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SIDE STORY

As aid for CRSHS library recovery,

Rotary leads book turnover ceremony, DICT launches Tech4Ed

BY PENELOPE ESCAÑO

AUGUST 13, 2024 – The Rotary Club of Central Surigao headed the Turnover Ceremony of books alongside the Department of Information and Communications Technology (DICT), which opened Tech4Ed in the Caraga Regional Science High School (CRSHS) Library Building, providing students with internet connectivity and reading materials for educational purposes.

The DICT provided free Wi-Fi access for all students while the Rotary Club of Central Surigao, through the Rotary Club of Cebu, donated more than 1,400 books for the CRSHS library.

After the CRSHS administration welcomed the dignitaries present in the ceremony, School Principal Maria Ruth R. Edradan gave the opening remarks, and representatives Engr. Bacolod from the DICT, and Mr. Pegoro, Ms. Andrade, and Mr. Tse from the Rotary, addressed their speeches during the program as well.

The program went on as the Rotary Club introduced the reading materials, and the DICT guided the student-beneficiaries in handling the school-donated tablets, utilizing their provided Wi-Fi connection (Tech4Ed).

Finally, the program concluded as CRSHS School Principal gave her message of gratitude to the Rotary and DICT for the success of the Turnover Ceremony and the launching of Tech4Ed, as well as a photo opportunity with the dignitaries and student-beneficiaries.

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BUILD, BUILD, BUILD!

Caraga RSHS Facilities upgrade with renovations

BY SHAKILA LERIO

Several areas of the Caraga Regional Science High School (CRSHS) have received a new look following refurbishment in the Library Hub, Computer Laboratory, 21st Century Classroom, and other physical facilities to support the school and learners' demands.

The updated facilities are currently being utilized with the ongoing renovations, enhancing the overall functionality and learning environment for students and teachers alike.

According to the CRSHS School Principal IV, Maria Ruth R. Edradan, while facilities are available, these are not 'enhanced' and 'functional, prompting the decision to take charge of the current renovation.

"When I first came here, I looked out at our facilities, which are already there but not that enhanced and functional," the school principal expressed.

She also added that these renovations are geared towards enhancing the school facility to engage the students in their academic interests.

"All this improvement in the physical facilities or repurposing of rooms are geared towards the enhancement, providing more spaces for our CaraScian students to engage [and] get involved in activities and to provide them venues where they can collaborate with each other and manifest their prowess in whatever fields they needed," Edradan explained.

Emergence of the E-Library

With the partnership with the Department of Information and Communications Technology (DICT), ongoing upgrades and refurbishment in the E-Library emerged.

Currently, there are 28 desktop units available and connected to the internet, with an inclination toward a 21st-century setup.

According to the school principal, the E-Library will aid the deficiency of physical books where the learners can further research through the E-Library.

"In the inadequacy of the physical books, we have our students [that] can resort from researching in the net since we are already in the 21st century, so we might as well venture in an online researching,"

21st Century Classroom incorporated in 'new' teaching approach

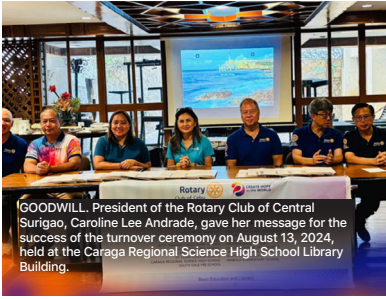
Ongoing measures are set to integrate a 21st-century classroom, providing teachers and learners a modern approach to the teaching strategy.

According to Edradan, further plans to expand the facilities of the 21st-century classroom will be discussed with the stakeholders.

"We are actually establishing partnerships with our stakeholders so that we can secure an interactive board that will be used by the teachers and the students in the classroom instruction in the future," she shared.

NEWS BIT

BY SHAKILA LERIO



RCC donates over 1,000 books to Caraga RSHS Library

Through the partnership with the Rotary Club of Central Surigao, the Rotary Club of Cebu (RCC) turned over more than 1,000 reading materials to the Library Hub of the Caraga Regional Science High School (CRSHS) as part of its ongoing commitment to strengthening communities' capacity to support basic education.

