



Grade 10 representatives performing Singkil, a dance of the Maranao people. Photo by Marisol Barnachea

PSHS-CARC glorifies Filipino culture for *Buwan ng Wika 2015*

By Jilliana Marie Sorquia and Jullia Amoira Patol

Games and glamour filled the air as Philippine Science High School Cordillera Administrative Region Campus (PSHS-CARC) celebrated the annual “*Buwan ng Wika*” with the theme “*Wika ng Pambansang Kaunlaran*”

The program consisted of two parts, the *Laro ng Lahi*, which consisted of traditional Filipino games, during August 27, 2015 held at the school grounds and the main program on the following 28th in the President Fidel V. Ramos (PFVR) Gymnasium. It aimed to show the importance of the Filipino language in Philippine culture and society.

At 8:30 AM of the 27th, the games started with *Luksong Lubid*. Grade 7 and 10 dominated in the girl’s and boy’s categories respectively. Next came *Luksong Tinik* and *Ipit Tsinelas*, both bagged by players of grade 9. The grade 7 girls and grade 8 boys won in the Sangkayaw.

Each grade level wore color coded shirts. Black for the seventh graders, red for the eighth graders, white for the ninth graders, and blue for the 10th graders.

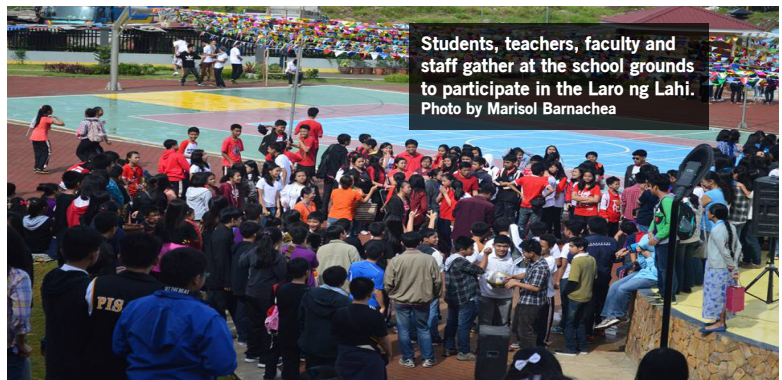
Dr. Conrado Rotor Jr. opened the

second part of the program at the PFVR Gymnasium. Proceeded by the *Katutubong Sayaw*. The champions were the first years and fourth years, followed by the first runner-up from the second years and second runner-up from the third years. After the dances, the next that followed was the singing of the *Kundiman*. Rana Azurin of 9-Helium won the solo competition while Diane Lazatin of 9-Lithium and John Rowan De Guzman of 9-Helium won the duet category. The last event, the “Search of the *Lakan* and *Lakambini*” was

won by both the seventh and eighth grade. The title of *Lakan* being crowned to Marc Denver Tindoc of 7-Jade and *Lakambini* for Patricia Bea Palaroan of 8-Camia.

Specific cultural attires were assigned with Cordillera for grade 7, Visayas for grade 8, Luzon for grade 9, and Mindanao for grade 10. Faculty and staff wore mixed clothing for the event.

The *Buwan ng Wika* is an annual celebration of the Filipino language celebrated every month of August to show its importance to the youth of today.



Students, teachers, faculty and staff gather at the school grounds to participate in the Laro ng Lahi. Photo by Marisol Barnachea

The Irony of Language

By Diane Lazatin

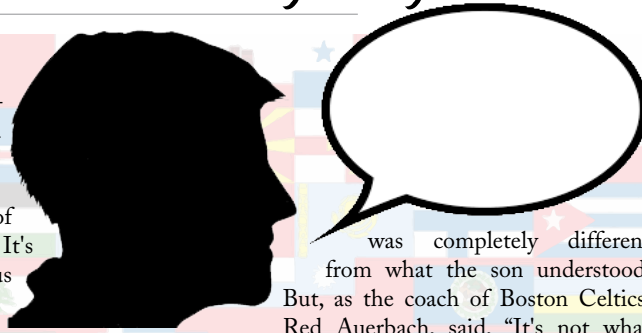
Je 'taime. Te amo. Namumutan ta ka. Nihigugma ko nimo. Ayayaten ka. Iniibig kita. I love you.

Each culture has a distinct characteristic which dictates its language. Each populace has its own unique system of expression. Each person has his own Mother Tongue. There are so many forms and yet only one meaning; that is the beauty of language.

