the flint

WHERE **NEWS** SPARKS WITH **VIEWS**

THE OFFICIAL ENGLISH PUBLICATION OF DON ALEJANDRO ROCES SR. SCIENCE AND TECHNOLOGY HIGH SCHOOL

VOL. 59

JUNE 2025-JANUARY 2026

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BRIGHT BEGINNINGS: *DARSSTHS WELCOMES NEW EDUCATORS*

By: **Renan Christopher Z. Toledo**

Don Alejandro Roces Sr. Science and Technology High School (DARSSTHS) proudly welcomed a group of new faculty members this school year, formally introduced by Faculty Association President Alvin Magbuhos and Vice President Clarissa Nocido during the flag ceremony on August 11, 2025.

In the Values Education Department, Ms. Jasmine Bañadera, joins the faculty to guide students in developing strong moral values and character formation.

Ms. Richelle Mae Daisog who, while part of the Science faculty, will also teach Values Education classes, combining her scientific knowledge with character-building lessons.

Meanwhile, the English Department welcomes its new leader, Mr. Ryan Ric E. Mary, Head Teacher III, while Ms. Rochelle Nicole Orpiano joins the team to focus on developing students' language skills and critical thinking.

In the Araling Panlipunan Department, Mrs. Ma. Grace B. Bacud, Head Teacher VI was introduced as its new department head, taking charge of the department's leadership.

The Mathematics Department, welcomes Ms. Nerie F. Guatno, who, besides teaching Mathematics, will also conduct MAPEH periods and classes, offering students a well-rounded learning experience that integrates physical fitness and artistic expression with academics.

The addition of these dedicated educators reflects DARSSTHS' commitment to providing quality education for every student.

NO. OF NEW TEACHERS PER SUBJECT DEPT.	
AP	2
MATH	1
SCIENCE	2
ENGLISH	2
ESP	2
MAPEH	3

NEW SCHOOL ADMINS.

2

NEW HEAD TEACHERS



THE MORE THE MERRIER. Ms. Jasmine Bañadera, Ms. Richelle Mae Daisog, Ms. Nerie F. Guatno, Ms. Rochelle Nicole Orpiano, Mr. Ryan Ric E. Mary, and Ms. Ma. Grace B. Bacud were officially introduced by Ms. Clarissa B. Nocido, Mr. Alvin Magbuhos, alongside Mrs. Adora B. Teaño, school principal, at the weekly flag ceremony.

ROCESIANS *TAKE CENTER STAGE* AT D4FOT 2025

By: **Aisha Garcia**

Don Alejandro Roces Sr. Science and Technology High School's (DARSSTHS) students showcased their excellence in various creative categories in the annual District VI Festival of Talents 2025, at Ponciano Bernardo High School—October 8, 2025.

'Likhawitan' delegates, Abigail M. Green and Agustina B. Cristobal, secured 2nd place, under the guidance of Mrs. Ma. Victoria S. Dela Luna.

In the 'Pintahusay' category, Aisha Margarette G. Garcia secured 3rd Place, coached by Mr. Raymond S. Conde.

'Direk Mo, Ganap Ko' delegates were Unico Josef G. Buenaflor and Erin Kendra G. Gozon, supervised by Mr. Christian Panganiban.

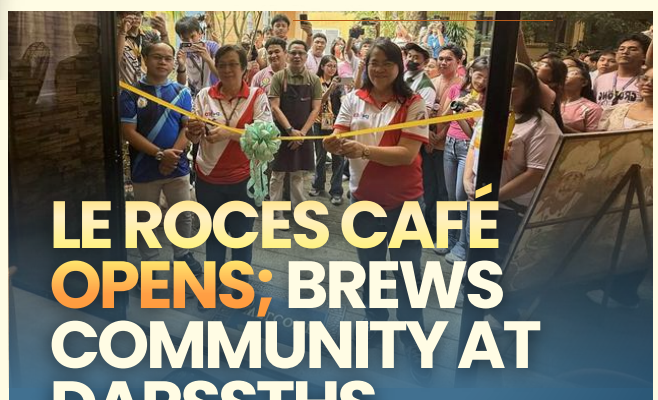
In 'Sineliksik,' Sherena Mae R. Dasalla, Mary Kate Lillian C. Maricaban, Michael Angelo D. Gasataya, Pascal Jacob M. Bagtang, Franchesca Nicole C. Martinez, and Apple Jocel C. Valeros, represented the school, mentored by Mr. Emil S. Tanchiatco.

To ensure a smooth flow of the event, MAPEH chairwoman of DARSSTHS: Mrs. Rose P. Nolasco spearheaded the entire celebration.

This Festival of Talents has once again highlighted the creativity and impressive capabilities that students embody as a true blue Rocesian.







LE ROCES CAFÉ OPENS; BREWS COMMUNITY AT DARSSTHS

By: **Queenie Anastacio**

Don Alejandro Roces Sr. Science and Technology High School (DARSSTHS) officially opened its Le Roces Café on November 21, 2025, aiming to provide students and staff with a comfortable space to relax and socialize. The new café marks a fresh step in the school's efforts to create a welcoming and supportive environment for its community.

Le Roces Café offers a range of food and beverages—including coffee, lemonade, cookies, and more, making it an ideal spot for students and staff to unwind. During the opening celebration, the school invited everyone to drop by, experience the warm atmosphere, and enjoy what the café has to offer.

The café is also expected to enhance student life by fostering a stronger sense of community within the campus, supporting the school's initiatives to create positive, student-centered spaces.

With this new addition, DARSSTHS reaffirms its commitment to providing well-rounded experiences for its learners and personnel. As the school community embraces Le Roces Café, many are already looking forward to enjoying the cozy, welcoming space it promises to bring.

DARSSTHS' GLAM TEAM WRAPS UP PINTAKASI; *PLACES 1ST RUNNER UP*

By: **Jacqueline Rafal**

Don Alejandro Roces Sr. Science and Technology High School (DARSSTHS) placed 1st runner up in Hair and Makeup Artistry at Pintakasi 2025–2026, held at Ponciano Bernardo Elementary School on Saturday, December 13, 2025 under the guidance of their coach, Mr. Alfred H. Macahusay.

Meanwhile, Jamin Zachary Rhyme D. Franco of 10-Gold won the Best Male Model Award. His makeup artist was Azaleeyha Ava Cheryzze S. Laurel, with hairstyling by Franchezka Anielka Ziersten M. Sabiniano, mentored by Mr. Macahusay.

These awards won by DARSSTHS' students showcase the school's excellence in Technical-Vocational Education, as the institution remain as the one and only campus in Quezon City to offer the Strengthened Technical-Vocational Education Program (STVEP).



WHERE ART MEETS BEAUTY. Irish Concepcion, Khiara Allosada, and Jaeda Fallorina together with their mentor: Mr. Alfred Macahusay proudly smile as they bag multiple awards at the Pintakasi 2025 contest.

MAKI+FIESTA BACK AGAIN WITH TALENTED SPEAKERS

By: Renan Toledo

Selected members of The Flint were invited to attend the MAKI+Fiesta 2.0 located at the University of the Philippines Diliman on December 11-12, 2025, the event is about celebrating free expression, democracy, and the creative economy.

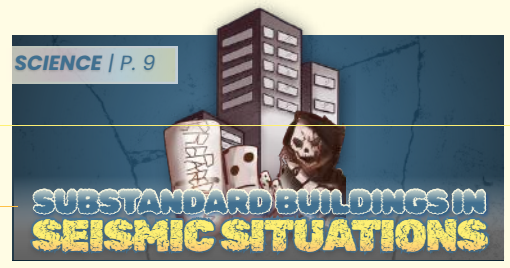
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'STAND AGAINST CORRUPTION': *CIC SPEARHEADS MASS OATH-TAKING VS. FRAUD*

By: Jacqueline Rafal

Renan Christopher Z. Toledo, President of the Heralds of Alejandro: Pillars of Integrity, the official Campus Integrity Crusaders (CIC) organization of Don Alejandro Roces Sr. Science and Technology High School (DARSSTHS), led a mass oath-taking ceremony against corruption during the school's flag ceremony on December 15, 2025.

»Turn to Page 3





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02 news

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Selected members of The Flint were invited to attend the MAKI+Fiesta 2.0 located at the University of the Philippines Diliman on December 11-12, 2025, the event is about celebrating free expression, democracy, and the creative economy.

For the first day, Mr. Angelo A. Jimenez started the day with a warm welcome message, Mayor of Quezon City Joy Belmonte then came next with the welcome remarks.

Along with Mayor Joy is the Mayor of Isabela City, Basilan, Sitti Djalia Hataman and the Mayor of Infanta, Quezon, Lord Arnel Ruanto for a live podcast about good governance.

And for day two, Father Flaviano Villanueva, a Ramon Magsaysay Awardee for 2025, started the event with a keynote message as he paid tribute to the journalists, artists, musicians, and storytellers.

More and more programs then started after lunch at three different venues, IGB-KAL Theater, Gimenez Gallery, and at the Aldaba Theater for both day one and two.

This two-day festival showcased the talents in the creative sector while encouraging active participation to inspire positive change.

MAKI+Fiesta was led by the Quezon City Government with the University of the Philippines, International Media Support, and three more media organizations: Probe Productions, FYT Media, and PumaPodcast.



UP-AHEAD WITH FLAMES OF PASSION. Mr. John Edmark Telesforo, School Paper Adviser of The Flint, with selected scribes, joins the festival as they were invited to join the MAKI+Fiesta 2.0 at the University of the Philippines-Diliman.

PREPARE AND PREVENT: *IAC LEADS FIRE SAFETY SEMINAR ALONGSIDE BFP*

By: **Anthony Castillo**

Don Alejandro Roces Sr. Science and Technology High School (DARSSTHS) hosted a Fire Safety Awareness on Monday, October 6, 2025, led by the school's Interact Club in partnership with the Bureau of Fire Protection (BFP) and the Rotary Club of Acropolis, aiming to educate students and teachers on fire prevention, preparedness, and safety protocols both at home and in school.

The event opened with remarks from the principal, Mrs. Adora B. Teaño, who welcomed participants and expressed appreciation for their attendance, noting the efforts of organizers to push through with the program despite weather-related postponements.

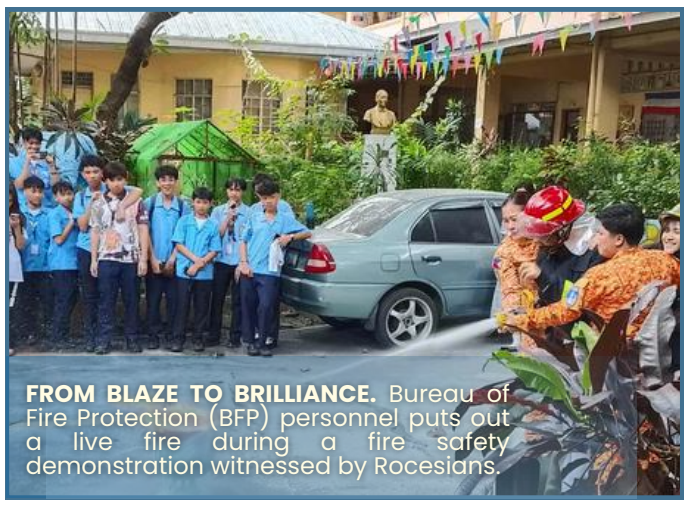
Senior Fire Officer I (SFO1) John Edward Acquiat, Crew Chief of Maligaya of the BFP, served as the main speaker. He discussed the fundamentals of fire safety, introducing Republic Act No. 9514 (Fire Code of the Philippines), and explained the science of fire, emphasizing its three essential components: heat, fuel, and oxygen.

He highlighted that while fire can be useful when controlled, it becomes destructive and deadly when left unchecked. Mr. Acquiat also detailed the different classes of fire, types of fire extinguishers, and the proper methods for operating them. He stressed the importance of preparedness and swift response during fire emergencies, reminding participants that "fire is fast and dark."

