



# NEWSLITE

THE OFFICIAL PUBLICATION OF THE UNIVERSITY OF BAGUIO HIGH SCHOOL

## From Unity to Impact: UB spearheads innovative partnership with Baguio LGU

By Kirsten Elegio and Renz Basyag

The University of Baguio (UB) and the City Government of Baguio joined forces in a transformative community engagement and development initiative, held at the Centennial Hall of UB. This groundbreaking event, powered by the Safe and Sound Cities Program, took place on August 22, from 1:00 to 4:00 p.m.



The main objective of this initiative was to nurture community engagement and drive local development through the formal signing of a Memorandum of Agreement. UB's pioneering efforts focused on the introduction and presentation of innovative projects conceived by its students, all geared towards improving the quality of life for residents in carefully selected barangays.

**PARTNERSHIP FOR PROGRESSION** – UBHS students and Baguio City Mayor Magalong stand united after showcasing the success in their collaborative efforts for fostering community development on August 22.

Continue to page 4

## Nurturing Cultural Heritage: UBHS celebrates Buwan ng Wika

By Glaiza Mae Binan



**PINOY AKO!** - Paulene Orpilla (right) together with her partner Keifferson Mendoza (left) awed the audience in the showcasing of traditional costumes. "Parada ng Kasuotan" accentuate the nationalism of UB students during the University's Buwan ng Wika celebration on September 20.

In a celebration themed "Filipino at mga Katutubong Wika: Wikang Kapayapaan, Seguridad at Inklusibong Pagpapatupad ng Katarungang Panlipunan," the University of Baguio High School (UBHS) commemorated Buwan ng Wika with a two-part event: a webinar on September 6 and a program held at the University of Baguio Gymnasium on September 20.

The webinar featured Ms. Maria Elena Bautista, a Filipino teacher at UBHS, as the speaker. During her presentation conducted via Zoom, she highlighted the significance of the Filipino language, delved into its diversity and historical context, and shed light on the notable individuals who contributed to its development and prominence in the country. Furthermore, she discussed the relevant laws behind the implementation of the month-long celebration of Buwan ng Wika, offering valuable insights into the cultural and linguistic heritage of the Philippines.

Continue to page 4

## Shaking Things Up: UB Participates in the National Earthquake Drill

By Euwea Alhambra

The UB Community showcased their commitment to safety and preparedness by actively participating in the Nationwide Simulation Earthquake Drill (NSED) for the fourth quarter of 2023 conducted in coordination with the City Mayor and with the assistance from the Baguio Traffic Enforcement Unit (TEU). Students, teachers, and school staff from all levels of the university executed the "Duck, Cover and Hold" procedure during the 1-minute-long siren, after which they exited the buildings and proceeded to their designated evacuations zones, which included the UB car park and the school grounds of the neighboring Saint Louis School Center.

Atty. Romel P. Ayson, the university's Vice President for Administration, oversaw the coordination of a task force to guarantee the seamless execution of the drill, minimizing any significant disruptions. The effective coordination of the Risk Management Office (RMO), under the leadership of Engr. Julia Flores, and the Campus Planning and Development Office (CPDO), headed by Engr. Bernard Abaya, played a crucial role in overseeing the crowds and facilitating the smooth flow of foot traffic. Their efforts were focused on preventing any congestion on roads and walkways.

Continue to page 4



**LAYING GROUNDWORK** – UBHS students demonstrate vigilance as they engage in duck, cover, and hold drill amid national earthquake preparedness exercise on November 9.



**FIGURE OF PROFICIENCY** - Trisha Loren Rillera proudly represents the Philippines, clutching her merit award after clinching a bronze in the 2024 Mathematical Olympiad.

## UBHS Prodigy Secures Bronze, Merit Award in Mathematical Olympiad

By Glaiza Mae Binan

Trisha Loren Rillera, a distinguished grade 12 Science, Technology, Engineering, and Mathematics (STEM) student from the University of Baguio High School (UBHS), achieved a remarkable feat by clinching the bronze award at the Guangdong-Hong Kong Macau Greater Bay Area Mathematical Olympiad Heat Round 2024 held on December 3. The Mathematical Olympiad 2023 Heat Round-Philippine Region was conducted online via the Eklavya website, with Rillera participating in the Senior Secondary Level.

Continue to page 4

NEWS	1
EDITORIAL	7
FEATURE	10
SCIENCE & TECHNOLOGY	16
SPORTS	18



## Lens Luminary: UBHS's Rising Star Secures Third Place in Citywide Video Contest

In a triumph of talent and creativity, Ms. Allyssa Marie C. Bencilla, a Grade 8 student from the University of Baguio High School (UBHS), clinched the third place in the "Then and Now" Video Clip Contest organized by the Baguio City Library. This citywide competition, open to residents of Baguio City ages 12 and above, saw the participation of 30 individuals, selected on a first-come, first-served basis. The winners were announced on October 2.

Bencilla's winning entry, a captivating exploration of Baguio's progression from the past to the present, resonated with the contest's theme. Seamlessly blending historical footage and contemporary visuals, her video showcased iconic landmarks, streets, and landscapes, providing a nuanced perspective on the city's evolution.

Contestants faced rigorous evaluation based on the content, technical excellence, and overall quality of their submissions. A unique aspect of the judging process involved the number of reactions each entry received from Facebook users, adding a dynamic and interactive element to the competition.

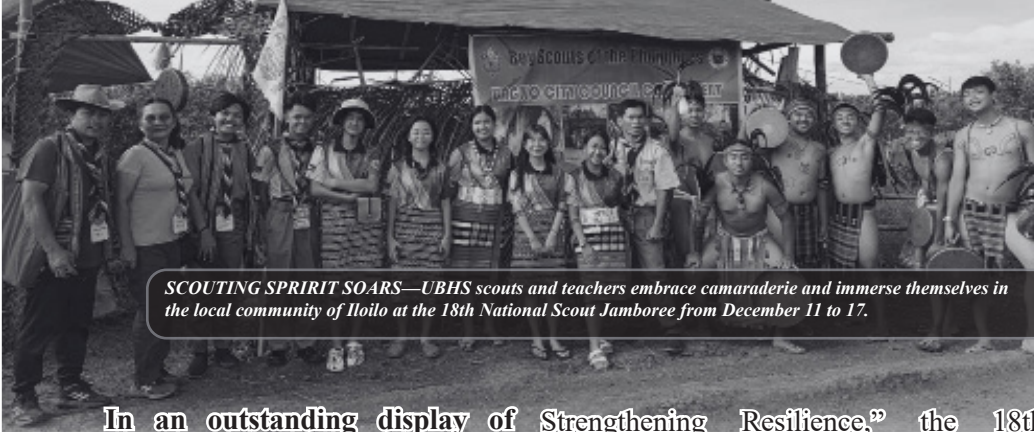
Bencilla's success was not only marked by the honor of securing the third place but also by the recognition of her storytelling prowess and technical finesse. The winners, including Bencilla, were awarded certificates of recognition along with a well-deserved cash prize.

Reflecting on her achievement, Bencilla shared, "It was my first time entering a videography competition, and

- continue on page 4

By Quisha Antoine Magpatoc

## Pinnacle of Adventure: UBHS Scouts Excel at 18th National Scout Jamboree



SCOUTING SPIRIT SOARS—UBHS scouts and teachers embrace camaraderie and immerse themselves in the local community of Iloilo at the 18th National Scout Jamboree from December 11 to 17.

In an outstanding display of courage and camaraderie, a contingent of five scouts from the University of Baguio High School (UBHS) and accompanied by two esteemed UBHS teachers, Mr. Nelson Odasco and Ms. Maricris Gabriel, proudly represented the Baguio City Boy Scout Council (BCBSC) at the 18th Boy Scout of the Philippines National Scout Jamboree (NSJ) held at Camp Pintados de Passi, Barangay Sablogon, Passi City, Iloilo, from December 11 to 17.

Far beyond a mere social gathering, the NSJ served as a crucible for cultivating indispensable life skills and 21st-century leadership talents. Scouts are pushed to their limits, refining decision-making, cooperative learning, group dynamics, creative problem-solving, and team-building skills—equipping them to navigate the challenges of the future.

President Ferdinand Marcos Jr., in his role as the Chief Boy Scout of the Philippines, officially inaugurated the 18th National Scout Jamboree on December 11. Emphasizing the enduring legacy of the Scouting movement in the country, President Marcos noted that Scouting plays a vital role in fostering camaraderie and leadership among the youth.

Under the theme "Youth Engagement: Sustaining Relevance and

Strengthening Resilience," the 18th National Scout Jamboree aimed to provide a progressive, exciting, challenging, safe, and enjoyable learning environment for the Scouts. The overarching goal was to enhance their full social, physical, intellectual, character, emotional, and spiritual potentials, molding them into active citizens capable of making substantial contributions to creating a better community.

Senior Scout Lynel Odasco eloquently conveyed the profound impact of the jamboree on the UBHS scouts, sharing, "I had experienced daring adventures that built my overall capabilities." Sct. Odasco underscored the transformative nature of the challenges faced during the event.

Taking place once every four years, the NSJ stands as a national milestone for scouts, offering exhilarating outdoor experiences in a dynamic, captivating, and secure learning environment. The experiences gained by the UBHS scouts at the 18th NSJ are destined to become motivational tales, inspiring their peers upon their return to Baguio City. Both the University of Baguio High School and the Baguio City Boy Scout Council can take immense pride in their delegation, epitomizing the true spirit of scouting and contributing to the enduring legacy of the National Scout Jamboree.

By Giovanni Ballog

## UBHS Math Wizards Dominate ASMEPPS Regional and Math Festival 2023

In a remarkable achievement, students from the University of Baguio High School (UBHS) showcased their exceptional mathematical skills during the Association of Science and Mathematics Educators of Philippine Private Schools (ASMEPPS) Regional 2023 and Mathematics Festival 2023 (District) on November 18, securing top positions and earning coveted spots for national-level competitions.

The ASMEPPS Regional 2023 featured a challenging Math Trivia competition for Grade 12 students, where two outstanding students emerged victorious. Trisha Loren Rillera claimed the top spot, showcasing her remarkable mathematical acumen, while Precious Angelie Lemi secured a commendable fifth place. Both students have now qualified for the highly anticipated National Battle of Math Wizards competition, intensifying their preparations to compete against counterparts from various schools and universities nationwide.

Not to be outdone, UBHS Junior High School students also made a significant impact at the Mathematics Festival 2023 (District). Guided by their dedicated coaches, Mrs. Jessae Barboza, Mr. Nelson Odasco, and Mr. Rodolfo Calimlim Jr., fifteen students triumphed in various competitions.

In the Damath competitions,

- continue on page 4

By Glaiza Binan

## Outstanding Achievement: UBHS Graduates Clinch 3rd Place at 1st Regional Research Colloquium



SMILE OF VICTORY—UBHS's proud products garnered the 3rd spot by displaying great performance in presenting their research during the 1st Regional Research Colloquium at the Baguio Centennial Hall on September 22.

The University of Baguio (UB) hosted the 1st Regional Research Colloquium on September 22, an event that brought together the region's brightest young minds to share their research findings and innovations. Held at the UB Centennial Hall, the event's theme, "Meaningful Collaboration through Research," emphasized the importance of collaborative efforts in pushing the boundaries of knowledge.

The event was organized by the UB School of Teacher Education and Liberal Arts (STELA) in partnership with the UB Research

Innovation Extension & Community Outreach (RIECO). It aimed to create a platform for students to present their research output in various categories, including Education and Pedagogical Studies, Business and Entrepreneurial Research, Applied Sciences and Technological Innovations, and Social Sciences and Human Sciences.

The keynote address was delivered by Dr. Easter B. Belandres, the Director for Training and Professional Development at Urdaneta City University, Pangasinan. Her speech highlighted

- continue on page 4

By Glaiza Mae Binan

## UBHS Students and Faculty Gain Insights and Initiatives at Youth on Food Systems Workshop

University of Baguio High School (UBHS) students and faculty attended the Youth on Food Systems Workshop, a collaborative effort organized by the City Planning, Development, and Sustainability Office and World Wide Fund for Nature (WWF). Hosted at Travelite Hotel in Baguio City on October 21, from 8 a.m. to 5 p.m., the workshop, themed "Youth Engagement: Sustaining Relevance and Strengthening Resilience," addressed the global challenges of a burgeoning population and the consequential environmental impact of heightened food demand.

Mayor Benjie Magalong's keynote message, delivered by Councilor Jose Molintas, set the tone for the event. The whole workshop was divided into four parts. The first part was an introduction of the topic on sustainable food systems, which was presented by Monci Hinay, a representative from WWF. Hinay provided a comprehensive overview of a sustainable food system, explained the concepts of food security and its four aspects, and addressed the urban-rural linkages of food security, sustainable production, and food loss. An interactive Q&A session followed which allowed students, teachers, and organizers to exchange views and raise their questions. One of the UBHS participants



contributed valuable insights and shared personal experiences related to the topic, significantly enriching the overall discussion.

Maye Padilla and Joe Abnasan from the Education for Sustainable Development team followed with a presentation on eco-conscious choices, emphasizing the adoption of sustainable consumption, promoting a healthy diet, and managing food waste. In the third part of the workshop, WWF representatives Zeth Antaran and Liezl Stuart del Rosario discussed Replicable Sustainable Food practices, including the ongoing Foodshed Farming Enterprise and the Soilmate application for food waste landfill diversion. They also shared the success of the Agrobiodiversity advocacy campaign in Basco, Batanes. The

- continue on page 4

By M-Scott Mateo and Ammar Daquiao



## Gamboa & Alcantara triumph as City Councilors

**SCOUT RULES FOR-A-DAY** - Baguio City Hall welcomes young scouters of UB and various schools, as the annual event of BSP-GSP SOFAD commence on October 23, 2023.



In line with the celebration of scouting month, two remarkable young leaders from the University of Baguio (UBHS), Ziara Juliana Therese B. Gamboa pledged as scout city councilors during the Scout Official For-A-Day (SOFAD) held at the Baguio City Hall on October 23, 2023.

Gamboa, an alumna of UBHS, and currently a first-year student from the School of Teacher Education and Liberal Arts (STELA) department, assumed the position of Councilor Benny Bomogao. Gamboa was able to acquire the position after she passed the written exam and interview. As one of the councilors, she was able to pass one resolution, particularly the revisions for Republic Act No. 11313 or The Anti-Bastos Law, which will be implemented for everyone not only in public places but also in schools already.

Scout Gamboa shared some of the most memorable events during her tenure. She said that the staff from different offices were very much welcoming, and that they enjoyed seeing the scouts take over for a day. Scout Gamboa was really inspired by what her assistant, from Hon. Benny O. Bomogao's office has told her, "Success always comes from failure."

Alcantara, on the other hand, is currently a Grade 10 student from the Junior High School (JHS) department. She also passed the selection process, which included a written exam and interview. "Thankfully, I was able to answer all the questions given to me as well as express my thoughts and ideas freely,"

she mentioned. Alcantara, together with her co-SOFAD members, were able to discuss and address all the issues that the city is facing now and might face in the near future. They were able to come up with a resolution that would help our city. Furthermore, "We are also able to determine the possible effects and impact of our own resolutions. Will it alleviate the problems being faced, or will it cause more damage than benefit? What are the possible moves and actions we must do in order to help our city and much more," Alcantara remarked.

Scout Alcantara shared that each step she took inside the City Hall as a SOFAD Councilor, is truly a moment she will cherish and value with all her heart. Alcantara said that the most memorable moment she would never forget, is the time when her Counterpart Hon. Lilia "Leah" A. Fariñas placed the sash onto her and greeted her with a warm welcome.

The SOFAD experience was a memorable experience for both Scouts, Gamboa and Alcantara. They cherished the opportunity to meet with the City Officials who warmly welcomed them into their roles as City Councilors. They were also glad to be able to meet new scouts, make new friends, and grow their skills and knowledge together.

The SOFAD event demonstrated the potential and resilience of youth leaders inspiring hope for the future of Baguio City. These young leaders are full of dedication in creating an environment where every young person can reach their full potential, paving the way for the next generation of leaders.

*By Giovanni Ballog*

## UB's Career Fair and Booth Competition Empower Students for a Bright Future



**IT'S ALL UP HERE!** - UB continues to ignite the young burning passion of students from various schools through a successful Career Fair and Booth Competition with their real-life mascots and creative booths on September 27.

On September 27 the University of Baguio (UB) marked the culmination of Guidance and Counseling Month with a spectacular Career Fair and Booth Competition held at the UB Cardinals Gymnasium which was transformed into a vibrant hub of career exploration.