With the use of this age-old innovation, communication becomes easier since words can better describe and convey our thoughts to others. We can impart our knowledge and opinions on certain subjects in verbal or written form. We can connect with people and gain insights from their experiences. We can shape the lives of the people we encounter through the words we say. As stated on theimportanceoflanguages.com, "Being able to communicate with each other form bonds, teamwork, and it's what separates humans from other animal species."

Communication and language are the driving forces of our world. It's what keeps us all together.

But, even if we are capable of speech and conversation, misunderstandings still happen. For example, a father told his son, "If you have time, mow the lawn this afternoon." After hearing a grunt from his son, the father came home only to find out that the lawn was untouched and unkempt. Angry, he confronted his son who said, "You told me to mow the lawn if I had time which I didn't. I was with my friends the whole day." This misunderstanding led to both parties feeling like they've been treated unfairly by one another. What the father meant

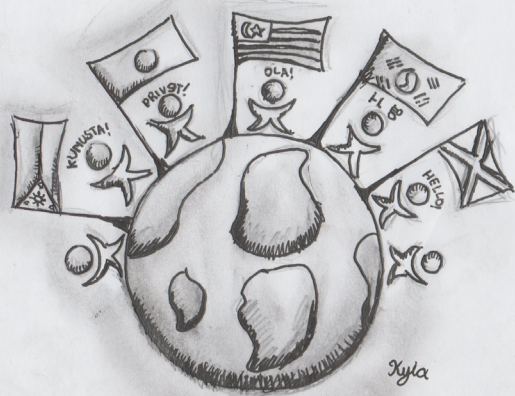


was completely different from what the son understood. But, as the coach of Boston Celtics, Red Auerbach, said, "It's not what you tell them... it's what they hear."

Therefore, effective communication can be achieved through a proper exchange between two people. It is, after all, a two-way process. One speaks while the other listens and vice versa. Isn't it that simple? Well, it actually is, if you come to think of it. It is only a matter of understanding exactly what they mean to say. Didn't catch what they said? Ask them to repeat it. As long as you aren't rude about it, all's good. Also, don't be afraid to ask questions because those are the key to a better understanding. There's nothing wrong with clarification.

Our language is a complex and beautiful thing. It can be used to tell a story to your friends, or express your love for your family. It has many uses, and the purposes vary from person to person. It's a medium for communication but, it can very well be what divides and destroys us.

Separated or unified? It's up to you to make the choice.



The Test of Skill, Beauty, and Brains

By Jazmin Jaymee Jane Bastian

August 28, 2015. The building is abuzz. The students are showing different emotions: excited, nervous, happy. That's a normal reaction. After all, Philippine Science High School is continuing its celebration of "*Buwan ng Wika*". Suddenly, a voice boomed through the speakers. Tsk, it's time to don on a traditional costume of the Philippines, the program's about to start.

The day officially started with the parade of the scholars and staff. The different batches showed off the various outfits of Luzon, Visayas, and Mindanao. They were ready with their cheers and routines too. And when everyone had settled down, the contests began.

The first event was the presentation of the different traditional dances of the country. The contestants performed like experts. Their numbers were also breathtaking. In the next activity, the participants each had to sing a "*Kundiman*". This part of the morning festivities was divided into two categories: single and duet. During the duets, there are spectators who were feeling giddy. Anyway, the singers were all amazing. Every high note they hit surely sent a chill to the audience's veins. Lastly, the most awaited event of the day: the pageant.

Buwan ng Wika, also known as the pageant, is the last competition. It's not just about the appearances of the candidates. The way they answer their question using the Filipino language is also considered. The

out brains is useless", so the activity wouldn't be complete without the question and answer portion. This part was, according to the representatives of each year level, a challenge to them. However, as expected, they were able to answer the questions with their best. And when asked what this experience had given them, the contenders said the following: Marc Denver Tindoc (grade

seven lakan) said that it made him a better person. Meanwhile, Kaela Dominique Alday (grade seven lakambini) and Patricia Bea Palaroan (grade eight lakambini) answered that it boost their confidence. It made him, Alton Mark Bayla (grade eight lakan) replied, more confident, and dance better.

For Keisha Therese Rigos (grade nine lakambini), the experience enabled her to be a fast thinker. And Ryleigh Cabardo (grade nine lakan) appreciate the *Buwan ng wika* and expand his knowledge on the Filipino language. For Ravie Arbilo name (grade 10 lakan), this experience helped him overcome stage fright.

