

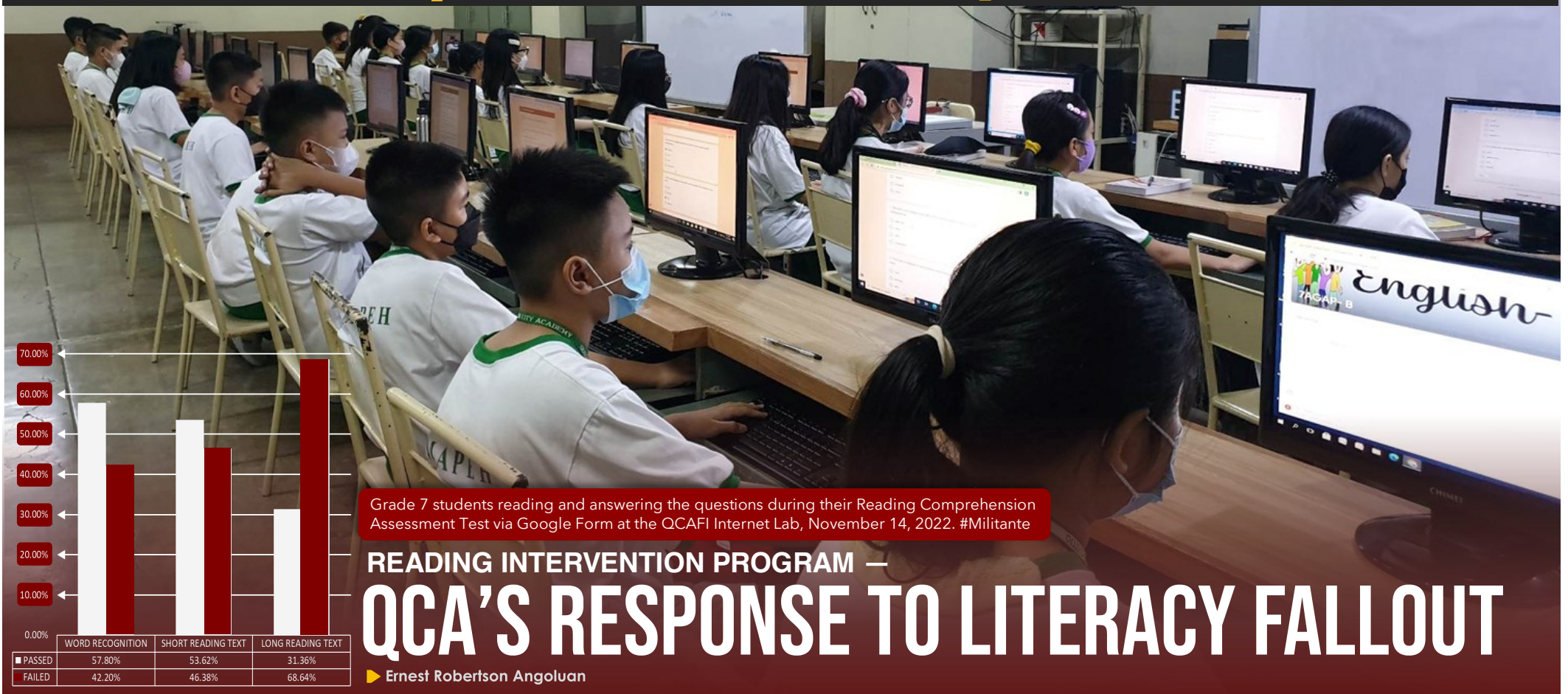


70 YEARS  
Of Giving Quality Service To The Filipino Youth  
www.qca.edu.ph

QUEZON CITY ACADEMY  
FOUNDATION, INC.  
1144 E. Delos Santos Avenue, Quezon City.

DIVISION OF CITY SCHOOLS QUEZON CITY

NATIONAL CAPITAL REGION



Grade 7 students reading and answering the questions during their Reading Comprehension Assessment Test via Google Form at the QCAFI Internet Lab, November 14, 2022. #Militante

## READING INTERVENTION PROGRAM — QCA'S RESPONSE TO LITERACY FALLOUT

Ernest Robertson Angoluan

	WORD RECOGNITION	SHORT READING TEXT	LONG READING TEXT
PASSED	57.80%	53.62%	31.36%
FAILED	42.20%	46.38%	68.64%

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By: Chona Mae Ahon  
**MASUNGI GEORESERVE**  
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November 14, 2022- With the Philippines' current ranking on the 2019 Programme for International Student Assessment (PISA), QCAFI Bureau of English Studies under the initiative of Mr. Vic Magara - Reading Class teacher, expressed the need to evaluate the QCAFI Grade 7 students' reading comprehension and literacy skills through Reading Comprehension Assessment Test which also aims to determine students that need to undergo Reading Intervention Program .

From over 141 Grade 7 participants, an average of 57.8% passed the Word Recognition Exercise, while 53.62% and 31.36% in Short Reading Text Exercise and Long Reading Text Exercise were recorded.

"Looking at the result, it is really alarming that our Grade 7 students are really having a hard time comprehending long paragraph texts. Though most of them scored high in knowledge-based questions, this will not guarantee that they are proficient

and literate enough to fully understand a text. Mr. Magara shared.

He also believe that with this reading assessment, it will give them an idea on what additional tools should be used to enhance the students reading and comprehension skills.

"These results will truly help us create, if not the most effective but at least, a tool that would help enhance their skills especially in comprehending a text." he added.

According to the released result of PISA, a worldwide study by the Organization for Economic Co-operation and Development, among 79 countries, Philippines scored the lowest in Reading Comprehension.

The students Reading Comprehension was the main subject assessed among 15-year-old students in the 2018 PISA. The Philippines had a total average reading score of 340, more than 200 points below China (555) and more than 100 points less than

the OECD average (487)

To address this concern, last November 22, 2019, the Department of Education issued a DepEd Memorandum, No. 173 s. 2019, encouraging all school levels in the country to respond to the program: Hamon: Bawat Bata Bumabasa."

At present the reading intervention program of Quezon City Academy already commenced and expected to end by the end of the school year.



### QCA ALUMNUS MAKING WAVES IN THE PHILIPPINE MUSIC INDUSTRY

Margaret Perez

Jonas Cyrone Cruz or famously known as ALPHA of the rising Ppop Group 1stOne is now making waves in the Philippine Music Industry, performing on the national and International stage.

Jonas graduated from Quezon City Academy Foundation, Inc (QCAFI) in the year 2013 and is one of the members of the DEPA – QCA Theater's Guild. He is also the son of a member of the 90's Boy Dance Group Maneuvres – Rogelio R. Cruz Jr.

continue on page 04

### TESTIMONIAL LUNCHEON : QCA RECOGNIZES 27 GOLDEN LAURELS

Leonaidaz Gfrelt Lara

March 28, 2023—After two-year hiatus, Quezon City Academy Foundation, Inc. (QCAFI) holds its annual recognition to the Green and Golden Laurels through a testimonial luncheon headed by Mr. Carmelino Alvendia Jr.- chairman of the Board of Trustees.

The annual Testimonial Luncheon and Program Toasting for 37 Green and 27 Golden Laurels served as the avenue to recognize the hardwork of the alumni in their tertiary level and graduated with academic excellence and distinction.

continue on page 04

### GRADE 8 QCAIAN ELECTRO GROOVER WINS INTERNATIONAL DANCE CONTEST TILT

Tiffany Ann Cadiz

Quezon City Academy Foundation Inc. (QCAFI) very own Grade 8 student- Tracee Lhyn Cabagay, together with her fellow Electro Groover, raises the Philippine Flag in the recently concluded World Supremacy Battleground Championship 2022 held in Sydney Australia.

The Electro Groovers hailed as Champions over 115 team finalists around the world besting FPC BALIKTANAW of the Philippines and ENVY of New Zealand.

Tracee Lyn, a member of Electro Grover, is currently enrolled as Grade 8- Amos A student of Quezon City Academy Foundation, Inc, (QCAFI).

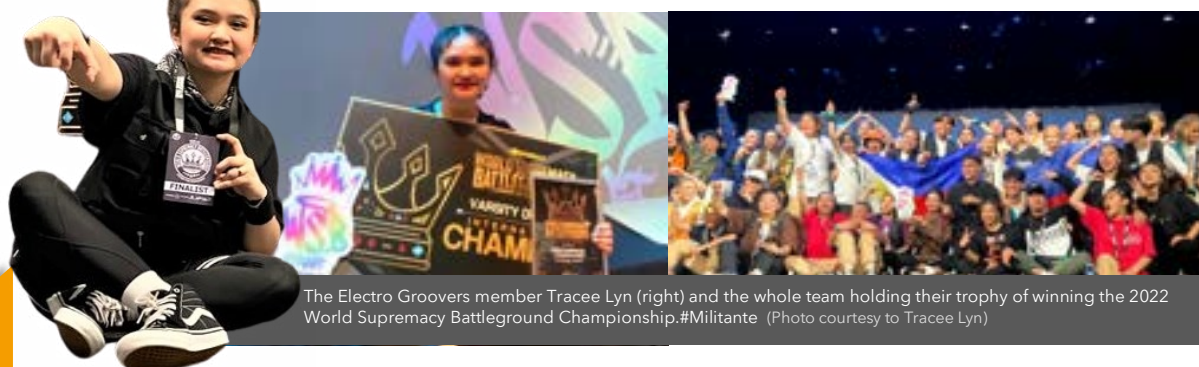
"Our group had an extensive training almost every-day. The usual routine involves hours of physical training, revision of song options, memorization and polishing of our steps from movements to blockings," said Tracee.

"The feeling is surreal, and we are overwhelmed by the love and support of our friends. The journey before this has

become a challenging one and I got to say that all the hard work paid off." she added.

Her team, Electro Groovers is set to compete and in the 2023 World Championship of Performing Arts in California, United States.

While waiting for the international contest, the team is busy attending TV shows guesting and performances.



The Electro Groovers member Tracee Lyn (right) and the whole team holding their trophy of winning the 2022 World Supremacy Battleground Championship. #Militante (Photo courtesy to Tracee Lyn)



### QCAFI ANNOUNCES SYNCHRONOUS, ASYNCHRONOUS CLASSES IN RESPONSE TO WEEKLONG NATIONAL TRANSPORT STRIKE

Leonaidaz Gfrelt Lara

As transport groups sets in motion a weeklong transport strike nationwide, Quezon City Academy announced synchronous and asynchronous classes on March 6-10.

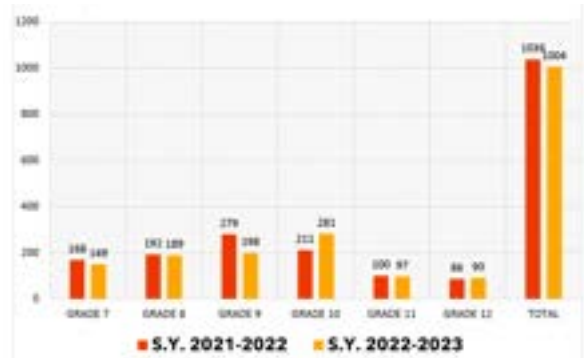
Minutes after the official press release of the transport strike, Quezon City Academy Foundation, Inc. (QCAFI) immediately tasked the faculty to administer synchronous and asynchronous classes inline with the Division Office memorandum.

The jeepney drivers and operators set a transport strike as protest to traditional jeepney phaseout as proposed in the Public Utility Vehicle Modernization Program (PUVMP) but two days after , the transport groups halt the strike.

COLUMN  
**JEEPNEY MODERNIZATION**  
By: Charlotte Beltran  
read on page **11**



## ACADEMIC YEAR '22-'23 OFFICIAL NUMBER OF ENROLLEES



## QCAFI welcomes 1,004 studs, exceeding projections

► Margarette Nicole Perez



QCA students during the first general Assembly held at the QCA Rooftop # Miel

Quezon City Academy's continuously exceeding enrollment projections with a total registered number of 1,004 students for the SY. 2022-2023 despite the pandemic running for over three years now.

As of this writing, the academy has a total of 1,004 enrolled students compared to the 1,036, a 3.088 % decrease from the total enrollees last Academic year 2021-2022.

Breaking down to specifics, Grade 7 has a total number of 149 students, Grade 8-189, Grade 9-198, and Grade 10-281, while Grade 11 and 12 recorded a total number of 97 and 90 enrollees respectively.

In the first year of

pandemic Mr. Carmelino Alvendia Jr. - QCAFI Chairman, stated during the Faculty and Staff meeting held last May 2020, that he is only expecting 50% enrollees from the 2019 total number of enrollees.

Now, approximately three years of pandemic, the academy still exceeded its projection as they continue to accept students coming from different schools and regions.

► continue on page 05



Marter (left) holding the "Amara Handbag", together with Neil during the awarding ceremony for 2022 International Design-A-Bag Competition held at Dubai.

## QCAFI ALUMNUS WINS INTERNATIONAL DESIGN-A-BAG BAG COMPETITION TO STUDY IN MILAN, ITALY

► Leonaidaz Lara

Quezon City Academy Foundation, Inc. (QCAFI) alumnus Neil Bryan Capistrano, Class of 2013, very own "Amara Handbag", champs 2022 International Design-A-Bag Competition held at Dubai last March 31, 2022.

The Neil and Marter's Amara Handbag represents the Philippines in the International Design-A-Bag Competition 2022 held in APLF Dubai - an organization that brings leather material and fashion industries together.

The AMARA HANDBAG inspired by Tamaraw, a critically endangered species of water buffalo endemic only in the Philippines, hailed as the overall winner besting India's MetaConnect and +Bag of Hongkong. Their winning makes history as the first-ever Filipino representative to win the competition in 10 years.

After winning the competition, Neil studied in Milan, Italy for an extensive design course from October 28-December 8, 2022.

It is the Fashion Accessories Design — Bag Design Route; Collection Building Course at the prestigious leather crafting school; Arsutoria School in Milan, Italy. The specialized subjects of the course (Bag Design: Collection Building) includes — Creating a

bag collection for the European & Global Market, Advanced Fashion Merchandising and Marketing, European Market Study, Materials & Technology, and Leather Understanding.

"Not only did I study design in Milan, but I also explored a huge range of museums and exhibits that enrich and add value to my knowledge in the field of Culture, Music, Architecture and the Arts. Thank you so much my QCAFI Family! I've honed my public speaking skills because of this school, and with that, I am forever grateful. To my teachers, maraming maraming salamat!" Neil shared.

At present, Neil and Bon Marter are both sustainable fashion advocates and the founders of Neil & Marter - an Ethical and Sustainable Fashion that uses genuine and vegan leather scrap to create handmade fashion accessories. Three months after launching their brand, both were invited to various TV guesting and magazine features.

Making Alma Mater Proud:

## QCAFI alumnus turns UE chorale member champs International Choir Festival

► Amiel Benedict Maglonzo

Renell Hisman De Leon, 23 of QCA Batch 2018 is one of the members of the University of the East (UE) Chorale who hail as 2022 Grand Prix Winner of the Malaysian Choral Eisteddfod International Choir Festival held at Kuala Lumpur Malaysia, December 04, 2022.

► continue on page 07

## QCAFI FACULTY ATTENDS ANNUAL PEAC'S NAT'L WEBINAR

► Ana Sofia Galvez



Mr. Ace B. Contreras (right), Mr. Jerby Salazar, Ms. Judy Ann Doria, and Ms. Maria Arianne De Andres attentively listening to the discussion of the speakers during their Webinar- Workshop on Curriculum Aligning and Lesson Planning. October 3, 2022. #Miel

Quezon City Academy Foundation, Inc. teaching staff attend Private Education Assistance Committee's (PEAC) annual Webinar for teachers from October 3 to 5, to further enhance their teaching skills and methodologies.

The QCA faculty of each subject area together with their respective area supervisors participated in the webinar spearheaded by the PEAC. The 3-day seminar-workshop focuses on unpacking the DepEd's Curriculum Guides to align with the curriculum plans, learning plan, and rubrics to properly address students' needs and assess students learning.

"I've been attending the PEAC In-Service Training for 2 consecutive years now and I would say that the seminar really helped me in aligning the right competencies that my students need to

acquire in preparation for their final assessment. And on top of that, it enlightens my mind about what is the most essential learning tool to use in instruction", shared Mr. Ilumin- Science Area Coordinator

The In-Service Training (INSET) Program developed, designed, and conducted by PEAC has helped both administrators and teachers in JHS and SHS implement the K-12 reforms. According to PEAC, the Professional Regulation Commission (PRC) has accredited

PEAC as a CPD provider and all its training courses that allow the participants to earn credit units required for the renewal of their professional licenses.

The Private Education Assistance Committee (PEAC) is a five (5)-member committee constituted to serve as trustee of the Fund for Assistance to Private Education (FAPE), a permanent and irrevocable trust fund. The committee possesses powers and authorities enumerated under Executive Order (E.O.) No. 156, series of 1968, as amended.

## FACULTY AND STAFF DISCUSS CHILD PROTECTION POLICY

► Ana Sofia Galvez

True to its mission in not only providing quality education but a safe learning environment for the students, QCAFI under the initiative and supervision of Mrs. Vivien R. Riano, principal, discusses some important matters involving students welfare and well-being through Child Protection Policy Seminar.

The said seminar aims to help QCA teachers be more knowledgeable and understanding to students and on how to deal with situations under any possible circumstances involving students' well-being.

Pursuant to the 1987 Constitution which State shall

defend the right of children to assistance and special protection from all forms of neglect, abuse, cruelty, exploitation and other conditions prejudicial to their development, Department of Education (DepEd) issued a DepEd Order No. 40, s. 2012- DepEd Child Protection Policy.



Accordingly, DepEd reiterates a zero-tolerance policy for any act of child abuse, exploitation, violence, discrimination, bullying, and other forms of abuse in which also resulted in the creation of DepEd Order No. 003, s. 2021 - Creation of Child Protection and Child Rights in Education in the DepEd.

## QCAFI HAIL 4TH TOP PERFORMING SCHOOL, WINS BIG IN 2023 DISTRICT SECONDARY SCHOOLS PRESS CONFERENCE

► Leonaidaz Gfrelt Lara

Quezon City Academy Foundation Inc. (QCAFI) student journalists once again raise the QCA flag in the 2023 District Secondary Schools Press Conference (DSSPC), winning several awards, placing them a step higher from 5th last 2020 to this year's 4th Top Performing School in the District.

Competing with the total of 12 participating public schools along with the three established schools in the city - Quezon City Science High School, Philippine Science High School, and San Francisco High School, the lone private school Quezon City Academy Foundation Incorporated (QCAFI) managed to bring home 4th Highest School Pointer in Filipino and 5th in English, placing them 4th Top Performing School-Overall in this year DSSPC held last January 7, at Quezon City Science High School (QCSHS) with the theme "Campus Journalism, Locally Responsive, Globally Engaged."

The ECHO - QCAFI official student publication, bagged two golds, one silver, two bronze, two 4th places, five 5th places, a six place, three 7th places, four 8th places, and two 10th places.

Ernest Robertson

Angoluan earned 1st place in Editorial Cartooning, Chloe Mishka Miel - 1st place: Photojournalism, Jobelle Mendoza - 2nd place in Pagsulat ng Balita along with Jaila Elysse Ceriola, who bagged 3rd place in the same category. Shun Jae Cuyugan and Chona Mae Ahon received 3rd place and 4th place respectively in Pagsulat ng Agham, while Princess Anjannette Mogatas was awarded 4th place in Pagkuha ng Larawan and 8th place in Mobile Journalism (Filipino).

In addition to the list of winners, Charlotte Beltran also bagged 5th place in Editorial Writing, Jamele Eirawahn Garcia - 5th place in Feature Writing, Marian Precious Guardia - 5th place: Science Writing, Lian Jade Militante - 5th place: Photojournalism, Toni Samantha Juco, - 5th place: Pagkuha ng Larawan, while Chloe Bisnar won 6th place in

Mobile Journalism, Amiel Benedict Maglonzo - 7th place: News Writing, Ana Sofia - 7th place: Pagsulat ng Kolum, Leslie Mae Villamar - 7th place: Sports Writing, Dion Raphael Dizon - 8th place: Pagsulat ng Kolum.

And completing the list are Diannae Rose Nitura - 8th place: Pagsulat ng Lathalaing, Ellesor Palaña, 8th place: Pagsulat ng Balitang Sports, Aemelia Tanguilig - 10th place: Editorial Cartooning, and ToniMarie Ricaro, 10th place: Pagguhit ng Tudling.

The QCAFI Scribes also managed to bring home several awards in the 2023 Division Secondary Schools Press Conference (DSSPC) with 4th place in News Writing and 5th and 9th in the Photojournalism—Filipino and Sports Writing respectively last March 4, 2023, at San Francisco High School.



QCAFI-The QCA ECHO Editorial Staff, striking a pose at Quezon City Science High School's vicinity after competing in 2023 DSSPC. #Juco



Ms. Judy Ann Doria- Grade Level Coordinator of Grade 9, checking the attendance of her students as part of the safety measures during the earthquake drill. #Cansino



The Grade 9 student, with the guidance of SFO1 Ramos, putting out the fire using fire extinguisher during the conduct of Fire Drill Seminar held January 19, 2023 #Cansino

## Preparing for the “Big One”: QCAFI FOREFRONTS FIRE, EARTHQUAKE DRILL, AND SEMINAR

► Joebelle Mendoza

**January 19, 2023, Thursday – Quezon City Academy Foundation, Inc. (QCAFI) forefronts fire and earthquake drill, and seminar to JHS and SHS students, which aims to provide adequate knowledge on the importance of disaster preparedness.**

QCA students, teachers, and non-teaching staff take part in fire and earthquake drill, getting ready for the possible occurrence of “The Great Shake Off- The Big One.”

For the past years, the possible occurrence of, “The Big One” has embraced the headlines, prompting various government offices and agencies, establishments owners, schools and universities to participate in simultaneous earthquake drill all over the country.

To address this concern, Quezon City Academy Foundation Incorporated (QCAFI) staged an earthquake scenario where everybody should go out of their classrooms and calmly come down from the 3-storey building to the safety confines of an open field or

stay underneath a solid object for safety.

The seminar on fire, earthquake, and the actual drill lasted for estimated 3 hours, wherein students were asked to particularly observe the “Duck, Cover and Hold” technique to ensure safety during the occurrence of an earthquake.

SFO1 Mark Alvin Ramos of Ramon Magsaysay Fire Department, together with his team members, facilitated and discusses the importance of having knowledge on disaster preparedness.

“We will never know what will be going to happen in a day, whether there is a fire or an earthquake or other disasters. That is why, it is very important for us to be equipped with

knowledge about these calamities.”, he shared.

On the other hand, QCAFI Bureau of Safety and Preparedness Coordinator Niko Mar Mahinay said that the earthquake drill is a practical preparation for students and for the teaching and non-teaching staff to be better equipped on what to do just in case the scenario happens, to stay alert and remain calm if the scenario takes place.

The City Disaster Risk Reduction and Management Office (CDRRMO) is in constant coordination with Quezon City Fire Station, to ensure that drills like this will be properly facilitated.

## #GettingReady: QCAFI SHS STUDS HELM DISASTER PREPAREDNESS AND RISK REDUCTION SEMINAR

► Jaila Elyse Ceriola

**October 20, 2022- With the supervision of Mr. Jerby Salazar, QCAFI SHS 12- STEM students spearheaded this year's Disaster Preparedness and Risk Reduction Seminar after two consecutive years of conducting it online.**

The program's schedule was split into different timetables, with each batch attended by different students and teachers of year levels from Grades 7 to 11.

Different types of hazards, facts about earthquakes, and the parts and uses of the fire extinguisher were discussed including the things they need to do before, during, and after calamities. Some tips on how to save lives and protect themselves were also tackled.

In addition, classifications of different signages were also introduced to let students be familiarized with the following; Orange and Yellow for hazards or alerts, Green for general information, and Red and white for prohibition.