The event brought together an enthusiastic audience, including Grades 10 and 12 students from UB and several other invited schools such as Grace Baptist Academy, Pinsao National High School, Good News Academy, Pines City National High School, and the University of the Cordilleras. Notably, UB students showed their support by attending the event to engage with and learn from their school's booths. Organized by the Center of Counseling and Student Development (CCSD), UB's career fair featured an array of booths and mascots that covered a wide spectrum of industries. This ensured that students from various academic

backgrounds could access valuable information aligned with their career interests.

Booths spanned industries such as technology, arts, healthcare, criminology, finance, humanities, and more. Students had opportunities to seek advice from peers, engage in mini-games, capture moments through photography, savor complimentary snacks, and collect informative pamphlets. Each booth took a creative approach, offering interactive activities that not only made learning enjoyable but also facilitated the exchange of pertinent information for curious students exploring their future academic pursuits.

The event concluded with the announcement of winners in different competition categories, recognizing their dedication to creating an entertaining and informative afternoon for all attendees.

*- continue on page 4*

*By Bianca Sherrie Silo*

## UBHS HUMSS Students Contribute to the Success of BCPL Community Event



**HELPING HANDS** - To foster an active literary atmosphere in the community, UB HUMSS students, Wenylene Joy Oribello (left) and Lynette Wakat (right) teamed up with the Baguio City Public Library for a fruitful event, "Saturday Morning Storytelling at the Park" on January 20 and 27.

Senior high school students from the Humanities and Social Sciences (HUMSS) strand of the University of Baguio High School (UBHS) made a significant impact during their immersive learning experience as they actively participated in the Baguio City Public Library's (BCPL) community event, "Saturday Morning Storytelling at the Park" on January 20 and 27.

In a seamless collaboration, Rochelle B. Domingo, the enthusiastic Work Immersion adviser, worked closely with Easter Wahayna-Pablo, the Head of the Baguio City Public Library, to enhance the community event. Under the supervision of Mrs. Domingo, the HUMSS students actively participated in the storytelling initiative, bringing a rich mix of lively music and games with prizes to enrich the overall experience.

The enchanting "Saturday Morning Storytelling at the Park" takes place every Saturday at Burnham Children's Park, creating a haven for individuals of all ages who share a passion for reading. The UBHS HUMSS students brought a unique blend of arts and storytelling, showcasing their diverse talents to create an inclusive and vibrant literary atmosphere.

BCPL extends a warm invitation to the community, emphasizing the event's goal of fostering a love for reading. For real-time updates, interested individuals are encouraged to follow BCPL's Facebook page, accessible at "Baguio City Public Library." Save the date for the upcoming sessions, and join the community in experiencing the magic of stories complemented by the artistic flair of UB's talented SHS HUMSS students.

*By Rhoan Angela Decena*

## Empowering Narratives: UBHS Orchestrates Hybrid Seminar for Lasting Community Impact

Elevating students with real-world skills and fostering community engagement, the University of Baguio High School's Clubs and the English Department conducted a whole-day hybrid seminar in journalism, photography, and emceeing at the University of Baguio Alumni AVR and via Zoom on October 21. Attended by enthusiastic UBHS students and aspiring student-journalists and dedicated teachers from the adopted school, Gumatdang Integrated School, the seminar extended its impact by providing a platform for collaboration and knowledge exchange among a diverse group of participants.

Held under the theme "Capturing Stories, Moments, and Voices: A Collaborative Hybrid Seminar in Journalism, Photography, and Emceeing," the event featured three sessions for each category, featuring

experts in their fields as guest speakers, including photojournalist Ms. Jean Nicole Cortes, Midland Courier news and feature writer Ms. Hanna Lacsamana, and events host Ms. Nicole Carmen.

The seminar commenced with Ms. Cortes delivering an insightful photography lesson, emphasizing the art and significance of photojournalism. Participants received insights on capturing scenes to bolster journalistic reports, exploring techniques in composition, lighting, and post-processing to elevate their photography skills.

In the second session, Ms. Lacsamana guided attendees through the essentials of news and feature writing. Attendees learned to capture the essence of a story, create compelling narratives, and effectively blend words with visuals to convey powerful messages, which

*- continue on page 4*

*By Kirsten Elegio*



**SEIZING OPPORTUNITIES**—UBHS teachers and student-journalists and school paper advisers from Gumatdang Integrated School unite, amplifying voices and skills at the Hybrid Seminar for Journalism, Photography, and Emceeing on October 21.

**UNITY...***(from page 1)*

In a historic move, UB has become the first educational institution in the city to collaborate with the local government, marking a significant milestone in the region. The event featured the esteemed presence of the city's mayor, Benjamin Magalong, and was attended by UB's top executives and principals. Notable representatives from the City Planning, Development and Sustainability Office, the City Social Welfare and Development Office, the Baguio City Police Office, the City Mayor's Office Special Services Division, the City Buildings and Architecture Office, and the Barangay Captains of San Roque and Pinsao Pilot, which represent the first selected barangays, were also in attendance.

During the event, Dr. Marivic Mutong, the Principal of UBHS, conveyed her excitement regarding the collaboration with the Baguio LGU. She expressed, "I see it as a tremendous opportunity for UBHS to partner with the LGU, expanding beyond our existing partnerships in our immersion program, as this collaboration delves into research. This is only the beginning, and I hope for many years of cooperation with the LGU, especially in research and youth involvement." Dr. Mutong's words underscore the immense significance of this groundbreaking partnership and its potential to be mutually beneficial for both the academic institution and the local community.

Mayor Magalong, in his address, highlighted the local government's unwavering commitment to involving young people in urban planning, social change, technology, and creating a safer environment, all in alignment with the program's overarching goals.

In the spirit of collaboration and innovation, the partnership between UB and the Baguio LGU represents a significant stride toward a brighter future for both students and the community. The event marked a milestone in the city's journey towards holistic development, reminding us all that unity, education, and community engagement can catalyze transformative progress.

**NURTURING...***(from page 1)*

The program showcased exceptional talents in various categories. In the Junior High School category, winners included Joshua Padeo (9-Beryl) in Solo Singing, the dynamic 10-Kryptonite duo

in Duet Singing, and Jairus Pundo (10-Sodalite) in Spoken Word Poetry. The winners in other categories comprised Reina Dilim (8-Ivory) in Poster Making and the energetic 10-Moonstone team in the TikTok Contest. The Katutubong Awitin category crowned 10-Kryptonite as the champion.

The Senior High School winners displayed remarkable talents across various categories. Notably, Christelle Ocampo (12-Trono) excelled in Essay Writing, while Raizo Andaya (12-Fabella) demonstrated expertise in Poster Making. Additionally, the captivating performance of 12-Encarnacion stood out in the TikTok Competition. In the Infographics competition, the creative minds of 12-Fabella secured first place. Moreover, 10-Kryptonite claimed victory in the Katutubong Awitin category.

Other winners from the Senior High School were John Ybanez (12-Balagtas) in Solo Singing, 12-Campos in Duet Singing, and Jenny Limpin (12-Ceferino) in Spoken Word Poetry. Notably, Christelle Ocampo (12-Trono) also claimed first place in Essay Writing, while Raizo Andaya (12-Fabella) topped Poster Making. The Parada ng Kasuotan (Fashion Show) celebrated creativity, with Veayonce Bides and Daniel Lelis securing top positions in the Junior High School female and male brackets, respectively. Similarly, Nikesha Isaguire and Glenn Garwageo emerged as winners in the Senior High School female and male brackets.

Winners in each category were recognized during the program and received tokens, certificates, and cash rewards. The success of the event was attributed to the dedicated efforts of teachers and facilitators. The Buwan ng Wika celebration at UBHS not only showcased the diverse talents of students but also nurtured a profound appreciation for Filipino culture and language.

**PRODIGY...***(from page 1)*

Securing 3rd place, Rillera's achievement was celebrated during the 2024 Math Olympiads Training League Incorporated (MOTLI) National Awards Ceremony on January 21, 2024, at Tejeros Hall, AFP Commissioned Officers Clubhouse, Camp Emilio Aguinaldo, Quezon City, where she received a bronze medal. Representing the Philippines, she continued her journey and competed in the Final International Round held in Macau, China, on March 16, 2024. Amidst fierce competition from

talented mathematicians from different nationalities, Rillera's exceptional performance at the International Mathematical Olympiad (IMO) earned her a well-deserved "Merit Award". Looking back on her achievements, Rillera conveyed appreciation to her mentors, Mrs. Jessae Baboza and Mr. Rodolfo Calimcim Jr., and shared enthusiasm for the forthcoming global contest, aspiring to bring pride to everyone. "Through these accomplishments, I've attained my current position, and I eagerly anticipate making everyone proud once more in the international competition," remarked Rillera.

**SHAKING...***(from page 1)*

Additionally, the Occupational Safety and Health Committee was present, ensuring a safe environment, while the UB Emergency Response Team (UB ERT) contributed to maintaining a calm and organized evacuation process.

According to the Office of City Defense, this nationwide activity was initially conceptualized during the Arroyo Administration in the aftermath of the destructive earthquake in Yogyakarta, Indonesia on May 27, 2006. It is an important annual activity that aims to prepare everyone with the necessary knowledge of how to react immediately and appropriately when an earthquake comes. Through this, businesses, agencies, and institutions like UB can also identify the strengths and weaknesses of their emergency preparedness plan.

The active participation of UB in the NSED not only fosters a culture of preparedness within its community but also contributes to the broader national effort to enhance emergency response capabilities across various sectors. The success of this drill serves as a testament to UB's proactive approach in prioritizing safety and underscores the ongoing commitment to refining emergency preparedness strategies for the benefit of all its stakeholders.

**LENS...***(from page 2)*

I was thrilled to discover that I won. This success reinforced my passion and determination to continue pursuing videography as a creative outlet and a means of self-expression." However, like any artistic pursuit, Bencilla encountered challenges along the way. Managing time and resources effectively emerged

as the challenges. She stated, "Editing, finding the right shots, and coordinating with subjects can be time-consuming." Nevertheless, her passion overshadowed the challenges, and she embraced them as part of the learning process.

Her inspiring journey, from conceptualizing a narrative on Baguio's transformation to navigating the challenges of videography, serves as a testament to the creativity and resilience of UB High's student body. Bencilla's achievement echoes the school's commitment to nurturing students with significant skills in various areas of learning.

The "Then and Now" Video Clip Contest not only provided a platform for artistic expression but also celebrated the rich tapestry of Baguio City's history and present. Moreover, Bencilla's success not only highlights her individual achievements but also reflects the University of Baguio High School's commitment.

**MATH...***(from page 2)*

excellence was displayed across different grade levels. Rhoel Junior Ragudo and Megan Mahinay claimed victory for Grade 7, while Benedict Guerzon and Viena Meryl Cadate (finalist) shone in Grade 8. Lance Benos and Carl Davis Retuya emerged victorious in Grade 9 Damath, and Gabrielle Earl Santos and Lynel Odasco secured second place in Grade 10 Damath. Each of these students exhibited unwavering determination to secure their well-deserved positions, bringing immense pride to the school.

The Problem-Based Math Investigation showcased the collaborative strength of the Math Department and Club. In the Team Category, three outstanding students—Andy Chen, Rouen Andrei Pineda, and Reiha Faye Dilim—clinched fourth place. In the Individual Category, Rishi-R Cendana's exceptional performance earned the commendable third place.

In the Research-Based Math Investigation, Trisha Loren Rillera and Precious Angelie Lemi earned division qualifications in the Team Category, while Eon Gonzales secured a spot in the Individual Category.

The achievements of these students reflect their dedication, resilience, and outstanding abilities. The UBHS participants have not only made their mark in various competitions but have also become a source of pride for the entire department. Their victories serve as a

testament to the rigorous preparation, teamwork, and unwavering commitment to excellence instilled within the UBHS community.

**OUTSTANDING...***(from page 2)*

the significance of research in advancing educational and technological progress and underscored the need for collaboration among students and institutions.

One of the standout moments of the event was the recognition of three talented Senior High School graduates from the UBHS: Carrene Kyla M. Lacson, Erckiel Cazel P. Olores, and Nadine Kyla G. Osting. These young researchers secured the third-place spot with their captivating study titled, "First-Person Shooter (FPS) games: A coping mechanism for grade 12 ICT students."

Their research delved into the impact of first-person shooter (FPS) games as coping mechanisms for study-related stress among Grade 12 ICT students at the University of Baguio. Their findings indicated that FPS games could be effective tools for stress relief but emphasized the need for moderation and responsible gaming. It is noteworthy that this research was conducted while they were Grade 12 students, under the guidance of their dedicated research teacher, Mrs. Marilou B. Sannadan.

The 1st Regional Research Colloquium was a testament to the dedication and hard work of young researchers from the region. The event not only showcased their achievements but also inspired others to continue their pursuit of knowledge through meaningful collaboration.

UB and RIECO look forward to organizing more such events in the future, promoting research and innovation as essential elements of the region's educational landscape.

**STUDENTS...***(from page 2)*

workshop's fourth part involved interactive activities like measuring carbon footprints and mapping local challenges in food production and consumption. The UBHS group actively participated, brainstormed ideas with students from other universities, and presented their proposed innovative solutions.

The workshop concluded with the participants receiving certificates of participation from WWF. UB's active engagement was acknowledged, and the Youth on Food Systems Workshop left a lasting impact on the

students and faculty, inspiring awareness, responsibility, and proactive engagement.

**CAREER...***(from page 3)*

In the booth category of the College division, the School of Criminal Justice and Public Safety's exhibit stood out, capturing the crowd's attention with engaging games and puzzles for students. This particular booth secured the top spot as the champion in the College division, while the booth from the School of Natural Sciences claimed the 1st Place award. Turning to the High School Division, the UB Science High School-Humanities and Social Sciences (HUMSS) took home the 1st Place honor, and the University of Baguio Science High School- Science, Technology, Engineering, and Mathematics (STEM) emerged as the Champion.

In the High School Division of mascot category, the UBHS's mascot stood out, showcasing robotics talents and winning the championship, while the School of Nursing took the top spot in the College division.

The success of UB's career booths highlights the institution's dedication to nurturing the professional growth of its students. By bridging the gap between education and vocation, UB empowers its students to confidently step into the world, equipped with the skills and insights needed to carve a path toward a fulfilling career.

**EMPOWERING...***(from page 3)*

provided a valuable foundation for attendees to improve their writing skills.

The final session, led by Ms. Carmen, explored emceeing concepts in a lively manner. Participants engaged in discussions on stage presence, effective communication, and adapting proper hosting of diverse events. Nuances such as reading the room, understanding the audience, and tailoring the approach to suit the occasion were thoroughly explored, providing valuable insights for aspiring emcees.

The success of the collaborative hybrid seminar is a testament to the commitment of UBHS to providing enriching experiences for its students and fostering community connections. As participants depart with newfound skills and insights, the positive impact is not only felt within the school but also reverberates through the wider community. With this solid foundation, the prospect of engaging and educating an even larger audience in the future is promising.



## UBHS And East West IESI Collaborate To Develop Students' Global Competence



*CATALYZING EXCELLENCE—University of Baguio executives (right) and East West IESI team (left) unite, igniting a transformative partnership to equip UBHS students with industry-relevant skills and global competence, as highlighted in their groundbreaking collaboration.*

The University of Baguio High School (UBHS) and East West International Educational Specialists, Inc. (IESI) have officially entered into a Memorandum of Agreement (MOA) on February 20 at the University of Baguio (UB) to foster collaboration.

This groundbreaking partnership aims to provide students with unparalleled learning experiences, equipping them with industry-relevant skills. One of the key highlights of this partnership is the emphasis on practical experience for Accountancy, Business, and Management (ABM) and Technical-Vocational (Tech Voc) students such as those enrolled in Information and Communications Technology (ICT) and Cookery. The signing of the MOA will pave the way for students in these disciplines to earn valuable work experience through immersive learning opportunities. It also opens doors for

them to gain practical experience, ensuring they are well-prepared to thrive in an ever-changing and complex world.

East West IESI is recognized as one of the most illustrious educational and training centers for learning, earning its reputation as one of the most-trusted partners for educational enhancement in the Philippines today. With a track record of providing top-notch educational services, East West IESI brings a wealth of expertise and resources to the partnership.

The partnership also includes a mentorship program, wherein students will receive guidance not only from local industry leaders but also from global mentors affiliated with East West IESI. This holistic approach aims to produce UBHS graduates who are not only academically, but also culturally and professionally ready for the challenges of a globalized world.

*By Kirsten Elegio*

## UBHS Scouts to Participate in Highly Anticipated Scout Exchange Program

Seven scouts from the University of Baguio High School (UBHS) are preparing to take part in the anticipated Scout Exchange program, signifying a remarkable collaboration between the International Youth Club (IYC) Korea and the University of Baguio (UB). This event, set to be held in the vibrant city of Jung-gu, Korea, is scheduled to occur from June 7th to June 13th.

