



THE DIAMOND

THE OFFICIAL SCHOOL PAPER PUBLICATION OF FAME ACADEMY OF SCIENCE AND TECHNOLOGY

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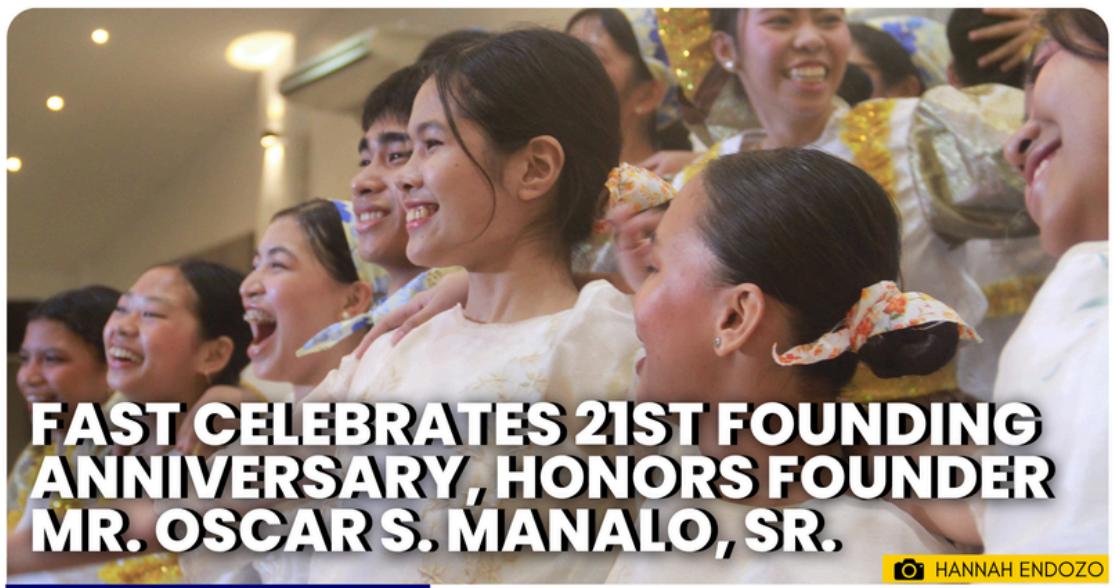
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FAST CELEBRATES 21ST FOUNDING ANNIVERSARY, HONORS FOUNDER MR. OSCARS S. MANALO, SR.

BY: JAY FRANCIS ATIENZA

Fame Academy of Science and Technology (FAST) commemorated its 21st founding anniversary on November 25, 2024, at the Taal Convention Center, while also honoring the 88th birth anniversary of the school's esteemed founder, Mr. Oscar S. Manalo Sr.

The program began with a Thanksgiving Mass presided over by Rev. Fr. Paul M. Hermano. This was followed by the flag ceremony, during which Melodia – Music Club of FAST sang the national anthem, Taal Hymn, and FAST Hymn.

Mr. Oscar "Jun" S. Manalo Jr., current school president, then addressed the audience and expressed his pride in the academy's progress and success. "Sa 21 years ng FAST, hindi nagbago ang FAST. Lalang gumagaling," he stated in his message.

Moreover, he paid tribute to the visionary who started it all. "Kung mayroong taong pinakamasaya ngayon, it is Mr. Oscar S. Manalo Sr. We owe it all to our Sir Senior."

Manalo added the newly established core values of the institution, "Remember FAST. F for fairness, A for academic excellence, S for social obligation or service to nation...and T for trustworthiness." He expressed his hope that every diamond would embody these values.

The celebration continued with a series of performances and presentations from every batch. Each batch presented a vibrant folk dance followed by a video teaser showcasing the school's history and achievements.

As a tribute to Sir Senior, Edward Matthew C. Cara performed a song composed by Dianna Kris B. de Joya, honoring the legacy of the late founder.

In a separate highlight, Batch 17 clinched victory in the magazine and video teaser competition conducted by the Student Council and Interact Club of FAST. The competition required participants to create a magazine and video teaser that showcased the academy's history, trivia and achievements.

'AHON BATANGAN' RAISES OVER ₱42,000 FOR STS KRISTINE RELIEF

BY: ALEXA FRANCESKA ARCAY

"AHON BATANGAN: Rise for Our Kababayans in Need" is a collaborative project by the Interact Club of FAST Batangas Mid-West, the FAST Student Council, and the Rotaract Club of Batangas Mid-West. The project aimed to support and help individuals and families severely affected by the recent Severe Tropical Storm Kristine.

The donation drive, held from October 28-30, 2024, successfully raised ₱42,450 in monetary donations and in-kind contributions such as canned goods and clothes donated in person. The funds collected were utilized to buy essential supplies needed by the affected families, including rice, noodles, water, and other critical items.

On October 30, 2024, Interact Club

Officers, Student Council Officers, and volunteers from the Rotaract Club of Batangas Mid-West assembled over 100 relief packs.

On the same day, these relief packs were distributed to 65 families from Barangay Maguihan and Barangay Sambal, who were temporarily staying at Lemery Pilot Elementary School. The project extended its reach to help another 35 families from Barangay Bilibinwang who had evacuated to Sinturisan Elementary School in San Nicolas, Batangas.

"It was very fulfilling. Nakakatuwa at nakakataba ng puso ang bawat ngiti at pagpapasalamat nila," said Angela Vince-Cruz, President of the FAST Student Council, reflecting on the experience of giving relief packs to our kababayans in need. 'AHON BATANGAN' was a successful project highlighting the bayanihan spirit.



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DIAMONDS SWEEP AWARDS IN 43RD KARIBOK ANG TUKTOK

BY: ALYSSA D. ATIENZA

Diamonds showcased their skills and knowledge as they earned multiple awards and grabbed 3rd place overall in UP Batangan's 43rd Karibok ang Tuktok (KAT), held at Stonyhurst Southville International School-Malarayat Campus from November 23-24, 2024, with the theme "Sulong Kabataan: Palawakin ang Karunungan para sa Makabayang Pamamahala."

In the Pagsulat ng Sanaysay competition, Johann C. Festijo brought home the second spot for the Senior High School category while Christine Angela R. Alilio landed on

the third spot in the Junior High School category.

In addition, Selwyn Ralph C. Carasuco claimed 2nd place in the Photo Essay Contest for the Senior High School category.

For the group competition, Sofia Kahleen C. Navarro, Lei Antonia V. Gamella, and Raphael Vince V. Quitain, of FAST Team 2 placed third in Senior High School Quiz Bee, while the FAST Team 1 of Junior High and Senior High School both advanced in the Quiz Bee Semi-Finalists among 32 teams.

Moreover, Maria Conleinna P. Palaya, Franzrhed M. Domingo, Rheyanne Ysabelle C. Punzalan, Alyssa D. Atienza, and Jose Angelo

D. Razon of Sine Karibok SHS Team also entered the Shortlisted Entries among 22 films.

Overall, FAST secured 3rd place in the Senior High School level category, earning them an impressive 3rd place overall among the 25 schools that participated in the event.

FAST diamond cutters, Mr. James Ardel S. Casanova, Ms. Clarence D. Camson, Ms. Harlene D. Villostas, Mr. Alexis Joel B. Lacsamana, Ms. Nicole M. Malabanan, Ms. Lennie Marie C. Manalo, Ms. Ma. Caroline V. Calingasan, Mr. Jeric M. Villanueva, and Ms. Liera G. Reyes coached the participants throughout the competition.

KARIBOK ANG TUKTOK

DIAMONDS DOMINATE QUIZ BEE, SHOWCASE LEADERSHIP IN 'LINGGO NG KABATAAN'

BY: SOPHIA CLARISSE A. VILLAVICENCIO

Diamonds showcased their creativity, knowledge, and leadership skills during the "Linggo ng Kabataan" celebration held from August 26 to 30, 2024 at Taal, Batangas.

