

Campus journalism gains ground in QSHS

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2 of 5 Quesayanos are Velocity journalists – OSA

by LARS MICHAELSEN V. SALAMANTE

The number of campus journalists in Quezon Science High School stood at 40 percent – or 2 of every 5 Quesayanos are affiliates of the school's official student paper publications The Velocity and Ang Velocity, as revealed by the data from the school's Office of the Student Affairs (OSA).

Based on the data from OSA, the rate, which is nearly doubled from last year's number of enlisted campus journalists in QSHS, is relatively high compared with the rest of the recognized organizations present in QSHS.

"With this feat, The Velocity and Ang Velocity have come much closer to its goal of being two of the best school papers in the country by first amplifying its workforce," Adviser Nepheline Khaye Karen Perez said in a statement.

At the same time, Perez however recognized that the school's inefficient bureaucracy and inadequate supply of funds are the most problematic factors in achieving the goal by the two student publications of QSHS.

To recall, the school's official English student publication, The Velocity, was founded during the establishment of QSHS in 2011 while the school's official Filipino student publication, Ang Velocity, was launched in 2013.

Highlighting the year-on-year growth in the number of journalists in QSHS, Perez said the this year's outcome shows signs that the school's campus journalism is continuously improving, with the number of campus journalists up by 19 percent to 113 during the period in review.

2 OF 5 / PAGE 3



Eloisa Marie Tulay jots down on her notebook details during the inauguration of the Quezon Science High School (QSHS) Garden of Knowledge whilst the majority is waving green flags at the arrival of Quezon Governor David Suarez. Tulay is one of the 113 registered campus journalists of The Velocity and Ang Velocity, according to the school's Office of Student Affairs (OSA) (Photo/Raphael Marco C. Mirandilla).

FEATURE

► 14



40 Fridays of Ultimate Eviction

When Pinoy Big Brother has a very sad eviction, on the other hand, the Quesayanos happily celebrate their eviction on Fridays, but how, you ask?

SCIENCE

► 12

PDRRMO urges Quesayanos to form risk-acting team

School-made flying bots to watch over people

Marijuana can relieve epilepsy, Dr. Alincastre says

'Leaf of Tomorrow' can cure anemia and cancer

SPORTS

► 16



Sabers, Dragons capture first QSHS Dancesport crowns

200 years later

VP Binay, QSHS lead bicentennial rites for Hermano Puli

by LARS MICHAELSEN V. SALAMANTE

President Jejomar Binay called on students nationwide, particularly in Quezon Science High School (QSHS), to follow the example of Apolinario dela Cruz, known as Hermano Puli, in upholding nationalism towards a free and progressive country.

In an interview on the sidelines of the ribbon-cutting ceremony for the local hero's exhibit displayed at SM City Lucena's atrium on July 22, Binay told The Velocity to follow in Puli's footsteps in continuing his advocacy for Philippine freedom, urging QSHS students to be proud of their race to begin with.

"Damhin natin at ipagmalaki ang lahi ng Pilipino sa buong mundo," Binay said, amidst the commemoration of Puli's bicentennial anniversary.

"Sundan natin ang mga yapak ni Hermano Puli at ng ating mga bayani upang maituloy natin ang kanilang adhikain tungo sa isang malaya at

maunlad na Pilipinas na maipagmamalaki ng bawat Pilipino," he added.

Hermano Puli, born on July 22, 1815, in Lucban, Quezon, is considered the national hero for religious freedom.

Historically, he founded the Cofradia de San Jose religious movement at 17 that attracted followers in Tayabas, the provinces of Laguna, Batangas and Cavite, Tondo in Manila, and some parts of the Bicol region, which historical research has proved as one way of showing nationalism during that time.

During his keynote speech at the 200th birth anniversary of Hermano Puli at the local hero's monument on the shared boundaries of Tayabas City and Lucena City, Binay said he wanted to revive Puli's vision to have a free country with no one getting "left behind."

"Nais kong makabalik tayo sa magandang

adhikain ni Hermano Puli na magkaroon ng isang bansang malaya at walang naaapi. Nais kong maabot natin ang kaunlarang makapagbibigay ng ginhawa sa mga mamamayan. Walang dapat maiwan sa kaunlarang makakamit natin," he said.

QSHS students, with the vicinity of their school at the hero's monument, led the preparation for the weeklong celebration of Puli's 200th birth anniversary aimed at raising the level of historical or cultural awareness and consciousness to the significance of the commemoration.

Proper use of coco levy funds pushed

In Quezon, which is the coconut capital of the Philippines, the vice



Vice President Jejomar Binay pays tribute to Hermano Puli in front of the local hero's shrine at Tayabas City, Quezon. Binay was the keynote speaker during the 200th birthday celebration of Puli (Photo/Raphael Marco C. Mirandilla).

VP BINAY / PAGE 4

Coach Reyes relishes back-to-back victories

The Velocity's associate EIC earns berth in nat'l tilt

by LARS MICHAELSEN V. SALAMANTE

The Velocity's Senior Associate Editor-in-Chief Carmela Isabelle Disilio copped one bronze medal in the 2015 CALABARZON Regional Schools Press Conference (RSPC), earning her a slot to vie in the oldest and most prestigious journalism competition in the country – the National Schools Press Conference (NSPC).

Disilio, a two-time NSPC qualifier, clinched her spot in Sports Writing (English) after beating more than 130 journalists from 19 divisions in Region 4-A (CALABARZON).

"It was a hard-earned victory and at the same time, I experienced a lot of pressure from my fellow Velocity qualifiers to also give my best in writing my winning sports article."

Coach Rio Celeste Reyes said, "We are proud for what Velocity has achieved, especially recently,

noting it has been only established five years ago. And I couldn't be prouder because it was the efforts of the students themselves to improve their craft, and the advisers are only there for guidance."

Reyes also underscored that it only means "even if we don't dominate in the division level, there's a bigger venue ready to recognize our endeavors."

Furthermore, Ang Velocity's Managing Editor Marife Villalon bagged the sixth place in Science

Writing (Filipino) on a back-to-back bid from her last year's win as bronze medalist in the 2014 RSPC. However, she will not be advancing to the national level this year.

Reyes, who also coached Villalon, added that she earned the feat as a reward for her exemplary performance in the recent 2015 NSPC, where she was the lone representative of the Division of Quezon.

THE VELOCITY / PAGE 3

QSHS dominates nat'l science, math tilt; reaps 38 trophies



Winners of the 13th National Science and Mathematics Quest, together with their coaches, pose for a photo opportunity wearing their medals and trophies. They hauled a total of 38 trophies during the event held in Baguio City (Photo/Lars Michaelsen V. Salamante).

by LARS MICHAELSEN V. SALAMANTE

Quezon Science High School (QSHS) harvested a total of 38 trophies in the 13th National Science & Mathematics Quest to power Region 4-A (CALABARZON) to its overall championship.

During the three-day competition at the Department of Education (DepEd) Teacher's Camp, Baguio City, Coaches Edgar Yabut and Avelino Bucad said, "We can call the achievements of the students the fruit of their labor. They made it possible through their dedication, perseverance, diligence and with the help of their parents."

Multi-gold medalists Lars Michaelsen Salamante, Gacel Perfinian and Serafin Angelo Martin Barodi bagged two gold medals each in their respective categories commanding QSHS to an impressive 20-gold medal haul.

Salamante seized two individual gold medals and a trophy in Grade 10 Science Quiz Bee (Individual) and Science Quiz Bee (Integrated Team), respectively. Alcala, together with John Paul Marco and Trisha Marie Regodon, won fourth place with their SIP entitled "Ashitaba (Angelica keiskei) as an Alternative Source of Cobalamin (Vitamin B12) and Increasing the Red Blood Cell Count and of Chalone in the Production of Interferon against Cancer."

Likewise, Perfinian reaped two individual gold medals and a trophy in Grade 10 Techno Quiz Bee (Individual) and Techno Quiz Bee (Integrated Team). He partnered with Christian Daniel Nilo, Vincent Fritz Lauriz Llaneta and Irish Ghayle Gagalang in winning the Integrated Team gold in the event.

Barodi also took home two individual gold medals and a trophy in Grade 8 Mathematics Quiz Bee (Individual) and Mathematics Quiz Bee (Integrated Team). He joined force with Errol Vence Villafuerte, Paulo Miguel Villanueva and Jhageson Lance Escoto to grab the Integrated Team gold.

Raiza Klarisse Alcala was also sparkling with one silver medal and one bronze medal in Grade 10 Environmental Quiz Bee (Individual)

and Science Investigatory Project - Life Science

(Individual) and Science Quiz Bee (Integrated Team). He teamed up with Fatima Joie Flores, Yliann Charlize Sta. Maria and Cherry Clarice Jose to capture the Integrated Team plum.

Meanwhile, Charles David Cariño was hailed the Grade 8 Science Quiz Bee (Individual) champ, savoring his back-to-back win from last year as 7th grader in the same category.

The other outstanding quizzers were Karyhle Khaye Abuel, gold in Grade 7 Science Quiz Bee (Individual); Jermaine Valerio, gold in Grade 9 Science Quiz Bee (Individual); Charles Dwight Pelaez, gold in Grade 7 Mathematics Quiz Bee (Individual); and Gerard Vann Vincent Gomez, bronze in Grade 9 Environmental Quiz Bee (Individual), winning fourth place.

Also winning trophies in their respective individual events were Alexander Justin Villanueva (gold in Grade 8 Sudoku), Julius Jose

Derecho (silver in Sci-Photojournalism), Robert Jamilano (silver in Grade 8 Sci-Chess), Alyssa Raine Angulo (bronze in Grade 10 Sci-doku), Aila Marianne Palad (bronze in Grade 7 Sci-doku) and Jose Dei Lex Manzanilla (bronze in Grade 9 Sci-Chess).

Chipping seven more bronze trophies were Fidel Briñas (fourth in Grade 10 Rubik's Cube), Queen Anne Xyza Salayo (fourth in Grade 8 Sci-doku), Kyla Isabel Burgos (fourth in Grade 8 Sudoku), Leynon Mark Amada (fourth in Grade 7 Rubik's Cube), Allan Dereck Abuel (fourth in Grade 7 Sudoku), Rod Florence Soneja (fifth in Grade 10 Sudoku), Meg Albert Hugh Targa (fifth in Grade 7 Rubik's Cube) and Christian Josef Cabuyao, fifth in Science Investigatory Project - Applied Science (Individual) with his research project entitled "Aerial Wireless Surveillance through Live Data Streaming."

In line with the Department of Education (DepEd) Advisory No. 102, s. 2015 and ASEP Advisory No. 5 s. 2015, the National Science Quest aimed to promote academic excellence in Mathematics and Science through competition, company and sportsmanship.

Gov't completes rehab for Glenda-stricken facilities

by MA. MARGARETH M. GELUZ

Formerly a dormitory, the provincial government of Quezon completed the storm-wrecked third floor of the Quezon Science High School (QSHS) main building renovation and currently serves as a classroom for three sections of students.

The grades eight and nine namely 8-Altair, 9-Polaris and 9-Sirius occupy the third floor.

It also bears the third faculty room of the teachers for their increasing number. This includes the office of the QSHS Students Affairs

Coordinator, Edgar Yabut.

The reconstruction of the third floor with the roof was finished this March 2015; the rehab started on October 24, 2014 and had only renovated 50 percent around 120 working days, as stated by QSHS OIC Directress Carmela Ezcel Orogo.

Glenda, internationally known as Rammasun, devastated QSHS as it tore out its roof and damaged the whole school campus.

Orogo added that the paint that was used is

water-proof and that there are no plans ahead for the comfort room in the third floor for it is too weak to barely support the students' needs.

The government also reconstructed the school garden and the nipahuts that were blown away by the typhoon.

To recall, the rehabilitation was ordered by Governor David Suarez with the support of his staff. The rehabilitation was ordered by Governor David Suarez with the support of his staff

Students are passing by at the third floor of Quezon Science High School (QSHS) main building during a game of badminton. The Provincial Government of Quezon completed its renovation on March 2015 after typhoon "Glenda" struck the whole school on July 2014 (Photo/Lars Michaelsen V. Salamante).



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Emocling performs int'l music fest

by Aira Jane P. Gonzales

Catherine Emocling, rondalla veteran from Quezon Science High School, along with Lucban Pahiyas Community Rondalla, represented the Philippines in Strings of Unity Festival in Yilan City Stadium, Taiwan to promote culture.

QSHS whips 18 schools; reins in UP contest

by Ma. Margareth M. Geluz

Quesay outwitted 18 schools all over Quezon Province in the University of the Philippines (UP) Kalilayan Tagisan 30, emerging as the overall champion. Louie Constantino won 2nd place in Essay Writing; Beaver Dayo, 3rd in "Pagsulat ng Sanaysay;" Kahlil Alcala, 2nd in Poster Making Contest; Abdel Sinapilo, 2nd in Impromptu Speaking; Christine Jen Dogta, Roivic Mendez and Marife Villalon, 2nd in Quiz Show; and Florydayne Capio, James Ryan Motil and Deojon Elarco, 5th also in Quiz Show.

Suarez hikes college fund to P1M

by Banjan M. Lanzona

College fund for graduating Quesayano increased to P1 million to cover more recipients, Governor David Suarez said in the inauguration ceremony of Garden of Knowledge. Recalling, the initial collegiate fund was at P200 thousand.

Alcala wins Puli history quiz bee despite discrepancies

by Banjan M. Lanzona

Raiza Klaris Alcala claimed as the champion of the Hermano Puli History Quiz Bee. During the contest, she turned the tide in her favor as she defended answers in referential differences through her books.

Quezon agri-tourism fest woos QSHS students

by Marl Gabriel M. Decuzar

Quesayanos once again visited Quezon's Niyugyugan Festival as the fest astounds students in its third year. In the event, each municipalities of Quezon Province, Lucena City and Tayabas City showcased unique local products and nipa huts.

Freshmen learns Nihongo

by Florydayne M. Capio

Quesay freshmen tackled Japanese basic language "Nihonggo" as a completely new elective through the hands of Quezon Science OIC Directress, Carmela Orogo.

QSHS continues 'Gulayan sa Paaralan' legacy

by Florydayne M. Capio

The students of QSHS introduce a new process of composting in the garden, called vermicomposting. The students use various worms and other organic materials to create their own organic fertilizers.

Percentage of QSHS Students According to their Body Mass Index (BMI). Graph 1 shows that 89 percent of Quezon Science High School (QSHS) students have normal BMI.

In preparation for Senior High School**New building to rise in QSHS**

Construction workers stand on the scaffolds of the Senior High School (SHS) building to-be of Quezon Science High School (QSHS). The Department of Education (DepEd) plans on building 14,320 buildings for SHS in 2015 (**Photo/Lars Michaelsen V. Salamante**).

by BANJAN M. LANZONA

The Department of Education (DepEd) donated a two-storey, four classroom building, and Quezon Power Limited and the Department of Energy sponsored a three-storey, 12 classroom-laboratory building.

The DepEd building will be used to accommodate the senior high school in QSHS, and the 12 classroom-laboratory building will

be used for classrooms and a laboratory, said OIC Directress Carmela Ezcel Orogo.

Suarez said the senior high schools buildings are being built in order to accommodate the senior high school students from all over Quezon.

"The construction of the senior high school building began in September and is projected to end in November," said OIC Directress Carmela

Ezcel Orogo.

The administration is planning to accept students from other schools, said Kristine Pongyan, School Principal Secretary.

"QSHS will be offering senior high school tracks of Science, Technology, Engineering and Mathematics (STEM), and General Academic Strand (GAS)," said Research teacher Russel Soltura in his discussion about senior high school.

DepEd Manila installs new computers in Quesay

by FLORYDAYNE M. CAPIO

The Department of Education (DepEd) - Manila City Division has installed 50 new computers in the computer laboratory of Quezon Science High School (QSHS) to intensify individualized instruction under the DepEd Computerization Program.

With a network connected by servers, the new computers were setup differently from the previous computers that the school had in the beginning of the school's establishment, according to Jamie Talavera, QSHS Information Communication Technology (ICT) teacher.

"Before, the students had to share computers with each other. Now, with the 50 new computers, each student can have one computer, and thus have individualized instruction," Talavera said.

QSHS also have a computer laboratory in its second floor. However, it cannot accommodate all the students because it only has 25 computers, which is not enough for a class of 40 people.

Talavera added that the computers were

connected by a multi-point server, where a teacher can see all the activities of the students using the computer.

"There are eight servers, and each server can handle seven computers at the same time. They can accommodate 49 students and one teacher," she said.

According to QSHS ICT personnel Perfito Pongyan, the new computers will also have an internet connection of 6 mbps/s.

The Hewlett-Packard-model computers with its Windows Multi-point Server operating system occupied a new computer laboratory in the ground floor of QSHS, which was formerly a classroom.

Based on DepEd order no.78, s. 2010, the DepEd computerization program' started in 2010 with the aim of providing public schools with appropriate technologies that would enhance the teaching-learning process and meet the challenges of the 21st century.

Talavera added that the computers were

The Velocity's associate EIC earns berth in nat'l tilt

by LARS MICHAELSEN V. SALAMANTE

FROM PAGE 1

It was noteworthy that Reyes trained two consecutive NSPC qualifiers in her first two years as adviser of The Velocity and Ang Velocity.

Other The Velocity bets Lars Michaelsen Salamante, News Writing; Raphael Marco Mirandilla, Photojournalism; Magaux Ma, Yzabelle Riola, Feature Writing; Cherry Clarice Jose, Editorial Cartooning; Florydayne Capio, Science Writing; Louie Antoine Ma, Constantino, Editorial Writing and; Banjan Lanzona, Copyreading and Headline Writing, failed to advance to the national level.

NSPC is the highest competition for journalism in both private schools and public elementary and high schools in the Philippines.

School nurse OKs QSHS nutri-status

by BANJAN M. LANZONA

The percentage between the normal and malnourished students of Quezon Science High School (QSHS) has a very low incidence and should not be really affecting the campus, according to Annabelle Romeo, school nurse.

The nutritional status for the school year

2015-2016 states that in the population of QSHS, 288 students, 88.70 percent, 251, are counted normal; 4.16 percent, 12, considered as wasted; 1.04 percent, three, for severely wasted; 6.60 percent, 19, are overweight; and 0.35 percent, one, is obese.

Romeo said that the negative energy balance, where students have more expended calorie than intake, may cause the abnormal number of the student's body mass index (BMI). These include activities done in school, body building and not eating at daily basis.

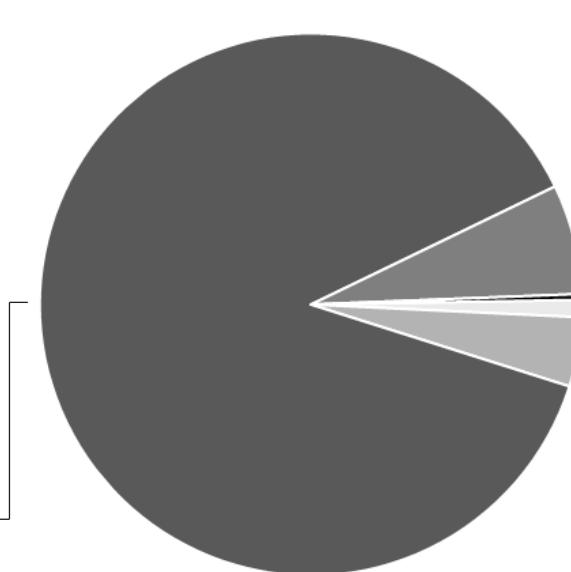
The annual celebration of National Nutrition Month in July is by the ethic of Presidential Decree No. 491 signed into law in 1974 by President Ferdinand Marcos.

