-ups

[Lance Gabriel C. Baligod & Pearl Maryheart L. Olila]

Scholars of Quezon Science High School received free dental check-ups from Quezon Provincial Dental Chapter (QPDC) last August 11, 2016.

This activity was conducted in order for dentists to monitor and to provide consultations to students about their dental health.

The said group of dentists led by Dra. Candy Malaluan aims to improve if not to maintain proper condition of students' teeth and gums.

Dra. Candy stated the objective of their mission and future plans. "We conducted the dental mission to be able to check-up and inform students about their dental health so we are dentists can address their problems," she said.

It was held at the Quezon Science High School lobby where several tables with its corresponding dentist were organized for the activity.

"It was nice that they conducted such activity at school. It helped us students to take good care of our teeth which is not usually prioritized unlike other body parts," Saara Sai, a student from Grade 7 Pollux said.

"I think that us students are very grateful to have been a recipient of the dentists program and I liked that they had the initiative to conduct the activity here in Quezon



Quezon Science High School (QSHS) student, Jasmine Napneys gets free a dental checkup in QSHS activity area, Isabang, Tayabas City, August 11, 2016. Governor David "Jay-jay" Suarez asks the Philippine Dental Association Quezon Chapter One to examine the students for mouth defects to be treated properly by their personal dentists (PHOTO/AILA MARIANNE PALAD).

## 50 computers for QSHS students

[Marl Gabriel Decuzar]

Vibal Publishing Inc. donated 50 computer sets to benefit the students of Quezon Science High School. According to Jamie Talavera, ICT teacher, the computers' server is broken and they are still waiting for the replacement from the manufacturer.

## QSHS "Gulayan sa Paaralan", on the Go

[Mark Henry s. Alcantara]

Students of Quezon Science High School renovated the school's organic garden for the "Gulayan sa Paaralan" competition. Marivic G. Dichoso, T.L.E. teacher, supervised the students in preparing for the said contest.

## Chief Adviser of ATV bags awards

[Paulo Miguel B. Villanueva]

Nepheline Perez of Quezon Science High School reigned victorious in the Journalism Workshop for School Paper Advisers held at Sevilla's Farm Resort, Brgy. Bomoit, Lucena City, June 2-3, 2016. She showed off her skills at the said event and claimed awards: 1st place in Editorial Writing; 4th place in "Pagsulat ng Lathalain"; 7th place in "Pagsulat ng Isports"; 9th place in "Pagsulat ng Balita"; and a place in "Pagsulat ng Siyensiya."

## Alcala gains place in nat'l video contest

[Eisel Kim V. Rule]

Kahlil V. Alcala joined the Smart Launchpad online audition for online content creators and YouTubers. His video entry of timelapse watercolor portrait ranked top 23 out of 1,500 entries. He will be joining the first Pacific Leadership University in Antipolo City on October 7-10. The participants will produce another video and the top 3 will collaborate with International YouTubers in LA.

## Hermano Puli Movie: A 19th centruy Religious Rebellion

[Jun Venry A. Clomera]

Gil Portes' film "Ang Hapis at Hiagsik ni Hermano Puli" aired this September 21 concerning about a long forgotten hero from Lucban, Quezon who revolted and fought for religious freedom. Students from Quezon Science High School acquired exclusively free tickets for witnessing the film.

Science High School." Charles Cariño, a student from Grade 9 Polaris said.

In an interview with the dentists, they stated that "Dental health is important because we will not be able to digest our food properly." Said past president of QCPD Dr. Antonio Valencia, and immediate past president Dra. Cherry Meryl stated.

In addition to the statement they added that "QSHS is our first school to perform our dental mission because we were invited by Governor Suarez to perform our dental check-up here in QSHS."

In the interview, the dentists mentioned that QSHS is the first of the many schools to be receiving dental check-ups from QPDC.

In an interview with Dra. Candy, she stated that the group of dentists are planning for another visit to the school to either conduct another dental mission or a seminar about the importance of dental health.

"As of now QPDC is planning to visit QSHS in early 2017, probably February, to conduct a dental check-up to see the progress of the student's teeth or we will conduct a seminar about dental health so that the students can be more knowledgeable on how to take proper care of their teeth and gums," said Dra. Candy.

## News Bits

### Dormers suffer in water shortage

[Marl Gabriel Decuzar]

Quezon Science High School dormitory is still experiencing water shortage since the water system was accidentally hit during the road-fixing project. This problem caused some dormers to stay out of the dorm.

### QSHS renovation left unfinished

[Mark Henry s. Alcantara]

The third floor of Quezon Science High School is still unused due to unfinished renovations caused by the typhoon Glenda that devastated Quezon Province last July 2013. The other students temporarily occupied the newly-risen Senior High Building.

### Quesay's school paper proves to be victorious in UP Dyaryologue

[Janine R. Lardizabal]

Quesay's journalists once again demonstrated their journalistic prowess as six students took places in the University of the Philippines (UP) Journalism Summit Dyaryologue. Jermaine Valorio bagged 1st place in Editorial Cartooning; Laileyne Martinez won 1st place in Sports Writing with Trisha Abuyan at 3rd place; Jeneen Garcia and KC Salvatierra obtained 1st and 2nd place in Feature Writing respectively; and Julia Rivera with 2nd place in Editorial Writing.

### ATV earned three medals in Nat'l Seminar

[Jose Avelino O. Mortos]

Quesay joined the fifth edition of Elevate, a national journalism seminar and contest DZUP Radio Circle. Trisha Abuyan triumphed and won 1st place in Sports Writing (Filipino) while Janine Lardizabal and Errol Villafuerte took 2nd and 3rd place respectively in Radio Broadcasting.

## Abcede, Pedro boost Quesayanos' knowledge on Martial Law

{Mark Henry S. Alcantara}

To raise their social awareness, Quezon Science High School students participated the symposium commemorating the 44<sup>th</sup> year of Martial Law.

The Araling Panlipunan Department of QSHS spearheaded the symposium, #Never Again, #Never Forget, by inviting victims of martial law as resource speaker, at QSHS activity area on September 22.

"Kung ililibing nyo si Marcos sa libbing ng mga bayani, eh ano ang tingin niyo kay Bobong at kuya Abet, kinabalan nila ang isang bayani?" "Tito nababaligtad na ata and mundo!" Hon. Atty. Sunshine Abcede said.

Michael "Bobong" Sumilang is an activist and an opposition leader against Marcos' dictatorship, who have ambushed at Brgy. Tongko, February 10, 1986. At the same time, he had left her daughter, Ivy Sumilang at an early age of nine.

**"Kami yung naiwan, at nagsuffer dahil sa kabayanahan nya,"** Ivy said during her speech as one of the speaker in the symposium.

Mr. Nicanor Pedro, Jr., an activist and the current councilor of Lucena, said his motto, "Listo," which means alert and always ready, that helped him to survived martial law.

He also said, if Marcos will be buried at the heroes cemetery then the cemetery didn't deserve to be called 'Libingan ng mga Bayani' but 'Libingan ng mga Bayani at

Marcos' grave'.

Mate Enriquez, also present in the said event, shared the background story of her missing brother, Albert 'Abet' Enriquez, a volunteer member of Task Force Detainees of the Philippines and one of the martyrs of martial law.

Abet is an activist who secretly investigated Marcos, but suddenly disappeared. According to Mate, martial law caught her brother, August 29, 1985, because of his revolt against Marcos.

**"Magpasalamat po tayo sa mga nagbuwis ng buhay para sa kalayaang tinatamasa natin ngayon,"** Ms. Enriquez said.

To recall, Abcede presented the result of martial law during its first day. Over 8,000 people were arrested including TV and radio reporters and journalists, who according to her, are "innocent".

Abcede added that Marcos also confiscated public facilities such as Meralco and other power plants.

From a document made by KA OCA Santos, there are 20 cases of salvaging, 29 cases of disappearance, 205 cases of torture in the province of Quezon were listed.

The said two heroes from Quezon Province, 'Bobong and Abet', who have sacrificed their lives in fighting martial law for the nation's freedom, were introduced to the Quezon Science High School student body and staffs. ✓

After a few weeks from Singapore, QSMV takes control of the trip to Bicol, practicing day by day, using vocalizations to nurture their gift and once again bring pride to our school.

Alanis Angulo, a member of QSMV said that they've been doing some vocal exercises, after classes practices and examinations that are to be performed after memorizing them.

QSMV starts its classes with a blast preparing their choir audition for new recruits on August 22, 2016 at QSHS Activity Area.

Its new recruits are being chosen according to what they can do and it's loyalty to the organization. The love and passion for music and harmony is a very important instrument in joining QSMV.

## QSMV prepares for upcoming MBC choral competition

{Zushielah Ahn Mari L. Arandela & Saara Sai A. Calong}

Quezon Science Madrigal Virtuosos once again takes center stage in the upcoming Manila Broadcasting Company National Choral Competition 2016, for the Southern Tagalog audition round on October 15 in Legazpi, Albay.

The MBC National Choral Competition, said to be the biggest all-inclusive singing competition in the Philippines, is a part of the company's celebration of "Paskong Pinoy" culminating this coming December 6-10, at the Aliw Theater for the competition proper.

Under the baton of Mr. Jose Israel Deza, MAPEH teacher and QSMV maestro, the QSMV had an overwhelming victory at their first international competition bagging the Gold Diploma in the Folklore Category, Grade 3, with their rendition of Chua Ay and Ilay Gadangan, and the Silver Diploma in A4 Youth Category, Grade 1, singing Sicit Cervus, Padayon and Kruhay, in the Orientale Concentus IX held last July 1-4, at the School of the Arts, Singapore.

"QSMV is a proud organization that teaches the student members to embrace the wonderful world of arts, and at the same time, nurtures camaraderie and self-confidence", Kate Abulad, QSMV 2016-2017 president.

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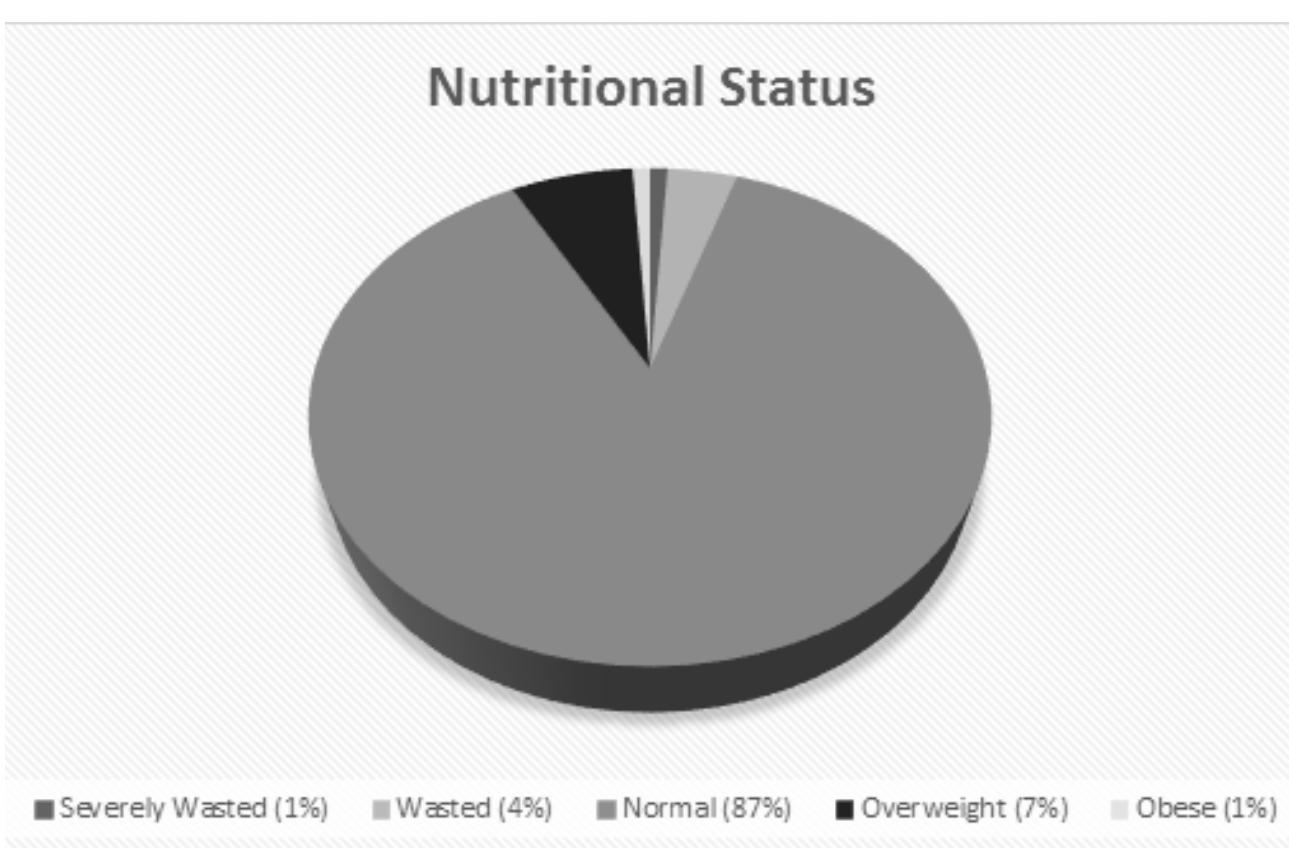
Quezon Science Madrigal Virtuosos (QSMV) with their choir master, Joshua Deza, rehearse their intermission piece for the Division Science Fair 2016 at Quezon Science High School, September 23, 2016 (PHOTO/FRANCES CLARE VENDIOLA).

It all started on that day when students line up for this organization doing their best to be a part of it. Day by Day they would practice a piece and sing it to the head of the organization, in that way they would be graded and pick the best of the best. But voice isn't the only way to reach that position. Piano auditions are required to pass the test and

be a member of the organization. These two stages are not as easy as it sounds, you have to be brave and hardworking to full fill a dream of being a QSMV.

QSMV is now and forever will be a proud organization and a loving family of Quesay. ✓

## 87% of QSHS students have a standard BMI - QSHS nurse



PERCENTAGE OF QSHS STUDENTS ACCORDING TO THEIR BODY MASS INDEX (BMI). The graph shows that 87 percent of Quezon Science High School (QSHS) students have normal BMI.

{Marl Gabriel M. Decuzar}

because the amount of students that are wasted or obese is not that high so we don't have to take actions and once it hits that certain number then we'll conduct a program.

The plan to lessen this amount was to add or serve more fruits and vegetables to give the students a better lifestyle and make them healthier.

"Well, it doesn't really bother me that much but this school year, the students that are wasted rose up as well as those who are obese especially in Grade 7 when compared to last year's statistics so we had to serve vegetables and fruits even more to counter this amount", said nurse Zaracena, speaking mostly in Filipino.

No feeding programs are needed to be conducted even though the numbers increased.

"In case the quantity increases for example, half one-fourth of the student body is wasted or obese next year then, we might consult different health organizations to help us reduce and of course, eradicate the problem", said nurse K-Anne about their plans next year if it reaches that certain number.

No actions are yet to be done but the school's nutritional department had to take on the problem little by little. ✓

## QSHS joins NDRRMC-Nat'l Earthquake Drill

{Mark Henry S. Alcantara}

To boost students' preparedness in terms of ground shaking, Quezon Science High School (QSHS) partook in the Nationwide Simultaneous Earthquake Drill (NSED) #PAGYANIG led by National Disaster Risk Reduction Management Council (NDRRMC).

The NDRRMC, in participation of Provincial Disaster Risk Reduction Management Council of each province annually implements an earthquake drill that aims to increase awareness and impart new ways to survive in times of quakes.

From the Province of Quezon, spearheaded by the PDRRMC officer, Jesus Ferdinand Mata, approximately 250 students at QSHS did the "Duck, Cover and Hold" method and attended the symposium with regards to the safety precautions before, during and after an earthquake and also the earthquake itself.

"The main concern during an ongoing shaking is how to protect one's self", the official said.

To take cover your head under a sturdy table or strongly supported doorway, is the first to consider when you are

## Nutrition Month 2016: Vegetable carving mirrors Q1K

{Marl Gabriel M. Decuzar}

Along the annual fete of nutrition month in Quezon Science High School, the chosen students from particular levels created different amazing art pieces inspired by the Qik project, showing the love and care between a mother and his baby.

The on-the-spot vegetable carving on the squash took the limelight of the 2016 Nutrition Month, after the master piece of the participants were displayed throughout the event at QSHS activity area.

Khalil Alcala, grade 10 student, presented his obra entitled "A mother's love" and caught the judges' heart that made him won the gold medal.

"Naisip kong i-present yung obrang yun, kasi gusto kong maipakita yung relationship ng isang ina sa kanyang anak na puno ng pagmamahala at pagkalinga", Khalil said.

From the grade 8 level, Raymond Binaday, turned the squash into a mother carrying her baby.

According to him, he was inspired by the essence of the Qik project. His motif "Tunay kong Ina" grabbed the silver medal in the competition.

"Tunay kong Ina, dahil alam kong walang makapagbibigay sa atin ng pinakamasarap na yakap at walang katumbas na pag saraga ang kahit sinuman kung hindi ang ating Ina lamang", Raymond said.

Qik project stands for the First 1000 days of a baby, giving them the proper nutrition they deserve and their rights to be with their mother at least its 1000 days.

The Young Artists' Guild with their adviser, Marivic G. Dichoso, conducted a symposium regarding the importance of Qik project.

"First 1000 days of you're little one's life is the uniquely special time that they can have", Doctor Santiago, titular head of Qik said. ✓



Laleyne Martinez (left) looks at Khalil Alcala's Skillful carving for the Pumpkin Carving Competition for the celebration of the Nutrition Month in Quezon Science High School (QSHS), Isabang, Tayabas City, July 29, 2016. Alcala got the first place in the said competition (PHOTO/AILA MARIANNE PALAD).

## QSHS Sci Quizzers bag gold advancing to regionals

{Karl Caesar M. Pelaez}

Quezon Science High School swept this year's Division Science Quiz Bee again, having a back to back winning of gold medals in the said competition.

Charles David Carino, grade 9 student of QSHS, took the highlight of the quiz bee. Carino showed the most exciting battle, when his opponent from Lutucan National High School, tied in his final score of 74. The two participants faced the clincher round, and Carino firstly raised his board having a correct answer.

"Well, I really did my best during the quiz bee. I could say that it was my best. The clincher round gave me more butterflies in my stomach. Gladly, I knew the answer to the question, that was the closest fight that I've ever had. And the feeling when I won, was so great", Carino said.

From the grade 8 level, Charles Dwight Pelaez took the attention of Quesayanos because of his excellent performance in the competition. He gained a total score of 97 points

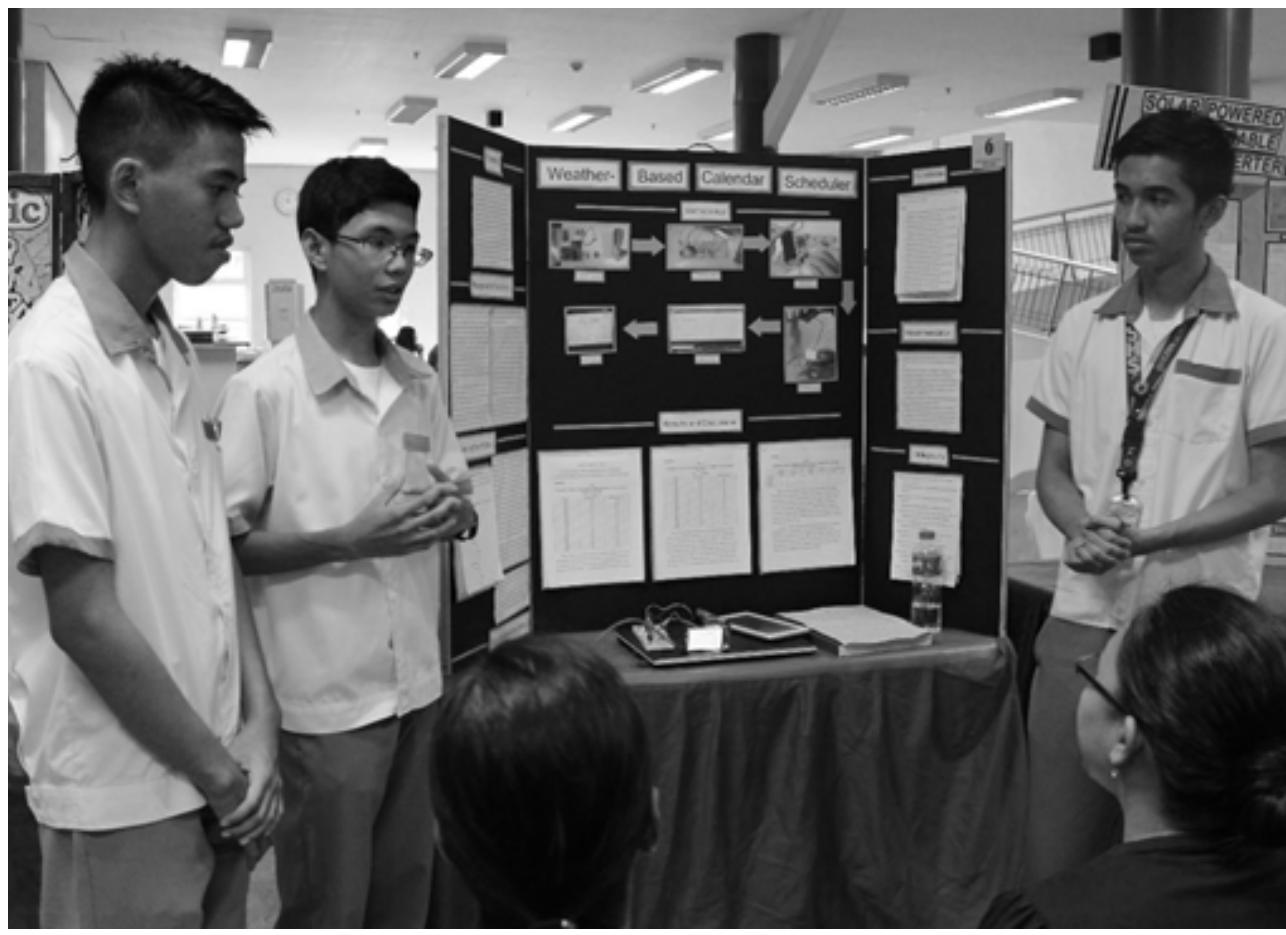
compare to the 59 points of the second placer.

"Masaya ako sa naging result nung quiz bee, at gagawin ko ang aking makakaya para umabot sa national", Dwight said.

The 13<sup>th</sup> ASEAN 1<sup>st</sup> place science quiz bee, Jermaine Valerio, grade 10 student, had also defended he's title.

Christian Berana was also sparkling with a gold medal in grade 7 science quiz bee.

The school's science quizzers will be advancing to the regional level, as a part of the Regional Science Fair and Congress to be held at Sta. Cruz Laguna on October 17-20. ✓



Angelo Banawa (right), Gene Bañaga (leftmost) and Jose Angelo Laguador (left) defend their Science Investigatory Project in the Division Science Fair held in Quezon Science High School, Isabang, Tayabas City, September 23, 2016 (PHOTO/FRANCES CLARE VENDIOLA).

## ATV prep for the DSPC 2016



Aldrin Porcilla Jr., a Grade 11 student from Quezon Science High School, lay-outs a newspaper during the Ang/The Velocity Summer Workshop 2.0. (PHOTO/ANNE LOUISE CABUNGCAL).

{Marl Gabriel M. Decuzar}

Training for the Division Schools Press Conference is now on full swing in hopes to bag gold in the said competition.

Ang/The Velocity holds its second consecutive summer journalism camp named, ATV Camp 2.0 following last year's training to prepare for the upcoming competitions.

QSHS ATV alumni are invited once again to impart their knowledge and experience during their time as a member of the school.

The camp focused on news writing, feature writing, sports writing, editorial writing, science writing, photojournalism, copy reading, radio broadcasting, and lay-outing which are offered in both English and Filipino.

Two days are allotted to the camp, the first day is for seminars to be held and the last are for workshops.

Seminars are held to know more about the technicality of each section and how to improve the skills of an individual in the said type of sector.

Workshops of the different categories are held in the second day of the camp and will serve as an assessment from what was learned the other day.

Journalists faced hardships due to some leaving the organization though they are good at their work.

The group also amassed a high amount of members which led to the actions of decreasing the number.

Diminishing the members in the club would mean that they have to choose the best of the best and those who will be the officers of the organization.

To select the finest journalists in the club, a test of knowledge and skills of news writing are given to the members of ATV.

## Filipino department utilizes Family feud to instill nationalism

{Mark Henry S. Alcantara & Marl Gabriel M. Decuzar}

To spread the essence of 'Buwan ng Wika' with entertainment, Quezon Science High School Filipino Department conducted an odd version of Family Feud.