Among the standout moments was the participation of Alexander Jacob C. Macalintal, Johann Paolo U. Socorro, and Angellika Raean T. Torrano in the Day in the Life of an Official (DIL) on August 27, 2024.

On August 29, 2024, the "Linggo ng Kabataan" quiz bee, and poster-making took center stage. The Senior High School FAST team—compromising Felix Lawrence S. Bruce, Sofia Kahleen C. Navarro, and Maria Conleinna E. Palaya—emerged as champions in the quiz bee under the guidance of their coach, Mr. James Ardel Casanova. Meanwhile, the Junior High School FAST team, represented by Danica Devine P. Ilagan, Sophia Clarisse A. Villavicencio, and Danica Mae M. Mancilla, secured an impressive second place, also coached by Mr. Casanova.

Gabriel J. Atienza and Angellika Raean T. Torrano also participated in the poster-making contest, with the support of their coach, Ms. Rechell S. Abejoro.

The event was organized by the Local Youth Development Office of Taal and the SK Federation, with strong support from the municipality. Their unwavering commitment to fostering youth participation ensured a series of inspiring activities.



FAST HISTORY DAY 2024: DIAMONDS BRING HISTORY TO LIFE

BY: MARIK GWYNETH D. SIMARA

Chronicle - History Club of FAST officially hosted the annual History Day (A.Y. 2024-2025) on Friday, November 8, 2024, following the theme: "Rights and Responsibilities in History."

The event featured a variety of competitions, a few being debates, quiz bees, and portrayals, with 10-Einstein and 12-Nobel earning the overall championships for the Junior and Senior High School categories, respectively.

One of the activities of the event was the Legends Unveiled (Portrayal)

competition, where participants brought their assigned historical figures to life. Namely, 10-Pascal's Kyra Jachel D. Dela Rosa and Katrina Ayesha Garduce won the Junior High School category. Garduce acted as Emmeline Pankhurst, a leading figure in the women's suffrage movement, on stage with Dela Rosa narrating her story. They enacted the events in Pankhurst's life in a classic chronological story-telling manner.

For the Senior High School division, Frederick Iziah A. Arobo and Rane Jillian J. De Guzman of 12-Nobel triumphed with a more

interactive performance. De Guzman played a hospital patient speaking to the "ghost" of Arobo's portrayal of philosopher Rene Descartes. This approach brought unique perspective to Descartes' philosophical "I think therefore I am" ideas.

After the event, Jhon Steven N. Pagkaliwagan, History Club President, commended everyone for their hard work and commitment to making this event possible. This year's History Day, coordinated by Pagkaliwagan, celebrated the students' talent and passion which provided the school with an experience that will remain impactful.



DIAMONDS CELEBRATE TEACHERS' DAY WITH 90S HOLLYWOOD THEME

BY: MARIA CONLEINNA E. PALAYA



Diamonds celebrated the World Teachers' Day at the Taal Convention Center on October 4, 2024, with the theme "90s Hollywood Hall of Fame," celebrating their teachers with various performances and activities organized by the students.

The celebration started with a short parade of teachers, followed by an invocation led by the Student Council Vice President, Edward Matthew Cara and the flag ceremony. Student Council President Angela Vince-Cruz officially opened the event.

Performances then followed which included a modern dance by the Synergy - Dance Club of FAST, a serenade by grade 7 students, and a poem recital by grade 8 students. The Harmonia - Glee Club of FAST covered OPM songs, and grade 9 students had a dance-off.

Following this, grade 10 students performed a mini band performing "Sway" and "Last Friday Night." The Amaestrado - Theater Club of FAST then presented a play about a teacher's life after which grade 11 students performed a musical play with Disney parodies. To cap off the performances, grade 12 students executed a flash mob.

Alumnus Jane Caryll Moredo delivered a message to the teachers. "Thank you po for taking the challenge to be the new diamond cutters kasi naniniwala po ako na without you, hindi po kami magiging ganap na diyamante," she stated in her message.

The event proceeded to a quiz bee, grouping teachers by their respective departments. The Math Department won first place. Teachers then showcased their talents, performing a dance to

DIAMONDS ELECT NEW STUDENT COUNCIL LEADERS

BY: DANICA DEVINE ILAGAN

The annual student council election at Fame Academy of Science and Technology (FAST), Inc. concluded with the official proclamation of winners on September 18, 2024, marking the start of a new leadership term at FAST for A.Y. 2024-2025.

Angela Vince-Cruz was elected as the new student council president, securing a narrow victory with 252 votes. She will serve alongside vice president Edward Matthew Cara.

Other key positions were filled with the election of Francheska Marie Catibog as secretary, Sacha Nicole Ortega as treasurer and Maria Conleinna Palaya as auditor.

For the role of Public Information Officer (P.I.O), Hannah Endozo was chosen to represent the junior high school (JHS) and Ron James Isaac Comeso was elected to represent the senior high school (SHS).

Meanwhile, Nathalie Moredo was elected JHS Protocol Officer (P.O.), while Jay Francis Atienza was named as SHS P.O.

Lastly, representatives for each grade level were

selected. Cathaleya Rayos for Grade 7, Adam Dylan Bendaña for Grade 8, Anhieza Dominique Lacdao for Grade 9, Alexa Francheska Arcay for Grade 10, Ma. Antonia Denise Mercado for Grade 11, and Joanne Faeh for Grade 12.

The campaign period which ran from September 12 to 17, 2024, culminated with the miting de avance on September 17, where each candidate presented their platforms to the student body. On election day, students cast their votes electronically through Google Forms open from 10:05 AM to 10:35 AM. Three parties—HAYAG, MIRANDA, and Duces Humiles: The Underdogs—competed for leadership positions, presenting their platforms during the campaign. Angela Vince-Cruz, representing the HAYAG Party, expressed her gratitude to everyone who supported her party. In a Facebook post, she wrote "Maraming salamat sa inyong suporta sa aming partido, diamonds! Patuloy naming ilayag ang liwanag ng isang HAYAG."

"Pantropiko" by BINI. The Top Performing Instruction Specialists of the previous academic year were also awarded during the event. Mr. Alexis Joel Lacsamana, Ms. Jazzy Lee Rodriguez, Mr. James Ardel Casanova, Ms. Liera Reyes, Ms. Eleanor Castillo, Ms. Clarence Camson, Ms. Florencia Catapat, Mr. Juan Carlos Rosales, Ms. Roxanne Mae Adamat and Ms. Nicole Malabanan were the recipients of the award.

Meanwhile, Ms. Liera Reyes and Ms. Christine Aranda were honored with the Quipper Top Teacher award. Lastly, Ms. Roxanne Mae Adamat and Mr. John Raymund Estremadura received the Outstanding Service award for their 10 and 15 years of service, respectively.

The event concluded with closing remarks from Felix Lawrence Bruce, President of the Interact Club of FAST.



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opinion

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Diamonds that polish their own edges

BY: DIANNA KRIS DE JOYA

Diamonds may scratch when held against another, so how can they shine brighter when together?

For years, FAST has been a dominant force in academic contests, consistently earning top ranks in various inter-school competitions. Not long ago, FAST bagged the third place in the overall category of the recently concluded Karibok ang Tuktok 2024, one of the many achievements that prove the steadfast excellency of the Diamonds throughout the years even outside school level.

Yet, while their accomplishments speak for themselves, what really needs to come in to light is the academic culture that drives this success. This culture isn't merely about winning trophies; it's about a relentless commitment to personal and collective growth through competition—a mindset that is carefully cultivated among the students. A 2023 study by Tarid Wongvorachan stated that key indicators of successful school participation include regular attendance, strong academic performance, and a commitment to pursuing education beyond high school, which includes joining extracurricular activities like interschool competitions.