Before the school celebration of nutrition month, three lecturers from the Provincial Nutrition Council went to QSHS and taught about the Nutritional Guidelines for Filipinos, the new "Pinggang Pinoy," and the Nutrition Month Talking Points.

The Provincial Nutrition Council of Quezon is a sector of the provincial sector aiming to promote good nutrition and introduce the effects of malnutrition especially through students.

During the nutrition month celebration, it consisted of contests namely Slogan and Poster Making Contests, Nutriquiz, Cooking Contest, Zumba Dance Showdown, and the Nutrijingle Contest.

Lars Michaelsen Salamante won the Slogan Making Contest; Jermaine Valerio in Poster Making Contest; grade 10 students placed first in Nutriquiz, Cooking Contest and Zumba Dance Showdown; and grade 9 students won the Nutrijingle.

**Quezon gov't alloys P8M for perimeter fencing**

by Leynon Mark M. Amada

Provincial government of Quezon assigned P8 million budget for Quezon Science High School dormitory fencing to heighten security and safety of student dormers.

Abuyan goes golden in national scribe tilt

by Jasmine Rose N. Napeñas

Ang/The Velocity once again wended up in "Para sa Bayan at Lasalyano" (BayLayn), a national journalism seminar and contest, as Trisha Abuyan, ATV staffer, took first place in "Pagsulat ng Artikulong Pampalakasan." Ang Plaridel, De La Salle Manila publication, conducted the said event in their own school.

Quesay hosts local hero rites

by Edralyn T. Manalo

Quezon Science High School led the rites for the celebration of Hermann Puli's 174th death anniversary in his shrine in Isabang, Tayabas City on November 4. The event was to commemorate the local hero's death as he pinpointed inequality of Spaniards to Indios.

QSHS to benefit Zombie Run

by Laye Nicole D. Padua

Quesay is the beneficiary of the fundraising event, Zombie Run, of The Original Ugat Lucena Association and Quezon Tayabas Association Inc. in Alcala Sports Complex on October 30. An estimated number of 700 participants joined the event in which Quesayanos are zombies in a number of 36 and 44 more zombies from Quezon Provincial Office.

QSHS student council reopens "The Shop"

by Eden Audrey V. Castañares

Supreme Student Government (SSG) 2016 of Quezon Science reoperated their "The Shop" after two years closed. Bridgette Par, SSG president, stated that its reopening will bring quick solution to most students' needs today.

School admin shapes up e-library

by Abigail B. Gonzalo

Quesay administration refurbished the e-Library as its fifth year opened. Overall cost including paint was at P6000, OIC Directress Carmela Orogo stated.

2 of 5 Quesayanos are Velocity journalists

by LARS MICHAELSEN V. SALAMANTE

FROM PAGE 1

Of the number, 63 are Grade 7 students, which constitute half of the total number, 13 are Grade 8 students, 16 are Grade 9 students and 21 are Grade 10 students.

Furthermore, Velocity ranked first in the most number of signed up members in the school, followed by the Quezon Science Madrigal Virtuosos with 65, and the Interact Club of QSHS with 44.

Ang Velocity Editor-in-Chief Zyrene Mae Suaybaguio said the data in S.Y. 2015 - 2016 reflects an improved campus journalism climate in the school.

New garden in QSHS fosters native trees for student learning

by FLORYDAYNE M. CAPIO

Quezon Science High School (QSHS) houses 34 varieties of Philippine Native Trees in its new Garden of Knowledge, a project of the provincial government of Quezon.

The Garden of Knowledge, which has an area of 2,300 square meters, cost P2.7 million, said Governor David Suarez, who headed the project for the creation of the Garden of Knowledge.

The Garden of Knowledge is located near the dormitory of QSHS.

"The groundbreaking of garden was on June 19 and the inauguration was on August 19. If we had a project that we could consider the fastest to be accomplished, it would be the garden of Knowledge," Suarez said in his speech during the inauguration of the Garden of Knowledge.

Imelda Sarmiento of Hortica Filipino said the 34 varieties in the garden were chosen according to function and were imported from various places in the Philippines.

Examples of plants in the Garden of Knowledge are bayabas (Psidium guajava), lagundi (Vitex negundo), and Mayana (Coleus blumei).

"The Garden of Knowledge was created with a vast amount of

grass for students to sit or squat on the it. Only native trees are in the Garden of Knowledge. There will be healing, blooming, fine timber, and fruit-bearing trees," said Sarmiento.

Sarmiento also gave a seminar entitled "A Pitch for God-given trees" to grade 7 students.

"The garden will have four sectors, namely herbal, fragrant, forest, and variegated plants, and these four sectors represent the four districts in Quezon province," Sarmiento added.

Suarez emphasized that the most important aspect of the garden was that it was the students' responsibility to take care of it.

"The garden is for holistic development. Not only should the students be good at mathematics, but also physically, emotionally, and mentally developed. This is a new approach to develop your creativity and imagination," Suarez said in his speech during the groundbreaking of the Garden of Knowledge.

Suarez also mentioned during the groundbreaking of the garden that he will also construct a covered court, lab buildings from Quezon Powerplant Limited Co. and will allot P1 mill



Governor David Suarez (right) answers the questions of the campus journalists (left) after the inaugural ceremony of the Quezon Science High School (QSHS) Garden of Knowledge. The garden stood at the southwestern part of the QSHS main building (Photo/Lars Michaelson V. Salamante).

Chavez receives promotion to evaluate SHS education quality

by BANJAN M. LANZONA

Former Quezon Science High School (QSHS) teacher, Jerome Chavez, is the Region IV-A CALABARZON Education Program Supervisor (EPS) II for Quality Assurance in which he will take on the quality of education in specific divisions.

As the appointed EPS-II, Chavez will assure the quality of the different functions of the divisions of Quezon Province and the cities of Lucena and Tayabas, and will monitor the facilities of schools offering the senior high school (SHS).

He will also be inspecting instructional and physical facilities, and handle private institutions that will apply for recognition of SHS.

"People look at you as a competent wherever you are; new home means new learning from what I do, for a wider perspective of

education," Chavez said from an interview.

Chavez stated that his office is in the Department of Education (DepEd) Regional Office of CALABARZON in Karangalan Village, Cainta, Riza where he is headed by the DepEd Regional Director Diosdado San Antonio.

According to Chavez, he was recommended to apply for the position in the regional office with other three applicants and emerged the one who got promoted.

Chavez, with 25 years of teaching, was one of the 11 pioneer teachers in QSHS and the founding president of the Mathematical Teachers Association of Quezon (MTAQ).

Chavez won the Teodora Alonso Realonda Rizal Gabay Mag-aaral Award, award given to teachers who portrayed great leadership and excellence in teaching, in 2014.

Suarez lauds Quesay alumni for passing top colleges

by FLORYDAYNE M. CAPIO



Governor David Suarez waves at the students and faculty of Quezon Science High School (QSHS) during his ceremonial entrance at his State-of-the-Province Address (SOPA). To recall, QSHS is a priority project of Suarez, together with former Schools Division Superintendent Gloria Potes, five years ago (Photo/Anne Louise S. Cabungcal).

VP Binay, QSHS lead bicentennial rites for Hermano Puli

FROM PAGE 1

by LARS MICHAELSEN V. SALAMANTE

capital of the Philippines, the vice president has rallied behind the coconut farmers' bid to ensure the proper use of P74.3-billion coco levy fund for the benefit and the development of the country's coconut industry,

"Sa mga bukirin, naghihintay pa rin ang mga magasaka na matupad ang mga pangakong patubig, pataba at mga gamit sa pagsasaka," Binay said.

If used properly and prudently, he added, the coco levy funds could help propel coconut as the country's premiere product, which would benefit not only small farmers but the entire

country as well.

'Historical dates should be honored so students won't forget' – Luistro

Earlier on January, Department of Education (DepEd) Secretary Armin Luistro wants the heads of public and private schools to commemorate 21 important dates in Philippine history in their own way so that students will always remember their significance, including the 200th birth anniversary of Hermano Puli on July 22.

In a memorandum, Luistro said that recalling the births and deaths of heroes and

other historical events would instill in the students pride in their Filipino heritage.

Led by Binay, National Historical Commission of the Philippines (NHCP) Executive Director Ludovico Badoy, Quezon Governor David Suarez, author and historian Ryan Palad, members of the provincial board, department heads and employees of the provincial government and socio-civic organizations in the province were also in attendance at the wreath-laying rites.

Malacañang has declared November 4 a special non-working holiday in Quezon.



Beside the Philippine flag covering the shrine of Hermano Puli, Vice President Jejomar Binay speaks in front of thousands of spectators in honor of the bicentennial birth anniversary of the local hero. During his keynote speech, Binay said he wanted to revive Puli's vision to have a free country with no one getting "left behind." (Photo/Lars Michaelsen V. Salamante)

Quezon Science High School (QSHS) took the limelight for the fifth time in Quezon Governor David C. Suarez' State of the Province Address (SOPA), this time with the first-ever batch of graduates from the school.

Through a video presentation, eight alumni of QSHS surfaced on the morning of August 24 during the SOPA of Suarez at the Quezon Convention Center, dedicating messages to the governor.

"Because of your support, I was able to get here. I was able to reach my dream of finishing high school, and now, I am pursuing another dream again - college," said Carmel Rose Rolloque, the valedictorian of their batch who is now studying at the University of the Philippines - Los Baños.

To recall, the first batch of QSHS students graduated earlier on March 2015.

In his speech, Suarez highlighted that the alumni are now studying in the top universities of the Philippines, such as, the University of

the Philippines (UP), Ateneo de Manila University (ADMU), and the University of Santo Tomas (UST).

"Quezon Science High School not only represents integrity, service, and honor. It also stands for the opportunity to excel," Suarez said.

Moreover, Suarez mentioned other projects for QSHS, including a three-storey science laboratory building from Quezon Power Ltd. and a two-storey six-classroom building from the Department of Education.

Former The Velocity editor-in-chief Nicole Uy from UP and former Ang Velocity editor-in-chief Christine Loui Araña gave a message to the governor expressing their gratitude to their alma mater.

Mikhail Agudo from ADMU, Geraldine Paulite from UST, and Paul Sales, Samuel Cruz, and Allaya Escobina from UP, also expressed their thanks to the governor.

"Investing in the minds of youth is one of the soundest investments that the government can make," Suarez said.



REVOLUTIONIZED PARADOX

By Lars Michaelsen V. Salamante

Scholar, n.

THE Republic Act No. 10648 (Iskolar ng Bayan Act) grants those who will graduate as part of the Top Ten Students in public high schools will get automatic scholarships in college. In comparison, Quezon Science High School houses scholars with the intellect rather than the typical scholar that is financially-deprived.

Generally, for international standards, scholarships require the students to have a General Waited Average (GWA) of A in which in the Philippines it will be a grade of at least 90 and above. Some scholarships also require the students to be financially supported to study abroad because it will be expensive living there even if the education is free.

The standard of being an internationally competent high school student in the Philippines is being a Philippine Science High School (PSHS) student in which all of them there are also scholars but only under the Department of Science and Technology (DOST). A scholar of PSHS would not pay for tuition fee, free loan of textbooks, and get a monthly allowance. Then for the low income students would be uniform, transportation, and living allowances.

In which in Quezon Science High School (QSHS) all of the students, poor nor rich, will receive almost the same benefits. Nevertheless, both science high schools will grant students to be their scholars by passing their standards like the grade requirements and entrance examination scores.

A survey was conducted in QSHS in which 63% of the whole student body claim themselves to be called a scholar. The definition of the word scholar was in their terms in which 37% of the whole 286 students answered that they do not consider them as scholars. As students in QSHS came from the different parts of Quezon, the word scholar is really different by definition in each one of them.

Kate Abulad, "Iskolar ng Bayan" of the school year 2014-2015 in QSHS, stated that she defines a scholar to be supported by the government and in which in the near future that scholar must repay on what he or she received. It was an obligation to do so. For her, it will be a privilege to be funded by the taxes of the Philippine nation. She received a general average of 93.696 that school year.

Scholars are what make up the QSHS student body in which there is only one similarity. The students are academically-proficient or generally speaking they are the cream of the crop that could have the potential to help the province and whole world to be further developed. The financial status of a family is not just the aspect to be looked for in a scholar but the brains and heart to change their status with the whole province with them.



OBNOXIOUS HYPOTHESIS

By Florydayne M. Capio

Sciential Yardstick

LAST 2008, the Philippines had showed poor performance in an International Study on the Scientific and Mathematical Ability of Students. The poor performance now serves as a reminder of what all high schools, especially science high schools such as Quezon Science High School (QSHS), should beat.

Proponent Ester B. Ogena, Ph.D. made a report, entitled "Performance of Philippine High Schools with Special Curriculum in the 2008 Trends in International Mathematics and Science Study (TIMSS-Advanced)". The report encases the results of the 2008 study, which shows that only 24% of the Filipino students gained an "Average Percent Correct", lower compared to Armenia, which has the same Years of Formal Schooling at 10 years, which gained 32%. The results have proved to be discouraging, but the statistics can say that there is a way to get through it.

The Philippines' participants in the 2008 study was at 4,091, with them coming from the Philippine Science HS System, Science and Technology Oriented Schools, Laboratory Schools, Regional Science HS, and other public and private High Schools. From the 4,091, only 1% of them were able to reach the Advanced Bench Mark, 4% made it into the High Benchmark and 13% into the Intermediate Benchmark. The PSHS System has performed the best, with 104 of 153 takers meeting the benchmark levels. It shows that Science High Schools can meet expectations, with QSHS having to meet that standard.

PSHS's DOST-implemented curriculum, which is similar (but advanced) to the imposed curriculum on other Science High Schools by DepEd, have proved valuable in uplifting the standards of Education in the Philippines. That special curriculum at the time is can now be experienced through the K-to-12 curriculum, with the Science Technology and Mathematics (STEM) curriculum. As QSHS is a science high school in the Philippines, a special curriculum which advances the study of every student would prove to make the students meet or even exceed that standard set by PSHS.

The results of PSHS have indeed, helped the Philippine Government focus on education. The results also have set a standard, and QSHS has to meet those to prove that they could compete in International Competitions. The development of the Filipino student now relies on its curriculum, and QSHS with its present curriculum, could grow well.

The need for the best curriculum starts now. If ever the best curriculum is implemented, students have to meet the goals and benchmarks of the international community. All schools are indeed, challenged, and now, schools such as QSHS have to meet and face those obstacles.

**Tarnished Thoroughfare**

EDITORIAL

THE road that connects every student of Quezon Science High School (QSHS) to the outside world has never been an easy path to take, with almost the whole road being pure soil, rather than cement. This issue has been present since the beginning of the institution, and it has not been solved since then. The government agencies responsible should take immediate action, for the safety of every student in QSHS, and for the image of the school.

The Old Manila South Road is the major thoroughfare to get to the city of Lucena.

Non-dormers, which count as half of the 286 of the student population, traverse the muddy road that connects the school to the said road, just to get to school from home and vice versa on a daily basis.

Due to the increasing viscosity of the mud, it starts sticking to the shoes of the people who walk in it, and can either make someone slip in it or get stuck. The students are therefore at risk with a road like that.

Since the institution's establishment in 2011, that road which connects the main building to the Old Manila South Road never has been cemented, leaving it to turn from plain soil to mud. Throughout the years, the school has pleaded for immediate action from the government, but the only help received from them was truckloads of rocks. In the beginning of every dump, it works for quite a time but in a short span of months, the roads return to the muddy state it was in, with only more debris to be faced by both humans and vehicles.

In the various weather patterns Quezon is experiencing in the recent months, the sudden downpour then the immediate shine of the rays of the sun right after the rain has confused the road, turning it into some big, heaping pile of mess. With it being a mess, it ruins the image of a school that has the most outstanding facilities in the province.

As the road is a major path for all non-dormers who come from Lucena, most of them force themselves to pass such a dangerous route just to get home, regardless of the weather. The rainy season has done nothing but increased the volume of the mud through soil erosion, and it creates puddles and slippery paths which increase the risk of accidents for the students, and also for light vehicles.

The poor road itself is already a problem, but the students also have to face a crossing a buzzing highway to get to the jeep. Slippery shoes and a buzzing highway? That could spell disaster!

This may seem as a minor problem, but how is it that they could not fix a measly road?!

It's been 4 years since the school opened, and still, there had been nothing done.

The road's life hangs on the action to cement it, as the road could no longer be suitable even for even Four-Wheel Drive vehicles to pass in the next years.

As time goes by, the government should reflect on their lack of immediate action to resolve a small but major problem. The school should continue to push the idea of concreting the road for the sake of the pupils, teachers, and visitors of QSHS.



LOGICAL NOTION

By Niel Jasper T. Peña

Impasse

A house bill in the House of Representatives has a purpose of turning Quezon Science High School (QSHS) into Quezon Science National High School (QSNHS) under the Department of Education (DepEd). The bill still needs further refinement, as its provisions still lack solutions to make QSHS a competent Science High School (SHS) in the country.

House Bill 5172, or an "Act Converting the Quezon Science High School into a National Science High School" was authored by Congw. Aleta C. Suarez of the 3rd District of Quezon. In the bill's explanatory note, it mentions Article 14, Sections 1 and 5 (1) which is about the State providing education to all and the needs for proper education. True, that the state needs to provide what is necessary, and turning QSHS into QSNHS would work, but it is not enough to make the students of the school capable in meeting International Standards.

As a high school is recognized by DepEd National, the school would be given school supplies and references as part of the recognition. Given, the school needs the supplies and references, but the Science High also needs a Science-Centered curriculum. Schools like Cavite National Science High School and Cebu City National Science High School are indeed, under the DepEd, but the curriculum DepEd is implementing is a rigorous, strict, and focused Science and Math Curriculum. If the bill had said that it will definitely be under DepEd as a national science high school, the bill would be better if its provisions would provide a solution to make QSHS meet the standards of all the Science High Schools in the Philippines.

In a survey conducted by The Velocity in QSHS, 214 out of 286 students or a whopping 75% of the school population says that QSHS shouldn't just be any National High School under the DepEd. "Being under DepEd means bigger budget and greater development of facilities, but I think it would be better if a stronger and a suitable curriculum for a science high would also be a big help to QSHS," said a Grade 10 QSHS Student. Their point is indeed, understandable, and it means that the bill still needs to be tweaked to work things out for the better.

The 16th Session of Congress is now over and the bill had not been passed, but it is a good thing. The author should listen to the students of QSHS, because those intellectuals can see what is better for the school. In short, the author needs to revise the bill, to put a request that QSHS be given the advanced Science Curriculum present in Science High Schools around the country.

Quality education, is indeed, a required provision of the government. Quezon Province should be no exception to quality education, and with proper support from the right department, schools such as QSHS may grow and provide the best education for the deserving youth in the province.