The said game was initiated together with the other activities during the 'Buwan ng Wika' celebration with theme "Filipino: Wika ng Karunungan", on August 2016.

According to Ms. Nepheline Khaye Perez, QSHS family feud host, the game is a unique one and a good medium to widen students' awareness with the Filipino traditions.

Four opposing families participated the game. Each family has a teacher as the leader of the group. There are five members in each team, which comes from different levels.

Team Jami-Bee of Jamie Talavera and Team Ang of Ericson Mangubat were the first two families' fought. Team Ang won having a final score of 418 compare to 200+ points of Team Jami-bee.

Team Aveh's angel competed with the family of Joan Cada and Team Pakwan. Aveh's angel eliminated Team Pakwan and grabbed the opportunity to step forward to the next level with their final score of 123 points.

In the end of the round two, Team Ang won again against Aveh's angel.

Same as the television show, the winner faced the Fast Money round or the Jackpot round and they gained 123 points.

"Nag-enjoy ako dun sa game, masaya sya, at pinakamaganda sa lahat ay may natutunan ako na hindi magiging matagumpay ang isang 'Pamilyang Pilipino' kung walang pagkakaisa at tiwala sa isat-isat", Vincent Dudas, a member of Team Ang said.

According to Allan Abuel, grade 8 student, even though his friends didn't win the game, he is still happy because for him winning doesn't matter as well as you learned something.

"Ang saya, nakakapagbabagabag ang mga salita sa librong pangkatagalugan, di matubos ang aking tawa," Francis Augustine Vendiola said.

"Nakakaaliw, nakakabaliw, masaya at marami akong natutunan bagong salita," Kiara Yssabel Obledo said.

Family feud is a television show where families compete to name the most popular responses to survey questions in order to win cash and prizes.

The game has been infamous since its airing on ABS-CBN due to the variety of questions where people at home could enjoy watching and answering.

It has also gone around the world showing up in places like North America, Europe and other western nations then

## Quesay stude' launch a Weather Scheduler

{Mark Henry S. Alcantara}

Three students of Quezon Science High School invented a "Weather Based Calendar Scheduler" which predicts weather in a certain time and place.

The three students, namely Angelo Banawa, Gene Bañaga, Jose Angelo Laguador, grade 10 students, reaped gold medals during the Division Science Fair.

They are now preparing for the next competition, in Applied Science category on the Regional Science Fair and Congress to be held at Sta. Cruz, Laguna on October 17-19.

As part of their preparation, they are planning to visit Philippine Atmospheric Geophysical Astronomical Services Administration (PAGASA) on a tentative date, to tour and learn the relationships of the weather variables.

They are also intending to attend the seminar in GIS in Enverga University, to increase their knowledge on how to stimulate rain, the exact place where it will fall, and to give warning on when a rain will fall in a particular place.

Mr. Jose Pedro de Castro, the former professor of their trainer, Mr. Russel T. Soltura, suggested them to add rain gauge in their project, which is used to measure the amount

of rainfall.

Castro also proposed anemometer for the speed of wind, radio frequency for the communication of two Arduinos, and SMS communication for the access between cellphone and an Arduino. Arduino is a micro controller that looks like a small computer.

"Makakatulong ang project na ito para mapaghandaan ang mga disasters na maaaring mangyari", Angelo Banawa said.

According to them, they spent P4,000 in their project excluding the variables and their total money used ranges from P7,000 to P8,000.

They finished their project within ten months, three months of testing and five sets of trials.

They will be advancing to the regionals together with the project "The Metabolic Effect of Purslane (Portulaca oleracea) and Balloon Vine (Cardiospermum halicacabum) Leaf Extracts against Liver Cirrhosis of Francis Vendiola, Katrina Loreto and Edralyn Manalo along with "Utilization of Bermuda Grass (Cynodon dactylon) and Water Lotus (Nymphaea lotus) as an Alternative Blood Cell Inducer" of

Margareth Geluz.

"The Science Investigatory Project of this batch is "Original and Creative", Russel T. Soltura, their research teacher.

Same as Mr. de Castro, he also suggested to add rain gauge in their project.

"Tunay ngang kahanghang ang proyekto kanilang ginawa, nagbigay ito ng challenge para sa akin upang mas pag ihihin ko ang aking sinisimulang proyekto", a grade 8 student said.

Soltura also said that he is very proud of his students with regards to this area. "I appreciated all their efforts and hard works they spent to make their project effective and beneficial", he added.

The teacher in Science Investigatory Subject is also proud of his previous students. She hopes that the current grade 8 will be presenting more ideal projects.

That pressures a lot of grade 8, to submit an amazing project that can be a representative in nationals.

## ATV Elites run over Dyaryologue, Elevate 5.0

{Roy Gabriel B. Balilo}

Quezon Science High School (QSHS) Ang/The Velocity elites attended the workshops of the University of the Philippines Diliman to widen their knowledge and learn more techniques in writing an article.

The elites' participation in the seminars serve as a training for the upcoming Division Schools Press Conference to be held at Mauban, Quezon on October 12-14.

Quezon Science High School DSPC participants started their preparation since August and is connected to the summer workshop, ATV Camp 2.0, held throughout the last week of May.

One of the project launch by UP Diliman is the Elevate 5.0. It is a workshop at the same time a competition, where a total of 39 schools all over Luzon joined the event.

The Elevate 5.0 was composed of different categories such as : News Writing for Beginner, Advanced News Writing, Editorial Writing for Beginners, Advanced Editorial Writing, Feature Writing for Beginners, Advanced Feature Writing,

The DZUP 1602 Radio Circle presented the Elevate 5.0. It is a student journalism workshop that started on 2013. Now on its fifth installment, elevate positions itself as one of the biggest high school journalism conferences in Luzon.

According to Dwight Angelo de Leon, DZUP 1602 President, DZUP Radio Circle is the official student organization arm of DZUP 1602 and the premier radio organization in the University of the Philippines Diliman.

"Thank you to all students and teachers who participated in Elevate 5.0 Student Journalism Workshop

in understanding Biases and Objectivity. We hope you learn from your instructors", Dwight de Leon said.

The sports writer of QSHS, Trisha Abuyan, won first place in her category.

"Di ko inaasaan na mananalo ako dahil napakarami naming naglaban laban, pero salamat pa run dahil pinalad ako", Abuyan said.

The two radio broadcasters of ATV also grabbed a medal, Janine Lardizabal second place from , and Errol Villafuerte luckily grabbed a bronze medal from Radio Viscaya 88.2.

Another workshop that the elites attended is the Dyaryologue 2016. This event was held at UP College Mass of Communication Auditorium.

The feature writers, Jenee Garcia won first place with Kyian Crista Salvatierra who earned the silver medal at the same category.

Lalyne Martinez also grabbed gold medal with Trisha Abuyan second place at sports writing category.

In editorial writing, Julia Rivera won second place while Jermaine Valerio took first place in editorial cartooning.

"Kay saying marinig ang mga journalists Kong nanalo sa UP Diliman" Nepheleline Perez said, school paper adviser.

UP Diliman is also offering other workshops such as "IKAW NAMAN", a student talk program that features student works from literary works to academic studies.

Now on its fifth yeah, IKAW NAMAN has the highest social media engagement amo ng all programs of DZUP 1602.



Michaella Barcucina, a Grade 7 student scrunches up her face, as she gets vaccinated in Quezon Science High School clinic, Isabang, Tayabas City, July 19, 2016. Grade 7 students around Quezon Province get vaccinated to reduce the risk of having measles (PHOTO/ANNE LOUISE CABUNGCAL).

## 'Quezon, QSHS sweep away the German measles'

{Mark Henry S. Alcantara}

The Rural Health Unit (RHU) of each city in Quezon Province, particularly in Tayabas, Quezon took part in the operation of giving free vaccines of Measles rubella against German measles in all schools of their municipality including Quezon Science High School (QSHS).

Jasmine Lado, DOH official, with Randy S. Leynes and Marachelle s. Abas, head of Tayabas RHU, managed the said program all-over the city. They supervised the inoculation of the said agent in all schools.

The injection of the Measles rubella prioritized the grade 1 students and grade 7 students, because according to the health officials, those ages are vulnerable to the said disease.

Half of the students' number from grade 7 at QSHS, received the free vaccines. The other half was not be able to accept the vaccination because of some allergies or their parents didn't allowed them.

Measles is defined as a disease that causes a fever and red spots on the skin. It is infested with tapeworms.

To avoid this disease, a health official, subscribe to receive the Measles Rubella vaccine at least once in a lifetime, to have stronger immune system and serum, it is a part of blood that is like water and contains substances (called antibodies) that fight disease.

## REVOLUTIONIZED PARADOX

### Safe and Sound

Francis Augustine Z. Vendiola

Two years has passed by after one traumatic night inside the Quezon Science High School Dormitory, when two armed men entered and robbed the students leaving all of them frightened and questioning the level of security of the said dorm. Two years has passed by, and it is very noticeable how the security level of the school bloomed and helped every student inside feel safe.

It was the year 2013 when some men entered the dormitory and robbed students staying there. Phone, laptops, money, and even their feeling of safeness were stolen from them and according to Shane Garcia, Grade 10 student who experienced the horrible incident; it left her wide awake for days and feeling uneasy with her surroundings. The school administration never wants that to happen again, thus, making them improve the overall security of the school.

To take action to the problem, the administration placed CCTV around QSHS and also placed some inside the building. This was to make sure that everyone is safe and to keep in track with what is happening inside the school. This helped the students and teachers in a lot of aspects, and 9 out of 10 students voted that the CCTV in the school makes them feel safer which only shows how it also affects the mental thinking of the ones inside.

Books were meant for reading, to expand the knowledge that we have about this country, about this world. However, we would not gain more of that knowledge if the books that we were supposed to use is "stocked" in the library.

The fact that the books of Quesayanos are insufficient, particularly the Grades 7, 8 and 11 that have very few books, the library does not encourage the students to borrow the hundreds of textbooks that are stored in the school library. However, when they let the students borrow, the students need to give back the books in a short period of time. "Bilang mag-aaral, karapatang ko ang mag-aaral, magbasa at maglibang. Ang pagkakait ng libro ay parang pagkakait na rin ng karapatang ko," said Basti Ayala, a G7 student who wants to have books from the library. He said that having books would help him greatly in his studies.

Not only having books is the right of students, but books will aid them during classes especially if the student did not accurately understand the lesson that the teacher just taught to his class. If the pupil is not fond of writing notes, then he would not be able to cope up with lessons easily. Which is why, Quesayanos should be allowed to use the books for their studies, and to help them in learning.

If the students have their own books, it would help them especially during the time of examinations. If they would have their own books, they would learn more progressively.

Another thing that we are wasting besides the books, is the budget of our school, if we will spend that much on books, then we might as well use it instead of having it stocked on

## Online POLL

The new Student Government of Quezon Science High School is now asserting for the departmentalization of the Government.



**KEY'A-RA!**  
@myKiaraYssabel

What department do you think is quite invisible to the school?

DOST

25%

DAR

8%

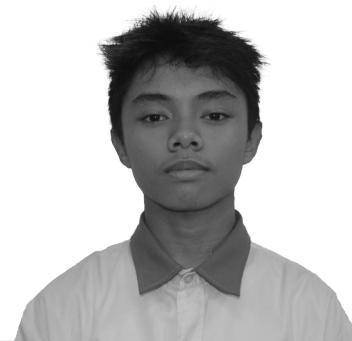
DOJ and DOH

33%

DOCA

33%

The findings of the online poll showed that 25% of the total students answered DOST, 8% answered DAR, 33% answered DOJ and DOH while the remaining 33% answered DOCA. Based on the findings of the poll, it can be concluded that the student body of Quezon Science High School (QSHS)



## EJK: Is it worth it?

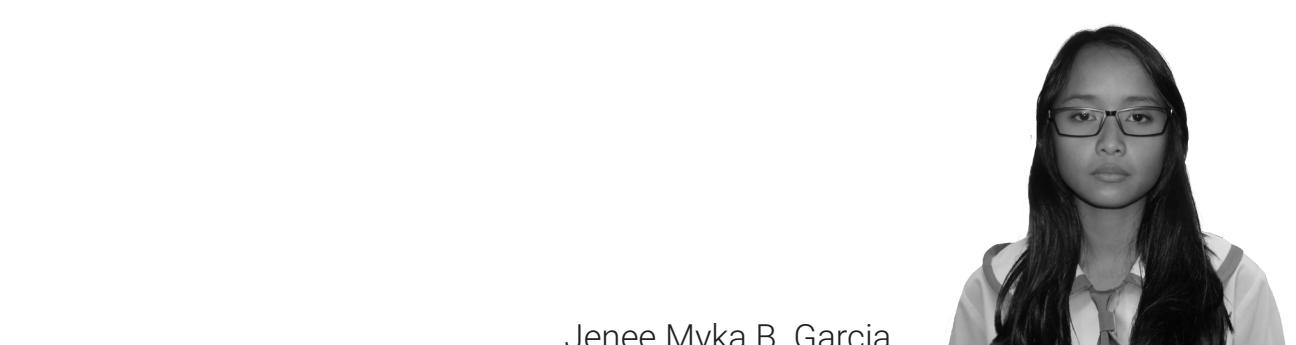
**EDITORIAL** DUTERTE's presidency saw many changes in both inside and outside of the government. One of those promises is curbing drugs already littered around the country, with the term "War on Drugs". While it sees some benefits, one side effect that is highly debated is extra-judicial killings which, in fact, is preposterous.

Extra-judicial killings is the result of Duterte's campaign against drugs. They are usually killings that involves unknown people, usually called as vigilantes, that kills suspected drug suspects in the name of curbing drugs. Even some people associate that term on some legitimate police operations that have killed persons because those killings are unnecessary. Regardless of their opinions, they agree that EJK is killing persons they perceive as bad.

On first glance, it may seem that extra-judicial killings is good. After all, they eliminate the "evil guys" who destroys others' lives due to their crimes. Some have argued that without criminals, there will be peace and order across the country. Additionally, kids will not see bad persons that might influence them to do bad things in the first place.

However, this benefits outweighs many, many disadvantages and alternatives. First, the definition of the word "extra-judicial killings". It simply means "killings outside of the scope of law". That means they are killed without proper judicial remedies. What if the persons involved have the same names as the true suspect or they resemble the suspects? What if the bullet is accidentally fired instead to an innocent person? What if the eyewitness is wrong about that person? There are many, many possibilities of killing the wrong person. At least if in jail they can be released later if found wrong. Now, what if that person is killed and subsequently found not guilty? Now, who will revive him? Certainly, the courts neither the killers could revive that poor person.

Second, most of them commit crimes not because of pure motive but a desperate attempt to survive. There are many, many poor persons here in this country and some resort to crimes because usually they aren't able to start a business or get a job. If they have committed crimes due to these problems, would it be nice instead to solve the underlying problem?



## LOGICAL NOTION Out of Air

FOR five years, QSHS students suffered from poor ventilation in their respective rooms. This is said to affect the way they study and is a distraction whenever they are having their lessons. This needs to be given attention and solution to provide a better place for study for Quezon province's scholars.

Having good ventilation will not only affect the student's health. This will also affect the teacher's health and also the security and utility persons' health.

"Papasok ka ng fresh na fresh, labas kang malagkit at mamantika. Hindi man sa pag-iinarte pero hindi ka talaga nakakapag-focus sa pag-aaral kung paypay ka ng paypay, di na kaaya-aya ang amoy ng paligid at may nangangatag na insekto pa," said Laleyne Martinez, a G11 student. With that statement, it only shows how worse the ventilation of our school has already gotten.

Another thing that would be a problem with our ventilation is when visitors come to check the school, they would think that the atmosphere of our school is kind of

TECHNOLOGY is the development that made the life of all to become as easy as it could be in their house, work and in school. Quezon Science High School (QSHS) Computer Laboratory is one of some facilities that provide the students an efficient means of education. Nevertheless, when the rain starts to pour, the area becomes a room-size puddle. This needs the immediate action of the administration to lessen the hazards that it might bring.

A computer laboratory is to an equal to an electric control room full of wires and, well, electricity. Imagine that the danger electricity and even more if it comes into contact with water. The wires and electrical sockets are actually soaked with water. The point is that it can bring students, teachers and other staffs to a great risk, making the computer room as ineffective as it can become. If not given any action, it would become a roomful of perilous chunks of metal. Metal that can have sharp and rusty that can be lethal to anyone if wounded. Water, metal and electricity are the combination that implies a life and death situation.

A damp floor becomes weak and frail which means another source of endangerment to all users. A feebly floor of a room on the second level of a building is not a terrific kind of thing to imagine. This is another fact to consider that makes the computer laboratory an unsafe facility for any student. Even if the floor has been mopped up, then water is actually under the rubber sheet covering the actual cement-floor. To completely dry the floor, the administration has to

dryrely not like other public schools.

"Hindi naman ako maarte pero minsan kailangan mo na talaga magdala ng pamalit sa sobrang init. Dapat tama lang ang ventilation at merong sapat na electric fan," confirmed Romul Edano III the son of Romulo Edano Jr., Provincial Administrator of Quezon. He said that since he has asthma, it would be a great distraction for him when studying.

Alot of students in our campus has some health problems such as asthma and sometimes even flu because of climate change, and bad ventilation would be another conflict with their health problem.

According to a certain website, many heat related diseases would affect a lot of students. Such as, heat syncope(fainting) and heat stroke. Those health issues can affect students with their studies because if they get admitted to the hospital, then they would not be able to attend classes and that would also affect the student's financial status.

The fact that the electric fans that the school provide is insufficient, that means, it is not really necessary to make



## SCIENCE NON-FICTION Advancement leaks

Aldrin E. Porcalla, Jr.

transfer all the electronics and remove the rubber sheets. This would take a large amount of time if not executed as early as possible.

The puddles on the computer laboratory, which is on the second floor of QSHS, leaks to the room below which, too, is a computer room that is yet to be open for the students. For the fact that the computer laboratory on the first floor is full with new computer sets, it can damage all the new systems even before the students can even use them. All the new computers and other electronics would become a waste time and money.

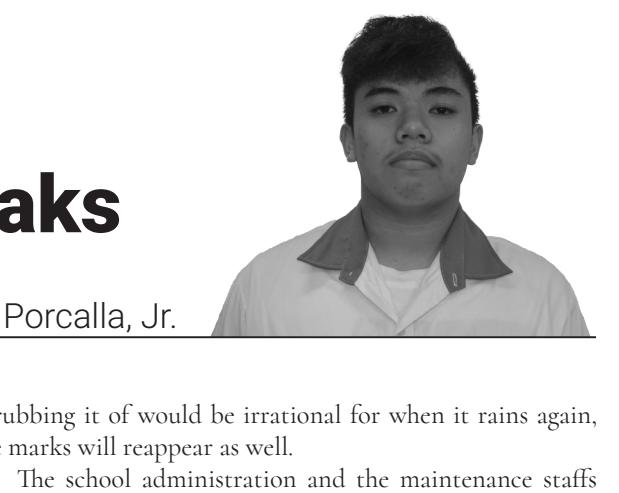
Another thing to ponder about is the marks of the flow of the leakage that is evident on the walls. The traces are unpleasant to the eye and that it makes the surface look filthy. Guests often visit the school and it would be shameful for QSHS to present themselves with an indecent school.

the library, computer lab or the speech lab air-conditioned and well-lighted. Instead, we should focus on the proper ventilation on the classrooms wherein the students spend more time in.

Having proper ventilation would affect the school's fund. However, more money would be wasted if they would have health issues because of medicine and other treatments just for the reason that there are no electric fans for the comfort of Quesayanos.

Health of the students is the main priority of the school in terms of food. Nevertheless, we should not just only focus on nutrition, we should also focus on the health of students that is focused in the problems because of heat.

The school fund should not be wasted on other irrelevant things. We should just spend it on proper ventilation of the classrooms for a better and more progressive learning of Quesayanos.



Scrubbing it off would be irrational for when it rains again, the marks will reappear as well.

The school administration and the maintenance staffs are mopping the computer laboratory in a daily basis. However, that would not suffice. It is impractical to exert all the time and effort in a solution that would not do anything to actually solve the problem held. They should repair all the leakage on the roof, dry the puddles under the rubber sheets and ensure that the computers and electrical wires and sockets are still safe to use.

The safety of the students are the prime concern in this situation. As said, they need the computers for a more efficient learning system. The school administration must create a secure environment not only for the students, but for the teachers and staffs as well. Providing this would lead to the advancement of the school.



## GALLANT VERDICT Rubbish

Ancelmo Miguel M. Cataalla

WITH the increasing number of drug users and addicts being caught, the government is now planning to implement drug testing in schools. Knowing that this would cost a huge amount of money, which they could actually use for things the students could actually benefit, it would only put the budget into a waste and into worthless things, in a simpler word: rubbish.

The said plan would include students starting from the 4th Grade, teachers and employees. Although this would be a great project, this would waste our government's budget. Instead of using the fund for drug testings on students, why not just use this for the betterment of the students' facilities?

According to a public servant in Quezon, Raquel Mendoza, random drug testings would cost approximately P 300/person. With millions of students in our country to test, this would rise up to millions of pesos. We could use that money for books, classrooms, hire teachers and for the development of the school.

Education Secretary Leonor Briones still agrees to the said project despite the allotted fund for the development of our classrooms and for school supplies is already insufficient. Even more after the cut of PhP 2 billion subsidy from the Philippine Amusement and Gaming Corporation that could

have lessen burden to the education budget. Therefore, it would just be a wasted opportunity if we continue to implement the project.

**Some drug testings tend to be false as well,** so this would waste time and effort of the students and the testers. And there would be no assurance if the students use drugs, that we could use to drug-test employees in private companies and in the government. Invasion of privacy may also be a right to claim of students if they do not want to be tested. All of these only shows how the drug testing is irrelevant and could only cause problems.

Having Drug testing on children who seem to even have no idea about drugs is ridiculous. For the fact that it will make them more curious on what drugs are, it might raise their urge to know what it really is. This means they are more vulnerable to be influences that can lead them to try to use such drugs.

If we the Department of Education(DepEd) continues to implement this, our country would waste a lot of money on just the war on drugs instead of putting their effort into more projects like infrastructure development, health and education.

## AUTO BALANCE Undecided purpose

Katrina Rose R. Loreto

QUEZON Science High School (QSHS) consists of three buildings. The main building and dormitory that consist of three floors and the newly-added senior high school (SHS) building that consists of two floors. All these floors are utilized efficiently except for the main's third floor which encompasses a vast space. Thus, rendering the third floor useless.

For the past 6 years, the third floor had been used as the dormitory. That was until August 2014 of which Glenda came, striking down the roof of the main building. The administration had the roof renovated. After it was fixed, the areas were used as rooms. Recently, the administration have decided to relocate the third floor students to the unoccupied rooms of the SHS building. The third floor is told to be closed and is only used in needed times such as organization meetings and preparation rooms.

The students who were relocated were from the sections of Polaris and Sirius of Grade 9 and Altair of Grade 8 who have no idea why they were transferred. A parent of a student was said to have filed a complaint about the ventilation of the area leaving the administration for an action. The badly-made resolution - which was not really an act of solving a problem - was to transfer the students to the SHS building that at the time, had no electricity. Only after a few months did the SHS building gain electrical current. The students had to endure going back and forth from the SHS building to the main building for their reports and presentations. Moreover, there is an alternative to the problem such as having a parent-teacher association (PTA) meeting about increasing the number of electric fans instead of imposing three sections to move all their homeroom properties to a distant building, not to mention starting from the third floor.

After recognizing the hearsay evidence, consulting the students from the third floor, they are not on the same page. Majority of the students have been coping with the ventilation problem. A grade 10 student, Beaver Dayo, formerly rooming at the Sirius homeroom said,

"It was still hot when you moved that's why you didn't know how aligid it was."

As the administration for education repels even the thought of gambling in the mind of the students, they have now decided to return all gaming money that has been given to the departments of which involves education. This verdict, as we really consider the essentiality of the topic, is absurd.

Education Secretary Leonor Briones declines billions in gambling money as allocation for public education. The remainder of what the Philippine Amusement and Gaming Corporation (PAGCOR) has given to the Department of Public Works and Highways (DPWH) was to be returned as well as how Briones has ordered.

Budget is called as is for a reason. Slashing money from a budget is just irrational. The subsidy amounting to P2 billion that PAGCOR gives to the Department of Education (DepEd) annually is meant to be used for school buildings. Even with this given allowance, the government still cannot fulfill the sufficient number of classrooms in the country. There was an over 6500 classrooms shortage last year that forced the students and teachers to their teachings in covered courts and even just under a tree. That means a rainy day is a no-classes day. The length of education would be minimized as well as the knowledge that the students would acquire. This would definitely lower the quality of education in the country.

