



V FOR VICTORY. Students participate in the dance exercise. Caption by Geo Angeles. Photo by Marisol Barnachea

STEAM Week 2015 sets off for another great year

By: Jilliana Marie Sorquia

All the thrill and excitement reoccurred to the school campus for Science, Technology, Engineering, Arts, and Mathematics (STEAM) Week last December 7-9, 2015.

With the theme 'Empowering Scientific Minds in the Quest for Excellence', most of the events within the three days mostly revolved around the concept of STEAM's abbreviation.

Each grade level had the same color coding as done previously in the 2015 Intramurals; Black for Grade 7, red for Grade 8, white for Grade 9, and blue for Grade 10.

On the first day, there was the arrival of schools from around Naguilian and Irisan. Namely Elpidio Quirino, San Carlos Heights, and Irisan elementary school, they joined the school for the first day. Followed by a short program and an aerobics lead by the Dance Troupe, the rest of the day had numerous events: The Physics Mini Olympics, Spelling Bee, and Science

and Magic. The science club, robotics club and Equilibrium had their respective exhibits, including the Sharp Calculators Exhibit and the National Bookstore Exhibit. There was also a film viewing for every grade level.

The second day followed, with the Dance Sport Competition consisting of the Student Edition and the Faculty and Non-teaching staff edition. The Debate Eliminations, Battle of the Bands (per batch), and Arnis Presentation was done on

that day. The Open House Library, Essay Writing Contest and the Larong Pisay was also finished.

Third and final day, STEAM had its' grand exit with another course of events. There was the Mathalinong Freshman, Pisayklaban, Amazing Race, Math Trail and the final round for the Debate competition. The science sculpture exhibit and Damath was also part, ending the day with the awarding of winners from the various contests.



FUTURE SCHOLARS. Pupils enjoy the performances. Caption by Trina Comapala. Photo by Marisol Barnachea.

Neighbors to Arrive for PSHS-CARC

By: Jullia Amoir Patol

Recently, students and staff of Philippine Science High School – Cordillera Administrative Region Campus (PSHS CARC) have been alarmed by the construction that has begun barely 20 meters away from PSHS-CARC's school gates only to be informed that Baguio City National High School's (BCNHS) new school building will be next door.

BCNHS' buildings that are soon to open is a project that was developed by the Department of Education (DepEd), they took Department of Public Works and Highways – Baguio City District Engineer's Office (DPWH - BCDEO) as their implementing office for the making of the project. DPWH-BCDEO bidded the project to R U Aquino Construction Development Corporation. One of the buildings is being constructed with a budget of exactly P64,520,777.73 for the project's funds. The building's arrangement started during November 9 2015, and its supposed completion is on August 4 2016. The second building has a working budget of P30,705,602.81.

Digging for the buildings' foundation began during early December of 2015, and the structure supposedly started during December 1 2015, and its completion is on June 27 2016. The projects' exact budget is P95,226,380.54 the source of fund is from Pagcor-2015-101101-11-01 and 01101101 FY2015 RA 10651 Regular 2015 Current.

Engineer Carmelle Bautista has given details about the development and plans for the school buildings that will be neighboring PSHS-CARC. Engineer Bautista described that the two school structures would be comprised of 54 classrooms. The two structures are intended for BCNHS' Junior High and Senior Division. She also stated further plans to add an oval for BCNHS' athletic purposes. Eng. Bautista also stated that the possible partial accomplishment of the two school buildings will be by June of this year.

The building will be addressed as Irian Annex Baguio City 4-STY, 32 SL. School Building.



NEW CONSTRUCTION. Future Neighbors are all set for the creation of their homes. Photo by Geo Angeles.

2nd Card Giving Day concluded with success

By: Xhandra Mae Araos

Last January 9, 2016, Philippine Science High School – Cordillera Administrative Region Campus (PSHS-CARC) held their Second Quarter Card Giving and Recognition Day at the school's amphitheater.