But let's face the reality. Academic competitiveness is often viewed in a negative way as it can also result in stress and burnout for students. There is always the pressure to be the best, to ace quizzes, to achieve the highest grades, which can be overwhelming. At FAST, this same pressure is what makes or breaks you. It is a part of the school culture, but is also the driving force behind its dominance in academic competitions. This is the kind of environment that not only breeds achievement, but also resilience, teamwork, and self-awareness.

Sofia Kahleen Navarro, a Grade 12 Thomson student and a veteran when it comes to outside school academic competitions, said that the academic competitiveness already present in classrooms is indeed inevitable, especially among top students. She emphasized that this helps students to identify their strengths and weaknesses in different areas and learn new skills from their peers. *"Feel ko kapag may kaunting academic competition ay mas nadevelop ang skills and strengths mo and may nalearn ka ring new skills sa iba. Kaya siguro, during inter-school competitions, katulad ng quizbees, siguro mas nagiging confident ka? Kasi alam mo yung strength mo at yung skills mo roon ay above average"*, she shared. Safe to say, diamonds are curated to be achievers. But even if they are the strongest and the shiniest out there, they can always break anytime.

Even the brightest diamonds need skilled hands to polish their edges. A balance between competition and cooperation is crucial, considering the high-pressure nature of academic competitions can easily lead to burnout, which is a real risk for students who are already under constant stress. To combat this, FAST must take steps to build a supportive community—one that celebrates not just individual achievement, but also collective growth.

While academic excellence should remain a cornerstone of the school's identity, there must be more emphasis on well-rounded success. It's not enough to simply cultivate competitive scholars; students should also be equipped with the skills to thrive in various healthy environments.

After all, success isn't always about being on the top by yourself. When held together, even the brightest of diamonds can shine even brighter.

The Power in Blood: Unpacking Political Dynasty

BY: MA. ANTONIA DENISE
A. MERCADO



Marcos, Aquino, Duterte, Estrada, and so on. These are names of officials you have definitely heard. Candidates for the position of mayor is the husband, the wife for vice mayor, and the children are pushed to run in the following elections. These are circumstances that you won't miss when it comes to our running government official candidates. All nothing new that will surprise you.

Political dynasty is a situation in which members of a family hold different elected positions. This act is currently still prohibited by the 1987 Philippine Constitution however the law nor did the several filed bills prevent it from arising in several aspects in the country. Left and right, the Philippines has been under the chains of a large number of existing political dynasties in the past few decades spanning all across the country with mostly 80% of the officials in the Congress and 50% of all elected local government officials are from political families filling the elected positions of individuals with more desire for greed than to serve.

Common reasons for this phenomenon to exist is the fame, power, and control that these individuals chase. What they don't realize is the fact that unfortunately, the consequence of their lack of genuine desire to serve our country impacts the society in various angles. Economically, the state of our country goes in shambles with inflations, and debts. Poverty-wise, their lack of resources continues to get taken advantage of by these individuals rather than freeing them from lack thereof. And overall, it just leads to severely poor governance given the current state of our country, which ironically is led by a member of a political clan.

As much as how appalling the condition of our country is, we as citizens have the power to choose our leaders and turn the situation upside down. We have the capabilities to eradicate all corrupt and incompetent leaders. With enough knowledge and suitable criteria when it comes to leadership, everyone can strive to be an active citizen and cooperate in building a country or area led by an individual who is suitable and presents the greater good of our environment. Through maximizing the utilization of media, educational institutions, and industries, awareness about this topic can effectively be widespread with appropriate approaches.

This phenomenon has been a long prevailing issue in the Philippines that needs a lot of attention. As these people acquire power through blood, we as citizens have the power to make a difference to change our reality.



opinion

05

No Place Like Home

BY: EDWARD MATTHEW CARA

"Pag nanalo po tayo dito, huwag ka nang aalis, [Ma]... Pa'no na 'ko?" The plea of seven-year-old, Kurt, to his mother set to work abroad in an episode of Filipino reality show, Wowowin, which aired on December 28, 2018. Further in the show, we see more of Kurt's sentiments, and this sheds light on how big of a sacrifice it is to leave the comfort of home and the warmth of family for the sake of the remainders' welfare. And each year, the occurrence of partings, as this one, is becoming more and more common. With thousands of Filipinos boarding planes bound for different, distant lands everyday, the issue of the increasing immigration in the Philippines beckons for its due attention and highlights the need for more accommodating and sufficient job opportunities in the country.

According to the Philippine Statistics Authority, between April and September 2023 alone, the number of overseas Filipino workers (OFWs) and immigrants reached an estimated 2.16 million, accounting for about 2% of the country's population. Study findings show that the primary reason for immigration is mainly influenced by pull factors such as better job opportunities, lower employment

standards, and significantly higher rates.

While these pull factors paint an alluring picture of life abroad, the push factors—those conditions in the Philippines that compel so many to leave—are equally, if not more, significant.

Low wages in crucial sectors such as healthcare, education, and agriculture often leave skilled workers with little choice but to seek greener pastures elsewhere. A teacher's salary, for instance, barely covers daily expenses, let alone allows for long-term savings or financial stability. This disparity drives a heartbreaking reality: parents leaving their children, skilled professionals abandoning their homeland, and communities losing the very individuals who sustain them.

The consequences of this mass migration are as complex as they are far-reaching. On the one hand, remittances sent home by OFWs and immigrants provide a lifeline for millions of families and fuel the Philippine economy. Yet, the social costs are immense. Children like Kurt grow up with absentee parents, relationships are strained by distance, and communities suffer as the most capable hands are no longer present to contribute to national growth, but have resorted to immigration.

The question then becomes: how can the Philippines turn the tide? The solution lies not only in improving wages but also in creating a more robust and inclusive economy. Government initiatives must focus on job creation, particularly in rural areas where opportunities are scarce. Investments in infrastructure, education, and industry could encourage skilled workers to stay, knowing they can build a stable and prosperous future without leaving home.

Moreover, there needs to be a shift in mindset. While working abroad has become synonymous with success in many Filipino households, it is time to redefine success as thriving in one's homeland. The government, private sector, and society at large must collaborate to make this vision a reality.

In the final moments of that Wowowin episode, Kurt's tears were a sad reminder of the sacrifices made by countless Filipino families. It is time to address the root causes of this exodus, not only to keep families together but to build a nation where the promise of a brighter future can be fulfilled right here, at home.



Lawbreakers to Lawmakers?

BY: MOIRAH YSOBELLE PEREN

Election season draws near, which means citizens must make their choice on who to vote to sit on the chairs of officials. New faces will be shown on the streets, campaign songs will be heard outside, and soon enough, ballot boxes are going to be full. In the field of politics in the Philippines, it wouldn't be a voting period without its mix of convicted personalities and re-entering convicted politicians in the scene. This year, it was recorded that it was the highest number of artists and celebrities who have attempted to join the political field, like Pastor Quiboloy, noted for his alleged crimes, both in the United States and in the Philippines. However, it was not a surprise, as it was already a recurring issue in the country's democratic system, dating back to the 1990s.

According to Political Science Professor Dr. Froilan Calilung, Quiboloy is not the first one in the history books to make this move, as many Filipino politicians have also been accused of many felonies, yet they managed to win the elections and be one of our law enforcers. So, the questions arise; why do these personalities keep winning? Is it because of the Filipinos, or is the system corrupted?

Calilung states that the filing of a Certificate of Candidacy (COC) of these personalities, like Quiboloy, is just simply a 'manifestation of their Filipino rights', meaning that they have the right to submit and run for a position in the government, as long as they meet the requirements. This system in the country is quite ironic, as some netizens even jest that 'the hiring qualifications of a cashier or salesperson in malls is higher than those who file for COC', which is quite true in society today. A typical resume for an employee must contain work experience, and a bachelor degree.

To run for a political position, you must be able to at least read or write. Quite the irony, with the fact that having political authority requires more responsibility than working in a supermarket.

When voting, Filipinos tend to vote the public's choice rather than theirs, or as stated in the interview, they prioritize 'winnability' over 'merit'. Citizens tend to think that their singular vote does not affect the result of the election, which is the opposite. Every single vote counts, and can be a spark of hope.