To reinforce the lessons discussed, the program concluded with a field demonstration, where students and teachers participated in extinguishing a controlled fire, providing hands-on experience in applying the techniques taught.

Also present during the seminar were Maligaya's FO2 Pia Donna D. Racines, Lineman FO1 Ryan Christian H. Sales, and Driver Pump Operator (DPO), as well as Paligsahan's SFO3 Marjorie Apacible, Crew Chief, and DPO Benjie Dela Cruz Carta.

Despite schedule adjustments, the seminar successfully raised fire safety awareness and promoted a culture of preparedness within the DARSSTHS community. Originally scheduled for September 30, the seminar was rescheduled to align with the school's Foundation Day celebration, which had also been postponed due to a typhoon.



FROM BLAZE TO BRILLIANCE. Bureau of Fire Protection (BFP) personnel puts out a live fire during a fire safety demonstration witnessed by Rocesians.

MAXIMA MACHINERIES SEALS PARTNERSHIP WITH DARSSTHS

By: **Renan Toledo**

Maxima Machineries formalized a with Don Alejandro Roces Sr. Science and Technology High School (DARSSTHS) through a deed of donation involving office chairs worth ₱18,000 on Thursday, November 20, 2025.

According to Ms. Imee P. Bibar, who represented Mrs. Charmaine Uy during the turnover, the company chose DARSSTHS because of its proximity to Maxima's site and its commitment to supporting nearby public schools. She emphasized that providing comfortable seating contributes to a more conducive working and learning environment.

"Pinili namin 'yung Don Alejandro [Roces Sr. Science and Technology High School], actually naghahanap kami ng mga public schools na p'wede naming pag-donate-an," Bibar said. "Ito [office chairs] 'yung isa sa mga kailangan ng mga schools, aside sa mga [school] supplies, so inuna muna namin ang mga office chairs."

Ms. Bibar also shared that Maxima Machineries' executives are planning future collaborative activities with the DARSSTHS campus, including potential work immersion opportunities for senior high school students. While the specific activities have yet to be finalized, she noted that the company aims to support age-appropriate and meaningful experiential learning programs.

Maxima Machineries expressed its intention to continue extending assistance not only to DARSSTHS but also to other schools within the surrounding community. The company conveyed gratitude to the school for accepting the donation, noting that even simple contributions can help improve school facilities and student engagement.

This partnership marks the beginning of a developing collaboration aimed at strengthening community ties and supporting the educational needs of nearby institutions.

EXEC. OFFICERS PLEDGE COMMITMENT *TO ANTI-BULLYING, DISCRIMINATION CAMPAIGN*

By: **Renan Toledo**

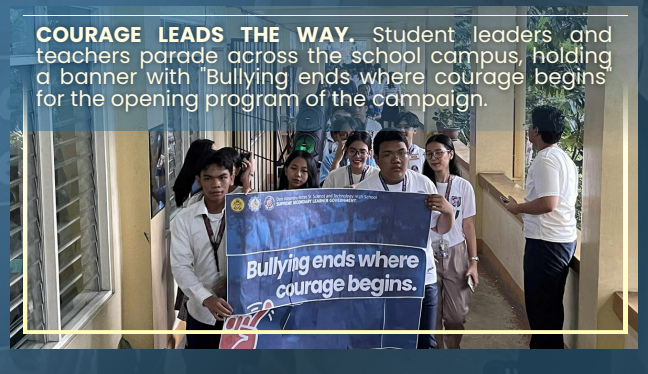
With the aim of strengthening the values and skills of responsible young leaders, Don Alejandro Roces Sr. Science and Technology High School's (DARSSTHS) Supreme Secondary Learner Government (SSLG) spearheaded the Leadership Summit 2025 on Monday, September 15, at the school's Multi-Purpose Hall.

The program opened with a prayer led by Grade 7 Representative Sean Gabriel Lleva, followed by an inspirational message from the school principal, Mrs. Adora B. Teaño, who underscored the importance of leadership.

To set the tone of the event, SSLG officers and committee members performed the jingle "Kabataang QC, Iba Ka, Kabataang QC, Tunay na Maipagmamalaki," a lively piece that celebrated the uniqueness and pride of Quezon City youth.

Her message was followed by the Pledge of Commitment and the Presentation of the Committee on B.A.D. 2025, led by Guidance Counselor Mrs. Rhian Joson, which emphasized the school's collective stand against bullying and discrimination.

The participants also had the opportunity to learn from Mr. Richard Abalos of Junior Chamber International (JCI)–Quezon City Capitol, who delivered an engaging talk on effective communication, reminding the youth-leaders that clear and respectful communication is key to building trust and fostering collaboration.



COURAGE LEADS THE WAY. Student leaders and teachers parade across the school campus, holding a banner with 'Bullying ends where courage begins' for the opening program of the campaign.



PLEDGING TRUE BLUE INTEGRITY. The Heralds of Alejandro: Pillars of Integrity lead Rocesians in an anti-corruption oath during the school's flag ceremony.
Photo Courtesy of: **Mrs. Roselle J. Llamas**

'STAND AGAINST CORRUPTION': CIC SPEARHEADS MASS OATH-TAKING VS. FRAUD

By: **Jacqueline Rafal**

Renan Christopher Z. Toledo, President of the Heralds of Heralds of Alejandro: Pillars of Integrity, the official Campus Integrity Crusaders (CIC) organization of Don Alejandro Roces Sr. Science and Technology High School (DARSSTHS), led a mass oath-taking ceremony against corruption during the school's flag ceremony on December 15, 2025.

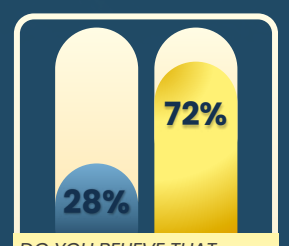
Students, teachers, and school officials, as Rocesians collectively pledged to uphold integrity, transparency, accountability, social responsibility, and gender and development—values central to the CIC's mission of ethical formation among the youth.

During the ceremony, the organization highlighted its major activities for the school year, including the signing of partnership contracts with class presidents, integrity pledge boards, mental health and anti-bullying campaigns, creative integrity-driven projects, and community service efforts.

Toledo also emphasized that integrity goes beyond ceremonial pledges, stressing that ethical values must be practiced in daily decisions, academic honesty, respectful relationships, and service to others within and beyond the school community.

"Ang integridad ay hindi minamana—ito ay pinipili at isinasabuhay araw-araw," the president said. "Nagsisimula ito sa loob ng ating paaralan at isinasabuhay sa tahimik ngunit makabuluhang paglilingkod."

School officials and integrity advocates expressed support for the initiative, noting that sustained values formation programs such as those led by the Integrity Council strengthen the role of schools in shaping principled, socially responsible citizens committed to building a corruption-free nation.



*DO YOU BELIEVE THAT **PRACTICING INTEGRITY** IS ESSENTIAL IN **PREVENTING CORRUPTION?***
**Survey Conducted by the Heralds of Alejandro: Pillars of Integrity from Nov. 9 to Dec. 10, 2025; with 5000 respondents.*

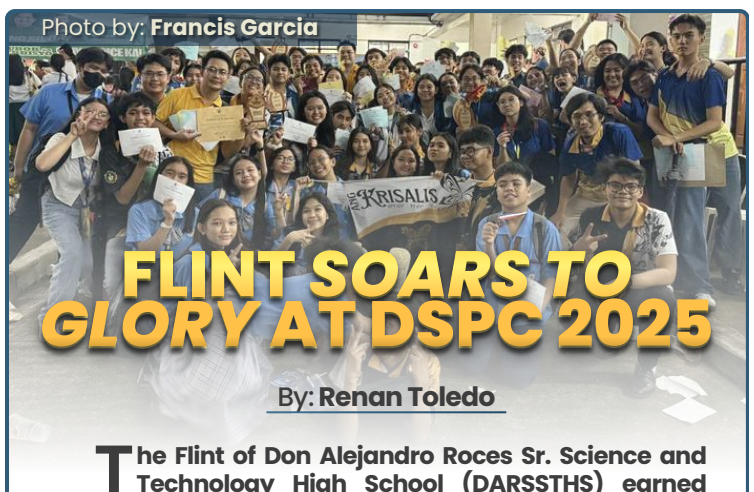


Photo by: **Francis Garcia**

FLINT SOARS TO GLORY AT DSPC 2025

By: **Renan Toledo**

The Flint of Don Alejandro Roces Sr. Science and Technology High School (DARSSTHS) earned numerous awards in the District IV Schools Press Conference held on October 24–25, 2025, with many campus journalists placed in their categories.

In News Writing, Queenie Anastacio placed 17th, while Renan Toledo took second place. In Column Writing, Nestor Cabral ranked 20th, and Wyeth Salcedo secured second place. In Feature Writing, Dennis Macopia placed 13th, and Stella Bautista finished sixth.

In Science-Technology Writing, Annjulie Chrizza Pardo placed 19th, Andrei Cabasal finished eighth, and Carl Israel Afan claimed first place. Sports Writing winners included Wyatt Angelo Rodriguez, who placed 10th, and Carlos Benedict Salcedo, who earned third place.

In Editorial Cartooning, Sollei Ily Avery Torres placed 20th, Chloe Cabanela ranked 14th, and Rheese Anacta finished eighth. Karlos Aliño placed 19th in Copyreading and Headline Writing. While Jael Jorgette Rabino secured third place in Photojournalism, as Mouleen Galera of 8–St. Caleb placed 19th in Mobile Journalism.

For the group categories: the Collaborative Desktop Publishing (CDP) team—comprising Renan Toledo, Ayer Nhavie Mortos, Leif Gareth Fernandez, Wyatt Angelo Rodriguez, Jyro Mico Rosario, Samantha Cabañero, and Raynel Jade Pasignasigna—earned multiple page awards, including 3rd Best News, 2nd Best Feature, 3rd Best Editorial, 3rd Best Sports, and 3rd Best Layout. Their outstanding performance secured 3rd Place Overall and qualified them for the Division-level Press Conference.

Meanwhile, the Online Publishing team, led by Carlos Benedict Salcedo and consisting of Jacqueline Rafal, Kian Mascardo, Stella Bautista, and Sollei Torres, earned distinctions for 2nd Best Editorial Page and 3rd Best Layout, contributing to their 3rd Place Overall finish in the category.

In Radio Broadcasting, Xylee Ocampo received 2nd Best Infomercial; Neil Milan earned 3rd Best Technical Application; Princess Francheszka Baylon earned 3rd Best Script; and Boyer Leandrei Milar placed 4th in Anchoring. The team finished 3rd Overall.

In TV Broadcasting, Aisha Garcia won 1st Place Best Anchor and also received 2nd Best Scriptwriting. Also recognized were Marcus Sta. Maria, 5th Best News Presenter; Sherena Dasalla, 2nd Best News Presenter and 2nd Best Floor Director; Mary Kate Maricaban, 2nd Best Technical Application; and Czaryna Del Campo, 4th Best Infomercial. The group achieved 2nd Place Overall.

The Flint was recognized as the 6th Top Performing English Publication in District IV, while the joint DARSSTHS publication, Krisa-Flint, earned 4th Place as the Top Performing School in Campus Journalism within the district.

1ST PRIORITY: EDUCATORS' MENTAL HEALTH —ADMIN; UNVEILS TEACHERS' LOUNGE

By: **Renan Christopher Z. Toledo**

"Mental health ng teachers ang priority," said Mrs. Rowena R. Danao, Head Teacher III of the Science Department, as the administration underscored the purpose of the Teachers' Lounge at Don Alejandro Roces Sr. Science and Technology High School (DARSSTHS).

Officially opened during the school's Foundation Day on September 30, 2025, the Teachers' Lounge—formerly conceptualized as Balay Guru—serves as a wellness center aimed at preventing the growing physical and mental health concerns among teachers.