As members of the Baguio City Boy Scouts of the Philippines (BCBSP), the UBHS Scouts comprise one of the 20 contingents representing our city. The delegation will receive expert guidance from the Regional Council Executive Sctr. Ramon Jacinto, supported by three adult leaders and seven scouts from the University of Baguio Science High School.

Scout Nelson Odasco, a hardworking Scout Leader at UBHS, underscored the value of this event. He stated, "This program's goal is to build stronger links between scouts from the Philippines and Korea while also

giving them a stage to show their ways of life. Our scouts will get a special chance to dive into Korean culture, and this experience will give them useful skills for their later work lives."

The momentous program, last held in 2019, experienced disruptions due to the global pandemic, leading to its temporary suspension. But through dedication, the partnership between IYC Korea and UB has endured since its establishment in 2003, showcasing a commitment to promoting diversity among scouts.

In our connected world, where knowing each other is key, initiatives like the Scout Exchange program are cornerstones of friendship and teamwork. These help make a new set of world-wise people, forging bonds that transcend borders and cultures. As the UBHS scouts start this trip, they bring with them dreams of togetherness and respect for various ways of life, exemplifying the lasting force of worldwide unity.

*By Giovanni Ballog*

## DSWD-CAR Partners with UBHS for Psychosocial Services

On March 13, the Department of Social Welfare and Development-Cordillera Administrative Region (DSWD-CAR) formalized its partnership with the University of Baguio High School (UBHS), through its High School Philosophy and Psychology Department. The partnership aims to further enhance the support system to residents of the DSWD-CAR's Regional Rehabilitation Center for the Youth (RRCY).

In the ceremonial signing of the Memorandum of Agreement (MOA) held at the DSWD-CAR, Mr. Enrique H. Gascon, Jr., the DSWD-CAR Concurrent OIC-Regional Director (RD) and Assistant RD for Operations explained that while government resources are limited, partnerships such as with private educational institutions like University of Baguio (UB) help fill the needs of the community.

Under the agreement, UBHS will help facilitate psychosocial activities, group dynamics, and lectures (every third Saturday of the month) for the RRCY residents.

The RRCY is a facility designed to provide intensive treatment in a residential setting for the rehabilitation of children in conflict with the law (CICL) in the region to enhance their psychological, emotional, and psycho-social well-being. It also serves as a nurturing out-of-home placement for children in need of rehabilitation.

*By Glaiza Binan*

## UBHS Students Empower Balaoc Community Through Civic Engagement

The University of Baguio High School (UBHS) conducted its Community Engagement, Solidarity, and Citizenship program, aiming to instill civic responsibility and proactive citizenship among students. From April 18th to 20th, UBHS students participated in a three-day initiative in Barangay Balaoc, Santo Tomas, La Union, designed to nurture their potential as agents of positive change.

With the active participation of Humanity and Social Sciences (HUMMS) students and the unwavering support from dedicated teachers in the HUMMS strand and students from Science, Technology, Engineering, and Mathematics (STEM) strand, the program successfully addressed the identified local needs and challenges. Led by Mrs. Rochelle Domingo, the Work Immersion adviser, the initiative emphasized environmental stewardship and community pride. Divided into groups, students engaged in community immersion activities, including a journalism training and workshop, clean-up drive, leadership training and development, and disaster risk reduction training, while some students took on the role of educators, teaching at Balaoc Elementary School to impart their knowledge and skills.

*By Martin Neil Camacho and M-Scott Mateo*



## La Trinidad Mayor Recognizes UBHS Student for Exemplary Engagement in MDRRM Programs



In a commendable acknowledgement of his outstanding commitment to community service, Mr. Magno Alexis D. Daodao, a grade 10 student of the University of Baguio High School (UBHS), was awarded a Plaque of commendation during the Flag Raising Ceremony held on March 11, 2024, at 8:00 a.m. at the La Trinidad Municipal Grounds.

The Award was given by the La Trinidad Mayor, Hon. Romeo K. Salda. The prestigious award was presented in honor of Mr. Daodao's admirable, exemplary, and unselfish act of including the Learn to Swim course, Basic Water Safety course, Basic Life Support (BLS) course, and Basic First Aid course. These courses were conducted under the Municipal Disaster Risk Reduction and Management (MDRRM) initiative. Mr. Daodao was also recognized as the youngest member of the La Trinidad Accredited Community Disaster Volunteers (LT-ACDV). His involvement in disaster preparedness and response showcased a high level of dedication and responsibility for someone his age.

In light of Mr. Daodao's recognition, Dr. Marivic B. Mutong, the UBHS principal, participated in the ceremony. Dr. Mutong received a Plaque of Appreciation for supporting MDRRM programs by allowing students to actively participate in MDRRM activities. The Plaque of Appreciation was given during the same ceremony. This recognition served as a testament to the collaborative efforts between UBHS and the community in fostering a sense of civic responsibility and community involvement among the youth.

*By Kirsten Elegio*



## UBHS Students Showcase Innovation at Baguio Research Colloquium



At a remarkable Research Colloquium held on May 23 in partnership with the Baguio City Government, Grade 10 and Senior High School students from the University of Baguio High School (UBHS) showcased their cutting-edge research projects, demonstrating a strong commitment to community innovation. The event was supported by the City Planning, Development, and Sustainability Office alongside the SIGLAT Youth Innovation Hub.

Students presented a diverse array of research topics, ranging from youth empowerment and women's entrepreneurship to community health interventions, barangay mapping systems, and the creation of safe spaces. These projects are the culmination of a collaborative initiative launched in August 2023, featuring intensive design thinking sessions conducted in October 2023. The students worked closely with local barangays, developing practical solutions tailored to community needs.

In a significant gesture of community engagement, the final projects were handed over to the

SIGLAT Youth Innovation Hub, ensuring continued development and implementation. The colloquium also highlighted innovative research conducted by the Baguio Local Government Unit (LGU), including advancements in smart garbage bins and urban park revitalization. The Jaime Ongpin Foundation further supported these initiatives by donating computer sets to the participating barangays.

The event was attended by various city officials and community leaders, emphasizing the importance of research and innovation in driving positive community change. This colloquium not only showcased the intellectual prowess of UBHS students but also underscored their dedication to making meaningful contributions to their communities.

The collaboration between UBHS, Baguio LGU, and local organizations exemplifies the power of educational initiatives in fostering civic responsibility and innovation among the youth.

*By Martin Neil Camacho*

## UBHS Hosts Hyflex Seminar and Earthquake Drill for Disaster Preparedness

The University of Baguio High School (UBHS) reaffirmed its dedication to student preparedness with a comprehensive seminar and earthquake drill on April 12 aimed at enhancing disaster risk reduction skills among its students. The event, titled "Empowering Tomorrow's Leaders: Senior High School Seminar and Training on Disaster Risk Reduction," was organized by the UBHS CORDRR1 Department and specifically targeted Grade 11 STEM students.

The seminar began with an enlightening presentation by Dr. Warren Moyao, a notable faculty member of the School of Criminal Justice and Public Safety (SCJPS). Dr. Moyao provided a detailed overview of disaster risk management, discussing various types of disasters and underscoring the significance of understanding these events to develop effective mitigation and response strategies.

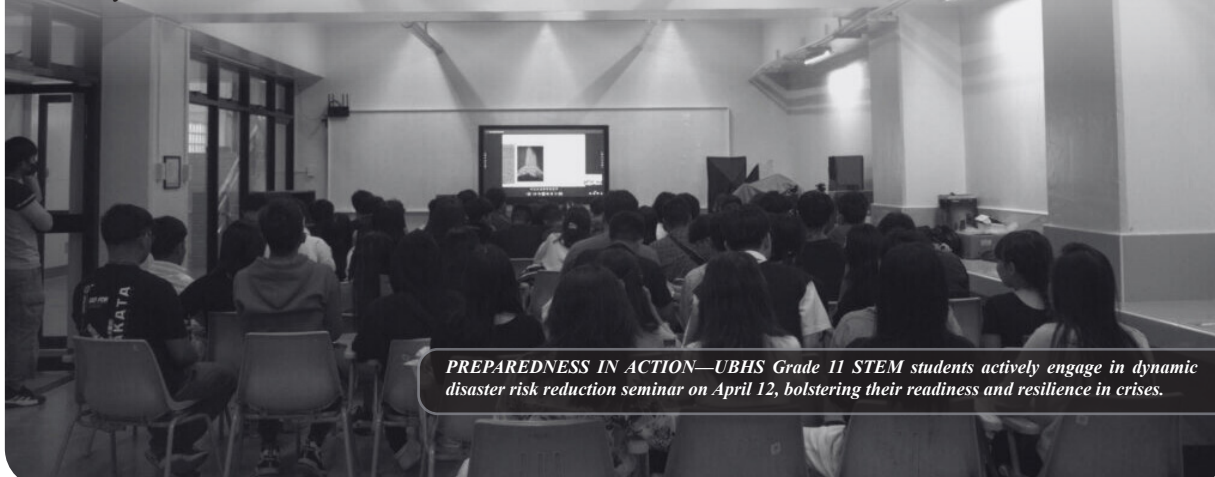
Following Dr. Moyao, Mr. Lardizabal Lupadit, an expert in security and former Head of Security at the University of Baguio (UB), took the stage to address safety and security measures, particularly focusing on earthquake safety protocols. Mr. Lupadit offered practical advice and guidelines to help students stay safe during seismic events, thereby empowering them with essential knowledge to handle such emergencies confidently.

The seminar transitioned into a hands-on earthquake drill, directed by Director Julia Flores and the Occupational Safety and Health (OSH) Committee of the University's Risk Management Office. The drill was conducted at the UB Legacy Building, the latest addition to the university's infrastructure. Students practiced evacuation protocols with efficiency, demonstrating their understanding and readiness. The drill concluded with an orderly assembly at the designated evacuation area in the UB Parking lot, highlighting the students' ability to execute safety measures effectively.

This seminar and drill were instrumental in providing UBHS Grade 11 STEM students with insights and skills in disaster risk reduction. By fostering a culture of preparedness and resilience, the initiative equipped students not only with essential life skills but also with the capability to lead their communities through crises.

The event underscored UBHS's steadfast commitment to the holistic development of its students. By imparting critical knowledge and practical skills, UBHS ensures its students are well-prepared to face the challenges of an unpredictable world, ready to emerge as confident, competent leaders who can make a positive impact on society.

*By Kirsten Elegio*



PREPAREDNESS IN ACTION—UBHS Grade 11 STEM students actively engage in dynamic disaster risk reduction seminar on April 12, bolstering their readiness and resilience in crises.

## Mateo Wins AY Foundation National Discipline Award 2024

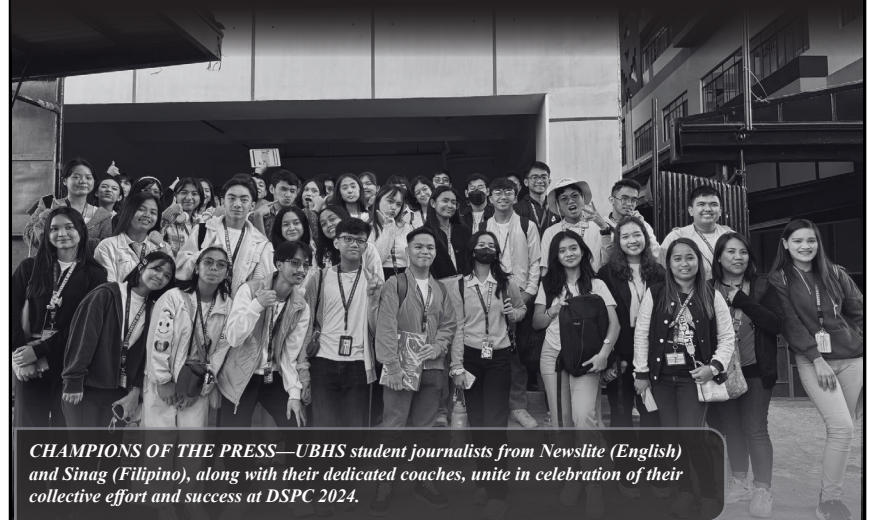
University of Baguio High School (UBHS) proudly announced that M-Scott O. Mateo is one of the distinguished recipients of the prestigious Alfonso Yuchengco (AY) Foundation National Discipline Award for the Academic Year 2023-2024. This esteemed accolade honors graduating high school students who consistently demonstrate exemplary discipline both within the school premises and in their wider community engagements.

The meticulous selection process was spearheaded by UBHS Principal Dr. Marivic Mutong, alongside Senior High School Assistant Principal Mrs. Jenett C. Flores, Senior High School SSG Adviser Mr. Raul T. Ubando, and Student Development Facilitator Ms. Karol Manalo. Mateo's exemplary record, bolstered by comprehensive supporting documents, was submitted to the AY Foundation main office, leading to their affirmation of his qualification for this prestigious honor.

In recognition of his outstanding commitment to discipline, Mateo will be presented with a San Lorenzo Ruiz Medal, a substantial cash award check, and a voucher during the Graduation Ceremony on June 5.

*By Ammar Daquioag*

## UBHS Triumph at DSPC 2024



CHAMPIONS OF THE PRESS—UBHS student journalists from NewsLite (English) and Sinag (Filipino), along with their dedicated coaches, unite in celebration of their collective effort and success at DSPC 2024.

The University of Baguio High School (UBHS) made a triumphant return at the Division Schools Press Conference (DSPC) held on February 17 at Manuel L. Quezon Elementary School and the Baguio Division Office. Organized by the Department of Education - Division of Baguio City, the event brought together elementary and secondary schools from across the city, both public and private, to nurture the budding talents of young journalists.

The conference aimed to equip students with essential media and journalism skills, emphasizing ethical reporting, effective storytelling, and journalistic integrity. After a prolonged hiatus, UBHS secured numerous awards, showcasing the dedication and talent of its young journalists.

UBHS students excelled in both the English and Filipino categories. Bailey Cameron won 2nd place in Editorial Cartooning, while Ardel Jedu D. Dadd achieved 3rd place in Sports Writing. Naomei D. Hugo and Rhoan Angela P. Decena both earned 4th places

in Column Writing and Copy Reading and Headline Writing, respectively. In the Filipino category, M-Scott O. Mateo secured 3rd place in Pagsulat ng Agham at Teknolohiya.

The school's publications also garnered multiple accolades. NewsLite, the official English publication, won 4th place for its news page, editorial page, and sports page, 3rd place for its feature page, and 7th place overall for layout and design. Sinag, the official Filipino publication, earned 4th place for its sports and science and technology pages, and 8th place for its feature page.

The UBHS student journalists were coached by Mrs. Hail Angel V. Payas-Lerio (NewsLite Adviser), Mrs. Venus Cabrera (Sinag Adviser), Mrs. Nenita Diego (English Broadcasting Coach), and Mr. Dy-an Mark Rodriguez (Filipino Broadcasting Coach).

These achievements at DSPC 2024 highlight UBHS's commitment to fostering journalistic excellence and providing opportunities for students to hone their skills and showcase their talents.

*By Ammar Daquioag*

## Teaching Tomorrow: The Pitfalls and Promises of AI

Today, AI in education is often frowned upon as a tool for academic dishonesty and cheating. Much of the skepticism is directed at ‘ChatGPT,’ a well-known AI software that generates highly accurate responses to various questions. Consequently, the utility and versatility of this technology often go unnoticed among students and educators.

The potential benefits of artificial intelligence in the classroom are frequently overlooked due to its controversial nature. While some students appreciate it, many educators take a firm stance against it, citing concerns that AI software, like ChatGPT, encourages plagiarism and laziness. It raises teachers’ worries about the negative impact AI might have on students.

The operational methodology of AI software, especially among writers and artists, is widely considered problematic, with many labeling it as ‘theft.’ Jim McDermott, an associate editor for America Magazine, explains that ChatGPT was trained on and informed by 500 billion words or phrases extracted from books, articles, and the internet, shaping its interpretation and responses to prompts.

Despite the immediate association of AI with cheating, its use in education is

not a new concept. Examples include test answer sheets requiring shading, with some corrected and scored by AI using algorithms to check for correctness. AI is also employed to enhance and correct grammar errors, as seen in software like ‘Grammarly,’ which promptly rectifies any grammar errors within a text.