Journalism Hub to operate next S.Y. 2025-2026

To strengthen the learners' endeavor in journalism, Caraga Regional Science High School (CRSHS) School Principal IV, Maria Ruth R. Edradan, confirmed in an interview on November 13, 2024, that plans are underway to renovate the journalism hub in preparation for the next school year.

With permission granted from Taganito HPAL Nickel Corporation (THPAL), the transformation of the speech laboratory funded by THPAL to a journalism hub will be made possible.

According to the CRSHS School Principal IV, Maria Ruth R. Edradan, the decision to convert the speech lab was motivated by the need to transform the venue into a more functional facility for the students, enhancing its utility and effectiveness in supporting their educational needs.

"It came to my mind to change that venue, to convert that idle area to something na functional for students' use," the school principal stated. [It came to my mind to change that venue, to convert that idle area into something functional for students' use.]

The journalism hub is reported to have a lighting and technical set-up for TV and radio broadcasting studios.



NEWS FEATURE

Street vendors relocate on school grounds

BY SHAKILA LERIO



Caraga Regional Science High School (CRSHS) has extended an invitation to street food vendors to operate within the school grounds, ensuring that food safety protocols and hygiene practices will be strictly observed and enforced recently on August 19, 2024.

With the increase of street food vendors, the school administration has raised a concern on the students' safety in purchasing 'restricted' outdoor snacks, prompting the decision to establish an agreement with the vendors.

According to the CRSHS School Principal IV, Maria Ruth R. Edradan, to ensure the safety of the CaraScians, the vendors will operate inside the school grounds to monitor compliance with food quality, handling, and serving guidelines.

"Atong gi-protektahan ang safety of our learners, number one man gajud sha na priority and tungod prone man gud sija sa mga abog so mao to na I thought of something [make a compromise] so we invited them to get in to ensure the safety of our learners. Kumbaga it's a win-win solution," the school principal explained.

[Our main priority is the safety of our learners because it is prone to dust, I thought of something [make a compromise], so we invited them to get in to ensure the safety of our learners. It's a win-win solution.]

She also mentioned the risk involved in purchasing outside food over the school railings which can cause accidents.

"It was not a good sight na makita ang students na mag-inana gali [trying to reach over the railing

to get the food] kay wala ta kabalo no, simbako", Edradan added. [It was not a good sight to see the students trying to reach over the railing to purchase the food because we will never know what will happen to them, knock on wood.]

However, the street vendors expressed distress with the drop in their sales per day in comparison to what they were selling in the streets.

"Sa gawas man gud jaoy outsider na mu-palit sa amo die ra kung mga estudyante. Pero dinhia dili man halos mamalit tanan [students]," alias "Ling-Ling," a street vendor, expressed.

[Our target market is wider in the streets than it is on school property, and not every student will purchase our goods.] In order to operate, the sellers must also secure a sanitary permission, and a medical and health certificate.

Following the Implementing Rules and Regulations of Chapter IV – "Markets and Abattoirs"

— Of The Code On Sanitation Of The Philippines (P.D. 856), the site shall be located at least 50 meters (1.64 feet) from schools, and other public gathering places, and 25 meters (82 feet) from abattoirs and other possible sources of contamination.

Electric bill sees over ₱10k drop from previous school year

BY SHAKILA LERIO

Caraga Regional Science High School (CRSHS) has extended an invitation to street food vendors to operate within the school grounds, ensuring that food safety protocols and hygiene practices will be strictly observed and enforced recently on August 19, 2024.

An estimate of ₱10k-₱15k decrease in the current electricity bill was recorded compared to the previous school year, which reached the highest documented electrical consumption of around ₱70k.

To reduce electricity consumption, the school administration started implementing several strategies in the first week of August to support the school's cost-cutting efforts and manage the funds allocated by the government.

According to the Caraga Regional Science High School (CRSHS) School Principal IV, Maria Ruth R. Edradan, a meeting was conducted between the teachers and faculty which emerged the "lights off at 5 PM" initiative.

"We have this meeting with our teachers that we really need to implement the lights off at 5:00 PM or 5:30 PM," the school principal said in an interview.

Edradan also shared that in the past months, the Maintenance and Other Operating Expenses (MOOE) funds utilization were over budget, which urged the administration to prompt an urgent solution.

"Nakita nako na there were months na ang gasto, based on historical data, was more than ₱300k, so ni overbudget na. Therefore, since nag overbudget na naay times na ni ₱500k so nakuhaan ang budget sa mga succeeding funds so that's the dilemma, the situation when I arrived here," she expressed.