The usual message during election season is to 'Vote Wisely'. Yet, it seems to pose a challenge, especially to the youth. With all the influences nowadays, like social media, it's



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definitely going to cause quite the whirlpool in one's head. But, at the end of the day, you, a Filipino, must do this, not only for yourselves, but for your country. At the end of the day, it is a free, democratic country, therefore the power of those in the government is not given, it is earned, because of the people's trust in them that they can lead. So, make each pick on the ballot count.



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06 feature

AUG-DEC 2024



BY: TEODULFO ALMANZOR II

SHINING UNDER Pressure: THE EVERYDAY LIVES OF A FAST DIAMOND

For a student studying in a school as prestigious as Fame Academy of Science and Technology, it's no secret that being a Diamond comes with its ups and downs. The lifestyle and habits they develop in the six-year tenure they spend at the institution can last them their entire lives.

"I've gotten used to sleeping at 1AM just to finish my pending requirements," an anonymous Diamond said, when asked about a habit they have developed since becoming a student of FAST. Going to the library to print out an assignment they barely finished the night before? All in a day's work. "It's a brand new level of stress I didn't think I'd experience this early on into my education," another anonymous interviewee said. The unrelenting gemstones of FAST definitely

experience hardships, evident enough from their remarks. However, that doesn't mean the school only brings upon suffering unto its students. Quite the opposite, actually. "There's nothing more fun than working together with my classmates and making a costume we're incredibly proud of," another anonymous student said, when inquired about their favorite part of preparing for the monthly events the school holds every academic year. These events are filled with the competitive spirit, joy, and unending cheers of students as they support their fellow diamonds. "There are even some school projects I thought I'd never get to experience, but here we are," the same student added, praising the unique curriculum the school has and how it opens up the opportunity to learn about things

they normally wouldn't at any other high school. It's truly a unique experience, being a Diamond.

Diamonds are tough. Diamonds are unrelenting. Diamonds never break in the face of adversity. These qualities are things most Diamonds, current and former, pride themselves with having. Being a student of FAST comes with many great obstacles, and memories like going to the library before the first bell rings to finish an assignment, or asking an Instruction Specialist if they get free points for participating in the most recent in-school event. It's a lot of pressure, yes. But what does pressure make? It makes diamonds.

EVERYDAY HABIT

BY: DEXTER PASTORAL

We've experienced this all the time. The clocks are ticking, the papers are coming, and failing scores are approaching. Trying to absorb many information in a short span of time, the pressure strikes up, like a rocket that will go to the sky impossibly in a short period of time. Papers here, papers there, paper scattered, everywhere. Welcome to the world of cramming, where impossible becomes possible. The oddly effective art of learning in such a hurry situation. An art that surprisingly can lead to success when applied strategically and mindful. Cramming often gets a bad comment because of the lack of preparation and focus, the rush of time being spent in studying a lot of information in a fast ticking time. Some research tells us that cramming may work in certain contexts/topics.

Even in a short span of time, psychologists say that our brain processes and can retain information by using a variety of study techniques. For example is "spaced repetition, which refers to studying for a longer span of time. Considered as the most common and effective technique of studying, especially in "cramming hours" they say.

"In my opinion, cramming is an education practice where in you stay up late to study for an upcoming test or activity on the next day"

Actively answered by Dirk, a grade 7 student from Fam Academy of Science and Technology (FAST).

Related to it, cramming is the practice of trying to retain large amount of information in a short period of time. It involves intense and focused study sessions lasting many hours or all night.

Because of this, it can cause reduced comprehension and retention, increased stress and anxiety, lower grades, and of course, burnout. Causing negative effects in our studies, that highlights the impact of this practice on both academics and overall well being. Consistent, and well paced study is better than cramming, that can result in a more effective and beneficial effect to us.

"Cramming is when you try to learn for a test in a short paced time. But it can lead to stress and forgetting some chunks of information calmly stated by Dhanie, also a grade 7 student from Fame Academy of Science and Technology (FAST). Additionally, when you try to study in a short period of time, it can be surprisingly effective and

beneficial, but of course, there is always chance for this to fail. Because cramming is really a 50/50 study practice, where the results are really odd, because of the low chance of this technique to work successfully. You can study for a short time to time span of time, but always remember that short time to time it is very complicated for the results to be good, so in cramming, the effectiveness of it is always 50/50.

"In my opinion, cramming is about learning a large lesson in a short period of time" creatively shouted by Alexa, also a grade 7 student in Fame Academy of Science and Technology.

In a huge world of academics "the art of cramming" is really imprinted in the mind of the society/public. It can be beneficial and sadly, it can also be a result of waste of time. Keep in your mind that it is very odd to work in a short period of time.



feature

RED FLAG, GREEN FLAG

THE TRIALS AND TRIBULATIONS OF FINDING LOVE

BY: TEODULFO ALMANZOR II

Qualities like compassion, kindness, or generosity: they demonstrate someone's moral character, and how 'good' they are, as stated by Perry (2022). People who are considered green flags are well-liked and even praised for their personality. One could see a person helping an old woman cross the street and go "Oh, they're such a green flag." However, they can also often be seen as plain, drab, or vanilla in terms of the experience of dating, as they usually mirror characters we see in romantic comedies. There are also some criticisms that state that being a green flag is the bare minimum of respect, and that this behavior shouldn't be glorified.

One could say that the most recent version of the duality of man trope is how they perceive behaviors, and where they categorize them in. For example, someone who exclusively wears anything in a color-block aesthetic could be a red flag to one, but a green flag to another. Some of these traits that are vague in terms of their perception is liking a certain show, like the Big Bang Theory, or being a cat person or a dog person. It really all depends on the person and their romantic tastes.

Everyone most likely agrees with the fact that dating is hard. It's about as much effort as shooing the drunk heifers off of your front porch at 11 PM because they're loud and annoying. Exaggeration aside, red flags and green flags often serve as obstacles to the end goal. Yes, that's where the name comes from. At the end of the day, these are still personal qualities that are completely subjective, and can vary from person to person. Love is a battlefield, as some would say.

These days, finding love is arguably much easier. With the assistance of dating apps, you can skip the awkward stage of having to actually look for a person you want to date in real life, as every single person on a dating app is looking for one thing: To have a romantic partner. However, there's just one thing that poses as a problem in the somewhat never-ending quest in romance: Standards. A person could be so attractive and charismatic but the moment they say or do something controversial, they become unappealing or even repulsive.

Nowadays, these qualities are called red flags. Red Flags are characteristics in a person that could lead to them being viewed as uninteresting, unattractive, or even dangerous. They can indicate manipulative or unhealthy behavior, according to Lewin (2024). These are also considered as bad omens for the relationship in the long run. Examples of red flags can vary in terms of severity. They could be as intense as the person being a sexual predator, a criminal, or a manipulator. On the other side of the spectrum, they can be as minuscule as the person being a noisy chewer, or a slow replier. Red flags are avoided by the majority of people, however there are some individuals who are attracted to red flags, and were coined by TikTok as 'Red Flag Enjoyers'. Red flag enjoyers tend to gravitate towards qualities usually seen as unappealing or gross. Overall, red flags have been seen as a polarizing topic in different communities.

Many have coined their feelings towards red flags as 'getting the ick', signifying that they are repulsed by the behavior.



SERIAL KILLER LAST MEALS, THE MEALS BEFORE THEIR DEMISE

BY: SEAN GODFFREY NALZARO

Before their execution, criminals on death row are given their last sip of freedom to enjoy the final meal of their choice. In fact, even the world's craziest serial killers can select their last meal, with the budget depending on the country or place they're in. Let's find out what some serial killers' last meals were.