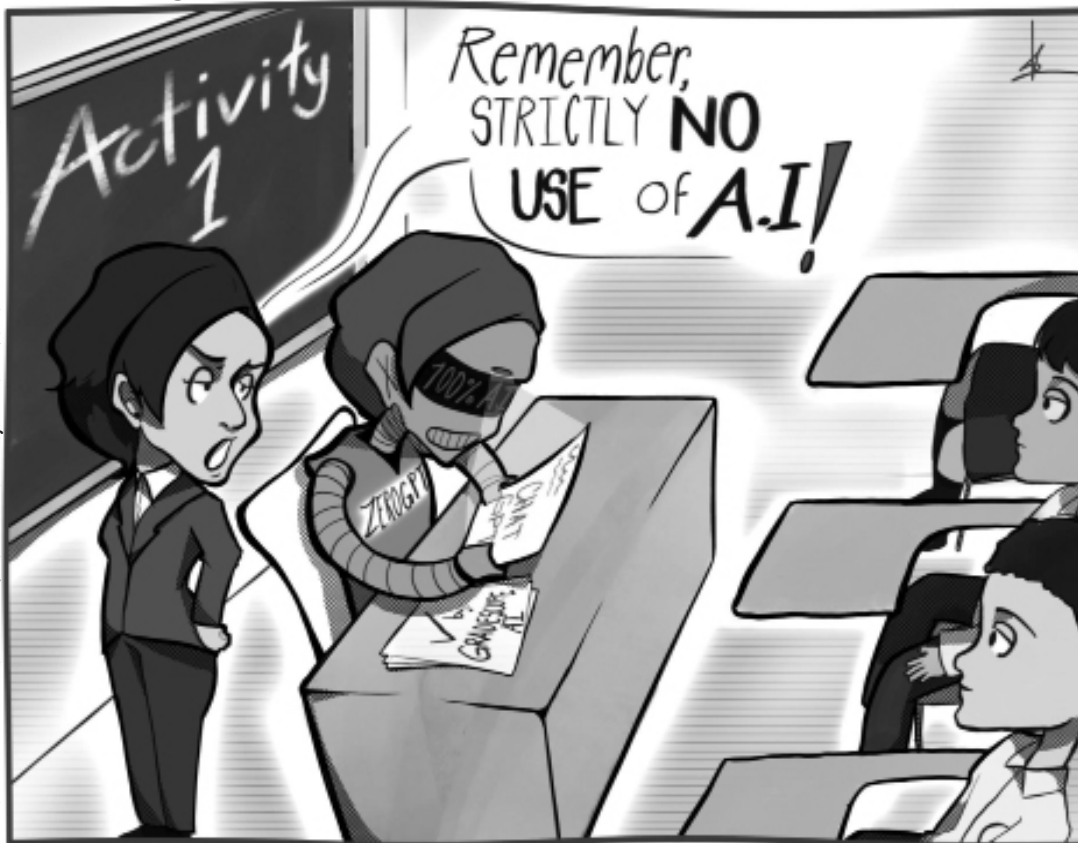
While concerns persist regarding its impact on learners, some universities actively embrace this new technology as part of their curriculum or encourage guided student use. For instance, the University of the Philippines permits the use of AI in the classroom for output enhancement, provided it adheres to strict guidelines.

Furthermore, as technology advances, artificial intelligence continues to permeate educational facilities, fundamentally altering the way teachers teach and students learn. The reality is that

**people cannot escape the integration of AI-driven algorithms in the classroom.**

It is imperative to actively welcome and participate in this change rather than passively accepting it.

AI integration in education presents a compelling opportunity to enhance student outcomes, personalize instruction, and provide teachers with insightful information. However, as the world progresses, it is crucial to remain vigilant, ensuring that artificial intelligence in education is applied judiciously and ethically, respecting fundamental educational ideals and principles, and promoting accessibility, efficacy, and inclusivity for all.



### Gear Up for Change: Jeepney Modernization Roadmap the Digital Age



As we zoom into the era of jeepney modernization, there’s a hitch in the ride that’s hard to ignore — the lack of a clear plan to get our beloved jeepneys on the electric avenue. It’s like asking drivers to drive without a map; they’re stuck at the crossroads of tradition and progress, not sure which road leads to a greener, more modern tomorrow. Switching to electric jeepneys isn’t just about changing fuel; it’s like upgrading from an old keypad Nokia phone to the latest smartphone. It’s a tech leap, and for small-time jeepney owners, it’s a leap they might not be ready to take without a helping hand.

Picture this: a seasoned jeepney veteran scratching their head, trying to figure out how to turn their old ride into a sleek, electric marvel. Now imagine how tougher it is for the small folks who run just one or two jeepneys. The gap between wanting change and making it happen is like trying to jump across a river without a bridge.

To further the accentuate

the problem, it raises concerns on how the drivers and operators will be able to pay for the modern vehicle. Subtracting the P260,000 subsidy from the P3 million will still leave generations of debt for them to pay. It is absurd to let that happen when even our country is struggling to pay our national debt.

Before the government hits the drivers with deadlines, they’ve got to lend a hand. A real one, not just words on paper. And when the social injustice outweighs the supposed economic benefits of modernization, who does it serve? Alleviating the life of many in expense for the minority should never be what our society comes out to be.

As our dignified drivers takes us to countless destinations, we should never abandon them on our journey to modernization. There is a need for a roadmap, not just for big companies but for all drivers who want to be part of the modern jeepney.

So, here’s a lesson for those in charge: before asking us to drive into the future, hand us the keys and show us the way. Let’s bridge the gap together and gear up for a ride that’s not just about change but about making sure everyone, big or small, can be part of the journey.

By Noamei Hugo

### Reclaiming Life Offline: Unplugging from the Digital World



In the fast-paced digital age, the adage “Time is gold” takes on a new dimension, particularly as we find ourselves immersed in the boundless expanse of the online realm. The prevalence of social media over the last few decades has significantly altered the way we allocate our time and focus. Startling statistics, such as those provided by Supporting Care ABA, indicate that our attention span has dwindled to a mere 8.25 seconds on average. While digital social networks undoubtedly offer valuable connections and insights, their excessive use raises concerns about the potential for adverse effects. It is crucial to reflect on the balance between the advantages and drawbacks of our increasingly digitized lives.

While social media stands as an invaluable tool for broadening our knowledge and offering endless entertainment, the challenge emerges when we become excessively engrossed in its allure, often at the expense of our other responsibilities. A longitudinal study, published in 2020, underscores the potential consequences, revealing that prolonged screen time contributes to emotional dysregulation and detrimentally impacts the academic performance of school-age students, particularly in mathematics and literacy. This digital preoccupation tends to keep us tethered to screens, thus affecting our scholastic achievements. Dr. Heather Berlin, a distinguished neuroscientist and professor of psychiatry at the Icahn School of Medicine at Mount Sinai, sheds light on the biological aspect, explaining that our brains are intricately wired to be captivated by stimuli triggering dopamine, the neurotransmitter associated with pleasure. In navigating the intricate relationship between social media, academic pursuits, and neurological responses,

a critical balance must be struck to harness the benefits without succumbing to the pitfalls of digital overindulgence.

The internet thrives on attention, prompting a vast majority of its content to be visually appealing, vibrant, and captivating — akin to how an angler fish deploys a lure to attract prey. To counteract this trend, one plausible solution is to cultivate hobbies that exist beyond the realms of social media, activities demanding focus and engagement, such as reading, writing, or exercising. Liberating ourselves from the clutches of social media need not be a solitary endeavor; face-to-face social interactions, such as spending quality time with friends and family, offer a potent antidote to the escalating attachment to the World Wide Web. In the pursuit of a healthier digital balance, these alternatives provide not only respite but also avenues for personal growth and meaningful connections that extend beyond the allure of the online realm.

The prevailing spirit of smartphone attachment is not inherently negative; rather, the potential drawbacks stem from the human tendency to excessively invest time and attention in social media. The device itself is not the culprit; rather, it is our proclivity to allocate an undue amount of our valuable time to the digital realm. Recognizing that our attention is a precious resource, it is imperative that we redirect it towards endeavors that hold genuine significance—into a world that extends far beyond the confines of the screen. It is time to reassess our digital habits and make intentional choices that prioritize meaningful connections and experiences beyond the virtual landscape.

By Renz Basyag



## Embracing Inclusivity: The Imperative of Gender-Neutral Restrooms in Schools



**In recent years, a positive and inclusive change has been sweeping through educational institutions across the nation—a movement towards establishing gender-neutral restrooms. This shift is not just a matter of architectural adjustment; it is a testament to the commitment of schools to create environments that foster inclusivity, respect, and understanding.**

Gender-neutral restrooms offer a welcoming and safe environment to all people, regardless of gender identity. Amenities in companies, establishments, and institutions are a

first step toward developing a setting that upholds diversity and equality. No longer should a person feel constrained or uncomfortable when it comes to a basic human need. The implementation of gender-neutral restrooms also aligns with United Nation's SDG 5, Gender Equality. It sends a powerful message that schools are committed to fostering an atmosphere of acceptance, understanding, and support for everyone.

Educational institutions in the Philippines have taken proactive measures to adopt gender-neutral restroom facilities. For instance, in March 2018, Ateneo de Manila implemented the installation of 14 new single-occupancy restrooms, open to individuals of any gender identity or expression. St. Louis University in Baguio, a Catholic institution, introduced its first gender-neutral restroom in 2018, with a clear commitment to fostering inclusivity within its diverse student body. Additionally, the Lyceum of The Philippines University, in March 2017, approved a proposal from the

student organization LPU Kasarian to incorporate two gender-neutral restrooms. Ateneo de Davao marked a significant move in September 2016 by establishing all-gender restrooms, while the University of Baguio features a gender-neutral restroom on the ground floor of the A building.

The shift in the usual has now brought up discussions on whether it is appropriate or just a 'stunt'. Critics may argue that such changes are unnecessary or that they defy tradition. Stakeholders, especially parents who are against this change have been questioning the safety and reliability. They express that this may bring more violence especially, but not limited to women. Some also highly oppose this for religious matters. However, it is crucial to recognize that this shift is not about discarding tradition but evolving with the times. It is about adapting to a more comprehensive understanding of gender and acknowledging the needs of all individuals within the school community. The move towards

gender-neutral restrooms in schools is a step towards breaking down barriers, challenging stereotypes, and creating a culture of inclusivity that extends beyond the restroom walls.

It is important to be educated and informed. A school or any educational institution should always strive to set an example and never lag behind. In a very religious country like the Philippines, changing traditions is hard. To go against the norms is considered preposterous, but slowly once change happens, people will adapt.

Gender-neutral restrooms are a progressive idea that educational institutions need to embrace. By doing so, they not only make a tangible difference in the lives of their students but also contribute to a more compassionate and accepting society. Inclusivity is more than just a catchphrase; it is a principle that schools must actively champion, and gender-neutral restrooms are a significant stride in that direction.

*By Kirsten Eligio*

## The Continued Importance of Libraries in the Digital Age



**“The subject matter of libraries and the enduring value of physical books in a period dominated by digital technology may be a topic of consideration. It is critical to identify whether these traditional knowledge facilities remain useful in today's world of quick access to information.**

It is reasonable for people to inquire if physical books are still necessary in the age of technology. However, the depth of information available in libraries extends beyond the digital realm. These archives, containing everything from rare written material to carefully maintained collections, are invaluable resources for individuals seeking intimate knowledge on a wide range of topics.

Libraries are not only pleasant areas for learning but also places of record. They offer environments for concentrated learning and quiet reflection

amidst the chaos of the digital age. Libraries provide spaces free of constant interruptions, in contrast to digital platforms that overwhelm us with distractions. Learners can remain fully focused without being diverted by electronic devices.

Libraries are more than just places to store books; they are active community hubs. They create a sense of community by bringing people together through events, book groups, and educational programs. Libraries provide actual settings where people can engage in important discussions in person, in an era where internet access is typically common.

The long-term importance of libraries in our digital age cannot be overemphasized. Besides being book repositories, they embody the concept of continuous learning, create conditions conducive to focused concentration, and serve essential functions as shared spaces. As we grow, it is important to recognize and preserve the timeless value that libraries bring to our lives by bridging the connection between historical foundations and modern advances.”

*By Xhandy Louise Tabangcura*

## Navigating the Depths of Educational Stagnation: The Philippines' PISA Predicament



**In the latest Program for International Students Assessment (PISA) report, the Philippines finds itself in a disheartening position, ranking 6th to last in reading, 3rd to last in mathematics, and last in science among 81 surveyed countries (Inquirer, 2023). Alarming as it is, this stagnation in educational achievement persists, with no discernible improvements nearly five years after the last assessment.**

PISA, designed to evaluate the knowledge of 15-year-old students in science, mathematics, reading, and application skills, released its findings in December 2023, indicating that the Philippines scored an estimated 100 to 120 points below the average. Each 20-point decline represents a year lagging behind the average pace of other nations—an “uncomfortable truth”, as aptly stated by Vice President Sara Duterte and the Department of Education (DepEd) secretary.

To understand the disparity between the Philippines' education system and the average-scoring counterparts, there is a need to understand the various factors, including the impact of the pandemic, subject load, bullying, health conditions, and socio-economic status. Financial considerations also greatly affect the results, as highlighted by another PISA assessment linking the amount of financial support to learning quality. While the average allocated funds for a student over 10 years is \$77,000 in surveyed countries, the Philippines only earmarks \$11,000 or around Php 618, 000.00 for the same duration.

Many reactions were received from the people when the PISA report was released. Some attribute the poor performance to ingrained cultural attitudes, pointing to a normalization of practices like laziness, cheating, skipping classes, and the rise of Artificial

Intelligence (AI) in the learning landscape. Others place blame on the K-12 curriculum, implemented in 2012-2013, which failed to deliver the promised improvements, resulting in a perceived brain drain and financial strain for an additional two years of schooling. Despite all the commotions, DepEd contends that the results showcase the country's resilience, emphasizing the retention of similar results from the 2018 PISA assessments. However, one must question whether the few variations are considered as a good thing, or are they merely interpreted as a hopeful response to the nation's persistent underperformance.

From a student's perspective, there could be probable solutions to address the problem such as providing teacher training and support, conducting curriculum evaluation, addressing financial disparities, promoting academic honesty, and increasing community engagement and parental involvement. First, providing extensive training for teachers to adapt to modern teaching methodologies, incorporating technology and interactive methods would make learning more engaging. Second, reevaluating the K-12 curriculum would help identify areas that need improvement and assess if there is a need to adjust the curriculum to align with current educational needs and global standards. Third, the government must allocate resources effectively to ensure that schools in all regions receive adequate support. Fourth, schools must craft guidelines or school policies regarding students' dishonest practices and discourage cheating or the overdependence on AI. Lastly, establishing and fostering stronger connections between schools and communities would encourage parents to actively participate in their children's education.

The Philippines faces a concerning educational predicament reflected in the PISA rankings. Despite minimal improvements since the last assessment, there is hope in student-centric solutions like better teacher training, curriculum updates, fairer financial allocation, emphasis on academic honesty, and stronger community involvement. The key now is turning these ideas into actionable reforms for a brighter future.

*By Diorney Valdez*





Dear Editor:

I am writing to express my insights regarding the recent article titled "Embracing Inclusivity: The Imperative of Gender-Neutral Restrooms in Schools". I wholeheartedly support its core idea that recognizes the rights of the LGBTQIA+ community for inclusive spaces within our educational institutions.

During my stay here at the University of Baguio (UB), I've noticed that most restroom facilities have been available exclusively for female and male students. However, I am delighted that a gender-neutral restroom has been established, notably at the university's food court. While this is a step forward towards accepting those who do not conform to a specific gender identity, bullying, discrimination, and lack of access for LGBTQIA+ members are still rampant in our community.

I understand the present circumstances of our society, but with the introduction of this article that acknowledges the benefits of implementing gender-neutral restrooms, I trust that the institution will consider fully embracing the movement that transcends confined spaces. Having a safe, non-discriminatory, and progressive environment will improve the well-being and ensure safety for the institution's stakeholders.

With that in mind, I propose that the university incorporate informational sessions and dialogues regarding the rights of its LGBTQIA+ members. By fostering a sense of shared community responsibility, it promotes not only inclusivity but also basic human decency for its stakeholders. I believe that in doing so, negativity and arising misconceptions cannot grow and foster, which in turn will strengthen the university's commitment to better lives. Moreover, reinforcing campaigns that encourage protection against any malicious acts against its transgender and non-binary constituents will further advance the movement's cause.

In conclusion, I strongly support efforts to promote inclusivity and diminish prejudice within our society as a whole. Our university's contribution to this ideal propels it forward as an adaptive and equitable environment that cares for its constituents' welfare.

Thank you for taking the time to address this relevant and persistent issue. As times change, I hope that I can look forward to a fully accepting educational climate for every student. Discussions regarding matters involving and impacting the well-being of our educational institutions are anticipated and acknowledged.

