



REMINDED. Dr. De Ungria speaks of stewarding nature by sustaining resources to almost 500 scholars in the 2nd Research Congress. PHOTO BY: M.ANTONIO

PSHS-CARC holds 2nd Research Congress

KYRILL JAY CANTAGO

Scholars become more conscious of their environmental responsibility as the Philippine Science High School Cordillera Administrative Region Campus (PSHS-CARC) held the 2nd Research Congress with the theme "Stewarding Nature and Sustaining Resources for the Future" last April 20-21, 2017.

The two-day Research Congress was filled with series of activities related to different Sciences, Math, Engineering and Technology.

The highlight of the first day was the plenary talk from Dr. Maria Corazon A. De Ungria who spoke of how little things of caring for the environment could result to greater impact on the welfare of the world.

In the afternoon, the Grade 8 launched their Food Fair while the Grade 10 and 11 exhibited their research in their poster presentation. The researches were related to Environmental Science, Human Sciences, Biological Sciences, Physical Sciences, Math, Engineering, and Technology. The poster presentation allowed

other scholars to learn from the researches by posing inquiries to the researcher, who in turn answered very wittingly. The Grade 7 attended talks of Mr. Brian James Aggangan, Mr. Joel Addawe, Mr. Mark Xavier Bilon, Dr. Maria Corazon A. De Ungria, Ms Mergebelle D. Dengal and Engr. Katherine Rara in the said afternoon. The talks primarily focused on the highlight of the fields where the speakers belong to with the hopes of encouraging students to take the same path.

On the second day was the

final defense of the Grade 10 and 11 students. Deliberation of the panelists followed. Grade 8 students continued their Food Fair for the entire second day. The profit of the said Food Fair was to serve as fund of each class' outreach.

The two-day Research Congress culminated with the recognition of the researchers who produced well written papers and presented their researches outstandingly. They were awarded by the Campus Director, Dr. Conrado Rotor.

QMS kicks-off in PSHS-CARC

MARY ROSE AREVALO-ANTONIO

A two-day seminar-workshop for the sixty-three teaching and non-teaching personnels of PSHS-CARC was held last April 24-25 as one of the first few steps for the institution's quest in achieving ISO certification.

Classes for all levels in PSHS-CARC were cancelled to give way to the personnel's training on Quality Management System (QMS) and 5S with Mr. Dexter Chua.

Mr. Chua introduced ISO and the process that an institution undergoes to the road of certification. He pointed out that the first year of implementation of QMS could be the most challenging, however, as it becomes practiced, things would turn out to be but a normal scenario.

The training on QMS started

with the strengths-weaknesses-opportunities-threats analysis or (SWOT) analysis in the various areas of the institution. From the SWOT analysis, the personnel proceeded on the risks evaluation. Outputs were presented and were given constructive criticism.

After the seminar-workshop on the QMS, the training on the 5S Routine followed. The personnel learnt of Seiri (Sort), Seiton (Systematize), Seiso (Sweep/Shine), Seikutsu (Standardize) and Shitsuke (Self Discipline). They were also tasked to apply 5S in their respective workplaces.

The QMS and 5S seminar-training hopes to give employees the sight of where the institution is leading and it all starts with identifying its weaknesses and turning them to strengths.



LEARNED. Employees of PSHS-CARC got introduced to QMS, an institutionalized move for ISO certification. PHOTO BY: M.ANTONIO



DRIVEN. Scholars promote school at SM Baguio. PHOTO BY: M.BARNACHEA

Scholars get exposed at Pisay Day

MHEL ANGELEN OLIVERAS

Directed towards promoting and showcasing the different talents of the students, Philippine Science High School CAR Campus held its very first Pisay Day at SM Baguio City on the 26th day of April. It was filled with fun activities, not only for the students but also to the spectators.

The day started with a Poster-Making contest which was open to all grades 3 to 5 elementary students of both public and private schools. The children, all being able to produce a poster with deep meaning were awarded with medals and certificates.

A photo exhibit was arranged for public viewing too. The photos displayed were taken by the students during the held photography work-

shop days before. The students, Leangela D. Dacayo of 9-Helium (3rd place), Ruth May C. Banania of 9-Lithium (2nd place) and Alton Mark Bayla of 9-Beryllium (1st place) were awarded for having the best photos.

The Art Club and Noah's Art Club of Pisay also showcased their works for public viewing. Together with this, a special public viewing on Origami making was also done by Alphonsus Nonog of 9-Helium.