*“I think that it is still helpful since not everyone knows the signs of the fire extinguisher and the different uses of it, so overall they discussed the things that not everyone knows while the rest who already have an idea about it are refreshed about the given topics.”* Kim Sanchez stated, one of the attendees during the seminar

Some students shared that they have learned so much with the

seminar and it helps them in knowing more survival techniques although some topics covered in the seminar are fundamental or common knowledge, it is still important to talk about them as calamities are among the most dangerous things we cannot avoid because they are brought on by nature especially earthquakes, which we still cannot predict when they will strike or how intensely it will be, despite having many modern technologies in our lives today.

“The Grade 12 students guided all the participants in events related to hazards and disasters, instructing them on what simple things they may do to save their lives. Each slide presentation was orderly broken down to the finest detail to ensure and give teachers and students with profound knowledge of disaster preparedness.” Mr. Salazar shared.

“The program truly was pivotal in the safety of all, especially now that we are in a pandemic and other disasters are yet to come.”, he added.

## INTEGRATING ICT: NEWLY HIRED TEACHERS ATTEND ICT TRAINING

► Maria Angelica Santos

**As part of the Administration's mission to provide quality education, all the newly hired teachers of the Academy are mandated to enroll in the ICT program exclusively for free.**

The newly hired teachers attend the ICT program every Saturday atleast twice or thrice a month.

The NET Effect- QCA's official partner in ICT integration to teaching and learning of the students believes that at this age of information and technology

(IT) almost every aspect of peoples' lives are related to science and technology that emerge in all fields throughout the world. Hence, a much needed enhancement and innovations are in-need to make the teaching and learning more engaging and productive.

## #FINANCIAL WELLNESS: FACULTY AND STAFF ATTEND PRU LIFE'S GROUP INSURANCE OFFERING

► Maria Angelica Santos

**October 7, 2022- Quezon City Academy Foundation, Inc. (QCAFI) under the initiative of Mrs. Sandy Aguilar-vice president for financial affairs, sits on Pru Life's financial wellness talk and group insurance offering which aims to educate QCAFI faculty and staff on the essence of insurance and taking care of oneself.**

With Pru Life UK's purpose of taking the risk out of people's lives and commitment to dealing honestly, fairly, and caring for the well-being of people, Pru Life UK provided more understanding and benefits of insurance to the QCAFI faculty and staff but reiterated to go with it on their own will.

Clairon Jane DL. Leongson, a faculty member shares that after the short seminar, she realized that having life insurance is not an expense but seems like saving something for future emergencies and saving for future dreams. She further expressed her gratitude to the QCAFI's initiative of availing group insurance which will definitely be of great help to them when the time comes.

Group insurance offers life benefits, total and permanent

disability benefits, accidental death, and disablement benefit, crisis cover, burial, accidental hospital income, and accidental medical reimbursement to the people who wish to avail life insurance.

Anna Bianca Suiza- Halili of Tiambeng and Associates graced Pru Life's Group Insurance offering. She is an agent since August 2013 and an International Fellow Chartered Financial Planner graduate in 2016 and successfully has 311 active policies under her management.

Pru Life UK is part of the Prudential group established in January 1996 and the pioneer of insuravest or investment-linked life insurance products that operates for more than 140 years and serves 26 million customers globally.



Grade 12 STEM students conducting their seminar on Disaster Preparedness to JHS, sharing valuable knowledge on how to make themselves safe if a disaster may occur. #Cansino

## Marking its 70<sup>th</sup> year: Admin, faculty and staff celebrates “Family Day”

► Amiel Benedict Maglanzo

**February 14, 2023 —Strengthening the ties and recognizing one another's success, efforts and perseverance, Academy's Administration, Faculty, and Staff celebrate QCAFI Family Day .**

Aside from giving one another a tap on the shoulder and comforting gestures, it was also the right moment to recognize the people behind the Academy's success. The people who have been continuously giving and rendering the best service for almost half of their lives to QCAFI.

Mrs. Ruby A. Pineda, a science teacher celebrating her 15th year of service to the academy, Ms. Jaycel Jamili, as the school's HR for 20 years, Ms. Edith T. Tiu, one of the school's maintenance Staff for 25 years, and Mr. George De Jesus, serving the academy for 45 years as the school's physician.

On the other hand, Mrs. Ruby A. Pineda, one of the awardees shared and looked back on

how Quezon City Academy bloomed from its recent to its current state. She further shared her experiences as once a QCA student and now serving the academy which she can call her second home. She also emphasized how the academy, especially her former teachers and mentors, helped her become the teacher she is today.

Meanwhile, Mr. Carmelino Alvendia Jr. – QCAFI Chairman along with Ms. Florentina C. Gonzales- President, Mrs. Sandra Aguilar – QCAFI Vice President for Financial Affairs , Mrs. Vivien R. Riano – Principal, and Ms. Merlyn M. Eligio – Asst. Principal graced the event.

► continue on page 07



QCAFI faculty and staff listening to Mrs. Suiza's discussion about financial wellness and how important is to invest to life insurance. #Cansino

## Science Week Celebration 2023: AFTER TWO-YEAR HIATUS, QCAFI ANNUAL 'SCIENCE WEEK' RETURNS

▶ Leonaidaz Lara

March 17, 2023, Friday –After two- year hiatus, Bureau of Science Studies (BSS) headed by Mr. Benedicto Ilumin together with his colleagues Mrs. Ruby Pineda, Mr. Jerby Salazar, Mrs. Mary Grace Portugalete, and Mrs. Ma. Khzelle Solmerin spearheads Science Week Celebration that aims to enlighten students about the nature of science in specific concepts and enhance their scientific skills through different activities.

With this year's theme, "Strengthening the Quality-of-Life Focus on Science Research, Technology Development, and Environment Awareness through globally competitive competitions", eight activities were held; on the spot poster making, digital poster making, science meme making, webinars, science exhibit, science magic tricks, science olympics, and academic challenge to let the students be more active and engaging throughout the week-long celebration.

The said seminar supposed to be conducted face to face but due to transport strike it was pushed through via "webinar" and Ms. Maria Cecilla Morales Sacopla – a Bio and Physics Science teacher at Christian International School and previously the Department of Science and Technology Science Education Institute (DOST SEI) Science Research Specialist II, served as the resource speaker, and discussed the path towards the STEM career.

Meanwhile, Gian Christie Fortin from 7-Agap A, bested the

Digital Poster Making contest, while Francine Condes, 8-Daniel hailed and Jackie Rabosa, 8-Ageo B as won 1st and 2nd runner up.

Zaira Blanza Aguilar and Princess Rhian Borabon from Agap A bested On-the-Spot poster making for Grade 7 level, together with, Leanne Toledo and Margaret Aralar from Ageo C for Grade 8, Johannah Marlo Nanad and Miles Ong Luna from Antimony E for Grade 9, and Sharlene Eunice Bagulan and Angel Reign Tabor for Grade 10 level.

Group 1: Gabriel Steffan Castillo, Maverrey Sayson, Katheleigh Ramirez, Roven Roque, and Zhyanne Formento won the Science Olympics, and groups three and six awarded 1st and 2nd runner up respectively.

7-Agap A along with 8- Ageo B and C, 9- Antimony A, 10 - Abad A and C, 11- STEM A, 12 STEM A hailed as champions in the Academic Challenge

The academic challenge served as the highlight of the celebration, as it involves not only the Science subject but all eight

academic subjects which students from different sections per year level needs to answer questions related to the subject through varied tasks/activities which will also grant them corresponding points. The group with the highest accumulated points will be named as winner. The activity synonymously compared to "Amazing Race"; a popular reality game show originated from America.

Mr. Ilumin- BSS head also expressed his thanks and gratitude to the QCAFI administration and to all the people behind the successful event.

"First of all, we are very hesitant to conduct this activity because we are still slowly moving forward from the pandemic but with the help of my colleagues and the support of the teachers, administration, and student community, we were able to come-up with a very good plan to not only cater the students skills in science but to also allow them be more familiarize and indulge with what is the current trends in Science and Technology."

Now, they are making waves in the Ppop industry and already performed in different TV programs like GMA's All Out Sundays, ABS-CBN's ASAP, WISHBUS, and many others. The group officially debuted on July 31, 2020, with their first debut single "You Are The One" (Ttak Maja Nuh) which premiered at 1 PM PHT on the same day.



Photo courtesy: Jontas Cyrone Cruz

▶ from page 01 QCA Alumnus Making...

In a short video, he shared that QCAFI really played a role in honing his skills not only in dancing and singing but also how having discipline.

"I am proud na sa QCA ako graduate at dahil sa kanila naging ganito ang buhay ko at narrating ko ang mga pangarap ko dahil narin sa mga aral na binigay nila sa akin." he shared.

## In preps for Division Press Conference, DISTRICT 1 SPEARHEADS CAMPUS JOURN CLINIQUE

▶ Amiel Benedict Maglonzo



Feb. 11, 2023- Saturday, Mr. Emmanuel Halabaso, School Paper Adviser of "Ang Pintig" - the official student publication of Josep P. Laurel Highschool, teaching the photojournalists from the different schools of District1, on the techniques and technicalities of photojournalism. #Bernabe

District 1 Coordinator Ms. Ivy Bonador, with the help of her district members, invited different practitioners with expertise in the field of journalism as the resource speaker to help the student journalists enhance

and polish their craft in writing.

QCAFI Administration also shows support to the activity by providing the necessities to make the clinicuq successful.

And last March 4, District 1 representatives reap several

February 11, 2023, Saturday - 12 public school attendees and a lone private school with the initiative and overall supervision of District 1 Coordinator, Ivy Bonador, holds District's Campus Journalism Clinicuq 2023 at Quezon City Academy Foundation, Inc. (QCAFI) in preparation for the Division Secondary Schools Press Conference (DSPPC).

Philippine Science High School, Quezon City Science High School, Ernesto Rondon High School, Pugad Lawin High school were some of schools that attended the District Clinicuq.

awards in the Division Secondary Schools Press Conference (DSPPC) held at San Francisco High School with Philippine Science High School as the Top Performing School in the Division of Quezon City.

## Experience Fine Dining: GRADES 8,10 HEADLINE THIS YEAR'S TLE CULMINATING ACTIVITY

▶ Amiel Benedict Maglonzo



Grade 8 Daniel students (top and 2nd ) preparing the food for fine dining and the Grade 10 student getting the order of the customer.#Militante

April 29, 2023, Saturday - In line with QCAFI's vision and mission, the TLE Department aims to develop activities that would enhance students' critical thinking, self-reliance, and entrepreneurial skills by involving them in different activities incorporating technology and livelihood education.

After two-year hiatus due to the pandemic, Grade 8 and Grade 10 headline this year's culminating activity in which the latter is in charge of food servicing while Grade 8 focuses on preparing the food.

Each section from Grades 8 and 10 teamed up to prepare all the necessities involving food servicing including the theme and preparation of the rooms which will serve as their restaurants.

To support the cause, the QCAFI administration provided all the necessary kitchen utensils to the students to fully utilize their skills in food servicing and accommodating

guests.

Mrs. Francisco, together with her colleagues, Mr. Marter, Ms. De Andres, Mr. Facal, Mrs. Cisneros, and Mrs. Ongoco, desire to instill the values of entrepreneurship and help them become more competitive and qualified individuals with a sense of social awareness and professional services.

The culminating activity will run every Saturday of the Month of May - June only to not disturb any classes of the students in accordance with the DepEd's Memo of not conducting any activities during class hours.

Ms. Merlyn M. Eligio- asst. principal, experiencing the science magic trick held March 16, 2023, Thursday at Alvendia Hall facilitated by the Bureau of Science Studies and selected SHS students #Bernabe



▶ from page 01: Testimonial Luncheon...

Meanwhile, the program started with the opening remarks of the school Principal Mrs. Vivien R. Riano, followed by the performance of the QCA Performing Arts Club headed by Mr. Jayson Dilag and Rubilyn T. Franco.

During the program, Gabriel Steffan L. Castillo, Green Laurel expressed his gratitude and hopes to the Academy.

"Our dear QCA so faithfully fulfilled its vision in paving to good quality education at the least cost. QCA is a one blessing to us." he shared

On the other hand, Ms. Allysya Jane Q. Fincale- QCA Batch 2016 (JHS) 2018(SHS) With High Honors and BS Psychology Magna Cumlaude

at PLM also reminisce how QCA mold her and help her to be the person she is today.

"QCA with our own choice taught us many different things, which includes discipline and leadership. The culture we learn from QCA- being respectful has help us to adapt to certain systems." she shared.

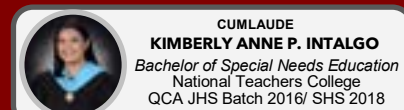
Lastly, Mr. Carmelino P. Alvendia Jr. ended the program by sharing that sometimes the journey is not always rosy, there may be pitfalls, there will be temptations, there may be shortcuts to get up, to get ahead, to be known, to be famous, to be powerful. They have what it takes but they should also have what it takes to resist negative forces.



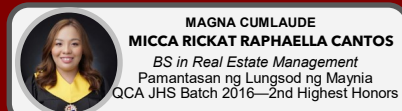
The Golden (right) and Green Laurel Awardees in a photo op with the faculty and QCAFI's Administration during the 2023 Testimonial Luncheon of the Green and Golden Laurels, Tuesday, March 28, 2023. #Bernabe



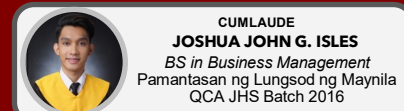
MAGNA CUMLAUDE  
**ANGELA KATHRINA G. ANIPOP**  
BS in Accounting  
Asia Pacific International College  
QCA JHS Batch 2016



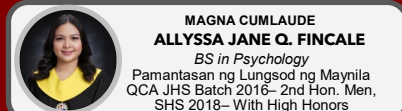
CUMLAUDE  
**KIMBERLY ANNE P. INTALGO**  
Bachelor of Special Needs Education  
National Teachers College  
QCA JHS Batch 2016/ SHS 2018



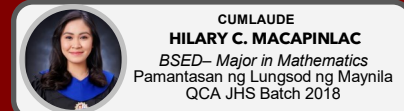
MAGNA CUMLAUDE  
**MICCA RICKAT RAPHAELLA CANTOS**  
BS in Real Estate Management  
Pamantasan ng Lungsod ng Maynila  
QCA JHS Batch 2016-2nd Highest Honors



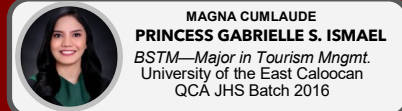
CUMLAUDE  
**JOSHUA JOHN G. ISLES**  
BS in Business Management  
Pamantasan ng Lungsod ng Maynila  
QCA JHS Batch 2016



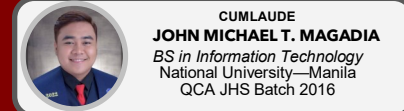
MAGNA CUMLAUDE  
**ALLYSSA JANE Q. FINCALE**  
BS in Psychology  
Pamantasan ng Lungsod ng Maynila  
QCA JHS Batch 2016- 2nd Hon. Men,  
SHS 2018- With High Honors



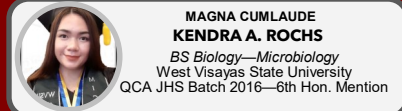
CUMLAUDE  
**HILARY C. MACAPINLAC**  
BSED- Major in Mathematics  
Pamantasan ng Lungsod ng Maynila  
QCA JHS Batch 2018



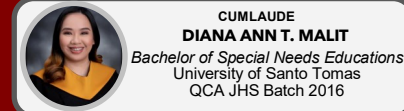
MAGNA CUMLAUDE  
**PRINCESS GABRIELLE S. ISMAEL**  
BSTM-Major in Tourism Mngmt.  
University of the East Caloocan  
QCA JHS Batch 2016



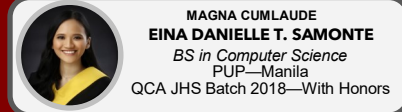
CUMLAUDE  
**JOHN MICHAEL T. MAGADIA**  
BS in Information Technology  
National University-Manila  
QCA JHS Batch 2016



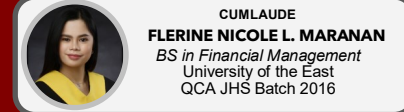
MAGNA CUMLAUDE  
**KENDRA A. ROCHS**  
BS Biology-Microbiology  
West Visayas State University  
QCA JHS Batch 2016-6th Hon. Mention



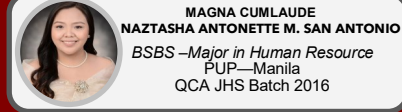
CUMLAUDE  
**DIANA ANN T. MALIT**  
Bachelor of Special Needs Education  
University of Santo Tomas  
QCA JHS Batch 2016



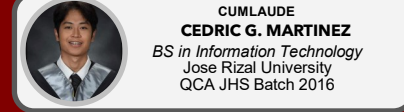
MAGNA CUMLAUDE  
**EINA DANIELLE T. SAMONTE**  
BS in Computer Science  
PUP-Manila  
QCA JHS Batch 2018-With Honors



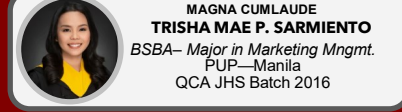
CUMLAUDE  
**FLERINE NICOLE L. MARANAN**  
BS in Financial Management  
University of the East  
QCA JHS Batch 2016



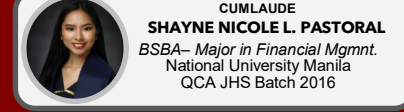
MAGNA CUMLAUDE  
**NAZTASHA ANTONETTE M. SAN ANTONIO**  
BSBS-Major in Human Resource  
PUP-Manila  
QCA JHS Batch 2016



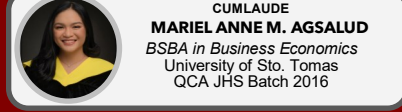
CUMLAUDE  
**CEDRIC G. MARTINEZ**  
BS in Information Technology  
Jose Rizal University  
QCA JHS Batch 2016



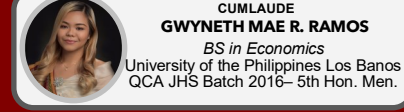
MAGNA CUMLAUDE  
**TRISHA MAE P. SARMIENTO**  
BSBA- Major in Marketing Mngmt.  
PUP-Manila  
QCA JHS Batch 2016



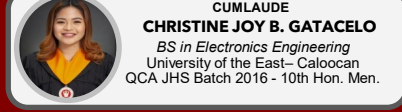
CUMLAUDE  
**SHAYNE NICOLE L. PASTORAL**  
BSBA- Major in Financial Mngmt.  
National University Manila  
QCA JHS Batch 2016



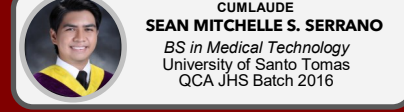
CUMLAUDE  
**MARIEL ANNE M. AGSALUD**  
BSBA in Business Economics  
University of Sto. Tomas  
QCA JHS Batch 2016



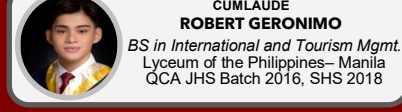
CUMLAUDE  
**GWYNETH MAE R. RAMOS**  
BS in Economics  
University of the Philippines Los Banos  
QCA JHS Batch 2016- 5th Hon. Men.



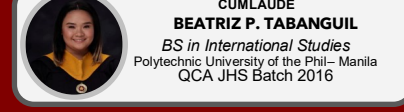
CUMLAUDE  
**CHRISTINE JOY B. GATACELO**  
BS in Electronics Engineering  
University of the East- Caloocan  
QCA JHS Batch 2016 - 10th Hon. Men.



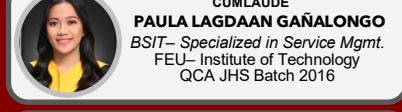
CUMLAUDE  
**SEAN MITCHELLE S. SERRANO**  
BS in Electrical Technology  
University of Santo Tomas  
QCA JHS Batch 2016



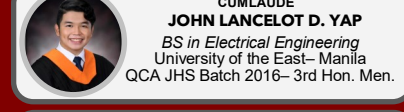
CUMLAUDE  
**ROBERT GERONIMO**  
BS in International and Tourism Mgmt.  
Lyceum of the Philippines-Manila  
QCA JHS Batch 2016, SHS 2018



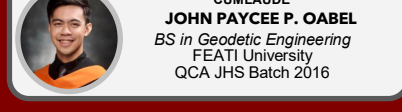
CUMLAUDE  
**BEATRIZ P. TABANGUIL**  
BS in International Studies  
Polytechnic University of the Phil-Manila  
QCA JHS Batch 2016



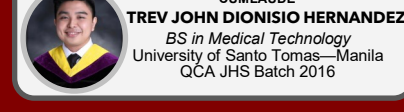
CUMLAUDE  
**PAULA LAGDAAN GAÑALONGO**  
BSIT- Specialized in Service Mgmt.  
FEU- Institute of Technology  
QCA JHS Batch 2016



CUMLAUDE  
**JOHN LANCELOT D. YAP**  
BS in Electrical Engineering  
University of the East- Manila  
QCA JHS Batch 2016- 3rd Hon. Men.



CUMLAUDE  
**JOHN PAYCEE P. OABEL**  
BS in Geodetic Engineering  
FEATI University  
QCA JHS Batch 2016



CUMLAUDE  
**TREV JOHN DIONISIO HERNANDEZ**  
BS in Medical Technology  
University of Santo Tomas-Manila  
QCA JHS Batch 2016



Ms. Mylene Molina-English Area Supervisor, sharing to the faculty and staff the plans and activities for the English Month Celebration, November 9, 2022- Thursday. #Militante

Mylene Molina- English Area Supervisor, together with her colleague, Irene Carlos, Jonavie Domingo, A Sy, and Nica Paula Ramos made the celebration possible.

"This year's celebration composed of different activities that aim to rekindle the love of students to Philippine Literature while embracing changes of the future"- Ms. Molina shared.

The English Department

prepared activities such as Story Elocution which Jewel Umali of 7- Agap C bested while Princess Rhian Borabon and Manuel Jacob Villanueva of Agap B and A placed 2nd and 3rd respectively. Writing Composition for Grade 8 students where Mariane Precious Guarda of 8- Ageo A topped, besting behind Maria Sophia Felisarta and Shanty Eunice Bojo in the 2nd and 3rd place while Grade 9 students battle for the Epic Doodle Lit which Maria

Michaela Tan, Sofia Alexandra Pablo, and Rochelle Lea Luna won 1st, 2nd and 3rd respectively.

In addition to English Month activities, the Grade 10 students competed in Impromptu Speaking which Darlen Dagami of 10- Abad F hailed as 1st place leaving behind Villamar Leslie of 10- Abad A and Ramota Ma. Gabriella of 10- Benitez in the 2nd and 3rd place. Grade 11 and 12 competed in Spoken Poetry making

Christian Franz Suyom of 11 Stem A the winner and Angoluan, Ernest and Amiel Maglonzo securing 2nd and 3rd place spots while Beltran Charlotte of 12- ABM/Humss bested Mogatas, Princess Anjanette and Bigornia, Sean Michael of 12 Stem A and B.

On the other hand, Chrizza Lian Buccat of Grade 9 Copper along with Eleasor Palana of 10- Abad Santos A crowned 2022 Best Philippine Literature Cosplayer

2022, which also highlighted the importance of using recyclable materials while creatively making costumes.

English Month Celebration is an annual event of Quezon City Academy Foundation Inc. (QCAFI) facilitated by the English Department, to open avenues to improve students' skills in language and literature.