John Wayne Gacy was born on March 17, 1942, in Chicago, Illinois. Gacy started one of the longest strings of murders in U.S. history. In 1979, he was arrested in Cook County, Illinois for a series of murders in the neighbor city Des Moines. With FBI providing investigative assistance to Illinois police, in 1980, Gacy was convicted of murdering 33 young men ranging in age from 14 to 21 (vault.fbi.gov). His last meal was: 12 fried shrimp, french fries, a pound of strawberries, and a bucket of Kentucky Fried Chicken. (9news.com, Pearson)

Steven Michael Woods Jr. was born on April 17, 1980 in Detroit, Michigan. He was a serial killer convicted for the capital murder of a couple. According to Texas Department of Criminal Justice, on May 2, 2001, Woods and a co-defendant used a 380 caliber pistol, a 45 caliber pistol, and a knife to kill a 21-year-old white male victim by shooting the victim 6 times in the head and cutting his neck 4 times. A 19-year-old white female victim was also killed with 2 shots to the head, 1 shot in the knee, and a deep cut on her throat. Woods and the co-defendant took valuable things from the victims, which included their car keys, backpacks, a cell phone and other personal items. He was sentenced to death on August 27, 2002 and was executed by lethal injection in Texas on September 13, 2001 (Murderpedia). Woods requested his last meal to consist of bacon; a large pizza with bacon, sausage, pepperoni and hamburger; fried chicken breasts; chicken fried steak; hamburgers with bacon on French toast; garlic bread sticks; Mountain Dew, Pepsi, root beer and sweet tea; and ice cream. (reuters.com, Brooks)

Thomas Joseph Grasso is an American born on November 23, 1962 in West Babylon, New York. According to Murderpedia, he was convicted of first degree murder in Oklahoma. Grasso was responsible for the murder of an 87-year-old woman named Hilda Johnson, whom he strangled to death in Tulsa, Oklahoma and killed an 81-year-old woman named Leslie Holtz. Lethal injection executed him in Oklahoma State Penitentiary, McAlester, Oklahoma, on the day of March 20, 1995. His last meal was: A double cheeseburger from Burger King, a half-dozen of barbecued spare ribs, two strawberry milkshakes, one half pumpkin pie with whipped cream, diced strawberries, two dozen steamed clams, two dozen steamed mussels, and a can of SpaghettiOs with meatballs (Telegraph.co, Collins). Before his execution in 1995, he is well known for his last words about his last meal, "I did not get my SpaghettiOs, I got spaghetti. I want the press to know this."

The tradition of granting last meals before execution raises questions about justice, humanity, and psychology in our society. Granting last meals provides criminals a last act of respect or dignity before they get executed. Some may see this as an act of mercy, but some see this in a deeper way. Last meals show an act of love and empathy towards the criminals despite their crimes. Last meals truly show that even if the death penalty is an inhumane and a barbaric punishment, we still have a bit of humanity left in us. But the meals are nothing when compared to the company they have. While they await their impending end, they eat their hearts out.



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literary

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CORD OF LIFE

BY: YLONA JEAN GARCIA

In the core of being, a wondrous design,
Lies the delicate thread, a treasure divine.
A marvel of nature, a conductor of might,
The spinal cord whispers secrets of life's light.

A bridge of connection, a pathway so vast,
It carries messages, from the future to the past.
Nestled within vertebrae, safeguarded and strong,
It sings tales of strength, and resilience all along.

Like a guardian angel, it stands tall and true,
Guiding the signals, from head to toe.
Nerves branching out, like roots of a tree,
They dance to the rhythm of life's symphony.

Yet in the shadows, a specter may hide,
A lurking affliction, casting pain far and wide.
But even then, hope flickers like a flame,
With courage and science, we conquer the game.

Rehabilitation is a testament to the human will,
Unyielding determination, an indomitable skill.
Together we stand, hand in hand, side by side,
Mending the fractures, restoring the stride.

So let us marvel at this marvel within,
The spinal cord's magic is where dreams can begin.
A testament to life's intricate design,
In this fragile fortress-strength, and grace align.

For in each beat of our hearts, a rhythm so pure,
The spinal cord whispers, "Endurance will endure."
A testament to resilience, a story yet untold,
The spine of our existence, a symphony of gold.

INCISION

BY: MARYAM PEREZ

Sheath your tan fingers in latex
gloves
Paint a heart next to the broken
lines on my head
Accept the blade you've tested
yet shoved
Smile as tan is littered with
specks of crimson red

Open up my skull and lift my
brain
Get some ink, "connect the
dots" shall be played
Now in red paint, don't feel the
pain
It's for the perfect life in all
shades of gray

Slice away the messy
times of paint stains
Memories of dances with
brushes and tan fingers
Chop off the moments with
sights of word terrains
Of scents of book pages
that had always lingered

Ignore the red puddle growing
on the floor
Stop shaking and whining, your
tomorrow's at stake
Put passion for microscopes
and atoms galore
Stow knowledge of dull
calculations even if it's fake

SUNSETS AT THE BEACH

BY: CARMELA NICOLE DORONIO

Colors were bursting in different hues
It was, yes, another breathtaking view
The breeze, it kisses my cheeks
The waves, it bows down to my feet
As I walk down in this sand,
I can feel everything slipping from my hand
Mirrors are uncanny at the beach
Mostly out of sight, out of reach
But suddenly, my gaze was locked in to you
It was dawning into me, so it was true.
You are yourselves most spectacular view.

KALI

BY: JOAN MALIFCIAR

Hindi inakala, hindi nakatala
Yaong boses tila nakadala,
Hindi alam bakit tila naging tala;
Ginoo, ako'y tunay na nagkasala

Hindi maari pero tuluyang nahulog,
Bakit sa ganitong pagkakataon tila nabilog?
Sa kintab ng mga tala, luha ko'y dumudulog;
Ginoo, patawarin nawa itong pusong sayo'y dumudula.
Nakatitig sayong mata, tuluyang di maunawaan

Paano ang pusong sayo gustong ilaan?
Paano ang sariling ayaw ng maiwanan?
Ginoo, paano tatakas sayong mga binitawan.
Hindi ko na alam, paano na nga ba?
Hindi na mapigilan, pintig ng nadarama
Ngunit pagsinta'y hindi na tama,
Kaya paano na, ginoong nakadama.



BY: DANNA ETHUARTE BATICOS

I.

Ambrosial hint of coffee in the air
An unexpected tinge of love floats above
my curly hair
Coffee as dark as my rich hazel eyes
Milk as white as your complexion under
the cafe lights

II.

Do you like coffee? I wonder
For coffee was bitter yet sweetness
settled in every corner
Sticking to one choice was the best, I
thought
For I'll only choose one, no matter the
choices that can be bought

III.

Coffee? Finally.

If only our time can be bought like beans in a cup of tea
A cup of coffee is all we really need to share
To prove that we were once a thing, and for you
I'll always care





science 09 and technology

TAKING THE NEXT STEP: JAMES WEBB TELESCOPE'S 2024 EXOPLANET DISCOVERIES

BY: DANIEL ADRIAN CALMA

From the discovery of planets, moons, and other celestial bodies in the solar system, to the discovery of planets millions of light years away from us, astronomy has advanced significantly with the help of improving technology. Take the James Webb Telescope for instance. Being functional by the time of 2022, it has helped NASA reach beyond the solar system (Space Telescope Science Institute, n.d.). This has brought an astounding number of discoveries in the year 2024 alone, what could these discoveries be?

ALL NEW PLANETS

TOI-715 b or more commonly known as the "super-Earth" is an exoplanet orbiting a red dwarf star located 137 light years from us (Brennan, 2024). He added that TOI-715 b is located within the habitable zone of the star it is orbiting. Similar to Earth, the exoplanet has a similar rocky composition. Therefore, life could be possible on TOI-715 b, and will be further examined by the James Webb telescope.

On the other hand, the James Webb telescope has discovered exoplanets which are not suitable for life, such as the Epsilon Indi Ab. This exoplanet is one of the coldest planets to be ever detected (Jet Propulsion Laboratory, 2024).