At 2 PM the much awaited Music and Dance Recital of the scholars started by turning the spotlight on to the Dance troupe and the Vespers Club. Some of the songs performed by the Vespers were "Someone Like You", "Beauty and the Beast", "Wala na

Scholars got exposed... from page 1

bang Pag-ibig”, “Yakap”, “Lead Me Lord”, and more. While the Dance Troupe showed off by dancing with the rhythm of “Countdown”, “People Help the People”, “Believer” and more. The members of the guitar club also played for the engaged crowd.

After the exposure of the scholars, the teachers of Pisay performed also a song number proving that they are also talented as much as the scholars.

Pisay Day ended with an invitation to all grade school students to enroll and be part of Pisay CARC family, a family that hones everyone holistically.



PHOTO BY: M.BARNACHEA

Change starts from within

The annual year-end grade level recollection was successfully held through the initiative of PSHSCARC guidance counselors and the participation of the almost 429 scholars.

The said recollection was held per grade level in order to cater to their needs as discovered by a survey conducted among them. Mrs. Geraldine Orasing and Mr. Jeremy Bastian, school’s guidance counselors, invited highly qualified and very much willing speakers for the said event.

For the Grade 7 last May 15, Ms. Angeli B. Bustillo on her seminar-workshop with the youngest of the scholars focused on “Understanding

Oneself, Reaching Out to Others”. For the Grade 8 last May 19 and Grade 9 last May 22, Mr. Maxwell A. Hagan focused on the “Power of Mind” and emphasized that our thinking directs our actions and our action determine our future. For the Grade 10 last May 23, Mr. Federico P. Martin focused on the benefits of having positive mental disposition, earning trust and leadership by example. Lastly, for the Grade 11 last April 27-28, Ms. Bustillo focused on “Leading Oneself, Leading Others and Empowering Others”.

The recollection was filled with insightful perspectives on oneself, others and how these would affect the world in the widest scale.



PHOTO BY: M.ANTONIO

DIVERSE. 8-Sampaguita brings Japanese cuisine to hundreds of scholars.

PSHS-CARC conducts this year’s food fair during the 2nd Research Congress

KRISANDRA MAE SERAFICA

Students from Batch 2021 of Philippine Science High School – Cordillera Administrative Region Campus (PSHS-CARC) organized a food fair with different themes showcasing diverse cuisines, promoting the significance of science, and informing the people on the science behind every dish during this year’s 2nd Research Congress on April 20-21.

Adelfa chose a cuisine inspired by the theme, “Around the World: Recognizing the Diversity of International Cuisine”. Adelfa cooked traditional dishes from the countries of Thailand, Japan, Turkey, France, and Philippines including fried ice cream, karage, shawarma, pizza, and sisig.

Camia exhibited a set of dishes with the theme of “The Acropolis of Today: Food for the People, Food by the People, Food for the People”. Camia prepared dishes, such as Queenoli, Turondrigo, Kimchi soup, and Obama balls, which were inspired by well-known rulers like

Queen Elizabeth, Rodrigo Duterte, Kim Jong Un, and Barack Obama.

Sampaguita showcased a cuisine with the theme of, “Japanese Garden of Eden”. Sampaguita readied Japanese traditional dishes such as mochi, onigiri, tempura, and sushi.

The sections were constructively helped by their chosen judges in regards to their food presentation and presentation of the science behind their cuisines as part of the collaborative project for IS, Math, and English.

Marketing strategies were also used by the different sections to have more profit. Adelfa gave free jelly berry for their first 30 customers. Camia gave free Obama balls for their first 5 customers. Sampaguita gave free milktea for every 20th customer they have.

The profit from this event were donated to different beneficiaries selected by the sections: Adelfa for Reception and Study Center for the Children, Camia for Bethesda Ministries, and Sampaguita for Northern Luzon School for the Visually Impaired.

Young Photographers Bud in the 1st Pisay Exposure

DANIELLE SHARON GAYAMAAN

The very first photography workshop in PSHS-CARC was held to enhance the skills of young scholars in the said field, through the training under Mr. Reynaldo M. Abellada whose knowledge and experience guided the students in the basics of taking photographs.

A total of 35 participants, 26 Pisay CARC scholars and 9 elementary students from different schools in Baguio City and La Trinidad participated in the one-day event. In the morning, a brief lecture on the basic elements of photography was held by Mr. Abellada, who also shared his experiences and tips to help the students.