Beyond classroom instruction, teachers handle heavy paperwork, student behavior management, parent concerns, and various administrative duties, often resulting in compressed schedules and heightened stress.

Despite operating under a single-shift schedule, several teachers are assigned irregular class schedules, sometimes misaligned with their subject specializations—identified by the administration as a root cause of fatigue and burnout.

The wellness center provides a dedicated space for teachers to rest, decompress, and strengthen camaraderie with colleagues, supporting their overall well-being and sustained effectiveness.

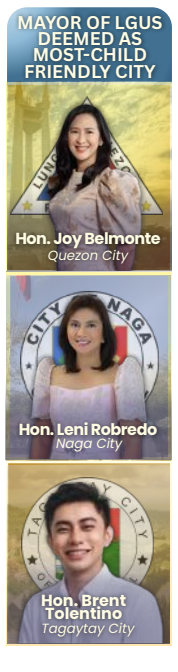
The initiative was made possible through the support of DARSSTHS Alumni Batch 1975, spearheaded by Manuel C. Ernacio, with the generosity of Engr. Eduardo de Perio Teaño, reflecting the alumni's commitment beyond school and student development.

This commitment was recognized when Alumni Batch '75 received the Gawad Kaagapay Outstanding Stakeholder Award from the Schools Division Office of Quezon City (SDO–QC) on December 18, 2025.

CWC DEEMS QUEZON CITY AS NATION'S MOST CHILD FRIENDLY CITY

By: **Anthony Castillo**

Quezon City's efforts and commitment to child-friendly programs has been recognized in the 2025 Presidential Award for Child-Friendly Municipality and City (PACFMC) held at the Philippine International Convention Center on Monday, December 22, 2025.



This award highlights the city's dedication to promoting and advancing child welfare through different initiatives such as the QC Children's Code, the QC Human Milk Bank, QC Birth Registration Online, the E-Habilin Program, the BAD 'Yan anti-bullying campaign, and the Zero Child Labor initiative.

With Mayor Joy Belmonte, the initial validation process and assessment were conducted by validators from the Council for the Welfare of Children, the Department of the Interior and Local Government (DILG), and the Department of Labor and Employment Office (DOLE).

Quezon City is one of the four cities in the Highly Urbanized City category of the PACFMC. It is also the only city in the NCR to be named a finalist in the award.

The PACFMC recognizes LGUs that have demonstrated strengthened child-centered policies, programs, and systems, reflecting renewed commitment to safeguarding and promoting children's rights at the local level.

Institutionalized under Executive Order No. 184, s. 1999, the PACFMC is an annual recognition program that encourages LGUs to create and sustain child-friendly communities.

The award underscores the critical role of local governments in translating national child welfare policies into concrete, community-based actions that directly benefit children.

Naga City was deemed as the most Independent Component City, while Tagaytay City as a Component City of Cavite, both placing as overall awardees of the PACFMC.

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Q4 opinion

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WHEN LOVE IS IN THE AIR





By: **Lolita Cleofe** & **Leif Fernandez**

When the heart beats, love usually awaits, but for the students, it could be a disaster. The early romantic relationships in the Philippines are a major source of trouble, especially for students as a lot of students get involved in love's excitement, which usually ends up in sorrow and early conclusion.

Naturally, early relationships are thrilling and are a part of growing up. However, they can prevent the student from being successful academically and emotionally. Young people are still in the process of emotional development and possibly that they are not yet able to cope with the difficulties of love affairs, which makes them even more prone to the problems of heartbreak and peer pressure.

The negative impacts of early romantic relationships on the mental health and academic performance of students are a major issue that cannot be overlooked. Many of these students experience having to cope with heartbreak, approval from parents, and distraction from studying. It is very important to recognize the difficulties students face and to give them the support that they need in order to deal with these relationships.



Cartoon by: **Rheese Anacta**

Anxiety and stress are reported to occur among high school students in love and this has a negative impact on their academic performance, as stated in the Global Scientific Journal article.

With many of these students being young, they are not able to comprehend if their feelings for another person is love or infatuation. With some relationships lasting short because of misunderstandings of students believing they are able to be in love with a person for a long time, when instead it is just a short term admiration.

It is quite evident that the risks of taking action are less than the consequences of not doing anything at all. The moment for intervention has arrived. It is the well-being and future of students that is at stake, and it is to believe that students need to be taught with mature thoughts and feelings.

A comprehensive approach is needed, involving schools and parents to educate students on healthy relationships, emotional intelligence, and decision-making which will empower them to prioritize their well-being and academic success. Because making sure we are prepared when love is in the air.

VOX POPULI

DO YOU AGREE WITH EARLY ROMANTIC RELATIONSHIPS AMONG STUDENTS?

Grade 7 and 8 students of Don Alejandro Roces Sr. Science and Technology High School were surveyed by The Flint's Editorial Staffs.

NO	62.4%
YES	37.6%

BEAUTY WITHOUT JUDGEMENT



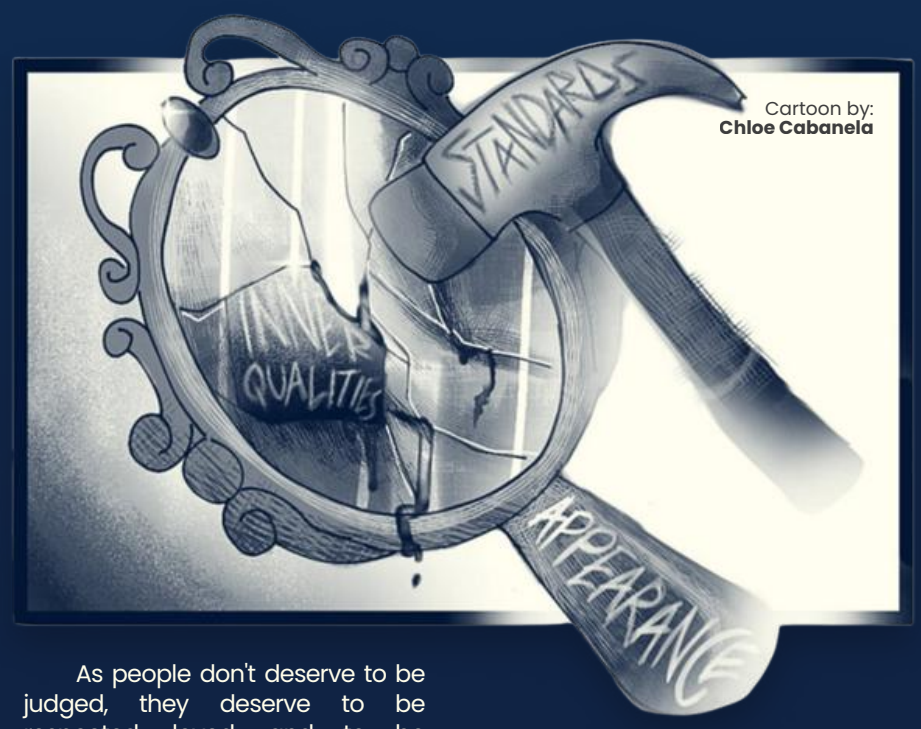
By: **Jilianne Chavez**

There is no doubt that body shaming should be called out and stopped, as it harms many people's mental health and it even encourages toxic beauty standards, and shaming one's body would not give you benefits, so why do it? Because no one in this world deserves to be judged for the way they look, and it is the time to stop doing anything to make people question themselves. If we want a kinder and accepting society, then we should start promoting respect for all body types.

Research from mental-health experts shows that body shaming often leads to low self-esteem and anxiety. Some students experience negative comments about their weight or appearance, with them often reporting feeling embarrassed, avoiding social activities, and losing confidence in themselves as a result.

Counselors and educators also push young people towards unhealthy behaviors. Some begin extreme dieting, self-isolation, or are struggling with motivation in school. All because of hurtful words and judgements that have been said about their appearance.

In the end, body shaming will never help anyone - It could only hurt them. To build a much healthier society, we must choose to respect and treat every body with dignity.



Cartoon by: **Chloe Cabanela**

As people don't deserve to be judged, they deserve to be respected, loved, and to be accepted in any shape or form.

Yet, a change must start within self, we must stop body shaming and speak out against it, and we must encourage everyone to be kind.

Everybody should promote body positivity not judging them and remind everyone that everybody deserves to be respected, as to build a much better society is to have a world where beauty has no judgement.

THE REAL MASTERMIND BEHIND



By: **Nathaneal Bernil**

The educational system of the Philippines records the percentage or the majority of students using AI Tools for academic reasons, which they say is for "Academic Survival," yet each day it gets worse and abusive. In my judgement, this kind of action needs more disciplinary force, for it is unfair. Which is safe for me to say that in these situationships, I disagree because what they do is a form of cheating to survive the academic life.

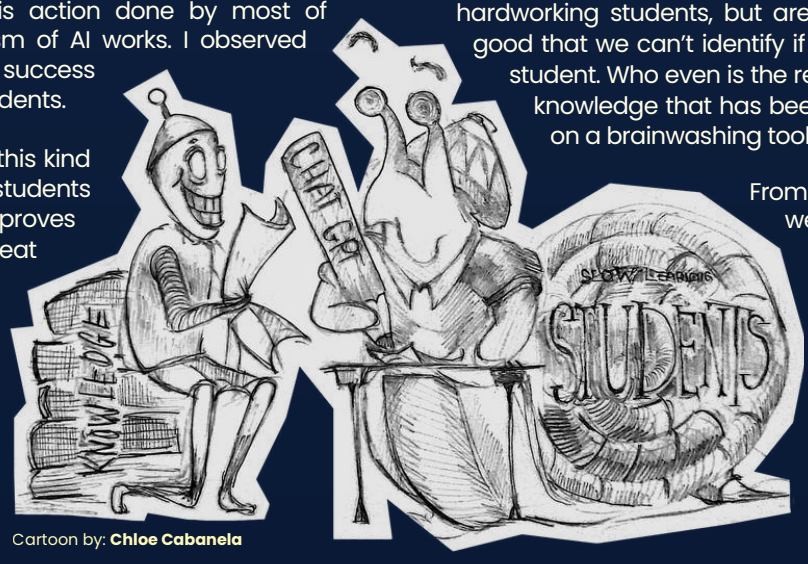
Teachers have complained about this action done by most of their students to do is labeled as plagiarism of AI works. I observed that most of them use AI towards academic success and can even reach the podium of honor students.

From my perspective as a student, I see this kind of action as utterly unfair, as some students achieve the best just by using AI. This also proves how deception is quick on us, tempted to cheat and lie. Students spend time alone, sleepless, and mentally draining just to achieve their goal, but some just use AI to achieve their goal faster.

Many students were caught, and also from my experience, I have seen a lot of teachers spot students using AI by the quality of their work, or they are seen with gadgets during premises, and mostly in examinations. I have thought until no that for what worth is studying if we'll never be honest with our own self and our actions.

In this world, I see the way of how people can survive by doing the illegal. This world can be filled with academic struggles and challenges; there are still hardworking students, but are they really honest? The quality seems so good that we can't identify if it was really from the brains of an average student. Who even is the real mastermind behind these anymore? The knowledge that has been stuck in each student's brain was wasted on a brainwashing tool.

From this day on, success by AI is still active, and we should be more careful with it. We should take our time learning the lessons we are taught instead of cheating by using AI. Even as a student, I try my best to do my work, but I do use AI; however, we should limit this kind of usage. In the end, we will rely on ourselves instead of AI because this tool is just an inspiration or an idea, not a tool that we use mindlessly, but a tool that'll help us create a bigger image than a lie to the education society.



Cartoon by: **Chloe Cabanela**

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Where News Sparks with Views

S.Y. 2024-2025

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I AM THE PHILIPPINES



By: **Wyeth Salcedo**

You have likely seen it as promotional materials on the streets, in malls, and even online, featuring posters and trailers for the recently released movie by Jerrold Tarog, a director and screenwriter. His film "Quezon," starring Jericho Rosales as former President Manuel L. Quezon, was shown in cinemas nationwide on October 15, 2025. Completing the whole trilogy of "Bayaniverse" after his last 2 films of "Heneral Luna" and "Goyo: Ang Batang Heneral."