The *Buwan ng Wika* celebration was enjoyed by most students, personnel and parents. Many of the contestants in each event were happy to represent their batch. They were also glad because all their hard work and preparations finally paid off. And if there is one thing that's sure about the festivity, it's that everyone picked up a lesson or two.



By Mickel Paul Kinomes and Jazmin Jaymee Jane Bastian

In the Cordilleran Administrative Region campus of the well-known Philippine Science High School, 89 gifted youths have found their right to be the new scholars of the school year 2015-2016. With the new and exclusive curriculum, new buildings, and a monthly stipend, the new initiates are sure to have a blast!

Most 7th graders, upon starting their first week in an unfamiliar place, were like any greenhorns: nervous, frightened and shy. Although most of them weren't so-

cializing just yet, some already have friends as they came from the same elementary school. With this, they have the upper hand

recent activities. These activities include the most recent event, the Buwan Ng Wika celebration, and the upcoming affair, Intramurals.

PSHS-CARC FRESHMEN EXPERIENCE

Although no pressure, they have adapted and adjusted to the new surroundings and people around them. May it be schoolmates, class mates

when it comes to cooperation. Now, after a little over a month of being together, they have made new friends and interacted with other students, mostly through the

and teachers. So for now, the 7th graders would finish their school year as one group in the hopes to be together until their last years.

Game Over, Iwata

By Mickel Paul Kinomes



Satoru Iwata at GDC 2011
Wikipedia

Recently, Nintendo production's loss has its impact on the incorporation. Satoru, 4th president and CEO of Nintendo, passed away on July 11, 2015.

Satoru Iwata, aged 55, departed due to health problems. Although before his demise, he has left many marks with his name in Nintendo.

Most of these accomplishments consist of famous gadgets used by kids today for how useful it may be in so many ways. Although it is mainly for high stream gaming, it's still used as a source for simple entertainment like music and video recording. The other part of his achievements is his service

on producing widely known games, such as the Pokemon series that almost every kid knows about and the Legend of Zelda series as well. These factors alone made Nintendo one of the most famous producer corporations, and with the help of Iwata.

Even after death, Iwata is still well known throughout the world. And with his most honored quote: "On my business card, I am a corporate president. In my mind, I am a game developer. But in my heart, I am a gamer."



Resolved: Vaccinations should be mandatory for children (Affirmative)

By Edgar Biteng, Jr.



vaccines only inject a weakened or dead antigen which takes at least two weeks to take effect, making it impossible for it to weaken the immune system. However, according to the Center for

Lastly, the main scare is that vaccinations cause mentally compromising diseases such as autism. Autism Spectrum Disorder or ADS, is a collection of several disorders in social skills, communication skills, and obsessive traits, according to the co-author of the 411 parenting book series Dr. Ari Brown. Activists have said that autism cases are on the rise just as vaccination rates are doing the same. What they fail to observe is that autism isn't even proven to be on the rise due to conflicting statistics around the world. In fact, scientists are starting to question if autism was never on the rise but humanity just became better aware of it. According to the CDC, only in the 1990s did schools consider autism as a ground for special education. In the previous years, children with autism were usually classified with mental retardation. Another thing is that even if autism is on the rise, it would never be caused by vaccines. Aside from the genetic nature of autism which proves that assumption wrong, the trace amounts of preservatives such as formaldehyde contained within vaccines are insufficient for causing this disease. Formaldehyde, for example, is a natural occurring substance in your body and if you've used sanitary products like soap or have eaten foods containing preservatives, you have already been exposed to outside sources of this substance.

Vaccination is a term used to describe the process of immunizing a child by injecting them with a vaccine to prevent future infection from a disease. Most governments worldwide encourage vaccination and some states in the US even made certain vaccinations mandatory for public school entry. Although considered a revolutionary discovery in medical history, people are beginning to question the side effects caused and components used by the vaccines of today. Anti-vaccination campaigns are on the rise, stating that parents should be given the freedom to choose whether or not their children are immunized. Their reasons, however, are easily disproved.

A common reason is that through a healthy lifestyle, one can prevent the same illnesses stopped by vaccines and that vaccines weaken the immune system. It is impossible for some people to remain healthy on lifestyle alone. People who travel often like flight attendants can be exposed to multiple diseases completely alien to their immune systems, there are other people who also work in harsh environments which can stress the immune system such as sewage and construction workers. Another check to this reason is that according to the Department of Health (DOH) of New York,

Disease Control and Prevention (CDC) of the US, there are certain groups of people who should not be vaccinated which brings us to another reason used by the negatives.