Afterwards, the participants were split into groups tasked with roaming the school to take shots which

will fit in different categories of the types of photography provided; architecture and landscape, for example. The students were supervised with the help of 12 of Baguio City’s professional photographers, namely Mr. Gregory Edwin Fernandez, Ms. Kim Nguyen, Mr. Charles Gaiwen, Mr. Jose Olarte III, Mrs. Vanessa B. Olarte, Mr. Ric Maniquis, Ms. Sonn Fernandez, Ms. Wal Mateu, Mr. Adelino Tabangin, Mr. Reynaldo Abellada, the school’s engineer, Ms. Mary Carmelle Bautista, and the campus director Dr. Conrado Rotor, Jr.

The institute showed its gratitude by presenting certificates of appreciation to the individuals who guided the students throughout the day, and certificates of participation to all the participants. The students were then asked to submit their entries for judging. The winners were awarded

during Pisay Day in SM City Baguio on April 26, 2017, with Alton Mark Bayla of grade 9 bagging first place.

This is the beginning for aspiring



Alton Mark Bayla



Daphne Molina

photographers, and with the success of event, the workshop is expected to happen again.



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EDITORIAL

The Awaited Cutting of the Ribbon

LIKE LEAVES IN THE WIND, Grade 11 students of PSHS-CARC have wandered from room to room without facility to call their own. Among the key problems that they encounter is the insufficiency of facilities to use. They are often seen in the hallway in the library area, having no assigned or fixed room to stay in. Yet just a few meters away the new admin building that will help present a solution lies unfinished and three quarters done. It seems so close yet so far. But this situation may soon come to pass. After encountering problems, the

construction of the new admin building started again. Slated for completion within 6 months, according to Engr. Carmelle Bautista, we may soon see a new addition to our beloved campus.

This said admin building will house the administration and the other offices. Once it has been completed, the students of the senior high school division may occupy the rooms on the fourth floor of the building that are now presently used by the Science, Math, Computer, and Technology (SMCT) Department, Humanities Department, and Office of the

Campus Director. The office used by the Finance and Administration Division (FAD) may also be utilized as a new classroom, once the building will be finished.

It only seemed like yesterday when the very idea of a school on this site seemed impossible. The land was ravaged and poisoned by the rubbish heap. But now with our campus growing, it is but a distant memory cast aside to annals of history. We commend the authorities with the renewed impetus on the matter. We await with anticipation for the day we finally cut the ribbon.

Julia Amoira Patol



To kill fire with fire

THE SPECULATION of the military troops of Bashar al-Assad, the current president of Syria, using these chemical bombs within the premise of their own country has been a topic that the Syrian government have always denied. Though, on April 4, 2017, 300 people were injured and at least 73 died (23 of which were children) in a province of northern Syria called Idlib. The vic-

tims, displayed the symptoms of being exposed to the Sarin substance. Sarin, a nerve agent, causes nausea, respiratory failure, paralysis, loss of consciousness, and convulsions when exposed to the human body.

This chemical attack, and much more that have come before it, had led to the belief of other countries that these chemical weapons are still at use even after Syria allegedly handed its chemical weapons to the United Nations' Organization for the Prohibition of Chemical Weapons. With the recent bombing and the unchanging use of chemical bombs, President Trump ordered an airstrike during April 7, 2017 to the Assad base in Syria to prevent the usage of these hazardous bombs.

"A chemical attack that was so

horrific in Syria, against women and small children, and even beautiful little babies, and their deaths, was an affront to humanity," said Trump, only a day before he allowed the airstrike. The American leader also added that the US had to take responsibility to act upon the chemical attacks.

Despite the apparent intention of Trump to end the usage of these chemical weapons, a "significant" amount of collateral damage and 15 casualties were killed under his attack. This, leading Syrians to think that this was an "erroneous American strategy," pinning the US as allies of the terrorists. The results of the US President's actions have recently given him mostly positive feedback and there have been no follow-up attacks

of chemical bombs in Syria, though, it did not completely help the Syrian civilians become safe from the impending war.

Currently, Syrians are held by the hands of terrorists with weapons that cause impossible living conditions. We do not know how long could Syrians stay safe from chemical bombing again and we could not afford to just wait. Awareness of these circumstances must not remain solely as such, but rather, it must move us towards simple act of service. Our condition might not permit us to greatly be of assistance to Syrians running for their lives but as we value our lives and as we make the best that it could be, would show how we value life that others were and are deprived of.

Science in Our Lives



BERNICE FERNANDEZ

Monthly themed activities allow members of Science and Health Club to explore the wide array of applied science. Life, arts, body and environment are some of the themes that the club had.