Letters to the Editor

Dear Editor,

Besides having First Friday Masses and praying the rosary in the dormitory, how can we strengthen our faith and how can we make other students strengthen their own religious beliefs? - Christian Marsello Ila

Dear CK,

Well, praying before and after classes, and prior to recess and lunch is another way to strengthen the student's faith. For those who are not Roman Catholic though, the school should have at least 30 minutes allotted every day where those students may pray or do what they should be doing when they practice their faith. - Editor

Dear Editor,

Who audits the money of the school? - Anonymous

Dear Anonymous,

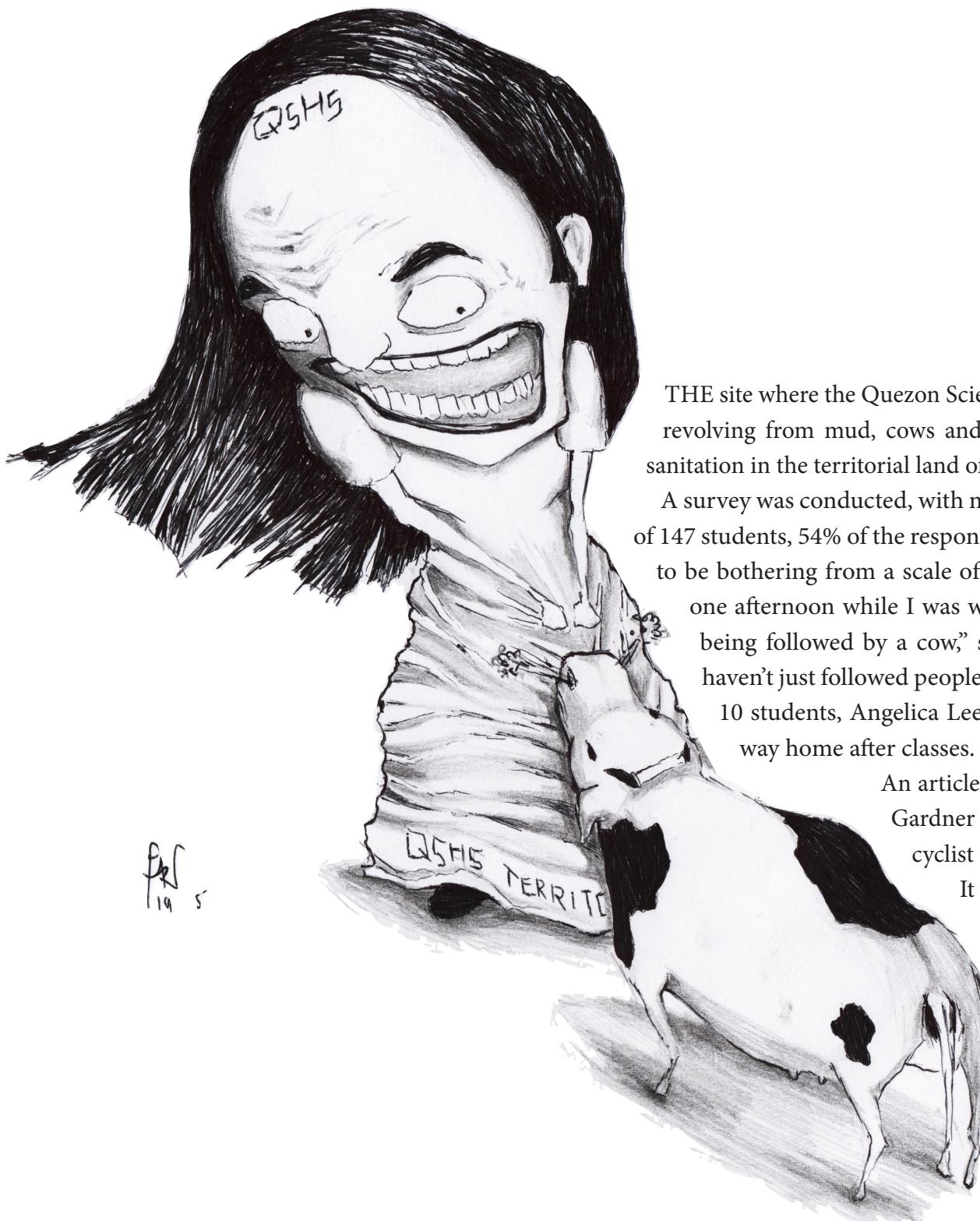
As the school is mainly provincially-funded, the money given by the Provincial Capitol will also be audited by the province itself. On the other hand, as there is another source of budget given to the school i.e. the Department of Education for the Maintenance and Other Operating Expenses (MOOE), QSHS Director Carmela Ezcel Orogo handles it. The head of each public institution handles the MOOE. - Editor

Dear Editor,

Why is the Garden of Knowledge always closed even though it was supposed to be a place for studying? - Kyian Crista Salvatierra

Dear KC,

The answer to your question would also answer why such facilities in this school is closed most of the time like the speech lab. It was to prevent such destructions or damages to the said facility in which it is always opened during weeding times. - Editor



SCIENCE NON-FICTION

Carmella Isabelle P. Disilio

The Necessary S-words

THE site where the Quezon Science High School (QSHS) Building stands has features revolving from mud, cows and their waste products. Ensuring security, safety and sanitation in the territorial land of the QSHS would be the problem.

A survey was conducted, with most respondents coming from the student body. Out of 147 students, 54% of the respondents consider the cows as a threat and the cow dung to be bothering from a scale of Always to Seldom. "I was walking with my friends one afternoon while I was wearing neon-colored shoes. While walking, we were being followed by a cow," said Murella Tamayo, a Grade 7 student. The cows haven't just followed people in neon-colored shoes, but they also followed Grade 10 students, Angelica Lee Palmero and Laleyne Martinez, who were on their way home after classes.

An article from BMC.co.uk written by Cath Flithcroft and Tina Gardner stated that Simon Coldrick, a climber, runner and cyclist from Chinley, was badly injured due to a cow attack.

It was reported that his injury consists of eight fractured ribs, fractured shoulder and a fractured bone in the spine. The cows are much harmless creatures than bulls which are to be considered dangerous mammals, however, newly born cows and mothers of these cows can be equally dangerous. This case of cow attack is extremely rare however, it lessens

the hundred percent safety of the students of the school.

In addition, safety is not just a problem brought by these cows. Their cow dung is clearly another problem to be looked at for. An experience of a freshman student, Lance Tabi, had stated that he had encountered a problem with cow dung. After choir practice, he was walking back to school and it was difficult to see the path because it was just dark. He dodged big obstacles like big rocks however, at the dormitory he noticed that he stepped on cow dung. Also, guests to the quarterly Achiever's Assembly, annual Foundation Day, and normally parents on Fridays when they fetch their children from the dormitory would see that their children use the school grounds covered with mud and cow dungs. It would certainly leave an unpleasant impression to the management of the school.

On the other hand, the cows are dumping dung on the QSHS school grounds as China is building airstrips on the Spratly Islands. Exactly like the Philippine-China dispute, the land where the school stands is rightfully the school's property. It can be reckoned that this issue is really recognized as a current problem with just different reasons.

Aside from the fact that the roads leading to the school are muddy paths, additional cow dung and the cows themselves makes it harder for students, teaching and non-teaching staff to walk to the school without getting themselves dirty. If the incidents continue, it will be a necessity for the cleaning staff to observe cleanliness and school guards to guide the students.

However, just like what the Aquino administration used, the language of law and negotiation can be used. The administration could remind again the owners of the cows to ensure their cows in their rightful places, therefore, the presence of cows within the QSHS field should be purged.



SCIENTIFIC BALANCE

Kiara Yssabel Oblea

Phew de Toilette

THE past months proved to be a burden for Quezon Science High School (QSHS) students as facilities in the main building such as the girl's and boy's bathroom have insufficient supply of water for weeks. The late repair of the said facilities could've caused diseases to spread like crazy, and could've closed the school for weeks. The late action of the school should be resented, as they should've done immediate action as soon as the problem arose.

Schools around the world experience many diseases related to insufficient water, sanitation, and hygiene through the improper facilities a school has. In QSHS, there are bathrooms that are fit and suitable for everyone to use. Over the years though, the facilities have degraded, making it undesirable to use at times.

In the beginning of the institution, the school had fully-functioning bathrooms, with running water 24/7. As time goes by, it has degraded, to the points that bathrooms only have 1 functioning toilet that won't even flush or sinks that are clogged to the point that not even a single drop of water passes through, and no steady supply of clean water. This proves to be a huge risk to the health of the students, as stagnant water can bring disease-carrying insects, and stale water can carry the disease itself such as Cholera.

However, students should learn to properly use the bathroom once it is restored to pristine condition, to ensure that the quality of the bathroom will not easily deteriorate as compared to what happened in the past years. Unity is the key for the school to have a proper bathroom that would last for years to come.

Even though the school administration had fixed up some of the problems of the bathrooms such as the running water, there are still things like the clogged toilets and malfunctioning urinals that have not yet been fixed whatsoever. It is already half-way through S.Y. 2015-2016 and still, no action has been done to give solutions to these problems that were already present since the previous school year. The administration's late- and incomplete action to solve the problems should not be praised in any way possible, as the problem still continues.

QSHS should be a quality learning center in Quezon, but facilities that fail to meet the standards should be given a resolution immediately, so that the problem could be solved. The administration should've acted efficiently and with greater effort, rather than the crummy work done in the past month. The crummy work has not done anything to help both students and staff of the school.

Another thing would be the active participation of the theatre guild to the theatre competitions. It was a requirement stated by Sir Joshua Deza. However, it can be seen that even though it's a requirement, the plays were performed professionally and creatively in conveying the theme about consumerism.

In the end, the weekend dormers will still be at lost due to constant travelling to the downtown area for meals. Its irony to think that there's a part of the school that promotes consumerism and a large part that has been stripped off their consumer rights. For a student, there are necessities that need to be consumed, and if QSHS promoting consumerism, doesn't that mean they would show 100% support in consumer rights?

News Analysis

Undelivered rights

by NIEL JASPER T. PEÑA

THE news article about the October 2015 celebration of Consumer Welfare Month formally opened at the Philippine Trade Training Center by the Department of Trade and Industry-Consumer Protection Group. It showed the list of activities that happened in that day such as certain awarding and conferences. It was also stated that the celebration will focus the basic rights and responsibilities of consumers as consumers are the main agenda of the event.

Consumers compose of a range from wee babies to fragile elderly people. Anyone

who consumes can be considered as a consumer and students as well are part of that. The students of QSHS have many affiliations with consumerism from the simple buying of products to even promoting consumerism through performing arts. An example would be the fast food ban being monitored.

To give a quick background, there was fast food stalls that were once located in the school grounds during events and some students were contacting fast food chains to get their orders delivered. As it posed a threat to the food served in the school canteen, the stalls and deliveries were banned. A survey was conducted if the students thought the ban was right and 85% of the whole student body said no.

Moreover, 53% of the whole population of the dormers was once dependent on fast food. The locale of the school is more or less a 30-minute drive from the

downtown in Lucena City which is the center of business in Quezon. In addition, dormers during weekends are not served food so going out be their only option and paying for transportation and energy going out is really needed.

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competitions. It was a requirement stated by Sir Joshua Deza. However, it can be seen

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I'm just saying...

| Commentaries |

Louie Antoine Ma. R. Constatino asked:

Our school's vision says that the institution is "committed to the holistic development of the individual." As we are students that have been here for either months or years, we've been exposed to various programs such as seminars, contests, and team buildings that further strengthen the skills of every student involved. In what ways can you say that the school has done something about holistic development? How are you affected by this? If you are affected, what have you sacrificed to benefit from these programs?

Margareth Geluz, 9 - Polaris said: Yes, the school has done "some" programs to heighten the student's holistic development. But then again, for me, it is not enough. Let's say that "yes" there are seminars and competitions that are held, but it is limited to a number of students only. Perhaps, the school could send students outside the school for programs that are also hosted by other schools, which could be useful for the students in their current and future standings.

Christian Cabuyao, 10 - Betelgeuse said: If I were to base our school performance based on holistic development of each student within our school, I will rate it "poor". Why? Because based from experience on this institution, we only limit ourselves to competitions that we know that we will win, and the problem here is that we do not try joining other competitions to further enhance our skills. Not to offend anyone, but for me, our school only emphasizes competitions like quiz bees and science fairs, where only few can join.

Kate Abulad, 9 - Polaris said: In some ways, yes, because I've been a part of those students who got the chance to attend seminars and compete in contests. But deep down, I know that there's still a lot for me to develop and I can't go further because there are limits that I should follow. As a student, I want to freely discover the extent of my potentials because that will help me choose my path in the future.

Jammie Talavera, Math Teacher said: The school does indeed, have various programs that help in the holistic development of every student. The only thing is, most of the programs are only for academic development. Though scarce, the school still has local events that mold the moral values of every student, such as ESP classes, having rules and regulations, as well as first Friday masses. As a teacher, these programs push us to be role models to students, and to serve as the people who has to mold them into great citizens, and how we affect them and vice versa.

Ryan Velasco, Cafeteria Manager said: The program I am aware of is, really, only the intramurals. Even though it is held only once a year, it helps us, both students and staff. With each game, I see that those students feel relaxed and free; the same way I feel every time I get to relax from work. Along with the relaxation, the relationships and bonding with the students are enhanced through programs like these. At least, they aren't always focusing on academics, but they get to exercise for their physical well-being.

Krizel Pongyan, Admin Aide said: We have the Quezon Science Madrigal Virtuosos and the school papers as other ways to develop the students. These are organizations that are not academically based, but they are for the development of different skills. As they develop their skills and compete, they bring the school's name with them. By that, it affects us, as they get to represent all of the people within QSHS.



DECIPHERING ILLUSIONS

Gacel C. Perfinian

Puli-tics

VICE President Jejomar Binay attended and spoke in the 200th Birth Anniversary of Apolinario dela Cruz or commonly known as Hermano Puli. As a journalist who craves for facts and essence of the event, a big disappointment would be hearing his speech mainly about his own intensions and not about commemoration.

The said event was conducted on a Wednesday, July 22, 2015, on the shrine in Brgy. Isabang, Tayabas City. As it was near the Quezon Science High School grounds, a Velocity journalist, Marife Villalon, and other journalists went to cover the event. It was a setback for them to hear the VP's speech about citizenship issues.

VP Binay honored Hermano Puli's nationality and not his great deeds against the Spaniards. He stated about people who once renounced their citizenship as a Filipino to be a resident on other countries and now those people will run to be the President of the Philippines.

A certain person to be thought of would be Senator Grace Poe which is an adopted child of the actor Fernando Poe Jr. The qualifications of being a candidate for Presidency would require her to be natural-born Filipino in which she was just naturalized as a Filipino because of international laws for her unknown family relations.

Moreover, there were also the negative results of the conducted DNA testing. There were two possible relatives of Sen. Poe and it could have been an answer on the identity of her family. These could have been another argument to win her case in the Senate Electoral Tribunal. The fact that she became a full pledged American citizen in 2001 and then became again a full pledged Filipino citizen on 2010 was the main problem VP Binay pointed out.

As the campaign period approaches for the 2016 Elections, VP Binay took the opportunity to deprecate others and promote himself to be the next President of the Philippines. On the other hand, Marife had a chance to interview VP Binay to ask why he is roaming the municipalities in Quezon. He responded with an answer that there were many municipalities in Quezon to go to. Does the Philippines really need another politician that couldn't even give a decent answer to a simple question of a young journalist?

For the deeds of Puli not go to waste and the other heroes of the Philippines, a set of qualified individuals is the key for the nation to be truly developed to be one of the first-world country. There could be revisions with the qualifications of candidates like having the credentials to be a politician, for instance knowing the Philippine laws. If a non-Filipino resident could achieve more than a natural-born Filipino, it can be worth the shot.



IN the Philippines, one could encounter life-threatening risks such malnourishment, hunger, and the slow growth of one's body without the proper nourishment through the form of meals. In Quezon Science High School (QSHS), the meals play crucial roles not only on health, but also on security, and on the need of every student in QSHS, but current situation of the meals are now taking things for the worse. Severely Wasted students, the no food on weekends policy which forces students to go out and buy food, and the mere fact that there is no food on the weekend for stay-in dormers prove that something is going wrong with the meals, which is dealing a great – and adverse effect to the students of QSHS.

This year, new guidelines were announced to all dormers, which states that

"the catering service would no longer offer food to dormers on the weekend" shocking those previous stay-in dormers tremendously. In a brief interview with Kuya Ryan Velasco, the head of the canteen staff, he stated that "hindi namin alam kung bakit tinanggal, basta sinabi nila (school administration) sa pag-uusap kasama ang aming mga bossing ay hindi na daw talaga papakainin ang mga dormers kapag weekends." The removal of the catering service on the weekends forces some students who can't go home on the weekends to risk going out and buying their own food, which in turn, puts the students in a precarious situation, where some of them don't really know where to go but risk it to have food. Meals have indeed put some of the students at risk, but if it were returned, no one should have to put themselves in dangers way to satisfy their hunger.

From a statement by the administration, the school's food expenditure amounts to ₱1.1 Million each month, and the annual food budget is now ₱6 Million, ₱1 Million MORE than last school year's. It's peculiar, that last school year, the same rules for the non-dormers were applied (they had food during breakfast and dinner, regardless if they ate there or not), there were almost the same

number of students, and the stay-in dormers had weekend food! Now, same policies, same number of students, but no food for the weekend dormers! How is that even possible?

In a recently conducted survey by members of the school paper, 84 out of 130 Dormers or 65% of the dormitory population say that the removal of the food for stay-in dormers has affected them, and they would wish that the food be returned on the weekends. "Nakakaawa naman kasi yung ibang dormers," said a Grade 7 Pupil. It just goes to show that the removal of the weekend food has not only caused inconvenience for the stay-in dormers, but also as affected the regular dormers who go home on the weekends, as they feel pity for those who stay-in but have no food.

On the issue of meals and health, in 2014, the Department of Health (DOH) released

canteen in terms of the amount per serving, making everyone wonder if there is enough in the budget for the school to increase the amount of food per serving.

About 64% or 184 of the student population has said that the food in the canteen has indeed served food that is much smaller in serving compared to last year. Gian Talaga, a Grade 10 student, stated "after a day of eating only food from the canteen, I observed that I had not met my required Daily Calorie Intake." Facts show that the food in the canteen is not only small in terms of serving, but in nutrients and calories that are needed by the body on a daily basis.

With the removal of weekend meals and the lack nutritious food, students have lost a not only privilege, but lost their greatest need for their day-to-day life. Without consistent meals on the weekends, those

dormers who stay for the weekend face the challenge of coping up with other tasks, as there is still stress felt by those

who search for food on the weekends, and as they have to face 2 major challenges for 2 days, some of the students

have shown a reduced effort in output. Without nutritious meals,

students will continue to be under-nourished, and many active students would feel fatigue more often, as the energy they are burning is not satisfied by the food they eat. If QSHS is aimed at creating highly-educated people, the school should not forget that to properly shape a person, all needs have to be fulfilled.

Meals have proved our needs as humans: it is our source of nutrients for health, it serves as something to take a risk for, and it is our basic need to get through everything we face. For QSHS, the students deserve to have proper and consistent meals, to ensure that everyone within the campus grows properly and properly nourished. Returning the meals on the weekends is one big step to take, but increasing the quality and quantity of food each plate has is one major step too, and it can be achieved with full cooperation from both students and the school administration.