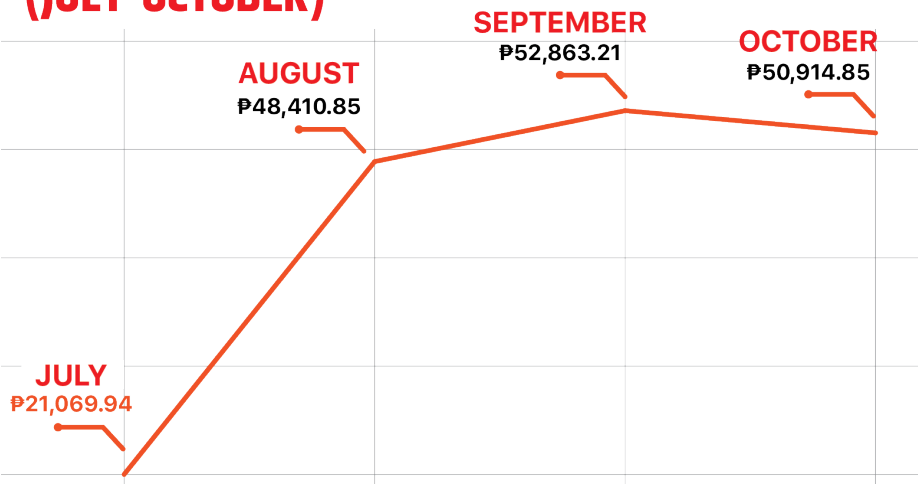
[I found out that there were months that the funds used, based on historical data, were more than ₱300k; we've exceeded the budget. Therefore, since there was an over budget, a time occurred when it even reached ₱500k, so the other expenses were affected. That's the dilemma, the situation when I arrived here.]

Correspondingly, a budget of four million pesos was allocated in the MOOE, which will be used in the entire year, having ₱333k budget per month to be used in the demands of the learners and the school.

The reduction in electrical consumption allowed funds to be redirected towards expanding school facilities and covering other operating expenses.

DATA DIGEST

ELECTRICITY BILL OF CRSHS (JULY-OCTOBER)



Caraga RSHS electrical consumption soars

Caraga Regional Science High School's (CRSHS) electrical expenses from July to October reported a significant increase. The cost climbed to ₱48,410.85 in August from ₱21,069.94 in July. High electricity rates persisted in the succeeding months, with September and October with a bill of ₱52,863.21 and ₱50,914.85 respectively.



Israel, Lebanon gov't approve US ceasefire proposal

BY PENELOPE ESCAÑO

A ceasefire proposal from US President Joe Biden last November 27 earned an approval from the governments of Israel and Lebanon to end the 14-month war between two nations which will take effect on November 28.

According to Biden, the countries will be given 60 days to withdraw their soldiers and reclaim control over their territories.

"This announcement will create the conditions to restore lasting calm and allow residents in both countries to return safely to their homes," Biden added.

However, Israel will execute self-defense accordingly if Hezbollah of Lebanon disregards the agreement, by international law.

"If Hezbollah violates the agreement and tries to arm itself, we will attack. If it tries to rebuild terrorist infrastructure near the border, we will attack," asserted by the Prime Minister of Israel, Benjamin Netanyahu.

NEWS FEATURE

CaraScian grabs gold medal during PhiMO 2024

BY SHAKILA LERIO

The Caraga Regional Science High School (CRSHS) Math Olympiad Team has secured the gold medal during the Philippine International Mathematical Olympiad (PhiMO) Final Round 2024, which was held at EVM Convention, Quezon City, on September 22, 2024, in acknowledgment of the qualifiers' efforts in the field of mathematics.

In light of this event, the competition challenges students to think creatively and solve complex problems, providing a competitive platform to measure their skills against peers both nationally and internationally.

According to an interview with Lance Suan, a grade 12 student, and a gold medalist, he was able to approach problems with mathematics from a different perspective during the training process by strategically altering questions as part of his contest preparation.

"My preparation mainly revolves around answering and manipulating sample questions, allowing me to explore problems from different angles and build flexible strategies.