## English Month 2022: RELIVING THE PAST AND EMBRACING THE FUTURE THROUGH PHIL LIT

► Jaila Elyse Ceriola



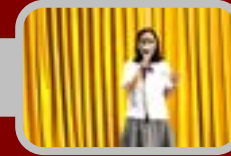
Epic Doodle Lit. Contest: Chanel Margaret Ongoco



Reading Elocution for Grade 7: Princess Rhian Borabon



Grade 11 and 12 Spoken Poetry: Charlotte Beltran



Grade 10 Impromptu Speaking Contest: Leslie Villamar



English Quiz Bee Contest

Quezon City Academy Foundation, Inc. (QCAFI) through the Bureau of English Department, celebrates English Month 2022 with the theme: "Reliving the Past and Embracing the Future Through Philippine Literature, December 06, 2022, Tuesday.

## Philippine Literature Cosplayer: GRADE 9, 10 REPS BAG BEST PHIL LIT COSPLAYER '22

► Amiel Benedict Maglonzo



Chrizza Lian Buccat (left) of Grade 9- Copper and Eleasor Palaña of Grade 10- Abad Santos A, striking a pose during their costume presentation for Best Philippine Literature Cosplayer 2022. #Militante

This year's English Month Celebration was not as grand as the past years, for the country is still in pandemic but Ms. Mylene Molina- English Supervisor made sure to make the celebration full of fun but at the same time pave

the way for the students to appreciate more Philippine Literature.

"The costume of the cosplayers was made up of recyclable and customized materials to give them the chance to show their

As English Month Celebration kicks off, Chrizza Lian Buccat of Grade 9- Copper and Eleasor Palaña of Grade 10- Abad Santos A named this school year's Best Philippine Literature Cosplayer, which highlights the presence of the different characters in Philippine Literature.

Acting and Balagot won as Best Philippine Lit. Cosplayer for Grade 7, Trixiera and Uy topped the Grade 8 Level, Buccat and Santiago for Grade 9, Bagulan and Palaña for Grade 10, while Adolfo, Viernesto, Nilo, and De Guzman were hailed as the Best Phil. Lit. Cosplayer for Grade 11 and 12 respectively.

creativity. And looking at their final masterpieces, I can't help myself but to be proud of them. Congratulations to everyone!", Ms. Mylene Molina- English Supervisor shared.

► from page 02 : QCAFI welcomes 1, 004 studs...

This year, QCAFI offers blended learning in its first quarter of the academic year, but as per the release of the DepEd Order (DO) 44, series of 2022, the academy pursues full 5-day face-to-face classes for the remaining academic year.

Meanwhile, as the country is still in a state of pandemic, Quezon City Academy comply to the safety protocols, lowered the tuition fees, and offered financial aid to students through

scholarship programs.

"Because of the pandemic, many schools and establishments were shut down and this resulted in people losing jobs and even businesses. This, I think contributes to the reason why some of the parents chose to switch schools from Private to Public. Fortunately, QCA is standing still, and commits itself in providing quality education at the least cost." Mrs. Leongson - Filipino Dept. Supervisor shared.

## Math Month takes flight after two – year hiatus

► Leonaidaz Lara

February 6, 2023—Quezon City Academy Foundation Inc. (QCAFI) celebrates Math month, through the initiative of the Math Dept. participated by all year levels and sections in both Junior and Senior High Schools, with a theme, "Mathematics for Every1."

According to Mr. Ace Contreras - Math teacher, they started the preparation for Math Month last year with the help of Senior High School students.

Last February 6, several activities were held and facilitated such as DaMath, and Human DaMath, February 7 – Math Quiz Bee while the final program with Rubik's Cube Competition, Poster Making, and Math Jingle held on February 17, 2023.

Josh Melvic Israel from Bait A managed to top the Damath game while Newri Alva, Agap C, earned the title 1st Runner up, and Lahraa Abdulahi Ali, Agap A, as 2nd Runner up, Neiljan Perez from Amos A won in the Grade 8 DaMath game while Jonas Caleb Guiyab, Ageo A and Gerald Aquino from Ageo B placed 1st and 2nd Runner up respectively

In addition, Agap A hailed champion in Grade 7 Human DaMath competition, followed by Dan-gal as 1st Runner up, Bait B as 2nd Runner up while in the Grade 8 level, Amos B bested Ageo A and Daniel placed them 1st and 2nd Runner up.

Moreover, Stheaven James Arezza of Ageo C bested the Rubiks Cubic Competition, Enricko Gabriel

Muñoz – Agap C, Travis Resty San Pedro- Ageo C, Renz Joshua Gudaca- Antimony A, Jian Andrei Eyay – Abad Santos A, and Christian Franz Suyom of 11 – Stem A champs Math Quiz Bee in their respective year levels, while Antimony A topped the Grade 9 Math Jingle and Abad Santos A for Polynomial Dance Contest.

"Well, we all know that Math is difficult for students. So, we want them to enjoy and have fun so that they can appreciate and understand Mathematics more as a student."- Mr. Contreras shared.

Ms. Chelsea Hilary B. Famarin - Bureau of Mathematics Department also states that one of the main goals for this event is to spark the creativity of the students in all aspects and forms of mathematics.

QCAFI's Assistant Principal Ms. Merilyn Eligio, expressed in her closing remarks that even though this event was made on the belief that it will improve their math skills that even though students may have numbers, it is always present in our daily lives. She ends with the hope that the students will have learned valuable lessons throughout the event.



Zahraa Abdullahi Ali (left) and her contender together with Mr. Ace Contreras (back) during the Damath Competition as part of the Math Month Celebration. #Militante

## END RACISM, BUILD PEACE

## QCA'S AP DEPT COMMENCE 77<sup>th</sup> UNITED NATIONS CELEBRATION

► Maria Angelica Santos

March 23, 2022 – Social Studies Department opens the Quezon City Academy's annual celebration of United Nations with the theme: End Racism, Build Peace, which aims to build understanding with one another despite differences.

Michelle Balgoma- Social Studies Supervisor, together with her colleagues, Romvic Dizon, Judy Ann Doria, Jhon Wilfred Dela Cruz, and Grace Grimaldo, were the people behind the event that focuses on allowing the students to share their skills and talents through different activities but still bearing in mind camaraderie and understanding towards each other whatever the result may be.

The program was filled with activities such as United Nations Histo Bee topped by the Group VII representatives namely; Icid Miguel Payot of 8-Daniel, Mary Claire Delmiguies, and Renz Joshua Gudaca from 9-Antimony C while Group III representatives, Ryanna Shane Rigor, Margareth Nicole Perez, Karl Victor Taguiam and Group V bearers Lara Shania Balgoma, Jeffrey Brian Uy, and Paul Christian De Leon placed 2nd and 3rd respectively. On the other hand, Allan Anday and

Diana Vinluan, both from Grade 10- Abad Santos A representing Mexico hails Mr. and Ms. United Nations 2022

Ms. Michelle Balgoma shared that the celebration doesn't have to require extravagant costumes that require too much spending but with the use of recycled materials and applying one's creativity and resourcefulness then this celebration will still be as successful as it should be.

"May this celebration doesn't only reminds us to be creative and resourceful through your wonderful showcase of recycled costumes but rather not to forget the real essence of the celebration- to end racism and build peace, through fostering understanding and love for one another. We may live in different nations with different cultures and traditions but still living in one race- Human Race." she shared.



Ms. Michelle R. Balgoma-Araling Panlipunan Supervisor, sharing her words of welcome to the QCA faculty and students during the United Nations Celebration. #Juco





## ANDAY, VINLUAN HAIL MR., MISS UNITED NATIONS 2022 TILT

► Tiffany Ann Cadiz

November 23, 2022- Grade 10 Abad Santos A representatives Allan Anday and Diana Vinluan hail Mr. and Ms. United Nations 2022 of Quezon City Academy Foundation, Inc. besting other candidates from different Grade level.

Bureau of Social Studies helms its 1st face to face Mr. and Ms. United Nations after two years of hiatus brought by the Covid- 19 Pandemic. The said activity aims to empower the students to be socially aware and be able to stand for their own causes.

Allan Anday and Diana Vinluan, both representing Mexico, believed that nowadays words are merely just words if these will not put into action. That is why they

hoped that through their advocacy, they could spark a light of hope in the hearts and minds of their fellow students to make the world a better place.

"I have never imagined myself walking, standing, and speaking with high heels on in front of the crowd. Most of the time, we doubt ourselves for trying new things and love staying in our comfort zones, but sometimes we just really need someone who

will push us to step forward and try"., Vinluan shared.

"I hope this celebration would help the students value the causes of United Nations Org. and would achieve its goal for a better future, especially in the generations to come"., Anday added.

Meanwhile, Allan Dave De Guzman of 12- Humss representing Thailand, and Trishna Arabani of Abad Santos D representing USA hailed Mr. and Miss UNICEF 2022,

and John Mark Ma of Abad Santos C representing South Africa together with Maria Alissa Yesha Nilo of 12- Abm bagged Mr. and Ms. UNESCO 2022. Mr. and Ms. South Africa, representatives from Abad Santos C, both won Best in National Costume.

This year's Mr. and Miss United Nations 2022 highlighted the students' creativity and resourcefulness as they create and present their class representa-

tives' attire using 'Recycled Materials'.

Ms. Michelle Balgoma- Bureau of Social Studies Supervisor believed that the annual celebration of United Nations at Quezon City Academy paved the way to raise awareness, and understanding about the rich culture of every nation and how important is to celebrate and unify as one race by breaking racism and build peace.

## 54 YOUNG JOURNALISTS ATTEND 1<sup>st</sup> EDITORIAL BOARD MEETING

► Leonaidaz Lara

October 14, 2022- The QCA ECHO- official student publication of Quezon City Academy under the supervision of Mr. Vic V. Magara and Ms. Mylene B. Molina, helms its 1st Editorial Board Meeting for the newly appointed and recruited Editorial Staff SY. 2022-2023 which aims to make sure and deliver quality school papers for the QCA Community.

Attended by 54 ECHO staff, Mr. Magara discussed the duties and obligations of the newly appointed Editorial Staff to the school publication. He also presented the mission of the publication and how it will be attained.

"I joined the ECHO because I want to discover and learn new things. And, I also want to provide facts, knowledge, and information to the people. Eventually, I also love writing and journalism. ECHO can enhance my skills further" - Angelica Santos, news writer shared.

"Always remember that as student journalists, it is your responsibility to verify the information that you are receiving. And yes, we always have the right and are entitled to our own opin-

ion, but we need to make sure that everything we write is not for the sake of putting someone down but to enlighten the mind of our readers, to help them understand why things happen, how things happen and eventually give them answer to their questions," Mr. Magara shared during the meeting.

He ended the meeting by encouraging the student journalists not to be afraid of the challenges that may come but instead embrace that they are not perfect and should be willing to improve their craft.

The QCA Echo Staff sets to attend the scheduled writing workshops in preparation for the publication of the school's newspaper and the upcoming District, Division, Regional Schools Press Conference.

## After two years of distance celebration, FIL DEPT KICKS OFF F2F BUWAN NG WIKA '22

► Ana Sofia Galvez

With this year's theme: **Filipino at Mga Katutubong Wika: Kasangkapan sa Pagtuklas at Paglikha**, QCA Filipino Department kicks off face-to-face Buwan ng Wika 2022 celebration through various activities that aim to enhance student's skills and talent while creating measure in moral awakening and consciousness of Filipino values that are unique and genuine through our native language.

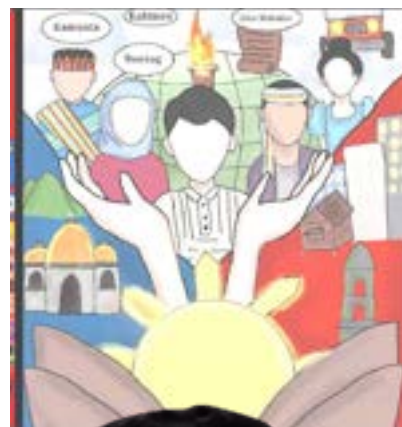
Under the supervision of Mrs. Clairon DL. Leongson- Department Head, together with Mrs. Julieta SD. Dimaano, Ms. Jonielyn Capongcol, and Mr. Christian Joni S. Gregorio, the Filipino Month Celebration opens the avenue to enhance students' skills and talents.

This year's celebration consists of various activities such as LIKHAAN: Video Teaser which 12 -STEM A bested, PAGLIKHA NG PASKIL won by Zhyrus Jay L. Oreta of Agap- B, TEKSTULA which bested by Janmari Lorenz Puerto of Ageo- A, while MODERNONG BALAGTASAN, MASINING NA PAGBASA, DAGLIANG TALUMPATI, at BIRTWAL NA PAGLIKHA NG PASKIL bested by 10- Abad Santos B, Zahraa Abdullahi DC. Ali, John Ver G. Santiago, and Reese Allison T. Bayona respectively.

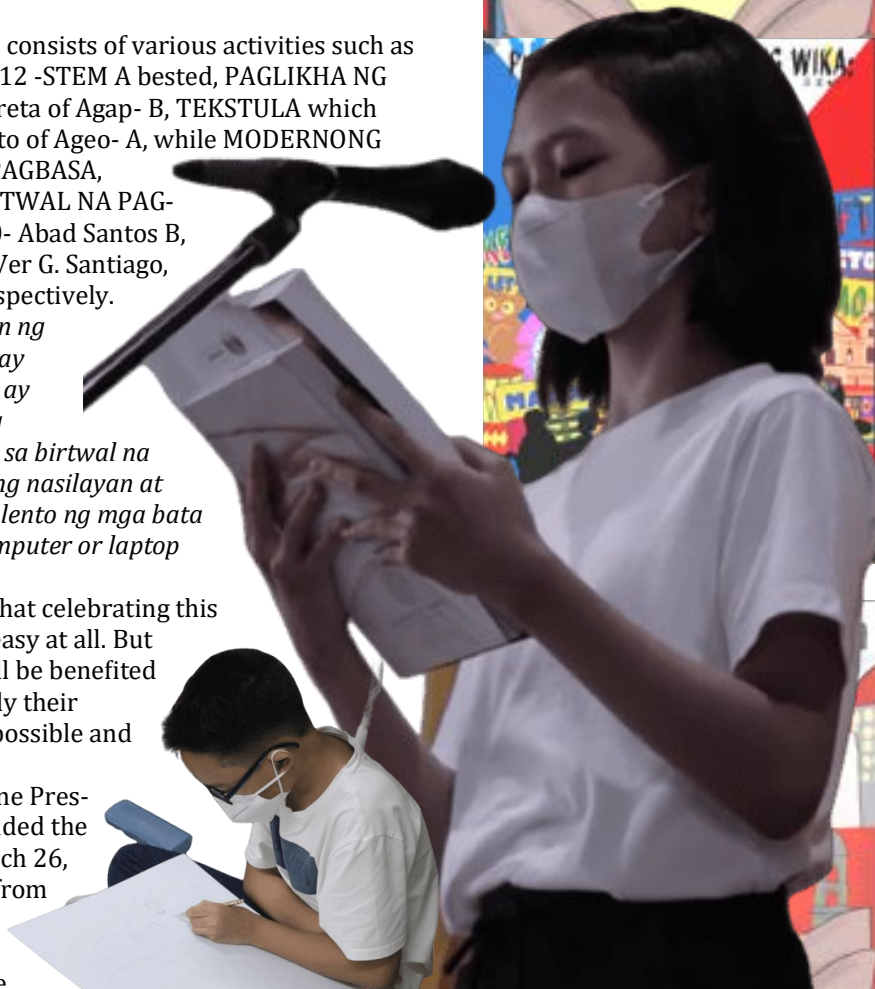
"Sa paggunita ngayon ng Buwan ng Wika tila lahat kami ay nanibago ngunit lahat din kami ay excited sapagkat pagkatapos ng dalawang taong paggunita nito sa birtwal na paraan, sa wakas muli na naming nasilayan at nasaksihan ang mga angking talento ng mga bata na hindi lang humaharap sa computer or laptop screen ". Mrs. Leongson shared.

Mrs. Leongson added that celebrating this year's Filipino Month was not easy at all. But knowing that not only them will be benefited by this event but most especially their students, they made this even possible and accessible to everyone.

Signed by late Philippine President Ramon Magsaysay, amended the Proclamation No. 12 dated March 26, 1954, by declaring the period from August 13 to 19 of every year, in lieu of that from March 29 to April 4, as National Language Week.



54 student journalists listening to Mr. Vic Magara-QCA Echo adviser as he orients them on the things that they need to do as the official members of the editorial board #Militante



QCA students participating to different activities during the Filipino Month

## SEVEN NEWLY HIRED TEACHERS ORIENT ON QCA STANDARD OF INSTRUCTION

► Joebelle Mendoza

Seven newly hired teachers complete this year's QCAFI set of teachers and will undergo orientation with the school's brand of excellence in instruction.

With their respective Area Supervisors, the newly hired teachers got oriented on the school's standard of instruction and discipline.

Four of the new teachers namely; A Sy, Irene Carlos, Jonavie Domingo, and Nica Paula Ramos were under the supervision of Ms. Mylene Molina —English Supervisor, while Mary Grace Lacandazo and Ma. Khzelle G. Solmerin teaches Science under the supervision of Mr. Benedicto Ilumin- Science Supervisor and Harold Roy completed the set of MAPEH teachers.

The Area Supervisors urged the new teachers to get in-

involved in the academy's academic endeavors by bringing their ideas and experiences forefront.

The newly hired teachers expressed their hopes of the Academy being one of their stepping stones in achieving their dreams and could further their teaching and learning experience as fully pledge teachers.

*"QCA was introduced to me by a friend, and I would say that I am very thankful and grateful that I got to experience what QCA has to offer not only to us-teachers but also to its students, and indeed there is 'No other school like QCA.'- Mrs. Lacandazo- newly hired science teacher.*

► from page 03 Admin, faculty and staff celebrates...

Mr. Alvendia expressed his words of gratitude to the people behind the success of the academy, how grateful he was to have an extended family, who has been his constant reminder to keep the academy's name be ever bloom. He also reminds the faculty and staff to never get tired of molding the youth, give quality education, and be the life coaches of every student which make an edge and separates QCAFI from

other institutions.

*"I would like to thank you all, especially those people who took part in putting up this event. Let us always remember that as one family we need to cater to the needs of not only us but also the students. The students who considered you as their second parents, so let us be more into helping these students by always being there who listens and cares," he shared.*

## AFTER TWO YEARS OF MEETING ONLINE, QCAFI CONDUCTS 1<sup>ST</sup> F2F PARENTING SESSION

► Ana Sofia Galvez

November 13, 2022- Quezon City Academy Foundation, Inc (QCAFI) conducts its 1st face to face parenting session after 2 years of being in an online set-up. Aims to recognize students' academic excellence and an avenue to address class performances and other academic concerns.

The parenting started with the reechoing of the selected teachers of the seminar conducted for the students last October 14, 2022, which was about Bullying and Crime Prevention. In addition, Mr. John Wilfred Dela Cruz also tackled Responsible Parenthood as a way to remind not only the students but also the parents of their responsibilities to their children.

The First Quarter Academic Excellence Awardees were composed of 452 students, where Grade 7 composed of 60 students, 88- Grade 8, 106 for Grades 9 and 10, and 26 and 66 for Grades 11 and 12 respectively.

A parent also shared her experience attending the parenting session and how important it is for her to attend.

*"One of my children graduated here in Quezon City Academy, and now two of my grandchildren also currently enrolled here. I am always looking forward attending the parenting session for it not only allows us to see our children's academic performances through numbers but we get to ask also questions to their respective teachers. And good thing QCA teachers are truly very transparent when it comes to our children's academic performances."* - Mrs. Marcela De Guzman- parent shared.

After the general assembly, the parents and students went to their respective classrooms for the distribution of the report cards and addressing of other student-related academic and non-academic concerns.

Mrs. Pineda- Science Teacher, sharing about bullying and crime prevention to the parents. #Juco



## POST-PANDEMIC PREPARATION: QCAFI FACULTY, STAFF CONTINUE GEARING TOWARD HEALTHY LIFESTYLE

► Joebelle Mendoza

October 16, 2022- Quezon City Academy Foundation, Inc. (QCAFI) teaching and non-teaching staff attend first face-to-face "QCAFI Fitness Program" to stay physically fit and boost immunity against the threats of Covid-19 and other diseases.

Academy's Head fitness instructor Mr. Jayson F. Dilag led the first QCAFI Fitness Program, urges teaching and non-teaching staff to be active, fit, and healthy.

He further expressed his deep concern about how struggling really is coping with lot of changes in lifestyle when the pandemic happened and hoped that by

attending this program, teaching and non-teaching staff will have an avenue for them to relax and make time for themselves.

Some teachers who attended the first run of the fitness program attested that it was really fun and engaging, extending their thanks to the leadership of the instructor and the teachers.

Others also shared that it may be exhausting and tiring, but, knowing the importance and impact of the program on their well-being it was really worthwhile.

The said fitness program runs every Fridays of the month at the QCA roofdeck.



Mr. Jayson Dilag giving instructions to the QCA Faculty and Staff before doing their Fitness Program #Miel



Mrs. Clairon Leongson (left) and Ms. Capongcol doing their workouts during their fitness program. #Miel

## ALL WILL BE ONE:

## QCAFI BMSV SUPERVISES ANNUAL PRAYING OF THE HOLY ROSARY

► Maria Angelica Santos

October 26, 2023, Wednesday, Quezon City Academy Foundation Inc. (QCAFI) Bureau of Moral and Spiritual Values under the supervision of Mr. Jerby Salazar- BSMV Coordinator organizes QCA's Annual Praying of the Holy Rosary which focuses on connecting and strengthening students' faith.

With their section advisers and subject teachers' guidance, the students were able to pray the holy rosary and seek to God not only their personal intentions but also of other people.

The teachers instructed the students to pray simultaneously in their own classrooms when the praying of the holy rosary commenced.

Quezon City Academy encourages all members of the community to pray the rosary not just for their own intentions, but

also for the intentions of other people.

Mr. Jerby Salazar- BSMV Coordinator hopes that with this annual celebration of the Holy Rosary students get to redeem themselves and enable them to reconnect to our Almighty.

*"Prayer can slow us down, calm our hearts and enable us to rest in God's Presence. There are times that when we are preoccupied with all the things that is happening not only to us but to our surrounding, sometimes we forget to seek God's*

*guidance especially in most parts of our lives. Sad to say that we only remember "Praying" when we have problems, wherein, "praying" should be the first thing that we should do before starting our day. Now, I hope that this annual occasion will help us to reconnect ourselves to our Almighty."* - Mr. Salazar shared.

The Praying of the holy Rosary is an annual activity of Quezon City Academy to pay tribute to the Blessed Virgin Mary.



Selected students together with Sister Clair and Mr. Salazar during the praying of the Holy Rosary at QCA Altar, October 26, 2022 #Mogatas

► from page 02 QCA Alumnus turns UE...

Composed of 70 participating chorale groups from all over the world, the University of the East Chorale topped this year's competition with over three winning categories: Mixed Voices, Vocal Ensemble, and Pop Vocal Ensemble making them the Grand Prix Winner.

*"We prepared for 6 months. We were also rehearsing*

*3 times per week plus other school performances and fellowship concerts. and winning the competition is "priceless" since it's my first international competition, I'm also very emotional. All my (our) sacrifices had paid off," Renell shared.*

*"To be honest, even though I just stayed for a short time in QCA, I saw that they were very sup-*

*portive in honing the potentials of their students. Who I am today is that as QCA teaches me to believe with my own skills and talents," he ended.*

University of the East (UE) Chorale is set to compete once again and represent the country in the Bali International Choir Festival in July 2023.



Renell De Leon (right) with his team University of the East Chorale in a photo op before the competition. #Militante



University of the East Chorale in during their post winning moment. #Militante

“

IT IS THEIR FOUNDATION,  
BUILT WITH CLEAR  
COMPREHENSION AND  
PROPER PERCEPTION,  
THAT GUIDES THEM INTO  
A PATH FILLED WITH  
KNOWLEDGE.