However, one thing that made me eager to watch the film wasn't about the trend or clout, but for the lesson that was hidden in the movie. It was not the leaders of our government today that led to corruption, nor was it from Marcos or other political dynasties, but from past politicians who have led our country, a spoiler alert to those who haven't watched the movie yet.

I appreciate how this film allowed us to connect with the past in our present times. He made not just a historical film, but also showed how almost every politician in our country can be hypocritical or "double-faced." Very unique from the last two films Tarrog created, instead of presenting the positive side of a hero and the sacrifices that they've made, he had the grit to reveal a hero's secrets. With Quezon longing for independence, it was noted that he had close and entangled ties with the Americans, despite his public campaigning for independence, while maintaining his relationship with them.

Based on a news program by One News Philippines entitled "Chronicles", Professor Xiao Chua, a historian and television personality stated, "Quezon was elected to become Resident Commissioner in America to lobby for laws that would secure our independence from America. Now, this twist of face that Quezon made is an opportunity to have good relationships with American officials there. He had the exposure and to network, which made him more powerful than Osmeña.

The film showcased the reality of what is happening in our government, corruption, promises of sustained and better lives for people, and salary raises for workers. In the end, money was stolen from citizens who had been paying taxes, a similar occurrence to what happened with Emilio Aguinaldo, as depicted in the film. After Quezon granted him a lifetime pension, it was eventually cancelled due to Aguinaldo's opposition Quezon during the 1935 Presidential elections.

According to an article by Mark Angelo Ching from the Philippines Entertainment Portal (PEP), Aguinaldo's pension was not cancelled until three years into Quezon's presidency term, while in the movie, it was shown to have been cancelled during the 1935 Presidential elections.

There is only one thing that we should remember from this film: not to repeat history's mistakes. Not everything that history teaches should be applied to our present time; we should learn from the success and failures that history has already taught us.



Cartoon by: **Jyro Mico Rosario**

BEING FILIPINO



By: **Angel Borda**



Cartoon by: **Chloe Cabanela**

The recent issues regarding the flood control projects sparked not only the misuse of allocated budgets but unmasked the rampant corruption that plagues our government as well. On September 21, 2025, the Filipino people fueled by rage and constant disappointment marched along Luneta pork and the lengthy EDSA in protest for better governance and rightful justice, principally the day. The protest marked the 53rd anniversary of the declaration of martial law, which only highlighted the need to end corruption, power abuse, and injustice through the years that has passed and will pass; only one question: will justice ever be served?

Senate hearings and investigations are all that we hear these days. These mean that problems are taken to light, though never or rarely taken to court. In a country like the Philippines where the rich only get richer and the poor poorer, power is a tool that once held, is abused. Truly it was wrong of them to face such ruckus in what was supposed to be a peaceful protest, but considering the truth that has finally surfaced from the on-going investigations, that level of anger is valid. To be betrayed and let down by the same people they were supposed to look up to is enough to fuel such an intense display of anger.

However, it is important to know that the on-going investigation of the fiasco has led to the authorities' discovery the rioters are not the same people in protest. The protest's goal was to express their anger into something peaceful but powerful enough to awaken the nationalism from within our countrymen, but the display of violence recessed the progress. If we want peace, we must be peaceful and in order.

We must always keep in mind that in democracy, the people have power. The change must come from within us first so that together we may beat the cause of anomalies in the system and achieve all that we advocate for. To put a dot on oppression and the rampant corruption, we must all speak with one voice and advocate for the betterment of our country so that we may build a Philippine that the future will look to, what government will serve with all honesty.

Being Filipino, does not only equate to the public display of love of our culture during the representation of our country in contests; not even marching in protest; being Filipino means-fighting alongside our fellow citizens all in past the desire for the good of our country and our countrymen.

Let this issue serve as a lesson to all that our presence is enough to make a change, one voice is enough to let our concerns ring. However, we will always be stronger when we speak as one.

THE INSECURITY THAT WE MUST POINT OUT



By: **Carlos Salcedo**

Red-tagging has become the government's favorite band-aid solution, instead of addressing the public's call, it labels critics as threats. This is not an emblem of power, but of fear, a fear that the masses are now getting woken up over and over, and the truth that their puppetry will be seen, that the public will finally notice the corruption hidden behind closed doors.



Cartoon by: **Rheese Anacta**

People do not speak out for no reason; dissent is not chaos. It is a response to broken systems, unfair practices, and a lack of accountability. The "I eat red tagging for breakfast" statement standalone is only one of the few calls of the oppressed, yet it emphasises a larger picture, that threats and intimidation cannot silence citizens who see and speak the truth.

The government's panic is in 20-20 vision. Those in power often treat transparency as a threat because it exposes inefficiency, abuse, and mismanagement. Instead of solving these issues, critics are targeted, their voices made dangerous simply for pointing out failures.

The fact that the corruption has been extensive again proves why people are speaking up, showing that public criticism is a natural reaction to problems we Filipinos have been ignoring for long.

Red-tagging is a defense mechanism, and a cream to the scar of insecurities by our own government not a solution.

It shifts attention from real issues to imaginary enemies, hoping fear will keep people silent. But history and experience show that fear alone cannot erase truth.

In the end, no one protests without reason, and no one calls out abuse without cause. If leaders truly want peace and stability, the answer is simple: address the problems, stop hiding the faults, and earn the public's trust.

And for the public, stay vigilant, seek the truth relentlessly, join the movement, point out the obvious trickery of the government, and hold those in power accountable, refuse to fear or intimidation, impose that they should accept that we won't stay silent and we won't be fazed.

LETTER TO THE EDITOR

Dear Editor,

I hope this letter finds you well. Campus journalism plays a vital role in our school community. It serves as a platform for student expression, providing a voice for concerns, keeping students informed about campus achievements, issues, and events on and off campus. However, upholding a student publication needs proper budget allocation.

As a campus journalist, I've witnessed firsthand how challenging it is to publish high quality content with limited access to basic resources that a publication should have such as the internet, equipment, design tools, and even paper. Without sufficient funding, these are compromised as well as the ability of campus journalists to amplify student voices and to keep the students informed.

The Department of Education's (DepEd) "No Collection Policy" restricts our budget and Student publications receive no allocation in the School Maintenance and other Operating Expenses (MOOE). I urge DepEd to check budget allocations and assure campus journalism, a pivotal outlet for student voices, receives the support it is entitled to.

- Aethena Fernary Y. Pabalan
Editor-in-Chief, Ang Krisalis

06

THROUGH THE STOMACH INTO THE HEART

By: **Dennis Macopia**

Along the vibrant streets of Tomas Morato stands a restaurant that does more than serve food, rather it also tells a story. Palm Grill, with its warm lights, rustic charms, and inviting facade, greeted incoming customers at the front door. From the moment we stepped inside, it became clear that this place was more than a dining spot. It was a cultural journey to Southern Mindanao–served on a plate.

Palm Grill as built on the passion to bring the flavors of Zamboanga, Basilan, Sulu and Tawi-Tawi to Metro Manila. The beautifully framed articles displayed on its walls proudly narrates its beginnings. Every corner of the restaurant speaks of this identity. The designs, the handcrafted decor, and the paintings transport diners straight to the South.

The warm earth tones, woven textures, and cultural artworks breathe life into the space, giving guests a glimpse of Southern Mindanao's soul, known for its collection of authentic Southern Mindanaoan dishes, each one created with purposeful technique and deep cultural roots. Among their exquisite delicacies is their *Mindanaoan Ensaladang Talong*, a refreshing blend of smoky, tangy and creamy textures that perfectly represents their love for bold yet balanced flavors.

There were a lot meals that were tasted during the time of our visit, such as the Pianggang Manok, a chicken simmered in coconut milk and burnt coconut–which is also a similar way how Bicolanos cook Laing, using rich coconut flavors and slow cooking to create depth and warmth in every taste.

Another outstanding dish is the celebrated Tiyula Itum, a traditional Tausug black soup that earned our highest rating. Its broth, darkened by roasted coconut burnt to perfection, offers a deep, earthy richness that unfolds gently on the palate. The tender beef absorbs the smoky, slightly peppery notes, creating a comforting warmth without overwhelming heat, another dish that was delectable was their "Beef Kurma" that earned our second highest rating, a simple dish that caught our tastebuds—with its rich, flavorful Tausug beef curry, stewed in coconut milk and aromatic spices with tender beef

Palm Grill is the kind of place where food feels like a celebration. Their specialties, whether it's the iconic chicken dishes, coconut-infused stews, or deep fried delicacies—are meant to be shared. The restaurant believes in the idea that 'food connects' people, and their menu reflects that value wholeheartedly.

"A way to a man's HEART is through his STOMACH."

A famous quotation that even the best of Chefs believe–the way to every person's heart is through their stomach. This belief rings through within its walls, every dish served is crafted not just to satisfy hunger, but to create an experience that warms the heart as much as it fills the stomach. The rich flavors, the comforting aromas, and the careful preparation reflect the restaurant's dedication to sharing a piece of home with every guest. In so many ways, Palm Grill proves that food is more than a substance—but it is also a language of love and a gesture of care, and a bridge that connects people and culture to one another.

As we enjoyed the meal, it became clear that the restaurant's mission goes beyond introducing Mindanaoan cuisine to Metro Manila. It also stands as a storyteller, preserving traditions through through recipes passed down from generation to generation, and each bite of every meal carries fond memories.



Illustration by: **Rheese Anacta**

MORNING GLORY:

By: **Ayer Mortos**

The supreme taste of Ilocos with a price for the masses—that's the perfect way to describe it. If you ever find yourself walking along the roads of J.P Rizal, Quezon City, then you might've stumbled upon a busy line that stretches down the sidewalk. At first glance, you would assume it's for an upscale social gathering until you start to see clattering keys, warm pandesal wrapped in plastic, and underdressed Filipinos ready for an affordable brunch.

It's a lovely morning in Quezon City, and the sun is bright as day. The line connects to a small but crowded carinderia that's sitting beside the road, with a charming logo that emulates a sun. The signage says ***"Morning Sun Eatery,"*** an Ilocano-owned, Michelin-worthy spot that had received enough recognition to earn the Bib Gourmand Award. Its humble origin goes way back to the 90s, when Elizabeth "Nanay Beth" Mortera, a simple caretaker in Dubai, opened a small roadside carinderia with with nothing but cookbooks and a dream. Over three decades later, it continues to welcome differing taste palettes from around the world and introduce them to the Ilocano soul.



Illustration by: **Rheese Anacta**

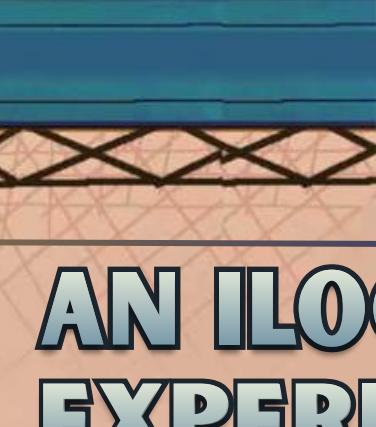
If you're coming for a taste of their dishes dishes, don't forget to bring a mini-fan and spare money —as you'll probably be spending much more than you expect. The line goes on for minutes, and there's a high chance of getting sunburnt, but that won't be a problem if you come ready. When finding a place to sit, always choose a seat that's by the entrance; in that way, you won't be caught up in the crowd. After all preparations are done, just finish with a "turo-turo" and eat up.