Cutting off from the respective allocation would mean minimizing the expenses. When this happens, budget for

## SCIENTIFIC BALANCE Slashing Ideals

Jenee Myka B. Garcia

maintenance of older buildings would be greatly affected. This would mean more inoperative equipment, more hazards to watch out for and more "out-of-order" signs in the bathroom. If the government will cut off these productive instruments of learning, the students would not be able to do their part, which is learning, effectively. Not having new school buildings has its impact, what more if even the ones existing are also inefficient.

Andrea Domingo, Chairperson of PAGCOR, notified the committee that they turned over more than P12 billion to DepEd between 2010 and 2015. This amount of allowance still did not suffice the education needs. Storm stricken schools lost much of their buildings and facilities years ago and still cannot recover from the aftermath. Children simply cannot learn in harsh environments even more with limited learning

equipment. Whether we admit it or not, that will always be the end result.

Our new administration is to put the DepEd's share to the maintenance of health facilities and funding for "family planning supplies" after cutting their budget as well. It's simply ridiculous to cut budgets on departments that need the money. Money is money. Whether it's gambling money or not, the people needs it for their future.

"Kabataan pag-asa ng bayan." We enliven this fact for ages and still believes that this is true, that the children are our future. Do not limit the resources of our new generation. Less knowledge equates to lesser hope for them and for us as well. It would be a dishonor if we are the ones who belittle the hopes of those we call "our hope."



Ancelmo Miguel M. Cataalla

## DECIPHERING ILLUSIONS Live on the Legacy

THE Iron Lady of Asia, Senator Miriam Defensor-Santiago contributed a lot to our country; she passed many bills and laws that made our country better. Unfortunately, Miriam Santiago passed away after suffering from lung cancer last September 29, 2016. Although she has left our country and her family, all that she had done must not be put into waste.

We lost a giant in the fight against corruption. Nevertheless, we should not stop and continue on what she is fighting for. We should not stop until we win the war versus corruption. The war she started, the war we are going to win.

She was the first Filipina and the first Asian from a third-world country to become a judge of the International Criminal Court. Sen. Miriam fought for what was right. She fought for what was moral and she fought for what was good for the Filipino people. She was honest. Therefore, we should not end the habit to fight for what is right. Instead we should not tolerate the things that would make the Philippines go downhill.

Sen. Miriam made the country better, some of her supporters even say that she was the best president we never had. She put corrupt politicians into jail, she filed resolutions that were very essential to the country. She passed bills that changed the life of every Filipino.

Even though she was ailing, as a senator, Sen. Santiago had the most bills and resolutions filed, 1,007 to be exact. That number costed a lot of time, money and effort. Let us not squander what she did for the country and for the Filipinos. Instead let us continue to work on what she has started and make her a legend in Philippine politics. The fact that the senator filed more than a thousand bills and resolutions, it only shows that she wants to prove something. She wants to prove that this country full of the mediocrity of the government could still change. This country could still change for the better.

Aside from being a very promising senator, she was also an inspiring author. She published numerous books, some of

it are "Stupid is Forever" and "Stupid is forevermore" which was loved by a lot especially by the youth. This only shows how Miriam Santiago is one of the most influential Filipina.

"Ignorance can be cured, stupid is forever."

- Sen. Miriam Defensor-Santiago

We should stop being ignorant to the things that she did for us. However, if you can't stop your ignorance, then stupidity is already taking over you. Wasting what she has done for the Philippines will not help us win the war against corruption, the war against drugs, the war against mediocrity. Instead, it would downgrade the country as a fourth-world country and fail to reach the expectations of the Iron Lady of Asia. Let us live on the legacy, the legacy of the lady that had brains, beauty, and balls.

## FOCAL CONCLUSION Restraints

Raphael Luigi E. Gaza

FROM KPUP to a new form. The Department of Education (DepEd) released a minty, substitutive basis of grades and awards for both private and public sectors in education. The new grading system affirms that co-curricular points would not be included in the average grade of the student. This method is basically impractical because it concentrates only on the academic side of learning and degrades the quality of education for it limits the holistic development of the student.

DepEd Order 36 proclaims the new policy guidelines on awards and recognitions for K to 12 basic education program. The order is to exclude any extra co-curricular points to the general grade of which the student shall receive. This system generates the inability of those students who excel in the field to boost themselves from a low grade in their academics. The true intelligence of a schoolchild is not to be based only in the mental aspects for that would be a weak foundation in the real world.

Knowledge about something would not suffice if you cannot actually use it. Intelligence is only one of the factors that an individual will need to understand what life really is. Through the co-curricular activities, students can assess themselves whether or not they can or need to improve. Exposure can be a key tool to utilize not only their intellectual abilities but their holistic enhancement as well. Via experiences, their yardstick of themselves would be a lot

easier which makes their development trouble-free at the same time.

The said guidelines are rather based on a narrow point of view. As we come across people who are implicated to the D.O., most said that it is quite unfair to base the grades on just simply the academics. Well, it simply is. Not all ranges to the standards of our academics but all advances in extra co-curricular activities. We should not only focus on what others want, we should consider what most needs.

Slashing out events would mean a whole lot for more time inside the classroom. Yes, it would let the students focus on their learning but the truth is, it would not be even-handed to their too. Cutting off such activities would lessen the capability of each to express his or her outlooks. Spending more time inside their classrooms would make them bear the feeling of being trapped and be forced to just study—instead of making them focused, it will suffocate them.

Co-curricular activities are the way of many to not only boost their grades but to let others show their talents and nourish it to its full potential. Stashing away this kind of events would not be the key to one's ambitions but rather be a dream killer. Let us not cut off the way of a student can achieve his aspirations. Do not encage our future, do not chain them from their youth.

## Letters to the Editor

**Dear Editor,** with the third floor of the main building now vacant, what can the school do to utilize the vacant floor? Will organizations have their own rooms now?

- Anonymous

**Dear Anonymous,** The school administration actually has a plan for the vacant space on the third floor. The said space will become a fully air-conditioned Audio-Visual room open for all students to use. If executed, the planned room will become one of the facilities that only Quezon Science High School has. - Editor

**Dear Editor,** Quezon Science High School is the name of our school and should mainly focus in the branches of Science and Technology. In relation to that, why is it that the Science Laboratory functions as a classroom and is limited in laboratory equipment for utilization in such experiments?

- Margaux Maria Yzabelle G. Riola

**Dear Margaux,** Our school is it's just on it six years, it is still young and still underdeveloped. Since the student population increase every year and we are still limited in classrooms, the school administration was compelled to use the chemical laboratory as a classroom to accommodate all the students encompassed. - Editor

**Dear Editor,** why is the juice not everyday? Why is it only once or twice a month?

- Anonymous

**Dear Anonymous,** As the daily meal for the students is monitored by the school nurse, having juice in a daily basis is an off-limits. It is because everyday consumption of juice means a high amount of sugar intake and in some cases, it can cause Urinary Tract Infection. The students' health is a prime priority of the school administration. - Editor

## VIRTUAL REALITY Padlocked

Kiara Yssabel Oblea

THE Garden of Knowledge has been closed for a while since its inauguration on July 19 last year. It was built supposedly for leisure, studying, and for other co-curricular activities. The garden was envisioned for a good purpose and a lot of productive activities. However, that rarely happens because the only thing that welcomes you to the garden is its locked gates even though it should be open.

A library is used for reading books, and a classroom is used for having lectures, but the Garden of Knowledge's use remains unknown and questioned by a lot of students especially by the curious freshmen that knows so little about the school.

The garden was said to cost about 1.7 million, yet aren't they wasting their money if the garden remains to be closed? The money that our government allotted for the garden will only be utilized if they start to open it to all of the students, then they would be eager to study because of the garden's fine atmosphere.

Students want to use the garden for a lot of things, such as using it for presentations, practices or for the meetings of clubs and organizations, but then, students suffer to do their important matters in the muddy ground and in coarse cement.

The Garden of Knowledge was supposed to be a great facility for the school, nevertheless, we wouldn't be able to call it great because only a few people have entered the said place.

Opening the garden would not motivate students to make excuses to not join in activities just because of the fair place for the case of dormers or if it is an awful venue. Instead, they would be motivated to join such events because they know that the place that they would practice or do a certain project in would be more comfortable in the garden of knowledge.

Some say that the facility is closed to prevent such destruction so it is only open during maintenance and weeding, but maintenance is not relevant if nobody even uses it. So the students of Quesay won't get the essence of having the garden of knowledge if we don't even get knowledge by using it.

Let us not waste the resources and the effort of the workers that we already put in the garden. Let us utilize the garden for important things and not for nonsense. We need to make action and reach expectations in order to fix this issue.



## HEARTLESS EDICT

Aldrin E. Porcalla, Jr.

As new fashion trends and clothing lines arise in the country, the cases of sexual abuse to women increase correspondingly. The way females dress as of this day is quite revealing as they used to be whereas students now clothe themselves inappropriately. This factor is, in fact, one of the main reasons for sexual abuse towards women.

Women of this generation tend to wear so little and foster to the fact that it is normal. This is why most of them dress the same way, wearing little to mere nothing. This is the fact that triggers the incidents where the opposite gender, or the boys, becomes intimate and sensual that they cannot deviate how to manipulate this feeling and act as to release the said sensuality without rationalizing before doing. This is the root of sexual abuse towards the feminine population; the irrepressible impulse of sexual intimacy.

10% clothes and all skin. It is difficult to actually understand how women think of fashion. Today's trends would be: the lesser skin you cover; the more fashionable you are. As of this generation, showing of the flesh is a modern style. However, this style creates an uncontrollable urge to do erotic attempts by men. Men are men and will definitely be attracted to girls and can sometimes bear the 'itch.' These itches are natural to humans and are innately encoded to the moral attributes of individuals and it is not the fault off men who unconsciously act to their instincts. The body is a sacred embodiment of the Divine. It is a disgrace to use it as a tool of fabrication only to satisfy human interest specifically fashion.

In line with the country's administration, particularly President Rodrigo Duterte's, resolution of a 'no-school-uniform policy,' girls started to wear short skirts and off-the-shoulder crop-tops inside schools. This became a culture to them that as the days past, the shorter their clothes become. This inappropriate dress ups lead to misbehaviour of those who can grasp to such character. Instead of looking as ethical students, they tend to appear like young prostitutes.

Such matter occurs in the Quezon Science High School Dormitory wherein girls who tend to wear short clothing, too-fit clothes and thin garments are, if not verbally, mentally abused by unripe minds. It is to be arranged that a

dress code is to be followed in which a set of appropriate sleeping wear to be asserted by the school administration. This would lessen the count of abuse in the dorm. Given this solution, all would benefit for as the girls dress themselves up, the boys would not have any inducements to tempt act irrationally.

Most of the girls say that it is fashion; that there is nothing wrong with how they clothe themselves. It is true that it is fashion, but an inappropriate one. Dress codes are implemented for reasons. It is for the security and identification of the person who is wearing the said garment wherein a student would appear as one and not a girl from a nightclub. Security, meaning avoidance to conflicts such as sexual abuse.

People's impressions are first based on the what you wear because it is what they see first, it's part of the human's instinct that cannot be manipulated. Okay, fashion is actually fashion. Nevertheless, one must consider the consequences of what he or she wears will bring. ↗

QUI VIVE  
Hands on Trickles

Francis Augustine Z. Vendiola

WATER, in itself, is an indispensable resource used in most human activities. Shocking as it may be, dormers of Quezon Science High School (QSHS) are being depleted of that resource. This is a concern that should not be solely shouldered by the school administration, but by the dormers themselves as well.

As of late, there has been a decrease of water supply in the Quezon Science High School dormitory. The poor water supply in the said building has been going on for nigh on four months, affecting facilities such as the girl's and boy's bathrooms.

Globally, schools experience declines and inconsistencies in water supply, from which hygienic activities such as bathing, brushing of teeth and excreta disposal are forcibly limited. Quesayano dormers responded to this dilemma by bringing their own pails and bathing early, just to ensure that they have water to accommodate their needs, but not enough to satisfy.

Activities such as bathing, brushing of teeth, and excreta disposal demand the use of water. With the limited water supply, these activities are limited as well, resulting to a violation of proper hygiene. Violations of this type often lead to health conditions such as halitosis, body odor, and bacterial infections. Also, maintaining the bathroom equipment clean - most especially the toilets - is a challenge. According to a Grade 9 QSHS student, the water does not reach the faucets and toilets anymore; they have to manually flush down their wastes, and not really all of it goes down. The bathrooms in the dormitory currently resemble the typical latrines of a public high school: smelly and dirty. These conditions pose a huge risk to the health of the dormers, as these conditions

can attract disease-carrying vectors, such as flies.

The dormers should exercise more effort in maintaining sanitation, now that there is a decrease in water supply. Reliance on the utility workers and matrons should be discouraged. The utility workers and matrons aid in the upkeep of facilities, but that doesn't mean the dormers should be lax. They should help in the cleaning the bathrooms, as they are the ones who will benefit from this endeavor. On the topic of hygiene, dormers should avoid activities that involve contact with filthy and unclean objects, so as to lessen bathing time. It is noteworthy that most dormers wake up early to fill up their pails with water and bathe in the wee hours. A smart move, considering the hassle of rising up late and filling up pails when there are lots of competition.

However, a response from the school administration is still needed. Though the students should adjust, it is still the responsibility of the administration to ensure that the facilities of QSHS are in optimum condition. The water supply should be monitored and checked regularly. If faulty plumbing is the cause of the problem, then the school should employ workers whose expertise fits the field; and if by chance, the cause is low quality materials, they should utilize materials that are durable and appropriate for the repair.

The QSHS dormitory houses more than a hundred scholars from far-flung towns in Quezon province. The administration should act efficiently with a sure hand, alongside the student dormers who should be flexible when such unanticipated happenings occur. Problems involving water supply should be straightened immediately, as water is essential in a Quesayano's scholarly life. ↗

THE *VELOCITY*

The official publication of  
Quezon Science High School

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INTEGRATED BEHAVIOR  
Discreet Magnifique

A school publication is a well-thought-out system to distribute all the information that the student body wants and needs to comprehend. It has to tell the truth with no inapt verdicts that is unjust to a topic. The Velocity, the Quezon Science High School's campus paper, executed its purpose fairly.

Founded from the year the school was established, 2011, The Velocity became an essential portion of what the school really is. And for over six years of delivering vital broadcast and updates, as well as to garner recognitions is

School Press Conferences and other journalism-based events, it created a legacy. Even for a young publication organization, The Velocity became one of the elite school papers in the province. It is apparent that one can commend such publication.

"Moving the truth forward," this is the organization's tagline. A no-sided, non-biased conveyance of information is what the campus paper aims to be about. Alongside the Freedom of Expression and Freedom of Information, they have revealed bold news that no individual can easily obtain. Writing stands about a particular happening, like political controversies and financial transparency, is one of the forces

of the association. Even with the consequences that can be brought forth, The Velocity still writes always about what is really occurring.

Reaping a number of almost 2 journalists out of 5 Quesayanos, it can be said that The Velocity is an organization to be joined and with this feat, can become one of the top school publications. Having the appropriate perspective and factual points, it is praised not only by the reader's and other school papers, but as well as professionals from respected

publications and newscasts. They have raised awareness to all recipients of the publication about the truth and reveal everything one should now.

The Velocity is trained not only by its school paper advisers, Ms. Nepheline Perez and Ms. Rio Reyes, but also by expert writers. One of them is Earl Victor Rosero, a dedicated freelance writer. He has produced some of the outstanding works that tackles the truly provocative topics a writer can pen about. They mentored the writer of the publication to write objectively and with no aspect to be

## MINDLESS DIRECTIVE

Kiara Yssabel Oblea



the opposite sex who abuses women mentally or thinks of women as objects, respect is the first thing that they should learn in order to reduce the increasing number of sexual abuse to women.

They say dress code is for security, that is a fact, but fashion is representing the confidence of an individual. They dress themselves up as they respect themselves for who they are. Dress codes are forcing them to be a norm, which can be dull and boring slashing them off freedom to express themselves. The way women dress develops their perspective of who they are and letting their true selves resurface. It is not their fault on how people react because to themselves, they are who they are and that is the only thing that matters.

Women dress up for the comfort, fashion, and confidence and there is nothing wrong with it. It is not the clothes that speak for women to say yes or no to have a sexual activity on someone else. They do not dress up for sexual abuse and this is where men are coming from, this is what they are looking for - an excuse for violence. ↗

## I'm just saying...

## | Commentaries |

Confident. Beautiful. Ew. Awesome. Cool. Hot. Sexy. Bad. Amazing. Magnificent. Yuck. Glamorous. Meticulous. Phenomenal. Too much. Inensitive. Heaven-sent. United. Breaking. Scary. Fandoms. Pathetic. Passionate. Losers. Mind-blowing. Catchy. Boring. Awful. Nice. Wow. Fabulous. Colorful. Too bright. Shimmering. Overwhelming. Grand. Vicious. Lethargic. Remarkable. Terrible. Humble. Splendid. Dreadful. Okay. Shocking. Spectacular. Groovy. Appalling. Superb. Outstanding. Gruesome. Fandoms. Pathetic. Excellent. bright. Shimmering. Overwhelming. Splendid. Foxy. Vicious. Lethargic. Remarkable. Arrogant. Fearsome. Humble. Splendid. Arrogant. Fearsome. Chic. Trashy. Elegant. Tasteless. Worthless. Tacky. Marvelous. Awesome. Unpleasant. Sexy. Nah. Groovy. Appalling. Superb. Fantastic. Great. Horrendous. Excellent. Passionate. Losers. Sickening.

Social media is now a part of the daily attributes of a millennial. They are given the acknowledgement to be free with their words online. How do we, millennials, act upon the given freedom in social media?

## Ella Jane Mira, 8 - Altair said:

Well, social media is the most obliging way to express what we truly feel. But to be honest, we become obsessed to the fact of being free to express that we cannot focus to other things than it. We tend to create irrational issues for no reason at all and be consumed that we do not realize the impact of what we say online to others.

Lanz Alecz Salamante,  
9 - Sirius said:

The fact that we are still young, we must first understand everything that would be in sake when we post something online. Some people act inappropriately that they seem to be uncivilized. They produce judgement even before they let the thought sink into them, post it then regret doing so.

## Christine Jem Dogta,

11 - Andromeda said: Social media, if we use correspondingly in the system of education, is actually very helpful. However, that is not the case. We millennials tend to use it irresponsibly that we come further to what the real use of the media is

## John Lester Edal,

10 - Antares said: We are the millennials. We are given the privilege of having freedom to express ourselves. We are abusive that we overdo the privilege given to us and mishandle our ways of using it. We are condemned with our power and hurt others verbally putting them in humiliation in public. We must think before what we click



Aldrin E. Porcalla, Jr.

**"Journalism is an art"**

every individual involved.

Bringing the truth above all, that is what The Velocity aims to maintain. Over six years, this is what we have brought unto, and anticipate to bring in the future years to come. As of today, we will sustain the trait of being factual and honest the skills of each generation of writers to not let loose of what we have claimed to be. It is to be expected that these traits of such organization would be upheld. ↗

# TEMPORAL FATALITY

TIME IS ALWAYS PROGRESSIVE - AN ARROW that only travels through its intended trajectory. The question is: what makes up this arrow? Where is the arrow going? Where did it come from?

Time became a philosophical question - from Newton's thought of time being absolute and the same in every point in space, and to Einstein's thought of time varying in every point. Einstein's Theory of Relativity isn't the end to our journey of finding out what time really is. And guess what would be the next line: it is only the beginning.

So many people thought of creating innovations and then claiming it as the only beginning. But when is the end? Why do people live like death is not yet going to face them tomorrow? Are we just afraid of facing the question?

We now know that the universe began in the point called the Big Bang. To clarify, we can't say the Big Bang didn't happen because it's just a theory. But the word "theory" in the scientific realm needs a clarification. Theory, in Science, is something that is proven so many times already and is supported by other discoveries. Stephen Hawking and Roger Penrose thought of the Big Bang as a point in time when the universe is still compressed into an infinitesimally small point called the "Singularity". This means that the entire universe can be compressed into a point smaller than a bit of dust.

The reason why this is called a "Theory" is because it is proven by other discoveries. For example, Edwin

{Pocholo L. Pantaja}

Hubble found out that as time passes by, distant galaxies move far away from each other. This led to the hypothesis that the universe is expanding. And therefore, back then it must be smaller than the way it was in the present.

But fate is the next great question to all of these. What if the universe continues to expand? What if the expansion stopped? These questions lead to the same answer: the universe will still end, no matter how much we think of the expansion thing.

But just like the universe, we are all destined towards death. The Gompertz Equation, which is the equation you will see in "The Amazing Spiderman" is actually a mathematical equation for cell decay. We are all living organisms with cells dividing over and over. This cell division process is what keeps us alive. However, the continuity of cell division brings us closer to aging and weakness. And the older we get, the larger the chances our cells will encounter a fatal error.

Perhaps, we don't evade the question of when are we going to die or how. Maybe it is because the question is just pointless. We're all going to die, let's face the truth. We're all fated to embrace death. But as the mathematician Kurt Gödel thought in his "Incompleteness Theorem": there are truths in the world outside the system that we can never conceive. In other words, there are things we wouldn't know as humans.

Life, and like death: the only thing we can do is embrace them. ↪

## Society's New Best Friends

ON A PIPING HOT DAY, YOU DON'T SEE people WITH towels, handkerchieves, and abanikos - you see them with mini fans.

These small, easy-to-carry fans are the latest trend. Almost everywhere in the campus, these fans are spotted. On classrooms, corridors, and classrooms grasped by students and teachers. People are going crazy on the refreshing feeling it gives, especially when our skin is like a waterfall and sweat just doesn't stop running down.

It looks just like the electric fan that we already know, but is a lot tinier. There is a huge variety to choose from. You can pick a simple fan, the one that connects to mobile phones, or the larger ones that come with flashlights.

But just like any other trends and innovations, some people still have unfavorable experiences while using these products.

"My hair got stuck on the fan and it hurts to untangle it," a portable fan user said.

Another user said that the USB connector, or the metal part of the charger, got stuck in the USB port, and she couldn't get it out.

Businesses would try to imitate power banks, and sell them for a lower price than the original products. These may overheat when you're charging it, that can be dangerous. Some just don't increase the battery percentage of the device being charged from the bank.

"Portable" is the most practical a device can be. But it doesn't end on these fans and power bank. We still have a long way to go in making these hand-carried, light-weight products. ↪

{Christine Jade M. Sanchez}

mobile phone. Or the one with 10000 mAh battery that can fully charge four mobile phones and a tablet.

Milliampere hour is commonly used to describe the energy charge that a battery can store and how long a device will run before it needs recharging.

There are also power banks that look like phone cases. It will be easier for the cellphone user since they don't have to hold the cellphone and the power bank separately.

These come very useful when travelling or when there is no electricity. You can immediately charge your gadgets and other devices while on the road, or when you can't charge from the sockets.

But just like any other trends and innovations, some people still have unfavorable experiences while using these products.

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"Portable" is the most practical a device can be. But it doesn't end on these fans and power bank. We still have a long way to go in making these hand-carried, light-weight products. ↪

## Hug Now, Die Later

"ACCESS TO NATURE CAN SIGNIFICANTLY CONTRIBUTE TO OUR MENTAL CAPACITY AND WELL-BEING."

Rough trunk that extends their lengthy branches high up in the air, proudly showing to the world its bountiful, green leaves. We might not see it, but it's grasping the soil beneath us so hard, to support its large and heavy body.

Would you like to hug them?

According to a book written by Matthew Silverstone entitled Blinded by Science, trees have a positive effect on a human's mental health. It has a favorable impact on depression, concentration levels, stress, and some mental illnesses.

In a study, children who are exposed to nature and the green environment tend to function better and are more creative. They also showed improvements on their psychological and physiological health.

"We live in a house that is surrounded by trees and plants. Every time I breathe, I feel the best of nature. It is better, cooler, and more comfortable," Mark Henry Alcantara, a grade 8 student said in Filipino.

He also added that nature has therapeutic and aesthetic influences on people.

The study also validates that spending time near trees, or even hugging them, can help relieve headaches.

The reason behind this is that trees and plants have these "vibrational properties". These vibrations cause the blood's coagulation rates to change, which makes us feel better.

Blood coagulation is the process by which blood changes from liquid to a gel, forming a blood clot. It also refers to the time it takes for the process to happen.

If so, the Filipinos will be benefited with its great effects, for the Philippines possess vast forests and

{Christine Jade M. Sanchez}

green luscious mountains. Those trees are not there just for the wildlife's habitats or the precious products we are able to manufacture because of them. They can be our source of relaxation, joy, and comfort being exposed to them can give us a good mood, especially on this era, where people are always stressed out.