A short program was conducted before the distribution of cards which included the State of the Campus Address (SOCA) by the school director, Dr. Conrado C. Rotor Jr. The SOCA covered all the issues and improvements within the campus. He clarified the ongoing construction of the Baguio City National High School (BCNHS) 52-classroom building. He also explained the progress of the Academic building, connection of water, and the road to the main building. In educational terms, he stated the new facilities such as the new televisions, and tables and chairs set up to each classroom for easier learning strategies, and he also mentioned the achievements of some scholars during the Second Quarter.

The Recognition program for the director's listers was concluded early and was immediately preceded by the card giving.

PSHS Journalists stand strong in DSPC

By: Kryll Jay Cantago

The Nexus Publications, Higlikas Club and other scholars of Philippine Science High School – Cordillera Administrative Region Campus (PSHS – CARC) garnered places and awards in the 2015 Division Schools Press Conference (DSPC) with a theme “The Role of 21st Century Campus Journalists in Upholding Good Governance, Leadership and Transparency” held last December 11-13 at Baguio City National High School (BCNHS) and Manuel L. Quezon Elementary School.

The coaches together with the scholars competed in BCNHS and Manuel L. Quezon Elementary School. Our school's winners are Collaborative Desktop Publishing team (English) Gabrielle Charis Tagtag, Rene Lee Aquitania, Trina Compala, Bobby Carl Mortel, Reyamar Angelo Cabatu, Edgar Biteng and Jilliana Marie Sorquia which won first place.

Collaborative Desktop Publishing team (Filipino) Crystal Naoe, Joshua Agustin, Nureen Osbucan, Kyra Cusi, Justin Quijana, Ruth Banania and Janvher Sagario also won first place. Radio broadcasting team (English) Geo Earl Angeles, Xhandra Mae Araos, Sophia Lunor, Ryleigh Cabardo, Pauline Escano, Joshua Escano and Sigourney Heather Rillera got the sixth placer. Science Feature writer (English) Diane Lazatin got the third placer, Science Feature writer (Filipino) Iggy Lam-ing won first place, Editorial Cartoonist (English) Chloe Abayao won sixth place, Editorial Cartoonist (Filipino) Zanya Omadio won sixth place, Feature Writer (Filipino) Michelle Agpalza won second place, Editorial Writer (Filipino) Katrina Alation got the third placer, Photo Journalist (Filipino) Monique Aromin won fourth place and Copyreader and Headline writer (Filipino) John Glenn Caranay got the fifth placer.

The Nexus and Higlikas newspapers got also series of awards. The Nexus is second best in Feature page, fourth in Editorial and fourth in News Page. Higlikas is third best in Editorial Page, eight in Feature, ninth in lay out and tenth in both Science and News Page.

Contestants who ranked first to fifth will represent Baguio City for the Regional Schools Press Conference (RSPC) except for the group category competitions wherein only the first placer will continue to RSPC. The RSPC will be held in Ifugao on January 18-20, 2016.

If the DSPC winners win the RSPC they will proceed to National Schools Press Conference (NSPC) which will be held in Koronadal City, South Cotabato on February 22-26, 2016.

Scholars triumph in YMCA Nationals

By: Sophia Bernadette Lunor

“The youth, the bright minds of today, are not only God's gift to humanity. You and I are the future leaders, a shining example of greatness, the hope of the future!” These were the words spoken by Sophia Bernadette R. Lunor in the Young Men's Christian Association (YMCA) National Academic Olympics last December 5-6, 2015.

Two scholars emerged victorious in the YMCA National Aca-

demic Olympics in Ermita, Manila as they represented Baguio in the said competition. Sophia Bernadette Lunor of 9-Beryllium won first place in the oratorical competition and Rana Ysabel Azurin of 9-Helium won second place in the vocal solo competition.

“It was a fun experience. I had a chance to take my talents one step further. Even so, I still got nervous because I had the pressure of representing the Northern Lu-

zon. It was nerve-wrecking but, I gave my best and first runner up isn't that bad,” Rana Azurin stated in an interview.