This other reason used against vaccination is the rare occurrence of severe allergic reactions by some children which is caused by certain preservatives in vaccines. This is a fact, however, before a vaccination should occur, parents are encouraged to provide the medical history of their child which includes a list of any known allergies to any substances. Also, aside from the children mentioned above, people who are pregnant or have been immune-compromised should not even vaccinate. You then ask, "Then what about these exceptions?" Well, these people actually rely on the vaccinated population for protection against disease through the concept of herd immunity. By making most of the population immune to a disease, the said disease is prevented from making more infections which reduces the chance of mutation of a new strain, effectively safeguarding this special group of people. Not making vaccinations mandatory reduces herd immunity and increases the risk of developing an outbreak of a stronger version of a disease.

Vaccines are not to be feared. They save lives as long as proper screening is done and the proper exceptions are made. Vaccinations do not cause diseases but help prevent them and they are only effective if most of us are. The anti-vaccers just shove claims that cause fear among the unaware populace. If vaccines do not become mandatory, we risk the lives of people around us and deny them healthy living. With this, I believe vaccinations should be mandatory.

Masks and Mirrors

Gabrielle Charis Tagtag

I once awoke at midnight parched with thirst
After a glass of water, I spied my mirror and recalled
That you should stare into it by moonlight
Yourself tomorrow will look back instead

Curious, I drew back my blinds and and let in the light
I stared and stared but nothing came
At last I gave up and moved to retire
Then I noticed my reflection standing still

I froze in place full of fear
For my reflection now wore a mask
Wrought from bronze and steel
"Are you my future," I dared to ask

She nodded and looked behind me to her past
Rallying, I ventured again to ask,
Why she appeared to me behind a mask

"It is man's instinct to desire that which is hidden
But the traveller is happiest before the journey
The dog's bark, fiercer than the dog itself
A woman most beautiful from behind
To show my face to you would dash your dreams."

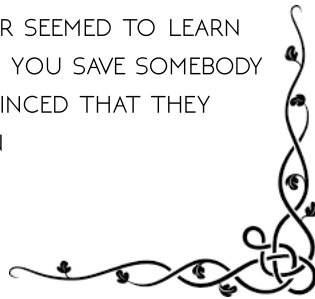
Chastened, I went back to bed future
blind,
Swearing to make everyday truly mine.

Burn

ALYSSA YAP

SHE THREW HERSELF AT HEARTBREAK
LIKE A MOTH DRAWN TO A FLAME
PATCHING UP HER BROKEN WINGS
JUST TO TRY IT ONCE AGAIN

AND THE WORLD ALL THOUGHT HER
FOOLISH
FOR SHE NEVER SEEMED TO LEARN
BUT HOW DO YOU SAVE SOMEBODY
WHO'S CONVINCED THAT THEY
SHOULD BURN



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Year of the Warriors: Golden State Takes Home the Larry O'Brien after 40 Years



40 years in the making. Warriors take the title back to Bay Area. Google Images

By Erik Mangaoang

The Golden State Warriors' championship added another feather in their cap this season as they brought home the NBA Title back to Oakland after 40 years. The Golden State Warriors capped off their exceptional season after defeating LeBron James and his Cleveland Cavaliers. Golden State's role player, Andre Igoudala, brought home the NBA Final's Most Valuable Player Award after showing off his defensive prowess in stopping the four-time-MVP, LeBron James.

The two powerhouses engaged in six thrilling games with the first two games being decided in overtime. Warriors, led by the MVP, Stephen Curry, drew first blood after taking the first game, 108-100, in overtime. Curry tallied 26 points and eight dishes. LeBron's 44-point effort was not enough as they only scored two points during the extra five minutes. The second match was one for the ages as both teams battled it out until the final buzzer. But they were not yet done there



as they needed another five-minute battle to decide the winner. Warrior's Klay Thompson led his team by adding 34 points to his name but the Cleveland Cavaliers would not fall as easily. LeBron took the game into his hands and marked 39 points to ensure the victory for his team.

As the series moves to Cleveland, Ohio, the momentum has shifted to the home team after the stunning game two win. Pressure mounts the entire Cavs' squad as they are playing in front of a crowd thirsty for a championship after 51 years without a title in any of the nation's major sports leagues (Major League Baseball, National Football League, and National Basketball Association). The Cleveland fans witnessed another astounding effort by LeBron James as he went for another double-double tallying 40 points, 12 rebounds and eight assists. Warriors, led by Curry and Igoudala, mounted a comeback late in the game but in the end, Cavs took the game, 96-91.