Their signature Dinakdakan is the most critically acclaimed dish they serve, the carinderia's magnum opus. Made from various boiled pig parts and prepared with mayonnaise, seasoning, and a hint of acidity from the calamansi—it offers an authentic and creamy blend of flavor that comes

AN ILOCANO EXPERIENCE

at price of 90 pesos. The spice is just right, but adding an extra siling labuyo on the side cranks it up to another level. Another dish that might not catch your attention at first is their Papaitan, a classic ulam from the Ilocos region. Their version of the dish dilutes the bitterness with a sour aftertaste, and the goat innards are tender but cut smaller than usual.

If you want a break from the stove, then you can order a variety of grilled cutlets, or "inihaw," that they serve alongside the dining area. Their barbeque skewers and Inihaw na Liempo are best-sellers; served with a sweet soy glaze and a slight char on the outside, it is proof that Ilocanos truly deliver, no matter the method of cooking. After your meal, you may take a look around the carinderia walls and read the thoughts and thoughts and messages left for the staff. From local reviews to warm-hearted odes of gratitude—the Filipinos tastebuds agree that this this simple diner deserves all the recognition it receives.



An empty wallet and a half-filled stomach—that's what most expect after visiting this run-down carinderia by the busy roads of Quezon City. In reality, it doesn't just fill it revolutionizes the image of carinderias entirely. To the your stomach; public eye, it's a miniature Ilocos transported into the heart of the Philippines' busiest region. But at it's core, it's remains as the same carinderia that it was before.

With the continuous rise of Michelin-worthy spots in the Philippines, there is no doubt that this carinderia will be just the first of many. Ilocano soul food is not the only culinary delicacy that the Philippines could offer; there are hundreds and hundreds of other small businesses out there that are also waiting for the right moment to be recognized by the masses. Morning Sun Eatery is a clear indication that simple does not mean lacking in quality, for it is this small diner that has brought the people of Quezon City the feeling of morning glory.

A TASTE OF BANGKOK

By: **Jaeda Fallorina**

Along the restless stretch of Tomas Morato, where headlights blink like racing tracks, strands a white sign called Some Thai stands quietly against the streets. Its clean lettering doesn't flash or shout, but rather it waits, almost confidently, for those willing to slow down.

At first glance, it feels ordinary—another restaurant along a familiar road. But if you step closer inside, golden pendant lights cast a soft glow over polished wooden tables and neatly arranged chairs. The air feels lighter, calmer, and the attraction deepens, it feels like a place waiting for you to notice.

The moment you walk in, the aroma settles in. Warm light settles on your body, soft and steady, almost as if the restaurant is calming you down. Conversations from other tables rise, blending in with the sound of soft cluttering of the utensils.

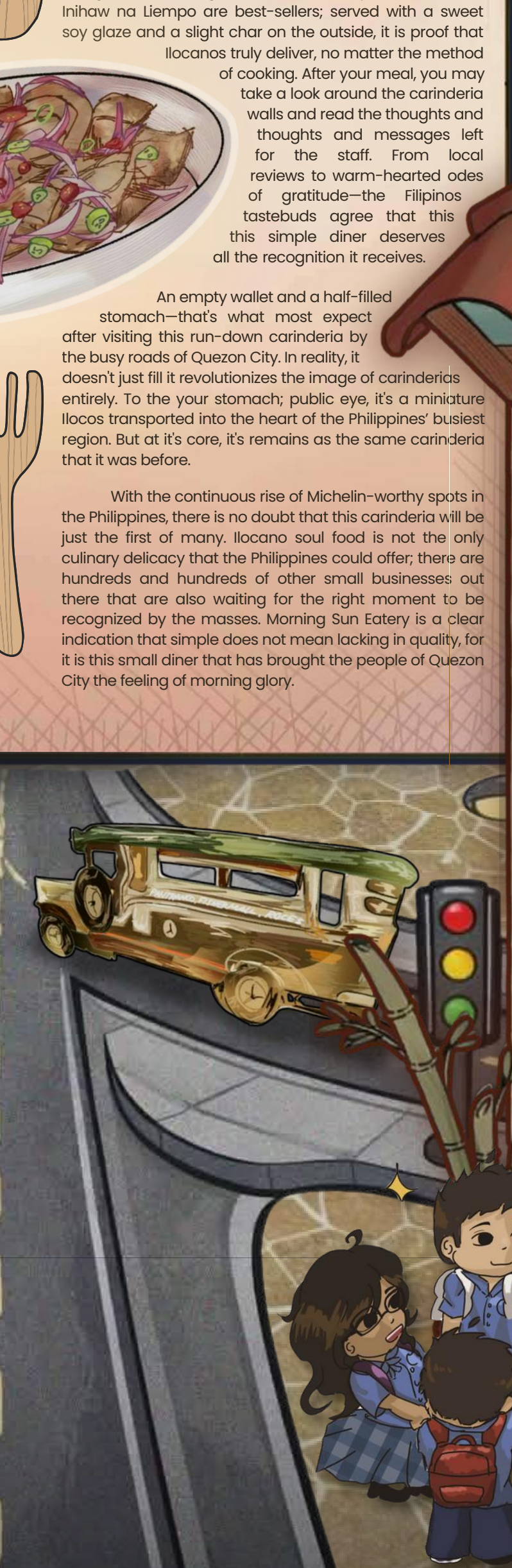




Illustration by: **Aaliyah Tubera**

like a gentle breeze softly grazing your nose. You catch one scent, then another, until the entire place feels embraced in a warm, fragrant and delicious atmosphere.

And when the food arrives, it feels less like a plate and more like an eye watering scene—curries glowing with bright, sunset-like colors, herbs scattered around like green confetti, vegetables softening under the warmth of the broth.

But beyond the food, the place itself holds a certain stillness. A kind of comfort that doesn't call attention to itself. People go closer to eat on their plates, laughter softens around the restaurant.

Some Thai don't try to overwhelm —it is a safe space, a warm, cozy atmosphere, and it offers a moment to breathe.

In a busy street full of noise, some Thai stand like a statue. A place where spice becomes a fond memory, warmth becomes conversations, and a bowl of fresh, hot curry feels almost like a small, glowing moment you'll carry with you long after you leave.

A COP'S PROTEST

By: **Stella Bautista**

The inescapable shouts of the crowd echo through the thick because of the blazing fire. Civilians wave their sticks, bats, and even the Philippine flag. The Mendiola protest started off with pure intentions. Filipinos aimed to fight for the money they were working hard for, as it is being used to sponsor the lavish lifestyles of corrupt politicians and contractors. The Filipinos were fighting for the right reason until some began to do the opposite. Later, the Mendiola protest emerged into a violent, chaotic act—eventually evolving into a riot.

Officer Santos wakes up on September 21, knowing what he was about to get into. He takes a sip of his coffee, partnering it with a hot, soft pandesal. He thought about how today's protest will occur, comparing it to past protests that has happened before. He took a shower and put on his uniform—except this time, he wore a helmet and a vest, while holding a baton with a rectangular shield to protect himself from the harm that he may encounter later on.

While driving to the station to meet up and prepare with the other policemen, Officer Santos noticed thick, black smoke as he looked up, clueless that it was a foreshadowing of the chaos that was about to take place in Mendiola.

As some of the protesters attempted to push and get through, the barricade started to feel like it could collapse at any moment. Officer Santos was at the front of the barrier, channeling all his strength to stand his ground and not lose control. The people were starting to become wild.

A protest that was once about fighting for liberty rights has now become a riot where everyone seems to have lost their heads and bite.

The shield that was almost as big as Officer Santos failed him as he felt something hit his head. The people that came to riot started resorting to throwing things like eggs and other types of foods and items. He tilted his shield a bit higher, hoping for a little bit more coverage; with the right shift, he achieved his goal of not getting hit.

Officer Santos witnessed how the crowd got more and more chaotic. He saw how the civilians wrecked different properties. Destroying stoplights as if it was what had sinned against them. Vandalizing and ruining properties, even the non-government, private ones.

At this point of the protest, Officer Santos started to think that this wasn't really about voicing out the public's concern anymore; it was about causing madness and disruption through a violent riot.

After a long day of various violent reactions and negative responses from the crowd, Officer Santos drove home and took a rest from his exhausting day. This day was no ordinary protest, and he knew that. It was a protest infested with people who only came to cause trouble, people who only came to cause harm, and people who did not want to protest but to riot against everything. He closed his knowing he had survived another day at work—a not-so-ordinary day at work.

Even with the people's echoing shouts, the fight against the corrupt keeps lingering in the thick smoke. The drive, the urge to keep fighting, keeps the blazing fire aflame. To know that it's a fight against something that is wrong. However, the thick, black fog of darkness ruled over as the riot kept evolving. It became a reason for destruction and chaos even to those who were just passing by, getting caught up in the crossfire. The Mendiola protest started off as a fight worth fighting for but grew into a violent event that left most sore.

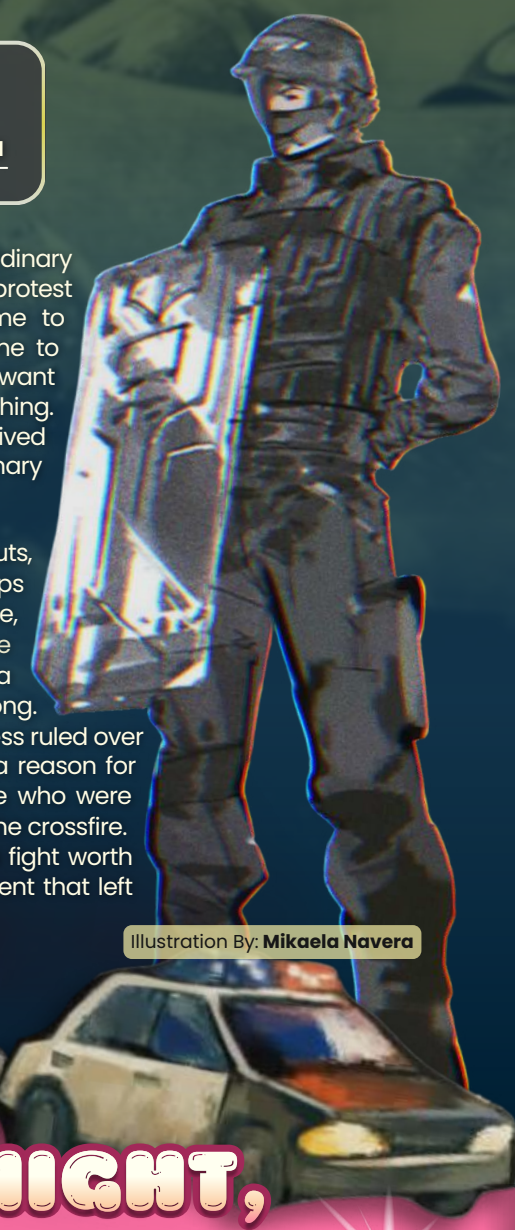


Illustration By: **Mikaela Navera**

FROM ONE LINE TO ANOTHER: HOW MRS. RHIA C. JOSON CAME TO BE

By: **Ayer Mortos**



Illustration by: **Sollei Ily Torres**

Her name echoes through the corridors, not a single student daring to provoke her authority. With her two decades of experience within the campus, she still arrives with a smile; not to discipline, but to fill in the missing gap that's hindering every Rocesians' dream—the problem with values. With her remarkable performance as a Registered Guidance Counselor, most say that she had planned for this. But every success story deals with changes, and hers wasn't an exception.

Born on April 5, 1976 in the urban streets of Baliwag, Bulacan, Mrs. Rhia C. Jozon witnessed life early on. For her, she grew up typical—schoolworks, outdoor activities, and the usual rambling with siblings. It wasn't until she started High School that she thought of her future, which path will she take? Did she even have a path to begin with?

She kept listening—to the people's whispers, family's approval, or classmates' suggestions. But she kept on switching and switching, unsure of which path called her the loudest.

It was time for course picking. She tapped her feet continuously while arranging her documents. The line for Computer Science was longer than any other—and she couldn't stand the thought of waiting. She switched to another line, thinking it was an easy short cut, but she couldn't be more wrong. "Education?" a lady from the same line asks. She felt a slight change of mood, from impatience to pressure. Yet she didn't get much time to think, she had to pick a major on the spot.