They further added that Elisabeth Matthews of the Max Planck Institute for Astronomy in Germany stated, "This discovery is exciting because the planet is quite similar to Jupiter — it is a little warmer and is more massive, but is more similar to Jupiter than any other planet that has been imaged so far".

OTHER DISCOVERIES

Other than newly discovered planets, the James Webb Telescope has also furthered examinations on discovered exoplanets. For example, 55 Cancri e, the "super-hot super Earth", wherein atmospheric gases have been spotted, suggesting the presence of an atmosphere (information@eso.org, 2024).

Additionally, the James Webb Telescope cracked a case surrounding the exoplanet WASP-107 b's low density. By using the telescope's outstanding ability to measure the light going through exoplanet atmospheres, they concluded that the unexpectedly high temperature of WASP-107 b may be the reason for this phenomenon (information@eso.org, 2024).

Another discovery would be the GJ 9827 d being an apparent "steam world" (Lea, 2024). He added that with the help of the James Webb Telescope, this steam characteristic was spotted using a technique called "transmission spectroscopy". Team member and former University of Michigan undergraduate student Eshan Raul said "We were searching specifically for water worlds because it was hypothesized that they could exist. If these are real, it really makes you wonder what else could be out there."

HOW DOES THE WEBB DO IT?

Telescopes normally use curved mirrors to obtain light from the sky, which is then projected into images (NASA Space Place, n.d.). According to the Space Telescope Science Institute (n.d.) the James Webb Telescope's design uses a 6.6-meter primary mirror to gather infrared light. This light is then projected onto a secondary mirror wherein it reflects light on the scientific instruments where it could be recorded.

In its short lifespan, the James Webb Telescope has certainly contributed to numerous discoveries outside the solar system. Some exoplanets may be just for entertainment, and some may be detrimental to a potential "second Earth" we may move to one day in the future. These exoplanet discoveries bring new information to the National Aeronautics and Space Administration (NASA). This should serve as a stepping stone to further understand the diverse universe that encompasses the Earth inhabited by humans.



THE SEABED 2030 PROJECT: BY: SHEKIAH REYES MAPPING THE OCEAN FLOOR

The ocean, which covers over 70% of Earth's surface, is one of the least explored parts of our planet. Even though it plays a vital role in supporting life on Earth, we only know a little about the ocean floor. In fact, during the Mid-2010s, only about 20% of the seabed had been mapped (Seabed 2030, 2018). This lack of knowledge led to the creation of the Seabed 2030 Project, a global effort to map the entire ocean floor by the year 2030.

WHY MAP THE SEABED?

There are many reasons why mapping the ocean floor is important. First, the shape of the seabed affects ocean currents, which help control the Earth's climate, and better maps can improve climate predictions (UNESCO, 2021). Second, mapping helps locate important habitats for marine life, which can help protect animals and plants in the ocean. Third, detailed maps of the ocean floor can show where earthquakes or tsunamis might happen by identifying fault lines and underwater volcanoes (GEBCO, 2019). Additionally, seabed maps are important for finding and using resources like fish, minerals, and energy. Lastly, the ocean floor holds many clues about Earth's past, such as how the continents moved and how life evolved, making it an exciting area for scientific research (Seabed 2030, n.d.).

PROGRESS AND CHALLENGES

As of 2023, more than 24% of the ocean floor had been mapped using modern tools, marking the significant progress of the project (Seabed 2030, 2023). However, much of the deep ocean, especially in remote areas, are still unmapped. The project faces some big challenges. Mapping the deep ocean is expensive and takes a lot of time because it needs special ships and equipment.

Getting companies and governments to share data can also be difficult due to security and business concerns. Additionally, even though technology has improved, current tools are not efficient enough to map huge areas quickly (UNESCO, 2020).

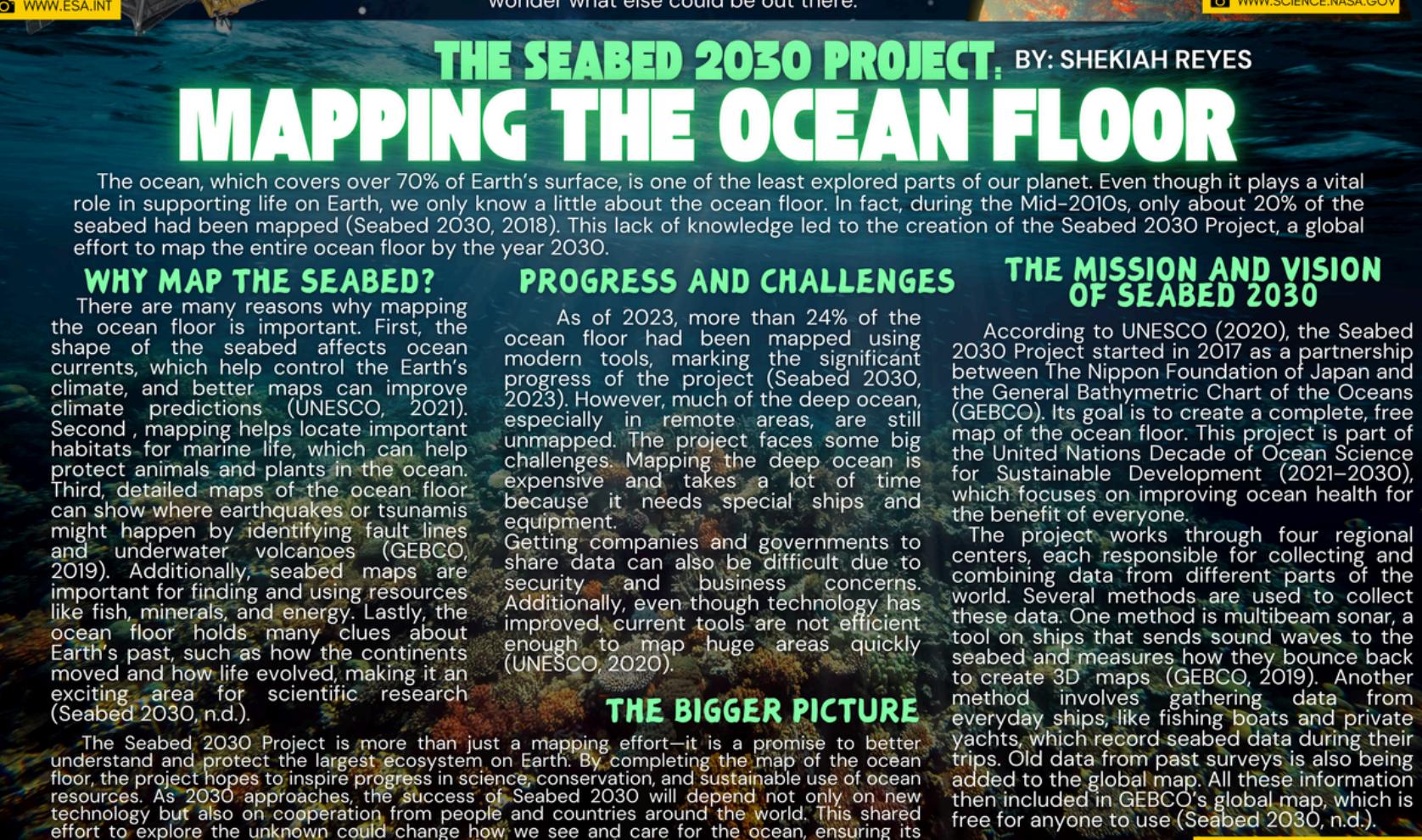
THE BIGGER PICTURE

The Seabed 2030 Project is more than just a mapping effort—it is a promise to better understand and protect the largest ecosystem on Earth. By completing the map of the ocean floor, the project hopes to inspire progress in science, conservation, and sustainable use of ocean resources. As 2030 approaches, the success of Seabed 2030 will depend not only on new technology but also on cooperation from people and countries around the world. This shared effort to explore the unknown could change how we see and care for the ocean, ensuring its mysteries are preserved for future generations (UNESCO, 2020).