”



## EDITORIAL

## Inept Reading Skills Among Filipino Students: UNDERSTANDING STUDENTS' STRENGTHS AND WEAKNESSES

*Reading, in simple words, is the first necessity for a student's learning capability to grow. It serves not only as a gateway to other learning fields but also as a road toward understanding, and fluent reading makes for complete mastery of a particular subject matter.*

We know all too well how the human being adapts and gains knowledge over a simple task: practice, repetition, and guidance. But what makes a student unable to skillfully master the simple act of understanding words? What are the signs seen that state that somewhere between the lines, something went wrong? And when do we finally realize that this is a major problem, a social issue that is yet to be solved?

The 2021 World Bank report noted that 9 out of 10 Filipino children by the age of ten can't read or understand simple text. Suffice to say that Philippines has one of the highest learning poverty rates in East Asia and Pacific Region which calls for the education sector the need to make interventions to address this concern.

In addition, in 2018 study by the Programme for International Student Assessment (PISA), 79 countries participated to determine the 15-year-old student's knowledge in reading, mathematics, and science.

This was the first time the Philippines participated in such an assessment, and the country ranked lowest among the 79 countries in all three learning areas. In the reading subject, the Philippine students scored an average

reading score of a measly 340, which is pale in comparison to the leading ASEAN country Singapore with its score of 549.

Several factors can be considered for Filipino students' poor reading capabilities. The country's learning crisis can be rooted back to its socioeconomic status. Poverty limits Filipino students to quality or even decent education, underfunding for teachers and school equipment hinders the teaching capabilities of Filipino teachers, and now a global pandemic aggravates the crisis.

Although such factors greatly affect the status of comprehending words, still, solutions are also at arm's length. With poverty limiting its growth then open programs can be conducted, targeting the students, raising the salary of teachers, or rather providing enough funds for learning materials are already a big step. And the biggest problem as to why some students are falling behind is not with the style of teaching but the lack of understanding of the strengths and weakness, which more often results to why some students have difficulty when it comes to comprehending the meaning of words, sentences, and paragraphs.

Proficiency in reading is the baseline of almost all daily activities, especially in the lives of Filipino

students. It is their foundation, built with clear comprehension and proper perception, that guides them into a path filled with knowledge. Without an understanding of what words are meant, then, words are merely words and nothing more.

Acknowledging this issue will raise awareness that may change the perspective of the students, in terms of reading and its importance. As reading is a collaborative work of thoughts and ideas, that have been combined with one's beliefs and concepts to create impressions or open views.

Now, as DepEd eyes for a better result in PISA 2022 from the country's dismal performance among 79 participating countries, is the Philippine education sector ready?

With the DepEd's Professional Development Program on Assessment and Emerging Literacies with focus on PISA through the collaborative efforts of Bureau of Education Assessment (BEA), Bureau of Learning Delivery (BLD) assessment experts, and National Educators' Academy of the Philippines (NEAP) turn the table and insight a big move to overcome barriers and re-engineer PH education?



EIC's page

Ernest Robertson Angoluan

## The Burning Bush of Hope

Three years ago, we were certainly elated by a week's worth of class suspensions; oblivious of what was to come. Nobody expected a catastrophe of that magnitude to be this detrimental not just in our academic lives but in every aspect of our lives as a whole. It had seemed like a dark cloud loomed over the bright, hopeful torch of education.

Lives were affected, taken, and forever changed; it would be an understatement to say that 2020 was merely a minor setback in the progression of our lives. There came, and will come a time, when we are overcome with the problems that living tolls from us.

However, I seek not to talk of the tragedies we are all too familiar with, but to remind us of that light seeping through the cracks and debris of yesterday. Take for example that in the midst of the pandemic, our beloved school contributed to a better cause during the 2020 Mt. Taal Eruption by donating relief goods to families affected.

Seven months into the pandemic, classes resumed online through the great efforts of our teachers and administrators. Students and teachers deserve to be praised equally for surviving two school years online, during the pandemic. In August 2022, Quezon City Academy was officially back on track with recommending of face-to-face classes.

For once more did we experience the joy of conventional school activities. Our laughs and smiles together were no longer restricted behind the screens of our phones and gadgets. Hope was burning brightly again, reflected by the smiles we wear to school everyday and the light reflected in our school ID's.

We, teachers and students alike, have surpassed a big hurdle in an even bigger journey of life; and that is something worth celebrating. Live our lives with purpose and joy, strive to the best we can in everything.

May our flame never again be extinguished in times of adversity; may we wear our scars with pride and honor. May our existence today remind us of the hardships of yesterday, and forever fuel us in our dreams and endeavors.

Godspeed, Quezon City Academy!

### > An Open Letter to the Editor

Dear Editor,

The two years of attending online classes was really not easy. And all of us did experience a lot of frustrations and somehow the need to recalibrate ourselves.

Right now, I just wanna say that hopefully we get to surpass all the challenges that we are about to face and thank you for always keeping us updated with what is happening around by posting a lot of updates in your social media pages. In all fairness, you did a good upgrade!

Your last issue especially your features and columns helped me realize that life really is tough! But if we get to believe and trust ourselves, definitely everything is possible.

Aside from sounding out my sincerest appreciation to you, I would also want to take this chance to thank our teachers in the academy for always bearing with us. They are really kind and understanding, yes! mostly they are strict but we know that they are only doing this to make our lives better.

Thank you for giving me space. More power to The QCA Echo Staff and advisers!



► Carl Koby B. Ferrer

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► JoszeiahFaith Mancilla

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Promise of Comfort or Perennial Conflict?

COLUMN

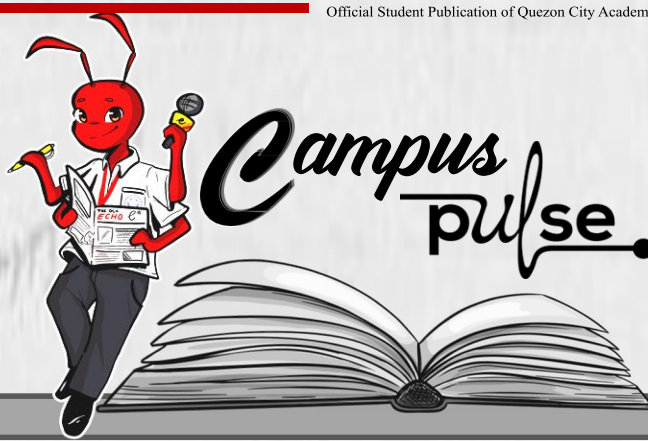
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Editorial Board S.Y. 2022-2023

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# READING COMPREHENSION : GOOD FOUNDATION MATTERS

BY ERNEST ROBERTSON ANGOLUAN

*The Philippines, to say the least, has never been the brightest of the bunch when it came to its educational sector. Nine out of ten children in the Philippines have been reported to have poor efficiency in reading skills. Reading comprehension, after all, is more than the capability to pronounce transcribed text; reading efficiency brings along with it the aptness to understand its message.*

Students of Quezon City Academy had plenty to say regarding this matter. Some students believe that Filipino students indeed have poor reading skills while the latter half would say otherwise.

Those who agree with this, particularly *Christian Oriarte of 11 STEM-B*, pointed out that while most Filipino students have basic knowledge of reading written texts, it is their *understanding* of the text that categorizes them into having poor reading comprehension.

Inferior comprehension coupled with substandard reading, for him, is what makes poor reading comprehension. The same student also shared his similar experiences of struggling to understand and expound their vocabulary, of which he shared his solution: read, read, and read. Just like everything in life, continuous practice makes for continuous improvement. The same can be said for vocabulary improvement and reading proficiency.

Additionally, the said student also noted that the teaching quality of the teachers greatly affects a student's learning prowess. But as made clear by the interviewee, just because most Filipino students have poor reading comprehension does not necessarily equate to inexperienced and/or subpar teachers in the classroom. Instead, he specified that the lack of funds and equipment hindered the quality of teaching of school teachers.

The country's leading problem with poverty also greatly restricted access to quality education. However, while many did agree that Filipino students are lacking in reading comprehension, several students beg to differ. One student was asked about this *Alfonso Garvida of 11 STEM-B*, to which he gave an insightful response: it is not about the skilled comprehension of the student, but rather what they are reading. According to him, if the context of a certain book is higher than the prior knowledge the student already has, they might have a different and contradictory understanding of that book. This intuitive but rather what they are reading. He added that if the context of a certain book is higher than the prior knowledge the student already has, they might have a different and contradictory understanding of that book.

This intuitive thought implies that all students indeed have the potential to comprehend most—if not all the texts they read; but their prior knowledge limits them to this potential. The solution, according to this respondent, lies with the teacher as well. After all, the learning process is a task never to be done alone, and the teachers are the student's guide in this process.

After reading, asking the students certain questions about the book will help them to think more about what they have read; thus laying the foundations for critical thinking development. Also, he suggested that unfamiliar words are to be listed down and be given the meaning by the teachers to expound their vocabulary.

Whatever insight these QCA students have, it is a clear testament to their deep understanding of today's issues. The solutions they have offered show their dedication to the ideas they value highly, and all of these attributes without a doubt are nurtured by their committed studies.

## Other students' statements

*"Honestly, with the experience that we had before during our online classes, I think it really affects my reading comprehension because since I am at home, there are lots of distractions".*  
— Enricko Gabriel Muñoz, Grade 7

*"When I was in elementary, I would say that my foundation also is not good since there are lots of teachers also in our school whose busy doing a lot of paper works, hence we sometime don't have ample time to practice reading".* — Mariane Guarda, Grade 8

*"When I entered QCA, I admit that I struggle a lot especially in understanding a text but thankfully not only the English teachers helped me to be better in understanding the specific text but most of the QCA teachers."* — Leionnaidaz Gfrelt, Grade 9

► Carl Koby B. Ferrer

## PH EDUCATIONAL SYSTEM: Potholes we failed to see

### On Education Concerns

## "People in the higher seat telling our educators that teaching is a vocation not a support, just blatant manipulation."

"We have failed them. We have to admit that we have failed our children. And let us not keep failing them anymore."  
- PBBM

Those are the words of the current President Ferdinand "Bongbong" Romualdez Marcos Jr. addressing their plans for the education sector in the Philippines.

In Dr. Jose Rizal's poem "A La Juventud Filipina" he urges the Filipino youth to reach their full potential by using their abilities and skills for the benefit of our countrymen. Even Whitney Houston believes that children are our future and they should be taught well for them to lead the way, however, how will they successfully lead the way if educators are deprived of resources such as material things, salary, and facilities?

For 333 years, the Philippines was colonized by the Spaniards. Because of that, traditions, cultures, beliefs, and systems are greatly influenced by the Spaniards.

Accessibility has been an issue since the Spanish colonization, only those who had Spanish blood get the opportunity to study while those pure Filipinos don't or as what they call "Indios".

Although this had happened decades ago, it still infuriates me how Filipinos/Indios were deprived of what should have been their right. In our own

land, we were degraded and robbed of not only our resources but our right as a Filipino citizens.

Decades later, we still suffer from the limited access to education. As most Filipinos haven't moved on from the colonial mentality, not only our Education system was greatly affected by this, but it also opens a lot more potholes in our society such as the hatred of same-sex marriage and the Sogie bill.

Most students that live in rural areas have their state universities as their best option for almost free schooling but we all know that you have to maintain a certain average and must pass their entrance exam to be able to study.

The problem here is, it is hard to achieve all of those while working to support your family and education. These students treat the rest as a luxury as they work day and night trying to survive.

While, most people will probably say that if they want free education, they should work harder in terms of academics, which I do not quite agree with. If we look at our Philippine Constitution, it is our right to receive education and yet you can't receive quality education with the current state that we have.

Students have their own reasons for why they struggle to maintain a certain grade, but I will focus on what is common.

Most of these are working students, and they have to split their bodies to work and study at the same time.

They deserve better, being a working student should've been an option and not a necessity to survive. I am not implying that other schools aside from state universities are not good in rural areas, but we all know that our government doesn't invest in top-notch learning materials and facilities.

Despite the ever-evolving digital age, we still lack facilities, materials, salaries for workers, and even books. It bothers me that the Philippine government allocates the biggest budget to the education sector yet even books in public schools are out of reach.

I once watched a Filipino-made movie that showcases the education system in secluded areas, and there was a scene where the teacher was bewildered about why students need to compress with each other just to share one old book while there were the same books at the back of the class just stored in the cabinet.

The only response she got was it is to preserve the books as politicians only visit their place every election to campaign, this is a sad reality that we have been enduring for the longest time.

Another pothole that I see in our education system is the Brigada Eskwela, to

public schools. I may be enrolled in a private school but seeing this being normalized and practiced for generations and made it seem like nothing is wrong with it, while everything is wrong with it.

Billions of Filipino Tax Payers' are being allocated to the education sector yet small things such as floor wax, maintenance of the building, broom, and some rugs aren't even provided.

If Whitney Houston asks "where do broken hearts go?", The Filipino People ask "where does our money go?"

Speaking of teachers, I do have one word for them aside from hardworking, it is underpaid.

I contradict the saying that teaching is a vocation because I know deep inside me that teaching is somehow my calling but as soon as I knew that they receive a lower salary and support than what they should be receiving for all their sacrifices, I told myself that it's not for me.

Training and support for our educators should be a constant for them to be able to give quality education. Whether it is vocational or a career, they deserve a competitive salary.

People in the higher seats telling our educators that teaching is a vocation is not a support, just blatant manipulation.

► Cartoon by: Ernest Robertson Angoluan



JoszeiahFaith B. Mancilla

**FRATERNITY RISKS:  
Hazing Rituals—  
Sign of Brotherhood?**

On Life at Stake



On the 17th and 18th of February 2023, a crime happened involving the latter. The victim John Matthew Salilig from Adamson University, a 3<sup>rd</sup>-year college student was found lifeless in the field somewhere in Cavite. 17 members of the Tau Gamma Phi Fraternity believe to be suspects in the brutal murder of Salilig.

Hazing can be probably in two forms : mental and physical hazing. An example of mental hazing is comparing boob and penis sizes which decreases self-

esteem or even sexual acts while physical hazing however is pouring hot water on a person or “padding”. Any type of “hazing” is not light, because any damage is still damage.

Hazing has been one of the most prominent rituals most fraternities and sororities do to newcomers, but apart from the fact that it has killed so numbers of people—including Salilig—is surprising that they still do not realize how morally wrong it is.

There have been numerous hazing victims, not just

in the Philippines but also in foreign countries, and yet, most victims have not been brought justice. When will they learn? When it is their loved ones that die?

On the other hand, the said fraternity sought help from the Public Attorney's Office but according to PAO's Chief Atty. Persida Rueda-Acosta, they will not help Tau Gamma Phi because they need to hold them accountable and will not allow a PAO vs PAO fight in court against this crime.

John Matthew Salilig died at the hands of those he once considered his brothers. The fact that his fraternity aimed for brotherhood only tells the tale of irony.

His death was indeed inhumane—and if you ask me, it was monsters who killed him.

For others, when we say “hazing,” it means initiation, but

for some who live to tell the tale but are brutally silent, it is not.

This supposed hazing turning into a heinous crime is illegal and immoral. Despite it being so, it is still ongoing to this day.

This only reveals the inconsistency and lack of command the government has. This is unfortunately sad but true. If the government acted upon investigating these fraternities and sororities, well then, Salilig wouldn't be placed in the position of enduring initiation by only wanting to be part of the so-called “brotherhood”.

When will the government be true to its words of giving justice? Or are they blinded by fear and doubts because they themselves might be exposed if one will make the table turns and change the course of the tides?



Ana Sofia Galvez

**SEX EDUCATION:  
Traditional Narrow  
Mindedness**

On Human Nature



Sex education involves teaching young people how to talk about and make decisions about sex and their sexual health as well as providing information about body development, sex, sexuality, and relationships, health, well-being and among others.

It's a common misconception that allowing children to participate in sex education equates to allowing them to engage in sexual activity, which is very unlikely.

Sex scenes that are prominently depicted in some films and TV shows can have a significant impact on teens and their thinking in the modern world when society and school pupils in particular make maximal use of technology.

Teenagers' lives are also significantly impacted by the internet. Due to the ease of access to the internet, when a user clicks on a specific link to a website,

advertises with explicit sexual content and images are displayed as regular sidebar content.

Nevertheless, we can't always hold technology liable because at the end of the day we're the ones deciding what actions we're going to take.

Opening the youth's mind regarding this concern may either be beneficial or a mistake. As everyone believes that discussing sex is only done out of ill will, and though sex has a lot of meaning besides “sexual intercourse”, it could also refer to gender.

What I've noticed, once the term “sex education” is used, everyone reacts malignly despite knowing the fundamentals but always choose to focus the other way around.

The fact that they make fun of people for using terminologies like penis, vagina, boobs, and scrotum, or any other words and how they conceal their

malice using “terms,” and how people are so narrow-minded while discussing these subjects are truly alarming and really needs to address the concern.

Whether everyone may agree or disagree with sex education, I still stick to what I think is necessary, because learning about sex can make people more mindful and educated about other people, from what they want, need, and prefer which perhaps we can contribute to a possible reduction of sexual abuse and crimes.

We must then also admit that not all parents have the opportunity to talk to their children about sex-related topics. Not all parents are flexible, open-minded, and willingly discuss matters. They may understand its purpose or how to perform it, but they are unaware of its significance and possible other outcomes.

Teaching kids about this can also alert them to the possibility of illness transmission during sex interactions. The infamous HIV and AIDS that rapidly increasing with an alarming number of teenage involved.

Early and frequent exposure to sex education promotes respect for sexual variety, reduces dating and intimate partner violence, fosters healthy relationships, guards against child sex abuse, and boosts media literacy.

Sex education is not fully tackled in our country for majority of Filipinos are clinging to traditional narrow-mindedness and trying to ignore the fact that the population is already getting bigger, and the teens need some assistance, failing to teach not only the students but all of us may result to inappropriate behavior and the potential repercussions of our actions.

*Teenage pregnancies, rapes, and other cases of sexual abuse are prevalent, as I'm sure we are all aware. We're all aware of how open-minded children are becoming now a days. Children are beginning to act in ways that they shouldn't. A very alarming situation that needs to be addressed right then and then.*

It appears that up until now, the SEX EDUCATION still considered “taboo”. Many individuals would still add something derogatory and even make fun of the latter not even realizing that sex education can help them better their understanding especially if circumstances approach.

Francis Dale S. Gonzales

**PROMOTING PROFESSIONALISM:  
Educators in Academic  
Realm**

On Building Connection



*Communication and sheer interactions in school premises between teachers and students are undoubtedly a necessity to interchange knowledge and absorb learning in the present time. It is also one of the significant factors that helped shape our today's education, forming new pillars of educational growth, establishing academic excellence, and continuous studios development across academically inclined students and teachers in the field of education.*

As educational staff and school personnel constantly educate students to keep them proactive and focused on their planned curriculum, setbacks and difficulties are bound to occur amidst ongoing educational programs. The issues that could arise amongst school's faculties and students that could influence such alarming societal matters like concealed affairs, involvement in political issues, predation to students, and relationships to school students that could be detrimental to their personal life and academic careers.

To exhibit effective solutions for this crucial circumstance, the Department of Education (DepEd) enacted an order regarding this matter. The DepEd Order No. 49 serves as a main purpose of promoting professionalism and to depoliticize the education department in order to restore and indicate civil service rules to professional educators.

To elucidate, the benefits and the positive impact of this order is that a member of faculty will neither be part nor involved in any political and societal controversy especially, between the students. The educators will prioritize the safety and public welfare of students or children as the DepEd order suggests. And where it can also prevent unjustified freedom of teachers to know about the lifestyle of students outside the school premises as relationships, communication, and interactions are prohibited according to this order including following social media with learners outside the school setting.

The DepEd's memorandum also states some downsides regarding constructing a legal and monumental gap alongside the learners and educators. It hasn't been clarified and cleared out yet for everyone for its controversial debate and public dispute. It is also essential aspect for students to create a bond with their educational mentor for them to feel protected and well-rounded. In addition, teachers were delimited from doing follow-up awareness and imply about society's activities and political matters outside the school setting as they remain to initiate and act professionally inside and outside the academic realm.

In the appearance of promoting professionalism and depoliticizing educational authorities, it actually threatens the freedom of expression and rights of educators on educating and teaching to the youth to redress societal issues and national concerns while delivering quality and true education in our institutions of learning.

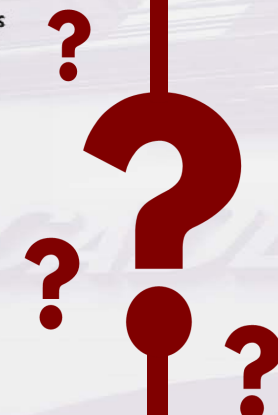
It is very clear to know about the implication of professionalism and maintaining the freedom of expressing the truth against grievances in this order. We must be aware of the regulations and established methods of this matter and make a clear scope and delimitation to follow for both student and teacher. At the end of the day, what does really it takes to be called - PROFESSIONAL?

**In the appearance of promoting professionalism and depoliticizing educational authorities, it actually threatens the freedom of expression and rights of educators on educating and teaching to the youth to redress societal issues and national concerns .**

**Are you in favor of under DepEd Order No. 49 s. 2022 : Teachers should avoid interactions with students outside the school setting and class hours?**



#ECHOASKS



“As a student who is having a hard time listening sometimes inside the classroom there is really a big tendency that I'll be asking my teacher outside school hours and if the DepEd mandates the teachers to not entertain us after class hours, well then, I guess I need to do more efforts now to listen well during discussions.” - Princess Jhena Perez, Grade 7

“If we're talking about avoiding unnecessary event and for our safety purposes, well for me I would agree with the DepEd order.” - Nathalie Kate De Vera, Grade 8

“I support DepEd Order No. 49. s.2022 as it could be a sign of respect for both teachers' and students' established boundaries. This can also assist to prevent other students' concerns that their co-student is suspiciously close to the teacher and to avoid being dubbed a “suckup” or, as it's known mononymously, “sipsip.” - Mary Claire Delmiguies , Grade 9

“As everyone describes a teacher's role, “A teacher plays a role as your second parent.” That explains a usual relationship between a teacher and a student; If DepEd chooses to destroy that relationship, it's like taking away a parent's right to interact with their children. Many students open up to their teachers more than they open up to their parents because some students feel more comfortable around their teachers than with their parents. How will the students cope with their problems? How will the teacher be able to help? That issue can cause problems with students' mental health since they have no one to open up to.” - Tanguilig Amelia, Grade 9.

“As conflicted as this might sound, I agree with this order. Not being able to communicate with teachers might sound like a lot, but in this case, it will ensure safety and a strictly professional academic relationship. By avoiding interactions, it doesn't mean cutting all ties when it is school-related, only when it is not should the order be implicated.” - Beatrice Lazzara, Grade 10

“I do support DepEd Order No. 49, yes. S. 2022, Given that it is a great policy/guidelines for both students and instructors as it prevents unwelcome student-teacher connection, establishes a boundary between each other, and promotes the professional relationship between each of them.” - Elaizah Jiezel Ceriola, Grade 11

“I am not in favor to the DepEd Order No. 49. 2022, because teachers should also enjoy their interactions with students, especially in advisory classes. Students need someone to talk to discuss their personal issues with (what if they didn't go along with the class?) and they need someone to support them. Also if teachers and students become friends, teachers can be a good influence to the students, therefore there shouldn't be a wall between students and the teachers specially outside the classroom.” - Tiffany Anne Cadiz, Grade 11

“The way I see things is that in order for us students who want to thrive with our academics, It seems that this kind of implementation would only hinder our attainment of having a positive connection to teachers that enables us to gain knowledge and wisdom that will be in use of further ameliorating ourselves. I believe that this implementation still needs to be thoroughly analyzed to produce insights that will aid its claim tin order for it to be an effective law.” - Justine Lance Pineda, Grade 12

► Charlotte Beltran

## JEEPNEY MODERNIZATION: Promise of Comfort or Perennial Conflict?

On Silent Agony



*Jeepneys are traditionally recognized for its brand of possessing a distinctive delineation that is unique to one another. Distinguished for its cramped seating that transports divergent individuals to different destinations, it certainly does not disappoint. Now, traditional jeepneys are now being deemed as unsafe and environmentally damaging. But is that really it?*

Public transportation has always been an issue in the Philippines, and with the recent initiative of a proposed plan of action, flames of dispute are once again being sparked.