Activities are developed to bring out science in the selected themes. Conduct of experiments to bring out concepts is the most common method used

by Ms. Freda Wong, club adviser. Practical application like learning volleyball and making water bottle rockets to teach physics are just some of the actual activities.

Members of Science and Health Club also participated in competitions like PSO Science Olympiad.

Overall, the club members discovered and honed scientific skills, attitudes, and habits that would make them better scientists.



YMG refines PSHS students' Math skills



KRISANDRA MAE SERAFICA

Every ALA is a period of pi, $1/2$, log, 4! and pythagorean theorem for the members of Young Mathematicians' Guild (YMG).

Members of YMG are required to participate in solving word problems in the fields of algebra, geometry, statistics, probability, and trigonometry. They discuss their own perspectives in every word problem that help them in enhancing their skills.

YMG aims to improve students' ability in logical and critical

reasoning. It helps students in developing their logical and mathematical skills. It allows communication within students to share their own ways of solving Mathematical problems.

The significance of Mathematical problems to real-life context is also emphasized in this club. It develops student' Mathematical curiosity needed in deductive reasoning when solving problems. It allows students to be aware of the international dimensions of Mathematics and its multicultural perspectives.

YMG also participates actively in PSHS events such as STEAM Week.

Equilibrium: the balance



RUSTANA KYM COLUMBRES

Do you think experiments are awesome? Do you believe that physics and chemistry deserved to be recognized as something everyone can enjoy? Do you sometimes have the urge to blow bubbles into the sunset? If you answered YES to everything, then maybe you'll find interest in PISAY-CARC's very own Equilibrium club.

The Equilibrium is known for its simple but undoubtedly fun experiments on things ranging from carbon sulphates and carbon acetates to paper planes. The club advisor, Ma'am Fiona Paredes, thinks of new and exciting activities for the members to accomplish every week when ALA period arrives. Everybody would prepare themselves for mind-bending exercises that leave them wishing that the clock would tick slower.

However, this club isn't reserved only for fun and games. No, by the end of the day, when all is said and done, the explicit goal of the club advisor is to make sure that all the students end up learning something. They'd watch interesting videos and watch full-blown

documentaries if ever they had some times left. Whether the kids know it or not, every club meeting opens their hearts and eyes to the sciences, a feat PISAY wishes to instil in all of its scholars.

"It's a great club for someone who wants to be a chemical engineer or someone who wants to work in a lab." Says Adrian Derije, a member, "It's very informative."

But don't think that this ALA choice is all about memorizing and documenting experiments! They make things, they do challenges, they play games, and have fun with groups! Sure, a good number of people may say that it seems quite boring and tedious, but that's quite far from the truth. The Equilibrium manages to balance itself by making sure that, no matter how much chemicals and sciences they deal with, there will always be an element of fun that would keep the numerous members cheering and laughing all the way.

If that still can't convince you, then maybe this statement from an Equilibrium club member will:

"You love food? Well, we'll teach you how to cook in the coolest ways possible!"



Pisay Sipnayan

 FRANCINE CUNANAN

Math made fun is what Pisay Sipnayan offers its members. By facilitating recreational math activities, its adviser, Ms. Freda B. Chayawan made sure that the young mathematicians would see math in a brighter and broader perspective.

Film showing of movies and documentaries relatable to values that math teach are what the members watch while answering sodoku. Multitasking happens in this club very often. Another remarkable strategy employed in the club by its

adviser is differentiated instruction. Members are often grouped per year level to cater to their needs and level.

Worksheets on math problems are often given to its members. Collaboration is highly encouraged and peer tutoring is highly observed.

Formal and informal training are done with intention of honing the members' mathematical skills not only to be used in their math classes but even in competitions outside the school.



CREATIVE. A day of arts was seen in the 1st Pisay Day. PHOTO BY: M.ANTONIO

Going Extraordinary in Arts

 KYRILL JAY CANTAGO

But for some of the students these clubs pressure them. That is why a club that could increase their creativity or artistic skills was formed. This club does not pressure them further of mathematical or scientific concepts, instead it makes their skills honed to make better artworks. This club is the Art Club where Sir Renato Grona teaches.

During ALA, in this club, dirty hands would be a normal sight. Sir Grona encourages creativity more than anything so he understands perfectly why such a mess in other people's perspective actually means opening doors for creativity.

All artworks are kept and assessed. Really good ones are showcased. The artworks are exhibited or exposed in many other ways like in this year's STEAM week where the artworks are displayed.