Sincerely,

John Rey Cario



## NEWSLITE



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Dear John Rey:

Thank you for your insightful letter regarding the recent article on gender-neutral restrooms in schools. Your perspective highlights the relevance of addressing inclusivity within educational institutions, particularly at University of Baguio (UB). The establishment of gender-neutral restroom at UB signifies a positive leap towards creating a more welcoming environment for all members of the LGBTQIA+ community. However, your concerns about persisting issues such as bullying, discrimination, and limited access for the members of its community exacerbate the ongoing challenges we face in fostering a truly safe and supportive atmosphere.

Your suggestion to incorporate informational sessions and dialogues on LGBTQIA+ rights is not only timely, but essential. By increasing awareness and understanding, we can work towards creating a culture of acceptance and respect within our university community. Additionally, your emphasis on reinforcing campaigns to protect transgender and non-binary constituents highlights the need for proactive measures in safeguarding the well-being of all students. Your advocacy for inclusivity is commendable and serves as a reminder of the importance of continuing to strive towards creating an educational climate that is accepting, equitable, and supportive for every student.

Thank you once again for your thoughtful contribution to this important dialogue. Your letter reminds us of the ongoing work needed to ensure that all members of our university community feel valued, respected, and supported. Your voice is integral to advancing the conversation surrounding these critical issues, and we are grateful for your dedication to promoting inclusivity within our educational institutions.

Warm regards,

Editor



# A NEW CHAPTER UN BUILDING BECOMES TR

*By Giovan*

In a groundbreaking move, the University of Baguio High School (UBHS) welcomes high school students to the much-anticipated Legacy Building for the second semester of academic year, 2023-2024. Excitement filled the air as students returned from the holiday break to discover the doors of the new building. The realization of this momentous occasion is accentuated by the knowledge that the construction of the building, a project that commenced in 2019, has now come to fruition.

A marvel of modern architecture, the Legacy Building is set to redefine the educational experience, embodying the school's commitment to excellence and innovation. It houses spacious classrooms with chalk and white boards, science laboratories, culinary room, and collaborative spaces designed to nurture creativity and critical thinking. The multi-functional hall promises to be the hub of school events, fostering a sense of community and school spirit.

Diverse comments have been received from both UBHS faculty

members  
and

As high school students eagerly step into Legacy Building for the first time, anticipation fills the air. Ace Benosa, a Grade 12 Science, Technology, Engineering, and Mathematics (STEM) student shared his excitement stating, "It's an honor to be among the first students to occupy the Legacy Building. I am glad we get





# UNFOLDS AS LEGACY THE HUB OF LEARNING

*Anniballog*



The building provides facilities that are more modern compared to the other structures. It is truly an upgraded academic environment. I love that it's clean and easy on the eyes." he said.

Teachers also share in the enthusiasm, seeing the building as a game-changer that provides the tools and space for innovative teaching methods. Mrs. Connie Padilla, one of the Senior High School teachers remarks, "This transition not only signifies a physical change but also represents a symbolic step forward in our mission as educators to providing the best possible education for our students."

to experience the facilities of this new building before we graduate in high school. It will provide me and the other students a more memorable learning experience." Another STEM student, Carl Patrick Soriano, expressed his satisfaction with the school's new infrastructure. "The new Legacy Building is above what I expected.

As the second semester unfolds within the walls of Legacy Building, the UB embraces a chapter of growth, exploration, and accomplishment. The legacy of this new building promises to leave an indelible mark on the school's commitment to shaping globally competent learners.



## CELEBRATING 75 YEARS OF TATAY AND NANAY'S LEGACY: UB'S FOUNDING ANNIVERSARY

This time, as the University of Baguio (UB) celebrates its 75th founding anniversary, it is not only commemorating the institution's achievements but also honoring the immense legacy left behind by its founders, affectionately known as Tatay and Nanay. With their vision, dedication, and unwavering devotion to education, the UB, established in 1948, has grown to be a forefront of academic excellence and a beacon of hope for generations to come.

UB has a rich history that dates back to its humble beginnings as the Baguio Technical and Commercial Institute. Tatay and Nanay, whose real names were Fernando G. Bautista and Rosa C. Bautista, were the driving forces behind the establishment of UB. Motivated by a strong belief in the transformative power of education, they started with a simple vision: to provide quality education to the youth in the region and empower them with knowledge and skills for a better future.

Through their tireless efforts, Tatay and Nanay laid the foundation for what would become a renowned academic institution. They established the university's core values of competence, character, commitment, and compassion, which continue to guide the institution to this day. One of Tatay and Nanay's most significant contributions was their dedication to making education accessible to all, particularly the marginalized sectors of society. Believing that everyone deserved a chance at a better life through education, they ensured that UB provided scholarships and financial aid programs to deserving students. Their legacy of inclusivity and social justice

has enabled countless individuals who would have otherwise been denied educational opportunities to pursue their dreams and achieve success. Many of these students have gone on to become leaders, innovators, and changemakers in their communities.

Tatay and Nanay's influence extended beyond academics. They fostered a culture of care and compassion within the UB, emphasizing the need to support and uplift one another. This nurturing environment has created a close-knit community where students, faculty, and staff genuinely care for each other's well-being. Their legacy of empathy and kindness resonates throughout

the campus, creating an atmosphere that encourages personal growth, resilience, and a shared sense of responsibility. Tatay and Nanay's vision of a family-oriented institution continues to shape the UB's identity today.

On its 75th founding anniversary, the UB stands tall as a symbol of excellence, service, and innovation in education. However, it does not fail to acknowledge the vital role that Tatay and Nanay's enduring legacy plays in its continued success. Their unwavering commitment to education, inclusivity, and compassion has shaped the UB into a beacon of hope and a catalyst for change.

As the university looks to the future, it vows to carry the torch and solidify its legacy as a center for academic brilliance and societal progress. This shows that Tatay and Nanay's esteemed legacy will live on in every student who passes through its halls.



*By Kirsten Elegio*

## UBHS Illuminates FAMERS 2023 with Passion and Prowess

*By Martin Neil Camacho*

The University of Baguio High School (UBHS) and its esteemed educators took center stage at the annual FAMERS event, held at the CAP Building in Camp John Hay, Baguio City on August 8, as they were recognized for their unwavering dedication and outstanding contributions to the institution.

A highlight of the event was the acknowledgment of teachers who have dedicated decades of their lives to shaping the minds of countless students. Leading the pack was Mrs. Rowena R. Cuntapay, who was honored for an impressive 25



years of service. Joining her in the quarter-century milestone were Mrs. Risalyn Elegado and Ms. Tamara C. Saldaen, both commended for 20 years of loyalty and commitment.

Not far behind, a group of educators marked their 15-year milestone: Mr. Marlon P. Dalgan, Mrs. Joy L. Roque, and Mrs. Marichu B. Villegas. Mean-

while, Mrs. Vicky G. Nardo celebrated a decade of dedicated service, and a group of teachers, including Mr. Leo Angelo F. Bateria, Mrs. Kris Marie D. Chapap, Mr. Walter B. Coteng Jr., Ms. Novy C. Galletes, Mr. Deo Aldrin B. Velarde, and Mrs. Anna May P. Vizcara, were honored for their five years of commitment to

excellence.

Adding a poignant note to the event were the retirees recognized for their Dedicated Service Awards – Mrs. Luzviminda Nieveras and Mrs. Necia L. Tandoc. The event also celebrated excellence in teaching, with Mrs. Jubilyn G. Kiing receiving the prestigious Top Performing Employee (Teaching) award, a proof of her unwavering dedication, innovative teaching methods, and remarkable impact on students' lives.

In the realm of research, UBHS took home two notable awards. Mrs. Marichu G. Villegas, along with co-researcher Mrs. Violeta F. Apiles from the School of Teacher Education and Liberal Arts, was recognized as the Best in Research (Business and Management Category). Meanwhile, Mrs. Cheryl A. Langit, along with co-researchers Mrs. Rhoda Marie A. Carbonel and Mrs. Jaleh V. Gacayan from the School of Natural Sciences, clinched the Best in Research (Allied Medical and Natural Sciences Category).

UBHS's commitment to fostering strong ties with its alumni community did not go unnoticed, as the institution received accolades as one of the Top Performing Schools in Alumni Engagement.

The FAMERS event not only celebrated the accomplishments of the UBHS teachers and staff but also acknowledges their dedication in continuing the legacy of Tatay Fernando and Nanay Rosa Bautista.



## Between Innovation and Excellence: The UBHS Entrepreneurship Day 2023

By Kirsten Elegio



The University of Baguio High School (UBHS) was booming with entrepreneurial flair on November 22 as the Accountancy, Business, and Management (ABM) Department spearheaded the Entrepreneurship Day 2023 at the vibrant University of Baguio (UB) Gymnasium. With the creative theme, “Exploring the Boundless Horizon of Imagination and Innovation,” the pinnacle of the event featured students from various sections of grade 11 exhibiting their creative prowess, transforming the venue into a bustling marketplace of original and innovative products and services. A wave of creativity swept through the UB Gym as various sections presented captivating jingles and video advertisements. These presentations skillfully engaged

the audience, showcasing both wit and artistic expressions.

In addition to the sale of innovative products at the UB Gymnasium, a seminar on financial planning titled “Entrepreneurial Excellence: A Financial Planning Workshop” was held at the UB Centennial Building, featuring Mr. Walter Coteng Jr. as the keynote speaker. This insightful seminar not only provided students with valuable perspectives on effective financial planning but also served as a helpful resource for enhancing their business plan presentations, an integral component of their curriculum.

The most awaited part of the program came: the awarding ceremony, where minor and major accolades were bestowed upon outstanding

booths. Judges, including accomplished alumni and esteemed faculty, commended the students’ entrepreneurial aptitudes. The event advanced nine champions in various categories including Del Rosario for Best Product Offering, Amorsolo for Best Booth Design, La Vela for Best Marketing Strategy, Game Shap Studios for Best Printed Design, Estrella for Best Theme Conceptualization, Agpalo for Best Certificate Design, Campos for Best Jingle, Encarnacion for Best Mascot Design and Best Video Advertisement.

This annual event not only celebrated the success that brought out the students’ entrepreneurial skills but in turn, cultivated a culture of innovation and collaboration within the academic community. Entrepreneurship Day 2023 at UB High School was not merely a celebration of commerce; it was the evidence of the institution’s mission to foster a new generation of forward-thinking and innovative leaders.

## Harmony and Generosity Unveiled: UB’s Christmas Cantata 2023

By Kirsten Elegio

In the heart of Baguio, where the cool mountain breeze carries whispers of enchantment, the University of Baguio (UB) Christmas Cantata emerged as a dazzling spectacle, transforming the city into a tapestry of unity and joy. Over three magical days, the Cantata, themed “A Journey to Bethlehem,” not only showcased musical brilliance but also echoed the collaborative spirit that reverberated through every note and tale, chronicling the timeless story of the birth of Jesus Christ.

The grand festivities unfolded within the lively walls of the UB Gymnasium for two consecutive days, emerging as a standout highlight amid the citywide celebrations. The enchanting



talents of the UB Voices Chorale and UB Orchestra created an enthralling opening, setting the stage for an exhilarating journey. The UB High School (UBHS) and UB Science High School (UBSHS) choirs followed suit, filling the halls with harmonious melodies that paved the way for a truly magical experience. Adding a marvelous touch,

the youthful energy of students from UB Laboratory Elementary School (UBLES) infused the narrative with their acting prowess, creating an immersive experience for all.

What distinguished this year’s celebration was the profound commitment to community involvement. The culminating event took

place at the picturesque Rose Garden in Burnham Park on the final day, symbolizing the true spirit of giving back. The UB leveraged the Cantata as a powerful platform to extend its outreach, spreading warmth and unity beyond the campus boundaries. It was more than a mere showcase of talent; it was a medium through which

## UBHS Alumna Shines Bright in ‘Zoomers’

By Bea Xyrel Bueno



In the realm of Generation Z, a star is born, and her trajectory from the University of Baguio High School (UBHS) to the limelight of the youth-reality series “Zoomers” is nothing short of a captivating saga. Izabel Lamberth, a proud UBHS alumna, has seized the spotlight, portraying the character “Beth” alongside on-screen partner Ralph De Leon as “Atom.” Her role has garnered widespread attention, positioning her as a rising star in the world of youth-oriented storytelling. The series, currently airing on various platforms, including Kapamilya Channel, TFC, A2Z, TV5, and ABS-CBN’s official YouTube Channel, provides a glimpse into the multifaceted lives of Generation Z.

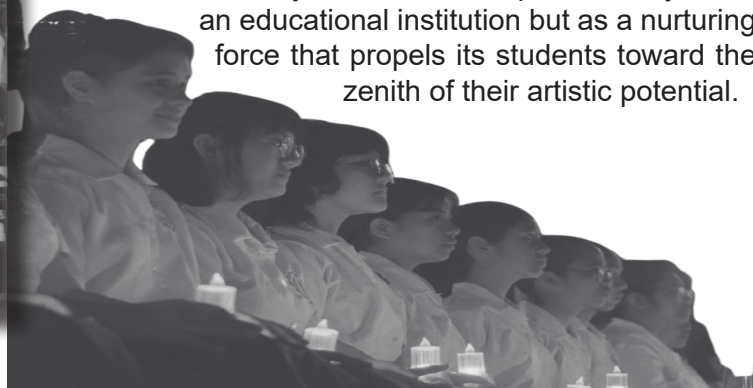
Lamberth’s journey commenced within the hallowed halls of UBHS, when she enrolled in the Arts and Design strand. Graduating with honors in 2019, her time in this strand became the crucible where her passion for the arts was sparked and cultivated, and now, that spark has erupted into a blazing success in the entertainment industry. “I’ll never forget where it all began – the Arts and Design strand at UBHS. UBHS provided the perfect canvas for me to explore, express, and ultimately discover my love for acting,” Lamberth reflects.

Lamberth also revealed the intricate details of her audition journey—a narrative resonating with many UBHS students who share the same dreams. The pressure-laden auditions were met with a mindset forged in the halls of UBHS, where determination, creativity, and a commitment to excellence were instilled. “The audition process was intense, no doubt. But the grit and determination instilled in me during my time at UBHS became my guiding force.” The pressure was real, cameras capturing every move, but I entered that room with the mindset UBHS nurtured in me – to leave an unforgettable impression,” Lamberth recalls.

Despite not securing the lead role of “Hope,” Lamberth’s gratitude shines through, a sentiment she attributes to her time at UBHS. The interview reveals her heartfelt acknowledgment, “Hearing this flooded my heart with gratitude. Direk Lauren went the extra mile and described my audition as exceptional. It felt like a victory. It was like a trophy for the effort I put into those auditions, even though I did not get the lead role.” This spirit of appreciation, a cornerstone value learned at UBHS, reflects her personal growth and resilience in the face of setbacks.

As “Zoomers” captivates audiences, Lamberth’s journey serves as a beacon for aspiring talents within UBHS. “As I continue to tread this path, I want every UBHS student to know that your dreams are valid, and UBHS is a place where those dreams can take flight” Lamberth passionately asserts.

As Izabel Lamberth continues to shine in the entertainment industry, UBHS stands proud, not just as an educational institution but as a nurturing force that propels its students toward the zenith of their artistic potential.



the university shared the joy of the holiday season with the entire community. The event was a resounding success, not only spotlighting the incredible talent of UB students but also showcasing the university’s unwavering dedication to capturing the true essence of harmony and

generosity during the holiday season. The collaboration between the city’s leadership, represented by Mayor Benjamin Magalong’s special participation, and the academic community added a unique flavor to the celebration, making it a true reflection of Baguio’s cultural richness.



## A Symphony of Broken Dreams: From Script to Stage

By Renz M. Basyag

"The Arts and Design strand is not just about drawing," asserts Vander Bañas, the lead director of 'Balang Araw,' during an interview. When asked about the essence of the play and its intended audience, he responded, "It is for all of us, an overview of our possible future and where this strand could lead us."

On the evening of December 13, Centennial Hall buzzed with anticipation as the arts and design track of UBHS unveiled their long-awaited musical, 'Balang Araw.' The performance delved into the post-graduate experience, exploring themes of heartbreak, friendships, and betrayal.

The musical opens with a graduation scene, presenting a unique cast of characters, each with dreams of making it big after high school— aspiring to become famous dancers, musicians, artists, or actors. What unfolds is a poignant portrayal of their struggles to turn these dreams into reality.

Growing up is a central theme of the play, confronting the harsh truth that life rarely aligns with our idealized visions. Yet, despite these challenges, the play concludes on a hopeful note: the characters realize they have lived their dreams, albeit in unexpected ways.

However, 'Balang Araw' is more than a narrative of struggles; it is a deeply resonant production for its cast and crew, each finding personal connections to the story's themes. The creation of this musical showcases the dedication and creativity required to bring such a narrative to life.