THE MISSION AND VISION OF SEABED 2030

According to UNESCO (2020), the Seabed 2030 Project started in 2017 as a partnership between The Nippon Foundation of Japan and the General Bathymetric Chart of the Oceans (GEBCO). Its goal is to create a complete, free map of the ocean floor. This project is part of the United Nations Decade of Ocean Science for Sustainable Development (2021–2030), which focuses on improving ocean health for the benefit of everyone.

The project works through four regional centers, each responsible for collecting and combining data from different parts of the world. Several methods are used to collect these data. One method is multibeam sonar, a tool on ships that sends sound waves to the seabed and measures how they bounce back to create 3D maps (GEBCO, 2019). Another method involves gathering data from everyday ships, like fishing boats and private yachts, which record seabed data during their trips. Old data from past surveys is also being added to the global map. All these information then included in GEBCO's global map, which is free for anyone to use (Seabed 2030, n.d.).





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THE SCIENCE BEHIND THE SIMULTANEOUS STORMS IN THE PHILIPPINES

AUG-DEC 2024



BY: BERNADETTE JANELLE SEMBRANO

In November 2024, the Japan Meteorological Agency confirmed that the November of 2024 set a record for the simultaneous occurrence of four named storms in the Pacific Basin since 1951. Specifically, these four typhoons consisting of—Yinxing(Marce), Toraji(Nika), Usagi(Ofel), and Man-Yi(Pepito)—consecutively hit the Philippines, marking an unprecedented climatic event. As a result, this unusual clustering of storms not only caused significant devastation but also raised critical questions about the evolving patterns of tropical cyclones.

Each storm delivered intense rains, high winds, and flooding, compounding the challenges for disaster response teams. Yinxing(Marce) struck first as a super typhoon, with winds reaching 175 km/h, devastating Northern Luzon (The Associated Press, 2024). Shortly after, Toraji(Nika) made landfall in northeastern Luzon, triggering landslides and widespread power outages. Usagi(Ofel), intensifying rapidly into another super typhoon, hit central regions two days later, while Man-Yi(Pepito) followed as a developing typhoon, adding to the cumulative rainfall and damage.

Furthermore, the surge in typhoon activity was linked to a strong El Niño event, which raised sea surface temperatures in the Pacific Ocean. Warmer waters provide the energy needed for storms to form and intensify, creating conditions that allow multiple systems to develop simultaneously (National Geographic, 2024). According to Gray et. al (2022), the Philippines' location along the "typhoon belt" of the Pacific also makes it particularly vulnerable to these events. In addition, scientists have pointed out that these dynamics are being made worse by climate change, with storms becoming more frequent and severe as a result of rising global temperatures. The typhoon clustering in November, which is typically a slower month for typhoon activity, highlights how the timing and behavior of tropical cyclones are changing due to global warming.

Unquestionably, this string of storms highlighted the urgent need for improved disaster preparedness, including stronger prediction models and climate-resilient infrastructure. The typhoons' combined effects resulted in substantial economic

losses and displacement, showing weaknesses in the response procedures. Additionally, the swift escalation of storms such as Usagi (Ofel) is indicative of a concerning pattern associated with climate change, emphasizing the significance of multilateral collaboration in reducing its consequences. Clearly, the 2024 typhoon season serves as a stark reminder of the intersection of natural variability and human-induced climate change, demanding scientific innovation and urgent action to address future risks.



WWW.CHINADAILYHK.COM

BY: JOHANN FESTIJO

The Future Hope: CRISPR-CAS9-BASED HIV CURE

At the end of 2023, the World Health Organization (WHO) reported 39.9 million active cases of Human Immunodeficiency Virus (HIV) worldwide. It is estimated that 1.4 (1.1-1.7 million) of these are children aged 0-14, while 38.6 (34.9-43.1 million) are adults aged 15 years and above. Globally, clinical trials that involve HIV-positive patients are done to develop and achieve a functional cure and combat this issue. One of the candidates for clinical trials is Excision BioTherapeutics, Inc.'s CRISPR-based gene editing therapy called EBT-101 (Temple Health, 2022).

WHAT IS CRISPR-CAS9 TECHNOLOGY IN HIV CURE?

According to Redman et al., (2016), Clustered Regularly Interspaced Short Palindromic and Repeats, known as CRISPR-Cas9 is a common biomedical tool used to modify an organism's DNA. Specifically, its primary purpose is to turn genes in cells and organisms on and off. From 2014 to 2016, studies presented that CRISPR-Cas9 has shown promising results in suppressing HIV genes. Furthermore, in 2019, the experiment conducted by Temple University reported that CRISPR-Cas9 was able to remove segments of the HIV-like virus extracted from monkeys. These experiments serve as the fundamentals for developing the EBT-101 treatment (Highleyman, 2024).

HOW DOES EBT-101 WORK?

Excision BioTherapeutics, inc. (2024) explained that EBT-101 uses adeno-associated virus (AAV) that delivers CRISPR-Cas9 and two guide RNA that primarily target three sites within an HIV genome responsible for replication. This process removes large portions of the HIV genome, reducing its efficiency in spreading.

ARE CLINICAL TRIALS SUCCESSFUL?

In 2021, Excision Biotherapeutics' EBT-101 received FDA clearance for clinical trials. Later, in the preceding year, September 2022, the first trial participant underwent initial dosage. Then, a report published in October 2023, revealed that clinical trial results showed positive safety and biodistribution data for 48 weeks. The EBT-101 dosage given to the first three participants was detected in their bloodstream and showed no harmful reactions. However, the reports did not include data on whether the treatment is effective or not against HIV (Cohrt, 2024).

In the latest reports presented at the American Society of Gene & Cell Therapy annual meeting, it was shown that although EBT-101 is safe and distributed in the bloodstreams of the trial participants, the treatment did not prevent the viral rebound of HIV. It was not able to maintain HIV suppression, causing the viral replication to restart among participants, with only one of them experiencing a slight delay in HIV rebound. Moreover, there are areas that EBT-101 can't reach, making complete eradication of the HIV genome almost unlikely. In particular, HIV inserts its genome into the host's DNA, making it hard for EBT-101 to eliminate the virus

as it can hide and remain dormant for years, and become active again. These traits of HIV make cures almost impossible.

THE FUTURE OF EBT-101

Despite these challenges, Excision Biotherapeutics is developing new ways of implementing the technology to find a cure. In the latest experiments with clinical trial participants, the dosage of EBT-101 was increased. More efficient CRISPR delivery methods are also being developed to target all cells that have latent HIV or immune system cells that are infected with the virus (Highleyman, 2024). As of now, CRISPR-Cas9-based technology, EBT-101, is not able to cure HIV, but safety was observed from past trials. Nevertheless, these discoveries opened new grounds for improvement and development of a functional cure. With clinical trials being held, the future development and success of EBT-101 in functional HIV cure becomes more possible each day.

sports news



FAST ML TEAM TAKES SILVER AFTER FIERCE BATTLE AT PRISAB MOBILE LEGENDS TOURNAMENT

 FAME ACADEMY OF SCIENCE AND TECHNOLOGY - FAST

BY: RON JAMES ISAAC COMESO

BALAYAN, Batangas- The Fame Academy of Science and Technology (FAST) Mobile Legends team secured an impressive second-place finish at the 2024 PRISAB Sports Competition Mobile Legends Tournament, held at Immaculate Conception College of Balayan from November 25-28.

The FAST ML team, led by Haryl Gabriel L. Comia, together with Sean Zander L. Concepcion, Roie Emmanuel B. Macatangay, Mike Gabriel E. Badillo, and Gabriel J. Atienza, faced off against twelve other teams from various private schools across Batangas.

The team started strong by eliminating Mabini College of Batangas in a knockout match, but their momentum was halted by a tough loss to Cuenca Institute (CI), which sent them to the lower bracket.