Since trees also purify air, the fresh breeze gives a rejuvenating feeling to the one who inhales it. The number of vehicles increase everyday, resulting to the roads being crowded with the people's means of transport. More vehicles, more suffocating smoke. But when there are trees, none of these things are present to irritate us.

In Quezon Science High School, students and teachers are often stressed because of the heavy workload they need to accomplish. At the end of the day, they are worn out because of the stressful classes and the tasks they'll need to finish by the next day.

But because of the eco-friendly environment where the school stands, the stress is lessened once they feel the fresh breeze and see the healthy plants. They feel less tense after going out to the large, open space where nature thrives before their eyes.

"Looking at the green environment outside the school building really makes me more calm, just like what I've heard from other people," said Eisel Kim Rule, grade 8 student.

Trees are our friends. From all the benefits and advantages we gain from them, it would not be a good response if we mercilessly and inconsiderately cut them off or burn them down. Instead, we should start caring for them, planting more of them, and of course, hugging them. ↪



CONTEMPORARY SOCIETY CONVERSES ABOUT HISTORY WITH THE NARROW-MINDED BELIEF THAT IT ONLY HAPPENED YESTERDAY, INTUITIVELY PROPHESIZES ABOUT THE FUTURE AS IF IT WILL ONLY BE TOMORROW, AND PARADOXICALLY EXISTS UNCONSCIOUSLY IN THE PRESENT. IT HAS BEEN A PART OF THE ALMOST COMATOSE HUMAN NATURE TO REGARD THE WORLD, THE SOLAR SYSTEM, THE GALAXY, AND THE UNIVERSE HUMANKIND HAS GOTTEN USED TO AS A PERMANENT PHENOMENON.

MODERN CIVILIZATIONS AROUND THE WORLD HAVE BEEN OBLIVIOUS AND APATHETIC CONCERNING THE EVENTS OCCURRING BEYOND THE PLANET, AT THE SAME TIME WITHIN IT. AS THE LIFE OF THE PLANET IS NOW GRADUALLY IN DECLINE, IT IS THE IMPERATIVE OBLIGATION OF HUMANITY TO UNDERSTAND ITS PLACE AND TIME IN THE COSMOS, AND BECOME SPACEFARING IN THE PURSUIT OF SPACE EXPLORATION FOR THE CONTINGENCY OF STAYING ALIVE.

HUMAN HISTORY DOES NOT STEM BACK FROM 120 THOUSAND YEARS AGO WHEN MAN EVOLVED INTO HOMO SAPIENS SAPIENS, NOR 4.5 BILLION YEARS AGO WHEN THE VERY FIRST CELL EMERGED. IT TRACES ALL THE WAY BACK FROM 13.78 BILLION YEARS AGO WHEN THE UNIVERSE WAS FORMED THROUGH THE BIG BANG, WHICH IS THE REAL ANSWER FOR THE COMMON QUESTION OF CHILDREN, "WHERE DO BABIES COME FROM?" PEOPLE ACT AS IF EXISTENCE PROSPERS ONLY AROUND THESE DECADES AND TIME IS UNCHANGING. IT HAS BEEN DISCOVERED BY ASTROBIOLOGICAL SCIENCES THAT PLANETS, SIMILAR TO THE LIFE OF AN INDIVIDUAL HUMAN, HAVE AGES WITH EXPIRATION DATES. AS OF THIS, IT HAS BEEN OBSERVED

THAT PLANET EARTH HAS PEAKED AND REACHED ITS MIDDLE AGE AROUND 300 MILLION YEARS AGO. FROM THIS DISCOVERY, IT IS JUST TO STATE THAT THE PLANET IS DETERIORATING. THE FATALITY OF THE FUTURE OF THE PLANET IS INEVITABLY IN DEMISE. SIMILAR TO AN OLD MAN DYING THAT STILL ENJOYS CIGARETTES, BY THE WAY PEOPLE TAKE FOR GRANTED THEIR ENVIRONMENT AND RESOURCES, THEY ARE THE CIGARETTES OF PLANET EARTH.

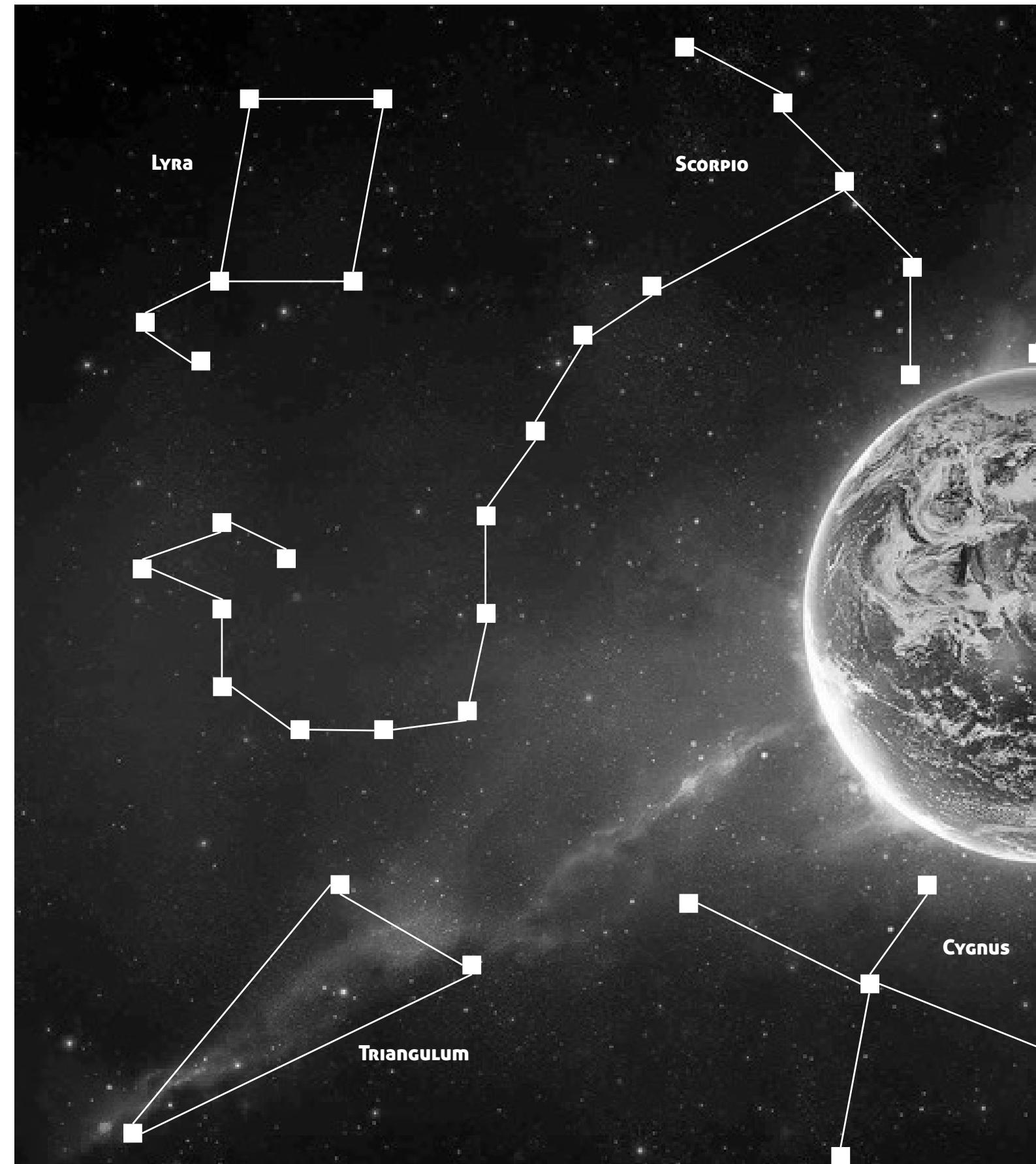
THESE ARE TIMES THAT CALL FOR THE UNCOMPROMISING INTELLIGENCE OF HUMANITY. SPACE EXPLORATION IS ONE OF THE MOST SIGNIFICANT ENDEAVORS THAT MODERN CIVILIZATION COULD PRESS ON, IN PURSUIT OF VOYAGING THROUGH NOVEL FRONTIERS, AS HUMANS MUST ENGAGE FURTHER IN THE EXPLORATION OF INTERPLANETARY AND INTERSTELLAR TRAVEL AND EXPLORATION, NOT JUST SOLELY FOR SCIENTIFIC AND TECHNOLOGICAL ADVANCEMENT, HUMAN CAPABILITY EXPANSION, NOR FROM MERE HUMAN DRIVE AND ENTHUSIASM, BUT AS WHAT ASTRONOMER CARL SAGAN STATED, "FOR THE MOST PRACTICAL REASON IMAGINABLE: STAYING ALIVE."

SiNCE TIME IMMENORIAL, EXTINCTION THREATENS HUMAN COLONY. IT IS NOT SUCH A BAD FEVER TO TRAIL UNFAMILIAR PLANETS FOR COLONIZATION AND FOR MANY OTHER MOTIVATIONS THAT WOULD TAKE CIVILIZATION NUMEROUS STEPS FURTHER: SOME ARE SCIENCE ENDEAVOR EXPANSION, CUTBACK OF EARTH'S OVERPOPULATION, FORAGE OF NEW NATURAL RESOURCES, INTERPLANETARY COLONIZATION, AND PUTTING HUMANITY INTO A NEW PERSPECTIVE.

IN THE PURSUANCE OF OUTER SPACE WANDERING, SCIENTIFIC

AND TECHNOLOGICAL ADVANCEMENT WILL BE FURTHERED, FOR FRONTIERS IN THIS PLANET ARE ALREADY TOO RESTRICTED AND CONSTRAINED, AND HAVE ALREADY BEEN MAXIMIZED BY SCIENTISTS OVER THE CENTURIES OF RESEARCH. IN OUTER SPACE TREKKING, SCIENCE ENDEAVOR WOULD DEVELOP, AS KNOWLEDGE AND UNDERSTANDING WILL BE UP-TO-THE-MINUTE. WHO KNOWS, MAYBE SCIENCE FICTION IN TODAY'S MOVIES AND COMIC BOOKS WILL BE UTILIZED BY THE KNOWLEDGE GATHERED FROM DEEP SPACE, THE PERIODIC TABLE OF ELEMENTS WILL NO LONGER BE COMPOSED OF ONLY 118 ELEMENTS, PHYSICIANS WOULD HAVE A BETTER UNDERSTANDING OF BLACK HOLES AND HAWKING RADIATION, BIOPROGRAMMING AND ENGINEERING WOULD BE MORE UNSCATCHED, AND RADIOTHERAPY WOULD HAVE AN ENHANCED TRACING OF THE COSMIC BACKGROUND RADIATION AND FINALLY DISCLOSE HOW THE BIG BANG TRANSPRIED.

AT 7.3 BILLION PEOPLE RUMMAGING ON THE EARTH'S SURFACE (WITH A SMALL FRACTION OF PEOPLE UNDERGROUND AND AT THE INTERNATIONAL SPACE STATION), THE PLANET IS BEING CONTINUOUSLY DRAINED OF ITS CAPABILITY TO CONFINE AND ACCOMMODATE ITS SPECIES. ALTHOUGH THE NUMBER OF SPECIES HAVE DRAMATICALLY REGRESSED AND THE PLANET CONTAINS LESS LIFE DIVERSITY, HUMAN POPULATION IS EVER-INCREASING. THE PLANET'S DRAIN OF ACCOMMODATION INCLUDES RAPID WANING OF RAW MATERIALS, LAND HEATH DETERIORATION, ATMOSPHERIC POLLUTION AND FUMES, CLEAN WATER CONTAMINATION, AMONG OTHERS. ALONG WITH THE



## STYLISH

## EXTINCTION

{Christine Jade M. Sanchez}

EARTH HAS BEEN "EARTH" FOR THE PAST 4.543 BILLION YEARS. WE DON'T EVEN KNOW HOW IT REALLY STARTED. SO ARE WE SUPPOSED TO KNOW ITS END?

ARMAGEDDON. OBLIVION. WORLD WAR Z. 2012. PEOPLE ARE JUST GOING CRAZY ON THESE DISASTER MOVIES THAT SHOW HOW THE WORLD MIGHT POSSIBLY END. THERE WERE A LOT OF DATES PREDICTED FOR APOCALYPTIC EVENTS IN THE HISTORY, FROM 66 AD TO THE MOST RECENT, JULY 29, 2016. BUT, NONE OF THESE HAPPENED.

SO, HOW WILL THE WORLD REALLY END?

ASTEROIDS. AN ASTEROID WIPE OUT THE DINOSAURS IN THE PLANET. ASTEROIDS IMPACTS THAT SEVERE ONLY HAPPEN EVERY 10 MILLION YEARS OR LESS. SO, IF THIS ASTEROID HITS US TOMORROW, WE'LL ALL BE NOT PREPARED.

NUCLEAR WINTER. WE TEND TO THINK THAT COUNTRIES OWNING NUCLEAR WEAPONS ARE READY FOR WARS AND BATTLES. BUT THEY CAN ALSO BE THE WORLD'S END. ONLY FIVE OF NINE COUNTRIES THAT ARE KNOWN TO HAVE NUCLEAR CAPABILITIES ARE MEMBERS OF THE NUCLEAR NON-PROLIFERATION TREATY. IF THESE COUNTRIES USED 100% OF THEIR NUCLEAR BOMBS, THE LOWEST TEMPERATURE IN 1000 YEARS WOULD BE EXPERIENCED. THIS IS CALLED THE NUCLEAR WINTER. WE CAN'T EVER IGNORE THE NUCLEAR THREAT WE HAVE TODAY, AFTER SEEING HOW THESE COUNTRIES, ESPECIALLY NORTH KOREA, CONSTANTLY THROW ROCKETS UP IN THE AIR.

VOLCANIC ERUPTION. TWO MILLION YEARS AGO, A MASSIVE VOLCANO ERUPTION ON WHERE THE YELLOWSTONE NATIONAL PARK ON UNITED STATES PRODUCED 600 CUBIC MILES OF DUST AND ASH. IF THIS VOLCANO ERUPTED AGAIN, WHICH MAY HAPPEN IN THE NEAR FUTURE, WE ARE IN

great danger.

BIOLOGICAL WARFARE. SEVERE SICKNESSES THAT SPREAD OUT VERY FAST MAY KILL THE WHOLE EARTH'S POPULATION. IF AN ENGINEERED AVIAN FLU DISSEMINATES, HALF OF THE POPULATION MAY DIE. THIS MAY SOUND LIKE FICTION, BUT BIOLOGICAL WARFARE SHOULD NOT BE SET ASIDE.

SOLAR STORMS. SINCE 1859, THE EARTH HASN'T EXPERIENCED A MAJOR SOLAR STORM. THE SUN SENDS CHARGED PARTICLES THROUGH SPACE, THEN THROUGH OUR ATMOSPHERE, AT FOUR MILLION KILOMETER PER HOUR (KPH). THE CARRINGTON EVENT, OR THE SOLAR STORM OF 1859, IS SO STRONG THAT IF IT HAPPENS TO US TODAY, TELEGRAPH LINES WOULD BE ON FIRE.

MAN-MADE BLACK HOLES. WHEN THE RELATIVISTIC HEAVY ION COLLIDER (RHIC) WAS FIRED UP, RUMORS CIRCULATED THAT THE EXPERIMENTS AT THE FACILITY COULD CREATE A BLACK HOLE WHICH CAN CONSUME THE EARTH. RHIC IS SUPPOSED TO BE USED IN STUDYING WHAT THE UNIVERSE MAY LOOK LIKE FIRST FEW MOMENTS AFTER ITS CREATION. ALTHOUGH MANY PHYSICISTS DISMISS THE THREAT, NOBODY'S EVER SURE IF IT COULD REALLY HAPPEN.

LIFE MADE OF CODE. ACADEMIC PHILOSOPHERS RECENTLY SUGGESTED HOW WE COULD TELL IF WE ARE JUST IN A GIANT COMPUTER SIMULATION, THAT MAY HAPPEN TO BE SWITCHED OFF. IT MAY BE VERY HARD TO BELIEVE IN, BUT SCIENTISTS DIDN'T NEGLECT THE POSSIBILITY.

ARMAGEDDON. THERE ARE ALSO BIBLICAL PROPHECIES, WHERE PEOPLE WOULD BE DESTROYED IN THE WAR OF THE GREAT DAY OF GOD THE ALMIGHTY, ALSO CALLED "ARMAGEDDON".

SO, IN WHICH WAY DO YOU WANT TO DIE? ↪

THE DOMINATION OF THE SO-CALLED (IOT) IN OUR PRESENT CIVILIZATION. GADGETS, DEVICES, AND APPLIANCES USE THE "CLOUD" (AKA THE INTERNET). AN EXAMPLE OF THIS IS THE LUNA S, REGARDING YOUR SLEEP ACTIVITY INTO THE INTERNET. AN INDEPENDENT DEVICE. IT CAN ALSO STREAM ITS RECORDED VIDEOS AND MANEUVER AND CONTROL THE DRONE VIA WEB INTERFACE.

HOWEVER, DESPITE OF THE BEAUTIFUL VULNERABILITY THAT COULD PRESENT IN THE INTERNET, IT IS ALSO A SOURCE OF PRIVACY AND PHYSICAL SAFETY. DEVICES ARE HACKABLE.

SOME INDUSTRIES TODAY ALREADY HAVE AN IoT-DRIVEN INFRASTRUCTURE IS A GROWING FIELD OF INFORMATION. THEY CAN MONITOR THE ENTIRE FACILITY, AND ALSO CONTROL IT TO WALK SO FAR JUST TO TURN ON THE LIGHTS. THE MANAGER IS OUT OF THE COUNTRY, HOWEVER, THE FACILITY'S SYSTEM THROUGH A WEB INTERFACE.

IT SEEMS SO CONVENIENT TO TURN ON THE LIGHTS THROUGH THE INTERNET, BUT IT IS ALSO A SOURCE OF SECURITY. TO TAKE DOWN A MULTI-BILLIONAIRES' SYSTEM THAT HAS ITS CONTROLS ACCESSIBLE VIA THE INTERNET, AN ATTACKER JUST NEEDS TO FIND A VULNERABILITY IN THE SYSTEM AND EXPLOIT IT.

# STRA

*{D. Sinapilo}*

planet's maturity in decline towards extermination, these factors work hand in hand simultaneously with the intent to slaughter human race. Taking a fraction of people into a new world would cut Earth's population, therefore temporarily raising the planet's habitability.

Since the industrial revolution began in the 1850s, manpower has never been more increasingly vigorous with the destructive foray of natural resources. In the entrance of the 21st century, the hunt for natural resources became tougher as raw materials are running out to cessation. Coal, petroleum, fossil fuel, oil, and natural gases, as non-renewable resources, are gradually depleting. Trees, although renewable and can be reconditioned, are being utilized inversely proportional to the production of new ones. Radioactive elements that are necessary for exploiting developmental nuclear power plants are receding at a plummet due to their half-lives. Sun, wind, water current or tides' kinetic energy utilized by turbines, and geothermal energy, although non-conventional, does not come in cheap and bargain-based. Research shows that the "uednchanging" day-to-day living will no longer remain uninterrupted as natural resources will no longer be enough to perpetuate the expected continual rise of population in fifty years' time. The sail for new resources is an inevitable mandate, for it is a requisite to sustain persistent life. Not only will natural

resources be refurbished, but economic growth and development will be more efficient and competent.

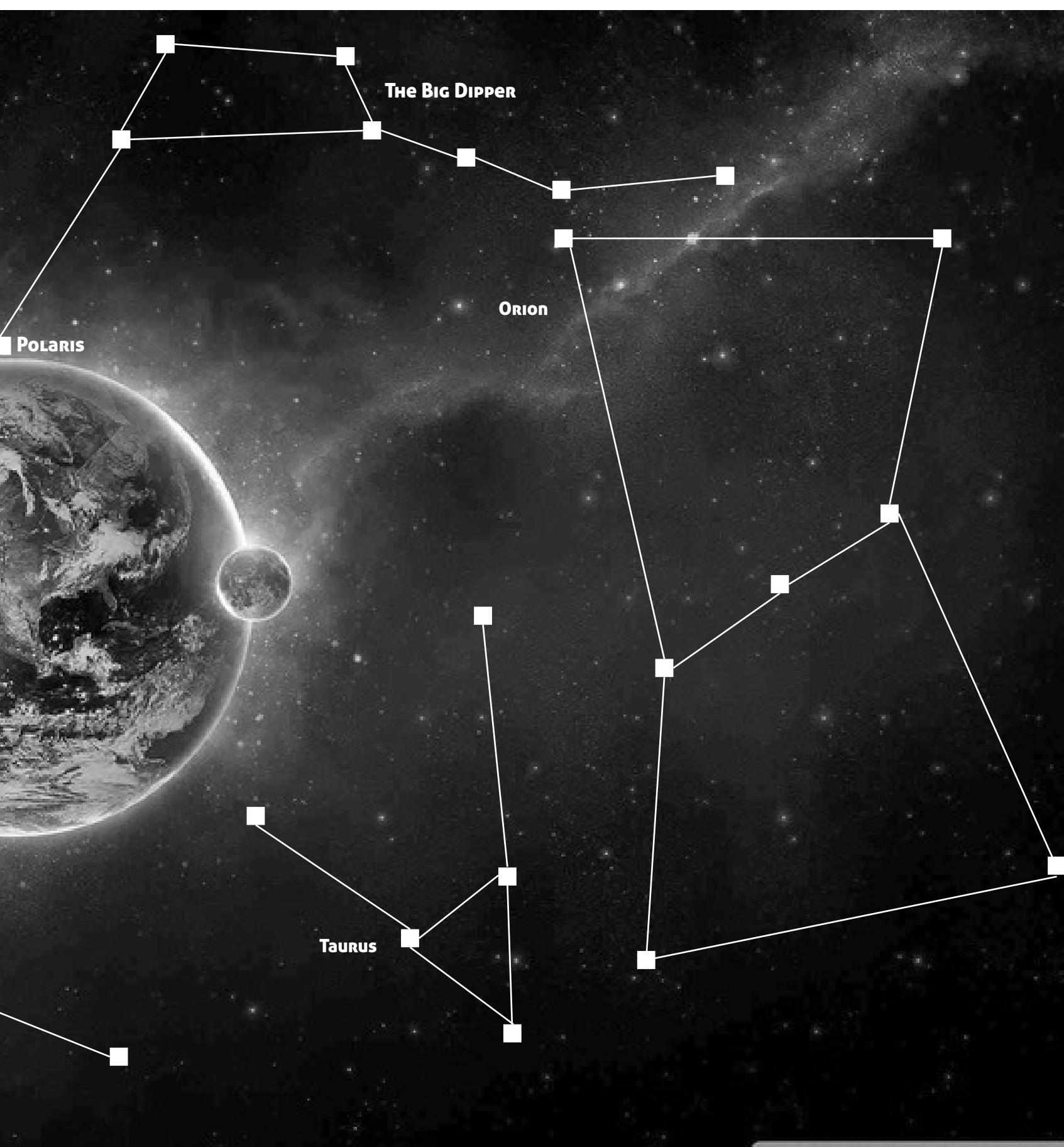
As aforementioned, the planet's overpopulation is an intrinsic significant influence concerning the decline of the planet. People believed that the Earth was too big for them to affect it, but they were mistaken, as they have done irrefutable damage, especially on the planet's atmosphere, as it was remarked by Al Gore in his environmental documentary film *An Inconvenient Truth*. With the current state that the recession of the environment's inhabitation is threatening human civilization's fate with inauspicious prophecies and forthcoming calculations, finding a new world to settle in is not such a bad idea, lest it is one of the limited options and solutions raised in demand to preserve and propagate the human species. Biomasses all over the world are vulnerable and are exposed to peril, and a rebirthed colonization of humanity insists. Migration to a new biosphere signifies new flora and fauna, a new ecosystem, a new security, a new sanctuary, and a new life. Humanity will be put on restart to repent for its blunders and start a pristine and nourished civilization.

Earth-bound as humans are, space expedition was just a dream. That was why Neil Armstrong's "One small step for a man, one giant leap for mankind" in his Apollo 11 lunar landing became a prestigious groundbreaking milestone in history. Pioneering in space expedition takes humanity to new heights, statutes

that yield new perspectives and novel frontiers. As a rule of thumb, it is a drive of a species to trail unfamiliar corners, for man is curious by nature. One of the tenets of science is to engage in unaccustomed edges and discover the unknown. A cruise in places beyond the proverbial space of human civilization takes them into expanding and unrelenting standpoints, giving a better view of their point and time in the Universe, and the Universe itself.