GALLANT VERDICT

Louie Antoine Ma. R. Constantino

The Quesay Banquet

the new "meal guidelines," also known as the Pinggang Pinoy Nutritional Guide, which states that Pinoy plates should have 17% of Fish and Alternatives, 17% of Fruit, 33% of Rice and its Alternatives, and 33% of vegetables, resulting in a 100%, completely full plate and satisfying meal. In QSHS, about 46% of student's report that the serving size of food in one's meal seems to be reducing quickly, compared to what was served last year in the school cafeteria, and early reports from the School Clinic report that there are three Severely Wasted (SW) (extremely undernourished) pupils compared to last year's one, and the school nurse has said that "kahit wala pang second check-up, wala pa rin talagang nagbabago sa kanila kahit kain sila ng kain." If the amount of food in one's meal could not change the nutritional status of the 3 SW students to Wasted, then there is something wrong in the meals provided by the

students and the school administration.

"the catering service would no longer offer food to dormers on the weekend"

ONLINE POLL

| Scholars' Romantic Ties |

Being an academic scholar in Quezon Science High School (QSHS) would require a lot of school works and researches to be done. However, emotions can build up and the second level of Maslow's Hierarchy of Needs (Safety Needs) can be fulfilled. Is a scholar of QSHS able to balance their time and effort between academics and affections to a certain someone or the Third Level in Maslow's Hierarchy of Needs just like Tiffany Grace Uy of UP Diliman that scored 1.0004 in her GWA?



The findings of the online poll showed that 85% of the total students who answered said yes and the other 15% said no. The conclusion would be that students in Quezon Science High School (QSHS) believes that even with a lot of school works, they still can manage their time and effort with their romantic ties.



The Official Student
Publication of
Quezon Science
High School

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NULL AND ALTERNATIVE

Daniella Antonia S. Rivera



How to Build an ideal Science High School

"Schools were not made for studying."

SCHOOLS were made for learning, a concept very different from studying. Studying is a soulless way of loading information into your brain, just to pass a test and forget it afterwards. Learning, on the other hand, is knowing something by heart not because you want to pass a test, but because you want to understand something and retain it in your brain. But where can you find a school which encourages learning instead of just studying? That would be a science high school. The sad part is instead of becoming a learning ground for science, they are only becoming an intensive place for studying. But fear not. Using a scientific basis, you can conceptualize your ideal science high school.

The first thing to consider is how it would look like. The science high school should preferably have blue or green walls. Studies have shown that people whose surroundings are blue or green tend to stay calm and are able to focus well on what they are doing.

The second thing to think about would be the teachers. Teachers are one of the most important elements in a school since they are the ones to mold a student's future. They should not merely discuss and give homework but teach students through experience. According to Stella Vosniadou, the author of the book, "How Children Learn", learning requires involvement. Science, after all, is based on observations and experiences. The students must also learn practical and basic life functions that they will need in adulthood, such as how to

pay taxes, cook and even iron their clothes. A lot of students nowadays complain that they do not know how to perform these basic things, when in fact they graduated from prestigious high schools.

A science high school should prioritize the health of its students, including the amount of sleep they get. But how would the students acquire enough sleep when they have too much works to comply that is due the next day? The amount of homework should be minimized as much as possible. In Finland, students don't receive homework, yet they still perform better than most countries when it comes to exams. In the Philippines, a country where homework is standard, most students still cannot reach the proficiency level of foreign countries. This means that homework does not necessarily improve performance of the students.

Schools should also start at 10:00 in the morning instead of the usual 8:00 am because it was found that the human brain is most active at the said time. Dr. Paul Kelley of Oxford University, he conducted a study where he changed the start time of a British school from 8:30 to 10:00 a.m. He found out that their grades improved by 19%.

With the right mixture of appearance, rules, good conduct and the professionals running the institution, an ideal science high school can be made. It should be fashioned in a way that students will learn through experience. By learning and exploring the unknown, science students will be able to grasp the deeper concepts of science in their lives.

'Leaf of Tomorrow' can cure anemia and cancer



by FLORYDAYNE M. CAPIO

What doesn't kill you makes you stronger - but in the case of cancer, it makes you weaker.

Blood-related cancers such as leukemia can also cause anemia, the state in which there is an insufficient amount of red blood cells to carry oxygen to all the parts of the body. Severe anemia can be deadly.

Quite horrifying indeed, but the students of Quezon Science High School have found out a treatment for anemia, and a possible cure for cancer as well.

A team of grade 10 students used the Angelica Keiskei plant, or more commonly known as the Ashitaba plant, to treat anemia and reduce cancer cells.

The team of senior students, Raiza Klarisse Alcala, Trisha Marie Regodon, and John Paul Marco found out that the Ashitaba plant was an effective treatment for anemia. However, they still require further testing to know whether the Ashitaba plant could actually cure cancer.

The Ashitaba plant is rich in vitamin B12, a source of iron. Since it is a rich source of iron, we used it to treat anemia. On the other hand, it is also rich in chalcones, which can reduce cancer cells," Alcala explained.

Alcala said they had two groups of rats: the first group was to be treated for anemia and the other was for cancer. They used 15 rats for each group.

"If we would be able to have further tests for our project, we would put Ashitaba in the form of a capsule for people to consume," said Alcala.

The Ashitaba plant literally means "tomorrow leaf" in Japanese, and is an ancient Japanese herbal medicine well-known to have many health benefits for people with anemia, cancer, and even diabetes.

The study was a Science Investigatory Project, and it won second place in the Regional Science Quest of the Association of Science Educators in the Philippines (ASEP) and fourth in the National Science Quest of ASEP.

Marijuana can relieve epilepsy, Dr. Alincastre says

by DEOJON N. ELARCO

Marijuana can provide relief for epileptic patients, said Dr. Cecilio Alincastre, a doctor at Mount Carmel Diocesan General Hospital.

Alincastre said epilepsy still has no cure, but other countries have used marijuana, or cannabis, to control it.

He added that there are treatments for epilepsy such as certain drugs, but it cannot be completely eradicated.

"Ang epilepsy ay dahil sa excessive electrical discharge coming from the neurons. Ang presentation ng epilepsy ay pwedeng convulsive, what we see as tumitirik na mata, jerking extremities; or non-convulsive, petit mal - parang natulala pero unaware sa nangyari, automatism - lip smacking," said Kea Capiro, an intern at University of the East Ramon Magsaysay Center in Quezon City.

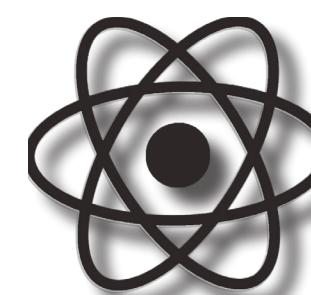
Capiro, however, said that she has not read any file or book that accepts marijuana as a cure for epilepsy. She added

"Ito ay dahil sa sudden excitement of a group of neurons. Sa panahong ito, ang pasyente ay nagkukumbulson. Walang malay ang pasyente sa mga panahong ito. Kapag ang isang tao ay na-epilepsy, ihiga sya sa sahig at lagyan ng patong ang ulo. Hwag lahat ng kutsara sa bibig, kasi baka sa halip na hindi maipit 'yong dila, ay malunok pa 'nya yung kutsara," Alincastre explained.

He added that those who are epileptic can live like a normal person would, but should avoid activities such as mountain climbing, diving, going inside a cave, boxing, surfing, and flying an airplane.

"Pag inatake ang isang tao ng epilepsy, iwasan ang pag-ihihpa sa bibig 'nya, pag-diin sa siksik o tiyan, pagkagat ng kahit anong bahagi ng katawan para mapigilan ang kumbulson, pagmamasahé, pagpigil sa parte ng katawan na gumagalaw, at pagpapainom ng gamot," he explained.

He added that the most important step is to not panic when someone is convulsing.



THE WATCHER

by FLORYDAYNE

"It is most shocking that humans, even with their great intellect and knowledge, still doubt the absolute and true facts of the scientific method."

The present era has brought a massive amount of knowledge about the world today. We gained a tantamount of wisdom and knowledge from our ancestors and in turn we also sought knowledge for our own sake. Seeking knowledge wasn't easy. Our ancestors had to rely on observing personal experiences. Some of them died touching fire and eating dirt. Then there's this one guy, who thought that he could eat the white-oval shaped thing that came out of a chicken's butt - which we would later call an "egg". We are lucky not to have experienced such things anymore, because we have learned from our elders. Indeed, "Only a fool learns from his own mistakes. The wise man learns from the mistakes of others," as said by Otto von Bismarck.

People back then only had two things as their source of information back then. They called it,

"experience", and "I hope I would not die trying this" when they wanted to learn about something. For the people who came before us, you could only do research if you were a scientist or a daredevil mixing things up. Trying to find something out was a gamble between life and death, unlike us, where learning something is just a gamble between being lazy and being lazier. We are lazy - because only needed to read a book or touch a laptop. We are lazier, if we do not even make the tiniest effort to gain knowledge.

That's great, actually. We're lazy, but people no longer have to sacrifice their lives to learn things. They only needed to touch a book. Because of that, more people have access to information and are able to make their own research. More research equals more scientists equals a better world, right? You'd be mistaken if you think so. More research doesn't always mean more sensible research. Though nearly all people can access the internet, it doesn't mean that all of them actually know how to conduct research.

If you want to hear some claims from these highly intelligent primates who have internet, here are a few samples: man did not land on the moon.

Climate change is not real. Vaccines will harm your kids. Evolution is not real. If you do not feel, at the very least, astounded by what ridiculous claims these highly intelligent primates with internet spout, then you should probably get a new brain.

As crazy as it may seem, there still exists a number of who actually believe that the moon landing was faked, or are unsure if it actually happened, according to National Geographic. The non-believers of the moon landing actually analyzed the video of the landing frame by frame, and pointed out scenes like the flag seemingly flapping on the moon. NASA replied that the flag flapped because the astronaut had just placed it there, causing it to bounce a little. But why do some people not believe in the landing on the moon and turn it into a conspiracy? A study published in the journal Applied Cognitive Psychology said conspiracy theorists feel a lack of control over their lives. "We found that if you give people a feeling of control, then they are less inclined to believe those conspiracy theories. Giving people a sense of control can make them less suspicious over governmental operations," said Jan-Willem van Prooijen, a professor who studied conspiracy theorists

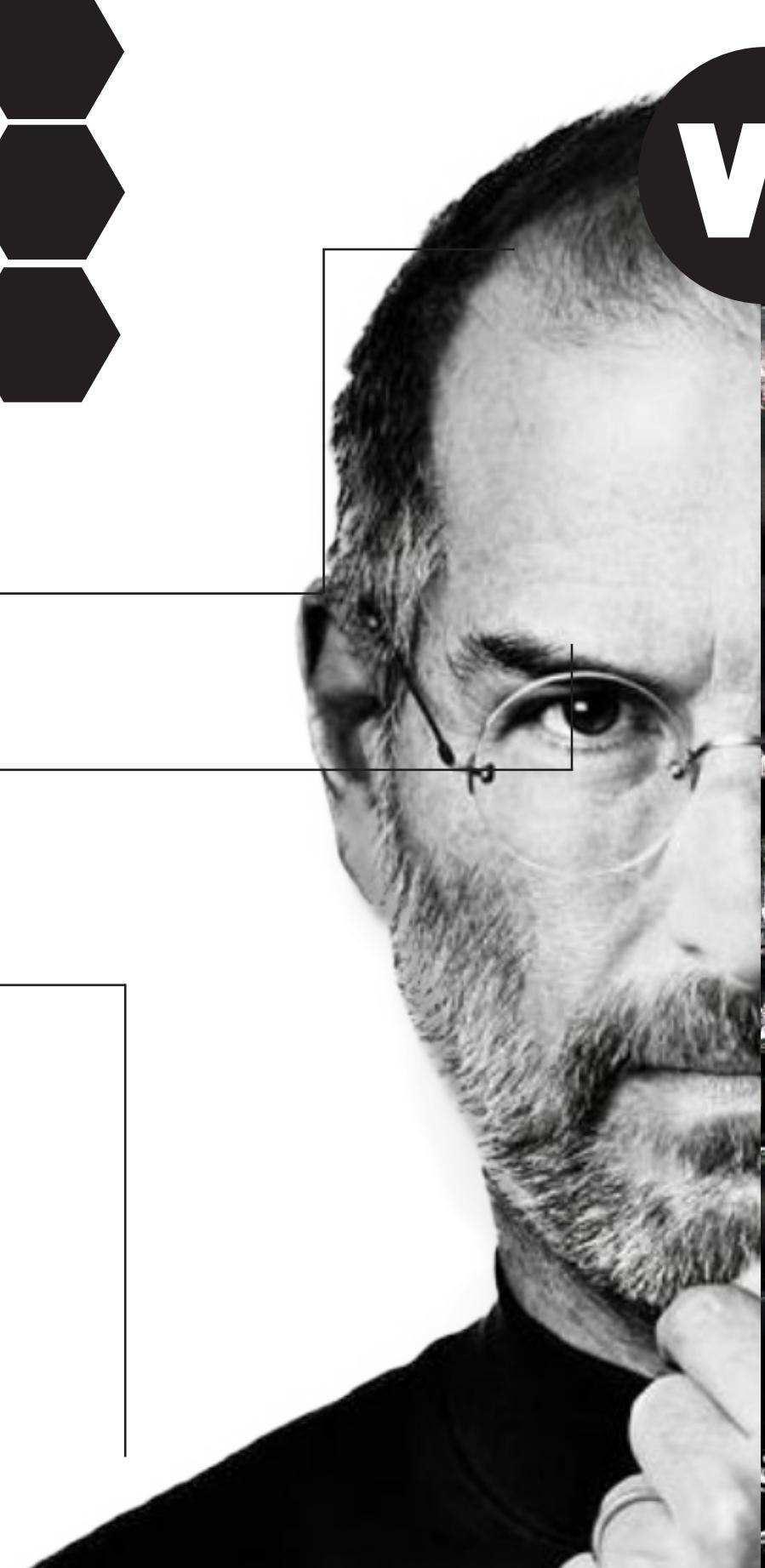


HUMAN BRAIN
1 terabyte to 2.5 Petabytes

EYES
576 Megapixels

HUMAN ARMS
Average Person can lift 73 kg

HUMAN LEGS
Average Person can run 24 km
Usain Bolt, recorded as the fastest runner, can run 43 km
(27 miles per hour) per hour.



Beauty and the Braces : Science

In western countries, having braces is a fashion failure. But in the Philippines, wearing braces is a fashion statement.

Braces, or orthodontic braces, are meant to straighten teeth using metal brackets lined with a wire which shapes the teeth. It sticks to the teeth with colored elastic bands to align teeth by applying pressure on the teeth to move the teeth in a specific place. A person would usually wear braces for two to three years.

Western people usually frown upon braces,

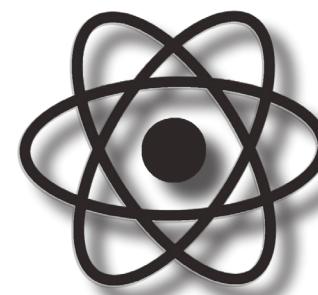
but eastern people fawn upon them. News PH says most teenagers in Asian countries such as Indonesia, Thailand, and Philippines get braces to get a "high-profile, cute, nerdy look," even the students of Quezon Science High School follow the trend. Out of its 288 students, 29 of them or 10 percent of them wore braces. Only one of them said it was to make themselves look 'cool'.

One of the reasons why braces are fashionable in countries like the Philippines is its cost. People

who are wearing braces are usually wealthy since it ranges from P30,000 to P90,000 depending on the case, and special types such as invisible or Damon braces reach P120,000 to P150,000. That amount of money is enough to send a child to a Philippine private school.

Braces, however, are not just to make people look cute - dentists say they affect our health as well.

"Braces are not just for aesthetics purposes. It also corrects problems such as cavities, plaque, gum or periodontal problems, temporomandibular problems or jaw hinge



BY NE M. CAPIO

and the people who believe them.

The landing on the moon isn't the only strange theory; even global warming has its non-believers. There is just a small number of them, but they should not be ignored. The people who did not believe in global warming had reasons like there is insufficient scientific evidence. The first calculations of global warming started in 1896. It is not good that there are still people who do not believe global warming, because global warming is already harming us. People should know that just because they do not observe something, doesn't mean it's false. Science works whether someone believes in it or not. Gacel Perfinian, a QSHS grade 10 student, said, "I don't think it is true that the landing on the moon was fake. If it really were fake, it would have been discovered in 1991 already because the Soviet Union, the first to reach the moon, was dissolved in 1991." Aside from that, there is also a great amount of evidence supporting the moon landing.

Another similar case are the anti-vaxxers, or those who believe that vaccines are harmful. Anti-vaxxers believe that vaccines cause autism and toxic chemicals. A blogger at the website Health Home Economist,

who claims to "Embrace your right to a lifetime of health". "All vaccines are loaded with chemicals and other poisons", she said. She explained that she will not vaccinate her children because she believes that companies just want to profit from vaccines, and that vaccines have dangerous chemicals in them. There have been anti-vaxxers since a British Journal Lancet published a study in 1998 that linked vaccines to autism. The study was thoroughly discredited, but people still believed it. A reason for this may be the confirmation bias, where people tend to look and believe the things that confirm what they want to think. To some people, it is important to know who is right. Science is a tad rougher, though. In science, it is more important to know what is right. Some people are also unfamiliar with the purpose of vaccines, which makes them refuse to have it. It is not right to let the unknown scare you, when you have the materials to know it.

Unfamiliarity is not the only problem among the people who do not believe in the findings of science. There are people who are confused between religion and science. There are people who utterly reject the evolution theory, and say that the humans were the

way they are now as they were before. Despite evidence such as the remains of ancient fossils, they still reject the theory. The people who reject the theory reason out that is "just a theory" despite the mountain of evidence. Religious beliefs should not override scientific findings. Roy Balilo, a QSHS Grade 10 student, said, "Evolution happened on its own, without God guiding. That's because I believe in the Big Bang, and that the world was comprised of small organisms in the past. Also, the story of Adam and Eve is improbable because people cannot just reproduce that much." Beliefs are a personal matter, but then again, they should not trump science.

Thankfully, there are just a few people like that. But those people should not be dismissed. The very existence of such people is alarming. Shaming those people by saying that "they need a new brain" may not be effective. The fact that those people do not believe in science may be a failure of the scientific community as well, because scientific community failed to communicate better with the common people. Instead of shaming them, those people should be re-educated to prevent the next generations from becoming blindly skeptical of science.

camerathat could fly- eliminating the blind spots from the view of the camera.

"We made this for security reasons. Many crimes involve camera footage. However, that camera footage often takes a long time to process, needs its own room, is expensive, and only sees at a fixed angle," Cabuyao explained.

Cabuyao said they us a quadcopter, unused webcams, and a Raspberry Pi to build their robot. The robot would then feed the the information to a computer using wi-fi.

"The advantage of our robot is that it only requires allow budget, it can be controlled and moved, and that it can be used for large-scale security such as malls, concerts and other events," he added.

He said that it could even be used not only for surveillance purposes but also for undercover operations.

"If possible, we would like to use a arge-scale server such as a cellsite in order to easily access information," he said.

The robot was an entry to the Regional Scienc Quest of the Asociation of Science Educators in the Philippines (ASEP) and won first place. In the National Science Quest of (ASEP), it garnered fifth place.

School-made flying bots to watch over people

by FLORYDAYNE M. CAPIO

To see is to believe, but to record it is to convince others to believe in you too.

Cameras have that exact purpose, which is why they are used to watch what pople are doing especially in places where crime could happen.