Rooting from a project way back 2017, the Public Utility Vehicle Modernization Program (PUVMP) initially announced which is now being termed as the “Jeepney Phase-out”, wherein traditional jeepneys will be cut off and transitioned to a modern version.

The Land Transportation Franchising and Regulatory Board (LTFRB), on the other hand, agrees with the modification, as they considered the jeepneys as environmentally detrimental. And although the deadline was extended until the end of the year, still, there have already been too many coals for the fire to be put down immediately, leaving smokes of question as to why of all problems this is what they have firstly chosen to look into.

In line with the recent occurrences, individual operators participate in the week-long transport strike that happened last March 6, 2023 and halted two days after, in protest for the jeepney phase-out.

Statista Research Department states that there are about 42 thousand Public Utility Jeepneys (PUJ), as of October 2021. From that alone, it will be grievous that most, if not all, were not privilege enough to be at par with required modernization.

While this stirs different points between operators, drivers and the government, its effects do not apply solely to them. Sen. Chiz Escudero urged the governing bodies to reevaluate and review the program, claiming that the program not carefully planned and that it was carelessly conducted, offering no consideration to both the drivers, operators, and also to commuters. Evidently enough, moving forward with the proposal would only result to a bigger deal with higher stakes.

There is no question that the public transportation system needs to be updated to improve the safety, effectiveness and sustainability through the modernization program. However, if such development requires a greater loss then its main goal will make no sense. The subject is not denied because of the aversion towards advancement but because the subject is a gateway for serious risks to venture out.

Modernization, which is where the whole subject is all about, isn't actually as bad as one would think and while this is an obvious fact, it will still boil down on how it will be done and for what reasons. Nonetheless, if a promised comfort would give a way for a perennial conflict to reign, then wouldn't it be better to retain and improve rather than remove and produce.

Then again, modernization is there to revive and not deprive. The issue is not a frivolous matter to be given an insignificant amount of thought and that is what the public is saying or in bolder terms, this is what the Filipinos are fighting for.

Traditional jeepneys are more than just a public transportation but rather a cultural symbol that represents and signifies.

If the implementation is truly a solution or yet just another burden and will it be candidly for the sake of comfort or for the birth of conflicts?

“

No matter how vast the social media is, credible information is a must to incite profound insights for the greater good that can be anticipated nationally.

► Francis Dale S. Gonzales

## SOCIAL MEDIA : Standing up to DISINFORMATION

On Media-Technology



*The current world revolves around innovative networks that will aid us to build strong pillars for our society. This includes social interactions among people that can share information in exchange for valuable ideas in order to cooperate for our communities across the globe.*

As we're approaching a more modern era, people have developed advanced technology that will transition us to virtual communities and artificial applications and thus social media takes place as one of the essential parts of contemporary life. It creates direct contact with people we want to associate with, to get to know each other virtually, and helps us stay connected with dear family and friends. Social media serves as a way to generate communication and sustain firm bonds to its platforms.

### Implication of Non-Factual News

However, as social media progresses and evolves naturally overtime, profound detrimental implications of social media start to sprout including the misuse of social media that is relevant today. The users use it as a medium to abuse, threaten, humiliate, and intimidate people. Unauthorized misleading claims to sabotage and defame someone, falsified statements, libel, and defamation that can easily circulate in the stream of social media. Abusing the rights of offenders for being below the belt for their freedom of speech on opposing the truth. And what's even more alarming and formidable is that, the covertly spreading of uncountable fake information that can possibly incite suppression of social conflict makes it dangerous for people to anticipate. These are just mere instances of how social media now can control and manipulate the people behind it if not used properly and responsibly.

### An attempt to establish awareness

Raising awareness surrounding certain topics in our society, we need to strongly bring up how palpable social media can be a medium for plotting deceiving information. As it may sound a startling issue, it is actually more menacing than what we could think about. The distortion of news information that is intended to manipulate the general public and people's perception to reality, commonly used to influence politics and advertising. Furthermore, disinformation and misinformation is widely classified as being one of the controversial factors of social contentions in between partial parties in social media. The contradiction of accepting factual information and non-fiction data, typically present in political analysis and arguments is absurd and unacceptable, broadcasting in mainstream media across the nation.

### Exhibition of Solutions to Combat Disinformation

As far as we're concerned civilized individuals, effective solutions for continuous issues of social media should be implemented and encouraged for us to utterly avoid social conflicts. In recent matters regarding combating disinformation on social media as one of the main ways false information is spread online, a legislative lawmaker Senator Risa Hontiveros made a statement about “Empowering the public” to be vigilant and to seek out credible sources for verified information should be a top priority to counteract disinformation online. She said prior to habit truth seeking should be normalized and rebuilt accumulated by supported literacy media training to send aid for people to detect and expose deceitful information and crucial fake news.

Other lawmakers suggested criminalizing ‘fake news’ could be a better way to track down misleading information circulating social media platforms in order to come up with the termination of disinformation once and for all. Proposed Senate Bill No. 1296 also known as criminalizing the creation and dissemination of ‘fake news’. The bill's main objective is to put an end to disinformation of stories, news, and facts that can't be confirmed to be true and legitimate with the purpose of misleading its general audience. As a pending senate bill, the authorized lawmaker of it, Senator Jinggoy Estrada mentioned that the reason behind this policy when given the chance of enactment, is providing protection for citizens against falsified news and to stop the proliferation of inaccurate and hoax news on the internet as a by criminalizing it.

### On amplification of filtering fake news to correct information

It is still a complex resolution on how we will act against and prevent the inevitable spread of false information on the networks of the internet. Social media has been an ingenious technology for socializing and accessible to informational aspects such as news and factual information and stories to get to know the events of our national events. Having enough transparency on being aware of our societal issues is significant to keep up on discussion on contemporary news. In such a manner that it is firmly necessary to consume and impound knowledge of legitimate and clear information that can be useful for the future.

Ensuring that social media platforms could use their freedom to dilate and uphold correct information, websites and networks should implement corrective measures for right algorithms and the urge for standardize fact-checking for cognition of people who will view and absorb information that is dispersed to various applications of social media. In addition, citizens should be mindful and cautious when surfing through social media on searching for information to only authorized and verified social media websites that contain comprehensive accurate analysis and reliable information on given contextual news articles to avoid deception of being a victim of disinformation.

Social media today is a substantial and considerable place to share and absorb information from a day-to-day basis as we make it up for sensible subjects and become fully observant around social conditions and on discerning societies' controversial occurrences that will catch the attention of the citizens and people all over the nation. The participation of the general public on social media with seizing truthful news and correct information in relevance in today's social matters in order to contribute positively into absolute resolution and systematic solutions. No matter how vast the social media is, credible information is a must to incite profound insights for the greater good that can be anticipated nationally.

► Beatriz Lazarra

## THIRD GENDER An Eternity Long Debate

On Breaking Stigma



*Cambridge Dictionary defines “Homophobia” as harmful or unfair things a person does base on fear or dislike of gay people or queer people. This is still considered one of the world's most talked about social issues. Along with racism, homophobia still exists today and could remain in the next generations to come. When will this end? Until one is proven to be wrong?*

When can we finally say that we are now living in a world where negativity towards “Third Sex People” will no longer grow and foster? The Philippines is one of the widely known active advocates of equality, especially in seeking just and equal rights to LGBTQAI+ community, but ironically it's sad to admit but the Philippines is also one of the many who haven't been much “educated” on the latter.

This topic is a sensitive issue for it calls for different point-of-view not only from people who are more particular in their so-called definition of “morality” but most especially those who religiously believe in the teachings of the Bible.

Taking this into account, there are still people who chose to hide from their own shadows just not to experience embarrassment or be teased by other people who might not understand their ways. Their feelings of being caged in their own thoughts because they not being ready to face the possible ripples of their actions could possibly lead to more self-doubt and uncertainty.

No one should ever be treated

badly just because of wanting to be free. Everyone deserves to have their own so-called “freedom”, but why they were being treated as though they don't deserve such?

“I was born this way!” – is their usual defensive response which some people find offensive but is this response really offensive? As for me, No, because no one even has the right to be rude to other people just because they don't fit in our society's standard of gender, it's just that the term “gay” connotes a negative meaning to some people's minds.

On the other hand, Religion also plays a big part in their way to the stage of acceptance, especially to gay people who live in countries where their religion is at

greater heights than their personal beliefs. But my truth says that if you are religious, then you are and that should never be a reason to drag a person with hurtful words because you have your own beliefs, while they also have one – only just different.

Thinking about it makes me sad, but what about the people who actually experience this? How long does this fight for equality need to go further? This fight for people's rights, this fight for the little children who possibly chose to shut the light of hope and live behind their own shadows, this fight for the people that got killed for being themselves? A question we'll never know the answer to, but one can prevent from pervading – be educated.



# Golden Year

## 70 years of giving Quality Service TO THE FILIPINO YOUTH

by Jan Ryan Castillo

**"Extraordinary, unique, exceptional,"**

These are the words described by some of the alumni of QCA or better known as KYOKA.

Decades of providing quality education — 70 years to be exact — yet QCA still never fails to stand with its values, but how did this academy rise and become one of the well-known private schools in Quezon City?

In the year 1953, QCA was first named as Bago-Bantay Academy by its founders — Dr. and Mrs. Abes, Prof. F. Asistido, along with their other colleagues. The academy was intended to serve its purpose as a private school to those of poor families in the area. And on its humble beginnings QCA only have 92 students but slowly lessened as years passed by.

After a decade of operation, the school was then bought by Justice Carmelino G. Alvendia in 1963. New rules were implemented, introducing a better, stricter but safer learning environment for its learners. Even more renovations were made for the school which eventually led to the booming of enrollment by the 70s and 80s.

It must have been a joy for the school during the 1980s for it was at its highest — winning competitions, passing government administered exams, and the growth of its population — the peak of QCA.

Then there came the 90s, where our mother, father, aunt, or even our uncle might've even gone to QCA. If they did, you might have asked them what the school was like then. Of course the strictness of the QCA won't vanish in these stories, but they would also tell us how it taught them disciplinary actions as well as the friends they made along the way.

QCA kept providing its service and education to the youth even in the new millennium. This new era, unlike the others, is more advanced and complete. The late 90s and early 2000s saw the rise of computer technology, and the school responded by building internet and computer laboratories for all. The school also introduced two additional grade level as per the memorandum of the Department of Education under the K-12 program in 2012, along with the tracks — STEM, ABM, and HUMSS.

In the 70 years of providing the best education in the metro, QCA have already been part of producing professionals, TV personalities, Politicians, Doctors, Engineers, Lawyers, and even Beauty Queens and other professionals now living their own dream.

Things were going smoothly not until the pandemic had struck. The school was in its another year of trying times. Questions like, How were they going to deal with this problem? What would be the solution? But, amidst the darkness, a light shines and the school once again rose and followed that illumination, there stood the solution.

2020 to 2022 were the years of virtual classes. It felt empty but the teachers tried their best to make us feel like we were actually in a classroom. It took a while for everyone to adjust but we were soon getting back on our track. I know online class was a bit hard for all of us. Getting distracted by social media, friends inviting you to play games, and Youtube. I remember when I was suddenly called to answer a question while I was watching a vlog, and it didn't end well. It was shameful and I felt like leaving the whole class and never coming back ever again.

There were some funny times in class too, despite the embarrassing ones. Our teachers gave us some memorable experiences and made online class a unique and remarkable one. Whether it was humiliating or hilarious, the previous years of learning virtually surely left me a golden memory.

The three consecutive years of successful online class was enough to prove that the QCA did its job well in providing its students with proper learning and education. There truly is no other school like QCA.

Now that we are back on personal and face-to-face classes, QCA implemented rules for the safety of their students. But the difference between then and now, is that QCA is slowly adjusting itself to the student's needs.

I can't help but wonder, what more would and could QCA do in the future? 70 years of providing quality education, make it 80 or even 100's!

**HAIL QCA!**

## QCA PRIDE: Emerging of Youth

by Christine Jein A. Galgana

Quezon City Academy Foundation, Inc. has been a stepping stone to many successful and known people of this generation. Many of you may think, how did our school help these students be who they are today?

QCA values self-discipline the most, it is the first thing that comes to mind when our school is mentioned in a conversation, aside from the infamous haircut the guys go through every month. This discipline that they taught is practiced even outside the school premises, many alumni have shared their sentiments on how they miss the "QCA way" of doing certain things, some said that they still greet their teachers in the hallway and use the peace sign.

The dedication of our teachers today and of course in the past have been a great influence on these successful QCAIANS to thrive and be where they are today. We cannot deny that QCA has one of the best and most hard-working teachers, that inspire us to be like them someday. To have that same passion for what they do and always be on their A game.

A proud graduate of our school is ATTY. RODELIO T. DASCIL, MNSA received his diploma in 1984. He served as the 1984 batch's class valedictorian and is currently the director general of the Senate Tax Study and Research Office. In his short film, he explained how the knowledge he received at QCAFI had a significant impact on his quest to realize his aspirations.

In his video shared in our schools' official facebook page he said how the lessons taught to them during their time became very useful as he went on to college and got his master's degree, he emphasized that we should all value the things that are being taught to us because we will not be only thanking our school but also ourselves for listening and valuing them.

It is their burning passion and desire to win in life that made them who they are right now, behind the success they are experiencing currently is a driving force of events that pushed them to do better and be better. Their success is all thanks to themselves and no one else, because at the most challenging times instead of giving up and quitting they persevered and reached the top.

As teenagers, it is hard to find that one true path that we want to take on and lead our life to. In this changing world, wherein opinions are much more relevant than what you think and may affect a person's way of thinking it is best to not let them consume our system.

Right now, everything might not make any sense and it may cross your mind that what is so important with the things our teachers make us do but it will make sense, and you will be grateful to your present self for doing it and not quitting. As they say,

*"When life throws you lemons make lemonade."* Learn to work on things life gives us because we will never have it easy. It is a different type of fulfillment to go back to QCA as a golden laurel, to be interviewed and to share how was the high school in QCA for you. Hail QCA!

We will never know what the future holds, but if we thrive and be better people by making wise decisions, we may be who we want ourselves to be.



**RODNEY BRONDIAL** || QCA BATCH 2005

◆ PROFESSIONAL BASKETBALL PLAYER



**JONAS CYRONE CRUZ** || QCA BATCH 2013

◆ SINGER AND DANCER OF THE RISING PPOP GROUP 1STONE



**ZAMORA BROTHERS** || QCA BATCH 1988

◆ ACTOR AND DANCER/ TV PERSONALITY



**ATTY. ROGELIO DASCIL** || QCA BATCH 1984

◆ DIRECTOR GENERAL: SENATE TAX STUDY RESEARCH OFFICE



**DIVINE AUCINA** || QCA BATCH 2008

◆ ONE OF THE RISING COMEDIAN / TV PERSONALITY

QUEZON CITY ACADEMY

## Serving for 54 years Ma'am Ongoco:

## In her dealings with Educational Trends and Challenges

by Christine Faith C. De Jesus

### "Change is inevitable, Growth is optional"

This familiar adage proved true to Ms. Carmelita Ongoco.

It starts with the summer of '69. QCA open its gates to a batch of nervous and hopeful teachers. Mrs. Ongoco was just one of those people back then. She walked the hallways and classrooms before us not knowing that she would witness the school into what it is today. She exulted in the amazing euphoria of starting her first year as a full pledge teacher and getting to transform a nation.

She shared that in her 54 years of giving service to the Filipino youth, the most difficult thing she went through is the switching from the old ways of teaching to modern technology, from back aching paraphernalia to a four cornered screens. She may find it hard at first but found her ways to make it very "enjoyable".

In the past two years, we have been studying online, in front of a computer. Many have had difficulty adjusting to it because of the slow internet connection, or the unfamiliar learning environment and learning platforms.

The students and teachers still took the challenge and being able to adjust and keep up because if not, they would be left out.

*"It is important to keep up with the current trends in education, otherwise you would be left behind."* Ms. Carmelita Ongoco said.

She prepared for online classes by staying updated with technology, because for her, students are well versed in technology, especially on computers. She also plans ahead,

masters her topics to get the trust and respect of her students.

To overcome the changes, she also did some research about some strategies that she could use to cope up and to teach better with the online class set-up.

*"Show passion to the students, love, and respect. Be creative to visualize what you are saying. Remain positive and supportive especially to the slow learners. Create enjoyable lessons to encourage students to use their critical thinking skills."*

These are the advice Ms. Ongoco gave to those teachers who is still in the process of coping up with the sudden change in the way of teaching, and to those that seek improvement.

Remember that it is okay to make mistakes and struggle at some point because how can you get better at something if you are scared to try new things out? Instead of being sad about a thing that didn't work out, be proud that you tried, because this will be your stepping stone in the future.

Ms. Carmelita Ongoco is feeling blessed, because she said that, at her age, she can get along with the vibrant, young, and "bagets" teachers. It makes her feel active, alive, sensible, and well.

Change is scary, but we'll have to do it anyway. Let's find the positive and "enjoyable" side of change just like what Ms. Carmelita Ongoco did.

Mrs. Carmelita S. Ongoco through the years.

## FROM FOUR-CORNERED SCREEN TO FOUR-CORNERED CLASS ROOM

by Mycah Rizzel T. Morada

*"Ma'am/Sir, Can you hear me po?," "Sorry po but my internet connection is not good po, hindi ko po maopen ang camera," "Pasensya na po, naubusan po ako ng data kahapon kaya po absent ako."*

These are only few of the lines we always say whenever we had our online classes. The online classes that brings us intense and mix emotions, expectations, and frustrations not only to other people but also to ourselves. The times we get to sit for hours listening to our teachers and classmates in the four cornered screen makes us wonder of until when should we deal with this set-up.

But see?! How time really flies so fast that we get to meet each other face to face, mingle and laugh with one another without the barriers of screens and problem of internet connection.

And now, from our sometimes silly and petty reason of not participating and attending our online classes before changed to the feeling of like the only choice that we have now is to stand and make the best out of the situation and would just utter to self, *"Itawid mo na lang, bahala na."* Online classes is not

accessible to all, especially to students who don't have the means to go with the changes of our school set-up. But if there is one of the many things that the pandemic taught me, it is, if we allow ourselves and embrace changes, definitely we can rise above the problem and make things that are necessary for us to be better.

As I get to finally be out of the four cornered screen, there are lots of things that I truly want to experience. The thought of the pandemic stealing my two years of suppose more engaging and productive high school life is kind of disappointing but putting in my mind of how the pandemic test my patience and perseverance make that two years still one for the books.

I may only have few ideas of what will going to happen in the days to come but what I am sure about is to make my high school a journey and experience to remember. Carpe Diem!

## High Achiever's Insatiable thirst for Success and Validation

by Jamelle Eirawahn T. Garcia

*Flashing cameras and shining gold, pretty ribbons and flattering compliments, what more can a person ask for? To be such a great student, to receive awards every year, medals and certificates, to be able to taste the sweet flavor of academic validation.*

To be a student is one thing, but to be a high achiever is another. It may look like such a dream, and for others it is. Behind the academic awards and the perfect-picture image comes the undying pressure to be better. Everyday, these students try their best to smile behind the difficulties of trying to achieve more when they're already the best.

The pressure of having to always be the top because it is "what's expected from you" can be really painful. Especially when it's served with unending comparisons, whether by their families or their friends, and sometimes even from themselves.

High achievers struggle to satisfy their insatiable thirst for success. They are sometimes blinded by their need for academic validation that oftentimes forget to even take care of themselves, prioritizing their studies before anything else.

That feeling keeps coming back to them despite their best efforts to get out of it by working longer, harder, and smarter because they frequently fail to overcome their biases. Instead, they become fixated on resolving their internal self-worth issue through the material world, via observable awards and feats, which never seem to break through the protective shell of their self-concept.

The problem is, once they succeed in this self-attained goal, instead of being able to feast and enjoy it, they wander their eyes to look for a higher mountain to climb. Once they reach a new goal, it feels less impressive because their baseline for success concurrently rises.

Fear plays a role in sustaining this cycle. If they get too comfortable and complacent, they worry and would result to lack of motivation to be successful. They fear regressing back to that unmotivated and apathetic kid.

It is unfortunate how they aspire for others to be proud of them when they, themselves, can't even be proud of their own success. This just shows how behind every person's story of success is the miserable amount of sacrifices. Also, how not everyone and everything we see from the outside is not exactly how they feel from their inside, most just flash a smile to disguise the true feeling of dejection and gloom.

And yes, as one of the people experiencing the same and I may sure to struggle a lot knowing that I may never be able to escape from it, for now, but someday, I will get to leave these things behind and move forward.

Two years ago, the world has changed a lot due to the existence of an unseen enemy that devastated lives across borders infecting thousands of people's lives – Covid 19.

The pandemic changed everything and even the learning system turned into a new normal education. The academe embraced modular, blended, and online learning. These changes affect not only us students but also our teachers not even to mention our seasoned teachers. Their endless sacrifice of time and efforts just to do their sworn vocation– to deliver the teaching and learning process in the most effective and efficient way.

From these concerns, they sometimes have to deal with the expectations of the students, parents, co-teachers, administrators, and even to themselves. How tough and challenging that situation looks like, right?!

### WHAT IT REALLY FEELS LIKE?

Teachers are humans too; they are as vulnerable as we are. And in the two years of trying times they sacrifice part of themselves (if not mostly) just to cope up with the new normal. How many of us can feel their anxiousness, frustrations, and hardships during their trying times from then to now? We cannot because we sometimes do not put our own laces on their shoes. But, without us knowing their burdens, they are still on their head high, delivering the best learning experience students could ever have.

Like BDO states, THEY FIND WAYS. The world is full of unpredictables and not everyone is willing to make a difference, but our teachers choose to be one. Our teachers are willing to lose some parts of themselves just to complete what's missing from us. They complete our puzzles first before finding their own missing parts knowing that they themselves might not find their own missing piece. And what's more heartbreaking, is that they choose to move forward without finding their own missing piece to the puzzle they wish to complete.

Many of us would only see what our eyes wish to see but in reality, teachers are not perfect, but they are willing to raise the burning torch up high to give light and illuminates our almost dark world. The light that gives us hope, the hope that will lighten our way to see the dark path to take.

Salute to all our teachers for all your sacrifices. Thank you for illuminating our nation with your endless love and care. Your love for service may not be seen by those in the position. Some may show you fake sympathy and care but believe that true people who care see your worth above anything else.

They are called, "The Unsung Heroes," but an unsung hero only needs one to be their voice. Are you willing to stand up high and be that "one"?

## Teachers' Burning Torch ILLUMINATING THE WORLD

by Ryan Castillo and Marie Claire Delmigués

Mrs. Dimaano, in her most comfort zone- Teaching

*She is a Filipino Teacher who has been teaching for more than 3 decades to Quezon City Academy. She may be misinterpreted sometimes because of how firm and strict she is but she still one of the most loved teachers in the academy. February 22, 2023—Wednesday # Miel*

# MAGTANIM AY 'DI BIRO: *Farmers' Long Due Agony*

by Jamelle Eirawahn T. Garcia

**The green pasture that bloomed blissfully along the highways up to the inner parts of barrios makes everyone fall in love. The astonishing green fields and the swaying rice plants dancing in harmony make a stunning vibe which leads to making nature undeniably extraordinary.**

Philippines is richly graced with fields being cultivated by our heroes – the farmers, who sustain the life of humanity. Farmers who are descended, living in hunger, who are in extreme poverty, living in chaos – neglected and forgotten.