With the manmade problems people lay upon themselves, with the difficulties they inflict upon each other, with the destruction they perpetrate in their own home planet, it is unquestionable that they bring forth their own demise. At this point, the harm done to Earth is irreversible. Its death, although expected and inescapable, is accelerated by bad habits, greed and power, and the illusion of dominance. But Carl Sagan left his statement "There is no hint that help will come from elsewhere to save us from ourselves." Most of the cosmos is unfamiliar and is waiting to be known. There is infinite space to be explored. If humanity may ever seek the neighboring mysterious worlds, all hopes for an authentic civilization.

**May humanity shoot for the stars. ↗**



## Jeopardized Skynet

*{Pocholo M. Pantaoja}*

LED "INTERNET OF THINGS" in the tech world provided us with a lot of conveniences that can be integrated with our daily lives. An example of a device that can be controlled via the Internet is the Smart Bed - it uploads data to an online database. An IoT device can also be controlled with it via the internet. For example, a smart bed that you can control through a mobile application or a web interface.

An IoT device can not just be an ordinary device; it can be integrated wirelessly to other devices. For example, it can be an aerial drone that does not need to be connected to a database, but also lets you control it through a mobile application or a web interface.

The benefits of IoT are numerous and the benefits, it opens a lot of opportunities for us. Just like computers, IoT-driven devices rely on the power of IoT, since great convenience to handling data and monitoring everything that's happening in the system. Just like computers, IoT-driven devices can also be infected with trojans to do what is called a DDoS Attack (Distributed Denial of Service). The reason why you can access a website on the internet is because it is inside what is called a web server. It's just like another computer, except that it is meant to store a lot of power. When you search for a website, you are sending a request to the server, asking the server to hand you the website. The website then returns to you the website you requested. A server is very big, since it has to carry a lot of power that will be enough to handle huge amounts of requests coming from so many users around the world.

However, some websites go unavailable because of a DDoS attack. This happens when a server is being overloaded by so

many requests until it can no longer handle and manage requests - thus, a denial of service. This is similar to clicking the refresh button in your web browser so many times, except that the requests you send are just equivalent to tiny bits of data. In a practical DDoS attack, computers are being infected by hackers with a trojan virus in order to make them send requests to a website involuntarily, then they do the same to many other computers out there to contribute. These computers are known as "botnets". The hackers, once they have enough number of botnets, they will simultaneously cause all botnets to send requests repeatedly, until the overload happens. Although servers can handle thousands of user requests, a DDoS attack usually sends a traffic of requests, exceeding hundreds of gigabytes per second.

It was thought that only computers can be infected to do such an attack. However, IoT devices and even CCTV devices can be used to do such an attack. In October 2015, the security firm "Incapsula" stopped a DDoS attack coming from 900 CCTV cameras. And the next year, a French server hosting firm was hit with an approximately 800Gbps DDoS attack, all launched from 140,000 hacked IP cameras.

When a DDoS attack gets successful, the only thing people can do is wipe the entire server clean. And if the owner of a website is a company or corporate, they would lose a lot of money.

But it is not the end. Even if hackers can cause catastrophe out of IoT-driven devices, the point here is not to get rid of the "Internet of Things", but rather we need to improve it and protect it. The skynet we have right now already seems to be a perfection, but we need to protect it from those who can see the flaw in that perfection. ↗

## CRYPTOGRAPHIC OBLIVION

WE USE COMPUTERS SOLELY FOR THE PURPOSE

*{Pocholo L. Pantaoja}*

for the security. But just like anyone, Cryptography is flawed. Computers, mobile phones, and their underlying operating systems are flawed - all because of the fact that Cryptography is flawed.

Even if our flaws are not something we think we could fix, that doesn't mean we shouldn't also fix the flaws in our computers and smartphones.

What could possibly happen?

If you are aware of "The Fappening", that should already be enough reason for you to stop thinking of celebrity nudes and start thinking of security as these leaks are part of the notorious iCloud hack (Thank you, Apple). Storing files in the so-called "Cloud" may be a convenience for you to download your personal files anywhere, but it is not recommended for storing sensitive information. We use Google Drive and Dropbox and our accounts are password-protected. We can use complicated passwords, but once someone finds a security flaw in the Cloud itself, these passwords will be useless.

Perhaps we are just too lazy to read the "Terms and Conditions".

Still plugging in flashdrives carelessly? Most people are already aware of the virus that turns all files in the flashdrive into shortcuts, but that's not the worst that can happen. Back in 2010, the Natanz Nuclear Plant in Iran suffered a fatal coup de grace. Technicians in the plant are disconnecting centrifuges that are spinning out of control, only until they found out that a destructive worm we now call "Stuxnet" made its way into their facility systems. And guess what caused it: flashdrives.

Luckily, our computers and mobile phones are not nuclear plants to suffer the same damage. However, the fact that carelessly plugging in a flashdrive can also offer the same damage against us. If not centrifuges, then privacy.

Other than the so-called Stuxnet and the iCloud Hack, there is also the Ransomware. What makes it different among other malware is that it does not break the security, it takes advantage of the security instead. Once a Ransomware already found its way inside a system, it encrypts every file it can find, then stops you on interacting with your computer and asks you for a ransom in exchange for the password necessary to break the encryption. Think of it like a burglar who kicks you out of your own house, then locks every entry point until there's no other way for you to enter the house but to pay the burglar.

Security researchers from Bitdefender reported that half of the users are willing to pay more than \$500 just to recover their documents. One report by the group "Check Point" says that 184,000+ machines were successfully infected by ransomware (with the chance of infection being 10%). Assuming that one person only owns one machine, if half of these 184,000 owners are willing to pay \$500, that would be a lot of money.

One thing that makes these attacks common is that they don't need our password to do their job. In other words, they don't need to break the cipher or the algorithm in order to gain access. They just need a perfect contact and spot to land on. Even if Cryptography protects our communication and benefits in our security, there are things where it will not help protect us. There are things where only awareness and action can save us. ↗

## How not to be a Modern Zombie in 3 Steps

### 1 Identify the Source

Main causes of becoming a modern zombie:

- Technology
- Food
- Education



Divert your attention to other activities your lifestyle



Seek for 2 Cure

### 3 Be a Human





## Unattended Progress

**EDITORIAL** FOR the past years, it is noticeable that most of the politicians and leaders in the country do not prioritize science and technology. They are more focused on poverty and corruption, rather than on education and research.

This can never be beneficial to Filipinos. The country cannot be globally competitive, like what the people long for. When people keep on blabbering about the poor families and corrupt politicians, literacy rate will not increase. People are blinded that they know a lot of things, they don't.

The K to 12 program is implemented because Filipinos desire to be "globally competitive". The academe wants the students to be more equipped with the knowledge and skills enough to contend with other countries. The existence of the science high schools help to attain this goal. It offers specialized and advanced curriculum in science, technology, and mathematics to students who are inclined in such subjects. They can even make life-changing projects for their research subjects.

But no matter how advanced these projects are, citizens can never use them. With the Philippines using only 0.3 percent of its Gross Domestic Product (GDP) funding, these will be impossible. Even if the projects are supposed to benefit the community, financial aspects will be their main problem. This is why most researches and inventions are just stuck on a few people, and did not have the chance to bloom into improvements and further studying.

Even if people are trying to be competitive, they still have a long way to go. Filipinos are aiming to be like Japan, Russia, and the United States, who are well-known around the world for their scientific advancements, we still have to clear years on our calendar to succeed.

Poverty in the Philippines is an apparent problem. As of October 2016, 1 out of 10 Filipinos are identified as poor. Many families live on slums, and parents are not able to send their children to school. Because of this, children will not realize the importance of science to people, and even to the country. Hearing about science will not be interesting for

them. They will think that it's too insignificant and foolish. Their focus is on how to feed their stomachs, not their minds.

When these children grow up, citizens would not be functional in the country's science field. For them, voting will be choosing the candidate who promises to end poverty. They do not listen to those who advocate science and technology, because they think that it will affect them too much. Those politicians would always have the least chance to earn the position they are running for.

As long as there is poverty in the Philippines, the cycle goes on and on. But solving the poverty we have today is not as easy as counting one-two-three, so probably this problem will be around for a couple of years.

The newly-elected president, Rodrigo Duterte, focuses on the eradication of drugs and criminality all over the country. Compared to past administrations, his implementation is setting a new standard for leadership.

But, the problem is, he's not into science. No laws about science and technology is heard. Aside from stopping the operations of some mining companies, there is no other news about science and the environment. This shows the slow pace of development in science and technology on the current administration.

Filipinos do not hear about the National Academy Science and Technology (NAST). They are supposed to advise the president and the cabinet members on matters related to science and technology.

But even if members of the academy are the best in our country, the country cannot progress if the leaders will not listen to them and will not take their advices.

The Philippines will never have the chance to be a progressive country. What the country need is a president, or someone in the senate that understands the status of the Philippines' science field. This is the easiest thing we can do to improve and enhance our low science literacy.

The country also needs to allot a higher amount of money on research and development. In this way, science and technology will be treated the same as other necessities of the country.

IT IS REASONABLE TO SAY THAT THE UNIVERSE IS A VERY mysterious place. It took us years before we reach the moon, and it took years before we finally got a clear image of the Pluto. But we are not yet completing the entire puzzle of the Solar System. And it is even more stressful to know the fact that the Solar System is just a tiny bit of the universe. We all want to know what's out there. Our fascination with things beyond our reality brought us the desire to shed light in the darkness. We want to know why galaxies move far away from each other, what makes up the darkness in the universe, and why some stars and galaxies behave the way we didn't expect.

Consider the fact that a particle can be found in a certain point in space at a certain point in time. During the development of the branch of physics we now know as "Quantum Theory", there is also the "Pauli Exclusion Principle": particles can't have the same state at the same time. In other words, particles can't occupy the same position at the same point in time. There are two forces that guides the life of a star, which is gravity and the force that's driven by the Pauli Exclusion Principle. Gravity is the force that pulls a star inward. The force that's guided by the Pauli Exclusion Principle is the force that pushes the star outward. If gravity is stronger than the outward force of a star, that star dies as a black hole. But if the outward force of a star is stronger than gravity, that star dies as a supernova.

No matter how much the fact above bleeds your nose, the point here is that the existence of facts and our interpretation of those facts lead us to the creation of such cosmic rules. For example, out of the facts above, we can propose a rule or principle that "only the Pauli Exclusion Principle and Gravity must guide the size of a star". However, once a star is discovered to behave erratically in a way that it violates the principle, this will tempt physicists to find out what caused this violation. And usually, there are only two options when it comes to solving these violations. Does that mean the principle is wrong? Or

IN CONSUMER ELECTRONICS, THE BEST GADGET IS THE best of all the other competing gadgets. In the world of computing, having a computer with superior graphics and performance is just a tiny bit close to achieving the peak of computing power. In a fundamental level, computers are just made up of 0s and 1s. Data can only be one of the two binary digits. Physics takes it on a higher level: what if you can be both a zero and a one at the same time?

Here comes what we call "Quantum Computing". Instead of bits, quantum computers use the power of "qubits" or "quantum bits". Instead of being only a zero or one, a quantum bit is a zero and one at the same time. This exponentially enhances the computing power of quantum computers, making them millions of times more powerful than modern computers.

Theoretically, a quantum computer can solve very complex computational problems in a very short amount of time. A qubit can be both one and zero at the same time. A pair of qubits would have a total of 4 states, three qubits would have 8 states, and so on. This is what makes a quantum computer very fast.

Computers are able to perform computations through the implementation of what is called a "logic gate" in their electronic components. These logic gates signify operations like AND, OR, XOR, NOR, etc. While they are only purely basic operations, combining logic gates as a sequence will allow a computer

## QUANTUM LEAP

{Pocholo L. Pantoja}

to perform complex operations. Quantum computers are also the same as computers. They send qubits through sequences of "quantum logic gates".

Theoretically, due to their superior computing power, they will have enough power to brute force the cryptographic algorithms that secure our data in the present in a short amount of time, including the so-called "Elliptic Curve Cryptography".

However, quantum computers are also prone to errors, which is what physicists call "Quantum Decoherence". Qubits are sensitive to heat and radiation. This is why quantum computers today are confined in isolated and cold environments in order to prevent the existence of significant errors. And because of this, they are not yet ready for mass production.

Just because these errors can happen doesn't mean quantum computers must stop evolving. In April 2015, IBM Research announced that they successfully figured out how to detect two types of these errors: the bit-flip and phase-flip. This opened the door on figuring out how to detect and solve these errors.

Quantum computing is still at its infancy. Even though it took a lot of years to develop, that doesn't necessarily mean we are still too far away from the day when quantum computers will finally be mass-produced. As the laws of quantum mechanics imply: it only takes a little bit of chaos to fire up a quantum leap.

MILLENNIALS ARE THE PEOPLE THAT were born and are being born in this era, the 20th century. These people are technology adept, having the luxury of technologies that ease their lives. Now, studies are telling us that these millennials are having a decrease of cranial capacity. Any of their activities could be a reason for such thing that will be the fall of humanity and addiction to technology, which is evident to society, is the conceivable reason for such epoch.

Nowadays, technology is mostly used for social media. Social people, common people, and others with social anxiety and awkwardness are now in a group that accepts them by just creating an account on Facebook or in Instagram. Able to share and learn about other people, they now gain a social life that is for them. But these people are just being tricked by the facade of the world, thinking they have friends, but in reality, they have the illusion of having them. Soon, as

they are all consumed by the activities of the programs, then decrease their intelligence.

In the Philippines, the social media capital of the world, most of the people are always updated to the latest post of their friends. The Filipinos obtained the logicality that you should be updated to all what's and what's not because of the feeling of being an outcast

## DEVOLUTION

### Cranial Decay: The Evolution of Stupidity

{Jasper Redd Raphael A. Pla}

when you are not.

Psychologically, it is one of the reasons why other people tend to use social networking sites.

Based on studies, using Facebook make us produce dopamine which is an addictive substance with is the cause of our pleasures and desires. Dopamine is also produced

why people tend to use that part of the brain instead of the cranial or the logical part of the brain that decreases the cranial capacity.

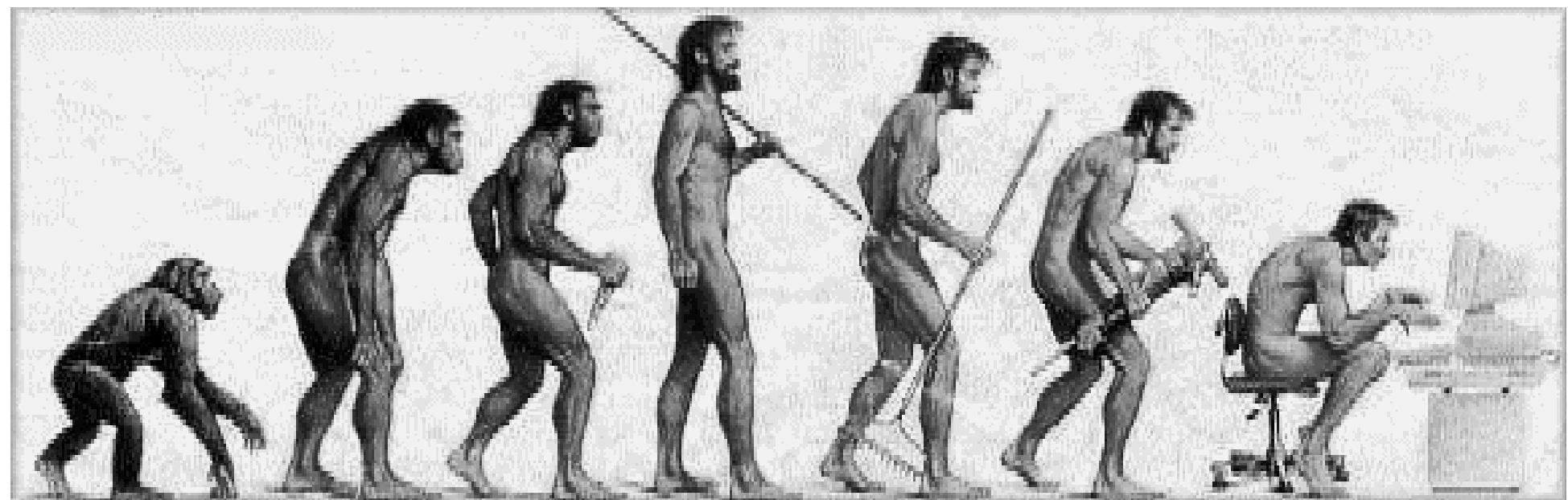
There are negative effects on your logical thinking when using Facebook. Based from the study of HP Labs, "it messes with your ability

to think independently". Two German universities state that it hurts your self-esteem. In addition, Susan Greenfield of Oxford University said that, "it can 'butcher' real-life conversations". These are the effects of being consumed by illusions.

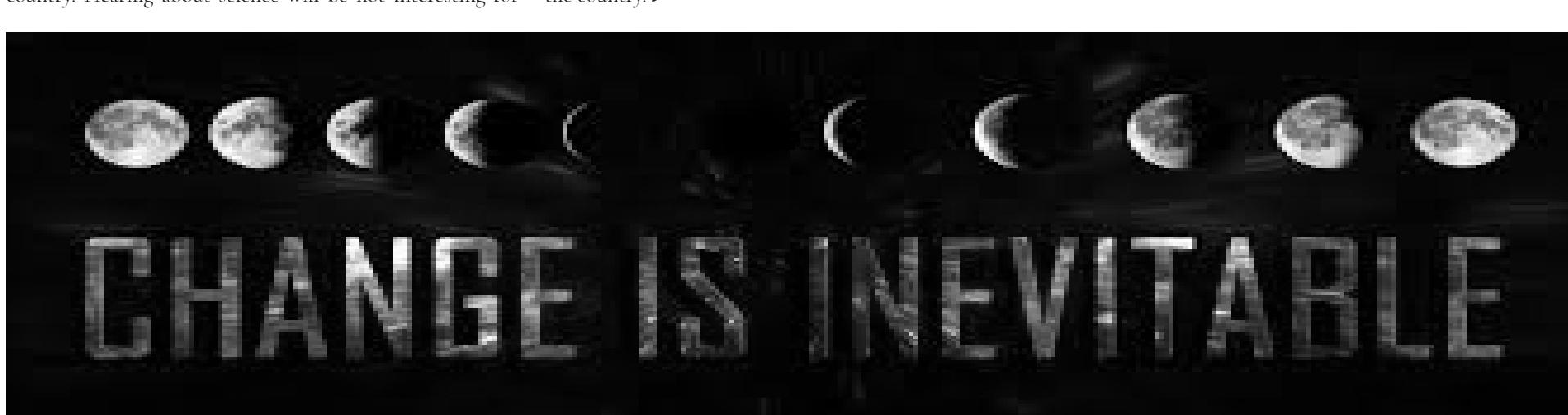
According to Pippi M. R. Groving, a scientist that specializes in genes and genetics, there is a misconception about having a step back in evolution. There is relevance on having a big brain in being smart

but evolution is the changes in organisms that are being observed. He said that evolution, being one directional, cannot land a step backwards.

But all this, the decrease in cranial capacity, the decrease in intelligence, is not the sign of the fall of humanity, but a sign of all change that we are oblivious about. In the sense that all humanity is attached to its own technology, the people need to be more aware of its effects to them personally and to its entire species.



IT'S ABOUT TIME TO RELEASE THAT SUSPENSION ORDER. IT'S ONE OF THE THINGS THE PEOPLE NEEDED TO MOVE FORWARD IN ACHIEVING THE GOAL TO HAVE A CLEANER ENVIRONMENT. THROUGH ALL THE YEARS THAT THESE COMPANIES OPERATE, THE PEOPLE NEVER LOOKED AT HOW THEY ARE DESTROYING NATURE.



does that mean there is another piece to the puzzle?

No matter how problematic the questions are, they make our progress towards the truth itself inevitable. And perhaps, even far more mysterious than the universe is the truth itself. No matter how much we numb ourselves from emotions and subjectivity, there is still this subjectivity that either makes us consider the facts or not at all. Facts differ from the truth. The facts are just premises, whereas the truth is the conclusion.

There are two extremes in the mind of a thinker: fascination and apathy. Fascination is when someone really wants to know everything that's being incomprehensible. But apathy is when someone starts to find out that understanding the incomprehensible

makes it impossible to find such meaning. And even though the philosopher's idea is "philosophical", we still can't deny the fact that everything is just in our mind. We could even connect this idea to the controversial Simulation Hypothesis: we are just brains in a jar. We are all just brains going through a simulation created by someone more powerful than us. The hypothesis is an outcome of the idea that our behavior and perception is entirely controlled by our brain. And believe it or not, there could still be things we cannot see. The eyes don't have enough receptors to perceive all colors, which is why there are people called "Tetrachromats" - people who can perceive more colors than us.

And combining these ideas we can now start question truth itself. Does it even matter? In the world of literature, Sir Arthur Conan Doyle described Sherlock Holmes as a character who does not care about the fact that the Earth goes around the Sun. For Sherlock Holmes, we shouldn't fill our "mind attic" with too much furnitures, especially those that are useless to someone's work.

But there is always a way out of despair. We call it "hope". Although some people called "hope" as a drug to induce the false idea of happiness, it is the only thing that keeps us alive and happy. Although Albert Camus argued the idea that our journey for the meaning of life is meaningless, he didn't argue that it is in fact meaningless. And even if the idea he argued sounds depressing, he still lived a good life because he didn't give himself in to the sad idea. And maybe some physicists already realized the idea that it's all meaningless, but they are still alive because of their passion.

Conflicting perceptions, conflicting interpretations. Despite of all this chaos given by our intrinsic temptation for knowledge and truth, it is also our only way out of the darkness. Besides, they say it is about the journey, not the destination. We will all inevitably take the infinite road towards truth.

## Inevitable

{Pocholo L. Pantoja}

is a meaningless journey. And perhaps, exploring the universe is a meaningless journey. We don't even know if we are still too far away or close to the truth. We don't even have clues to how are we going to know we're in the right way towards it. Some facts can deceive us on which path to take.

The mathematician, Kurt Gödel, proposed the Incompleteness Theorem. Although it is a mathematical theorem, it has an implication that there are things outside the system we cannot know. In other words, there are truths that we cannot comprehend. Even the philosopher, Albert Camus, the founder of the philosophical school "Absurdism" argued that life is meaningless, not because it is in fact meaningless, but because being human

makes it impossible to find such meaning. And even though the philosopher's idea is "philosophical", we still can't deny the fact that everything is just in our mind. We could even connect this idea to the controversial Simulation Hypothesis: we are just brains in a jar. We are all just brains going through a simulation created by someone more powerful than us. The hypothesis is an outcome of the idea that our behavior and perception is entirely controlled by our brain. And believe it or not, there could still be things we cannot see. The eyes don't have enough receptors to perceive all colors, which is why there are people called "Tetrachromats" - people who can perceive more colors than us.

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## NULL AND ALTERNATIVE Evil's Gift

Christine Jade M. Sanchez

THE Department of Environment and Natural Resources (DENR) released a suspension order that stopped mining operations of six companies in the country, affecting 10221 workers and scholars across the nation.

It's about time to release that suspension order. It's one of the things the people needed to move forward in achieving the goal to have a cleaner environment. Through all the years that these companies operate, the people never looked at how they are destroying nature.

The workers will lose their jobs and their children, who were given scholarship grants. In addition, they will stop studying because of financial problems. The parents will not be able to satisfy their family's needs, and education, at that time, would be less of a priority since their nutrition will be more important for them.

Not everyone knows about the laterite spill from the Berong Nickel's siltation pond to Liabongan River. Because of this, the river overflowed. Discoloration was also observed. The river had a brownish color because of the laterite, a red soil produced by rock decay that contains insoluble deposits of ferric and aluminum oxides.

The Cintinickel Mines and Development Corporation conducted mining operations in an area not covered by their Strategic Environmental Plan (SEP) Clearance. SEP for Palawan Act of 1992, or the Republic Act 7611, declares that "it is the policy of the state to protect, develop, and conserve the country's natural resources by supporting the

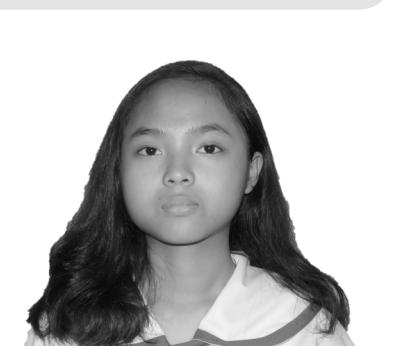
implementation of plans, programs, and projects formulated to preserve and enhance the environment while pursuing socio-economic goals". Cintinickel Mines violated this law, causing their suspension.