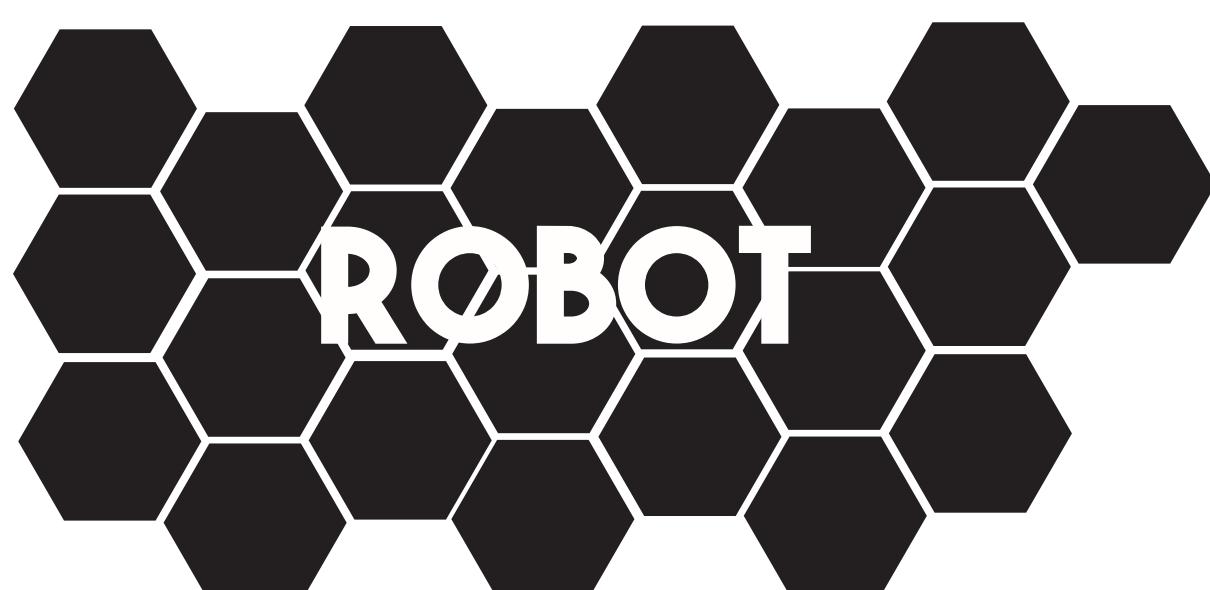
To prevent crimes from happening, Quezon Science High School installed seven surveillance cameras in their main buidling: two in the ground floor, three in the second floor, and another two in the third floor.

"These cameras are important in order to observe what the students are doing. It ould also be usedto track when students lose some of their things," said Arjay Edan, an Information Communication Technoloy (ICT) Staff.

There is a main camera at the ground floor, which rotates every few seconds toget a clearer scope of the peple who com and go. The cameras were placed at the entry points of the tudents in order to getba clearer view o the students' activities.

To amplify the capability of the school to be secure, a group of senior students created a flyingsurveillance camera robot tha could send data to a computer via wi-fi.

Christian Josef Cabuyao, Niel Jisper Peña, and Christine Shiril Salamat built asurveillance



CENTRAL PROCESSING UNIT (CPU)
Highest Memory made is 360 Terabytes

CAMERA
Highest is 250 megapixels

ROBOT ARMS
Average robot can lift of 1000 kg

ROBOT LEGS
Can be programmed or repaired to run as fast as it can



behind the Smile

by DANIELLA ANTONIA S. RIVERA

problems, and malocclusion or bad bite problems," said Margarita Monette Valencia, a dentist who owns two clinics at Lucena City.

She added that braces balance chewing and creates harmony in teeth."

"The brackets are attached to the surface of the teeth and then the wire is bent through the bracket. The movement of teeth depends on the wire, which are attached to the bracket," she said.

Miyuki Anecito, another dentist from Lucena City who owns a clinic, added that braces help

patients chew food properly and thus helps digest food orderly.

"It helps to improve indigestion of food, prevents the jaw from dislocation in severe cases, can also prevent them from any kind of abnormality growth of jaw," Anecito said.

Despite the beauty and health that braces give, it also has disadvantages.

"It's hard to eat with braces, specially when it has elastic bands. It's difficult to pen your mouth and chew. Also, it's quite painful to have them on

my teeth," said Kiara Yssabel Oblea, a QSHS grade 8 student who wears braces.

Some people hate braces so much that they want to remove it, while some of them want it so much that they would die for it. An example for that was when two Thai teens died after wearing fake braces. A 17-year-old from Thailand died from fatal heart failure caused by a thyroid infection from her fake teeth gear. A 14-year-old girl also died from wearing braces she bought from an illegal open-air stall.

The Philippine government recently passed the new Wi-Fi law that provides free internet access across the country but with limited speeds. In addition to the country is expecting the entry of Telstra Corporation Ltd., Australia's largest telecom player, to the communications market, where Telstra is said to provide faster internet. How does each of us rely on Data Plans, Pocket Wi-Fi, broadband, and more?

Perfito Pongyan, former QSHS ICT Personnel said: As an administrator of the internet connection in Quezon Science High School, Wi-Fi is important because it strengthens connectivity for communication and disseminating information inside and outside the campus. It will help us explore, adapt and learn more about the latest in our daily lives. Without it, we lose the ability to connect with the people in our work areas, families and friends.

Jamie Talavera, QSHS ICT teacher said: Because of data plans, pocket Wi-Fi, broadband, etc., I am able to easily connect with people and I can connect whenever I want. The convenience and its access to information is what make this very beneficial to me. As a teacher, I can give instructions to my students online, and teach them through it, which further enhances the learning capacity of the students.

Jan Arvin Clomera, 10 - Betelgeuse said: At present, I consider Wi-Fi as a necessity in our daily lives just as how food is to the body. It provides us

what we need from our houses, to school, and even in malls. Almost everything can be discovered by simply typing and pressing. Personally, however, when it comes to the speed of the internet, having my own Wi-Fi stick seems useless. It consumes too much time from just waiting. Since Wi-Fi serves as the gateway of globalization and the Philippine economy's growth, it should be much improved.

Earl Gabriel Alejandro, QSHS Alumnus, Student at UP Baguio said: First, our government and private sectors assume that we are patient enough with the poor service they provide. They probably think that being the patient Filipinos that we are; we can wait and make do of what there is, no matter how slow. Recently, they included a data cap per month per subscriber, where they are limiting the maximum capability of communication in our country. Searching and sharing becomes limited especially among students and businesses. It seem that here in our country, the poor services they are providing are for profit only. Too bad we only have limited choices, none guaranteed quality.



Disconnected Connectivity

by DANIELLA ANTONIA S. RIVERA

THROUGH THE LOOKING MIRROR

by MURELLA ELLEZA L. TAMAYO

I never knew that something so impossible can be possible. It was a secret that I should've never known. Now it's a secret that I will keep 'till the end of time.

It was summer and my parents decided to send me to a far unknown county where my other relatives live. It was just so unfair I'm the only one who will spend my vacation at that dreadful place. They thought it would do me good if I spend my time in a new environment to forget those bad events that happened a few months ago. It was as if I were to be sent to a rehabilitation institute. It's not as if I'm having any suicidal thoughts or something. I told them that many times already, but they still did what they want.

I stayed silent for the whole trip as we traveled to get there. They were telling me how nice my Aunt is. My Aunt is my father's older sister. She was widowed for five years already. She has a son and a daughter which are twins. Those twins are older than me by a couple of years. I remember the first and only time that I met them. It was their dad's funeral. I was curious about them. At the time the corpse was being buried, their mom was crying and wailing around like a madwoman while they were just there looking lost and having unknown rage in their eyes like something was taken away from them without permission. Like innocent children who had their favorite toy taken away.

We suddenly took a turn, now heading for the track filled with massive trees and surrounded with high wooden fences. We went for a little more until we came to a halt in front of a grand looking

mansion in the middle of two way a clearing. By the door stood my Aunt. On her face displayed a grin reaching her ears. Her enthusiasm was obvious. The moment my father got out, aunt attacked him with a big hug that I think crushed his bones. Both of the twins stood by each of her sides. My mother followed him after fixing the things she brought for the twins. After some moment my mother looked at my way and signaled me to follow.

As I approached them, my Aunt was looking at me lovingly. I noticed that the twins were looking at me. I saw some weird glint in their sparkling eyes. Like they were excited to do some ruckus.

"Hi Aunt Michelle." I greeted her and kissed her on the cheeks.

"Gosh Cayden. You have grown so much since the last time I saw you." Not quite, I thought. She always visits my mother every now and then, though she doesn't bring the twins with her that often, but if she does I'm always out of the house doing stuffs. Only three months have passed since Aunt's last visit. That was a week before Christmas.

"Caleb, Zyana. Help your cousin with her things to her room." The twins got my trunk and my rucksack from my father. I slipped the book that I was reading inside my lucky black backpack. I followed them inside through the gigantic two-way door.

I don't know how to exactly describe the insides of the mansion. It was like modernized but it was filled with European paintings and portraits. I zoned out when my eyes fell on one particular portrait of Aunt's mansion. Desolation and misery was radiating from it. It looked weird and a bit disturbing. It came

mansion to me like a memory trying to make me remember itself. My head throbbed for a moment. I was pulled out from my daze when Zyana called me.

"Who are those guys?" I asked them trying to keep it from my mind. The three smiling faces of little kids.

"Which guys?" Caleb asked me. Not throwing me any glance.

"The three kids from the painting with the black frame." I was eager to know them because it ticked something from my memories. I saw them give each other with weird looks.

"No one. Just don't mind them." I shrugged my shoulders on Zyana's answer.

We took a turn and came to a stop in front of a white door in line with a few others in the hallway. Caleb set my trunk down and opened the doors. He gestured his hand letting me enter first.

"This will be your room for the whole summer. The room across yours is mine. The one beside mine is Caleb's. The other two rooms are guest rooms and the one at the end of the hallway is always locked so don't bother going there." I zoned out with Zyana's explanation. The room was simple but I like it. It was like a blank canvas splashed with gray paint. The walls have this simple but intricate design in different shades of gray. I was observing the whole room and I didn't notice that they were gone until I heard the thud of the door.

My mother shouted my name. She called me for tea in the mansion's garden. They talked for what seems like hours until it was time for my parents to leave.

A few days have passed since I arrived in this place. I was in speaking terms with my cousins but I couldn't bring

myself to speak to them in a casual way. I always feel awkward when I tried to make a conversation to them. It was like there's still an invisible barrier between us, like secret that they aren't ready to share with me. Though I always play with them outside or in the game room.

I just took my bath and I just got outside heading to the kitchens to get something to eat. My attention was caught when I saw that the locked room was ajar. Instead of going downstairs I headed to that room instead. I saw blinding brightness when I took a peek. I opened the door for a better look. There stood my cousins in front of the mirror which was the source of the light. I covered my eyes with my hands to protect it. But when I removed my hands, my cousins were already gone. I came closer for a better look but surprisingly the mirror showed something weird. Instead of showing my reflection, it flashed words that I couldn't get to understand even though it was in the English Alphabet.

I read it aloud and something same a while ago happened. The blinding white light made me stagger a bit. I felt like the floor beneath my feet disappeared. My stomach slurred and my head throbbed. The surrounding changed and I fell on the ground with a loud thud. I was laying there for a while motionless. When I got up, I scanned the surroundings. I was outside at the back of what it seems like the same mansion that my Aunt owns. I heard footsteps heading to my place. When I turned around, there stood the twins and an exact replica of myself.

"Oh bollocks."

They said

by CIN

Enliven the sight, they said
No one else could see
Ignite the light once dead
Abandoned in the darkest sea

Live your life to the fullest, they said
Ignore nothing but all
Reclaim over one's insane head
Engraved inside their infinite fall

Laugh your heart out, they said
Flustered by happiness and pain
Alas, you're woundless but still you bled
Inside the world of insanity and vain

Zeal and excitement you'll feel, they said
Inevitable to love and to be free
How can one do all as they said
Rendered to this universe of dreaded irony?

Devoid

by APJ

Reckless, I fall
Oblivious to your voice
Underneath I crawl
Mindless, without a choice

Gallant I stood
Roughly in your view
All as I could
Ceased the endless hullabaloo

Enlightened, I said
Love you 'til the end

Just Tired

by EM

I'm tired of being sad
Of feeling alone
Of feeling everything
Of being emotional
Of being replaced
Of being just a second option
All the time

I'm tired of always apologizing
Always the one to give in
The one to understand
The one to say sorry
The one to share
The one to never be 'the one'
Always

And then I'm just tired of being tired
Tired to love,
Tired to hate,
Tired to answer,
Tired to ask,
Tired to go out
Tired to fit in,
Tired to smile,
Tired to laugh

But most of all tired of 'tried'
Tried trying
Tried living

Negligible err for her

by AGLET

Adjacently absolute artificialness
Such downpours
By induced culture
Tied us

Ignored must of unison
Through corrupt puppets
Ablaze, fire, burn
Owning the book - had claimed

Awes we owe to falsify
Heated gases
Molecules fastly moving
Could never be compact

Eyes above the cliff
Gazing the profounds as profounds
Flee, free go erupt
At depts., empty magma

As so, unseen forehead
Unnoticed nothingness
Onto colossal sort
As unblocked walking

Uncertainties as proposed
Two pointing arrows. One is following one
But don't go blind
To the scintillating

Wall

by EM

Sometimes
I want to build a wall
A wall that separates me
From them all

I want to be all alone
In a world full of madness
Now I am all alone
The world took out my happiness

Or is it me who took it out
I don't know, I don't care

I just wanna shout
All the sorrow in there

In my heart and my soul
The story from within
Now there's a hole
On my wall, it's breaking

It's my fault, I let you in
But you're just so strong
I give in, wish I was not wrong
For letting you in

Could it be

by ARPINE

On my way home, around quarter to six
My feet made its way to the park
There, I saw the most beautiful sunset
And you, who made my life's biggest mark

Your soft raven black hair
Your hazelnut brown eyes that I wouldn't miss
Your muscular and toned build
And rosy pink lips that no one would dare to kiss

Even if you I didn't know
I loved each part of you already
Something 'bout you seems to pull me closer
Love at first sight, it may be

Demise

by ENMA

It was our ignorance that killed us
We were children who believed
It was something we had wished

Perhaps it was the stubbornness of the mind
Or the fear of being hurt by the truth

Yet here we are looking back
Presumptuous and proud
Who else could we ask
But ourselves with mistakes
We simply didn't know
We are stained
We are shamed
Burned to ashes
We walk this death
With our every breath

To be or not to be

by EIR

To be the not to be
Would be a not to be
To not to be the be
Would be a not to be
To not to be the not to be
Is surely a to be a be
To not to be the be
Will really be a not to be
Be sure to be the be

Sacred MOUNTAIN: The Dwelling Place of Quezon's Credo

by ALDRIN E. PORCALLA

religious advocates. But what clandestine secret lies within all of this mountain's beauty? Where did all of these rumors and hullabaloos come from? And are they really true?

For over a hundred years, its innumerable caves have become the dwelling place of the hermits and devotees of indigenous religious cults who have left the outside world in order to seek spiritual perfection within the tranquil terrain of the sacred mountain.

With this, many has latched on to Banahaw as the "Holy Mountain," a place that radiates ancient powers of healing and redemption in its amidst and crystal-clear water. It has been the home to countless members of religious cults, hermits, soul searchers, spiritists and faith healers who climb its slopes to meditate in its cave and commune with the mountain spirits.

A legend has it that because of the turmoil in the Middle East in a not too distant past, the four Archangels transferred the Holy Land to Mt. Banahaw. Another says that a Holy Voice or *Santong Boses* dictated the locations of the holy places in Banahaw which also gave the names to these places. It is also said that an enkanto or spirit opens a hidden cave near the crosses found in the mountain, which acts as the pathway to the nether world. Anyone left on the summit will be compelled to enter it and never return.

Rumor has it that Mt. Banahaw is a silent eloquent towering refuge. It forces the visitor to see beyond, if only momentarily, his/her superfluous needs. For an instant, even the most jaded traveler becomes pure of heart and for that alone, a climb up the mountain is well worth it.

And when pilgrims come, a guide or a poter is provided. He takes travelers on a tour of Banahaw's holy sites, called *puwestos*, to be visited in a sequence similar to the tradition of the Way of the Cross in Jerusalem.

The *puwestos* are mainly natural features of the mountain: rocks, caves, waterfalls and even Banahaw's own peak. Some rock formations are noted for their resemblance to human features, such as those of the Virgin Mary or a saint. A spring in the shape of a giant footprint is called *Bakas ni Kristo*, literally Christ's Footprint.

This clearly shows the other side of Filipino fanaticism and superstitious ways. Being in Banahaw is something like stepping into incredible stories of apparitions, heavenly voices, strange sounds, dwarves, fairies and even UFO's.

Many stories of Banahaw's powers hark back to pre-Christian animist stories handed down by oral tradition—stories that have survived and evolved to unite those in the area of different faiths around their spiritual mountain, drawing others from the Philippines and abroad to see if the power is truly there.

For some people, leaving their comfortable life to take the road to Mount Banahaw is God's "calling." A renewal in the mystic mountain, they say, is a product of their greatest challenges. Banahaw remains a haven for people in search of spirituality. But then again, who truly knows?

Long Live Lucban!



TATAK-QUEZON (Photo/Christine Loui V. Arana, QSHS Alumna)

by MARGAUX MA. YZABELLE A. RIOLA

Quezonians will never get tired of food trips around the block. From a variety of street vendors to antique bistros, the limit does not exist. All you need is a wallet full of money and your friends to be with you and there you have it, a jam-pack of fun with food and friends – the two best things in the world, but for the Lucbanins in Quezon, there is one and only one place for the best food trip in town.

Lucban's very own Buddy's Pizza will never fail to satisfy your taste buds. With its numerous range of menus such as appetizers, noodles, desserts, drinks and different meals, there's so many options to choose from that will definitely bring your wallet home empty. Its ancient and antique structural design will definitely give you the historical vibe while eating their food as well and because of its rising popularity in the start, many branches have flourished nationwide in the Philippines. And with that, this year, they celebrated their 30th founding anniversary with such festivities.

It is definitely not called a food trip if you go to Lucban's Buddy's Place when you don't try their delicious longganisa and the very famous... You guessed it right! Pancit Habhab! Wait, you don't know Pancit Habhab? Well...

First of all, the noodles used for making the famous pancit habhab are handmade, that I know nothing will ever be compared with, the succulent taste of the thin strings of the noodles, and of

course, if you simply want to make things easier, just buy a pack of miki bihon and you're good to go. Secondly, the sauce for the pancit habhab is basically from the water poured for the noodles to soften and the taste is from the seasonings and all the vegetables and meat put in it and lastly by sautéing everything with garlic, onions, vegetables, meat and ground black pepper. With a little bit more mix and stir, just scoop it up with a fork and put it on a piece of banana leaf and you can finally feel as if you are definitely in Lucban! The oh-so famous pancit habhab right in front of you, but traditionally speaking, did you know that in the past times or probably at the very beginning, pancit habhab has its own beliefs and myths and such things?

One example of it is that it is used to be believed that when you eat pancit habhab, your life here on Earth will definitely be prolonged. Why? Well, people from Lucban shall have the explanation, but it's probably because of its long, thin strings of the noodles. Who knows? Maybe it's true or not.