To hone further the skills of the club members, Sir Grona with the adviser of the Noah's Art initiated a trip to the BenCab Museum to increase the student's knowledge on the approaches they can use in their artworks.

This club does not only enhance the artistic potentials but also increases confidence among its members by showcasing artworks that go beyond ordinary. It continues to encourage the scholars to explore the field that might be different from science but surely has been a great part of the human race.



PHOTO BY: C. ROTOR

Saitama Relived

 FERDINAND VERIDIANO

Pisaytama Mixed Martial Arts Club derived its name from the popular anime martial arts character Saitama from the Anime One Punch. Saitama is not the traditional martial artist but a very human and funny guy. He is really gentle but really strong. This is the kind of martial artist that Pisaytama Mixed Martial Arts Club would like to develop. Patient but lethal; sweet but dangerous; kind but principled; intelligent but strong. This person is the kind that makes a good friend but mind you, don't mess with him when he/she is angry.

The Faculty Adviser and Martial Arts instructor of this club is a second generation Gracie Jiujitsu grappler who had hard training for 3 years and has been a veteran of several bouts for about ten years now. His teacher Rannie David was one of the six original Filipinos who trained under four time Ultimate Fighting Championship (UFC) winner

Royce Gracie.

The Gracie Family was the one who invented Mixed Martial Arts and created UFC. Today MMA is now a worldwide phenomenon. Rannie David was also the one who trained the grappling skills of Mark Sangyao, founder of Team Lakay and One FC Middle Weight Champion Eduard Folayang who are now MMA superstars in their own right.

PISAYTAMA members are trained in Brazilian Jiujitsu, Wrestling Boxing, Kicks, Judo and Aikido throws, tackles, hold and locks. They are expected to be able to defend themselves in street fights and even against an armed opponent with knife or stick or sword. Corrolary to hard strikes and finishing holds, they are also trained to do Taichi moving meditation and silent sitting meditation in order to harmonize their body, hands, heart and head. Attitude wise, Pisaytama members are modest, graceful, and unassuming. They are taught to fight only as a last resort because the moment they use their skill,

Exploring Art in Noah's Art

 MIRA ANTONIO

Displayed in SM during Pisay Day are some works of Noah's Art Club. Honed in sketching and on-the-spot painting, the members of the club produced works of art that the school are very proud of to showcase.

In many instances, the members would be seen working outside their room to let out their creative side, which is one of the main objective of the club. Some of the club's outputs were first featured during the STEAM Week.

One of the most remarkable sessions of the club was when they captured interest of many by painting with coffee. The aroma captured many to see the process of putting their mind on their canvass using the said medium. Some of work using this medium were featured in SM too.

The members were also given opportunity to explore more the world of art by paying a visit to BenCab Museum as initiated by their club adviser, Mrs. Rosalie D. Buban. This trip allowed them to see our region's art. The club targets to soon exhibit their artworks in a museum.

PHOTO BY: C. ROTOR



The Vespers: Instruments of the magic of music

 **MARY GRACE DIANE LAZATIN**

The PSHS – CARC Vespers is the school's music club; where "Music Never Sleeps", as they say. Here, they develop the musical abilities of the members and in turn, use these abilities to the fullest in every performance they make.

May it be a competition or an intermission number; they always aim to deliver their best and leave "a peaceful and joyful effect on the audience" as Ms. Jenifer Marigza, the club's adviser, said. This is in line with their

name which comes from the Latin "vesper" meaning "evening song". From that alone, it might already be evident that these people mean business; they are very serious about their passion.

Of course, their musical ability did not simply progress overnight; it was developed through endless practice and devotion to their craft. The wondrous melodies they create are a product of their hard work from each club meeting and late afternoon practice session.

Aside from being an avenue for sharing and improving vocal talent, the music club is a source of happiness for the members, as well as

those who watch them perform.

"Vespers makes me feel 100% happy because it's a place where I get to express myself the best way I can... through music," said Rana Ysabelle Azurin, Grade 10 and President of the club. "I also get challenged kasi I get to learn, sing and teach new songs kaya sobrang fun talaga."

"[In the club], I can express my musicality freely, where people appreciate it. Also, I am there with a lot of other musically inclined people, and I have tons of fun singing songs with them and making a capellas," said Melquiades Hernandez, member from

the Grade 10.

May a member be old or new, or from a different year level than the others, the Vespers welcomes each one with open arms. They are a family who support, love and inspire one another. They embrace the music, put their heart and soul into every note they sing, and have fun in the process. Truly, they are an inspiration to those who aspire to be instruments of the magic that music brings, as they are.