The people always see the benefits that the workers and their families gain. According to the mine workers, aside from giving their children scholarship grants, the mining companies also provided community projects. This is why the suspension order should have been released earlier. Their lives already depended on mining. If it was released years ago, they would not have relied too much and may have found another job to sustain their financial needs.

The mining companies should have followed rules and regulations from the start. They should have complied so they won't be suspended. Thousands of families should have not been affected. They made the workers lean on their wrongdoings. Now that they are being shut off, the workers cry out because it would be very hard for them to start all over again.

The government could help the workers find another job that can help them provide for their family and continue their life. They need a stable job that will not get banned in the future because of the company's transgressions.

The suspension order from the DENR is a huge step forward in attaining a better environment for the present and future generations.



# A QUESAYANO'S GUIDE TO RESTO HOPPING\*INCLUDES FOOD



## VINTAGE DETOUR



(COURTESY/CRISTA)

### Grasshopper

{Caitlin T. Labasug}

YEN ROQUE IS A YOUNG MANAGER THAT HANDLES A small, but prosperous, café. Before her current line of work, she was a student who hops from restaurant to restaurant as a regular pastime. Writing reviews and, of course, eating the food.

A long day at school can leave a student numb with fatigue. With a tired body and an empty stomach, any kind of food is manna fallen from heaven. However, sometimes the appetite demands something more than cafeteria sandwiches and street chow.

During those days, she has, perhaps often, experienced the struggle that most food-loving students go through – a short on lunch money.

Bistros and other stylish food joints are perfect places to relax and to satisfy cravings.. Nevertheless, the digits on the price tags are often times too painful

for the pocket to bear.

High-ranking establishments that serve affordable cooking are hard to come by, a discouragement to most people, especially students, whose pockets jingle with loose change and tongues that desire something else other than dry bread and fishballs.

Yen Roque was one of those people.

Itching to solve the recurring problem and fueled by her love of food, the juvenile gastronome and her friends decided to put up their own café. A unique café they named Classroom Delights.

Klassroom Delights is a coffee shop that mainly and clearly targets students. The food served are cooked up cafeteria-style, but with a special twist.

The dishes served are often seen and eaten in regular diners, but are arranged in a certain way, an arrangement usually found on the plates of luxury.

IT IS DARK OUT. THE WIND IS SINGING MELANCHOLICALLY. The mood is set.

I opened the rustic gates of the establishment and had that heady feeling of being sucked back into the colonial times. I walked and walked until I reached what looked like a dining area.

Lightbulbs framed in capiz illuminated the room, along with a spattering of multicolored bulbs giving off eerie colors of green, yellow and white. A waiter came to me and gave me the menu. I just wanted something light so I ordered their staple *halu-halo*. While waiting for my order, I wandered around the place. What I discovered woke the vintage nut in me.

In a room that could only be dubbed as the 'Antique Room', I saw rows upon rows of antiquities. From the tallest of *narra* wardrobes to the daintiest

{Francis Augustine Z. Vendiola}

porcelain teacups, cobwebbed crystal chandeliers, heavy tables, slender-necked vases and filigreed metal picture frames, really, I could've spent a day admiring all that treasure. The antiques gave the room a bit of a spooky feel, with the lights offering just the right amount of enchantment.

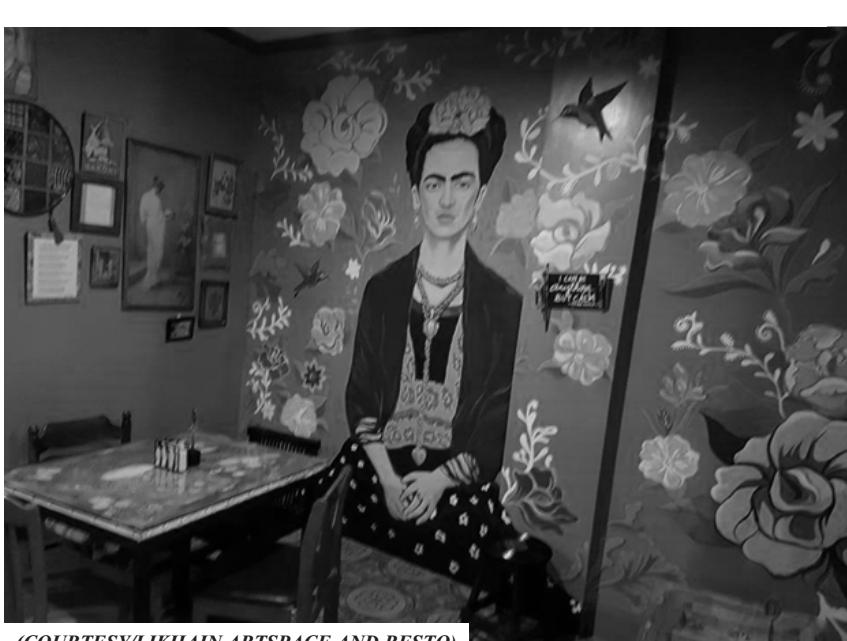
Next, I went to a room full of paintings. After that, the garden. Then, a pottery section. Soon I was lost in the simple beauty of it all: the bold creativity of the paintings, the serenity of the gardens, the fragility of the earthen pots and vases.

I returned back to the dining area, dazed. The waiter gave me the *halu-halo* I ordered. It was a weird thing, their *halu-halo*. All white, no purple yams, green

gelatin, black beans, none. I picked up the long metal spoon and dug into that mound of ice and cream. Oh, how wrong I was to think that my detour in the Antique Room was the best thing that happened this night. The finely shaved ice, the creamy milk, all that corn, *macapuno*, sugar and sago at the bottom, beats every *halu-halo* I've ever tasted in Lucena; a fitting end to a fantastic detour.

Soon, I paid the bill, thanked the waiter for his service, and walked out of the dining area.

This place is like a veritable pocket, a hideout from the hustles and bustles of the metro. Leaving, I felt despaired, *I would be returning to the city once more*. But at least, for a while, I have met a new friend, my dearest Villa Javierto. ↗



(COURTESY/LIKHAIN ARTSPACE AND RESTO)

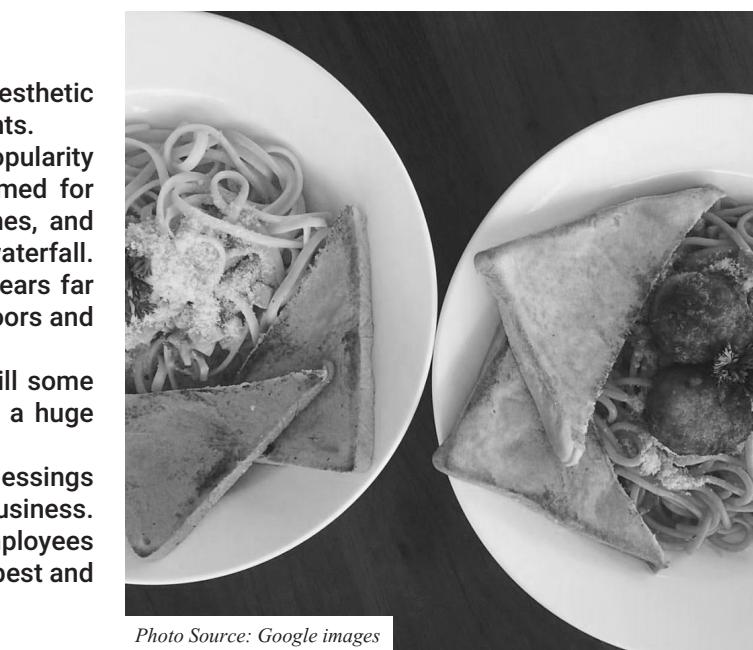


Photo Source: Google images

### A COLD-fire sensation in a scoop on a cup

{Jenee Myka B. Garcia}

JOLLY MERRY CHRISTMAS AND A BLISSFUL SUMMERTIME might be the best seasons in tropical countries. Well, maybe except for the chilly rainy days or even the unnerving heat of summer. Additionally it seems that each season got jumbled out because of the weather disturbances. Soon after, an icy cold summer and a heat-fire Christmas might even get to our way of enjoyment with holidays. Nevertheless, a rising resto-café can turn these tides upside down.

"Scoops and Blends" brings an ironic treat for

anyone out cold with the heat. A two in one café for bi-seasons might be the best place for relaxation without minding much of the earthly feels. Not to mention the ambiance of the cafe and the scrumptious smell of crepes, and waffles and churros being cooked behind the counter.

The café intends to bring an icy feeling through the heat, at the same time, filling you with warmth off the frost. It is the rupture of the wall between ice and fire, cold and warmth. 'Scoops and Blends' brings about an implausible feeling of two seasons in a place. It's a cafe where you get to blend the hotness and coldness of the daily sunshine outside.

According to the manager of the café, Mrs.

Rene Talaga says that the name 'Scoops' meant ice creams while "Blends" meant coffee or hot drink, a contradicting but both appetizing delights.

"Scoops and Blends" is named under Joan Alcala, Ms. Rene's sister. The place was established on September 20 of this year, 2016. Alongside the cage is a salon and Potato Corner, owned by the same family.

"Scoops and Blends" voyaged through a rather simple but meaningful idea of taking things into one where you can regally register a harmonious blend between various creamy ice cream and imported coffee in a rich man's affordable pocket. ↗



## Retro feast

traveling expenses.

"Maganda yung ambiance. It had very nice interior for a modern restaurant," confirmed Felicity Businios. The interior of the cafe was not like any other restaurant, it portrayed more artistry that can result to a good atmosphere for their customers.

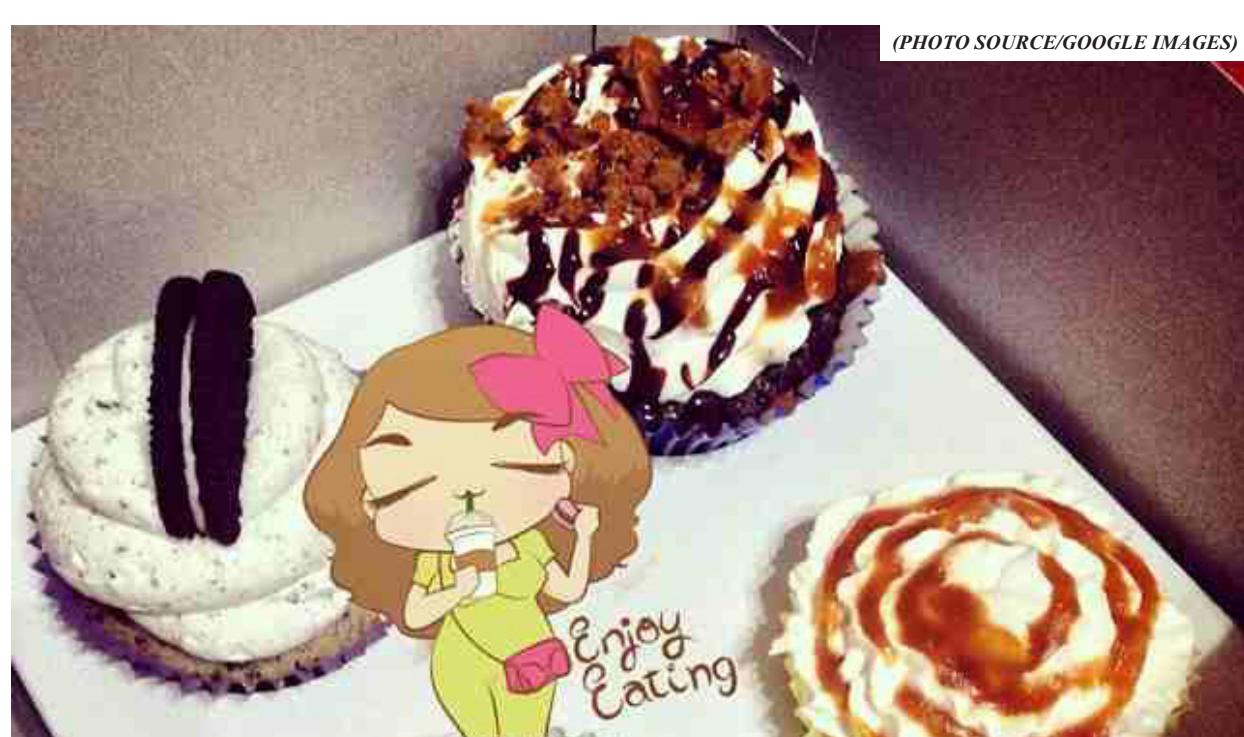
"It was so cool. Delicious. Yeah. Yum yum. , it was a very nice experience." said Beaver Dayo. The food was affordable and worth it, in this country full of restaurants, delicious street food, food bloggers would have a hard time to find, a high-end cafe that would be budget-friendly especially for students that does not have their own money and rely on their parents.

The Artspace is a definitely *Instagrammable* corner for paintings and food aficionados. The food, palate pleasing with a twist to classic Filipino viands. Facebook rated it with a 4.9 out of 5.0 stars that truly makes it worthy to have it featured.

The food is affordable, nevertheless, they can't afford to see you waiting. Having a little art with your food, would, well, not enhance your taste buds, but it would catch the butterflies in your stomach, without hurting your pockets. Food connoisseurs and art aficionados, here comes, the resto that would let out the "likhain" in you, Likhain Artspace and Resto! ↗



(COURTESY/SCOOPS AND BLENDS)



(PHOTO SOURCE/GOOGLE IMAGES)

{Caitlin T. Labasug}

LIFE IS BITTER. FOR NORMAL PEOPLE THAT IS THE CASE. But for sweet lovers, life is sweeter than honey.

Sweet-tooths are normally easy to please. Offer them a sugar crystal and they will happily make it vanish from your hands.

Their source of happiness can be found anywhere – in sari sari stores, in coffee shops, on plant branches, under the public bench, and even in the darkest corner of the household pantry.

Anything topped with sugary-sweetness is satisfying for a passionate sweet addict.

However, some do have quite profound, and usually expensive, tastes.

High-grade confectionary are hard to find, especially in local stores and bakeries. Although there

## Let's have a honeyed life

are some restaurants and cafes that serve luxurious treats, they are often difficult to be accessed by the common folk. On the other hand, those that are easily accessible are as scarce as hen's teeth.

Rare they may be, one can be found here in the Quezon province, specifically Lucena City. Snugly sandwiched between two other food establishments, a petite bakeshop flourishes. A bakeshop named "Chuables".

Chuables is a small bakery owned by the Chu family, hence its punny name. The family also owns other establishments, one can be found beside the bakeshop.

The bakeshop sells pastries varying in different shapes, sizes, and unique flavors. Ranging from red velvet cupcakes to green tea cookies. Each pastry is a sugar bomb. One bite is an overly sweet explosion, perfect for those who want a short energy boost and

an extra dosage of sugar to brighten up their day.

A few regulars, though, prefer milder and less sugary confections. Like the soft, milky cream puffs nicknamed "Chuaballs".

Chuables also sells other kinds of delectable products.

Their milk tea comes in multiple, cool flavors. A cup is light and refreshing, a great pick up for any kind of day. Chuables also serves meals, but ham and eggs are rarely ordered due to the lack of tables and chairs.

The prices are somewhat costly, but that will not stop us, sugar addicts.

Sweet-tooths are easy to please, a dainty sweetmeat is enough to make them smile. But when faced with an opportunity, these sweet, little teeths are ready to bite. ↗



Ivy Sumilang shares the past to the students of Quezon Science High School (QSHS) during a symposium for the commemoration of the Martial Law in QSHS activity area, Isabang, Tayabas City, September 21, 2016. Sumilang lost her childhood at an early age of 9 due to the death of her father during the Martial Law (PHOTO/AILA MARIANNE PALAD).

## Foolish, but You Can't Deny

*[Kyian Crista L. Salvatierra]*

EVER HEARD OF PECULIAR SAYINGS MANY ACTUALLY BELIEVE?

Although we're living in the 21<sup>st</sup> century, odd beliefs are still revolving around society, continuing to seemly fool people. It is obvious that it is nowhere near the truth, but one can't deny how great it influenced us, especially the ones lingering in provincial lands.

These superstitions are unsubstantiated views that came from the things around people that most of the times have no relation to each other. Albeit, an individual can't lie on the huge impact it made in the talks of life, culture, success, regrets, depression and bliss.

Let us delve into the depths of some Philippine fallacies.

**Black alert.** This superstition is something that most people are familiar with—some even believing it.

According to the elders, an encounter with a black cat will give you unsatisfying luck, maybe even for the rest of your days.

However, a handful may inquire "why the color black?" Why not a white one, or some kind of mixed cat? Though it actually makes sense, no one can change this view now considering that it already spreaded throughout the country. It wasn't clear on how one came up with a black cat indicating bad luck but nevertheless, many still find themselves straying away from the creature while on the other hand, also a lot find the animal cute.

So, which one are you?

**Step aside!** Please? Now this one ridiculously, yet undeniably influenced most of the Philippine population.

The words "Tabi, tabi po" enter the situation in times when a person comes in contact with grass and such grassy areas. Afraid to crush small mythical creatures called "Nuno" with the soles of their shoes, those words serve as a warning to the small ones to simply step aside because someone might kill them unknowingly. The elders say that, harming the so-called "nuno" will grant you bad luck. Some says that accidents await you and curses would probably make your life worse than worse.

With that being said, never forget those words or else...

**Sun's up, Rain drops.** It was well-known how when the rays of the scorching sun are accompanied by a slight drizzle of rain, two hearts come together.

But whose hearts, you ask?

When a certain person feels the cry of the sky during a supposed "all-sunny day", it can be

considered common if he says that a wedding of an unproven creature commences. The "Tikbalang" is a creature of common Philippine folklore that depicts an individual appearing as a half-horse and half-human. They are generally associated with dark, sparsely populated, foliage-overgrown areas, with legends variously identifying their abode as being underneath bridges or the typical, myth-related Balite tree.

So, when one sees a clear sky where rain descends, a tikbalang is tying up a knot to a creature of the same kind or probably not. Its gender is unknown 'til now but most say that they are most likely to be male.

Who knows if in an ordinary day and bright skies shed tears, a mythical creature becomes one with a being of our kind?

Photo Source: Google Images



AFTER A LONG DAY OF EXHAUSTING LABOR, HANDBIWORK, AND EXERTION OF EFFORTS—whether with purpose or just plain senseless, it really is hard for someone to find a piece of mind.

Such things makes a person wonder what it will be like to just stay a kid forever when one or two can tell that that does not exist. Some might say that, "Life sucks like that" and other related statements. Well, it's true. While no one can go back to the past to savor the feeling of actually being free, as child at that, anyone can just savor a different feeling, the feeling of losing all coldness and just relaxing for the time being.

It is always so soothing to take a dip in a mildly hot water. The heat gives you such feelings of comfort and relaxation—the best ones for a typical peace-seeking person.

During vacations, several individuals and families spend a handful of time finding the best place for themselves. Tourist spots are known to be evident in the Philippines and one of the most attractive resort relies in Quezon.

Every resort in Quezon has its own unique style and brand, something like how they hold certain events important for each typical individual and one may be of what everyone expects for a good place to be—a great spot where worries vanish and problems be temporarily gone.

In the lands where the province of Quezon may be seen, all sorts of eye-catching and heart-pleasing spots are apparent. It is undeniably true how in a simple place, a lot of eye candies spread out. One out of several attractions is the Mainit Hot Spring Resort nestled at the foothills of Barangay Silangang Palale, Tayabas City, Quezon, located along the road leading to Mauban, Quezon.

ALMOST 44 YEARS AGO, THE PHILIPPINES underwent the torment under the former president's, Ferdinand Marcos, dictatorship. It doesn't take a wise man to comprehend how people back then endured the tortures and agony beneath his command nor was it a mystery to grasp the fact that tons of human rights were neglected, let alone the Filipino's being disregarded themselves.

Of all the stories from that tragic past, there was one where a little girl, at the age of nine, had her eyes opened about the circumstance she and her family was involved. At such a young age, her young mind was unwillingly pulled to matters that a young child shouldn't know. She didn't have a chance to play with her friends, let alone with her own father.

Michael "Boboy" Sumilang was an opposition leader in Tayabas, Quezon. He greatly defies Marcos' leadership style. He became a leader to many who aspires to bring back the snatched democracy of the country. He delivered many speeches during the Marcos regime to push his opinions through the minds of the people who listened. Aside from being a devoted activist against Marcos, he was a responsible and reliable father to four children and also a loving husband. Though in line with the word "activist" is "blacklist", that didn't falter the existing stance of Boboy Sumilang.

Beware of nail clippers. Cutting your nails in the night was believed to bring the worst of fortune. They say that you will die.

This is one of the superstitions that the old ones use to make fun of children. It was not a problem to believe but think of the kids, that when pointed at with a nail cutter—at night, cries along with the howls of the stray dogs outside.

Who knew that a small object like a nail clipper was posing a threat on us? If it was that dangerous, then better not cut your nails when the moon's out.

**Lost, inside out.** Elderlies indicated that when a person gets lost, it is better to take off your clothes, and wear it again—this time with your shirt inside out.

It does not contain a scientific explanation on how it will lead you back to the right path nor does it have a certain equation that solves your difficulty getting back on track. It does not, many says actually but having a string of hope to hold on gives the feeling of slight comfort, easing panic out of the lost person's system. In result, a trickle of individuals still believes on this trick-slash-superstition.

Get yourself lost, then try it.

**Doppelganger on the run!** A doppelganger is someone having a striking resemblance as yours—and by striking, it means the exact replica of physique.

You will die if you had an encounter with your duplicate, they say. And in thee saying: "You're one in a million," states that there are approximately six you's in different parts of this world.

You have five doppelgangers.

You can run, but you can't hide.

The man's bestfriend. Dogs are adorable animals everybody seems to love. Loyal and sweet, they are known to be our bestfriends. Just don't let them die the first day you got possession of it, for a demon is lurking beneath the shadows of your home.

**Broom, boom.** There are two superstition concerning brooms. Though it is only seen as an ordinary house material, who knew that I may be an instrument against evil mythical creatures?

It became a rule to place your broom upside down, leaning against the door, in order for the so-called "Aswang" to not enter a person's humble abode.

Another fallacy is that sweeping at night will also sweep the riches and wealth a person could've had.

It is already common for Filipinos to believe superstitions such as this. "There's nothing wrong with accrediting odd beliefs. Nothing from my possession would be lost, anyway. I wouldn't believe statements as that if I lose my nose, in return," Mark Henry Alcantara, Grade 8 Rigel, jokingly applied.

These beliefs are a part of our traditions and somewhat, the culture. Doubting them would be fine and the opposite is also acceptable.

The Philippines is a country of these superstitions and we can't deny how we once or still trusted some peculiar sayings whose purpose was to keep us safe.

## A Kid No More

*[Kyian Crista L. Salvatierra]*

One of the daughters of Boboy is Ivy Sumilang—a simple child back then who was at first clueless of the real happenings in the Philippines, which highly involved the dignity and soul of his father.

Ivy was still a little girl when Ferdinand Marcos declared the Martial Law. She would always jokingly say that many Filipinos listened to her father because of his good looks that she, in return, inherited. "There wasn't a big change when the martial law took face, but I saw the real impact on my father." She also shared that since then, the reality was served in front of her eyes. Ivy didn't want the stand of his father as an activist not because she approved of Marcos, but because it took away his father from him. "The times we play together gradually gone down and of course I was lonely. It's like my life as a kid was stolen from me," she said.

Every day, when her father leaves the house, fear would envelop each member of the family. Fear of what's happening or what can happen. And when the dreadful year of 1986 came, all fears came

crashing down replaced by pain, hurt, resentment...regret.

In the year 1986, February 10, a beloved leader, husband, and father was taken away from his loved ones graps. In that day, a great person was out from the "blacklist" of Marcos. Michael "Boboy" Sumilang was ambushed at Barangay Tonko, Tayabas, Quezon.

"He vanished in this world but can never be erased in our hearts."

Almost 44 years ago, the Philippines underwent the torment under the former president's, Ferdinand Marcos, dictatorship. And during those years, many agonized. One of them is Ivy Sumilang, once a 9-year old with a robbed childhood, now spreading consciousness in millennials' minds and hearts.

Incidents like this is definitely not better off just stored in her heart. This serves as a mind-opener for this generation and the next generations to come. It is a reminder of a certain misstep in the past, a blemish in history taught to millennials in order to not make the same mistakes again.

Ivy Sumilang is now an artist by heart, in independent films and theatre plays. She regained strength and recovered from onetime.

Of all the stories of the past, hers is worth-knowing.

## Memoir of the Life Supplier

*[Kyian Crista L. Salvatierra]*

A LARGE FRUIT, THICK-SHELLLED WITH WHITE flesh. Who would've thought that most of Quezonians work would just be put into a simple looking fruit?