MJ Domondon, the music director, reveals the collaborative spirit behind the production: "We sort of got together and brainstormed. We initially struggled to settle on a theme, but once we worked as a team, ideas started flowing. Good job! We fulfilled our play today!"

The performance relied heavily on key props to enhance its realism and creativity. Sustainability was a significant consideration, with many props sourced from previous productions or crafted from recycled materials to fit within their budget.

"Using materials that aren't expensive was a big factor," one of the prop designers noted when discussing the challenges faced. "We recycled a lot from the grade twelve production. We repurposed many of their props."

'Balang Araw' transcends the typical musical format, offering a poignant reflection on the pains and struggles of transitioning into adulthood from the perspective of fresh graduates. It's an experience that resonates deeply within the University of Baguio community.

Mariel Amansec, a cast member, passionately remarks, "Sometimes we aren't allowed to pursue our dreams due to financial constraints. We truly struggle with these obstacles. Despite the difficulties and hurdles, we must still chase our dreams."

## Uniting Passion and Purpose: Dwight and Brielle's Mr. and Ms. UB 2024 Journey

By Kirsten Elegio



In a captivating fusion of talent, passion, and advocacy, the Mr. and Ms. UB 2024 pageant unveiled the extraordinary journey of the University of Baguio High School's Grade 11 STEM students, Dwight Saavedra and Brielle Xheiane Daoa. With an unrelenting spirit, both senior high school representatives captured the audience and judges alike, leaving an indelible mark on the prestigious event.

For Dwight, the pageant was more than a platform for personal validation; it was an opportunity to transcend boundaries and communicate a resounding message of empowerment to the community. "I aimed to showcase not just my abilities but to inspire others that the extraordinary is achievable by anyone," he expressed. Amidst the dazzling lights and heightened emotions on stage, Dwight found solace in the camaraderie shared with his peers, cherishing each moment as a witness to his resilience and determination.

Similarly, Brielle approached the competition with a fervent dedication to her advocacy, rooted in her profound connection to indigenous culture. "Joining MMUB was not merely about vying for a title but about amplifying the voices of marginalized communities," she reflected. Her journey, filled with challenges and criticisms, became a testament to her unwavering commitment to promoting inclusivity and cultural appreciation within the university and beyond.

The pre-pageant event, a captivating spectacle held at Baguio Country Club on April 8, served as a precursor to the main event, allowing contestants to showcase their talents and advocacies with unparalleled enthusiasm. The delegates exuded confidence and poise in the swimwear, opening production, evening wear, and casual wear segments, setting the stage for an unforgettable showcase of talent and dedication.

As the pageant progressed, contestants underwent rigorous training sessions, intellectual conferences, and rehearsals to hone their skills and perfect their performances. At the grand finale held at the UB Gym on April 19, Dwight's stellar performance earned him the accolade of 1st runner-up, an attestation of his unyielding tenacity. Together, Dwight and Brielle exemplify the essence of the pageant, transcending the confines of competition to become beacons of influence and advocates for meaningful change.

The University of Baguio High School takes pride in its delegates, whose journeys epitomize the values of leadership, cultural appreciation, and personal growth. As Dwight and Brielle continue to chart their paths forward, their legacy serves as inspiration to their peers and the wider community, proving that with determination and heart, they can make a difference.



## Honing Talents: Arts and Design Students' Acting Workshop

By Bea Xyrel Bueno



The University of Baguio High School (UBHS) Arts and Design (AD) students had a two-day Acting Workshop held on March 5 and 6, 2024. This immersive workshop provided a transformative experience for the students, enriching their skills and deepening their passion for the craft of acting.

The workshop was meticulously designed to cover a broad spectrum of acting techniques, ensuring that participants walked away with a well-rounded understanding of the craft. The activities ranged from learning to internalize and express emotions to using one's body to portray various objects, and, crucially, collaborating effectively with other actors, regardless of creative differences and varying skill levels.

One of the workshop's goals was on helping students internalize and express emotions authentically. Sir Kevin Rosito led exercises that encouraged participants to draw from personal experiences, teaching them to channel these emotions into their performances. The sessions were intense and introspective, pushing students to explore the depths of their emotional range.

Another objective of the workshop was to help students learn to use the body to portray different objects. Sir Emilio Rivera guided students through a series of physical exercises that emphasized the importance of body language and movement in storytelling. This segment was particularly engaging, as students creatively used their bodies to depict everything from inanimate objects to abstract concepts.

On their Facebook page, the AD students expressed their profound gratitude to Sir Kevin Rosito and Sir Emilio Rivera for their unwavering commitment and invaluable guidance, stating: "With our upcoming production, this workshop was a great help in further elevating our acting skills which is essential in building up the confidence and impact of performing on stage. We are grateful for having this opportunity to hear your insights based on your expertise."

AD students look forward to future collaborations and workshops that will further nurture the talents of its students. UBHS remains dedicated to providing enriching experiences that cultivate the skills and passions of the next generation of artists.

## A Night to Remember: The UBHS Graduation Ball 2024

By Kirsten Elegio



The University of Baguio High School's Class of 2024 gathered on May 18 for a magical evening at their graduation ball, celebrating their achievements and marking the end of their high school journey. Held at the Newtown Plaza Convention Center with a charming pastel motif theme, the ball was a blend of nostalgia, celebration, and camaraderie.

The event commenced at 4:30 p.m. with the registration and verification of attendees. Excitement filled the air as students, dressed in their finest, reunited with friends and prepared for an unforgettable night. The formal program began at 5:30 p.m. with an opening prayer, setting a reflective tone for the evening. The event's energy surged with the opening production by UBeatro, who performed a captivating piece from the movie "The Greatest Showman." This vibrant display of talent set the stage for the night's events.

After extending a hearty welcome, the senior high school assistant principal, Mrs. Jenette C. Flores, expressed pride in the students' accomplishments and optimism for their futures. This was followed by the presentation of attendees, where each Grade 12 section was called, creating a moment of unity and pride. A highlight of the night was the sharing of personal testimonies. The first batch featured students from STEM-AMS, ABM, ICT, and A&D. Their stories reflected diverse experiences and journeys, drawing tears and laughter from their peers.

Meanwhile, the photobooth, a popular attraction, was flocked by students capturing memories in snapshots, providing everyone with keepsakes of the evening. Simultaneously, dinner was served, offering a time for relaxation and fellowship over a sumptuous meal. The second batch of testimonies, delivered by students from STEM-Engineering, HUMSS, and Cookery, continued to evoke deep emotions, showcasing the resilience and spirit of the graduating class. The second socialization period ensued, giving students another chance to dance and make memories.

Anticipation peaked with the search for the King and Queen of the Night. After a dazzling runway walk and a spirited Q&A session, M-Scott Mateo and Nikesha Isaguirre were crowned, their poise and charm winning over the judges and their peers. Their coronation symbolized the celebration of excellence and spirit that defined the evening.

Mrs. Cheryl A. Langit, the GLC for grade 12 STEM, delivered the closing remarks, highlighting the efforts of the students, teachers, and organizers who made the night possible. Her words underscored the significance of the evening as a milestone in the students' lives. As the official program concluded, the dance floor remained a hive of activity until the night ended at 10:00 p.m., leaving everyone with hearts full of joy and heads full of cherished memories.

The University of Baguio High School's Graduation Ball 2024 was more than a celebration of academic achievement. It was an attestation to the bonds formed over the years, the growth of each student, and the bright futures that lie ahead. As the Class of 2024 moves forward, they carry with them the spirit of unity, resilience, and joy that defined their graduation night.



## Beauty and Brains: The Inspiring Journey of March Rejhael

### Balan-eg

By M-Scott Mateo

The University of Baguio High School (UBHS) has long been recognized as a nurturing ground for personal and intellectual growth. Among its notable alumni is March Rejhael Balan-eg, a remarkable young woman. She has not only conquered the rigorous journey of nursing school but has also emerged as an embodiment of inspiration and resilience for aspiring healthcare professionals. Her recent achievement as a registered nurse, following her success in the Professional Nursing Licensure Exam (PNLE) in November 2023, is a testament to her unwavering dedication and relentless pursuit of excellence.

Throughout her academic journey at UBHS, March epitomized the values of perseverance and academic excellence. March's academic saga began with four years in junior high, spanning from 2013 to 2017, where she laid the foundation for her future success. She then seamlessly transitioned into two years of Senior High School (SHS), opting for the challenging Science, Technology, Engineering, and Mathematics-Allied Medical Sciences (STEM-AMS) strand. She graduated with honors. Her academic performance showcased her aptitude for learning.

March did not only excel in academics, but also in pageantry. March clinched the title of Miss UB SHS in 2018, capturing hearts with her grace and intellect. The following year, she elevated her reign, becoming Miss UB 2019, a testament to her charm and acumen.

March remained dedicated to excellence during his time in college. She was a consistent dean's lister and eventually earned the Cum Laude distinction. Her diligence in studies, coupled with her compassionate spirit, positioned her as a role model for her peers and a wider community.

In an exclusive interview, March shared how UBHS significantly contributed to her journey of self-discovery and academic excellence. "The institution's rigorous academic programs, supportive community, and diverse opportunities cultivated my critical thinking, nurtured my passions, and fostered lifelong relationships with my friends and mentors," March reflects. "I may have transitioned to a different institution for college, but the challenges I've faced, the lessons I've learned, and the memories I've created during those six fruitful years at UBHS have left an indelible mark on my character and values," she added.

Later on, she showcased her tenacity by conquering the licensure exam for nurses, with the results released on December 1. Her success not only marked a personal triumph but also highlighted her dedication to a profession centered on compassion, warmth, and care.

Beyond the academic achievements and beauty pageant titles, March's story is a narrative of resilience, ambition, and compassion. Her journey from the halls of UBHS to the esteemed ranks of licensed nurses stands as an inspiration to aspiring students, reinforcing the transformative power of education and determination. March's story proves that with dedication, one can break barriers, wear many crowns, and make a meaningful impact in the world.



## Channel Dane Palangdao: A Beacon of Legal Advocacy

By M-Scott Mateo



In the University of Baguio High School (UBHS), Channel Dane S. Palangdao emerged as a bright star. Graduating in Senior High School with high honors and receiving the Highest in Academics and Special Leadership Awards, her early achievements hinted at the extraordinary journey that lay ahead.

After high school, Channel ventured into higher education with a Bachelor of Arts in Political Science, graduating Magna Cum Laude and earning the prestigious University Leadership Award. These accomplishments set the stage for her next ambitious endeavor – the pursuit of Juris Doctor degree.

Channel is currently enrolled in a Juris Doctor program at University of the Cordilleras (UC) and adeptly balances the demands of legal studies with her involvement in UC Barristers Club as Official Representative of College of Law. Her commitment to social justice and good governance, and the desire to create meaningful change fueled this decision.

Beyond academia, Channel's impact extends into the professional realm. As a Junior Office Assistant-Research Ethics Committee at the University of the Philippines-Baguio (UPB), she actively contributes to the ethical landscape of research. Her involvement does not stop there; Channel is deeply engaged in volunteer work, facilitating campaigns for mental health, Covid-19 awareness, HIV prevention, and adolescent sexual and reproductive health – all recommended by the City Social Welfare Development Office.

Reflecting on her high school years at UBHS, Channel Dane acknowledges the role it played in shaping her aspirations. "There were a lot of clubs to choose from, so I just tried to join anything that I liked. These experiences shaped me to become dedicated and committed, and to always have initiative," she recalls.

In the interview, she also shed light on her journey, emphasizing the transformative impact of her experiences. "Our knowledge about what is happening around the world should not just stop at awareness. We have to do something about it. That is why I decided I wanted to serve the people. I want to use my profession to help and be involved not because of my career but because of values and love for the community," she passionately shared.

Acknowledging the challenges of balancing academic pursuits, community engagement, and personal life, Channel Dane offered valuable advice to fellow students. Emphasizing the need for personalized time management strategies, she urged students to prioritize self-care. "Learn to rest and have time for yourself. It will only burn you out if you continue to just work and not have time to rest, reflect, and enjoy," she wisely advised.

As Channel Dane S. Palangdao continues her odyssey, her alma mater, UBHS, celebrates her achievements. The beacon of legal advocacy she has become illuminates the path for future generations of aspiring leaders and changemakers.

## From Doubts to Accomplishments : The Narrative of Engr.

### Zandrei Parel

By M-Scott Mateo

In the sphere of academic achievement and professional success, Engr. Zandrei Agazzi Parel stands as an example for aspiring minds within the University of Baguio High School (UBHS). His journey from formative years at UBHS to a distinguished career in civil engineering is a profound narrative of the transformative power of self-esteem, perseverance, and tenacity.

Parel's academic brilliance and resolute determination propelled him to excel in his strand, where he eventually earned recognition as a Top Performing student in STEM-Engineering in 2018. Subsequently, he became a consistent dean's lister in his college course. After graduation, he obtained licenses as a Civil Engineering and Safety Officer, marking the commencement of a remarkable professional journey.

A feature of Parel's story lies in the challenges he confronted during his academic pursuits. Design projects, involving the intricate planning of structures, systems, and processes, practical applications through case studies, and utilization of engineering software for design, analysis, and modeling purposes, tested his mettle. Initially grappling with doubts about his skills, Parel persevered. His journey through these challenges stands as a testament to the transformative potential within each individual. In an insightful interview, Parel emphasized the importance of focusing on your own goals and believing in your abilities. "Success is not a comparison with others; it's a personal journey," he remarked, encouraging students to celebrate their individual accomplishments. Parel's words serve as a poignant reminder that genuine success lies in the journey itself, where setbacks are stepping stones to greatness.

The interview further revealed the crucial role of his support system – family, closest friends, and teachers – in overcoming challenges. Parel also acknowledged that the values instilled in him at UBHS helped him in shaping his mindset. He emphasized the significance of self-belief and resilience, lessons engrained during his high school years, as the driving force behind his achievements.

Parel's narrative resonates as a source of inspiration within the UB community, a reminder that with perseverance and belief in oneself, the seemingly insurmountable becomes achievable.



# ASPARAGUS CULTIVATION BLOOMS IN THE PHILIPPINES

By Ammar Daquioag



In the heart of Tarlac and Laguna, a green revolution is taking place as asparagus cultivation gains momentum, thanks to the innovative efforts of Sonny Tan and his business partner, Jeffrey Dimatula. What was once a personal experiment with asparagus seeds from Taiwan has blossomed

Tan and Dimatula at the forefront of its cultivation. The duo owns a vast 200-hectare land in Tarlac and another farm in Laguna, where they have been successfully growing asparagus since 2015.

Originating from a genus of the family Asparagaceae with up to 300 species, asparagus is a versatile vegetable

personal experiment with asparagus seeds from Taiwan has blossomed

into a thriving business that not only contributes to the local economy but also

brings the myriad health benefits of asparagus to Filipino tables.

Asparagus, a familiar green vegetable recognized for its long, slender spears, has found its way to the Philippines, with

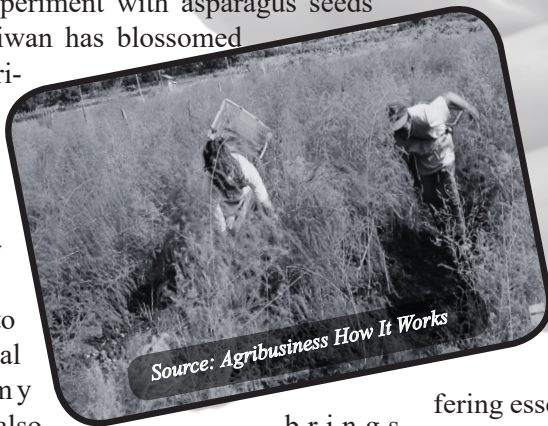


table commonly prepared by grilling, steaming, or roasting (The Spruce Eats, 2022). Besides being a culinary delight, it packs a nutritional punch, offering essential nutrients such as fiber, vitamin C, folate, vitamin K crucial for blood clotting and bone health, and chromium, which may aid insulin function (Eat Well, 2022).

Initially planting asparagus for personal consumption, Tan and Dimatula soon recognized its vast potential and de-

cidied to turn their passion into a business. They now offer their harvest at 350 pesos per kilo for wholesale and 400 pesos per kilo for retail. With an impressive daily harvest of 100 kilos, their produce has made its way to various cities including Baguio, Angeles, and Manila.

Sonny Tan and Jeffrey Dimatulas journey from personal experimentation



Ensuring the safety and organic nature of their asparagus, Tan and Dimatula utilize chicken manure as fertilizer, aligning with the growing trend towards sustainable and eco-friendly farming practices.