Determined to make a comeback, the team rallied and fought their way through the lower bracket, defeating Core Science Academy, Santa Fe Integrated School, and La Purisima Concepcion Academy to earn a spot in the semifinals. In a dramatic rematch with CI, FAST avenged their earlier defeat, ending CI's hopes of securing the championship.

However, the team's journey to triumph ended in the finals, where they were defeated by the host team, Immaculate

Conception College of Balayan. Despite the loss, FAST proudly took home the silver medal, marking a remarkable run in the tournament.

The team's impressive performance earned them widespread praise, as they battled their way from the lower bracket to claim a well-deserved second place finish.

FAST NETTERS CLINCH MEDALS IN GIRLS' BADMINTON

BY: ELAIZA MARIE BENITEZ

Raine Hannah De Villa, Grade 9, and Dorothy Anika Dimatulac, Grade 11, of Fast Academy of Science and Technology, bag silver and bronze medals, in badminton girls single C and B, respectively, during the District Meet, held at Dona Corazon V. Agoncillo Sports and Cultural Center, Taal, Batangas, last November 4-5, 2024.

De Villa overpowered her opponents by firing smashes that led to overwhelming triumph in her first five games.

Her unbeaten record of 5-0 qualifies her to face the championship game against the player of Our Lady of Caysasay Academy (OLCA).

The championship game was a roller-coaster encounter of two brilliant players. Both players did not give up, which can be seen in their long rallies for every point they earned.

In the end, Kassandra Dayne Boseta of Our Lady of Caysasay Academy (OLCA) clinched the championship title, narrowly defeating De Villa in a thrilling match that ended with a nail-biting score of 21-19.

Dimatulac demolished her opponents to gain three wins in her five outings.

She delivered her best rallies in the crucial game but bowed out to the player from Rizal College of Taal, with a final score of 21-26, eliminating her from the championship.

De Villa accepted her defeat with grace. She said that "It's not always about winning, it's about the experience and knowledge that you gain".

"The true victory is found in the passion you pour into every swing, not the points on the scoreboard," said Dimatulac.



 FAME ACADEMY OF SCIENCE AND TECHNOLOGY - FAST

UNBEATABLE FAST GRABS ANOTHER TAEKWONDO CHAMPIONSHIP IN THE 2023 TAAL DISTRICT MEET

BY: NATHANIEL ANTHONY CADIZ

Even with a 3 day preparation of the 3 remarkable diamonds, Gaebriel Jane Perez, Franchezca Yvonne Ebora and Andry Brielle Belino won at the 2023 Taal District Meet that was held in St. Martin Montessori on November 4, 2024.

Perez took home a gold medal and Belino got a silver for Poomsae Individual Category. Belino was also able to secure the gold for Kyorugi, Category 4.

These three diamonds competed with other schools from Taal, such as the Rizal College of Taal and Our Lady of Caysasay Academy, showing them what a diamond is capable of and what they can unleash during the competition.



Perez, Belino, and Ebora managed to advance to the Division Meet to showcase all of their hard works, skills and outshine other schools.

The Division Meet will be held in Calaca Academy Inc. on December 2, 2024 where they will be competing against top athletes from different schools in Batangas with hopes of securing another win for their beloved school.

 GAEBRIL JANE PEREZ

FROM CASUAL TAPS TO
GLOBAL CLAPS:

MOBILE LEGENDS AND ITS TRAILBLAZING LEGACY

BY: RON JAMES ISAAC COMESO

ABS-CBN NEWS

In the world of competitive gaming, the Philippines has carved out an impressive legacy, with Mobile Legends: Bang Bang (MLBB) leading its esports revolution. Since its introduction in 2016, the game has captivated millions of Filipinos, offering an accessible, fast-paced multiplayer online battle arena experience tailored to a nation where mobile phones dominate daily life. What started as a casual pastime has transformed into a cultural and competitive phenomenon, propelling the country to global prominence in esports.

From local barangay tournaments to world championships, the rise of Mobile Legends in the Philippines has been nothing short of extraordinary. Teams like Bren Esports, Blacklist International, Echo PH, and Finatic Onic PH have brought glory to the country with their skill, strategy, and dedication. The pinnacle of this success came in 2021 when Bren Esports triumphed at the M2 World Championship,

defeating elite teams from across the globe. This victory was more than just a trophy—it became a symbol of Filipino perseverance, talent, and unity in an industry often dominated by nations with greater resources.

Beyond the accolades, Mobile Legends has become a unifying force in Filipino culture. The game transcends age, social status, and geography, connecting people through a shared passion. Esports icons like AkosiDogie, OhMyV33nus, and KarlTzy are not just players; they are role models inspiring young gamers to pursue their dreams. This collective spirit was on full display during the Southeast Asian Games, where Mobile Legends made its debut as a medal event, and the Philippines proudly claimed gold.

However, the journey to esports excellence is not without challenges. Filipino gamers face limited resources, societal

stigmas and minimal support from traditional institutions. Yet, despite these obstacles, the local esports community continues to thrive. Sponsors, organizations, and government initiatives are stepping up to professionalize the industry.

Schools are also beginning to recognize esports as a legitimate career path, signaling a broader shift in societal perceptions and paving the way for future generations.

As Mobile Legends evolves, so does the legacy of Filipino esports. From its grassroots beginnings to international acclaim, the journey of Filipino gamers is a testament to their resilience and passion. With rising stars, a loyal fanbase, and an unrelenting drive to succeed, the Philippines is poised to remain at the forefront of the global Mobile Legends scene. Once again, it proves that the heart of esports beats strongest in the hands of Pinoy players.

The Redemption of Gilas Pilipinas: A TRIUMPH OF HEART AND NATION

BY: ELIJAH MATTHEW HERNANDEZ

In the heart of a basketball-crazed nation, redemption stories resonate like no other. For Gilas Pilipinas, the Philippine men's national basketball team, their journey from despair to resurgence is one for the history books. After years of struggles, heartbreak, and relentless criticism, Gilas rose above the noise to reclaim their place as a powerhouse in Asian basketball, reigniting the hope of a nation.

Gilas Pilipinas underwent a major overhaul, focusing on long-term development rather than short-term fixes.

A new generation of players, headlined by naturalized star Justin Brownlee and homegrown talents like Dwight Ramos and AJ Edu, formed the core of the team. Supported by a mix of seasoned veterans, the roster embodied the Filipino fighting spirit—"puso" (heart)—that has always defined Gilas.

Behind the scenes, the Samahang Basketbol ng Pilipinas (SBP) invested heavily in grassroots programs, international training camps, and analytics-driven preparation. Under the guidance of head coach Tim Cone, known for his strategic acumen, the team developed a cohesive system that maximized their strengths while addressing past weaknesses.

The redemption story gained momentum during the FIBA Asia Cup Qualifiers. In a dominant display of teamwork and resilience, Gilas swept their group stage, defeating regional powerhouses like South Korea and Indonesia. Their qualification for the 2025 FIBA Asia Cup underscored their resurgence, securing their place among the continent's elite. This achievement was not just about securing a spot in the tournament—it was a reminder of Gilas' rightful place in Asia's basketball hierarchy. For fans, it marked the beginning of a long-overdue comeback, setting the stage for even greater achievements.

The 2023 FIBA World Cup on home soil marked Gilas Pilipinas' redemption. With the basketball world watching, they ended a decades-long World Cup drought by defeating China, securing a historic win and a direct spot in the Paris 2024 Olympics. The Mall of Asia Arena erupted in celebration as the team raised the Philippine flag, symbolizing resilience and unity.

The success of Gilas Pilipinas did more than end a losing streak. It reignited the passion of millions of Filipinos who once again rallied behind their team. Basketball courts across the country teemed with young players inspired by their idols, dreaming of donning the blue and white jersey one day. Coach Tim Cone summed it up best: "This team showed what it means to fight not just for themselves but for an entire nation. This is more than basketball—it's about hope."