And there it was, Guidance. A course that tends to lean on psychology, also known as a master of none—an obvious choice from an on-the-spot standpoint. It was a decision that shifted her life forever, and made her the only Guidance Counselor to graduate from her batch. After more than twenty years in Roces, she has proven herself to be a valuable asset in keeping Rocesians in check and maintaining order; but not without highs and lows.

"Nagkaroon ng problem sa bata, pinressure ako ng parents. Bata pako noon kaya ginusto ko nalang maiyak." *She recalled.*

Duties of multiple professionals handed down to a single role, that's her life compiled into a single sentence. Her hair might start to whiten and her knees might get weaker, but she continues to serve even past her prime. It was God's call, she says—a task assigned for her since birth and a task that was enough to earn her place as the Most Outstanding Guidance Councilor in the Schools' Division Office of Quezon City. She may not be perfect, but she's tried her best to find what's right in every situation—and that wouldn't be possible without the support of her colleagues and seniors.

Life doesn't always go according to plan, happy little accidents might appear every now and then. But she's made the best of her decisions, intentional or not, and she continues to triumph without any signs of stopping—hopping from one crisis to another.

ONE NIGHT, TWICE AS BRIGHT.

THIS IS FOR BULACAN

By: **Ayer Mortos**

The Philippines has once again danced the night away. With an ocean of Candy Bongs and a crowd of Filipino ONCES; the Nation's Girl Group TWICE brought back the spark with their "THIS IS FOR" world tour at the Philippine Arena in Bulacan. Two years after their initial "Ready To Be" world tour, they promised something greater—and they lived up to their words. Proving that they had more and more to give, knock-knocking in the hearts of many, a whole decade later. Even amidst the rain and crises, TWICE didn't just perform that night—they made the audience feel special, even for just a brief time.

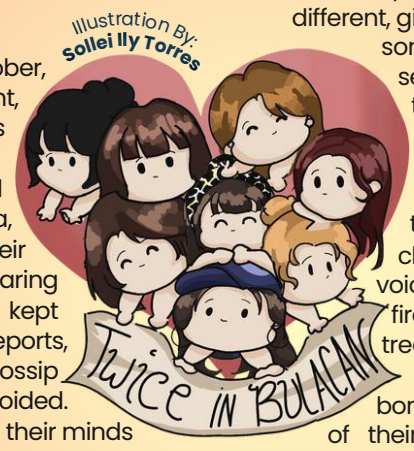


Illustration By: **Sollei Ily Torres**

It was the 4th of October, hours before the event, and the venue was already filled to the brim. Thousands of fans lined up outside the arena, patiently waiting for their tickets to be called. The blaring sounds of notifications kept going off: recent news reports, typhoon alerts, celebrity gossip—the type that can't be avoided. But only one thing crossed their minds that day, and that was what awaited ahead.

The arena was lit by rows of light sticks, a combination of apricot and neon magenta. For less than a second, everything turned jet-black. "Ayan na...," screams of pure excitement rang in the ears of many, with only a few rows of seats standing between them and their idols. Once the intro song "FOUR" played, every viewer went wild; at the concert or at home, they all felt the same. A member, Yoo Jeongyeon, was unable to attend the concert, devastating news for many, but the show must go on. The 4K resolution LED display combined with TWICE's stunning visuals—every member had a moment to shine on the big screen.

For the first act, TWICE performed a total of 14 songs from their latest comebacks. With "THIS IS FOR" and "Strategy" as openings, being their two most recent title. It was followed by the crowd favorites, namely "Set Me Free" and "I Can't Stop Me," blended with a mix of their lesser-known B-sides from earlier albums.

Between the sets, they'd take time to interact with the fans, attempting to speak Tagalog for the sake of the audience. They did try, but were barely intelligible, although it did bring laughter during the dead time. On this tour, they came out with something different, giving each member their own songs and a chance to perform, setting up act two. One by one, the members appeared in no specific order; only the titles and snippets were released subsequent to the event, yet that stopped no one from cheering and losing their voices. After the first two sets, the fire didn't stop burning. As a treat to the lifelong ONCES and loyal viewed the last set and bonus songs were a compilation of their greatest hits, songs that people had grown to love early in their careers. From "What is Love" to "Feel Special," the audience couldn't help but tear up. Not out of sadness nor out of spite, but out of pure joy.

Behind the LEDs and fireworks lies a broken country. It was a night to remember—sleepless hours, hundreds of photos, and many bucket lists checked. But afterwards, the world just kept on spinning. It was just one night, yet it felt like a complete reset. It didn't solve any of the country's problems, but at those moments it felt like the air was lighter, like the world was twice as bright, like a light that overshadowed everything.

"AN UNDYING PRIVILEGE OR A PRIVILEGE TO DIE FOR?"

By: **Dennis Macopia**

Privilege–some are born with it, while others spend a lifetime chasing it. Granted to those who need not to move, or fight for it–those born into comfort while others crawl toward survival. Privilege is not asked for; but an inheritance. Some people rise on its wings, blind to the cost of their flight demands from others, and yet who are we to judge?

The truth cuts both ways. For those without privilege, life becomes a test for endurance—a struggle to prove worth in a world that already favors the chosen few. I ask myself "Why must I suffer for the things I did not do?" I stare in the mirror searching for transformation, for a version of myself untouched by society's unfair design. But the voices–whispers of envy, power and fame all echo around me.

The same voices that chain me down, even when I try to rise...

They say 'Every super squad needs a super villain'. Maybe that's how it is–how friends, families treat those in power. Sometimes it is not privilege that corrupts people, but the way they treat those in power. Sometimes it is not privilege that corrupts people, but the way others treat the privileged. Villains aren't always born; they are shaped, molded by the judgement, jealousy and expectation of those around them, But then again, who am I to judge the paths they take?

In every story, heroes are granted the privilege of victory–of being loved and remembered. Villains, however, lose even the privilege to live, to be forgiven, or to be understood. A paradox of life and power; In a world where judgement defines worth–is it truly an undying privilege or a privilege to die for?

SUBSTANDARD BUILDINGS IN SEISMIC SITUATIONS

By: **Andrei S. Cabasal**



According to the Philippine Institute of Volcanology and Seismology (PHIVOLCS), the Philippines face 100-150 earthquakes a year, yet it seems Filipinos learn no lessons, because according to science, Filipinos continue to risk lives not from the tremors, but from the 40–60% of structures built below safe standards — a direct result of greed.

Because the Philippines is located in the Pacific Ring of Fire, a tectonic belt of volcanoes and earthquakes surrounding nearly the entire Pacific Ocean, natural disasters are bound to happen.

Living in the Pacific Ring of Fire is unavoidable. What is avoidable is the government's tolerance of corruption that turns homes into hazards.

Year after year, construction audits reveal that nearly half of inspected buildings use low-quality materials, while about 30% of projects suffer from missing supervision and most importantly from the valuing selfish gains.

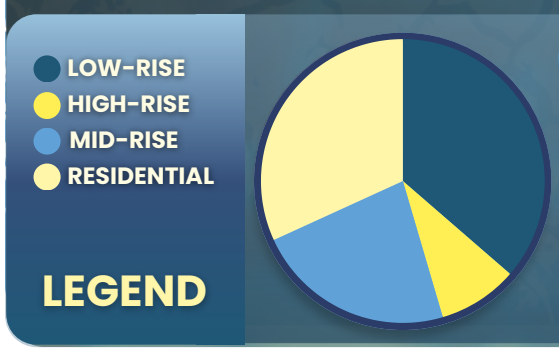
These are blatant foolishness; they are deliberate shortcuts by contractors who value profit more than human life.

Every hollow block mixed incorrectly, every beam replaced with cheaper steel, is a choice that endangers millions.

Other earthquake-prone countries have infrastructures where 80–90% meet strict safety codes. Meanwhile, the Philippines continues to gamble with people's lives, allowing substandard structures to stand until the next tremor exposes their weakness.

Let it be clear: the real disaster is not the earthquake—it is the negligence that makes every quake lethal. Preparedness starts with integrity, strict inspections, and accountability. No amount of profit can justify a single life lost to corruption.

Illustrations by: **Chloe Cabanela & Sollei Ily Torres**



BY THE STATS

Based on PHIVOLCS–JICA studies conducted from 2024 to 2025, using earthquake risk modeling and structural assessments in high-risk urban areas, it has shown a noncompliance with safety standards, particularly among low and mid-rise buildings, highlighting how sub-standard construction increase disaster risk (low-rise: 1–3 storeys; mid-rise: 4–7 storeys; high-rise: 8 storeys and above).

DARSSTHS STUDENTS RANK 5TH IN THE *DISTRICT IV STEMAZING COMPETITION*



By: **Carl Israel Afan**

Photo by: **Mrs. Mary Jane G. Reyes**

Young Innovators from Don Alejandro Roces Sr. Science and Technology High School coached by Mrs. Mary Jane Glodo- Reyes, strikes 5th in the District 4 Festival of Talents: STEMazing competition on October 9, 2025 at Quezon City Highschool (QCHS).

The STEMazing: Aghamazing contest is a competition built to unite young and thriving innovators. The main goal of the contest is to gather innovative yet feasible ideas to solve various environmental issues with the use of Scientific Methods.

The contestants of the competition were assigned to create a feasible solution for the agricultural losses faced by farmers due to soil degradation caused by climate change. Farmers are considered as the "Artists of Land," they are the ones who draw and plant the seeds of the future. It is their responsibility to nurture the needs of the consumers.

However, soil degradation has become an undying issue faced by the agricultural sector of the Philippines.

Slowly but surely, climate change is turning the green and colorful artworks of our -land artists into a vague and faded art piece.

With recorded agricultural losses accounting to ₱57.8 billion annually primarily due to soil damage from climate change, soil degradation remains a problem for Filipino farmers.

Farmers are considered as the "Artists of Land," they are the ones who draw and plant the seeds of the future.

It is their responsibility to nurture the needs of the consumers.

The project "ORAPLAST" (Oranges Reused Adaptively as Pectin and Limonine for Agricultural Soil to Thrive)" was proposed by the research team of DARSSTHS to solve the undying effects of Global warming to agricultural soil with the use of orange peels that has various compounds that help soil retain their quality and moisture level.

The project was thoroughly formulated by the research team of DARSSTHS to create a feasible solution utilizing low cost productions, budget-friendly for farmers.

With this, local farmers with low incomes will be able to use readily available "waste" in order to preserve, nurture, -and make agricultural soil suitable for the environment we live in today.

Though not qualified for the division level, the research team still did their best, providing an easy and readily available solution for soil degradation due to climate change.

The contest concluded two (2) schools qualifying for the division level Carlos L. Albert High School (CLAHS) and Krus na Ligas High School (KNLHS) triumphed through the contest, being praised for their unique project proposal.

VANISHING LIGHTS: FIREFLIES FACE THREAT OF EXTINCTION

By: **Renan Christopher Z. Toledo**

As city lights grow brighter and concrete spreads wider, one of nature's most magical bugs is dimming—the gentle glow of fireflies, tiny bioluminescent beetles, is now facing a silent decline.

Fireflies, the shining beetles that light up warm nights, are not yet extinct, but face rapid decline. As per global studies, while some populations remain stable, others are suffering sharp decreases due to habitat loss, artificial lighting, and environmental pollution.

Scientists warn that without conservation, future generations may witness fewer and fewer of these iconic insects.

In Lewis et al.'s Bioscience, published in 2020, there are roughly 2,400–2,600 species of fireflies worldwide.

Approximately 150 of the species have been formally assessed, and around 20% face elevated extinction risk—according to National Geographic.

As reported by at least 14% of the species are threatened in the northern region of America, and over 50% are data-deficient.

The remaining species are left unassessed as they dwell in many Asian and tropical countries—meaning the true scale of decline may be even higher.