With the 30th anniversary celebration of Buddy's, in sync with its delicious pancit habhab, I am surely proud to say that Buddy's is definitely a tatak-Quezon product. The product of all the experiments and taste buds of the Lucbanins into a prestigious and popular Buddy's place nationwide.

REINCARNATING "RIKIT" ON CANVAS

Just take a paintbrush, a pencil, a crayon, paint and a mindful of imagination and voila! You get Spolarium by Juan Luna and Planting Rice by Fernando Amorsolo. By only taking some tiny details you can make wonderful paintings. ART - the expression or application of human creative skills and imagination that expresses ideas or feelings. But beyond all that famous artists who is Oscar de Zalameda?

"This is the first time I heard of his name," Carmel Rose Rolloque, an alumni student of Quezon Science High School and the former president of QSHS's Young Artists Guild told the Inquirer while viewing the exhibit paintings of the famous Filipino artist.

Proudly from the province of Quezon, particularly in Lucban, native Oscar Zalameda was one of the Alagad ng Sining and Filipino masters in the 50s up to the 70s. But several years after he retired, his works are still greatly valued by people, the name of the late artist no longer rings a bell to the present generation, ironically even to fellow Quezonians.

True, this generation is really not familiar with their local heroes or artists since

schools focus only on national artists written on national memos. So teachers do what the memo says and teach nothing about the artists from their locality.

As if reincarnating, Zalameda's artworks were brought to life. Dubbed "Saludo kay Zalameda: A Tribute to Oscar de Zalameda's Art", the exhibit coincided with the artist's 84th birth anniversary. The provincial office along with an equally known Lucban native painter Eric Lodriga Dator and M Lucena revived the lost glory of Zalameda on September 24-26, 2015 at the atrium of SM mall in Lucena City. And up until now, the paintings of Eric Lodriga Dator inspired by Zalameda's artworks are still in Lucban, Quezon.

"It's good there's this painting exhibit. At least the present generation will have a chance to get to know him and his paintings," Nepheline Khaye Karen Perez, Carmel Rose' teacher said as she also confessed her limited knowledge of de Zalameda.

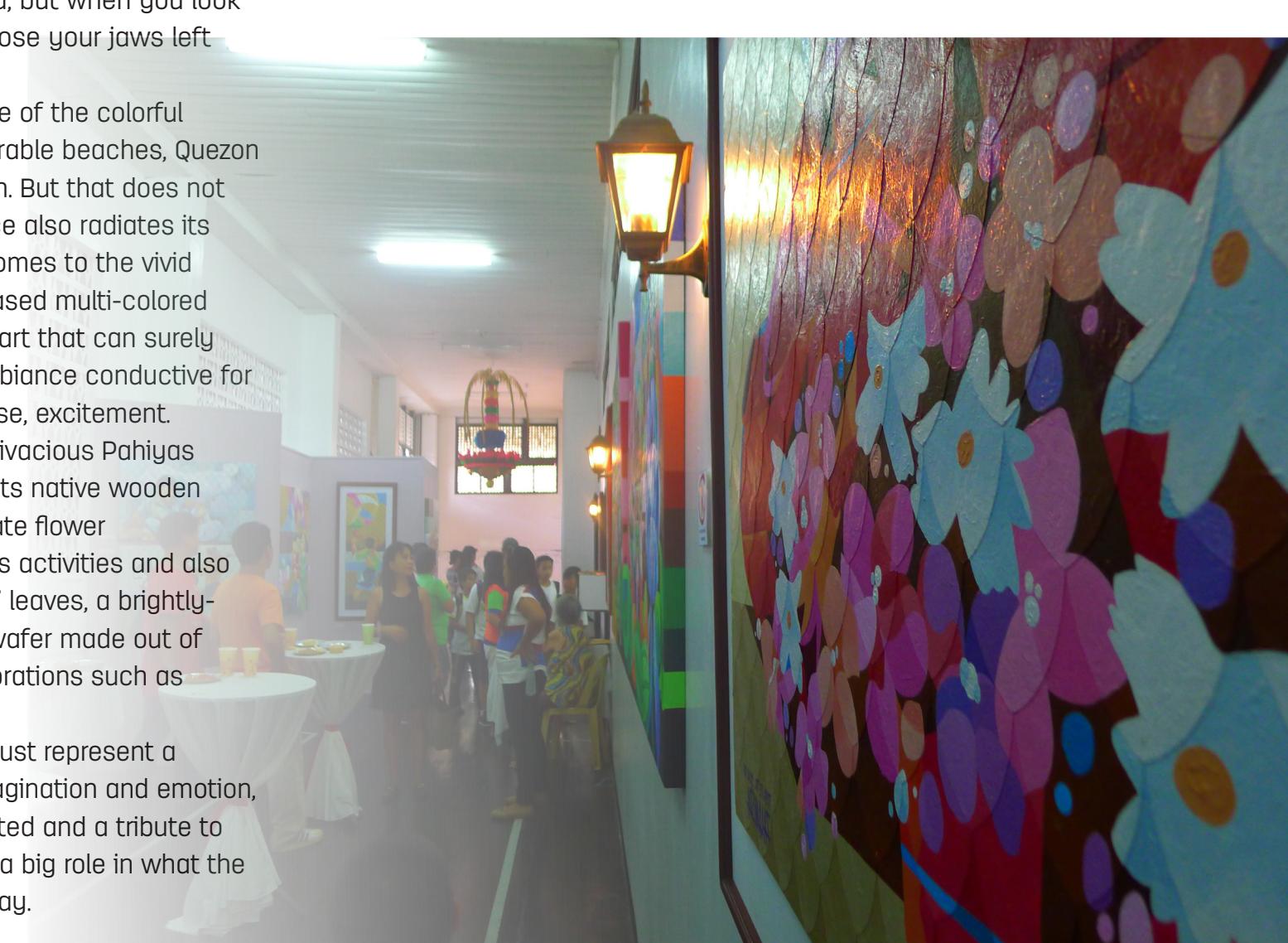
For the exhibit, Dator gathered all of De Zalameda's works from the internet and painted replicas on his patented kiping textured canvases. And that made it more unique, the element of kiping and

Zalameda's works combined into one. Weird as it may sound, but when you look at it, don't forget to close your jaws left hanging open.

Known as the home of the colorful festivals and incomparable beaches, Quezon truly is a place to be in. But that does not stop there; the province also radiates its artistic side when it comes to the vivid cultural arts. It showcased multi-colored and spotless kinds of art that can surely offer your eyes an ambiance conducive for relaxation and of course, excitement.

It is known for its vivacious Pahiyas Festival in Lucban for its native wooden decorations, immaculate flower arrangements, religious activities and also for its dazzling "Kiping" leaves, a brightly-colored, leaf-shaped wafer made out of rice and used for decorations such as chandeliers.

These arts do not just represent a product of colorful imagination and emotion, but also an art dedicated and a tribute to someone who played a big role in what the arts have become today.



by KIARA YSSABEL OBLEA

KIPING ART ALIVE (Photo/Lars Michaelson V. Salamante)

The Looooooongest Ride: Quezon Edition!

Philippines is indeed a great tourist destination. It is loaded with of. A lot of travel locations are currently being enjoyed and has However, further hidden places are still being discovered and the development of hotels and resorts are little by little being constructed so that it will later be promoted as well. In Quezon, it cradles a good number of destinations that are worthy of exploring

by ALDRIN E. PORCALLA, JR., KIARA YSSABEL OBLEA and KATRINA ROSE R. LORETO

world-classy spots and sceneries with great natural beauty to be proud already been benefited because of the innate natural resources it has.

Quezon

is one of the provinces that anyone should visit because it is an eye opener showing how gifted the people that we have this beautiful nature. Being the longest province in the country, there will sure be countless adventures that you'll come across. It is worth a visit since its attraction never fails to amaze the visitors and even the local folks.

GENERAL NAKAR is proud of the stunning Tulaog Cave. Tulaog's pebbly coastlines—surrounded by mountainous rock formations, caves, lush foliage and clear turquoise waters—will impress you. The place is very scenic, and the water is perfect for a good swim and speaking of water fun, General Nakar isn't the only town that you can enjoy water.

Libjo Beach in **INFANTA** is about two kilometers long, 30 meters wide and has been the favorite picnic area of many locals especially during the summer months. The sand is fine and light gray in color. One should also visit the Prayer Garden where the sight is almost the same with Kamay Ni Jesus. And don't forget their famous Sumang Infanta. Across Infanta there is **PANUKULAN** which is an island, so you can also try to have some water-adventure there.

The Binombon Island in **BURDEOS** can truly be described as a stunning paradise ringed by fine white sand. Another place to visit in Burdeos is the Avicon Cave. The Puting Bato in Barangay Puting Bato has cliff walls which look like the limestone formation in Palawan. Coccole Island is an island in **POLILLO ISLANDS** that looks like an umbrella from afar. The coastline of this place is filled with white sand and clear waters sparkling in the sun's rays ideal for swimming. **PATNANUNGAN** is proud for its Katakan Grande Island. The same goes to **JOMALIG**, being also an island, also has many sea-based riches and culture. Some of the places that one have to visit in Jomalig are Salibungot Beach, Kanaway and Pulong Malit.

Across Polillo, the town of **REAL** can be located. It is the abode of natural and beach resorts. Quia's Family Resort is one of the fresh water resorts in Brgy. Logpond where you can swim in the rejuvenating crystal-clear water of the calm river. The town also cradles many marvelous waterfalls like Balagbag Falls and the awe-struck Mag-asawang Bato.

MAUBAN won't be beaten up by dullness. Its Cagbalete is remarkable for white sand similarly to those of Boracay Island. And has various extravagant falls hiding in the tall woods deep in the forest, just like the Dahoyhoy falls in Brgy. Macasin and it showcases a lot more historical landmarks and parks and pasabulongs like pili boat tart.

Hangga Falls or Maapon Falls is a hidden gem of the Quezon province. It is located in the town of **SAMPALOC**. It truly says: Nature is beauty. And beauty needs to be preserved. And talking all about safeguarding, one of the biggest and oldest church clocks in the entire Asia is found in the century old Roman Catholic Basilica, which one can add as one of the longest churches in the Philippines, in the neighbour—the classic city of **TAYABAS**. This antique clock was erected in St. Michael Basilica way back in 1911 and measures one half meter tall and forty-two centimeters in circumference.

The quiet provincial life of **LUCBAN** comes alive during Pahiyas Festival celebrated every 15th of May where houses are decorated with fruits and vegetables as a way of thanksgiving to San Isidro Labrador, the patron saint of farmers. It's not a foodtrip in Quezon province if you don't try Lucban's famous longganisa and the classic pansit habhab, a traditional pansit eaten directly from banana leaves without the help of utensils. If you had the sudden urge to pray after

all your roadtrips and foodtrips, there is Kamay ni Jesus popular for its 50-foot statue of Jesus Christ that stands on top of a small hill. To climb up the grotto, you have to climb 310 steps and to go down, another 287 steps.

When it comes to nature tripping and hiking, **DOLORES** always comes in. Being the home of Cristalino Falls and Sta. Maria Falls, two of the most visited cascades in the province, who would rather forget it? One can as well get a majestic view of Mt. Banahaw in the town. Well, one can also see the mountain from its neighbouring town of **TAIANG** while eating one of the priceless and rarest foods for you to find out, kulawo or banana heart that sits right in Ugu Bigyan's Restaurant.

Need accommodations? There are places that tourist best prefer to stay when you reach **SAN ANTONIO**, Bahay Tuluyan Training Center, Fil-Am Garden & Resort, Dela Peña Resort, and Baybaylog Resort.

If you're a religious kind of person, try going to **CANDELARIA**. There they have this festival "Candle Festival" wherein color of the candle used in that symbolized to all the debutant Virgin Mary.

Puting Buhangin Beach is located at the **PAGBILAO** Grande area, which is one of the favorite place for tourists during summer because of its crystal and calm water that welcomes the visitors. Another place you should visit when you are in the Pagbilao Grande is the Kwebang Lampas, which is described as a care with sea water on its floor. The Talabanan Islands and Mag-asawang Bagosina are the favorite spots located in **PADRE BURGOS**. Talabanan Islands are consisted of Malaking Talabanan, which is an ideal spot for jumping off point to the beaches of Padre Burgos and neighboring towns. The smaller island is called Maliit na Talabanan which has a unique rock formation that seem to have been curiously arranged and piled.

Bitukang Manok found in the middle of the Quezon National Park in **ATIMONAN** is surrounded by native trees which ages up to a hundred years old. The place is tangled with creeks, caves, waterfalls and ravine covert in the 9,830,765 hectares.

A tower of lights is rising in **AGDANGAN**, an obscure coastal town in Quezon province not known for any historic landmark, festival, or delicacy but as a sanctuary of those who seek peace. Named the Luminous of Grace Sanctuary, it is built on land adjoining the town's San Isidro Labrador Church. It soars 120 feet, with a panoramic view of plains of Quezon

like 12 stories high Mt. Banahaw and the Tayabas Bay.

place for tourists who enjoy mysterious stuff as it is believed that when one walks through this cave, it is hard for him to find his way back. Another is the Japanese Tunnel in Brgy. Matinik. Campo Pusa is also an interesting place. This historical mountain situated in Lalaguna served as a hideout of the Filipino soldiers led by General Guadencio V. Vera during World War II. The Miraculous church in Brgy. Silang is visited also by women who can't bear a child who go pray there. Special native desserts such as sweetened grated coconut or bukayo and macapuno candies are available almost everywhere in Lopez. Fun fact about **MACALEON**: It is known as the rice bowl of Quezon province.

During low tide in **GENERAL LUNA**, people used to gather edible shells locally known as "suso" which they used as viand. But it is said that before gathering said "suso", they should say "hingin suso" as a sort of permission for without saying this, it is the belief that they will be under spell or they will get sick.

In particular for **CATANAUAN** is the Catanuan Cove. It is an 11-hectare cove promising elongated white sand beach and residential resorts. Don't forget to buy uraro cookies, you'll regret it if you don't get a chance to taste them.

Fun fact about **MULANAY**: According to the 2000 census, the town has a population of 45,903 people in 8,630 households. Another nature trip can get going in Kanggabon falls, the jewel of **SAN FRANCISCO**, Alibijaban Island in **SAN ANDRES** and Maguibuay Falls in **TAGKAWAYAN**.

SAN NARCISO has Nawpinto Cave. Napinto, coming from the word "pinto" means door or a gate, gives some questions in the mind of the visitors that cannot be answered even by local because the lime stone formation is more of a natural arch than a cave. **BUENAVISTA** is a very mysterious town.

The Bangus Sardines in oil is the no. 1 product of **GUINAYANGAN** and is well-known in the Province of Quezon. It is their pride knowing that it is exported in other countries for its particular and different taste compared to other products similar. People of Guinayangan said that its certain freshness makes it special. They also have their own production of coffee called "café de Guinayangan" and coconut vodka.

The cave in **CALAUAG** is short to allow ample light to see the way up to the other end. If you cannot see the stalactites and you kept on walking, you will know why a hard hat is needed and across Calauag, there is the town of **PEREZ** which has only 14 Barangs.

So, if you come to think about it, can you imagine how small the place is?

But no matter how small the town is in Quezon, big adventures await.

ALABAT, like other islands, is rich and blessed with marine life. The 10-hectare fish sanctuary and giant clam shell are additional attractions in their town which they are proud of. The fishing grounds are over flowing with 'talakiton', 'dukawin' and 'pawikan'. And another fun fact about the province is that there is a town in Quezon named **QUEZON**. So, try going to Quezon, Quezon.

If historical sights are your thing, try going to **LOPEZ**. Situated in Brgy. Talolong, Tibag cave is an impeccable

by ALDRIN E. PORCALLA, JR.

LARYNX OF ANGELS (Photo/Lars Michaelsen V. Salamante)

Quezonian Rhapsody



You can hear it, can't you? Bomp-baba-bomp, bomp-bomp-baba-bomp... Melody? Ha! Movin' and groovin' like you just can't help it. Why? That's the effect of the inductive blend of the tuneful music fabricated by the pleasant-sounding voices of each of the members of the group. The chorale.

Well, that's just how a chorale works, really—to bond; to connect both with the audience and themselves. And arriving to this topic, I'm quite certain that you've heard the ear-pleasing music of the Quezon Science Madrigal Virtuosos.

Having this kind of organization in an academic-based science high school, we can deem the thought that brains and aptitude aren't the only thing that one needs to foster. As said in the establishment's vision, "committed to the holistic development of an individual..." Holistic. Rounded. Complete. An individual must be whole, to be efficient. And the QSMV is a living proof of that.

Once called Quezon Science Chamber Choir, the Virtuosos started off with a humble beginning with no less than 58 pioneers. The first appearance to be remembered was on July 2013, in QSHS's first-ever Family Fun Day. Then the day came. The day when QSHS's finest and most talented has been unraveled to the public. They executed their cardinal performance in Gov. David 'Jayjay' Suarez' State of the Province Address on the same year. During then, they received highly wonderful appraisals.

It has been then decided that such exquisite singers deserve to perform one of the biggest firsts they would have ever have, that's when they carried out 'Sang Tinig, their very own concert. As anticipated, the concert ended up a sensation. If there's a word that can describe their performance than no other, it would be 'magical', with the ambiance absolute with their spell bound voices.

"Actually, it is really hard to appreciate when you're at the circle singing with the four voice classifications. Talking about chorale technicalities, the melodies are not sticking only in one particular voice and most of the sections are singing the embellishments. That is the reason why I always tell the singers to give a lot of emotions and of course they never let me down," Mr. Jose Israel Deza, a MAPEH teacher and also the QSMV's maestro, gleefully stated.

Indeed, coordination is the key of being an eminent choral group. Discipline is another thing to remember if you want to be part of a competent singing faction. You might have the talent—in this case, "the voice"—but without the proper mindset, better be a soloist than sniffle yourself away from the group. Indeed, that is how

most group-concerned units work. Alas! The Virtuosos have just that.

"I am lucky to be able to sing with such talented and dedicated singers in which completes the Virtuosos. QSMV differs from other singing groups because we are not just a group, not just an organization; we're a family," the Madrigal Virtuosos' president Jessica Hernandez proudly imparted.

Some say that a song is an escape from the dreaded, an avenue to divulge the intimate and a way to express the inexpressible. Imagine that with the beatific voices that will, alongside, direct you to your very own asylum.

The front door had barely cracked open and already the lilt of harmonizing voices could be heard from the room. This was just choir practice but the group sang without nerves on stage with fulfilled eyes. They surely are proud of the music they've produced. And who wouldn't be? Their song filled the campus—and they weren't even there! Haunting, right?

Yeah, you heard me right. That's how good they are.

"I really think that it is a privilege to be a singer of one of the greatest choral in Quezon. It's like it brought me to the outlook of my ever-dreamt cosmos. The entitlement of being one of the Virtuosos helped me renew myself; and find serenity. And I am truly grateful," Lance Andrei Tabi, a newbie to the family said with glimmer in his eyes. What's quite interesting about him is that he definitely is a boy but he sings as an Alto which is a female's voice classification. Quite odd, right?

You might think that one can be somehow conceited trying to say those things. But conceited isn't really the word. Let's say that one is just gratified of the said choral. Why not? After singing in various events, after performing in front of the whole province in the recent State of the Province Address, you must be stiff not feeling the honor.