The passionate makers of fresh and healthy agricultural products to make a living and to feed the population, not only for their families. They are the main reason why we are living and enjoying the perks of consuming those goods to its extent benefits.

And in that, farmers are considered the backbone of any civilization. One of the foundation of living. But it is not just a plain farming. Farming is one of the noblest professions for it takes a lot of time, a hundred-mile patience, and perseverance to stay in the field just to produce and provide for people's everyday living, as we know that food is one of the basic needs of people in order to survive.

It may sound ironic but farming is seemingly neglected. No matter how much we try not to face it, this is real-this is happening. According to research, 60% of the country's population is a portion of the farmers. With all the farms surrounding us, it concludes that farming is the main livelihood of Filipinos. Yet still, many can't eat three times a day.

Sadly, this is the story of the farmers in the country. These people are the most vulnerable to hunger. They get hungrier and hungrier, especially in times of calamities and uncertainties. I sigh as my thoughts fall on the degrading and constantly changing

situation of our society. Look around you, what do you see? Farmers are yearning.

Farmers are suffering. Farmers are chained below the poverty line. How hard it may seem, but this is reality- farmers are battling the agony of hunger, poverty, and being neglected in this society where people are being controlled by their own standards, where people are closed-minded, selfish, and blind.

Farming is about taking risks between winning and losing with all the uncertainties that come along the way – the calamities that keep crashing the country and the wrath of nature that keeps coming at an unexpected cost. It's about sacrificing for the hope of living. It's about life versus lives. It sickens me to witness the number of concerns about how farmers are being mistreated when they're only trying to show fake sympathy – a false help, a false hope.

How ironic that the ones who sow the muddy field and reaped crops still need to buy rice grains for their own consumption, diving their small profits for their needs, loans, and debts. How long will they need to suffer? If it costs for redundancy then let us use our voice to speak for the right, so one keeping this economy gets going, could live in satisfaction.

Let our conscience play for he who does not care, is undeserving of his sympathy himself. Let us all possess ways to make the lives of our beloved farmers far better than the way it is today. They are not just farmers. They are more than that.

## YOUTH OF TODAY: *Society's Liability*

by Dianne Rose Nitura and Claire Agbalo

Day by day, we get to discover something about ourselves whether it is for our own good or could be our downfall. As they would also say, "Change is the only thing that is constant in this world", hence, have we ever tried to ask ourselves what changes have brought to us by the experiences that we've been through?

Last January 21 of this year, a Grade 7 student was stabbed to death by his fellow student along the hallway of their school building and probers looked into the misunderstanding brought by jealousy. This is saddening to hear and alarming, knowing how that easy for young people nowadays to take a life.

It is like most every day that my mom would say, "*Grabe talaga kayong mga kabataan ngayon, noong panahon namin...*", "*Bakit noong kami ay ganito lang ang ginagawa naming. ..*". You know the feeling of being criticized and questioned why we do things out of their context of what is right and what is wrong. Are we that out of the context? that we oftentimes do not blend in with their own so-called "right ways"?

Dealing with life's challenges with violence is indeed a wrong and unjustifiable action. I admit that the "now" generation is much more careless when it comes to justifying our points, actions, and is sometimes unable to correctly process criticisms and emotions. Some of us act based more on our emotions right away instead of weighing things first. And that is the battle we surely cannot win without the right guidance and support from the right people.

We youth of today our very vulnerable compared to the "then" generation. We get to be too sensitive and relayed too much to technology and our network assistance- friends. The exact friends that we don't even know if it's a real or reel.

The past and new generations of students have different knowledge and ways but that not necessarily mean one idea and belief should be buried. Both generations have something to fill the cup. Past generations are digital natives while the new generation is tech-savvy, active, and too expose to their own definition of freedom, the same "freedom" that influences them to be careless. That if not guided well, they may turn to someone we hope them not to be.

Over the years, some would and some still figuring out the real message of what Dr. Jose Rizal said to us youth, "*Kabataan ang pag-asa ng bayan*," It may be to develop a brand-new understanding about ourselves, finding our purpose and enhancing our various characteristics to blend with the changes of time. But, true or not, this will just be in the depth of our minds if one is not open for possibilities and don't have the will to walk for change.

We youth is not only our parent's, relatives or friends' liability, it's society's liability. Everyone can do his part to make a difference to us young minds. Everyone can create a positive home for our worrying mind. Everyone can brighten the wearying souls. And everyone can be our lighting torch to see the world full of beauty, happiness, and hope.

When I stepped outside our house, I was immediately hit by the scorching heat and screeching noise. "What a great day to start, right? As I stood on the side of the road patiently waiting, I saw a colorful jeepney approaching. I wave for a ride and went aboard. And here comes again the usuals, "Oh, Tatlo pa! Kaliwa't kanan pa ho!" I scan the entire jeepney. "Kasya pa tatlo sa lagay na yan?" we all questioned as we all stared at one another.

The jeepney was packed with people of different ages, and I had to squeeze myself into a tiny spot near the back. The jeepney was loud and rickety, bouncing up and down as it navigated the dusty and smokey streets of the city. I held on tightly to the metal bar overhead as we swerved through the usual traffic. As I continued my journey to school, I scanned my notes and started reading as I couldn't review last night for the quiz.

As we made it through the city, I looked outside and I couldn't help but marvel at the sights, smells, and sounds around me. The diesel fumes mixed with the scent of street foods, children playing in the alleyways, groups of people gathered on the sidewalks, honking and loud sounds of engines, and colorful billboards advertising from foods to different products and services.

I turned and sit back in my position and continue scanning my notes. As I was busy reading, the jeepney suddenly slammed on the brakes, causing us all to jolt forward. I looked out the window and saw a group of street children in ragged clothes and "unhealthy condition" while singing songs and begging for a dime or even a portion of food.

Looking at these children, I can't help myself but wonder why their parents allow them to do this or even let them be in this situation. This simply stark a reminder that poverty and inequality still existed and rising.

Seeing the smiling faces of these children despite the hardship they went through every day showed me how to be grateful for all the simple blessings that I received.

After that incident, I decided to keep my notes as I am nearly close to my school. Trying to redirect my attention, I saw different ages of people inside the jeepney with different hues on their faces. Others would just be staring at their phones, the other is taking a nap while moving sideward and backward, a group of students tapping one another as they laugh their hearts out, a middle age man whom I guess is a working student, looking and wandering outside as if asking his how's and why's, and a woman lullabying her baby.

Despite of the cramped conditions and the heat, I still found myself with a sense of oneness, that life will never be fair, and that we are all in this together, jostling for space and sharing experiences.

I managed to ask a jeepney driver to what is the talk of the town - jeepney phaseout, he lamented, "Kung ang mga lumang jeep ay ma pephaseout, sigurado po na isa ang pamilya ko sa magugutom." Hearing his words with sound of pain made me realize how hard really life is now. That necessities of life to live kept on rising, how people with limited means even survive. Will the government be liable to these or are they just into "modernization" even if that means is to bury down their people more in poverty and worst famine?

Putting these drivers out of business without giving them other means of work while waiting for the "modernization" placed them under the greatest burden not only to them but also to the commuters. How can the people in higher seats be not considerate of the immediate outcome of their decision?

As I got off, I squeezed my way back through the crowd and made my way out. As I looked back at the jeepney disappearing into the distance, I felt a sense of gratitude for the experience. The experience that had given me another memory of the heart and soul of the city. Indeed, a ride to remember.

## *A ride* REMEMBER!

by: Mary Clare Delmigués



<https://www.shutterstock.com/search/jeepney>

## RISING HEAT INDEX:

# Prepare for the DRY SPELL

by Jon Ver Santiago

“That’s Vitamin D”- the line we get to hear every time we complain of standing under the sun. But now, does this complain valid?

Can you still remember the last time you didn’t care how sun rays kissed your gentle skin at 8:00 am?

Now, from the bearable heat of the sun to excruciating feeling of like river of sweat dripping on our skin we couldn’t handle yet we have to bear from our utmost tolerance.

What made this tremendous change in the cycle evident? - Climate change

Climate change is a change in the average weather of a given area or region. Because of the waste of energy, deforestation, and fossil fuels, climate change began to expand. With the greenhouse effect, the earth’s atmosphere is filling up with pollution trapping the sunlight from leaving into space.

Due to the rise of the heat index in our country, heat is becoming a community problem in our country and other parts of the world.

According to the Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA), some notable areas are classified as ‘dangerous’ such as Butuan City, Pangasinan, Davao City, Zambales, etc. Based on the agency’s Heat Index scale, “Temperatures from 42°C to 51°C have the effects of this level of heat on the body including heat cramps and heat exhaustion, and probable heat stroke with continued exposure.” And with that, the lives of people would mostly get affected by climate change due to the climate temperature getting worse.

In relation to this, according to the National Oceanic and Atmospheric Administration (NOAA) that El Niño and emissions that are rapidly contributing to climate change, it adds another degree of complexity to understanding how climate change will influence the future.

With the climate getting worse every year, many plants, forests, and crops are getting affected by the high temperature as more frequent droughts, wildfires, and invasive pest outbreaks, lead to the loss of plant species. As plants, vegetables, and farmers get affected by the heat, leading to agriculture gets affected by it due to the disruption of food availability, reduces access to food, and affects food quality because of climate change.

When we look at the statistics, The hottest temperature recorded in the Philippines in 2019 was 39°C, while 2023, 48°C was the hottest temperature recorded in the Philippines in 2023 and we’re still in the first half of the year, with more students and workers getting affected by heat stroke.

As many reliable sources have been spread online about climate change on how it is affecting the Philippines and other countries, people do not pay much attention too much. Nevertheless, scientists and countries who are affected by climate change are trying to create plans on how to lessen the effects of climate change.

We, people, must make plans and actions as this climate change gets worse every single day. With our country reaching the hottest temperature recorded this year, expect the worse in the future if no actions were taken. So let’s prepare for the coming dry spell.



Cartoon by: Ernest Robertson Angoluan

**Science Editorial:**  
by Chona Mae Ahon

## NATURE’S RULE OF THUMB:

# PRESERVE PROTECT Masungi Georeserve

Concealed in the rainforests of Baras, Rizal, award-winning conservation site Masungi Georeserve gives home to more than 400 species of flora and fauna, making its biodiversity a haven for wildlife—A must-see for tourists and travelers who are sojourning the privately-led park for a nature getaway, showcasing the formidable rock formations and lush forestry in this sprawling area.

Masungi is also known for its **karst terrain**, an area of land made up of limestone, formed mostly during the Paleocene epoch 60 million years ago — it is the largest exposed spine of limestone in the Philippines. The winding trails allow people to participate in restoring the forest and to appreciate nature even more. From 400 species of flora and fauna — around 70 of which are endemic to the Philippines — such as the Luzon tarictic hornbill (*Penelopides manillae*), which is nationally listed as vulnerable; the critically endangered Bagawak-Morado (*Clerodendrum quadriloculare*) flowering tree; JC’s Vine (*Strongylodon juangonzalezii*); and the tiny Masungi snail (*Hypselostoma latispira masungiensis*), which researchers first spotted in 2017.

Tony La Viña wrote in rappler website that just September of last year, the deemed “Masungi Invasion” happened, in which more than 30 armed men from Sinagtala Security Agency stayed at Km. 48 of the Marikina-Infanta Highway and allegedly planned to take tracts of land from the area and sell them. The year before that, in 2021, two park rangers from Masungi were also shot. Even before this incident, forest rangers were already intimidated because they reported illegal activities such as slash-and-burn, illegal tree cutting, and illegal private resort construction in the watershed. In 2020, 500 hectares in Masungi were fenced off by the quarry company Rapid City with the absence of a permit. Quarrying has been a constant threat to the site bleeding to the present with the Mineral Production Sharing Agreements (MPSAs) that have been given and are yet to be terminated.

The 2,100-hectare property is home to effective environmental practices, research projects, strategic models and solutions in conservation, and community stewardship. In spite of the fact that the georeserve has been restored after 20 years of protection, illicit logging, slash-and-burn farming, the manufacturing of charcoal, and land trafficking, the masungi georeserve continue to face serious threat.

In a report last February 17 of this year, Bureau of Corrections (BuCor) acting Director General Gregorio Catapang stated that Masungi will be used for its new headquarters. The day before his statement, the Masungi Georeserve Foundation said that BuCor came to Masungi for an “ocular inspection” for a “relocation site of the New Bilibid Prison.” BuCor apparently acquired 270 hectares of Lot 10 in the area.

In addition to the report, as BuCor an agency under the Department of Justice (DOJ), Justice Secretary Jesus Crispin Remulla also confirmed the plan. According to him, this transfer is included in the order to decongest New Bilibid Prison (NBP) as well as their plan to “regionalize” facilities.

Situational risks like these could give rise to a movement of strong conservation advocates. Knowing that as time passes by the heat index we are experiencing is rising, isn’t proper to think that in this circumstance, we need for green corridors like Masungi to help us breathe with a fresher air?

Particularly when it comes to environmental issues — micro-actions can have a macro impact. These ripples and waves of the wrong decisions can eventually rock everyone to their core, causing a much more bigger threat to the environment.

In our fight against destructive industries and syndicated activities, we inevitably go against powerful interests. Hence, community-based education is crucial in raising people’s awareness of the importance of Masungi Georeserve’s intact forest and water resources.

Living organisms will preserve and emphasize the ecological and socio-cultural aspects of their habitats in addition to the economic value of a healthy ecosystem, where human technological civilization isn’t involved.

“A lot of people talk about conservation in terms of theory, in terms of simply what is shown in books; but it’s another thing to experience a place and to be able to see how all the elements of life interact in that area. It really creates a different level of empathy,” said Ann Dumaliang, co-founder and managing trustee of the Masungi Georeserve Foundation, Inc. (MGFI), a nonprofit organization that runs a conservation project in Masungi Georeserve in the Philippines.

We should adhere to nature’s Rule of Thumb in preserving and protecting Masungi Georeserve and be more responsible beings to achieve sustainability not only for our Mother Earth but for the rest of humanity.



Masungi’s Discovery Trail’s second-highest apex, Nanay (Filipino term for mother) has five interconnected limestone peaks. Image courtesy of Masungi Georeserve.



Philippine-endemic JC’s Vine (*Strongylodon juangonzalezii*). Identified by researchers in 2015, the vine can only be found in four locations in the country. According to scientists, the most prolific blooming of this flora species can be found in Masungi. Image courtesy of Masungi Georeserve.



Standing out in a sea of green, the Salinggigon (*Cratosyllum formosum*) is a native tree that is known for its elegant pink flower and are also known as the Philippines’ cherry blossoms. Image courtesy of Masungi Georeserve.

## ANTARTICA’S GLACIER:

# OPEN OUR EYES, SAVE OUR ICE

by Shun Jae Cuyugan

One of the most fascinating natural forms the planet had given us was Glaciers. Not only does it look terrific with its huge size, but it is also one of the world’s unsung heroes.

Glaciers’ massive chunks of ice formed on land, along with sea ice which is scattered across the sea, help maintain the global temperature and supply of freshwater. Back then, we would’ve thought it would be an impossible event if all these glaciers melted. Unfortunately, right now those possibilities are much more likely to happen.

Last March 4, 2023, Graham Readfearn of *The Guardian* news website, wrote that the continent’s fringing waters witness a massive shift each year, with sea ice peaking at about 18m sq km each September before dropping to just above 2m sq km by February.

In the southern hemisphere summer of 2022, the amount of sea ice dropped to 1.92m sq km on 25 February – an all-time low based on satellite observations that started in 1979. But by February 12 this year, the 2022 record had already been broken. The ice kept melting, reaching a new record low of 1.79m sq km on 25 February and beating the previous record by 136,000 sq km – an area double the size of Tasmania.

Hobbs and other scientists said the new record – the third time it’s been broken in six years – has started a scramble for answers among polar scientists.

Glaciers melting pose an alarming threat to living and non-living things. Currently, the chances of all glaciers being gone are getting higher and closer.

Stronger El Niño events may speed up irreversible melting of Antarctic ice, research finds.

“We are probably starting to see signs of significant warming and retreat of sea ice [in Antarctica]. To see it getting to these levels is definitely a concern because we have these potentially amplifying feedbacks.”

Scientists Dr. Rob Massom, of the Australian Antarctic Division, and Dr Phil Reid, of the Bureau of Meteorology, shows two-thirds of the continent’s coastline was exposed to open water last month – well above the long-term average of about 50%.

The increase in temperature, which is the main reason for the glaciers melting, combined with warm huge bodies of water, could create more super typhoons and calamities in different regions of the world since it disrupts our planet’s jet stream.

Tsunamis of great sizes could potentially eradicate habitats, plantations, buildings, and others. This mass destruction could end up in political and world wars, civil wars, and a much higher hunger for money and a fight over resources would definitely be inevitable.

These are only a fraction of what would entirely happen to our home planet and its inhabitants.

Our beloved planet is constantly suffering, but we are not here to just stand or pass by. Being humans, we must take responsibility for the consequences of our own deeds.

It doesn’t mean that if something is uninteresting to you, it is ignorable. We must move first before global warming does.

Today’s not the time to play dumb and move away from our sight instead, we must open our eyes and save our ice.

# MINDORO GASA INFERNO : 'Oil Spill Havoc' Prompts Cease and Desist in Operation

■ Chona Mae Ahon

*Is it gross? Unsophisticated? Totally tasteless and positively offensive? Then you can describe it as CRUDE.*

Crude is not rude when it's used to describe unprocessed oil, which was first associated with in 1865. Driven by thy name itself at our time — Oil.

Although fossil fuels such as coal have been harvested for centuries, crude oil was first discovered and developed during the Industrial Revolution, and its practical uses were developed in the 19th century.

Developed from ancient uses of fossil fuels which we now utilize to heat our homes, generate electricity, and power large sectors of our economy.

Many economists view crude oil as the single most important commodity in the world, as it is currently the primary source of energy production that trades in markets globally, both as spot oil and via derivatives contracts.

But when oil accidentally spills into the ocean, quiet damages may have taken.

The effects of oil spills can have wide-ranging impacts that are often portrayed by the media as long-lasting environmental disasters. Such perceptions are understandable as they are often fuelled by distressing images of oiled birds; threatened coasts of other Wetlands and Wildlife.

Marking a month since oil tanker MT Princess Empress sank in Naujan, Oriental Mindoro, there are no tourists in sight. Nor are there any fishermen. But fear of bombings is not the only reason why they are staying away.

'Massive' maritime wreaked havoc had devastated the coast causing an oil spill from its cargo — containing 900,000 liters of industrial oil.

Greenpeace satellite imagery shows the day-to-day expansion of the slick that reached coastal ecosystems of Oriental Mindoro, including the biodiversity-rich Verde Island, from the period of 8th day until the 23rd day of March 2023.

Allegedly, the tanker was 50 years old and had not been refurbished according to standards. Administrators — The Maritime Industry Authority (Marina) has issued cease-and-desist orders (CDO) against the owner of MT Princess Empress, putting the vessel's activities on hold.

On the other hand, two Remotely Operated Vehicles (ROV), the Hakuyo from Japan and MR2 Hydros from the US Navy succeeded in the first week of April to cap some of the ship's tanks and valves that were still leaking.

Specialized bags from the United Kingdom and customized ones made by a local golf-bag-making company were used to "bag" the leaks from 11 sources of leakage.

The latest NDRRMC situational report says a total of 24,698 fisherfolk, mostly in the MIMAROPA region (Mindoro Occidental, Mindoro Oriental, Marinduque, Romblon, and Palawan), have been affected by the fishing ban that has been imposed due to oil contamination.

Meanwhile, residents of Isla Verde (Verde Island), a body of water in Batangas and Mindoro that is a global center of marine shore-fish biodiversity — where traces of the oil slick have been found, formed a "human boom" on Friday in observance of Earth Day on

Saturday, April 22, and demanded justice.

Wherefore the challenge of managing oil spills is increasing in complexity and magnitude. It really takes sound science to clean up the oil, measure the impacts of pollution, and help the ocean recover.

It is generally accepted that recovery is reached when a community of plants and animals characteristic of that habitat are established and functioning normally.

Hence, as a global community — We need a balanced, long-term energy policy and discipline to reduce our dependence on the underlying adverse effects of oil spills and preserve the beauty of the maritime land.

## AN ALLEVIATION FOR DISTRESS

### *Magic Mushroom, it is !*

by Marian Precious Guarda

Nature is a home flush with sunshine and vivid light, a home vast with the remarkable aspects found in the world. Yet, beneath such an astonishing surface there's a story untold. In the darkest and in the light, they are the oldest and youngest, they are the largest and smallest, and they are the wisdom of a billion years. The creation, the resurrection, the condemnation, and regeneration, an organism that lives far below us, which oversees in nourishing us, providing for our health, and perhaps unlocking the secrets of life on earth.

They are "Magic Mushrooms," that serve as the cure for the present! Magic mushrooms, also known as psilocybin mushrooms, are much more complex than you may realize.

According to experts, magic mushrooms include about 180 species containing the psychoactive chemical psilocybin. When ingested, psilocybin is transformed by the body into psilocin, which has hallucinogenic or psychedelic effects and may even be used to treat mental disorders. These effects include changes in perception, mood, and thought.

Moreover, in the year 2022, a study shows in which included more than 200 patients from ten different countries, all of them had depression that was resistant to treatment at least two common medications had failed to benefit the patients. But, a 25mg tablet of psilocybin, puts patients in a dreamlike state and makes psychological therapy more likely to succeed.

With that, an international study has shown that this hallucinogenic drug found on a magic mushroom might be a cure for patients suffering from severe depression. The effects it can have are described as "truly mind-boggling and magical" by astounded experts. Despite the positive reviews, there would inevitably be drawbacks.

Although, magic mushrooms might be the solution we are seeking. Scientists and experts are also having doubts regarding this matter. According to the researchers, the short-term side effects could be terrifying and assistance should always be available. Larger studies with a much longer follow-up are still required, according to experts.

In addition, the usage of magic mushrooms is considered to be illegal in most states in America and even other countries. Since it's believed that the psychoactive component in magic mushrooms has been illegal in the UK since 1971, a special license was required for this trial. As to what John Tyler Bonner said, "The sudden appearance of mushrooms after a summer rain is one of the more impressive spectacles of the plant world."

Regardless of what people say, it's still possible that the magic mushroom holds the key to finding the solution we seek. These mushrooms may be small and invisible to the human eye, but they hold the potential to change our lives for the better.