Habitat Loss and Degradation:
As indicated by the Xerces Society in 2022, the insects' larvae depend on moist soils, wetlands, and forest leaf litter.

When these are drained or paved over, larvae lose breeding and feeding grounds.

Another study was conducted by Gómez (et al.) in Mexico, 2024, confirming that urbanization and deforestation directly correlate with local firefly extirpations.

Artificial Light Pollution:
Fireflies rely on bioluminal flashes for communication and mating. Bright artificial lights confuse and drown out their signals. In the same material published by Lewis, it listed light pollution as the second-most critical threat, globally.

Pesticides and Chemical Pollution: These insects, being soft-bodied, are sensitive to residual insecticides on soil and vegetation.

Both the Xerces Society and the US Fish & Wildlife Service noted chemical exposure among the top three threats, as pesticides and herbicides harm larvae directly and kill their prey.

Climate Change and Environmental Shifts:
As fireflies depend on stable temperature and moisture cycles, the droughts and rising temperatures alter emergence. In the 2024 study by the University of Pennsylvania. By the numbers, it displays a huge, strong prediction failure abundance.

Similarly, in 2023, the International Union or Conservation of Nature Avoid pesticides, keep leaf litter and logs in your garden, and support citizen-science efforts like Firefly Watch.

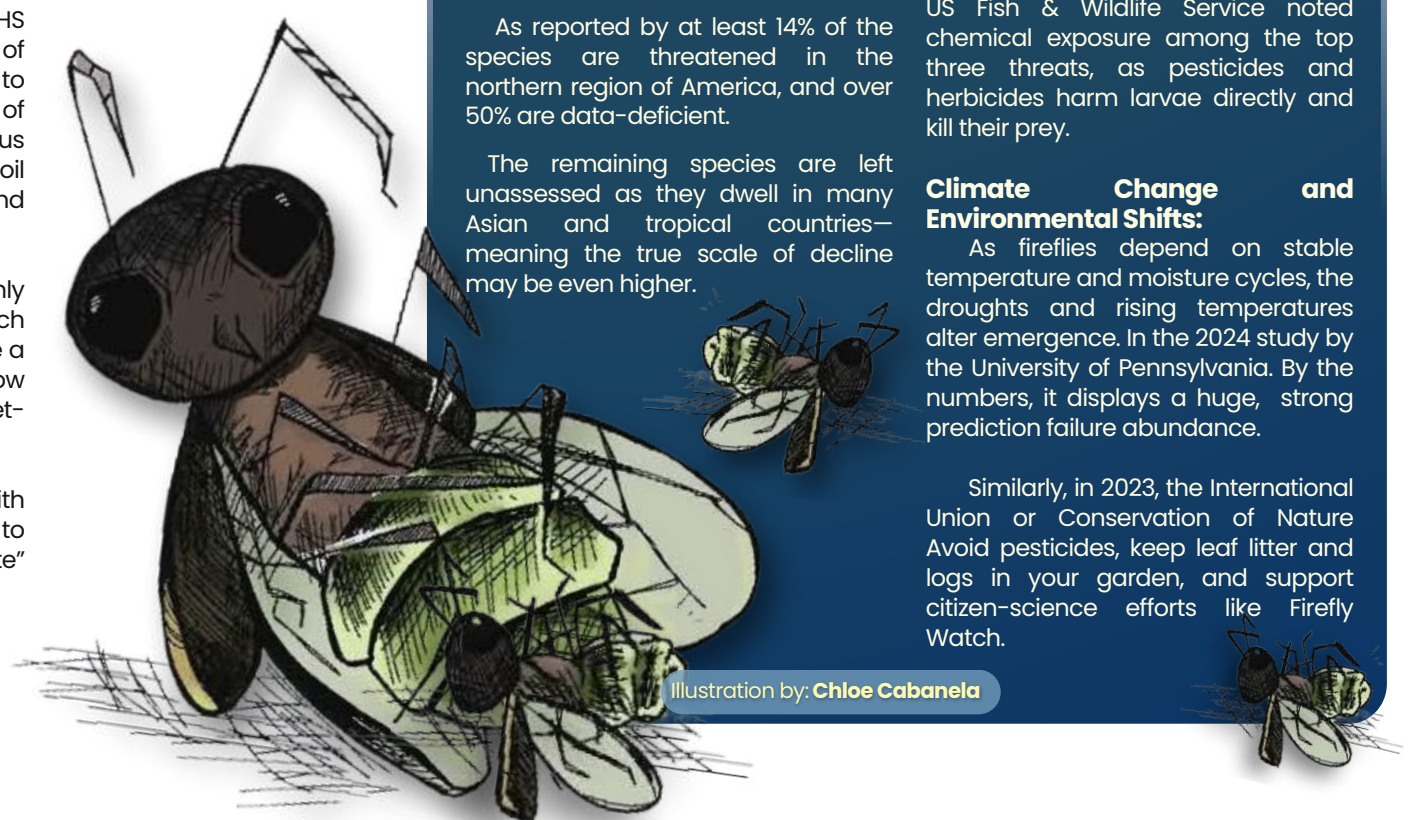


Illustration by: **Chloe Cabanela**

HOPE IN THE ATMOSPHERE: A GLOBAL MIRACLE ABOVE US

By: **Sheigne Marss Sosa**

According to scientists, the ozone layer, a region in the Earth's atmosphere, was collapsing due to pollution and other factors, and that the Earth's shield against harmful ultraviolet (UV) rays was slowly depleting. But now, the tables have turned; the ozone layer that was once damaged and worn out is now healing, and though it may be slow, it is proof that restoring and healing the Earth's atmosphere is possible.

To understand why this healing is called a miracle, let's look at what makes the ozone layer so important. Within the Earth's stratosphere, there is a thin layer of gas that acts as the Earth's sunscreen, known as the ozone layer. This region of the Earth's atmosphere shields us from the Sun's harmful ultraviolet radiation and helps preserve all life on the planet. However, in 1995, scientists discovered a "hole" in the ozone layer over Antarctica that opened up during the austral spring, between September and December.

The layer's depletion was once humanity's most pressing environmental issue. Although, In the 1970s, scientific breakthroughs led to the discovery that hydrochlorofluorocarbons (HCFCs) and chlorofluorocarbons (CFCs)—substances once widely used as refrigerants in refrigerators, air conditioners, and firefighting foam—could react with atmospheric ozone, depleting and thinning the protective ozone layer.

This discovery led to a global campaign to stop the use of CFCs and HCFCs in household appliances. This culminated in the 1985 Vienna Convention for the Protection of the ozone layer. "Forty years ago, nations came together to take the first step in protecting the ozone layer—guided by science, united in action," UN Secretary-General Antonio Guterres stated.

A few years later, a new Massachusetts Institute of Technology (MIT) led study confirmed that the Antarctic ozone layer is healing, due to global efforts to reduce ozone-depleting substances including CFCs. Scientists, including the MIT team observed signs of ozone recovery in the past, but this recent study was the first to show, with high statistical confidence, that this recovery is due to the reduction of ozone depleting substances.

The "hole" in the ozone layer is on track to fully recover to 1980s levels by mid-century across the world. The Antarctic ozone hole also showed "initial recovery" last year, with its depth below the 1990-2020 average, according to the bulletin. In 2022, the UN said that it will take longer in polar regions, with the hole over the Arctic expected to be fully healed by 2045 and that over the Antarctic by 2066.

"By something like 2035, we might see a year when there's no ozone hole depletion at all in the Antarctic. And that will be very exciting for me," Dr. Susan Solomon stated. "And some of you will see the ozone hole go away completely in your lifetimes. And people did that," Solomon added, who was then working at the National Oceanic and Atmospheric Administration (NOAA).

HEALING STAGE CHECKLIST

[✓] **VIENNA CONVENTION, 1985**
Nations agree to cooperate on research.
The first step towards acknowledgement.

[✓] **MONTREAL PROTOCOL SIGNED, 1987**
The historic agreement to phase out CFCs.
The turning point for the planet.

[✓] **RECOVERY DETECTED, 2014**
Scientific reports confirm the ozone layer is thickening and stabilizing

[ ] **FULL ANTARCTIC RECOVERY, 2066**
Projected date for the hole to close completely, returning to 1980 levels.

This research was supported, in part, by the National Science Foundation and NASA. It is truly a global miracle, because who would've thought that one day, the hole that threatened global safety that was once broken and fragile is now on the way to healing completely. The ozone layer is our global reminder that healing is possible, no matter how slow it is. Let us be the generation to keep our sky blue and our future shining.

LIFE SAVERS OR LIGHT SABERS? SCIENTISTS SAY BOTH

By: **Annjulie Pardo**

Have you ever seen Superman's fighting scenes? The ones where he'd use his laser-eyes to defeat his opponent? Similar scenes are now happening in hospitals, with doctors as Superman and cancer cells as the opponent.


Photos by: University of Notre Dame

Cancer is known to be cruel, taking lives from left to right. This is why, alongside its increasing cases, the ways to prevent it from taking over the world evolve with it.

Recently, US researchers introduced a new way, which involves a light-based treatment that could do wonders for those who suffer from cancer.

This discovery includes the combination of near-infrared light-emitting diodes, or LED light, and nanoscopic flakes of tin oxide, or SnOx nanoflakes, rather than specific lasers; the process of this treatment also relies on kaffordable LED systems.

And although chemotherapy and radiotherapy already exist, the issue of the two damaging healthy cells still remains. This issue presents several risks, including exposing the patient to long-term side effects.

So aside from accurately targeting cancer cells and keeping those that are healthy safe, unlike the two, this was also designed to refrain from damaging surrounding tissues.

Experts say that if the potential of this project is used right, it could one day offer a safer alternative to chemotherapy and radiotherapy.

This also uses a process called the "target heating process," more specifically known as photothermal therapy. This is known to use physical mechanisms rather than chemical ones, helping the patients be safe from systemic effects often seen from chemotherapy.

Lasers are used in traditional photothermal therapy due to their ability to focus light accurately within the tissue, although lasers can be so intense, to the point that even healthy cells can be damaged.

The use of lasers also presents a higher cost and a limit towards highly specialized facilities.

To try to resolve these issues, researchers replaced these lasers with LEDs, achieving a less-harsh and wider spectrum of light and a more accessible option, allowing it to be well-suited for clinics and at-home use.

In studies made in the laboratories, the LED light that was combined with SnOX nanoflakes eliminated at least 92% of skin cancer cells and 50% of colorectal cancer cells within the span of 30 minutes. The healthy skin was left undamaged.

The team is currently envisioning compact LED devices that have the ability to be applied directly to the skin after the removal of a tumor to immediately wipe out any remaining infectious cells and lessen the chance of reoccurrence.

Within these studies and replacements, a better treatment option for cancer was made. Professors in the Cockrell School of Engineering's Chandra Family Department of Electrical and Computer Engineering and one of the leaders on the project, Jean Anne Incorvia, said that their goal was not only to create an effective treatment but also to create one that is both safe and accessible.

Cancer is known to be cruel, taking lives from left to right. This is why alongside its increasing cases, the ways to prevent it from taking over the world evolves too. Recently, US researchers introduced a new way to treat cancer, which involves a light-based therapy that could do wonders for those who suffer.



Photos by: The Varsitarian

THE POWER OF WRITING: AI-POWERED PENS ADAPT TO SPECIAL MINDS

By: **Carl Israel Afan**

Like a flower blooming with dignity, a child blooms with a creative mind.

Oftentimes, children show signs of "neurodevelopmental disorders" undetected by their parents.

The important role of a parent is like that of a gardener; it is their responsibility to monitor their child's growth, as a gardener would to their plant.

It is shown that 10-20% of children are born with neurodevelopmental disorders, with varying conditions such as ADHD (Attention-Deficit/Hyperactivity Disorder) and autism.

Neurodevelopmental disorders, or "special abilities," are common within children and are more prevalent with boys. According to UNICEF, around 1.6 million to potentially 5.1 million Filipino children suffer from neurodevelopmental disorders.