Asparagus, once primarily viewed as a side dish, has now become a versatile ingredient inspiring culinary creativity in the kitchen. Beyond being a standalone vegetable, it can be incorporated into a variety of dishes, further enhancing its appeal as a staple in Filipino households.

to successful entrepreneurship not only reflects the potential for innovation in agriculture but also contributes to the Philippines' growing reputation as a hub for diverse and sustainable farming practices. As the green spears of asparagus continue to flourish in the local soil, their story becomes a beacon of inspiration for those looking to cultivate not just vegetables but a sustainable future for Philippine agriculture.



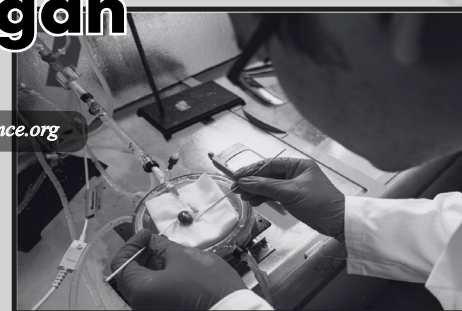
## Frozen in Time: A Groundbreaking Discovery Unveils Paths to Successful Organ Transplantations

By Euwea Naycelle Alhambra

In contemporary times, organ shortages persist as a global issue for both humans and animals. On average, only 25% of patients worldwide awaiting organ transplants receive successful procedures annually (Kloc, 2022). One of the causes of this transplantation failure is the inadequate preservation and rewarming of organs. This scarcity has prompted an increased demand for donors and driven scientists, including curious engineers and medical researchers at the University of Minnesota Twin Cities, to seek solutions.

In a monumental stride towards addressing the organ shortage crisis, engineers and medical researchers from the University of Minnesota have achieved a revolutionary success. Utilizing cryopreservation, a process that preserves cells, tissues, or other biological samples by cooling them to very low temperatures, rat kidneys were successfully stored for up to 100 days. Following the required preservation period, the University of Minnesota developed a groundbreaking technique, termed the "nanowarming" process, which successfully warmed the organs and allowed for transplantation into rats with full kidney function.

In contrast to traditional methods, the nanowarming innovation rapidly and evenly warms the organs, eliminating freezing fluids and tiny particles, thus facilitating a smoother transplant process. This process involves dispersing tiny iron oxide particles in a protective solution that circulates through the organ's blood vessels. When triggered by electromagnetic waves, these nanoparticles act as small heaters. Importantly, the tiny iron oxide particles can be washed out after rewarming. Notably, the University of Minnesota's process did not require rats to receive medication or dialysis during trans-



plantation, yet they not only survived but also maintained full kidney function, a notable deviation from the complex interventions required for human transplants.

Currently, about 20% of donated kidneys cannot be transplanted each year due to the organ's limited preservation time and recipients not reaching the transplant site in time. Additionally, some kidneys, after rewarming, incur significant damage from ice or cracking. The development of nanowarming provides scientists worldwide with a promising method for preserving and transplanting kidneys without causing damage to the organ.

While human testing is a few years away, the findings from this research are important. This breakthrough instills hope in solving the organ shortage problem and has the potential to reshape the landscape of organ transplants. The impact of this new method extends beyond the laboratory, fostering optimism among experts that cryopreserved organs could offer a viable solution to the ongoing challenge of insufficient organs for medical transplants.







# Pinyapel: Crafting Pages of Greener Opportunities

By Euwea Naycelle Alhambra

The use of traditional papers is said to be safer in current times, rather than plastics. However, both the production of traditional paper and plastic can truly harm the environment. The production of these is mainly associated with deforestation, agricultural wastes, pollution, chemical-intensive processes, environmental degradation like global warming, and the harming of living things. However, while seeking solutions to tackle these challenges, the Design Center of the Philippines, in partnership with Cagayan de Oro Handmade Papercraft, Nature's Fresh, and IdeaTechs Packaging, has created an innovative product. This serves as an eco-friendly alternative to both paper and plastic, with its primary design aimed at promoting a greener and cleaner environment—known as "Pinyapel."

Source: D&Ad.org



The product's design is reported to have been guided by two objectives established by the Design Center of the Philippines: minimizing agricultural waste and addressing deforestation. Its production includes the reuse and recycling of discarded Pineapple leaves. The process of making Pinyapel starts with the extraction of fibers from the Pineapple leaves. These fibers will undergo a mechanical processing method (involving crushing, pressing, and drying of the fibers) without the need for the chemicals typically used in traditional paper production. After the mechanical process, a pulp will be created which can be used to make papers. These papers can now be crafted into items such as boxes, packaging, paper bags, coffee cups, and various other products that utilize paper.

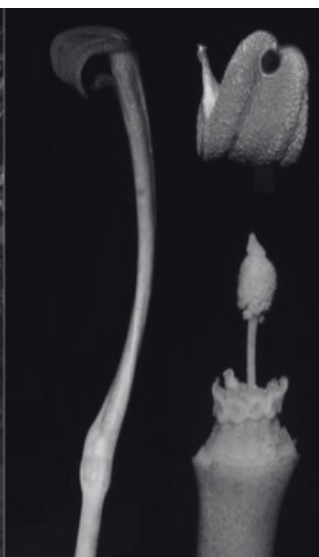
The Philippines is the second biggest producer of pineapples worldwide. With this, Pinyapel will not only solve environmental issues brought about by the production of paper and plastic like deforestation, agricultural wasting, pollution, and more, but it will also help the country's pineapple farmers by giving them more job opportunities and an increase of income. "This endeavor not only raises the bar for the design and value of the Philippine products but also makes (a) meaningful contribution to the global movement advocating for environmentally friendly sound practices and a holistic approach to sustainable development -- economic, cultural, social and environmental sustainability," stated by Senate President Pro Tempore Loren Legarda at the Senate building in Pasay

City in celebration of Zero Waste Month. Pinyapel stands not just as an alternative to traditional papers and plastics but as a symbol of sustainable development, offering a beacon of hope for greener and cleaner solutions to create a more harmonic cohabitation with our beautiful planet. As Senator Legarda said, Pinyapel is a meaningful contribution to the complex field of sustainability, which includes economic, cultural, social, and environmental aspects. This Pinyapel invention not only crafts pages of greener opportunities but also plants seeds for a more ecologically conscious and prosperous future worldwide.

# Botanical Breakthrough: Zamboanga Unearths New Water Trumpet Species

By Ammar Daquiog

Source: Wiley Online Library



Advancing its botanical research endeavors, Zamboanga proudly unveiled the discovery of Cryptocoryne zamboangaensis, a newly identified species found in the streams of Zamboanga del Norte. This remarkable find elevates the Philippines' standing to a total of 11 taxa of Cryptocoryne, further enriching the nation's biodiversity.

Cryptocoryne, commonly known as water trumpet plants, belongs to the genus of aquatic plants within the family Araceae. This genus thrives naturally in tropical regions, including the Philippines, with typical habitats situated in streams and rivers featuring gently flowing water. Discovered by three dedicated citizen scientists in March 2023, Cryptocoryne zamboangaensis now stands as a unique addition to the botanical landscape. Collaborating with the Xishuangbanna Tropical Botanical Garden (XTBG) of the Chinese Academy of Sciences, the researchers conducted meticulous morphological studies and literature reviews, confirming the distinctiveness of C. zamboangaensis as a new-found species.

spathe limb. Nevertheless, C. zamboangaensis distinguishes itself with its ovate, densely verrucose bright purple limb adorned with a narrow collar.

However, the euphoria of discovery is tempered by the sobering reality of its vulnerability. The population, estimated at a mere 250 mature individuals in the local habitat, faces imminent threats from various anthropogenic activities. In light of these challenges, the researchers have submitted a proposal to designate the conservation status of C. zamboangaensis as "endangered" based on the International Union for Conservation of Nature (IUCN) standards.

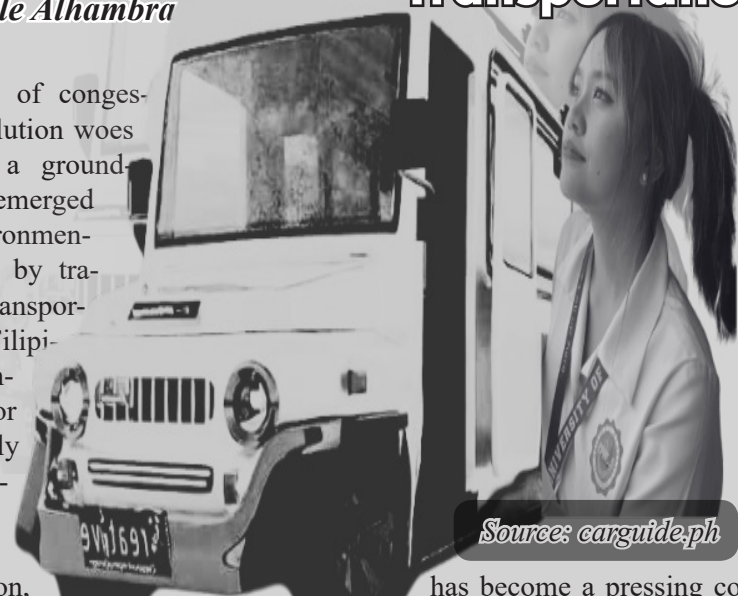
What sets C. zamboangaensis apart from its botanical counterparts is its resemblance to C. aponotifolia, characterized by a spathe tube longer than the

# Breathing Fresh Air: Hydrogen-Powered Jeepneys Transform Philippine Transportation

By Euwea Naycelle Alhambra

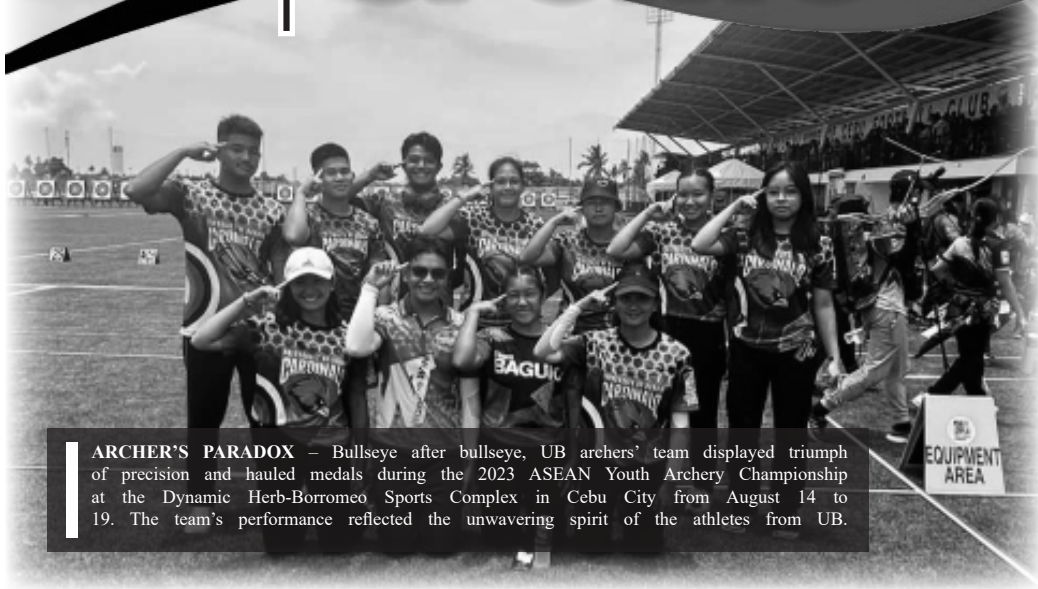
Source: carguide.ph

In the midst of congested roads and air pollution woes in the Philippines, a groundbreaking solution has emerged to address the environmental challenges posed by traditional modes of transportation. With many Filipinos relying on conventional jeepneys or e-jeepneys for daily commuting, the detrimental impact on the environment, particularly pollution, has become a pressing concern. However, Physicist Elmer Francisco, CEO, and Chairman of eFrancisco Motor Corporation, is pioneering a strategic solution with the introduction of the "Hydrogen-Powered Jeepney." This innovative project is a collaborative effort with HDEX, a UK-based community-driven hydrogen exchange, sharing a common goal of mitigating environmental challenges associated with jeepneys, particularly those powered by fossil fuels.



Unlike their traditional counterparts, which emit toxic fumes into the air, the hydrogen-powered jeepneys offer a sustainable alternative, producing only water as a byproduct. The shift toward utilizing hydrogen as the primary source of motion for jeepneys also involves the establishment of Hydrogen Fuel Stations, ensuring the seamless integration of this eco-friendly mode of transportation. Furthermore, the implementation of economies of scale makes the hydrogen-powered jeepney a cost-effective solution, presenting both environmental and economic benefits to the nation. "We do not see hydrogen as an alternative fuel; rather, it is the fuel of the future," emphasized Elmer Francisco, CEO of eFrancisco Motor Corporation.

This technological leap not only addresses air pollution concerns but also enhances the overall economy and efficiency of these iconic jeepneys, positioning them as a practical and ecologically responsible choice for the future. As the hydrogen-powered jeepney becomes a reality, it not only offers a breath of fresh air to Filipinos but also sets a global standard for sustainable urban mobility.



**ARCHER'S PARADOX** – Bullseye after bullseye, UB archers' team displayed triumph of precision and hauled medals during the 2023 ASEAN Youth Archery Championship at the Dynamic Herb-Borromeo Sports Complex in Cebu City from August 14 to 19. The team's performance reflected the unwavering spirit of the athletes from UB.

## Aim to Seize: UB's Archery Team Clutches a Triumphant Win at the 2023 ASEAN Youth Archery Championship

By *Gabrael Nero*

In a display of exceptional skill, determination, and sportsmanship, the University of Baguio (UB)'s archery team emerged victorious at the prestigious 2023 ASEAN Youth Archery Championship held at the Dynamic Herb-Borromeo Sports Complex in Cebu City from August 14 to 19. This international tournament brought together more than 300 archers from India, China, Taipei, Singapore, the United Arab Emirates, Indonesia, and the host nation, the Philippines, creating a melting pot of archery talent from diverse cultural backgrounds.

The UB archers, known for their precision and unwavering commitment to their sport, carried the banner of red and white with honor, valor, and a pursuit of excellence. The School of Natural Sciences' very own Faith Anne Laruan, Keturah Gonzales, and Shanylle Samson exemplified this spirit by each earning a bronze medal in the Team Event Recurve category. Their outstanding performance underscored their dedication and contributed significantly to UB's reputation in the field of archery.

In the Mix Team Compound category, Alon Yuan Jacutan, a Grade

12 Science, Technology, Engineering, and Mathematics (STEM) student, and Michiko Gonzales, a Grade 11 Humanities and Social Sciences (HUMSS) student, made their mark by clinching gold medals, standing tall on the podium as champions. Their flawless teamwork, combined with exemplary technique, propelled them to the pinnacle of success in this challenging shooting category.

UB High School alumnus, Renian Nawew, currently pursuing a degree in Information Technology, and Laruan secured silver medals in the Mix Team Recurve category. Their remarkable coordination, both as individuals and as a team, was a critical factor in their achievement. Under the Qualification and Olympic rounds, Alon Yuan Jacutan continued to shine, securing gold medals and showcasing his prodigious talent and mastery of the sport. Michiko Gonzales

also added to her legacy and UB's reputation by earning a silver medal.

UB has long been committed to providing and creating an environment that promotes holistic development among its students and staff. The UB Archery Team's success serves as a proud testament to the university's dedication to various extracurricular endeavors and its unwavering support for students pursuing excellence in diverse fields.

The 2023 ASEAN Youth Archery Championship not only showcased the remarkable talent and determination of the UB archers but also reinforced UB's standing as a university that nurtures well-rounded individuals capable of excelling in both academic and extracurricular pursuits. The triumphs of these young archers will undoubtedly inspire future generations of UB students to aim high and achieve greatness in their chosen endeavors.

## Unleashing Potential: The UBHS Academic, Sports, & Skills Festival 2024

By *Elmer Magsino and Glaiza Binan*

University of Baguio High School (UBHS) hosted the much-anticipated Academic, Sports, and Skills Festival 2024 on March 18 to 22. This annual extravaganza is more than just an event; it's a movement that propels students towards excellence in every sphere of life.

UBHS threw a diverse array of sport events, totalling 12 thrilling sports competitions, from the fast-paced action of volleyball and basketball, to the strategic battles in chess and Game of the Generals. The lineup also includes 3 on 3, darts, badminton, scrabble, word factory, Mobile Legends, billiards, and bowling.

A total of 8 competing teams joined the annual event: Brown Chopper, Green Zoro, Blue Franky, Orange Nami, Black Brook, Yellow Sanji, Purple Robin and Red Ussop. Each team is composed of students from grades 7-12 including teachers.