Coconuts are exotic, edible fruits produced in coconut trees. The said tree is a kind of palm tree, appearance with a single straight trunk and upright lengthy leaves. Though seemingly ordinary, not only a person or two may say otherwise. Undeniably beneficial, coconuts are. Its relevance is really irrefutable and because of this, the trees are widely cultivated in many countries, including the Philippines, for agricultural, commercial and home uses.

For Filipinos, the coconut tree is commonly known as the "Tree of Life". Several products may be derived from every part of the plant—roots to the tips of its leaves; each applicable to the development of the agricultural field and also other industries. A coconut's flesh is the first use many is already familiar with and what they are most likely to think of first. It is mainly a common use of the flesh to serve as a food, either raw or cooked with is rich in vitamins, minerals, and powerful antioxidants. Other than that, coconut flesh can also be an alternative milk for cuisines and as a hair conditioner.

The fruits of the tree can be turned into accessible gluten-free flour while the flowers are reliable medicines. Coconut flowers have many medicinal uses as they are an ingredient in many traditional remedies, especially for medicines for new mothers. Its husks, on the other hand, are natural scrubbers and are used for craft materials and ropes. People in many rural areas make their living from making ropes from coconut husks. Leaves are also used for handicrafts and coconuts produce useful oil which is also believed to make a baby's skin healthier.

Those benefits doesn't count off to all of its aid to people since the prehistoric times but nearly explains why Filipinos value the whole tree exclusively.

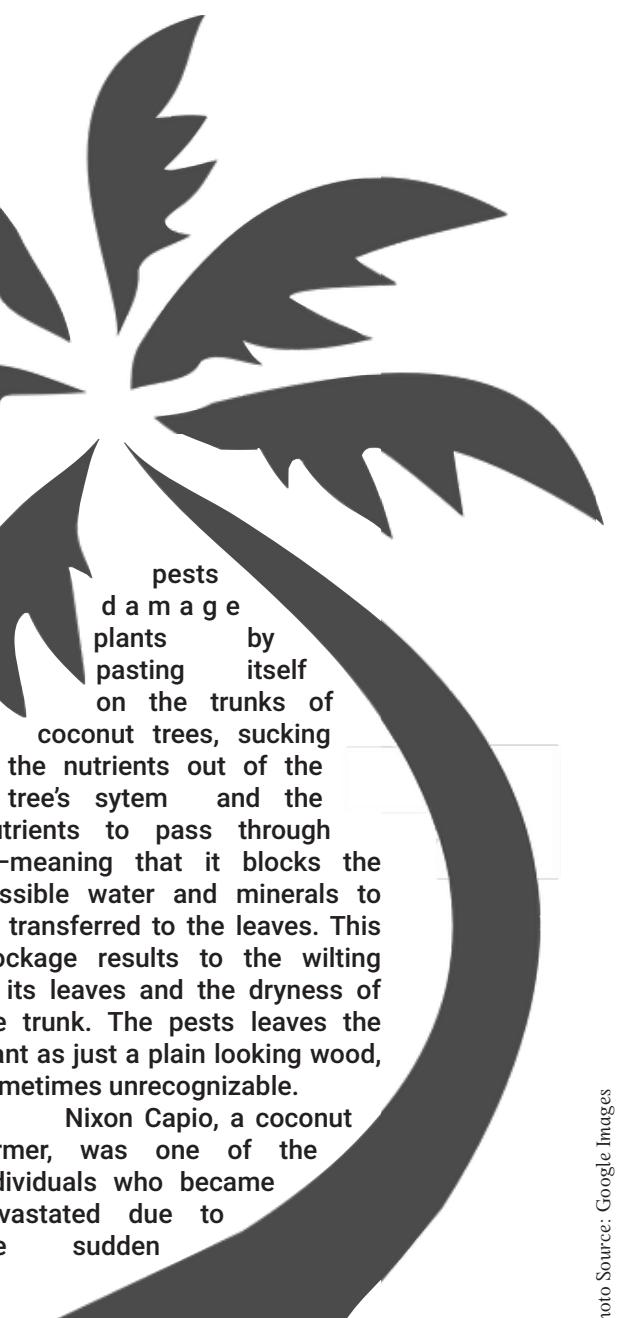
Coconuts are one of the most practical resources the Philippines was lucky enough to get hand of but for Quezonians, especially for Quezonians, its value comes a whole notch higher.

In the province of Quezon, coconut is one of the most dominant crops around, if not the most already. Coconuts, as useful as they are, are what most typical Quezonians would spend time on. It's the province's main source of income since the early part of the century. The production of the said fruit was of great use since it took part as well to a huge percentage of Region IV-A CALABARZON's profit. Due to all of these and vast agricultural lands, the Quezon Province was not long declared as the "Food Basket" of the region.

Out of all these, it was then that two years ago, a huge chunk of the province was brought on the brink of vanishing.

About two years ago, all of the hard work the coconut farmers of Quezon almost went down the drain. It was then when pests named "Coconut Scale Insects", nationally known as "Cocolisap" caffed the innocent workers because of their serious attachment to the trunks of coconut trees.

One of the towns highly affected by the outbreak of cocolisap was Tayabas City, Quezon. These



appearance of the cocolisap. He indicated that almost 130 coconut trees became unavailable for use considering that the pests evaded his lands. And what's worse is that they didn't have any harvest for approximately a year since then.

It was recorded that about half a million coconut trees were damaged then by the cocolisap. The matter made several people suffer but was unexpectedly cracked by far, of the most devastating typhoon the Quezon province experienced; Typhoon Glenda. Though it brought a handful of complaints and frustrations, it was of great help that in washed off the pests away from the trees. "The coconut infestation was also solved by agriculturists rehabilitation program involving trunk injections with systemic insecticide", Roberto Gajo, a Provincial agriculturist, stated.

The industry then grew even more since then, continued giving pride to the province. Quezonians, in return, made sure to protect their treasure, a one of a kind at that.

An average person's life wouldn't be complete without the so-called "Tree of Life" especially in the case of Quezon—where the tree, itself, features the province's culture and affects the life of a typical, simple Quezonian.

## Senior High School Feels

*[Kyian Crista L. Salvatierra]*

"I NEVER THOUGHT THAT I'D LIKE."

Just today that I realized that I've once despise K-12 program. Why wouldn't I? It'll just add 2 more years on the lame school span. I hate it.

Quezon Science High School is now offering Senior High School for all graduating students that is taking Science, Technology, Engineering and Mathematics (STEM) as their strand. This is quite a news to all. Well, for me it is.

I don't hate school; it just bores me. It's not about the subjects, I actually like them; it teachers somehow tend to make them dull. But that was before.

The track offered by the school gave me a thing worth the wait. Even more that the teachers are quite interesting. It struck me that I was actually anticipating to be a senior of QSHS.

"As I come to think of it, I'll stay here for senior high."

These are the thoughts that some of my classmates said. There's something, like a bond, that urges us to stay together, that is why we are all still here together at QSHS.

To be honest, I'm becoming fond of the K-12 Program. It gives a clearer view on what I could become. With this new system of education, the Philippines' quality of education would not be run down by other countries. "We can be more globally competitive with this rate."

That, I cannot disagree with.

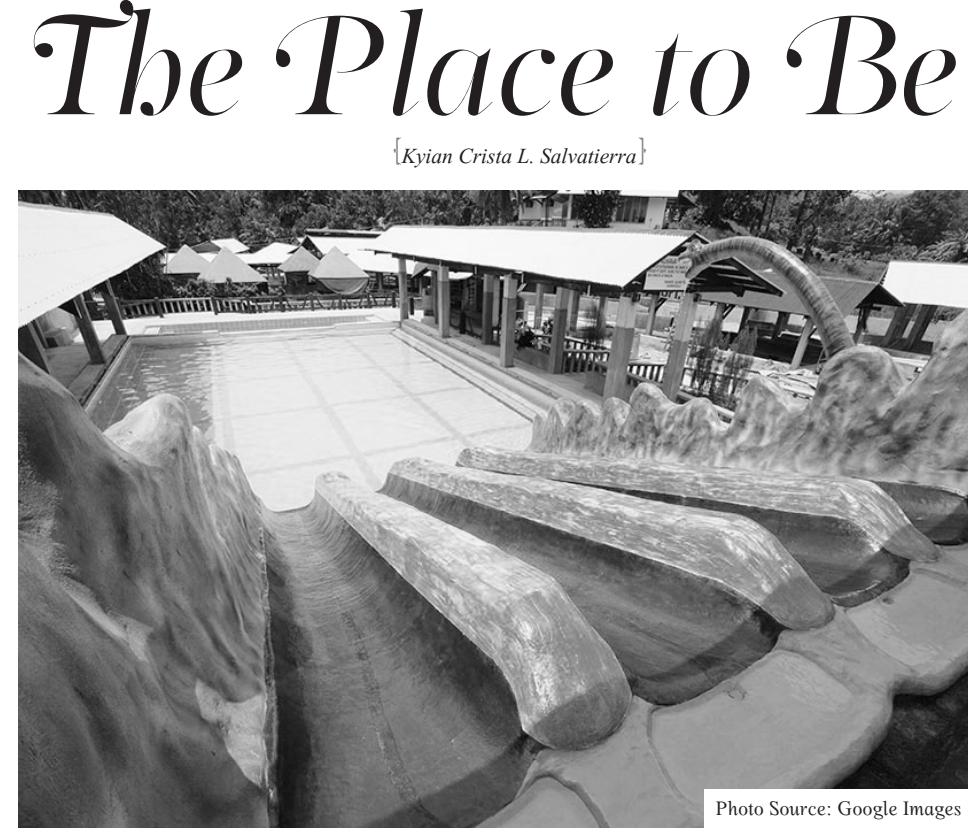


Photo Source: Google Images

The place serves as a pride of the town, let alone the province itself. It was kind of part of a typical person's life to find peace where no one can bother them with bombarding glitches and following difficulties. Good thing there's always a place worthy of one's time that will not fail to give them the day off they deserve.

# Questa's Endeavor

[Acelmo Miguel M. Cataalla]

HAVE YOU EVER SAID THANK YOU FOR WHAT YOUR mother have sacrificed for you?

If it weren't for our mothers, we wouldn't be breathing right now. If nothing else, we should thank her for that. Truly, our mothers worked hard so our lives would be better. There are a lot of people willing to do that, so we should let her know that we appreciate it.

Aling Norma, a mother of 11 children, sells "kakanin" to clenched the thirst and feed the mouths of her children. She started selling "kakanin" at just 21 years old until now that she is at the old age of 63.

She usually sells "kakanin" from the town proper to the Provincial Capitol and gains only P500 a day to obtain their daily expenses. "Pag walang benta, may konting budget naman akong naitatabi, pag walang talaga, saging ang kinakain namin." Aling Norma confirmed.

Poverty is said to be a problem not only in our country, poverty is already a worldwide crisis. Based on a poll last year, 11.4M remain poor in the Philippines, and one of those families is the Ducay Family, which is the family of Aling Norma.

The government is planning a program that would probably help Aling Norma's family. This is the Quezon's First 1,000 Days Program (Q1k). Q1k is a project that has an objective to help pregnant women and mothers with children 2 years old and below.

"The provincial administration has plans for people like Norma, these are family planning,

livelihood assistance, and nutrition programs to those of her undernourished kids," said Julius Carmelo Parcarey, the Provincial Focal Person for Nutrition.

As of now, the provincial administration doesn't have a concrete plan for people that is not under the program anymore. Therefore, no one would help Aling Norma to clenched the thirst and feed her children.

Nakakakain lang ako ng karne tuwing pasko, bagong taon." Aling Norma stated. With what she said, it tells us about the state of poverty they are in, and their struggle to survive in this third-world country.

"May 18 taon na siyang wala, nasa ibang bayan, nasa Batangas na siya ngayon." Aling Norma said about her husband leaving her. Being a single mother, she was forced to raise her children by herself, but the highest level attained by her children was only until the 4th Grade.

"Bat ako, nabubuhay ng walang pinag-aralan?" Aling Norma's husband said when she tried to ask for money for the daily allowance of her children. Aling Norma's husband disagreed to let their children go to school because of financial issues and their state of poverty.

Aling Norma's story might be tragic and sad, but despite of that, she can still make her children smile by making a lot of sacrifices. For some people, "ubod," "sapin-sapin" or "budin" are just food that are only worthy of purchase when they have no money, but for Aling Norma it is what her children should say "thank you for."



(PHOTO/ANCELMO MIGUEL CATALLA)

# Quesapenos lil bros

[Kiarra Yssabel Oblea &amp; Aldrin E. Porcalla, Jr.]

"THE CONVERSATION ENDED RIGHT AFTER WHEN WE SAW their small backs running away from us."

And they never came back. Their small backs are never seen again.

As I am walking along the vicinity of their house, I haven't seen anything. No one playing. No one to start a real-talk with.

In a world full of lies, the truth is always around. In his body small enough to live life and zealous big enough to tell what he really wants, this certain boy named "Daga" who lives and fools around the campus of Quezon Science High School, is missing in our eyes.

Now, where is the rascal playing and laughing all day around the school premises? Where is the smile with a heart shattering into pieces? Maybe by now, somebody or still nobody knows his problem.

"Atie, kuya, pahingi limampiso." Before, this is what everyone would hear every end of classes. But since the start of this school year, no twinkling of eyes as we give the "limampiso" that for some time meant the world to him.

How can everyone appear to have forgotten on of which made the school unique as it is now. The brother of the school that made it as fascinating to be in. The new batch of students do not know. The batch that has actually encountered him, I think, doesn't even care of their disappearance. I know that they might be a mere factor to them, but the littlest of things matter.

Another day starts and we get into motion. Either trying to do some activity or just pretending to, everyone seems busy. Even then everything seems so usual and complete. Life moves at its regular pace for most of us but something captured my mind for a while, slowing my pace not until I stopped just to make the sight in front of me.

Daga is not in his usual mucky little sando paired with a muddy short with a hole get-up that day. He is wearing this neat yellow and blue uniform really familiar to our eyes. Could it be, that he is actually going to school? That his dream of being able to read and write is gradually coming true?

As I moved closer, I saw his eyes sparkled as the corner of his lips curved upwards. I realized how irony life is. A single coin which holds no value for us, the education that we have for free and we take for granted, means the whole world to him.

It seems like it was just yesterday that he's just there, outside, playing as raindrops fell on his mud covered skin. It seems like it was just yesterday when I heard him giggle as he and his brother makes some playful jokes about their friends. It seems like it was just yesterday when I saw him cry because of some conflicts with his family. All seemed like it was just yesterday.

Everything else went to a stop. All that I have experienced with him suddenly flashed back. And with a blink of an eye, I remembered it all. His smiling face that contained all the pain he suffered. His eyes that told all the stories that he cannot tell. And his tiny body that locked the dreams that no one can even imagine to fit such tiny containment.



DAGA JOSHUA

(PHOTO/ALDRIN PORCALLA, JR.)

Photo Source: Google Images



Sumang Infanta



Pansit Lucban



Tamales ng San Antonio

## BITTER CHOW

IN THE PROVINCE OF QUEZON, not only the eyes of every townsfolk and tourist will be filled with all the sights to see, but also their bellies would be full of what Quezonians have left to offer.

It all started in 2011 when a weeklong Agri-Tourism Trade Exposition in Quezon featured every major product of 39 municipalities and 2 cities of the province. The simple occurrence was to bring the towns altogether by endorsing the sorts of delicacies each of them can promote. Then in 2012, Rep. Aleta Suarez transformed the event into the first ever Niyogugan Festival.

The festival's name was coined simply from the words "niyog", which is the Tagalog term for "coconut", and "yugyog", meaning to move or shake to a fast beat. The festival's aim is not only express one's gratitude and to give tribute to the so-called "Tree of Life". It is also promote tourism and the local products, to showcase what Quezon have to prove.

Every year, Quezonians share the stage for their highlighted products. Native food and delicacies are exposed with Quezon province's coconut industry during the Niyogugan Festival staged in the capital of the province, Lucena City.

In celebration of the festival, these local goodies are especially made with the main product of the province, the coconut, as a medium of appreciation.

Infanta's "Suman" was one of the most well-known delicacy in the province and was made more popular when showcased in the annual Niyogugan Festival. The said treat is a glutinous rice cake wrapped in banana leaves to add flavor and a traditional feel. "Suman ng Infanta" remained the most sought-after food item among the visitors and even for the Quezonians, as well.

The top sellers were "Puto Bao" of the municipality of Agdangan, a rice cake that caught the taste of the crowd, instant "Salabat" (Ginger Tea) and peanut brittle both from Dolores, Quezon, "Suman sa Lihiya" from the town of San Antonio, and, of course, these ever prominent products of Lucban, Quezon—

[Kyian Crista L. Salvatierra]

the "Pancit Hahbab" and the "Longganisang Lucban.

Other bizarre products were featured such as the "Niyugan Special Coconut Toyo", a common seasoning made odd by the added ingredient of coconut extract. This product is manufactured in General Nakar, Quezon, exposed during the latest commemoration of the Niyogugan Festival and successfully got grasp of the tourists' attention. Another was of San Antonio's food products named "Tamales ng San Antonio", a product made health beneficial due to some herbs and vegetables added such as Malunggay. Lopezenos promoted their all natural "Pastillas de Coco" which is a coconut candy aiming to give treats and sweets that aren't of risk in anyone's health condition. Sariaya, Quezon publicized their "Spiced Sukang Tuba" made with cococaps. "Nipanog" and "Liputi Jam" were also featured during the festival credits to the town of Mauban.

Unexpected high rate of food sales were reached by the towns of Quezon. The food sales extended to P13.1 million or an average of 1.3 million a day during the trade exhibition, according to Roberto Gajo which is the head of the provincial agriculture office.

It was the Municipality of Infanta that earned the most from the sale of suman. They approximately took hold of P1.04 million. Anely Calleja was one of six suman makers of the town and said that their booth sold an average of 600 packs of 25 pieces of suman every single day where each pack sells for P85. "We're always looking forward to the annual Niyogugan Festival because of the opportunity to earn big and to promote our native suman, and of course, other products of Infanta," she shared.

All of these considered pride of Quezon are presented in coconut-inspired booths every municipality and town built. These booths differ uniqueness and creativity, leaving everybody mesmerized and, let alone, breathless.

In Quezon Province, there are so much to see and discover, it is a place worthy of each and everyone's time and attention.

#DISKARTE!



## Comic Strip

## THE JEEPNEY EXPERIENCE



[Kyian Crista L. Salvatierra]

"BEEP! BEEP!", THE SOUND MADE BY A STEREOTYPICAL pissed passenger jeepney driver pressing quite hard on the center of his steering wheel. This is often a big part on the lives of a normal Queseyano—especially for the ones living outside the grounds of Tayabas and Lucena City, where the school set its lands on.

As one of those students who lives far from the school, I was forced to be autonomous starting from the day I took stance on Quezon Science High School. That was one of the reasons why I first contemplated going there. That was one. But the main reason is that I have no idea on how to commute, specifically on riding jeepneys all the way through. The new awaiting experience of being alone at last is just what kicked me to action, thus, making me end up studying my brains out in QSHS.

Choices were stolen from me the moment I had my first lesson in the school. I had no choice but to be independent since it was of my decision.

The main problem was how I'm going to boost from my school back home and vice versa.

Since square one, I had no idea on how to commute from a place to another—except riding vans which take you to the point you were bound to go in the first place. That was why I have my mom stuck to my sides whenever I was in dire need of an accompanist during jeepney rides. Taking her with me required twice the jeepney fare and guilt on my part. I was terrified and she understood and didn't say a word about that. I was afraid to get lost, so that's why. But eventually, being a Queseyano requires great knowledge about the jeepney riding.

Grade seven; I had a service so no worries appeared. But one must really know the rules of commuting. It dawned to me, and so I had one of the most nerve-wracking, yet awesome highlights of my life—my first jeepney experience, and probably the last. I couldn't do it back at that time and being at the lowest grade level, I didn't have much of responsibilities and I easily thought of escape routes whenever I have to go to school during weekends. It was successful but I was far off knowing what awaits in the next year.

Grade eight and yet in this year I've only had done it. It's a pity for a teenager like me having her confidence spiraling down the drain by the mere sight of a child, probably in the 2nd grade, riding a jeepney

all by himself while, I, a full grown girl of my age , have my mommy by my side—and so, determined, I conquered my fears and rode a jeep. All irrational thoughts were forced to banish from my mind, since I tend to overthink things like a typical teen my age.

Thinking about riding one seemed terrifying to me, and the actual part made me stoned on the passenger seat. I couldn't sleep an inch at those moments—afraid about missing the spot I'm supposed to get off. It was an experience I managed to make successful, but barely.

Three jeepneys are what it took for a student from Lucban to go to Quesci. Asking a lot of questions really cut me off the bat and saved my self from getting lost, because I actually almost got lost. The conductors and drivers seemed annoyed by my antics but at that time, I couldn't care any less. As the adrenaline came rushing through my veins, the dire need of a toilet seat also surfaced. All I wanted was to get off the vehicle, welcomed by the muddy grounds of my alma mater. I managed to ignore all possible distraction made by my own body but still ended up frenzied and sped past QSHS. I made it barely, but quite triumphantly by the help of a kind-hearted man who just seemed to help to stop my blabbering mouth constantly saying, "Asan na po?" "Sa jeep po papapuntang Arias daw po ah!" "Sure po kayong nadaan po ito sa PCSO? Sa may science po?". Remembering sends chills down my spine—the bad kind, and the ultimate feeling of embarrassment.

Lost and pitiful, that must be what I looked like at that time when the jeep sped past the school. Quickly then, I got off, thankful that I'm still familiar with the surroundings and darted to school.

It was an embarrassing moment. A shame on my part but the part of it that I value the most is that I got to ride a jeep and get off in one piece, not lost—barely, but still safe.

When I got home, I practically zoomed past the door and blabbed all about the nerve-wracking experience. I bragged about how independent I've become—erasing the thoughts of students inferior to me who learnt commuting at a younger age compared to mine. I'm still young though, and so I managed to story-tell with all pride—as an independent girl who had a fresh new start studying in Quezon Science High School.

Sowhat's your most memorable jeepney experience?



## Nullified

**EDITORIAL** QUESAYANOS were given another chance to enjoy and showcase their competitiveness in sports with Athlos', Sports Club, Quezon Science High School (QSHS) Sports Tournament that gives batches the opportunity to raise their flag. It could only mess up the objectives of this year's Intrams.

Going against the current, QSHS offered a new idea to the student body for this year's Intrams, the 'colors' system which aims to promote camaraderie between the students regardless of their grade level. The said system was proved effective, but now the tournament tries to bring back the students' old habit of playing with their batches.

QSHS had already seen the 'colors' system work, so there was no point at changing back again to the batch system. The by color theme helps the school to shatter the barrier that keeps grade levels away from each other. In contrast to this, the by-year level only favors dominant teams.

The tournament will also give the students a hard time focusing in their studies. The games will only be a thorn to the participants as it limits their time allotted for finishing homeworks and tasks. It will force students to manage things harder because the tournament cuts-off their time.

It was good that they added a sport event aside from Intrams, giving the student body the shot to fill up their

hunger for sports for they got no chance at outside sports events. This tournament can develop the students' talents.

However, they need to be consistent. If they would always change the groupings, the students might lose their unity and eagerness to fight for their faction. In addition to this, one of the main reasons of these activities was to amuse the students and for them to unwind, but with all the commotion, the students can't even have a rest.

If they were to bring the by-batch system back, they're just plainly destroying the bond that they have already built. This tournament would be meaningless. It would just be a waste of money and time.

If they really wanted to build unity within the student body, they shouldn't change their classification to the batches for they've already been together inside their rooms. If they used the colors system during the Intrams and they plan to use the by-batch system at the tournament, the all-grade bond would just be nullified.

This event would cancel out the ties that the students have made with the other grade levels. It would just leave the individual confused on who to be with instead of having more friends. Moreover, it would be just a waste of money and time.

The team reigned Lawn Tennis, only losing to Musang's Ellen Legaspi in Women Singles A, Veny Clomera and Sean Marin ruled the men's category, while Jossa Portugal in Women Singles B.

Alakdan's Sean Marin and Jossa Portugal destroyed

"Nagpractiche talaga kami ng matindi para sa event. At inenjoy lang naming yung laro," Denise Malvar said.

But following them, Lawin used their strong intro and succeeded to perform \_\_ paks with Marvin Marquez by their side. The Alakdan were applauded when they were with Franz Tagudin and performed 20 paks. Musang came out last with 17 paks.

After this, the battle for the crown of the Basketball Tournament began with the faceoff between Alakdan and Musang.