Children do not deserve to suffer, and neurodevelopmental disorders mustn't go unnoticed. Oftentimes these neurodevelopmental disorders grow undetected by a child's parents, and in the worst cases, they may interfere with a child's thinking pattern.

To help detect a child's "special abilities," researchers from the University of Santo Tomas (UST) developed an AI-powered pen designed to adapt to a child's "powerful mind."

iSULAT, or Intelligent Stroke Utilization, Learning, Assessment, and Testing, is an innovative sensor pen that was created by UST's Faculty of Engineering and College of Rehabilitation Sciences with the help of the Department of Science and Technology - Philippine Council for Health Research and Development (DOST-PCHRD).

"It is important to detect a child's inconsistencies with their thinking patterns." Gomez noted.

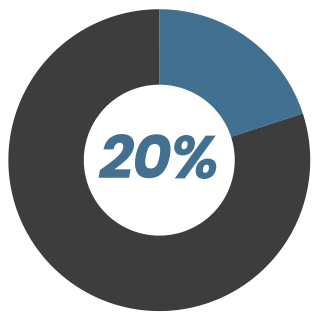
"The earlier we detect and refer children for therapy, the better their outcome in school and in life."

Pilot testing for 'iSULAT' concluded in October 2024, which involved students aged 6-10 years old from Juan Sumulong Elementary School (Pasay City), Villa Maria Elementary School (Porac, Pampanga), and Bulacan Montessori School Inc. (Bulakan, Bulacan).

The project team aims to expand the technology after a successful pilot phase. "We hope that by 2026, we can apply iSULAT not only to children but also to adults," Engr. Edison A. Roxas said.

Children are fragments of the past and the building blocks of the future. Be the ones to embrace their unique and "special minds," being the key to a brighter future.

BY THE STATS



GLOBAL NEURODEVELOPMENTAL DISORDER PREVALENCE AMONG CHILDREN

● *UNAFFECTED* ● *AFFECTED*

according to UNICEF, 1.6M to 5.1M estimated Filipino children have NDDS (e.g., ADHD, Autism)



A FORM TO GLORY: ROCES TKD TEAM TRIUMPH QC TKD MEET

By: **Marcus Matias**

Roces Mighty Kickers pinned an impressive display of skill and discipline at the Quezon City Division Athletic Meet for Taekwondo Poomsae and Kyurugi, at Camp Crame Elementary School on November 22, 2025. Their performance highlighted the school's growing strength in the sport and the athletes' relentless commitment to excellence.

Jan Amethyst Opilas dominated the charts and showcased remarkable precision and control to secure a bronze prize in the Poomsae Individual Girls category. Her momentum continued as she joined forces with Carisma Lexi Dichoso and Erein Garcia, delivering a synchronized and fluid routine that earned them gold in the Poomsae Team Girls event.

"We trained hard for this, so stepping onto the mat felt like finally proving to ourselves what we're capable of," Carisma Dichoso said. "Winning a medal was just a bonus, what mattered most was representing our school with pride."

The team's success extended beyond poomsae, reflecting their versatility across taekwondo's competitive branches. In the Kyurugi division, Erles Calitrii Reyes made his presence felt in the Finweight category, battling fiercely to clinch a well-deserved silver medal.

Adding to the medal tally, Aeisha Candice Hernandez displayed admirable grit and determination in the Featherweight class, securing a bronze medal after a series of hard-fought matches against strong opponents.

With multiple podium finishes across both poomsae and kyurugi events, the Don Alejandro Roces Sr. Science and Technology High School Taekwondo team not only brought pride to their school but also reaffirmed their status as one of the rising forces in the division's athletic scene.

ROCES CONQUERED, SNATCHES DISTRICT GIRLS CHESS GOLD '25

By: **Secrette Ramos**

Just like the piece itself, Roces moved forward.

DARSSTHS prodigy chess players etched their names as they snatched the crown in the Secondary Girls Meet District IV Chess Tournament, dethroned nine schools, on September 9, 2025 at Don Alejandro Roces Sr. Science Technology Highschool.

The group consists of Paula Jane Copino, Yhara Coline De Luna, and Chris Gabrielle Santos' coordination paved the way for them to an astonishing 1st Place finish, proving that their collective strength was unbeatable.

Stated by Paula Copino "Always trust yourself, believe in God's plan because if para sayo yun ibibigay niya sayo yun without hesitation."

MVP Paula Copino tailed 6 wins leading team to first place along Yhara De Luna and Gabrielle Santos who displayed 6.5 points together.

With their scores, placing 1st place with a total of 12.5, over five more placers, DARSSTHS Placed first in Secondary Girls Unit Meet District IV Chess Tournament, With the help of their Coach Emil Tanchiatco.

Stated by Yhara De Luna "I won because I stayed calm from start to finish. I trusted my strategy, focused on every move, and didn't let pressure control the game"

Coach Tanchiatco "Whatever circumstances we may encounter, we should keep on moving forward, same with the pawn in chess" Referring to their club name Roces' Pawn Club.

These victories highlighted not just the players' skill but also their their commitment to practice and perseverance, qualities that qualities that extend beyond the chessboard and into academic and personal growth.



WHY WE FILIPINOS LOVE SPORTS

By: Carlos Salcedo

From guarded neighbourhoods to rural barrios, sports remain as one the things we Filipinos unite, along with karaokes, foods, and fiestas amid ages, class, and region. On any given day, a walk through a typical neighborhood reveals children playing basketball on improvised hoops, officials organizing leagues, and families gathering to watch national teams compete — all leading to a same cultural road of athletic activity.

This national passion is most visible in basketball and volleyball, the country's most followed sports, with estimated fandom at over 40 million Filipinos, despite not being sized to play the game, they still fell in love, unconditional love. Amid limited facilities in many communities, the sport has thrived as an accessible form of recreation and competition. Makeshift courts in open spaces serve as cultivating land for both casual and aspiring athletes.

Philippine sports fandom is also shaped by moments through international success. The country witnessed its first Olympic gold medal through weightlifter Hidilyn Diaz in 2021, followed by world-class performances from gymnast Carlos Yulo and boxers like Nesthy Petecio and Eumir Marcial.



Editorial Cartoon by:
Chloe Mae Cabanela

These victories reinforced the idea that Filipino athletes can excel in variety despite resource constraints. Professional boxing has also played a significant role in the country's sports culture as well. Every Manny Pacquiao fight historically brought nationwide attention, with streets emptying and crime rates reportedly dropping during his matches. These events demonstrated the shared memories sports can create — one where Filipinos momentarily set aside differences to support a single representative.

Experts note that sports serve social functions beyond entertainment. Physical activity offers a means to combat rising health risks, including obesity and lifestyle-related diseases. Participation in organized sports also promotes discipline, teamwork, and resilience among the youth — traits often highlighted in community and school programs.

Additionally, sports provide an avenue for national identity. For a country frequently challenged by socio-economic issues and natural disasters, athletic success becomes source of pride and morale. Each medal or major win offers a story of perseverance that many Filipinos would relate to.

While facilities and funding remain as challenges in the local sports landscape, Filipinos retain to be die-hard fans anyway. Amid all of the challenges we Filipinos face, it remains as one of the few platforms where the country consistently comes together. A unified reminder that in triumph or defeat, Filipinos find strength in cheering as one.



QC STRIKES BATANG PINOY 3X3 GOLD OVER TAGUIG

By: **Wyatt Rodriguez**

"Kinaladkad nila ang QC indeed," is all what the commentators got to say as Quezon say as Quezon City burnt remaining clock until triumph.

Quezon City made a comeback win against Taguig City, for the Batang Pinoy 2025 Boys 3x3 Basketball Championship, 21-16, at the Holy Trinity College compound.

Taguig scored the first three straight points to gain a lead within the opening minute as Quezon City struggled to find their rhythm.

The momentum quickly shifted when QC's No. 14 broke through the defense with a two-pointer fake, followed by No. 10's quick layups that tied the game at 3-3.

From that point, Quezon City's continued their hot streak, as No. 29 sank another two-pointer, but Taguig didn't let up, answering with their own, 6-5.

QC didn't let up, and let their momentum continue into the third minute, gaining enough traction to have an 8-0 run, putting Taguig in the dust and making the score 13-5.

The trio of No. 10, No. 14, and No. 29 kept their composure even as Taguig tried to make comeback attempts with their own shots, defending successfully and counterattacking with their own baskets.

21-16

QC wins over **Taguig**

NORRIS GRABS DEBUT WDC CREST, OUSTS VERSTAPPEN'S 4-PEAT REIGN

By: **Carlos Salcedo**



Abu Dhabi, UAE — McLaren's Lando Norris snatched his first WDC crown after clutching a third place conclusion, amid trailing behind defending champion Red Bull's Max Verstappen, delivering a thin, bitter two-point upset, 423 to 421, on December 7, 2025, at the Yas Marina Circuit.

Norris pinned a 1:26:23 crank steadfastly oncrucial laps, maintaining his pace to oust Ferrari's Charles Leclerc to slip through with a seven second edge which led to 15-point assurance to the WDC slot to display a 423 point finale. display a 423 point finale.

"As we've seen many times, anything can happen. So I just kept pushing. I wanted to fight to the end. [Verstappen and Piastri] certainly did not make my life easy this year," the Briton racer commented.

Verstappen marked a dominance early coming off the first pole and set standards throughout the race, bypassing the checkered slot in 1:26:07, seizing eighth season win. Amid Red Bull dominating the race, yet the miss out happened when Norris displayed a manifesto powered by a crucial DRS after his first top and a breath-taking overturn versus Yuki Tsunoda.

In accordance, his teammate, Oscar Piastri, smithed a P2 race conclusion after dueling 41 laps straight along co-titanson hard tyres, tallying 410 driver points to secure the second place this year's finals standing. Norris, meanwhile, kept his composure in the closing stages, fending off early pressure from Ferrari's Charles Leclerc and climbing back into the crucial top three — the exact position he needed to clinch the crown.

Norris' podium finish — clocking in at 1:26:23 — marked the defining moment of a breakout campaign, completing a storybook finale where strategy, nerves, and relentless pace crowned him the 2025 F1 World Champion.

He said he still has room to grow as a driver. "I need to understand what I can do better," he said. "I feel like I did that this year and I've got to do that even more next year if I want to retain what we've been able to achieve this year."

PH PINS 3-PEAT BASEBALL REGIME, WHIPS THAI TO CLAIM SEA GAMES MINT

By: **Carlos Salcedo**

The Filipino dominance lives on.

PHANUM THANI, THAILAND – Philippine men's baseball team trounced host Thailand's home turf, 5-3, to seize their third baseball trophy during the 33rd Sea Games, on December 12, 2025, at the Queen Sirikit Baseball Stadium.

Veteran pitcher Romeo Jasmin, evicted 10 batters out the field in a span of eight innings behind Amiel de Guzman who sealed the hosts ticket in the ninth by getting the three outs decider to renew the tyranny.

"Yung pagkatalo namin sa kanila nu'ng 2007 mabigat," Team Philippines Head Coach, Orlando Binarao said ***"Kaya sabi ko, 'wag na 'wag tayong didikit dito kasi anything can happen."***

As the first inning checked in, Steven Manaig kickstarted Jennald Pareja from first base with a double down the left-field line in the bottom of the first, giving the national team an 1-0 opener.

The Filipinos managed to keep the momentum alive with the entrance of the third down to the fourth as they conquered bases with the help of Thai errors, to send a few batters in a base walk-off.

Mark Beronilla stretched the lead to four runs, bringing Erwin Bosito home, 4-0.

After Thailand yielded a two point lead cut off during the sixth inning, 4-2, the Philippines brushed it off and answered a run powered by opposing errors in the seventh heat, 5-2.

De Guzman then sent the next three batters off, striking Piyathat Saibuakaew on a thriller bat to secure the gold and complete a flawless 7-0 sweep of the tournament.