Warriors' rookie coach, Steve Kerr, experimented with his line up in game four by letting Andre Igoudala start. That move was the game-changer that handed them the victory. Igoudala wore out LeBron James and only allowed him to 20 points in 40

minutes. Igoudala and Curry shot 22 points and the Warriors grabbed the 103-82 victory to tie the series at two games apiece.

LeBron James led his Cavaliers in game five by recording a triple-double with 40 points, 14 boards, and 11 dishes. But Curry's dominant shooting performance was all it took to shut down LeBron James. Curry shot seven of his thirteen three point bombs as he tallied 37 points along with seven rebounds and four assists. The game ended 104-91 and the Warriors needed only one game to seal the deal.

One final push was all the Warriors needed to cap off their remarkable title run and that was what they did on game 6. Despite Cavaliers' mightiest effort to force a deciding game seven, they knew during the final seconds of the game that they would be coming home short-handed. As the game clock showed a few ticks left, LeBron conceded and congratulated the Warriors squad.

"I missed the finals twice, lost in the finals four times, I'm almost start-



ing to be like, 'I'd rather not even make the playoffs than lose in the finals.'" LeBron said, crushed. "We're hurt a lot easier."

Cleveland is still searching for a title in a major sports league as they continue their championship drought after a disappointing loss to Warriors in the finals. LeBron James adds another loss to his NBA Finals record, now 2-4.

The duel between these two teams made history as this was the first time two rookie head coaches competed for in the NBA Finals. The other time this happened was during the Association's first season.



Lights out. Donaire makes quick work of Settoul. Google Images

Settoul, French Fried by Donaire

By Erik Mangaoang

Nonito Donaire Jr. continues his quest for his lost WBA (Super) Featherweight crown as he bum-rushed the Frenchman, Anthony Settoul in two, quick rounds in their encounter last July 18, at the Venetian Hotel in Macau.

Donaire dropped Settoul twice in the first round with vicious body shots. He utilized his jab and used his footwork to bob and weave Settoul's punches. Donaire unleashed a left uppercut to the body that sent the Frenchman to the can-

Down in 34 seconds

By Christian Nikolai Rabaya

Ultimate Fighting Championship (UFC) Female Welterweight Champion Ronda Rousey mauls Bethe Correia and ends word wars and controversies against her in a dominant 34 second clash at UFC 190 last August 1, 2015 at the HSBC Arena in Rio de Janeiro, Brazil.

Rousey, ever since the interviews, the weigh-ins, showed confidence in winning the battle. As the bell rang, Rousey immediately charged at Correia and did not waste any time attacking Correia with a flurry of punches and reckless moves and combinations. The fight had tons of punches, kicks, you name it. Correia couldn't do anything but get beat up helplessly.

Sometime in the clash, Rousey landed a hard smack that knocked down Correia. As 'Pitbull' stood up, Rousey dug a knee to her torso and left Correia falling to the ground face first.

Have to admit, Rousey knew Correia wasn't a match for her but she still threw everything she got, leaving Correia steamrolled on the mat.

Right from the start, Rousey knew that Bethe Correia was no match for her. Correia threw everything she got but Rousey just had a bigger arsenal than her and that left the 'Pitbull' down on all fours.

vas. Late into the round, Donaire threw a right hand at Settoul's rib that again sent him to the ground.

A minute into the second round, Settoul walked into Donaire's overhand right and sent the Frenchman hard on the ground. Settoul managed to re-orient himself but his corner had seen enough beating and they decided to throw in the towel.

Boxer Finally Wins a Fight after Suffering 51 Straight Losses

By Erik Mangaoang

Dubbed as "Britain's Worst Boxer," Robin Deakin is a professional boxer whose career was plagued by losses. He actually won his first fight in 2006 but dropped his next 51 fights. The streak continued for almost a decade and many doubted him. His license was almost dropped by the boxing council because they feared that he could not compete and is only putting himself in danger.

Despite his horrible record, he never stopped fighting and on August 29, he got his first victory in almost a decade when he defeated Dennis Kornilovs.

So whenever you feel like you are the worst in your league, just think about this guy and his warrior's heart.

After this clash, nothing is there to be analyzed. Rousey would beat her in any fashion. But this put Correia where she really stands.

As of now, Rousey is now improving as a fighter and is waiting for a challenger brave enough to fight her.