## 'Pak Ganern' highlights Intramurals 2016; Tamaraws take over

[Raphael Luigi E. Gaza]

**PAK**

"Pak, like this"

"Pak, pak, like this, like that"

Pak Ganern, a famous game that is noticed by everyone because of its uniqueness. You need to be mindful of the numbers you are counting because it is all about awareness and mind counting. It started from noon-time show called 'Showtime' it is a combination of being active because of

its body movements being conscious of what you are doing. Because of its popularity it was included in the Intramurals of Quezon Science High School 2016.

It was substituted for the long jump event because of the unavailability of the facility needed for the said event. On the otherhand it was enjoyed by all the students.

The Tamaraw was the first one to perform who showed cooperation and body coordination. But even though they only managed to practice 25 paks and only did the normal pak ganern they still landed in first.



Maroon Tamaraws as they perform their Pak Ganern during the QSHS Intramurals 2016. With unique choreography and mastery, Maroon Tamaraws were crowned as Champions (Photo/Marion Izavell J. Gilbuena).

## THE CURRY EFFECT: HOW HE REVOLUTIONIZED THE GAME TODAY



"HE'S CHANGING THE GAME," MAVERICKS FORWARD Chandler Parsons said. "There have been some great shooters in the league, but I think he's the best ever, especially off-the-dribble."

You can see kids nowadays running to the three-point line and taking shots after shots. Kids are so fascinated in taking long distance shots instead of going into the basket and making easier shots unlike in the Jordan era, where players are more physical having the "No Pain, No Game" mentality.

You can see and smell blood back then and still continue playing the game. Most basketball

[Justine M. Recalde]

greats tend to be more dominant and physical instead of shooting shots that are less likely to get in. Names such as Shaquille O'Neal, the most dominant player that is bad at shooting; Magic Johnson, the greatest passer that would rather pass than take a shot; and, Michael Jordan, considered as one of the best and considerably the greatest player that would rather create a separation and dunk the ball in- they did not know how to use the three-point line.

These players are not like Stephen Curry. He wants to shoot the ball more from the outside. Curry punishes the defenders by his dazzling and his otherworldly shooting. He can make the shot from anywhere, anytime he wants.

Stephen Curry is now the epitome of basketball. He has the ability to change the game, forces other players to play like the way he plays the game, and shoots the ball more from the outside rather than the inside. A player knows the importance of making a shot from the rainbow country. You cannot play today's game without shooting a three-pointer. Three-pointers are the hardest shots to do but the most likely to get in. In today's game they do not consider our height, your size and your physicality as long as you can hit threes.

In simple terms, Stephen Curry is the trend. What he does is what we do.

## KARATE RAT

[Niño Louise P. De Torres]

(COURTESY/KATRINA ROSE LORETO)



stage was full of obstructions for her.

Because of her keenness, she resumed her classes. Every week was a hustle, weekdays for school and weekends for Karate classes. Confusing choices and picks covered her head, assignments or Karate?

Attending Karate sessions was pain in the neck to her, because of the numerous works. She had missed her promotion days. Because of research papers and projects, she was promoted late to Orange Belt. The tiring school year ended.

Green Belt, hardships started to appear. Green entailed hope. Rising up from breakdowns, she improved her skills more.

She entered the summer of 2016 hoping to extend her capabilities to the limit. She became very ardent in her trainings to reach the apex.

The day of the recital came. She tried her best to edge the children of the president of Philippine Karatedo League but her efforts were put to hopelessness.

"Since natalo ako, it only means that I should still get stronger." She climbed her back, training hard every class. She obtained her Green Belt from her daily training.

Kick. Sit. Rest, some of the hard exercises overcame by a Karate aspirant. After all the privations she still chose to continue. She wanted to persist wandering the stiff mountain of Martial Arts to attain the summit.

From being a beginner to a trained athlete, she found out that defense was the best offense. "Hindi lang lakas at technique ang tinuturo sa Karate, tinuruan rin nila ako ng disciplina." She also learned Discipline such as bowing before entering the dojo, shaking hands higher belts and sensei, and not attending classes late.

Gender is not a basis for any sports. Like dogs, cats also train hard. She proved that even girls can undergo extreme activities. That your starting point will not affect your finish line. This was the journey of Katrina Loreto exceeding the odds.

## Dominating three racket events; Alakdan smashes its way to victory

[Raphael Luigi E. Gaza]

The Blue Alakdan dominated the three racket events bagging a total of eight golds in both men and women as a part of Intramurals 2016 held at Vista Verde Clubhouse and QSHS Activity Area, Sept. 1-2.

Blue Alakdan released powerful hits in badminton, lawn tennis and table tennis that gave them a big edge to win the over-all championship.

The team reigned Lawn Tennis, only losing to Musang's Ellen Legaspi in Women Singles A, Veny Clomera and Sean Marin ruled the men's category, while Jossa Portugal in Women Singles B.

Alakdan's Sean Marin and Jossa Portugal destroyed

Dei Lex and Irish representing Lawin, in the mixed-doubles category aiming smart attacks to Lawin's weak side.

Blue-clad also shined at Women's Badminton when Ella Mira got first in Singles B and Angelee Mari Gabatin placed second in Singles A.

In Men's Category, Tim Clark Gonzales and Fidel Brinias both took home the title of champions for the Maroon Tamaraws.

Aldrin Porcalla and Angelo Banawa lopsidedly triumphed over the Escoto Brothers, Jhageson and Jhemster using their length advantage.

Mira and Anna Pera ruled the Women's doubles with a seven-point lead over Lawin's Obis and Palmero.

For the Table Tennis events, Joyce Sasil took the bacon home for Lawin, Singles A, alongside Janine Lardizabal for

## Finding Ways

[Cherry Clarice L. Jose]





Blue Alakdan as they scream their yell during the QSHS Intramurals Opening Program held in Vista Verde Clubhouse, Tayabas last September 2, 2016. With teamwork, Blue Alakdan was hailed as the overall champion in QSHS Intramurals 2016 (Photo/Marion Izavell J. Gilbuena).

## Alakdan's Rough Road to Championship

{Trisha Marie L. Abuyan}

### "Blue and Proud, We are Alakdan"

Flat pulse in the first day of Quezon Science High School Intramurals 2016 to an unexpected triumph, Blue Alakdan remains humble looking back at the tough journey before capturing the first ever intramurals by color crown, Sept. 1 and 2.

Blue-clad was expected to fire bombs in the first day as they were dab as one of the strongest team but it was an upset as the squad showed rust.

An army composed of strong athletes wasn't able to come up with a great teamwork which results to a blank entry on the dance sport competition that was held at QSHS activity area.

"Sorry hindi ako naging magaling na leader," Alakdan leader, Justin Recalde stated regarding to the team's disappointment start.

But behind struggles, Alakdan maneuver as they fought back to bid for a final breathe in the championship dominating different sporting events.

Pulling the rug from under, Stingers, Alakdan basketball team ignited in their tournament surviving the twice-to-beat advantage of the Musang while it was an overall victory as the squad's tennis team and badminton girls dominated their respective games.

Despite the big point loss due to an entry less dance sport, Alakdan managed to fill shoes as they received three special awards by group; best in yell, best in jersey, most behaved group. It gave additional pride to the Stingers when John Paul Marco was awarded as the most responsible student during the two-day event.

Blue Alakdan garnered a total of 107 points followed by the 101 points of Green Musang who was placed at second. Kicking in the third spot was the Maroon Tamaraw with 99 points and Golden Lawin produced 77 points sealing the last spot.

The three other teams will put up a fight to snatch the championship from the Alakdan in the Intramurals 2017 but the blue squad will try to protect the crown to have a back-to-back title. ↗

Championship.

At first, Assi Villamor had a hard time mingling with his teammates, but the love they share for volleyball bonded them. This boosted Assi's confidence. Without the thoughts bothering onto his head, Assi had the opportunity to showcase his playstyle.

'Silent but deadly', that is how Assi was known during the game. He was known for his inactivity and silence, but he slaughtered them

all senseless hold of the becomes

when he finally got a ball. The noiseless kid is a beast, dazzling his audience with his blazing spikes.

"Well bonded ang aming team." With the short time-span Villamor's connection with his teammates is also admirable. Even though he had a hard time catching-up with the others, his collaboration colleagues helped him release his A-game.

Volleyball was more than just a sport for Villamor. "Volleyball kills my boredom. Tinatanggal rin nito yung stress ko," He treated the game as his friend and brother.

His unstoppable aces were the main source of the team's score. His foes tried to oppose his accurate services but their efforts were put to vain. "Kaya kong i-control yung serve ko na isa sa mga naging advantages ng team namin," Assi was crowned the Mixed Volleyball MVP.

Maric Lagos, on the other hand, is not the kind of pupil to be called 'quiet'. And when it comes to basketball, his inner beast is unleashed. His sharp three points served as the Musang's beacon of hope during the games.

"Magandang kakampi si Maric. Maasaahan siya sa lahat ng oras," RM Mirandilla stated. Lagos played the sport with his heart. Behind all of his success in the sport hides a modest personality.

He was always a competitive person. After their setback from last year landing on fourth place, Maric have trained hard to make comebacks. He gets up early in the morning when others are lying down, to practice his shots.

Maric spent most of his day in the court. He lived up his title as 'Quesay's Terence Romeo' being the first to enter the court and also the last to depart from it. His only main rest was lunch.

Apart from his rituals, he also participated and joined summer camps and clinics at Maryhill College, one of the top basketball teams in Lucena City. His eagerness to be the best brought him to the point that Maryhill itself offers scholarship to him.

"Basketball is the best thing that has happened to me. Nakakalimutan ko ang mga problema ko pag hawakan bola," Maric released all his anger and despair to the ring.

Musang's spirit was renewed as he was named as one of the Mythical Five learning the respect of multitude. He had face adversity, now these hardships paid off.

Passion, determination and hardships, all bore fruit for Assi Villamor and Maric Lagos, proving age and size don't matter. ↗

ASSI VILLAMOR

## Brownlee, all set to substitute Harris' position

{Jhemster Harvey C. Escoto}

eight consecutive points 28-14.

The Bolts started the second quarter with the loss of Dilinger due to a Flagrant foul. Uyloan, Hugnatan and Newsome saved the Bolts by lowering their deficit to four, 43-39.

Thompson did not let the Bolts to have their momentum as he delivered two easy lay-ups, 49-42. But Durham made an open jump shot as he ended the first half, 51-47.

Gin Kings suffered a deadlock, 53-53, as Durham and Hodge, both made an easy jumper at the start of the third quarter. But they still managed to outplay the Bolts as they made a three consecutive three-points shots giving them the lead, 62-55.

Meralco managed to use the fouls made by Ginebra and shoot a two consecutive jump shots, 66-63. Also the veteran Jimmy Alapag made a three-point shot, 68-68, deadlock of the third quarter.

Brownlee displayed an amazing game as he made 8 out of 19 field goal shots, 15 rebounds, 4 assists and four out of seven free-throw attempts. This is yet his best performance this conference as he replace Harris' position.

Durham could not win the showdown as he is suffering from a broken nose and only made 17 points. This is one of his worst performance as he replace Harris' position.

The scores:

GINEBRA 107 - Brownlee 26,

Mercado 19, Aguilar 15, Caguioa 13,

Devance 9, Tenorio 9, Thompson 7,

Bonifacio 2, Cruz 2, Helterbrand 2,

Mariiano 2, Marcelo 1.

MERALCO 93 - Hodge 19,

Hugnatan 18, Durham 17, Newsome 16,

Uyloan 9, Jamshidi 7, Alapag 3, Bono 2,

Nabong 2, Caram 0, Dillinger 0,

Faundo 0.

Quarters: 32-21, 51-47, 81-71, 107-93.

## Manzanilla, continues legacy; Clinching 4th chess title



Deilex Manzanilla (left) and Robert Jamilano (right) battle each other in the finals in chess on the first day of the Intamurals 2016. Manzanilla bagged the gold medal for the fourth time in a row (Photo/Michaela Angela D. Barbacina).

{Trisha Marie L. Abuyan}

### "Four years of greatness"

Jose Deilex M. Manzanilla once again proved that he is the king of chess in Quezon Science High School (QSHS) after reaping his fourth consecutive chess championship title.

The former third batch represent, now fighting for the Golden Lawin, trampled Tamaraw's knight, Robert Jamilano in capturing the crown in 2016 chess tournament, September 8 at QSHS Library.

Lubcan native, Manzanilla learns the sport through his father in third grade that quickly became a hobby which then improved by Mr. Nonoy Sanielices, who was his trainer back then.

"It was hard, the journey was hard but it is all worth it because of the fun and enjoyment. If you love what you are doing and if you love the sport, surely you will succeed."

## Loreto, Gajisan; reigns Athletics

{Raphael Luigi E. Gaza}

Musang dominates Athletic event, regardless of the problem with the contest, adding 13 points to their race for the champion cup, Sept. 2.

In the women's sprints, there was difficulties with the timer in the second round, but still determined the winner because of the big gap between the players held at Vista Verde Clubhouse grounds.

Musang's representatives reigned in sprints, Katrina Loreto and Gio Gajisan in pocketing the championship for Musang in Athletics.

Loreto ang Gajisan gave four points each after their triumph in women's and men's division respectively that filled the half of the 13 points of Musang's overall score.

Bagging her back-to-back championship, Loreto finished with 15.99 seconds in the first round, even with problem in

Eight years in the field of the sport, Deilex bagged different awards and twice joined the prestigious region 4-A sports competition, the Southern Tagalog CALABARZON Athletics Association on his third and sixth grade.

Despite entering high school that doesn't prioritize sports, Manzanilla still managed to outshine which leads to a back-to-back gold in Lucena City Chess Tournament.

"Gusto kong maging grandmaster," the 16-year-old Manzanilla stated, looking at futures of being professional chess player who also shared plans on entering elite universities such as De La Salle University to further enhance his talent.

"It was hard, the journey was hard but it is all worth it because of the fun and enjoyment. If you love what you are doing and if you love the sport, surely you will succeed."

Meanwhile in the girls division, four peat champion AJ Aguilar wasn't able to tussle for 5th championship but younger Aguilar stepped up to still give Musang the crown.

Grade 7, Celine Aguilar of the Musang showed a unique technique to banished Loren Joy Verestigue, Tamaraw, in pocketing the girl's division chess championship.

"I am very greatful that I won. Actually was my first time to use a clock. I am just very happy and it was very unexpected," new title holder, Celine Aguilar stated.

Lawn's pride Jake Dequito sealed the third spot while the Alakdan soldier, Lance Ventura falls in the fourth spot.

On the other hand, Jaylah Fajarda, battling for the Musang upset Jessa Magalong from the Alakdan side to capture the third place and kicking Magalong in the fourth.

While in the women's relay it was Alakdan's Edralyn Manalo, Blazie Olila, Shan Cruz and Andree Dela Cruz who outran their opponents with 30 seconds finishing with 36.30 seconds.

Clinching the second spot was the Tamaraw with 59.91 seconds, followed by the Alakdan in the third spot and Lawin sealed the last spot in the men's division.

In the women's division Lawin spawned 69.91 second who handed the second place followed by the Tamaraws in the third place and sitting in the last place was Musang.



# RETALIATE

## Alakdan stings Musang; Bagging Championship Crown



Most Valuable Player (MVP) Justin Recalde as he sets the play to make another point. Led by his prowess, Blue Alakdan rose as Basketball Champions (Photo/Marion Izavell J. Gilbuena).

{Niño Louise P. De Torres }

**P**ulling the rag from under, Blue Alakdan poisoned Green Musang with their fastbreak plays and tough defense in bagging the 2016 basketball championship, 10-9 at Vista Verde Clubhouse, Sept. 2.

Heading to the deciding game, Alakdan eyes on the championship planning to continue their comeback performance. They tried to put Musang to sleep early in the game by putting three consecutive fast break plays.

But as the lead puffed-up, Musang started to bounce back by giving the ball to their top gunners Mario Lagos and Renz Prieto that hit three consecutive treys to close the

deficit by a single point, 9-8. Alakdan didn't allow it to last as Chavez quickly stole the lead with a trick shot.

"We got so confident even we were the one catching up. Now, we had a reason to get better," said Lagos.

### SURVIVAL OF THE FITTEST

Musang played the first quarter with sloth, letting Alakdan to get open looks for their shooters, Nino De Torres and Jude Ratio and fastbreaks, at the same time missing their free-throws that caused them the quarter of game one, 14-9.

Scorers, Renzo Vergano, Vince Chavez and Veny Clomera drained four fouls of Villanueva with their strong drives diminishing Musang's defensive threats, causing them to lose momentum during the second quarter.

The third quarter was full of hard exchanges, Musang converted shots from the rainbow country, but Alakdan answered with penetrating the inside and dominating the paint.

Vince Chavez who scored the last five points was pulled out from the game due to over fatigue giving opportunity for the opponent to close the gap, 32-31.

Missing Villanueva who fouled out, Musang committed turnovers on crucial possessions that forced the deciding round.

### COMEBACK IS REAL

Dropping their first game to Musang, Alakdan swept their other games to qualify for the Finals of Basketball

against "twice-to-beat" Musang.

As Musang finished the eliminations undefeated, Alakdan had a hard time climbing back to the top facing every team around in rollercoaster matches.

They had faced Lawin's towering players Rod Soneja and PM Dio who tested their defense underneath the paint.

Alakdan also fought the mighty roster of Tamaroos without substitution challenging their stamina and speed along the game.

They earned a spot in the finals having a chance to take revenge to Musang. With their backs against the wall, Team Leader Justin Recalde and Team Captain Vince Chavez conspired to deliver finishing kick with a combined score of

21 points in game one that led the team to face Musang in the sudden death march in game two.

Alakdan had a scorching eight rebounds before heading to game two. Their defensive prowess showed no mercy as they defended the ring with 2 blocks and forced crucial turnovers.

"We may be the smallest in size but we have the biggest of hearts and the deadliest of all stings," said Recalde, who was crowned as MVP.

Their win became a pivotal point for Alakdan that impacted hard on this year's overall championship. ✓

## Obmerga, Salayo secure back to back titles

{Raphael Luigi E. Gaza}

R<sup>1</sup>eing champions Rhizia Obmerga and Xyzia Salayo once again sealed the gold in Tango and Rumba respectively in Dancesport Competition as part of Quezon Science High School Intramurals 2016 at QSHS Activity Area, Sept. 8.

Nabbing their back-to-back championship, Obmerga and Salayo together with Rod Soneja and Lester Edal gave Lawin and Tamaraw the crown respectively.

Golden Hawk's Rhizia Obmerga together with last year's first runner up Soneja synchronizing with the bear of 'Set Fire To The Rain' ruled the standard Tango category showing their graceful moves.

"Nung-una nagmetting muna kami tapos yun naischedule na naming ang aming practice," said Obmerga.

"Sa tingin ko yung preparation namin yung nagpapanalo sa akin," she added.

Showing that time management is the key for being prepared, they scheduled their practice for their availability. Being an organized team, gave them an edge to execute their performance.

In dancing preparation is the key for the perfect performance and that is what Rhizia Obmerga and Rod Soneja used to give them an advantage over their opponents.

Green Musang's Minuel Abella and Christine Escobar used daring moves but were not enough to beat Vincent Dudas' and Denise Malvar's sudden and elegant moves from

Maroon Tamaraws for second spot, using the song 'Can Get You Out Of My Head'.

Releasing dazzling moves, Maroon Tamaraw's elegant dancers Xyzia Salayo dancing with Lester Edal used the song 'Uncover' and was able to clinch the judge's heart even with technical difficulties.

Time conflict did not affect the determination of Tamaraw's Salayo and Edal to have a winning piece performance. They did not struggle when they knew they only had three days to perform, to manage their time and to not waste the three days they had left they made the choreography the first day and practiced for two days.

Salayo said, "Nagconflict kami sa time, yung pagpapakilala sa kanya nung rumba at kung pano kami magcocontact."

"I did my best. My goal was just not to fail and be embarrassed in front of the whole student body," Edal said.

Glancing back, Edal was sick four days before the competition without knowing that he will represent his colour. Struggling with time, Salayo also needed to teach the basics of Rumba to Edal because it was new to him after Edal learned the basics it was easy for Edal to learn the steps they will use to perform.

Following the Tamaraws, Hawk's Jenee Garcia and Lanz Salamanca deviced magnificent steps to be able to land in second, in third, Jaimee Basco with Freed Madridano showed great connection, representing Musang. ✓

**PUTTING HIS DISABILITIES aside, he never stopped stepping. Step after step, he got closer, close enough to finish the race twelve minutes past cut-off. With all the struggle, this Sariaya native managed to prove that there was more to him than just a crippled man, conquering an exhausting 50 km run at the 2016 CardiMax Ultramarathon, Clark Freeport Zone and showed that people like him could do more than what they were designed to do.**

On one leg and a supporting crutch, Renson Emradura still wore his smiling face after all that has happened because of the crowd that never stopped rooting for him. Their encouraging "Go, Idol" or their "Kuya, kayang mo yan!" gave him unimaginable strength to pull through the race. Their unending support overwhelmed him and gave him enough will to still run.

"Ansaya po gawa ng nagsisigawano po sila. Nakakawala ng pagod po. Yung finish line pinilit ko lang".

Renson stated that he could only take up to 25km and that maybe it was the reason for his struggle to pass through the finish line, "Hanggang 25km lang po ang aking natatapos... kaya po siyuro naging ganito. Hindi pa po sanay sa pangmalayuan".

**LIMBLESS TRIUMPH**

{Kim Anilov L. Cullarin}

The distance was not the only burden the Sariaya Native had to bear during the run. It was also the fact that he ran for ten straight hours, battling with the surging winds and the raging storms, trying to go against the weather, added with his incomplete limb but those things were never a threat for him.

Emradura's perseverance was acknowledged after the race. He was awarded with a medal for he showcased an attitude that not everyone had. Hardwork.

Emradura was born without a right leg and undeveloped fingers on his right hand but it never became a hindrance to his passion for running that he came to know when he was invited to a run in their barangay three years ago.

Your physical attributes don't change the fact that YOU are able. Even if no one believes in you, you can do anything. You believing in yourself will always be enough. Emradura didn't consider himself lacking but unique. Different in his own way.

He didn't look at his situation the same

way others would.

He thought of himself special and did something

that others thought was impossible for him to do. He used more than limbs or fingers to run in that marathon. It was his blazing fire of passion for the sport.

He had his perseverance and courage to cope up for everything else. For everything that he doesn't have, he has another one to compensate for it. He is in a way perfect but on other terms, he isn't.

You might think he's missing something but he's really just completely incomplete. ✓



107



101



99



77

### BULL'S EYE

## Miscalculations

Raphael Luigi E. Gaza

QUEZON Science High School (QSHS) kicked-off their 6th Intramurals at Vista Verde Clubhouse, September 8-9. The school was introduced to a new set of groupings. The Quesayanos were given a new way to enjoy the Intrams yet the committee had made unsatisfying schedule.

The Intramurals was delayed because of some pointless rumours and twitter rants. These posts influenced most of the students to dislike the "by-color" set of groupings. Students were convinced to almost do a boycotting act against these year's Intrams. It came to the point that QSHS almost lost the Intramurals itself, but the committee decided to continue the Intrams for the student's amusement and relaxation.

The committee did not present good time management. It resulted into bad arrangement of events. They should always make sure that the games they are scheduling will be played by the players.

A trending game called 'Pak Ganern' replaced the long jump event, that occupied the court for several minutes, it affected the volleyball games that was scheduled after the lunch break and needed several minutes to prepare the net and court.

The lack of professional facilitators also led the Intramurals into a disaster because most of the officials being teachers lack knowledge about



the sport. With professional facilitators the players can appreciate the games and can make sure that cheating can be avoided.

For example, in athletics the track was curved and the runners were aligned straight and were aiming for the same finish line it caused the one in the longest curve, to be the last to finish. The teachers were not able to find a perfect choice of venue.

The committee also made inaccurate Volleyball events were intended to be held at campus grounds, but for the players safety the committee decided to move it at St. Jude Sports Complex. However, there were misunderstandings about the budgeting causing St. Jude to limit the audience.

The arrangement was not good. The conflicts can be avoided. If the Sports Committee will continue the group changes, they should release the roster early on. With this, not only the teams but also the committee can prepare more.

If the committee tried to manage the intramurals earlier and announced the system of groupings more properly, the rants can be avoided.

If this year's Intramurals turned out great, it might be one of the memorable Intrams in the history, because we defied our past Intrams tradition. ✓

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Team Lawin (left) and Team Tamaraw's (right) gracefully sways in Quezon Science High School's activity area for the Dance Sports Competition in the first day of the Intramurals, September 1, 2016. Lawin and Tamaraw's representatives both bagged gold medals in the two different categories in Dance Sports (Photo/Anne Louise S. Cabuncal)

## LIMBLESS TRIUMPH

{Kim Anilov L. Cullarin}

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