Both students qualified for the national competition after successfully winning in the division and regional levels. They were coached by Ms. Melanie Matias and Ms. Jenifer Marigza for the oratorical and vocal solo competition respectively. The oratorical piece performed by Ms. Lunor was authored by Edgar Biteng of 9-Lithium.

MUKBANG (먹방): FOOD PORN AT ITS BEST

By: Geo Earl Angeles

A Dream Job – That's what it is. (먹는; meokneun) and “broadcast” (방송; bangsong).

Do you want a job that requires you to have a big appetite and a taste for food? Look no more because Mukbang is literally your DREAM occupation—at least if you live in South Korea.

According to the Internet, Mukbang or broadcasting meals is a type of performance in which someone eats large quantities of food, while interacting with their audience. Usually done through a webcast, muk-bang became popular in South Korea in the 2000s. Muk-bangs are also broadcast on television on the channel Afreeca. The word muk-bang comes from the Korean words for “eating”



Photo from the internet

Many suggest that the Mukbang phenomenon stems from the fact that eating in Korea is seen as a very social activity, presenting a quandary to those who live, and consequently, eat alone.

Simon and Martina Stawski are a married Canadian couple that blog and vlog (video blog) their experience of living in South Korea at eatyourkimchi.com. In April, they uploaded a 38-minute video in April to demonstrate Mukbang to their fans.

“Eating in Korea is as much a social thing as it is a physical thing,” Simon Stawski told Consumer News and Business Channel on an interview.

NEW YEAR MEANS MORE CHANGES

By: Jazmin Jaymee Jane Bastian

New desks here, new chairs there... Change is everywhere and it doesn't stop. This is what's happening in Philippine Science High School Cordillera Administrative Region. Almost everything is changing, at first it was the building, then the grounds, then the boards and still after the vacation, when students had returned to PSHS CARC there was once again changes. It seems to be that PSHS-CARC love changes so much and most of its students adapted promptly.

and chairs. The desks were white, not the dirty white but the pure and clean white. It also has some storage space below so if the teacher comes and she asks to keep all your things it



wouldn't be hard. There were also the chairs that were so comfortable to the point where you could line them up and make a small bed out of it. Another change was the shortening of schedule, where instead of having an hour per subject it changed into 50 minutes per subject. Shorter schedule means earlier dismissal, earlier dismissal results to more time for assignments or rest then add everything up and most students are given an easier life.

Changes can occur anytime so students weren't really surprised when they entered their rooms and saw new desks



“Change means that what was before wasn't perfect. People want things to be better” -Esther Dyson.

Campus Journalism v 3.0: Expect. Employ. Empower.

By: Gabrielle Charis Tagtag

Henry Anatole Grunwald once said, “Journalism can never be silent: that is its greatest virtue and its greatest fault. It must speak, and speak immediately, while the echoes of wonder, the claims of triumph, and the signs of horror are still in the air.” This quote can be truly applied in this year's Journalism Summit.

The focuses of the summit revolve around the fields of Radio Broadcasting and Collaborative Publishing—aiming to improve the skills of the scholars in their respective group competitions in the division, regional, and national levels alike. Journalism has exoanded and it transformed into a vocal field and many of us now use laptops or tablets instead of the good old pen and paper.

This year, the Journalism Summit v 3.0 was held in Davao City with the theme, “Expect. Employ. Empower.” Some of the best writers spearheaded this glorious event. This year's

summit has established the vision to enhance and “level the playing field” par summit has established the vision to enhance and “level the play particularly in the fields of Collaborative Publishing and Radio Broadcasting. The PSHS System aims to open portals and build bridges among all the campuses in all the regions. After all, we can reach great heights and evolve by cooperation. I had a chance to interact journalists from different campuses.