Admittedly, even if some isn't a member of the choral, with the way they sing the way they perform; it just comes to you that you're part of them. They bring not only themselves to satisfaction, but the whole school to renown and the listeners to sanctuary.

Impressed? Well, I too was left in awe. And if you still haven't heard them sing, well, aim trying to. Because your entire endeavor will lead to your indulgence. Trust me. That's the QSMV effect. A baffling delectation.

"Wait, can you hear that? Are those angels I hear? Oh, silly me. It's just the Virtuosos singing. Their voices always catch me dumbfounded.

Quesayanos on Wheels

by KYIAN CRISTA B. SALVATERRA and ALDRIN E. PORCALLA, JR.

Going to school isn't that simple when it comes to travelling even more if you are a Quesayano who have to transpire to have ways to go to school. Let's find out.

OWN VEHICLE, OWN LUXURY. Fridays in Quezon Science High School appears to be a car sale. Loads of vehicles are jam packed and parked, especially on Fridays, because student dormers are going back to their respective hometowns and many of them own a private car. Using a private car is one of the most expedient options in terms of transportation. Just ride, open your Facebook account or sleep. Once you know it, you're already home.

RIDE BACK AND FORTH. Aside from having your own vehicle, having a service to and from school makes a mark to a student.

Services like vans and tricycles come to school every day just like private vehicles do. You won't get to commute; you won't get tired of walking. It has the same comfort of having your own vehicle, but the pocket-throbbing cost of commuting.

The good part of it is that you don't have to walk! No more exhausting walks. You'll even have the time to have little chats and inside jokes with your "service-mates" until you reach school or home. Share the day's stories and know-how.

"Comfortable. I don't have to worry about getting late or having my shoes all muddy and dirty. You just have to sit back and enjoy the ride." Julia Alessandra Rivera, a Grade 9 QSHS student, said.

All in all, having a service back and forth is like commuting in a private vehicle.

A BUS FOR US. Riding on buses is just like riding a

jeep, the only difference is the feeling they give out. Well, buses do have air-conditioning, but that's a different kind of feeling.

Comfort. Yes, comfort. Riding on buses is far more comfortable than riding on jeepneys. Not that we really do like the air-conditioning and the televisions they hung up in the center of the aisle, but you feel safer and more secure. It's really different from the feeling that jeepney riding radiates. The thing about buses is that, even though it's already kind of packed-up, it still picks up passengers. So, they just stand at the center until someone gets to his destination and gets off. Until then, standing ovation for them.

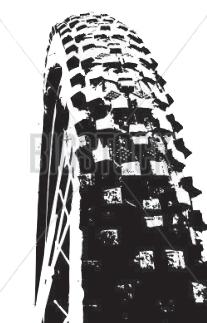
"It is a fast and quite comfortable way to go to school, especially when you're from a far-flung town like me," Arvin Verain, a Quesayano from Tiaong—which is indeed quite a long trip to school located at Tayabas.

All the same, if the destination you are to reach is worth it to travel on bus, try it. Indubitably, you'll experience it all.

EVERY JUAN'S RIDE. If you don't have your own vehicle or if you're too sluggish to walk—which I can't blame you if you are—why not try commuting? Why not ride a jeepney?

Sure there is, in fact, no air-conditioning and windows are open, broken or blocked; and most of jeepneys are overloaded with passengers, so you might end up squeezed feeling like being in a can of sardines (shoulder-onto-armpit, back-onto-chest, shoulder-onto-shoulder and elbow-onto-hipbone) but it really isn't bad if you come to think about it.

Actually, there are more particulars that you want to consider that one can get while riding a jeepney.



The fare is reasonably priced. Perfect for the student's budget and big bags.

But that isn't the best part. Commuting in a jeepney is a good opportunity to talk and get to know people, hear their stories and witness their lives. Behind the poker-face mask of fellow commuters, there are mothers who long for their children, children who are trying to find themselves and lovers who have been hurt.

So, why not try to take a trip on a jeepney?

FEET CAN DO. Walking, traipsing, or whatever you call it, is convenient for students who wants and needs to save money. Wanting to save money though can be applied to all the students. In walking, you won't get to spend pennies for gas and pay fair because vehicles wouldn't be involved.

A troublesome situation, that is. Expect spending your precious time reviewing or finishing the outputs, you'll just waste a couple of valuable minutes aiding the aching feet of yours. Another moment that is unexpected is when it rains. A muddy situation is what you'll be in.

"It's actually quite annoying. More even if it's already dark and when it rained. It's like walking on a minefield." Angelica Palmero, a Grade 10 student who does this walk to school. "To tell you the truth, when I come home, my parent would nag me because of my muddy shoes."

But they say that walking, too, has its good side. Well, it is a good exercise.

From having your own car to commuting and from commuting to walking, going to school isn't really that hard. In these many ways of getting to school, in any means of transportation, the Quesayano's way can be the right way.

An Ode to Quesay's Masterchefs



by KYIAN CRISTA B. SALVATERRA

Since the Grade 10 students of this year started studying in Quezon Science High School, Sevilla's Catering Services are already with them. Serving students with excellence yet not forgetting the bond made with the Quesayanos.

Just like any other careers, catering also takes a hold of this combination: hard work, a handful of practice and training and perseverance. But being a caterer, handling a load of work is definitely necessary and unexpected. They don't just do things without consideration; they have to move carefully while serving. The food quality should not taste awful to the students' gusto. Yes, cooking is really important in terms of catering services.

"Kriiiiiiiiiiiing." As soon as your alarm turns on signifying the start of a 15-minute recess period or a one-hour meal period, all hell breaks loose and all students perk up. Benches are never unoccupied and the counter is always crowded. The cafeteria is now in total chaos. The school work burden is forgotten and the school finally comes alive.

This is an everyday scene in Quezon Science High School's cafeteria. And of course, this scene will be perfectly impossible without the food and the ones who prepare the food. So here are Quezon Science High School's master chefs to serve you a free but mouthwatering, appetizing, toothsome, luscious, savory food. And mind you, they're not just your ordinary caterers.

Admit it or not, quality is on the top of your list when it comes to food. And Sevilla's Catering Services will surely do their part to meet your expectations. Behind QSHS' scrumptious food is Jemar Lozanes, the benevolent breadwinner of his family. Despite that, the benevolent smile plastered on his face never fades while working inside the kitchen for whole day long until he comes back to his home where the family he supports, waits for him.

For years now, SCS was always with QSHS from serving everyday food in school to Division and Regional Schools Press Conference's where QSHS compete yearly. Because of that, they became comfortable with each other to the point that SCS' way of serving students is casual.

Thanks to Sevilla's service crew, Noren Joy Ocampo and Julius Per. Both work hard for the students and teachers especially for their family. Ms. Noren Joy Ocampo, a 20-year old woman all the way from Quezon, Quezon, pretty much far away from QSHS. She proves that although she is still young, she can provide the needs of her parents. She works hard for them and will do everything just for them even if it will separate them miles apart.

On the other hand, there is Julius Per, unlike Ms. Ocampo, lives in Isabang, Tayabas City which is near QSHS. He is a family guy that does everything for his family, maybe that's one of the reasons why he always smile in front of everybody while doing his service. He has his own children and he misses them whenever he is in school.

And everything would be impossible without... the amazing Kuya Ryan. Ryan Velasco, the cafeteria head of SCS in QSHS. Together with his wife who also works with him, they work hard for their own kin. Kuya Ryan manages the staff of servers, cleaners, cooks and dishwashers. But he also works as a father and friend to Quezon Science High School students, teachers and staffs. He can manage the cafeteria while giving advices to you. Well, it's just good to know that they're not just ordinary caterers.

Consider the fact that you're working on a school with a bunch of extraordinary students, swear, you can't just serve them wearing your long face, in fact, you should wear a smile to them in order for their school stress to vanish away for a while and that's a normal to Sevilla's Catering Services. Their enthusiastic façade makes it easier to approach them. That's the way QSHS students feel every time they see them joking with each other. They give them the service that they work hard for. And that is what Quezon Science High School students appreciate.

All too soon, when your alarm rings again to remind you the end of the break, all students travel their ways to their classes and get themselves ready to attend the next period. Back to the gloom registered on their faces. The moment they come back to the classroom, their joy is no more. All the students just left, leaving the canteen a mess.



DAGA

JOSHUA

FIVE PESOS (Photo/Aldrin E. Porcalla, Jr.)

Quesay's Little Brothers

by ALDRIN E. PORCALLA, JR. and KIARA YSSABEL OBLEA

As we were walking around the campus, we saw him with his friend. They were playing. We caught up with the two and started our real-talk.

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

At the age of five, 'Daga' is as hyperactive just as any average kids of his age. Playing and laughing all day; chuckling and having fun all the way. But, behind every smile, lies a heart shattering into pieces. By the way, nobody knows about this young boy's problem – until now.

"Ate, kuya, pahingding limampiso." This is what one would here every end of classes.

With the fact that he is as old as the school itself, he grew up knowing that this is his home, that he belongs here. Growing up with the Quesayanos, for him feels like growing up with his family, his own family. Having told that his father had already passed away and that his mother left them behind, one can't actually imagine what this little kid is going through right now.

"Si papa? Wala na, patay na, gawa sakit puso. Si mama umalis. Alis pero di pa balik," not knowing what really is happening. Daga grew more silent by the minute. The Daga that we all know had vanished away and the Daga that was standing in front of us is now hushed by the fact that he is reminiscing about his family.

As we talk about family, we drove our attention on his friend, Joshua. What's interesting about him is that he wasn't actually here the previous years. And that when you look at the two, Daga and Joshua, you could see that the bond between them is remarkable.

"Kapatid kami," they said every time we ask them on what was their relation.

The fact that Joshua is new around here, we had the chance to know his side of the story, that he lives with his mother while his brother, which he did not tell the name, is with his father somewhere in Calauag.

"Si papa nasa Calauag, nagshashabu tapos si kuya doon aral." What an odd thing to hear from a five year-old boy who, in fact, is rather too young to know things like this.

As we continue on the conversation, we came upon the accident that had happened to Daga. Apparently, he and his brother, John Paul, were playing 'pulis-pulisan' and that they were having fun and suddenly, all the fun was quickly

replaced by horror.

"Tali ni Kuya John Paul ako dito sa kamay at paa. Tapos tulak niya ako kalsada." Daga said with terror in his voice. "Tapos yun, bangga ako ng bus tapos gulong-gulong ako."

A knot in the hands and feet. A small body that seems to be sensitive and fragile. Who would have thought that this little rascal is still alive and living his life to the fullest.

We came to the topic of his brother going to school and him not. That at his age, he needs to be guided and taught things that to him is really needed to be learned.

"Gusto ko pasok diyan," he said pointing his idle finger towards Quezon Science High School. "Gusto ko pasok para marunong na akong magbasa at magsulat."

Rethinking that Daga is as old as the school, we realized that there is a difference between their accomplishments. With a span of five years since QSHS was constructed, it already achieved numerous awards, awards of the product of academic excellencies, but In Daga's case, in the five years of his life, his biggest achievement is being happy in a way that he is still alive.

And then realization hits us so hard. That people like us are fortunate enough to have the things we have now. That people like Daga and Joshua needs people like us to guide them and show them the way to achieve their goals.

The conversation ended right after when we saw their small backs running away from us.

40 FRIDAYS OF ULTIMATE EVICTION

by MARGAUX MA. YZABELLE A. RIOLA



FRI-YAY! (Photo/Aila Marianne C. Palad)

For the past 10 years, Pinoy Big Brother has already been a part of the Philippine teen culture. Waiting every night until the clock strikes 10:15 to watch a bunch of fellow regular Filipinos showing their true colors from microphone lapels and CCTVs and onto the big screen. The weekly tasks let out the housemates' real personalities and attitudes when experiencing and handling unsatisfactory situations, planning strategies to accomplish tasks from Big Brother or even when having a simple chit-chat with the people around you.

With everything combined into one, there are only two possible outcomes: it's either they lose and they don't get any reward or they win with a prize, simple as that, but there's more negativity coming right after such as the famously-known evictions during the last day of the week... but what everybody doesn't know is that everything also happens only with a twist in a science high school.

Five days within a school week and within a day, a new page starts, but not with happiness but with stress. Everything is stressful. You may think that being a student in Quezon

Science High School may exaggeratedly be the most nerve-racking thing ever, and it's true, but it's fun. Bad but fun.

All the stress and complicated seatwork and activities may attack you in the worst possible way – exactly like the situation in the Big Brother house, and along the way, everything still remains the same only that this is where the real and complete happiness starts.

After four days full of hellish seatwork, activities, requests and commands from teachers also known as weekly tasks for us, we all get rewarded with an eviction at the end. A happy eviction.

When Pinoy Big Brother has a very sad eviction, on the other hand, the Quesayanos happily celebrate their eviction on Fridays

but how, you ask? Every Friday, there's only a few more works to submit, few more lessons to listen to and a few more hours to bear with the burning heat in the atmosphere and after everything ends, it's fun time!

In every school in every point and

aspect of this great, small mobile cart— from hotdog sandwiches, busy world, Fridays are definitely one of siomai dumplings, rice meals and a variety of flavored beverages to a complete cart design with colored wine bottles and a mini disco ball.

"I want not only the students to have the chance of food enjoyment, but also the

school's faculty and staff," Mang Revillame explained while handing over a hotdog sandwich to a student.

And who can forget the ice cream vendor that will nurse all the students' heat needs.

When I say eviction, I literally mean eviction. Dormers from the QSHS dormitory pack their bags with a smile on their faces as they all take a break from stress and have their own really happy time with themselves, they are all happily contented with it to finally be evicted every week from hellish stress.

All well ends. Who knows, there are CCTVs and microphones installed on every corner of the Quezon Science High School Building, watching the students... or should I say housemates working for their weekly task and find out the result during Fridays and celebrate. Well, this is it for Pinoy Big Brother Version 2.0.

Quesayanos never go out of style...

by KIARA YSSABEL OBLEA

Nothing beats the feeling like you are confident at the beginning and throughout the whole school year. Your confidence starts with how you dress yourself up. Your own personal style is the signature you become known for. It defines who and what you are as a person.

First impression lasts. Nobody wants anyone to mock them all throughout the year so you always want to look presentable in front of everybody. Now that you are in your teen years, it's not just about fitting in but also, standing out. Standing out in a way that you find your own unique way to express yourself so you can let your true colors shine. From the bags you carry, accessories you wear to how you carry yourself, everything involves fashion.

Agree with me that wearing a uniform is either a flop or a total slay. Luckily, there are some ways to posh your get up that will not break the rule of your school dress code.

With the blazing temperature that will make you sweat so hard and stress yourself out with your 'haggard face', there are still ways to stand out in your uniform look. Take a wild walk with your quintessential footwear, from your jaunty ballet flats and slip-ons to your sophisticated pumps and wedges. You shouldn't feel limited to your own style because shoes are nearly as

varied as the girls themselves.

Be ahead of the trend with your cutest pair of earrings or your favorite watch that will totally spice up your outfit. Always remember that collaborating feminine pieces with masculine ones is a big catch. Pins are a snappy way to tickle an outfit. Show off your style from your favorite band pins to nostalgic and deluxe pins.

For a fun ambrosial approach while walking down the hallways, bags are a total fetch in your uniform. Backpacks are another way to showcase your unique side and a satchel can look very scholarly especially when you pair it with cute nerdy glasses. A floral backpack or body bags can also flaunt your girly girl side.

From French braids, waterfall braids to the braids from historical events such as the milkmaid braids that we commonly see from the European countries, you can now be a total head turner while walking on the corridors. Plus, if you want to style up your look, add delightful hairband in your bun with a touch of ritzy hairpins. And if you want to look keen, add a stark cowboy hat in your wavy hair.

On the other hand, just because it's rainy and cold outside, that doesn't mean you can't look hot. Keep yourself cozy with alight jackets, coats or sweaters with your favorite fictional character or a quote from your

favorite novels. It is a great way to display your personal style while walking in your school or eating your lunch.

Inject a taste of grunge while matching your fashion sense with your favorite bands. Match your white shirt with your favorite flannel polos and skinny jeans. Accessories are also a requisite when it comes to being "grungy". Match your red-white-black outfit with neck, bracelet or ring chokers. This will totally put yourself on point and let people be "grunge-spired" by your outfit. Spread the grunginess, people!

The limit does not exist for all the dormers. Just because you can't go explore the outside world for five freaking days doesn't mean you can't explore and find your fashion sense down the streets. A mix and match of your favorite outfits are already considered as a fashion style – your own unique one.

Teenagers nowadays prefer reading fashion magazines rather than textbooks. Before, they used to dream of becoming doctors or scientists, but now, they find fashion above everything. But, they can also be a 'fashionista' while working, just like Quezon Science High School very own nurse, Mrs. K-Ann Zaracena. She can be your professional nurse while taking a wild walk with her gorgeous OOTD's.

Who would have thought that Quezon Science High School students also give time dressing themselves up? Holistic development indeed, they don't just devour themselves into studying sciences and mathematics, they can be fashionable and do things just like any other teenagers do.

Brains plus beauty equals fashion from geek to on-fleek.



CHIC AND ON-FLEEK (Photo/Raphael Marco C. Mirandilla)

Briñas shoots 8 for Wolves; gobble Falcons in championship title dispute

by CARMELA ISABELLE P. DISILIO

Fidel Briñas played an outstanding game, leading the Senior Red Wolves and devoured flightless Junior Blue Falcons, snaring a masterful 44-14 victory in the Basketball Championship of 5th Quezon Science High School Intramurals held at Vista Verde Clubhouse, Wednesday.

Hot-shooting Red Wolves went on a scoring binge in the final quarter with a 15-point hustle registered by crowd favorites, Prince Palma, Gio Gajisan and Rod Soneja that secured their championship title.

Fidel Briñas soared above giants and was named as Most Valuable Player, providing clutch hits for the Wolves with eight points, eight steals and six assists.

"Wolves staged an explosive showdown and a good gameplay. I'm glad no one was injured. We weren't pressured and we sustained our teamwork. It was a fun game since we were all working hard and especially, we performed deceitful traps that we prepared," stated Briñas, who, despite his height of 5'4 proved he had the guts to be named as the MVP.

The new set of Grade 10 shooters continued the untainted legacy of the seniors last year, extending their reign in the hardcourt for five straight years.

Seniors owned the first quarter led by Gajisan,

who sank two points during the commencing eight seconds of the game, and Briñas with eight points and trailed leads as much as 16 points, leaving the Falcons scoreless.

Senior, Arvin Verain nailed a triple and stretched their lead to 24-3 as the Wolves exploited Falcons' shattered defense due to the absence of injured Junior starplayers, Vince Chavez and Paulo Villanueva in the second quarter.

"There's no I in team; each of us gave stunning performances. 'Skill' isn't the lone key in winning, but also camaraderie. We shouldn't depend on one person only. Everybody in the team should do their own part," said Senior team captain, Palma.

"Our game was foiled since we didn't manage to stick with the game plan. It was also hard for us to cope against their steals. Despite that, we still did the best that we could for the Falcons and provide a good game" said Villanueva after he recovered from his injury.

Villanueva cashed in on senior Christian Cabuyao's error and carved the first three points for the Juniors in the dying 29.7 seconds of the first quarter that brought renewed vigor for the Falcons.

It was in the third quarter where the Falcons restored their scoring touch and had fleeting moments of brilliance, reinforcing their defense and took advantage of Wolves' errors that gave the Juniors the chance to settle the score into

29-9.