As Azurin had said, "The people, memories and everything in between make Vespers, Vespers, and to be able to be a part of that is the best gift that any music lover could possibly receive."



Don't stop the music

 **CHIELLA LAGAN**

Watching from afar, playing the guitar may seem easy. In an instant, you grab the instrument, the spotlight is on you. It is your time to shine. You pluck the strings with your fingers as your hand slide against the frets, then you match the melody with your own voice, all these actions joining in together to make a beautiful harmony. But wait, hold on. Snap out of reality and don't let this thought deceive you. It sounds nice and all, but it requires a great amount of time and patience to learn the instrument.

This is why the Philippine Sci-

ence High School guitar club shows hard work and passion in doing what they love. The club offers a place for students not only to release their own creativity by exploring different types of music that the guitar provides but also hang out with other students while learning new techniques from your peers. Cromuel Pangilinan of 7-ruby says that it is fun and thrilling especially if you really are into playing the instrument. It is a motivational way to start learning something new and exciting. The guitar club members stay hard at work while still being able to enjoy themselves and not feel

pressure from more advanced students.

If you happen to stop by at their club room during Wednesdays, you will see each club member performing a song while everyone else in the club listens to the performer. Sir Jed De Leon, the club adviser, says, "We do this to improve the confidence and stage presence of each member. After all, guitar playing is a performance skill. Players usually realize things on stage that is difficult or impossible to realize when they are playing alone in their bedrooms." The guitar club is on its second year and there is a big possibility that it will have a third

year next school year. Sir Jed continues, "Being a club moderator gave me the opportunity to mentor young, talented, motivated and hardworking musicians. I consider it a privilege. There is a different joy when I see my students doing well on stage. Like any task, there are some obstacles and difficulties. But as an organization, we look at them as possible room for improvement. I continue to learn from both success and failures of the club."

It is important to keep on playing the guitar because it is not a skill that can be learned overnight. Consistency is the key and the key is not giving up.

PHOTO BY: M.BARNACHEA



The amount of sweat and tears the troupe shed to choreograph every routine that perfectly matches the beat and rhythm of the music is always moving. Name any kind of dance and they will perform it confidently and effortlessly after much practice. This is The PSHS-CARC Dance Troupe.

Every ALA period, whenever people pass by the Dance Troupe's room, they would see them in the spirit of total performance even if there

isn't a competition approaching. They would always dance until sweat drops from their forehead.

Denver Tindoc of 8-Adelfa says that joining the Dance Troupe is challenging but worth it. Patricia Bea Encelan Palaroan says that in her three years in being part of the dance troupe she became more confident in dancing even if the practices were very time consuming. She also thought that at first it

was all fun and games but as time passes by she learnt that being in the troupe causes a lot of sacri ice. Dancing surely drains one's energy before and during every performance, but the troupe understands perfectly that without pain there is no gain.

Ma'am Rosalie Zapico, also known as Ma'am Sally, said that it's never easy to teach kids who have different strengths and weaknesses but at the end,

she always believes that all will surely go smoothly. Her faith in her troupe drives her in teaching them every single moment there is be it for a competition, an intermission or even in mere ALA meeting.

Ribbons, certificates, and trophies were always brought home by the Dance Troupe and with the years to come surely this club will continue grooving.

Choreography at Its Finest

 **JAZMIN BASTIAN**

Nexus. A gateway. A portal.

What Defines Nexus

CHRISTIAN NIKOLAI RABAYA & GABRIELLE CHARIS TAGTAG

Among all the descriptions associated to the Nexus Publications, what do these thoughts summarize? They connect things, no matter how far they are apart. This is what our club does: connect people to the latest happenings, connect people to each other through written articles.

The Nexus Publication has been producing newspapers and newsletters since the year 2009. But like anything in this world, a lot has changed since then. Over the years, the Nexus has been like a butterfly, undergoing a full metamorphosis. The pages have been enhanced, and designed to be more flexible and friendly to the masses. An example would be this year's newspaper's new featured section, specifically called, 'A Scholar's Hero', where the mini-section focuses on several students of PSHS talking about who their hero is in the school, and why. Keeping true to the promise, the Nexus is always ready to serve the student population, and enhance its sections to the ever shifting baselines.