After the showcase of talents in the academic, skills and sports fields, Team 5/Black Brook brought home the bacon as the overall champion of the festival, garnering 12 gold, 4 silver and 6 bronze. Team 7/Purple Robin clinched the 1st place with 10 gold, 6 silver and 4 bronze while Team 6/Yellow Sanji landed 2nd place in the overall tally having 8 gold, 6 silver, and 4 bronze.

Students exhibited no boundaries of creativity, sportsmanship and camaraderie in the arena as the event drew to close. In the end, the UBHS Festival 2024 did more than ignite passion, but it kindled a fire that will burn bright in the hearts of students, driving them towards a future where they are not just learners, but leaders.

**SHARPENING SPORTSMANSHIP** – Student-contenders of UBHS showcased their competitiveness in the Academic, Sports, and Skills Festival 2024 on March 18 to 22. The event aimed to enhance camaraderie and gamesmanship among students.



## UB Taekwondo Triumph: Dominating Display Nets Nine Medals at 2023 National Championship

By *Elmer Magsino*

In a dazzling showcase of skill and unwavering determination, the University of Baguio (UB) Taekwondo team emerged triumphant, securing an impressive nine medals during the highly competitive 2023 National Best of Taekwondo Championship held at Ayala Malls, Manila, on September 3.

The championship, featuring some of the nation's top martial artists, served as a platform for UB athletes to highlight their prowess on the mat. The UB martial artists showcased their dominance across various weight

categories, clinching five gold medals, two silver medals, and two bronze medals.

Highlighting the excellence of University of Baguio (UBHS) students, Matt Rejhan Lavestre (Grade 8), Ian Rei Lonogan (Grade 10), Rolyn Matthew Salay (Grade 8), Rihannah Kate Caguioa (Grade 10), and Joey Jones Culallad (Grade 9) emerged as standout performers by securing coveted gold medals. Adding to the prestige, Andrew Tegui-in, a Grade 12 Humanities and Social Sciences (HUMSS) student, and Zyra Allyson Lee, a Grade 11 student specializing in the Cookery Strand, distinguished themselves with silver medals. Meanwhile, Chris Levi Culallad, a Grade 11 Science, Technology, Engineering, and Mathematics (STEM)

student, and Aithan Raphael Ogo, a Grade 10 student, proudly earned bronze medals.

The athletes' success is attributed to the indispensable guidance and expertise of Arnold Oglayon, UB Taekwondo Head Coach, without whom their victories would not have been possible. Oglayon joyfully shared in an interview, "As a coach, I'm delighted to witness the unwavering determination and steadfast perseverance my athletes exhibit in their rigorous training sessions." Oglayon also expressed gratitude for the generous support they have received, stating, "I am profoundly thankful for the unwavering support from the UBHS department and the entire UB community, as we persist in delivering pride to our school."



**POWERFUL KICKS** – UBHS athletes exhibit determination in the 2023 National Best of Taekwondo Championship at Ayala Malls, Manila on September 3, making them earn gold, silver, and bronze medals.

The standout performances of UBHS students, who clinched gold, silver, and bronze medals across various categories, underscored the depth of excellence within the team. As the echoes of triumph reverberate, the UB remains committed to nurturing champions, not only on the mat but in the hearts of its athletes and the entire community.



## UBHS Athletes Excel at ICTSI Philippine Athletics Championships

By Elmer Magsino



**GOLDEN GRINS!** - In a moment of shared triumph, UBHS athletes radiate joy with their winning smiles, solidifying their legacy at the ICTSI Philippine Athletics Championships.

**Athletes from the University of Baguio High School (UBHS) brought home an impressive haul of three gold, one silver, and three bronze medals from the International Container Terminal Services, Inc. (ICTSI) Philippine Athletics Championships held at PhilSports, Pasig City, from May 8 to 12.**

Leading the medalists was Denver Tacay, a Grade 11 student who secured gold in the under-20 men's hammer throw, an event in which he made his debut. Tacay also clinched a bronze medal in the under-20 discus throw, adding to his previous year's gold in the under-18 category.

Other standout performers from UBHS included Shiela Domilies, a Grade 11

student who dominated the 800-meter girls under-20 category. The team of Ken Ryzen Herrera, a Grade 10 student; Xyndrex Orinion, a Grade 9 student; Leishen Masangkay, a Grade 11 student; and Cytelle Armendi, a Grade 11 student, triumphed in the 4x400-meter mixed relay under-18 category.

The silver medal in the 4x400m mixed relay under-20 category was earned by the team comprising Angel Saysay, a Grade 12 student; Shiela Domilies; Clyde Benito, a Grade 11 student; and Mark Anthony Guillermo, a Grade 11 student.

Ken Ryzen Herrera also showcased his versatility by winning two bronze medals in the 800-m and 1,500-m boys under-20 events. Angel Saysay added to the medal tally

with a bronze in the 3,000-m steeplechase girls under-20 category.

The athletes' successes are attributed to the expert mentorship of athletics team head coach Hernanie Sore and former national team coach Arniel Ferrera.

The university celebrates the remarkable achievements of its athletes, who have once again demonstrated excellence and determination on the national stage. These young athletes continue to inspire their peers with their dedication and hard work, bringing pride to their school and setting a high standard for future competitions.

## UBHS Faculty and Staff Learn Pickleball from World Experts

By Elmer Magsino

Pickleball, one of the fastest-growing sports globally, has found its way to the University of Baguio High School (UBHS). An estimated 50 participants attended the event, including UBHS faculty and staff, student teachers from the School of Teacher Education and Liberal Arts (STELA), and sports enthusiasts from various clubs and organizations. It was conducted by the World Pickleball Federation (WPF) on February 17, at the BBCCC Gym in Baguio City.

The event, organized by the Philippine Pickleball Federation (PPF) in partnership with UBHS, aimed to introduce and promote pickleball to the academic community and the general public. Pickleball is an engaging and accessible sport that combines elements of badminton, tennis, and table tennis. It can be played in singles or doubles using solid paddles and a perforated plastic ball over a net.

WPF-certified instructors and coaches led the clinic and seminar, teaching participants the basic rules, skills, and strategies of pickleball. They also demonstrated advanced techniques and drills to help improve participants' gameplay. Attendees had the opportunity to practice and play pickleball with the instructors and each other, ask questions, and receive feedback.

Since 2016, the PPF, the national sports association for pickleball in the Philippines,

has been actively conducting pickleball clinics and tournaments across the country. The PPF is a founding member of the Asian Federation of Pickleball (AFP) and the Global Pickleball Federation (GPF), the international governing bodies for pickleball. The PPF aims to grow the sport in the Philippines and globally, preparing Filipino players for international competitions.

UBHS has been supporting and developing various sports programs and initiatives for its students and personnel under the dynamic leadership of Dr. Marivic B. Mutong. The school has produced many outstanding athletes and coaches who have excelled at local, national, and international levels. UBHS is also committed to fostering a culture of wellness and fitness among its community members.

Participants expressed their appreciation and enjoyment of the sport and showed interest in joining future pickleball events and activities. "Pickleball is enjoyable, especially for athletes who prefer revolutionary sports, as it combines badminton, table tennis, and lawn tennis. It is also a beautiful sport that boosts eye and body coordination, promoting a healthy lifestyle," said Walter B. Coteng Jr., a UBHS faculty member.

This successful event marks the beginning of what promises to be a thriving pickleball community at UBHS, encouraging physical fitness, camaraderie, and a love for sports among its participants.



**PADDLE POWER!** - Participants leveled up their game with Pickleball, guided by world-class experts, paving the way for a smashing journey of fitness and fun.

## UBHS's Catbagan Qualifies for World Table Tennis Contender National Qualifier

By Elmer Magsino



**RISING STAR IN WORLD TABLE TENNIS** - UBHS's Roshan Joah Catbagan, with ears open and determination in his eyes, attentively listens to the referee's guidance, fueling his journey to triumph at the WTT Contender National Qualifier.

**In a remarkable achievement, Roshan Joah Catbagan, a Grade 9 athlete from the University of Baguio High School (UBHS) has secured the 2nd Runner-Up spot in the World Table Tennis (WTT) Contender National Qualifier under the 17 Boys Category. This accomplishment highlights Catbagan's exceptional talent and dedication to the sport, bringing immense pride to the University of Baguio (UB).**

Catbagan's journey to the WTT Contender National Qualifier has been marked by relentless hard work, unwavering commitment, and a profound passion for table tennis. His skill on the court, coupled with his determination to excel, has been evident throughout his career. From intense training sessions to competitive matches, Catbagan has consistently demonstrated the qualities of a standout athlete.

Throughout the qualifier, Catbagan exhibited remarkable prowess, showcasing his agility, precision, and strategic thinking. His performance against some of the nation's best young

table tennis players was nothing short of impressive, earning him the well-deserved position of 2nd Runner-Up. This milestone in Catbagan's career reflects his continuous growth and potential to achieve even greater heights in the future.

The entire UB community celebrates Roshan Joah Catbagan's remarkable accomplishment, recognizing it as a significant milestone in the university's sports history. His success at the WTT Contender National Qualifier underscores the university's commitment to nurturing athletic talent and promoting excellence in sports.

As Catbagan continues to pursue his passion for table tennis, his journey serves as a beacon of inspiration for young athletes, reminding them that with dedication, hard work, and the right support, extraordinary achievements are within reach. The future undoubtedly holds great promise for this talented athlete, and UB looks forward to witnessing more of his successes on the national and international stage.

# UBHS Pride Claims MVP Award at PRISAA

By Elmer Magsino

**H**ussein Loraña, a Grade 11 Science, Technology, Engineering, and Mathematics (STEM) student-athlete, made history for the University of Baguio

(UB) for his exceptional performance at the 2023 Private Schools Athletic Association (PRISAA) National Games, held from July 14 to 19 in Zamboanga City. Loraña secured the title of Most Valuable Player in the Athletics Men's Senior Division, with an impressive total of four gold medals in different categories: 400-Meter Run, 800-Meter Run, 1,500-Meter Run (male category), and 4x400 Meter Relay (male category).

Despite facing nearly 500 formidable competitors and contending with unfavorable weather conditions during the games, Loraña exhibited resilience, pushing through the challenges to emerge victorious. His outstanding

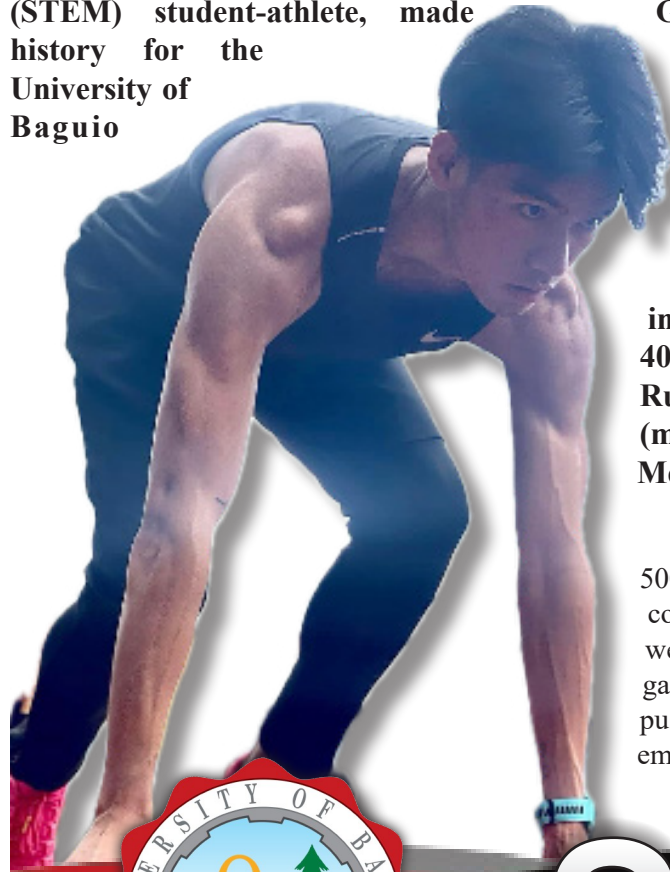
achievements not only secured his place at the top but also showcased his ability to match the recorded times of national athletes.

Loraña's journey to success was guided by the experienced hands of his supportive father, Abdullah Islam, who is a former masseur of Philippine Athletics Track and Field Association (PATAFA), and encouraging UB coach, Hernane Sore. The proud mentorship of these seasoned individuals, along with the unwavering support of his father contributed significantly to Loraña's stellar performance.

As Loraña basks in the glory of his historic achievements, his dedication and perseverance serve as an inspiration to aspiring athletes within UB and beyond. His triumphant journey not only underscores the importance of mentorship and familial support but also solidifies UB's commitment to fostering excellence in sports and academics. The university eagerly anticipates more milestones and successes as Loraña continues to leave an indelible mark on the realm of athletics.



**MVP DASHED!** – With a physique honed and bursting speed, Hussein Loraña aced the 2023 PRISAA in Zamboanga from July 14 to 19 and brought home 4 golds.



## SPORTS

### UBians Earn Gold Victories at Boxam Elite International Tournament 2024

By Ardel Jehu Dadd and Elmer Magsino

**A** student from the University of Baguio (UB) and an alumna showcased outstanding performances at the Boxam Elite International Tournament 2024 in La Nucia, Spain on February 3. The University of Baguio High School (UBHS) Sports Track produced history-maker Aira Villegas, who claimed gold in the women's light flyweight category, marking the first-ever achievement of this magnitude by a UBHS Sports Track graduate. Villegas secured her victory with an impressive scoreline of 26-10-0 after decisively

defeating Kazakhstan's Nazym Kyzabai in a thrilling third bout.

Nesthy Petecio, a Bachelor of Science in Hospitality Management student of UB, continued her remarkable journey by securing gold in the women's 57kg division, outpointing Chinese Taipei's Huang Hsiao-Wen with a 4-1 split decision. Petecio's outstanding performance included victories over France's Sthelyne Grosy and a semifinal win as Switzerland's Ana Marija Milisic withdrew in the second round.

These UBians not only solidified their positions as champions in their respective divisions but also earned spots

in the upcoming Olympic Qualification Tournament.

The achievements of Villegas and Petecio not only make the UB community proud but also contribute significantly to the Philippines' representation on the international boxing stage.



**JAB OF PRIDE** – Riled up to secure the gold, Aira Villegas knocks out Kazakhstan's Nazym Kyzabai at the Boxam International Elite Tournament 2024 in La Nucia, Spain, on February 3. Villegas leads PH's 4-gold medal sweep along with fellow UBian, Nesthy Petecio in the competition.

### Beyond the Field: The Grit and Sacrifice of Student-Athletes

By Naomei Hugo



Whether it's diving into a pool, spiking a ball, running into the field, or striking a stick, athletes display such mastery in their sport. However, behind the prowess are the blood, sweat, and tears that anyone barely sees, making each game a performance of dedication. Not to mention the roles they have to play outside the court. As they are not solely achievers of physical ventures, but also academic scholars that juggle

their time to maintain their pursuits. With the University of Baguio (UB)'s varsity scholarship, student-athletes are provided with the opportunity to excel in their field without paying their educational fees. While after-school trainings are the edge of what it's like to be an athlete, complying with schoolwork and assignments is still the greater priority. Playing a sport is not enough qualification to be a beneficiary; a student-athlete must maintain passing grades. Therefore, time management plays an important role in balancing a student-athlete's life while still being socially and academically active.

Although it is an honor to play for the university, most athletes struggle

to maintain relationships, find balance in their daily responsibilities, and maintain good health. According to John Cyrus Lintag, a grade 12 Humanities and Social Sciences (HUMMS) varsity scholar of UB High School (UBHS), "It is challenging to balance my time as I have academic obligations and daily training, especially with the Baguio climate. I find it difficult to wake up in the morning because of the exhaustion from training and staying up late doing activities. I also miss some family gatherings because of trainings. However, what keeps me going is the thought that I don't just carry my name in the competitions, but I carry the whole school." Many student-athletes strive to become the best they can be because of their love for the sport play; some need to excel to maintain scholarships and enter schools that offer benefits for their kind. Despite these hardships, choosing to still train after class and accomplish tasks on time has been a no-brainer.

To balance the demanding schedules of training and competition,

many student-athletes have had to navigate a challenging path, juggling their commitments both on the field and in the classroom. However, the resiliency that student-athletes have put into both academics and athletics has shown great dedication. "I organize my schedule for both school and training so that I can do my everyday housework. I adapted a study habit called the Pomodoro Technique which is a structured series of shorter periods of focus that builds in time for my brain to take a break. It has helped me to accomplish my requirements and be able to review for recitations or quizzes the following day. Time management can be very difficult, but when you put your mind to it and see it as a need, it becomes a routine." Lintag added. The ability of student-athletes to navigate the intricate web of responsibilities, overcome challenges, and excel both in sports and academics is truly commendable. If they can, then everyone sure can. It is just a matter of filling the gap between thinking and doing.