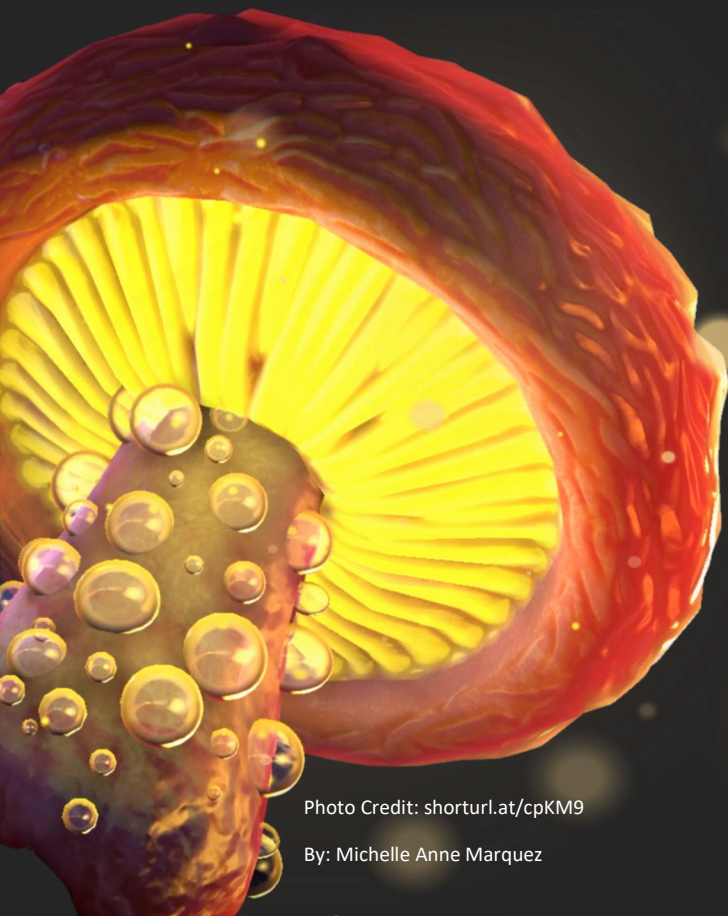


Photo Credit: [shorturl.at/cpKM9](https://shorturl.at/cpKM9)

By: Michelle Anne Marquez

## SILENT KILLERS

### The Intersection of Covid -19 and Parkinson's Disease

by Karl Victor Taguliam



Photo Credit: [shorturl.at/GOPY](https://shorturl.at/GOPY)

**For weeks, months, or even years after the initial infection, millions of COVID-19 victims still experience symptoms or start to experience new ones.**

The Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2), the causative agent of human COVID-19, not only causes flu-like symptoms and gut microbiome complications but a large number of infected individuals also experienced a host of neurological symptoms including loss of smell and taste, seizures, difficulty concentrating, decreased alertness, and brain inflammation.

"We studied the effect of the virus on the brain's immune cells, 'microglia' which are the key cells involved in the progression of brain diseases like Parkinson's and Alzheimer's," said study author, Professor Trent Woodruff.

Indeed, many of the neurological symptoms identified in COVID-19 patients, as well as changes in the gut microbiota, are also present in Parkinson's disease patients.

Furthermore, metabolic processes

including oxidative stress, inflammation, and protein aggregation have been linked to the advancement of Parkinson's disease and COVID-19 illness.

Parkinson's disease is a neurological condition with a wide range of effects, including problems with movement, blood pressure, thinking mood, and sensory-associated movements.

However, the study also identified a possible cure. The scientists gave the Parkinson's patients a class of inhibitory medications that were created at the institution and are presently being tested in clinics.

Medications are the primary way to treat this condition. The treatments can also vary from person to person, depending on their specific symptoms and how well certain treatments work.

A secondary treatment option is surgery to implant a device that will deliver a mild

electrical current to part of your brain (this is known as deep brain stimulation). There are also some experimental options, such as stem cell-based treatments, but their availability often varies.

Symptom treatments only treat certain effects of the disease and many aren't an option for people with co-related diseases such as COVID-19.

Parkinson's disease isn't curable, which means it's a permanent, life-long condition. Yet thanks to advances in treatment and care, many can live for years or even decades with this condition and can adapt to or receive treatment for the effects and symptoms.

Covid 19 and Parkinson's disease may have in common but the bottomline is to make ourselves aware and find ways to battle this diseases. Prevention is still better than cure.

## VAPING: BEWARE! RISKY AND ADDICTING

by Jon Ver Santiago



**Vaping is the inhaling and exhaling vapor containing nicotine just like smoking cigarettes and over the years, Vaping has been very popular especially to students and adults even to those kids who aren't legal yet to use.**

The use of this rapidly emerging nicotine and tobacco products have been associated with health risks – emphasizing the need for intensive health research, education, and policy-making nationally and globally (Al-Delaimy and Sim 2021; Immurana et al. 2021; Recto and Gayadan 2020).

More than 80% of the 1.3 billion tobacco users worldwide live in low and middle income countries, including the Philippines, wherein smoking-related preventable illnesses remain the leading cause of death (PSA 2020; WHO 2021a). Although there has been a significant decline in tobacco use among adults in the country, 22.5% overall – or 15.1 million adults – still currently smoke cigarettes (WHO 2019).

Vaping and Smoking when both have ultimate differences but both also have similar bad effects—nicotine.

Nicotine is an addictive, poisonous chemical found in tobacco. The only difference is Smoking delivers nicotine by combustion- the process of burning something. Whereas

Vaping delivers the compound through vaporization- *conversion of a substance from the liquid or solid phase into the gaseous (vapour) phase*).

Although people who are addicted to vaping approve that it gives relaxation, the bad effects of it are not avertable. Dr. Michael Joseph Blaha, a Doctor of Medicine states, "Vaping is less harmful than smoking, but it's still not safe; in fact, Vaping may still cause your health into a downside of its own".

A study from the University of North Carolina also found that the two primary ingredients found in e-cigarettes—propylene glycol and vegetable glycerin—are toxic to cells. Such as Aldehydes which can cause lung disease, as well as cardiovascular (heart) disease and Acrolein, a herbicide primarily used to kill weeds. It can cause acute lung injury and COPD and may cause asthma and lung cancer.

With the growth of people who use vape and get addicted to it, statistically, the Department of Health (DOH) recorded a total of 2,807

people had been hospitalized and 68 death cases in the 2020-2021 period.

Despite the numbers, people have yet to find their focus on the given numbers and topics about the addiction to vaping.

When talking about trends, teenagers nowadays are getting some ideas in vaping through social media or to people who use vape, and of course, as curiosity strike it may also lead them to vaping. Adolescents and young adults are mainly among the vulnerable population groups for cigarettes and E-Cigarettes.

According to experts, Vaping may make you feel good by stimulating the production of the "feel good" chemical in the brain called dopamine which can create feelings of pleasure and relaxation. As a result, it makes people feel good after inhaling nicotine and inserting it into their bodies.

As the new generation is coming towards us in the near future, we shall prepare them for their future and not for their demise.

## Glitch in the Matrix:

## THE RISE OF ARTIFICIAL INTELLIGENCE

■ Precious Mariane Guarda

Artificial intelligence (AI), is the ability of a computer-controlled and developing systems endowed with intellectual processes characteristic of humans, such as the ability to reason, discover meaning and generalize, – Britannica

According to PwC, by 2030, artificial intelligence might contribute \$15.7 trillion to the global economy, which is significantly higher than the combined GDP of China and India today.

At some point, technology will be used in everything from household appliances to our judicial, financial, and legal systems.

While AI is transformative in nature, increasing efficiency and productivity across industries with enhanced accuracy; it comes along with a few disadvantages.

Over the next ten years, experts predict that the advent of artificial intelligence will improve the lives of the majority of people, but many people are concerned about how these developments will change what it means to be human, to be productive, and to have free will.

It has become apparent that artificial intelligence gives humans a wide range of options and chances.

Our lives were made easier by them, but we must keep in mind that rather than viewing AI as a complete replacement for human intelligence, we should embrace it as a powerful tool that complements our capabilities.

Moreover, a share of the experts responding noted that ethics are hard to define, implement and enforce. They said

context matters when it comes to ethical considerations.

Any attempt to fashion ethical rules generates countless varying scenarios in which applications of those rules can be messy.

Ultimately this rise serves us one simple but important lesson: always remember our need not exceed what nature offers us otherwise we may invite unforeseen disasters upon ourselves.

Therefore caution must be taken toward embracing technology that promises so much on paper yet does not deliver equally-rewarded results if certain conditions are neglected in its development process.

Responsible innovation is key to mitigating these challenges effectively. As we navigate this era

of AI-driven progress, it is crucial to prioritize human values, ethics, and inclusivity.

We must shape AI technologies to augment human capabilities rather than replace them. By striking a balance between the advantages of AI and the preservation of human dignity, we can build a future where technology serves the greater good while upholding our shared values.

Remember, the rise of AI is not without its perils, but with responsible and mindful implementation, we can harness its potential for the betterment of society, ensuring a future that is both technologically advanced and human-centric.

Photo courtesy: <https://www.clickworker.com/customer-blog/benefits-of-ai/>

## RED PLANET'S QUEST:

## THE ROAD TO MAKING 'HUMANITY MULTIPLANETARY'

by Chona Mae Ahon

At one time, astronomers believed that the surface of Mars was crisscrossed by canal systems. This in turn gave rise to speculation that Mars was very much like Earth, capable of supporting life and being home to a native civilization.

Mars sits at an average distance of 140 million miles, making it one of the Earth's closest habitable neighbors. But as human satellites and rovers began to conduct flybys and surveys of the planet, this vision of Mars quickly dissolved and was then replaced by one in which the Red Planet was a cold, desiccated and lifeless world.

However, over the past decades, scientists have come to learn a great deal about the history of Mars which has altered this view as well.

We now know that though Mars may currently be very cold, very dry, and very inhospitable, this wasn't always the case. What's

more, we have come to see that even in its current form, Mars and Earth actually have a lot in common.

Several scientific ideas for transforming Mars into an Earth-like planet have been put forward before, but they require a vast amount of industrial capabilities and make fair assumptions about the total amount of accessible carbon dioxide (CO<sub>2</sub>) on the planet, which has been criticized as unrealistic way back then.

'Mars will be colonized by humans by the year 2050', as long as autonomous mining processes quickly become more commercially viable. Professor Serkan Saydam from UNSW Sydney said in the

wake of the amazing landing on Mars by NASA's PERSEVERANCE ROVER on last February 18, 2021.

PERSEVERANCE is expected to provide answers about whether forms of life ever existed on the red planet, but it is also designed to help address the challenges of future human expeditions there.

Perseverance as well as the Curiosity rover has found organic matter before on Mars. But this time, the detection occurred in an area where life may have once existed. The rover's mission, which began on the red planet 18 months ago, includes looking for signs of ancient microbial life.

Researchers look into the possibility of Robotic mining that can provide water and fuel that can also be the key to developing a colony on the red planet within the next 30 years.

Autonomous robots will keep running a mining and chemical synthesis plant they'd started years before this first crewed mission ever set foot on the planet. The plant produces water, oxygen, and rocket fuel using local resources, and it will methodically build up all the necessary supplies for the next Mars mission, which set to arrive in another three sets of decades.

The future of humanity is fundamentally going to bifurcate

in one of two directions: Either we're going to become a multi-planet species and a spacefaring civilization, or we're going to be stuck on one planet until some eventual extinction event.

So when we're thinking about how to make Mars habitable in the future, perhaps we should also be taking inspiration from the Red Planet itself.

**Love is truly an experience that knows no bounds. People from all over the globe have developed methods of having a relationship from city to city, nation to country, and from continent to continent.**

Today, the widest and most optimal way people have found connection and managed to keep in touch with their love ones is through virtual devices. Virtual devices connect people all over the world and are tools used to maintain or find relationships despite the distance barrier.

Many love stories have already been featured in different TV programs, magazines or even in a casual talk with a friend. Indeed, love always find its way to everyone's heart.

An international team of researchers has published a paper introducing the concept of *romantic anthropomorphism*, which involves giving a non-human agent human-like characteristics in a romantic context.

In a 2006 article, Anderson and Emmers-Sommers discussed the topic of pleasure in online relationships. They chose six variables — Trust, Communication satisfaction, Closeness, Likeness, Commitment, and Attributional confidence, that both in-person and online romantic relationships had been demonstrated to have a beneficial impact on relationship maintenance

The researchers' selection of the elements was based on their presumptions regarding the nature of linkages (Anderson & Emmers-Sommers, 2006). According to the author, since many exchanges in an online romantic connection occur before the couple actually meets in person, a person needs to be sure to have a belief in how their partner orally describes how they would behave in a particular circumstance.

Being relatable is a crucial element in a face-to-face relationship. Anderson and Emmers-Sommers, states, since it enables a person to see themselves as congruent to their partner and strengthens a sense of relation those who are in a strong relationship require to connect with their partners more and view their existing relationships from a broader, longer perspective. Attributional confidence was the study's final component to be examined. This relates to the extent to which a person feels that the information they have learned about their partner is sufficient to explain their current thoughts, feelings, and behaviors in a traditional relationship.

When love is pure and sincere, one could declare the distance between two individuals doesn't measure the distance of their hearts, for they're both in the presence of each other's company despite the extent of where they are at the moment.

Although when things are examined under the light and thoughts get laid out on the table, it could be difficult to manage a connection between two partners virtually. In reality, having to manifest a person's presence while their presence is not physically there is challenging.

However, facilitating the presence of someone without physically being there is an issue that is totally fixable under the right circumstances.

## ROMANTIC ANTHROPOMORPHISM

## Love Online

by Edward Cruz Roman



## QCAFI opens BBC Microbit Seminar

Enricka Gabriel Munoz



Quezon City Academy Foundation, Inc. (QCAFI) opens 5-weekend hands-on seminars on BBC Microbit Challenge to interested students which aims to introduce the basic concepts of hardware and computer programming at a minimal expense.

Adapting to advance technology and Artificial intelligence, the seminar commenced last May 9 and is expected to end on June 6, 2023.

BBC micro:bit is a pocket-sized computer that introduces students on how software and hardware work together.

Do your :bit challenge was founded by the Microbit Foundation, a global foundation seeking to transform how to teach digital skills and computer science.

The challenge aligns with UN's Global Goals (a call for action by all countries to promote prosperity for everyone while protecting the planet) and invites kids and teens to identify and research a problem, and then design and code a solution using the BBC micro:bit.

## JAPAN'S FLYING CARS :

## THE FUTURE OF TRANSPORTATION

by Mariane Precious Guarda



<https://www.japantimes.co.jp/news/2021/10/05/business/osaka-flying-cars/>

Particularly today, the impact of technological advancements on people's lives is yet to stop rather a more technical and high-end inventions pop out year after year. Now, from one of the first when it comes to technological advancement- Japan, bringing us another milestone, as they introduce the "Flying Car" that has the potential to revolutionize the world.

Japantimes.co.jp said in a report on February 17, 2023, that there are about 400 onlookers gathered to watch a flying car cruise over Tanoura Beach in the city of Oita, marking the country's first successful manned outdoor flight of such a vehicle with transport ministry approval.

In addition to the report, the flying car rose to a height of some 30 meters above the ground, traveling 400 meters, and was in the air for 3½ minutes which also can carry two passengers, is 5.6 meters wide, 1.7 meters high, and weighs 430 kilograms.

The said test was conducted by MASC, an organization founded in Kurashiki, Okayama Prefecture, mainly by aviation and automobile-related companies to create an aerospace industrial cluster.

MASC Leader Hiroshi Kirino, the man on board of the vehicle shared, "The flight was comfortable without any shaking, with only minor vibration felt during hovering," "The ride was like being in an automobile," he said, adding the flight demonstrated the safety of the vehicle.

Looking back to where it

started, in August 2020, the Tokyo-based flying car startup Sky-Drive successfully flew a prototype eVTOL vehicle called SD-03 with a pilot on board at a test site in the Japanese city of Toyota, marking the world's first manned flight in a flying car designed for urban use.

Moving forward today, Japan has granted its first safety certificate to a flying car, allowing them to begin selling eVTOL vehicles as early as 2025. Japan aims to make flying cars a part of the 2025 World Expo in Osaka in which Oita Mayor Kiichiro Sato said he believes that the flying car has, from a technical standpoint,

reached a point where it can be put into practical use and called for it to be available for use in Oita in 2025.

A flying car is not a novel concept. People have been chasing the dream of flying cars ever since the Wright Brothers first invented the aircraft in the early 20th century when they realized they could fly.

The development of this flying vehicle may also be the catalyst for change and a significant improvement in everyone's quality of life.



## Sports Commentary

■ Leslie Mae B. Villamar

### It's More Than "Just a Game"

Chills rush through the entire body. Hearing the roars of the audience. Going into a room when everyone's attention is on you. The whistle of the referee rings in your ears. Will you win or lose?

Athletes appear to be undervalued. At school, their accomplishments are not valued as highly as academic performance. These are simply extracurricular activities. They have absolutely nothing to do with your future. It's simply a hobby. It's just a game.

However, success is only the tip of the iceberg, which is why many appear to ignore the hard work and numerous sacrifices that athletes make, even at the high school level. Athletes must choose between socializing with their friends and preparing for their next event or training session. Sports necessitate a high demand of physical fitness and a healthy body, which requires a well-balanced diet rich in lean protein, carbohydrates, fruits, and vegetables. Because of the rules, they may be unable to satisfy their cravings.

Sleep is essential for mental and physical health, but combining sports, homework, travel, and time with family and friends may be difficult. Some people work so hard that they injure themselves, which leads to frustration and urgency to get healed and back on track. Depending on the severity of the injury, it may also have an impact on their mental health because they will be unable to participate in their sport.

Even if they don't want to, they must miss school activities for training or competition, whether to represent the school, nation, or themselves. It might be difficult to catch up on lessons and school activities.

Not only do the players and coaches make sacrifices, but so do their parents/sponsors. Athletes may partake in sports because their guardian/s pay for training, equipment, travel, and time commitments.

Their dedication and hard work may differ from that of a student who acers their examinations, but what they do to reach their goals is not small. It's more than just a game.



### #ECHOASKS

Do you believe that our very own athletes should be given the same or equal support not only from the government but also to the people in the nation for them to succeed and bring home pride and honor to our country?

## IT IS PAST TIME FOR THE ADMINISTRATION TO BEGIN PROPERLY FUNDING SPORTS ACTIVITIES.

# PINOY ATHLETES

## Country's Pride Yet Lacks Govt's Underpin

Being an athlete, especially at the elite level, is undoubtedly costly owing to considerations such as training, equipment, travel, and so on when competing on a global scale. It is past time for the administration to begin funding sports activities

When our athletes compete and win international tournaments, we regard them as pride for our country. When Filipinos earn accolades outside of the nation, "Filipino Pride" is often a source of passionate dispute.

Our athletes are supported by both private businesses and the government. Yet, there appears to be a problem - the performance and progress of Filipino athletes are hampered by a lack of funding, equipment, and infrastructure. Why are so many of our national athletes coming forward to say they don't have enough money to cover their expenses?

Ernest John "EJ" Obiena, the world's third-ranked pole vaulter, has revealed that he was unable to compete at the Asian Indoor Championships in Kazakhstan owing to financial constraints.

Fans of the Manila native approached him for assistance, but he rejected, remarking on Facebook: "I am a national athlete and my expenses have been approved for payment by the [Philippine Sports Commission] PSC and funded from taxpayer revenues. As all of you are taxpayers, I must respect that you have already paid for my training. It is just not the right thing to do to ask you to pay once via paying taxes and then pay again privately. This is 'double dipping' and it's not ethical."

Approximately two weeks after the post, it was disclosed that the PSC will pay Obiena more than P7 million as a result of a meeting with PSC Chairman Richard Bachmann.

Moreover, Michael Christian "Mikee" Martinez, the first Southeast Asian

Winter Olympian and the lone two-time Winter Olympian of the country is a figure skater who participated in both Sochi and Pyeongchang Olympics. Martinez, who took a hiatus from figure skating following the 2018 Winter Olympics, established a GoFundMe page with the intention of earning \$50,000 (approximately 2,500,000 pesos) to help his qualifying campaign for the 2022 Winter Olympics in Beijing.

"Figure skating is a very expensive sport," His manager, Geoffried Viz, claimed that they spend roughly \$13,000-16,000 per month on coaching and chiropractor expenses, training equipment, and ice rental fees, among other things. Martinez, according to Viz, struggled to obtain new sponsors due mainly to the COVID-19 pandemic. The figure skating star also validated the post by reposting it in his Instagram stories. Sadly, for the athlete, he did not compete in his supposed third quadrennial competition.

Talking about Hidilyn Francisco Diaz-Naranjo, the country's first Olympic Gold Medalist, has also spoken out about her own experiences with athlete funding.

"Paano na 'yung coaches ko sa likod? Hindi naman pwede na ibang coaches ang isasama sa akin na hindi ako kilala. Paano 'yung pagkain ko? Kasi nagda-drop ako ng weight or naga-add ako ng weight kasi nutrition really helps sa laro. Tapos yung sports psychologist ko, kailangan ko ng team... Kung dadalhin mo yung team mo sa ibang bansa, kailangan mo isipin 'yung ticket nila... Ang dami naming kailangan iconsider," the 4'11 athlete said in an interview back in October 2022.

However, there is another way to look at this. Some in the public regard national athletes who have aired their thoughts on this ongoing problem in the sports sector in the Philippines as "money-hungry" and "greedy". They regard this issue as insignificant in comparison to other challenges like poverty and prejudice, and they believe that national athletes who have won large sums of money as prizes for their victories would already have cash of their own.

Diaz herself stated that she struggles with this thinking as she also has other things in life to invest in, such as her future outside of the sport.

"Iniisip kasi ng iba na nanalo ka na ng gold, 'yung napanalunan mo yun ang gagastusin mo. Pero syempre, paano ka makakapagipon para sa sarili mo, after ng career mo. Iniisip kasi ng iba after ko manalo ng gold, hindi ko na kailangan ng suporta, hindi ko na kailangan ng tulong para manalo sa Olympics," she stated.

Back in 2012, Philippine Olympic Committee President Cojuangco stated that sports are important not just for winning medals for the country, but also for the overall development of Filipinos. As a result, the government's value of sports should be changed.

It is past time for the administration to begin properly funding sports activities. With upgraded sports equipment and adequate funds for training, Filipino sportsmen would have a better chance of winning at international tournaments. They should not be left alone in the battlefield; they should not be our pride if we do not help.

"Recently, I have heard from the news that one of our great athletes, Obiena, if I am not mistaken, was almost not able to compete because of financial support. This is a reminder to the government that our athletes should be given atleast something they could use to support their trainings since they are competing not only for themselves but for the country." - Enricko Gabrie Munoz - Grade 7

"Yes, I do believe that we should support our own athletes. Not only because they represent our country in a certain sport, but also because they deserve it. Competing on any contest while being a representative of something takes a lot of courage. Not only that, they have to train themselves to be better at what they do." - Aemelia Tanguilig, Grade 9

"Of course! The people are a constituent of the same country the athlete is representing, and are therefore integral in the performance of an athlete. The Philippine gov't without a doubt would be one of the Filipino athlete's most crucial sources of funds, but it is the citizen's role to do what the gov't could not: provide overwhelming mental and emotional support. Whereas any gov't would expect their representative athlete to successfully win in their respective competitions, the citizens and fans are equally loving and supportive of their athlete no matter the outcome; and this support is what drives athletes to give their 100%." - Ernest Angoluan, Grade 11

"I believe that our very own athletes in the Philippines should be given the same or equal support not only from the government but also from the people in the nation for them to succeed and bring home pride and honor to our country because without the trust and support of their countrymen, they may get demoralized and not have enough motivation to reach their goal. It's important that even with just moral support (and of course, tax for their training), we, as their fellow Filipinos can be their backbone." - Leslie Mae Villamar, Grade 10



Photo by: Blacklist International

With this recognition and acknowledgement of the Philippine government blatantly supports the online gaming community through eSports as a legitimate sport event. This will aid aspiring players to hone their skills and make a living out representing our nation in the international stage. Filipinos may now also see online gaming in a new light, wherein it can also gain supports like any other sports.

Leading the tremendous popularity of the gaming sector is Mobile Legends, one of the country's famous Multiplayer Online Battle Arena (MOBA) games that

reached a stunning peak of 2.65 million active users daily in April of 2019, and has grown strongly at a CAGR (Compound Annual Growth Rate) of 8.78% over the past five months in according to YCP Soliance's insights.

Although this doesn't mean all of the Filipinos regard online gaming as a good thing. Some people see online gaming as a nuisance in attaining jobs, being slothful, and overall a waste of time.

There is also a stigma in online gaming wherein they think of greasy players who spend their

days languishing on their beds, and not being productive.

Some of this is true to a certain extent but not all. Other people still believe that engaging ourselves in online gaming isn't entirely a bad thing. Some may even agree that it is an excellent way to relax and unwind to forget all our worries.

Video games fill this gap by providing a source of entertainment coupled with thrill. Others would watch TV, Netflix, use social media, or read a book during this time. And there are some who would play "online games."