In the context of achievement, the club has attained a lot of achievements from the Division, Regional, and National Schools' Press Conferences over the years and other journalism-related competitions. The writers of

Nexus triumphed in the individual writing and collaborative contests of the DSPC and RSPC. This year's Collaborative Publishing Team, has reached the NSPC, earning recognition for being the 7th placer in the Online Publishing Category. Aside from participation in different competitions, participants of the club have also attended seminars related to journalism writing over the years. An example is the PSHS Campus Journalism Summit, where students of not only the Nexus, but also that of the Higlikas (Filipino Publication) join in. This said summit is supported by the whole PSHS system nationwide, intending to train campus journalists coming from different campuses of PSHS.

For the status of the club; although the students who joined the Nexus this year increased compared to last year, other fellow students still decline the invitation to join the club because of their view of it as, "stressful." Well, we're not going to lie, the club can be very hectic and stressful at times, especially when you are tasked to write articles and you haven't finished reviewing for your 3 long tests coming up. But although this happens, nobody in the publication stands alone. We are and will be there for each other because each of us are connected, like a nexus.

That is what truly defines the Nexus.



PURPOSEFUL. Nexus explores InDesign during ALA. PHOTO BY: M.ANTONIO

Legacy of the Debate Club

AHRENSBERG FACULLO

Their palms are sweaty, knees weak, arms are heavy, they're unassertive but when they get on the podium, they become eminently influential to the point wherein even their opponents are stunned by the sheer amount of evidences they have presented to support their points. This is the Debate Club.

The Debate Club was founded by Mr. Dennis Basal Jr. during the second operational year of PSHS-CARC (Philippine Science High School - CAR Campus). The club has since then created and polished numerous children of 'Pisay' to become outstanding debaters to carry on the legacy of the Debate Varsity. During the

the opportunity to speak in front and prove their points on a particular motion, ultimately improving their own skills as debaters.

During ALA period last May 3, we got the opportunity to interview some debaters, and asked them a few questions, namely; "Why did you pick the Debate Club?", "What makes it different from other clubs?", and "What are your insights on the Debate Club?"

Amazingly, almost all of them answered the same thing. They claimed that the Debate Club is a truly unique and fun club that does not focus on the winners and winning alone, but rather it gives them more opportunities to allow them to both seek and develop their own potential and skills as the next legacies of the debate club.



VICTORIOUS. Members of the Debate Varsity emerges 2nd in Lam-ang.

Filipino, an otherworldly tongue

JULLIA AMOIRA PATOL

"Higit sa lakas," the three words wherein Higlikas, the name of PSHS - CARC's official school publication in the Filipino language, was coined. The phrase translates into 'supernatural,' meaning to represent the publication as a medium for students to express their utmost intelligence, and open their minds to broaden their way of thinking.

According to Iggy Lam-ing, the current Editor-In-Chief of Higlikas for school year 2016-2017, "Filipino is an effective way of reaching out to the student body," which directly ratifies that the club runs on the constant belief of proving that the Filipino

language is a potent medium in being able to give factual and non-biased news and information.

The Filipino publication is also active in journalism competitions, such as the annual Press Conference, wherein they bagged a place in the Regional level of the event for photojournalism.

Additionally, the club openly invites aspiring journalists who would like to specialize in their native Filipino language within their close-knit organization that they wholeheartedly consider as their family.

Truly, the Filipino language is not only beautiful for its diversity, but also the way that it allows passionate and responsible journalists to use it as a media to inform and reach out to different people.

History Itself

BOBBY CARL MORTEL

Improvement of a school's students on a social and emotional level has been alive through activities that the students themselves enjoy and have fun. That's the reason for the creation of extra-curricular or afterschool clubs, to make students feel more welcome to the feeling of enjoyment.

A new club has been taking a lot of credit recently for helping in an amount of activities set up by the school, known by name as the Social Sciences Club. They are the club go to if you want help with cosplay, anime, or anything in general. They've assisted in the recent photographer's event, Pisay

Exposure, where they dressed up for the photographers and turned their shots into pictures with a more joyful atmosphere and cultural feeling. They have also made a good job on making other students feel welcome to their club, in STEAM week, where they opened an anime-themed café that served a lot of Japanese themed food, and showcased some popular anime series for its customers to enjoy along with their first taste of Japan's famous foods.

Although the club has a lot more to go, with their club adviser Sir Kevin Ligtenen, his rapidly growing reputation, and the number of people who awe over their club, it's for certain that they will be around for a while in the school.

Palarong Pambansa: Calalo Bros Hit the Mark Once Again

THEY DID IT AGAIN!