The summit consisted of a three-day hands on workshop that focuses on Radio Broadcasting, Scriptwriting Lay outting, and, Collaborative Publishing. It was not only ordinary workshop, that's for sure. We had an opportunity to view the grand sceneries of Davao City. Of course, the experience wouldn't be complete without Ma'am Melanie Matias and Ma'am Penelyn, our



TOUCHDOWN. Students and staff arrive at PSHS-SMC. Photo from Charis Tagtag.

advisers, and my fellow campus journalists Geo Earl Angeles, Nureen Osbucan, and Jhanver Sagario.

The Campus Journalism Summit v 3.0 is a great way to keep every campus in par with the advancements of the world of Campus Journalism. A Philippine Science High School scholar should also be flexible. We shall inherit the new era of campus journalism and social media, but only if we are empowered. This was certainly the greatest avenue to achieve this.

Campus journalism can fill the voids by being an advocate of transformation. We are but a small part in the conduit from which humanity communicates with each other. Yet we are still essential, for we are the foundations from which the talent of mass media fuels it onward. Time and practice will enable us to achieve greater things. Like acorns buried deep in the forest we will eventually emerge as a forest of mighty oak.



FIRST SMILE. Journalists enjoy their first day. Photo from Charis Tagtag.

E-sports: The New Meta

By: Erik Joshua Mangaoang

When you hear the word “athlete” you immediately picture a man shooting hoops or scoring goals, or maybe a flexible woman doing cartwheels and somersaults. The last thing that comes to mind when you hear that word is a person wearing headphones, playing in front of his computer all-day. The time has come to finally consider gamers as athletes.

The e-sports community is continually expanding as more and more people invest their time and money in these competitive games. Some schools in other countries even put e-sports in their curriculum. Norway, for example, will start offering an elective in e-sports starting August wherein 30 students that are enrolled in this course will study gaming, five hours a week for three years. These five hours a week will not be spent solely on playing games. The students will have physical training depending on what game they will be focusing on. They will have reflex training, and also strength and endurance training.

Breath control, simple meditation and adoption of specific bodily postures or yoga is what the Nexus Publications of the PSHS-CARC experienced with the help of their yoga instructor/English teacher Mr. Dennis Basal who taught them the basic stances of yoga last Friday at the section 10-Gluon of the said school.

The objective of the yoga practice was to prepare the other journalists for the upcoming Regional Schools Press Conference (RSPC) and for all the members of the club to relax

Yoga is a Hindu spiritual and ascetic discipline which is a great



The school will have a dedicated classroom for this elective with high-end PCs and comfortable gaming chairs. The school has not yet decided on which game they will be focusing on but games like Dota 2, League of Legends, Counter Strike: Global Offensive, and Starcraft II are all being considered.

Many other countries have taken the step towards considering e-sports as a legitimate sport. They invest thousands, even millions of dollars in their national e-sports teams. Many

people may not agree that gaming should be considered as a sport because they lack physical action. But gamers spend as much time as regular athletes in honing their physical skills. The difference between gaming and other sports is that you don't need to have physical prowess to be a gamer. You don't need to have the muscle strength of a world-class athlete to become a professional gamer. All you need is a gaming computer, a reliable internet connection, fast-reflexes and the game sense to succeed in this field.

Students take a twist in preparation for RSPC

By: Christian Nikolai Rabaya

practice for good health and relaxation. It is also the union of the individual consciousness or soul with the spirit. Even though there have been confusions on what gender yoga is for, Mr. Dennis says, “They say yoga is for the women, for the gay, but it's actually for everyone.”

Urdhva Dhanurasana a.k.a. Upward Bow (Wheel) was one of the several stances Mr. Dennis taught the writers of Nexus and is the hard

est pose by far for the students in the publication. Upward Bow is an intermediate stance that offers a lot of benefits to the body, mind and spirit.

“The yoga experience was enjoyable. It was quite relaxing as well. Of course sharing this fun and calming experience was much more entertaining with club members and friends,” says Jullia Patol, a news writer of the publication.

At the end of the day, the journalists who will be participating in the RSPC are relieved and prepared to compete in the upcoming contest and hopefully bring home the bacon.