Engaging in online gaming has a multitude of qualities that can improve a person's quality of life, such as: Being able to exercise risk-taking and decision making which can be really beneficial in the real world, and a chance to unwind from stress and pressure of life.

Through the support the Philippine government has given to the online gaming community an opportunity to thrive and gain new heights of success in the eSports scene, as a gaming content creator in the country, and as an industry

that can lift the economy. Though not everything can be flawless.

Everyone has a choice to make, you are free to play online games in your leisure time to avoid boredom but keep engaging yourselves in different activities to make your life active and exciting.

Online games are just like any other form of entertainment, they are a good servant but an evil master. If you allow entertainment to consume your life, you will suffer from several complications caused by it. As Catriona Gray—Miss Universe 2018 said, "Well everything is good but with moderation.

## ESPORTS IN THE PHILIPPINES:

### Setting in a new light, gaining a new heights

► Jon Andrew Manahan

The Philippine government has officially acknowledged eSports as a legitimate sport in the Philippines in 2017 under the Philippine Games and Amusement Board (GAB) and the Office of the President. This will allow professional eSports players to secure athletic licenses and gives them more freedom represent the country in international tournaments.



<https://www.tatlerasia.com/people/christian-michael-martinez>

► COLUMN  
by Leslie Mae Villamar

## FIGURE SKATING IN THE PHILIPPINES: Snubbed, least prioritized

Aside from pageantry, Filipinos were also popular in the field of sports games. Like, every time Pacquiao played, the streets of the Philippines became nearly completely deserted, as we have all seen. These are some he sports that we commonly know but what if there is a sport that is actually existing yet tend to slowly vanish in the main stream without us knowing? - WINTER SPORTS

As Philippines is a tropical nation we don't particularly care for winter sports. Given that it require ice to be played, but as technology has advanced, artificial snow has emerged as a choice that, unsurprisingly more expensive.

One example of winter sports is Figure skating which dates to 1908 London Games, making it the most ancient winter sport in the Olympic Games.

The sport has earned popularity in our country for our very own Michael Christian Martinez, two-time Olympian and first ever Southeast Asian and skater from a tropical country to compete in the Winter Olympic Games.

Martinez started skating when he was nine-year-old due to his mom's belief that it would be better to spend money on skating than in the hospital, as he started to experience asthma at two months old.

Martinez brought pride to the Philippine Skating Union (PSU) and the figure skating community in the Philippines in 2012, when he won his and country's first international title. In his career

timeline, he became the country's flagbearer in 2014 Sochi Olympics, won gold in three international competitions, at the Asian Figure Skating Trophy and a two-time winner at Triglav Trophy.

Martinez indeed brought honor and pride to our country but only few really know what he's been through that aside from the lack of coaches in the Philippines there is also just a shortfall of financial support.

Joey Minas- a retired Filipino figure skater chalks this up to the high cost of pursuing the sport.

"Expenses can rack up from coaching to equipment, [to] ice time, costumes, choreography, [and] training abroad; it could get very expensive, and not a lot of people can afford it," he stresses.

"We don't have the facilities yet, in-house, to produce an Olympic athlete," Mina elaborates. Ultimately, he laments that the lack of support and facilities for Filipino skaters forces them "to go abroad [and] get training to become competitive."

In addition, Sofia Guidote, a professional skater and Disney on Ice star, had also a simi-

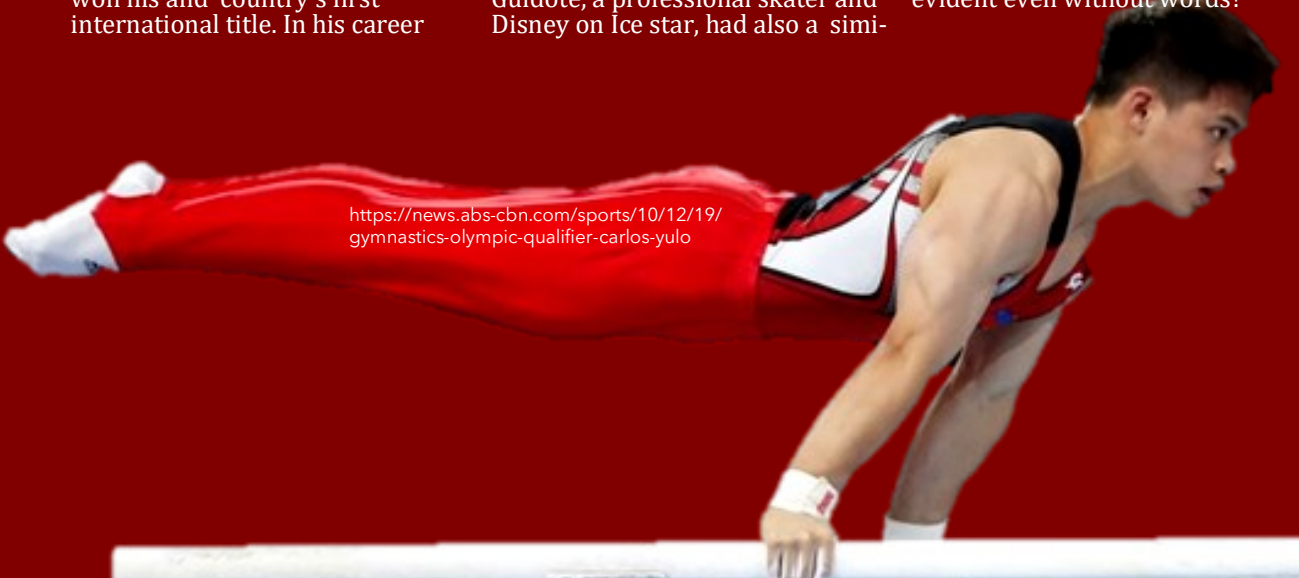
lar experience. She began skating and training in the Philippines but eventually had to go abroad to further her career. She indeed cites the lack of financial support, proper training facilities, and good coaches as hindrances in developing aspiring Filipino skaters.

Proving this concern is the two-time Olympian Michael Christian Martinez himself who had to resort to fundraising to prep for his upcoming bid for the 2022 Winter Olympics.

It is true, that the climate in the Philippines may not be ideal for skating but this could not necessarily mean to be the end of our local skaters' dreams. It is the country's weather that gives more reasons for local skaters to be proud of their heritage—as they have triumphed despite the many hurdles of the sport in the country.

How are our Filipino skaters able to break the prevailing mindset of international judges that the Philippines is not for this kind of sport if, in our country alone, the rejection is very evident even without words?

<https://news.abs-cbn.com/sports/10/12/19/gymnastics-olympic-qualifier-carlos-yulo>



## Carlos Yulo making headlines in Gymnastics, reaping medals in World Cup Series

by Jian Andrei C. Eyay and Ellesor S. Palaña

Carlos Edriel Poquiz Yulo is now making waves in the World Cup Series of Gymnastics as he reaps several medals year after year, bringing pride to the Philippines.

Carlos was born on February 16, 2000, and started gymnastics at the age of seven. He romped away the first bronze medal that made him the very first Filipino and Southeast Asian male artistic gymnast to award at World Artistic Gymnastics Championships Floor Exercise in Doha, Qatar last 2018.

Followed by becoming the first Filipino artistic male gymnast to bag a gold medal for the Philippines and Southeast Asia in the same competition and apparatus in Stuttgart, Germany last 2019. This performance made him qualify for the 2020 Summer Olympics in Tokyo.

He snatched a total of two gold, two silver, and two bronze medals in Men's World Artistic Gymnastics Championships: Two gold medals at 2019 Stuttgart, Germany Floor Exercise, and 2021 Kitakyushu, Japan Vault, two silver medals at 2021 Kitakyushu, Japan

Parallel Bars, and 2022 Liverpool, Britain Vault, and two bronze medals; 2018 Doha, Qatar Floor Exercise, and 2022 Liverpool, Britain Parallel Bars.

Carlos Yulo triumphed Asian Championships having three gold medals and one silver medal in the same year in Doha, Qatar 2022. He gained three gold medals in different categories by executing Floor Exercises, Vault, and Parallel Bars. Yulo added his All-Around performance to completely seal the second place.

Adding also to the list, Yulo managed to bring home seven gold medals and seven silver medals in the Southeast Asian Games held in the Philippines and Vietnam last 2019 and 2021. Carlos pocketed two gold medals in the 2019 SEA Games held in the Philippines by performing in the All-around category together with his Floor Exercise category.

Yulo nailed five first places in the 2021 SEA Games in Vietnam with his All-Around, Floor Exercises, Still rings, Vault, and Horizontal bar categories.

Carlos Yulo previously seized the 2023 International Gymnastics Federation, engaging one gold medal, two silver medals, and four bronze medals held in Baku, Azerbaijan. Carlos Yulo currently holds 13 gold medals, 12 silver medals, and six bronze medals and continues to stand out and rule gymnastics, representing the Philippines.

As for aspiring gymnastics, Yulo dropped his quote "Be patient, listen to your parents and your coach, and of course be disciplined."

Yulo's picking-off numerous gymnastic medals was made possible through the help and guidance of his Japanese coach, Munehiro Kugimiya.

## SETTING REASONABLE BOUNDARIES

- PERFECTION DOESN'T EXIST

► COLUMN

by Leslie Mae Villamar

Online gaming will mean something different to different people. It might be one's way to relax or how they make a living. Either way, the possibility of "online gaming" playing a huge part in many people's lives of the new generation exists. The question of whether the relatively new online gaming is beneficial or damaging to students is still up for debate.

Nowadays, most individuals especially students have played online games, as it is not only a trend locally but also internationally, whereas proof would be its inclusion in the Southeast Asian (SEA) Games in the Esports category.

Some people simply tried it out of curiosity, while others play to lose themselves in the game's alternate reality and develop competitive gaming abilities. Whatever the cause, it's their preferred means of treating oneself to joy and pleasure.

League of Legends (LoL) and its mobile variant Wildrift, Call of Duty Mobile (CoDM), Mobile Legends (ML) and Roblox are popular online games among the Philippines' teenagers.

There are people who even find their passion for playing online games, rooting a career in the process. An example is the team captain for Blacklist International's MLBB team, Johnmar "OhmyV33nus" Villaluna.

Representing the Philippines in the MLBB Tournament at the SEA Games in 2021 and won the gold medal, Blacklist International has gained recognition on a global scale. At the time, they have shown the world, our country, that there is hope for the future of online gaming.

However, flipping the other side of the coin, nothing is perfect, along with its benefits, gaming can also bring harm. This aligns with the fast-growing technology right now. We always use technology to the point where it's impossible to live in a city without access to one. Too much will always be harmful, and online gaming is not an exception to that statement.

In addition, when talking about students' academic performance, online games can also be a distraction, causing them to

forget what must be done which might be resulted in possible academic downfall.

On the other hand, some people think that playing internet games might make one angry and violent. Aggression is a complicated behavioral pattern with several underlying factors; it cannot just be attributed to gaming. While a player may display hostility during a quick adrenaline rush while playing a game, this behavior is typically not seen when the individual is not playing as supported by multiple studies across the world. Playing online games can make pent-up feelings but it doesn't mean that gaming itself is the reason for this behavior.

Online gaming players may be characterized as "lazy" and made to feel that they are not contributing members of society. When gamers are referred to as these, it might decrease their self-esteem and make them feel useless. These remarks may make them further suppress emotions and worsen their gaming addiction.

You can't make someone quit doing something they enjoy, especially if they consider it their "home" or "relaxation." Motivation comes naturally and is derived from the values we live by. If we think that teenager is already in a dangerous area of gaming, set reasonable boundaries for them without undermining their self-confidence.

What we need is appropriate communication and understanding in order to eliminate the stigma around something that is promising and may help people greatly. Pride and superiority aren't the way to go to help a developing teen trust you better and understand why you do what you do.

Online gaming may aid us in growing as individuals and members of society in this new generation, while not being flawless.

## QCAFI alumnus Rodney Brondial continues to impress San Miguel Beermen

by Leslie Mae Villamar

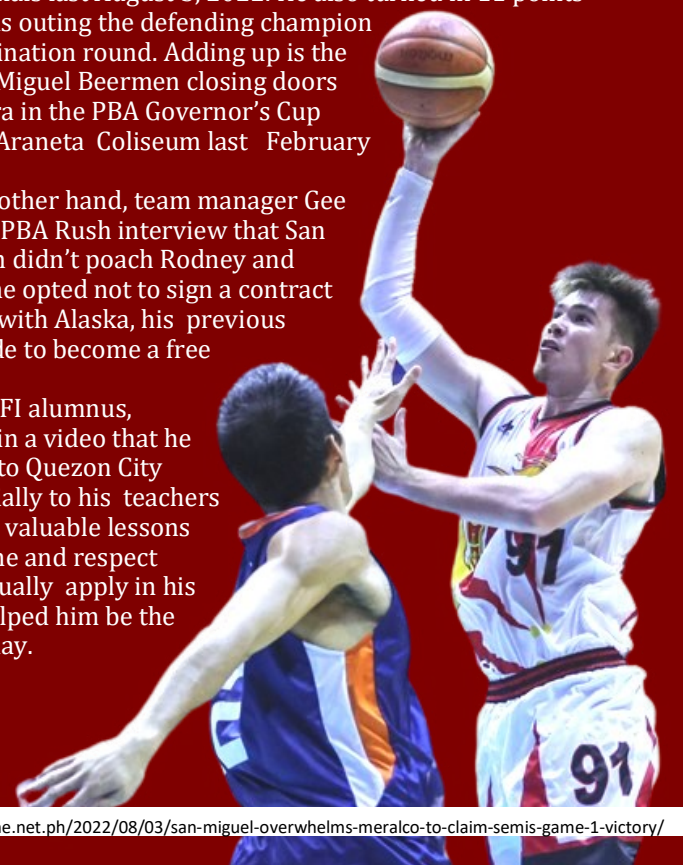
Rodney Brondial, a QCAFI alumnus batch 2007, from junior high school, and collegiate ranks to PBA(Philippine Basketball Association) continues to impress San Miguel Beermen, coach Leo Austria.

The 6-foot-5 workhorse submitted an impressive and arguably best offensive production in recent years which led anew to his coach Leo Austria and former coach at Adamson University.

In his past games, Brondial recorded and chalked up 20 markers and 11 boards in a 121-97 game against Meralco in the PBA Philippine Cup semifinals last August 3, 2022. He also turned in 11 points and 13 rebounds outing the defending champion TNT in the elimination round. Adding up is the winning of San Miguel Beermen closing doors for Brgy. Ginebra in the PBA Governor's Cup with 102-99 at Araneta Coliseum last February 17, 2023.

On the other hand, team manager Gee Abanilla said in PBA Rush interview that San Miguel Beermen didn't poach Rodney and explained that he opted not to sign a contract extension offer with Alaska, his previous team, and decide to become a free agent.

As QCAFI alumnus, Rodney shared in a video that he is very grateful to Quezon City Academy especially to his teachers who taught him valuable lessons such as discipline and respect which he eventually apply in his daily life and helped him be the person he is today.



<https://tribune.net.ph/2022/08/03/san-miguel-overwhelms-meralco-to-claim-semis-game-1-victory/>



## COACH DILAG:

Caring, Optimistic, Aspiring, Charming, Humane  
► Princess Lhaika Acuna

**"Let your faith be bigger  
than your fears"**

In his eight years with QCAFI, he is known to be a kind and humble teacher. Despite the struggles he faces, he's able to overcome them all, stating that God helped him with all his struggles all throughout his life, and that having the talent to play and impart his knowledge is given by the Almighty God.

One of his motivations is the thought of being a blessing to others, seeing other people happy, he enjoys seeing them be enthusiastic in everything they do, especially when they are using God's given gift for them.

He came from a family of seamen, so he was expecting to be a seaman himself instead of a coach today, but fate has decided to make him a QCAFI coach that we know and love. He also teaches students how to swim often, at private condominiums, Greenhill, and other training facilities.

He dreamed of playing Hockey and Baseball, but unfortunately for him, those games are very rare in the Philippines, and he needs more opportunities to play those sports. If given a chance, he would love to try them. He also exclaimed that he is afraid of heights and extreme sports.

One of his main core values is giving credit to God; because without God, you are nothing, and always seek God first.

*"Seeing my students try their best to learn what I teach, and achieving their ambition makes me ecstatic as their coach,"* said Mr. Dilag.

He suggested that studying hard, attending seminars, joining competitions for more experience in the field, reading, and learning at the same time helps you improve your skills as an athlete and as a student.

Mr. Dilag's favorite professional athletes are Michael Jordan and Kobe Bryant – two legends who share a bond. Michael Jordan is his inspiration. Jordan is an example of a hard worker on and outside the court. Koby, on the other hand, is the living testimony of Michael's hard work.

*"Your talent is given by God, use and enhance your skills, [and] never stop working hard for your own good. To all the aspiring athletes out there, pursue your talent and never give up on your dreams."* he shared.

Mr. Jayson Dilag became a coach, not a seaman, for God has a plan for him, to teach and impart his knowledge to his students. He is now happy with what he's doing, fulfilling God's plan to be a blessing to other people and to students like us. We need more people like Mr. Jayson Dilag, a kind-hearted, persistent, and hard-working coach and teacher.

As his life verse said in Jeremiah 29:11 "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

# QCAFI OPENS INTRAMURALS 2023

## Urging students to be more sports active

■ Leslie Mae B. Villamar

**After two school years of being unable to hold Intramurals due to the pandemic, QCA reintroduced Intramurals, urging students to be more sports active to boost immunity and endurance.**

Many students missed the joy of seeing their peers compete in sports with their section's name on the line while still keeping sportsmanship, the Intramurals officially began on Tuesday, April 25, 2023.

The Intramurals, headed by the MAPEH Bureau, provided several chances for students to demonstrate their fitness and talent in sports, ranging from popular ball games to board games.

This activity aided especially the lower year levels in exhibiting their abilities and skills in the hopes of being picked for QCA Jaguars- QCA Varsity

With many games going on at the same time, QCA students scored points for their respective sections in the hopes

of progressing to the finals and winning the championships.

As the Intramurals came to a colorful finish last May 3, Wednesday, each grade level had six activities—Basketball and Volleyball open for Boys and Girls, Chess, and Badminton.

Section Dungal topped the Grade 7 year level, winning three out of six categories; Basketball Boys and Girls, as well as Badminton, while champions in the remaining categories - Agap B for Volleyball Boys, Agap C for Volleyball Girls, and Agap A for Chess.

Amos B and Ageo C each won two titles in Grade 8, with Amos B winning Basketball Boys and Volleyball Girls and Ageo C winning Volleyball Boys and Chess, and they are joined on the

trophy stand by Ageo B - Basketball Girls and Ageo D - Badminton.

Similarly, Copper and Antimony C competed for the best section in general within ninth grade sports with two wins as Copper won Basketball and Volleyball boys, and Antimony C won Basketball Girls and Badminton, with them being joined by Barium B winning Volleyball Girls and Antimony A winning Chess.

Benitez A crested Grade 10 by winning three categories - Basketball and Volleyball Girls, as well as Chess, with Escoda taking Volleyball Boys, Dagohoy winning Basketball Boys, and Abad Santos D prevailing Badminton.

Moreover, 11 - STEM A won Volleyball Boys, Chess, and Badminton, STEM B winning Basketball Boys and Girls, and ABM/HUMSS winning Volleyball Girls.

The 12 - STEM C and 12 - ABM/HUMSS competing for the most wins, tying at three - STEM C champions Basketball Boys and Girls, and Chess, and ABM/HUMSS champions Volleyball Boys and Girls, and Badminton.

*"Seeing these students playing sports once again make our hearts flutter, we can see the joy on their faces. We just hope that this would help them boost their immunity as we all know, Covid is still there. They need to be strong and have better and strong endurance"* Mr. Mahinay—Mapeh Supervisor shared



### Hail to the Chess Master:

### Unprecedented Domination of Benitez - A against Abad-D

■ Jon Andrew Manahan

**The blazing afternoon of QCA Roofdeck abruptly turned to cold winter, awaiting the match of chess masters, an all-out cold war of wits and minds of Benitez-A and Abad-D.**

Both players of each section started the match playing a book move E4 and D5 starting the Scandinavian Defense, Benitez - A Prince Pobar is favored by the white pieces while Abad-D Rich Morelo with the black pieces.

Benitez-A further fortified his center by supporting his king's pawn by D3 not playing into the Scandinavian.

After further developing their pieces, both players competed for control of the center.

An aggressive move by Benitez A, Bishop to G4 pinning the Knight to the Queen, thus maintaining constant threat to Black's pieces. Black shoves a Pawn to H3 threatening to capture White's Bishop, an equal exchange of pieces was made a Knight for a Bishop.

White made a devastating offensive position but an immediate recapture by Black's Bishop from B3 to F7 sealed the leaking defense.

Entering the mid-game both players are still fighting for more advantageous positions – however, white's Bishop to C4 attacking Black's undefended Knight exploited an unguarded piece trying to capture a hanging piece by Black. Black swiftly moved to the edge of the board to H4.

White's Queen claimed

A4 already seeing to end the match for good, but Blacks continues to play defensive moves failing to loosen up White's tightened defenses and suffocating threats.

Planning to swarm Black's Queen side territory, placing White's Rook to the open D tiles cutting an entire territory off Black's escape, leaving only his King side and total control of the board by White.

Ending the mid-game in a snap of a finger, an assault of checks rained Black's King,

enabling Black to defend against any of the attacks. Sealing the nail to the coffin, Knight to D6 checked the Black King, and Queen to B7 disabled the Black King to move forward but only to the sides.

Abad-D stared at the incoming defeat or mate and decided to grimly resign and accept defeat. A smothered defeat by Abad-D and a dominating win by Benitez-A- Prince Pobar

## Down the Wire: Dagohoy halts Escoda in Grade 10 Men's Basketball, cops Championship; 31-30

■ Darren Limuel Dela Cruz

May 03, 2023 - Filled with intense pressure and atmosphere, two outstanding squads of Grade 10 Men's Basketball battle their hearts out at the QCAFI Roofdeck as they compete for the title.

Heading from two commanding victories against their opponents, both Dagohoy and Escoda got the crowd on their feet from tip-off up to the dying seconds of the game. Both showed passion and love for the game and for each other as the game ended in a hard-fought battle favoring the hands of 10 - Dagohoy.

Kian Fernandez and Prince Relano of 10 - Dagohoy lead the soar of the fearless eagles as Agustin-led Escoda bowed down to the excellent camaraderie of Dagohoy. Fernandez ended up tallying the most points for Dagohoy with 15 points, seven boards, and two blocks.

On the other hand, Jose Antonio Agustin from 10 - Escoda pulled a one-man army against Dagohoy tallying 26 of the 30 points of the team combining with 13 rebounds and two blocks.

The game began in an exchange of countless missed attempts of both teams and keeping a low-scoring ball game giving the lead to Dagohoy, 9-8.

Things began to change in Escoda's favor at the start of the second half as they were able to gain momentum. Escoda kept going in attacking the paint, which resulted in Dagohoy being penalized early in the quarter again.

Dwayne Manapat from 10-Dagohoy delivered a huge three-pointer in the final one minute of the second half to tie the score at 20 each. After failed attempts by both teams, the game still ended up in regulation.

Manapat and Fernandez hit a crucial three-pointer to give Dagohoy a 26-20 lead. Agustin of Escoda gave it his all to tie the score yet again by driving the paint and earning up free throw attempts.

But after just two crucial mistakes from Escoda, Dagohoy's lead rose to five with just a few seconds remaining in the game. Escoda still tried to fight back, but their time wasn't enough.

The game ended 31-30 for Dagohoy. Kian Fernandez said in the post-game interview: "Parehas ang team na nagbigay ng magandang laban, para sa kina ang importante parehas kaming nag enjoy at natuto sa laro."



Grade 10 Dagohoy (Black) and Escoda in an intense game during the Basketball Championship, May 3, 2023#Bernabe