 CHRISTIAN NIKOLAI RABAYA

The Calalo twins of PSHS-CARC topped the National Archery ranking list as Roberto achieved the 6th place while Angelo garnered the 16th rank out of the 72 participants after piercing their way through the Palarong Pambansa 2017 underneath the intense summer heat in Antique, Aklan last April 23 – 29, 2017.

Roberto “Robby” Calalo Jr., with his skills and expertise in archery, bagged a silver medal for triumphing in the Mixed Team Olympic Round and a bronze medal in the 60 meters category. Unfortunately, Angelo Calalo wasn’t able to bring home any medal, but with his efforts, including Robby’s, was more than enough to make their school proud. The twins participated in the 30m, 50m, 60m, and 70m category individually, and in the Olympic rounds of the competition but only Mixed Team Olympic round was the category Angelo didn’t compete in.

According to Robby, the brothers



ATHLETIC SCHOLARS. The Calalo brothers once again emerged against 72 competitors in Palarong Pambansa.

experienced the scorching summer heat after staying under the sun for more than 4 hours. And on the first day, he said that the anxiety and the tension of the competition reached his heart as it pounded in nervousness. “Naexperience namang mababad sa araw for 4 or more hours during training... On the day

of the competition, sobrang kabado ako kasi I was a first timer at halos maramdaman ko na tibok ng puso ko kahit sa likod eh. Nabigla rin kasi ako since there were 72 of us.”

When asked if they’re planning to participate next year and represent CAR if given the opportunity, Robby stated that the twins are defi-

nately looking forward to join next year since it might be their last next year.

The CARAA (Cordillera Administrative Region Athletic Association) placed 6th in the overall rankings of the Palarong Pambansa, with NCR on the summit, still, after 13 years straight.

King’s Shooting: A Scary Improvement for Cavs’ Enemies

 BOBBY CARL MORTEL

LeBron James is one of the best ball players of his time on the planet, regardless of whether he’s shooting admirably from the edge or not. His mix of size, physicality, ability and insight are rarely matched. He has shot 71 percent in the confined territory over his 14-year profession and has right around 20,000 vocation focuses just



from free tosses and shots in the paint.

Among 192 players with at least 1,500 restricted area shots since James entered the league in 2003, only Shaquille O’Neal (72.8 percent) has shot better than James (71.5 percent) in the restricted area.

He’s also the best passer in the group, complemented by a portion of the leagues’ best shooters, both in Miami and in his second stint in Cleveland. His normal of 4.7 assists per game on three-pointers this season were an unsurpassed high.

But contrary to his overall career performance, James’ own jumper has been conflicting all throughout his career. In the middle of the 2015-16 season of the NBA,

he was the most noticeably bad high-volume shooter from outside the paint, shooting more terrible than the Kobe Bryant retirement visit.

LeBron also has seen more high points and low points in the postseason. From his first playoff experience in 2006 through last season, James positioned at 108 in field goal rate at 34% and 96th in field goal rate outside the paint at 41%.

At times, it’s mattered. At times, it hasn’t. In the 2015 Finals, Kawhi Leonard drooped off James, he shot 27% from outside the paint, and the Heat lost to the San Antonio Spurs in a disproportionate arrangement. In any case, three years prior, James won his first title and was the Finals MVP, having shot a fierce 7-for-38 (18 percent) from outside the paint against the Oklahoma City Thunder.

How James shoots from the border clearly affects how he’s safeguarded, however, the more weapons he has around him, the harder it is to give

him the space that enables him to see the whole floor. This year, concocting a plan to back James off is harder than any time in recent memory.

James’ powerful field objective rate from outside the paint this season averaged to 57.8%, up from 41% in his initial 11 postseasons. What’s more, it’s not on the grounds that he’s shooting admirably. It’s additionally on the grounds that he’s shot more from behind the three-point line than from a stage or two inside it.

This was the first regular season that James took more three-pointers than mid-range shots, jumping from a ratio of 0.9 to 1.3, from last year to today. So an increase in field goal percentage (from 34.3 percent to 36.2 percent) produced an even bigger increase in effective field goal percentage (from 41.6 percent to 46.5 percent) from outside the paint. Three is greater than two, after all.

James’ three-point attempt to mid-range attempt has been even higher (1.5) in the playoffs. Maybe the shooting will drop off at some point, but it’s clear that, in his 14th season, he’s become more comfortable beyond the arc, which is a scary thought for the Boston Celtics, as Cleveland leads the Eastern Conference Finals, 1 – 0.