Ellis Alejandro, Karl Pelaez and Renz Prieto also contributed five points for the Falcons during the last quarter, still hoping to slim the margin of the scores.

Falcons' stint didn't last long as the Wolves flashed its fearsome form with the team up of Palma, Gajisan and Rod Soneja dispatching 15 points in the final canto that secured the Seniors' 44-14 victory and left the Juniors in the dusts.

"We deviated from our game plan, and our teamwork vanished due to the pressure of shooting points to settle the score. But we promise to rule the game next year as a team and not as an individual player," said Falcons' team captain, Chavez.

"Anyone can play, but I think what made our team stand out was our determination and perseverance to hone our skills, and hunger for



Most Valuable Player (MVP) Fidel Briñas (right) releases the ball midair against Blue Falcons' Ken Caja and Karl Pelaez to shoot for the winning goal. Led by his prowess, the Red Wolves rose as Basketball Champions (Photo/Raphael Marco C. Mirandilla).

THE SCORES

SENIORS RED WOLVES—Briñas 8, Gajisan 8, Recalde 6, Palma 5, Soneja 4, Verain 3, Cabuyao 3, Mirandilla 3, Ratio 2, Derecho 2, Clomera 0, Aguilar 0

JUNIORS BLUE FALCONS—Alejandro 6, Villanueva 5, Prieto 2, Pelaez 1, Mortos 0, Escoto 0, Salazar 0, Libardo 0

Quarters: 16-0, 24-3, 29-9, 44-14

Alimurong emerges to lead Sabers; clobbers Wolves to earn Volleyball Championship title

Grade 8 Yellow Sabers resisted the strong charge of Grade 10 Red Wolves and scored a come-from-behind 2-1 (4-15, 15-13, 15-13) victory in the Volleyball Championship of Quezon Science High School 5th Intramurals, held at Vista Verde Clubhouse Court, Wednesday.

Sabers clawed their way back behind the hands of Romedciel Alimurong and launched two spikes

that pierced through the giants of the Seniors in the deciding set, securing a close 15-13 triumph.



Alimurong notched 13 points, Basco posted 8 points, while Aquino, who also drew five blocks for the Sabers, scored four points.

Wolves owned the first set spearheaded by Iseeyah Concepcion and Roivic Mendez, dropping service aces and impressive returns that sent the Sabers lapsing into a series of service errors and lethargic receives.

However, in the midst of the second set, the defense of the Wolves wavered and eventually bowed to the Sabers.

"Our defense started to loosen and our positions set us off. The players on the front are the only ones moving, the back players are left out," said Concepcion who garnered 11 points.

Mendez clinched five points, Aldrin Porcalla and Anne Johnette Aguilar contributed a pair of fours as Deo Elarco and Alyssa Angulo scored three apiece.

While, Grade 9 Blue Falcons grabbed the third place after defeating the Grade 7 Green Dragons who settled with fourth place with a 2-1 (4-15, 15-10, 15-4) beating.

"We practice daily and I always reprimand them to get them motivated. We relied on proper receiving and focused on how to serve accurately," said Alimurong.

Down with a set, Sabers banked on the prowess of Alimurong and Jamie Basco, firing consecutive attacks that led to long rallies

ROMEDCIEL ALIMURONG PROWEES (Photo/Julius Jose M. Derecho)

by JHEMSTER C. ESCOTO

No eyes or no limbs doesn't equate to no guts in becoming a basketball starplayer. And these two handicapped athletes proved that the human spirit is stronger and more resilient than any other handicaps.

At first glance, it may seem impossible or extremely difficult for persons with disability to achieve what their heart desires especially in the field of sports. But it's a different story for Quezon Science High School students, Niño Vergara and Dann Wilfred Diwa. They proved that incompleteness doesn't stop the will of human spirit.

Due to genetic defects, Vergara was born with only one arm and a half. You may think that his life is depressing and emotionally devastating. The truth is, Vergara is one of the lucky, and very rare ones who are surrounded by special people who accept and love him. He may lack an arm, but he was fueled with love from his family and friends. He may lack something most of us have, but he had the wills to pursue what he wants.

Influenced by his friends and classmates, Vergara started playing basketball in sixth grade. His condition didn't hinder him from playing his hobby. His strength is empowered by the support of his family and his friends, who didn't exclude him when playing.

"I play normally even though I only use one arm. Although it is indeed difficult—since I can't do that much—it didn't hinder me to continue playing [basketball]" said Vergara during the interview.

Unlike other students with complexity, Vergara was blessed with people who continually support him in his every endeavor and help him get through tough times.

"Sometimes, watchers from the streets laugh at me whenever they see me play. My

BREAKING BARRIERS

Vergara, Diwa blossom into basketball starplayers

parents just warn them not to do that again and respect me for whatever life has given to me."

Aside from sports, Vergara is also gifted in playing guitar. During vacant times, Vergara sits in one corner and strums the guitar using his right arm and squeeze the guitar strings onto the frets using the fingers on his left arm.

From the love of his parents, the freshman athlete knew one of the deepest secrets for a happy life that few of us are able to understand—the concept of acceptance. "For all aspiring athletes who have the same case as mine, don't ever feel incomplete just because you are not born like 'normal' and 'ordinary' people. Feel that you are special and utilize what you already have."

Also influenced by his friends to play, Grade 10 student, Dann Wilfred Diwa entered the hardcourt for the first time during his Sophomore year.

With only one eye, Diwa still showcased a keen sense of the ball by giving a big contribution to the defensive charge of Red Wolves in their Basketball Championship game.

The one-eyed bandit of the basketball court was diagnosed to have astigmatism and his shortsightedness often disturb him in playing. "It is a little bit harder to play because of my shorter field of vision, but I don't consider it a hindrance because I don't usually heed my appearance." Due to his condition, Diwa was

a victim of bullying during his elementary years. He stated that these events led him to the point where he already became a violent troublemaker and warfreak.

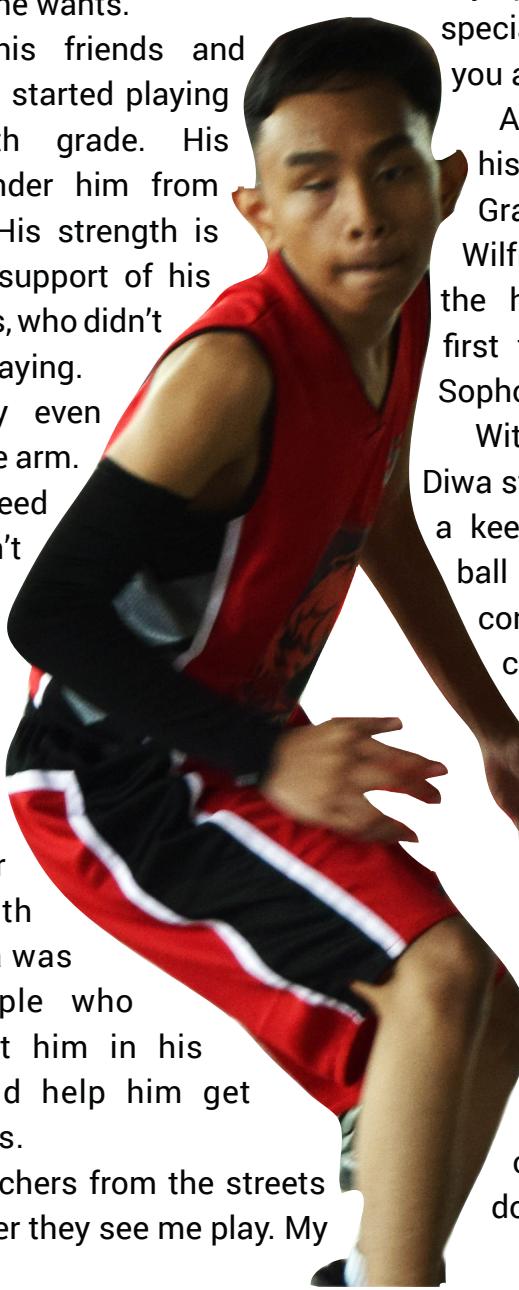
But it all changed when he entered high school. Like Vergara, Diwa is fortunate to have supportive friends who introduced him to basketball. "What pushed me in playing basketball is the evident joy of my friends while playing it."

Through the help of the people who accepted him, Diwa gradually learned to accept his flaws and let go of his insecurities. He focused on what he wants to achieve, without seeking for the things that are beyond his reach.

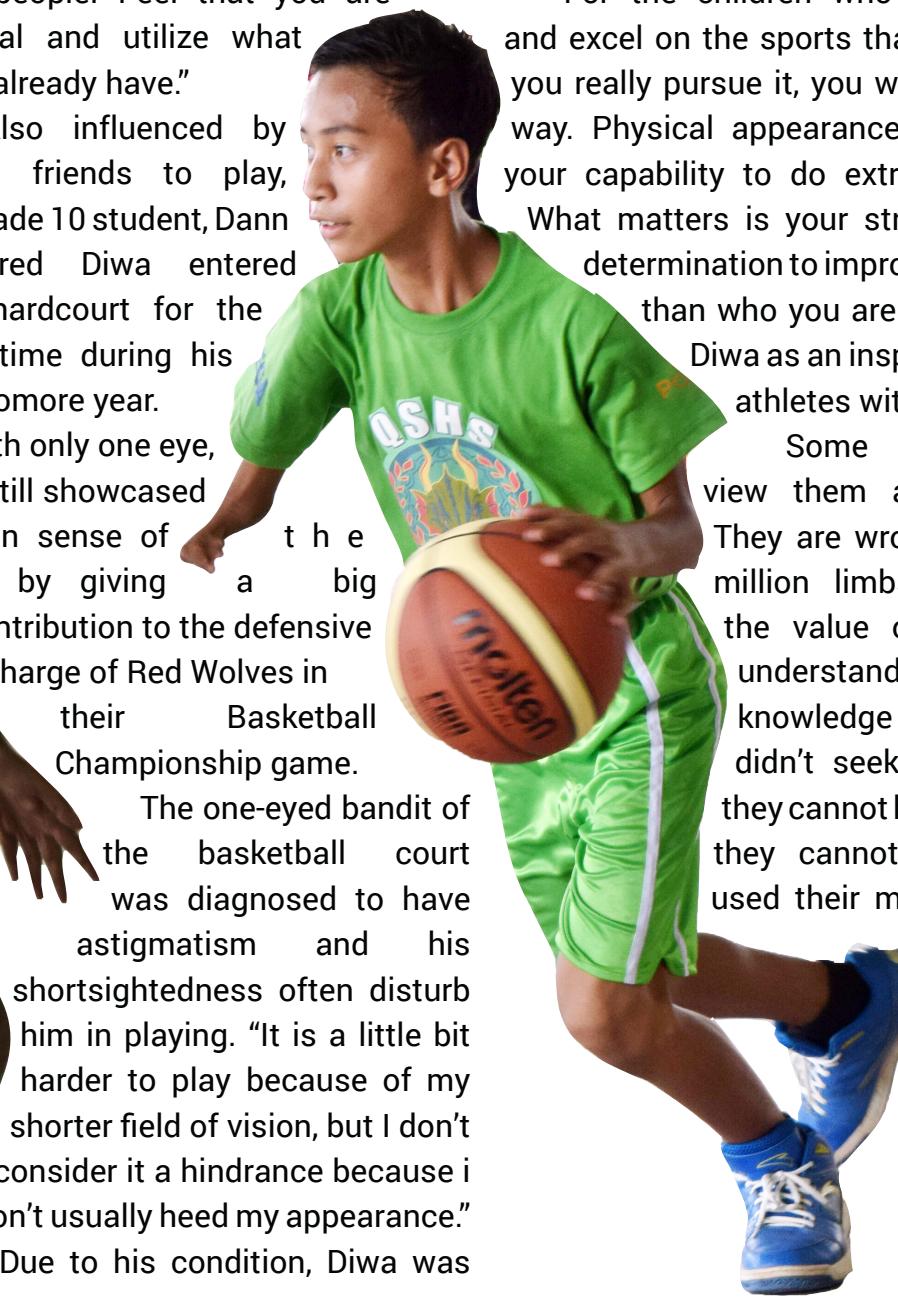
"For the children who wants to play and excel on the sports that they chose, if you really pursue it, you will always find a way. Physical appearance doesn't define your capability to do extraordinary stuff.

What matters is your strong desire and determination to improve and be better than who you are yesterday," said Diwa as an inspiration for other athletes with complexities.

Some people might view them as 'incomplete.' They are wrong. Not even a million limbs can surpass the value of their deeper understanding and knowledge about life. They didn't seek for the things they cannot have or fix things they cannot change. They used their might and hustle to navigate the world as it is presented to them.



DANN DIWA



NIÑO VERGARA

G L I M M E R

Sabers, Dragons capture separate crowns in first QSHS Dancesport



by CARMELA ISABELLE P. DISILIO

Sophomore Yellow Sabers, Anne Xyza Salayo and Lanz Alec Salamante reigned in Jive as Freshmen Green Dragons, Rhizia Obmerga and Vincent Dudas topped the Tango showdown in the first Quezon Science High School Dancesport Competition, a part of the 2015 Intramurals, held at QSHS Activity Area, Friday.

It was the first time for QSHS to host such event, as the jam-packed crowd swayed along the participants of its first ever dancesport competition.

Sophomores, Salayo and Salamante's synchronization outshone the other contenders as they sustained their lively moves and strong connection in their solo performance of Katy Perry's "Last Friday Night" up until the group competition with Taylor Swift's hit single, "Shake it off," garnering a 96.5 triumph.

"Before I step on the stage, I always drink

water and I always pray first. I give my best shot in every performance," said Salayo, who had been joining this kind of event since she was in fourth grade.

"Practicing for hours for a rookie dancer like me is very hard, but still I tried my best not to be a burden for Xyza," said Salamante, who managed to dish out a flawless performance throughout their song.

Senior Red Wolves representatives, Alexandra Gayle Java and Aldrin Porcalla Jr. ranked second with 88.33, but won the audience's hearts and were dubbed as the 'crowd darlings.'

Freshmen, Eisel Rule and Freed Madridano fought neck-to-neck with Juniors, Trisha Abuyan and Lester Edal and bagged the third place with 87.67, leaving the juniors with 87 in the fourth place.

Meanwhile, Freshmen representatives, Obmerga and Dudas showcased crisp moves along with Adele's "Set Fire to the rain" and pulled off a tough 91-point victory against Senior Red

Wolves, Daniella Rivera and Rod Soneja in the Tango competition.

Obmerga and Dudas used their choreography, techniques and timing as advantages to edge out the Wolves in the group competition along with the instrumental rendition of OneRepublic's "Apologize."

"I sometimes walk sliding my feet to maintain my feet routine in the dance and I always recall all the steps that my mentor taught me," said Dudas who began joining this kind of event since he was in fifth grade.

Rivera and Soneja showcased elegance and sophistication along the ballad rendition of Lady Gaga's "Bad Romance," but failed to execute creativity and the preservation of tango essence as they clinched the second place with a close 90-point beating.

Sophomores, Marion Izavell Gilbuena and Vincent Llaneta sealed the third place with 80 points as Juniors, Fatima Joie Flores and Francis Mendoza amassed the fourth place with 79 points.

Sophomore pair unravels their signature move behind the flashes of the camera and loud cheers of the crowd. Salayo and Salamante outclassed the other pairs with their skills that earned a unanimous win from the judges (Photo/Lars Michaelsen V. Salamante).

Rise and Conquer

Palusebo breakthrough eludes the hands of Seniors; Newly-added event highlights Palaro ng Lahi

by JHEMSTER C. ESCOTO and GWEN LEILA U. ABAÑO

They were so close, yet so far

and Freshman Green Dragons claimed the third and fourth spot respectively.

Prior to Palusebo, players competed in the Sack Race where the Senior Red Wolves once again owned the top spot and blasted Junior Blue Falcons with a long gap of 3.2 seconds.

Meanwhile, the players contended for Juego de Anillo, which was altered to make it easier for the players. Instead of riding a horse and using a dagger to get a ring, the participants used a bicycle and a stick.

After numerous errors and turns, Blue Falcons left their opponents in the dusts and clinched the top place with one point.

This is the second time for QSHS Palaro ng Lahi. As a substitute, Palusebo was added and Luksong tinik was removed, 'for the participants to experience variety of the country's cultural games,' as Joshua Deza, organizer of the intramurals, says.

Dionlay, Concepcion blast separate opponents to uphold Table Tennis tilt

by CARMELA ISABELLE P. DISILIO

Defending champions, Christian Angelo Dionlay and Iseeyah Concepcion retained their respective Table Tennis titles in the Men's and Women's division as they outlasted Raphael Marco Mirandilla and Joyce Sasil in the 2015 Quezon Science High School Intramurals Table Tennis Competition, QSHS Lobby, August 14.

Sophomore Dionlay upended Mirandilla in the third set, relying on his powerful drives and attacks and kept the senior veteran from ruling the game with a close 3-2 (11-9, 11-9, 7-11, 8-11, 11-3).

Dionlay's perfect timing and accurate serves became his key in obtaining dominance in the first and second set, sending Mirandilla lapsed into a lethargic start with a series of errors.

"I train during my vacant periods and focused more on the offense, quickness of response to where the ball is going, and the over-all accuracy of my shot to avoid errors," said Dionlay.

Meanwhile, Concepcion obliterated challenger Sasil with a lopsided 3-0 (11-5, 11-7, 11-8) and kept her untainted record being the four-peat champion of the event.

The undefeated senior ruled the game with an early scoring barrage in the first set, trailing big

leads as much as six points, 10-4, coming from her impressive backhand attacks that sent Sasil chasing for the ball.

In the third set, the junior challenger tried to stay close and hit momentum-changing points acquiring her first lead change in the match with the score of 2-4. Her momentum was promptly stopped by Concepcion as the champion launched tricky line shots that caught Sasil off guard.

"Training is not a work for me. This is my passion so I have no hard time to train since I love what I do. I focused more on tricking my opponent, setting different techniques to dominate the game," said Concepcion.

school staff acted as the referees of each game. The school staff have limited knowledge about the games they are handling. On the other hand, professional referees know how to handle these games properly, since they have been already assigned to higher sporting events like the provincial meet.

Professionals have their titles for a reason. They are the experts in a specific skill or talent. They are the ones who truly know the right actions to do during a specific circumstance. The referees, as professionals, aspire to initiate rules for a better game. Certainly, knowledge of these referees are broader than those of the

school facilitators. Obtaining the professionals this year evidently served its purpose for the teachers and students or players. "I am grateful of our new professional referees. Every player would certainly feel more comfortable with sports officials when playing. They have aided us well during the Intramurals," commented Romedciel Alimurong.

The first blush of the referees in this year's Intramurals certainly resulted well, and their presence in the next few years is still highly anticipated by the players and faculty members of Quezon Science High School. The school should try to find ways to hire these referees once more, as the school could not always be sponsored. Indeed, professional referees can make a big difference to a simple game between high school teams.

AFTER four years of relying on its amateur school facilitators, Quezon Science High School was given the chance to improve the security and management of each game in its 5th Intramurals with the help of Congresswoman Aleta Suarez through hiring of certified sports officials. This helped student-athletes further develop their abilities through proper sports supervision.

During the past Intramurals, only the



BULL'S EYE

Gwen Leila U. Abaño

Professional Innovation

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BAYANIHAN (Photo/Anne Louise S. Cabungcal)