When I come across a challenging concept, I study it in-depth, then apply it by answering and manipulating related questions to solidify my understanding," the gold medalist mathlete revealed.

During the training period, Lance also shared challenges that affected him which led to stress and anxiety.

"One of my biggest challenges was managing time, especially when balancing multiple responsibilities. There were moments when fatigue and self-doubt crept in, especially during long nights of preparation. I overcame these by setting clear goals, prioritizing tasks, and reminding myself of the progress I'd already made," he expressed.

Moreover, the CRSHS mathletes have won two silver medals, five bronze medals, and two merit awards. The PhiMO 2024 provides a valuable platform for students to gauge their skills against their peers and fosters a sense of community among aspiring mathematicians, helping them realize that they are part of a larger supportive network.

DATA DIGEST

The TIMO Heat Rounds 2024 were set on October 27, 2024, and on November 8, 2024, CRSHS attained the following awards.





In accordance with their outreach program, CRSHS HUMSS Guild extends aid to locals

BY PENELOPE ESCAÑO

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After the CRSHS administration welcomed the dignitaries present in the ceremony, School Principal Maria Ruth R. Edradan gave the opening remarks, and representatives Engr. Bacolod from the DICT, and Mr. Pegoro, Ms. Andrade, and Mr. Tse from the Rotary, addressed their speeches during the program as well.

The activity went on as the Rotary Club introduced the reading materials, and the DICT guided the student-beneficiaries in handling the school-donated tablets, utilizing their provided Wi-Fi connection (Tech4Ed).

Finally, the program concluded as CRSHS School Principal gave her message of gratitude to the Rotary and DICT for the success of the Turnover Ceremony and the launching of Tech4Ed, as well as a photo opportunity with the dignitaries and student-beneficiaries.



EDUCATIONAL ENDEAVOR

BXU SCHOOL HEADS BENCHMARK CARAGA RSHS

BY PENELOPE ESCAÑO

SURIGAO CITY - The Caraga Regional Science High School (CRSHS) administration toured the delegates of Butuan City Division Association of Secondary School Heads (BCDASH), showcasing the school's highlights and practices as the BCDASH conducted their benchmarking activity at CRSHS on November 12, 2024.

The event commenced with the school's Drum and Lyre corps performance, followed by a prayer and the National anthem led by the CRSHS Chorale, where School Principal IV Maria Ruth R. Edradan greets the BXU School heads, in coordination with District III Supervisor Atty. Salvador V. Acedilla and Schools Division Superintendent Dr. Marilou B. Dedumo.

As Edradan looks forward to an 'enriching' exchange of knowledge and ideas, Dedumo congratulates the Carascians for showcasing their skills and talents.

Referring to the school's tangible condition, Acedilla also added, "We are recovering physically, the structures, repairs, but I tell you,

the vision, culture of excellence, the system, everything are fully covered because those matters cannot be subject to devastation."

CRSHS AS BENCHMARKED SCHOOL

According to Principal IV of Libertad NHS and the President of the Principal's Association of Butuan City Dr. Ruel T. Gabor, they chose to benchmark CRSHS for their Science, Technology and Engineering (STE) Program and Science, Technology, Engineering and Mathematics (STEM) Program.

"We intend[ed] to visit CRSHS so we can experience and see actually how students perform, [and] how students engage in the different equipment in Science, especially your Makerspace [and] Creative Tech Laboratory because that is what we want to benchmark to improve our Science and Technology education," says Gabor.

In line with that, the CRSHS administration prepared six stations for the BXU school heads to explore, while guided by Carascians to gather

insights.

SIX STATIONS, SIX HIGHLIGHTS

The school heads proceeded with the different stations by batch, starting with the Science Laboratory where students demonstrated laboratory work such as microscope focusing, preparation of wet and dry mounts, and basic biotechniques.

Followed by the Computer Laboratory, with 119 gadgets in total: 2 TVs, 2 printers, 30 tablets and 85 computers, and the Creative Tech Laboratory, which highlighted two 3D printers made possible through the Parent Teacher Association (PTA).

Another is the Library, wherein available are over a thousand books, adjoined is the E-library, with 28 computers for the students of CRSHS, and lastly, the Makerspace where students showcased various innovations such as the line tracing robot, running LED lights, automatic door opener, "pamfbots", and "Boost".



Causing effects

While budgetary issues become a common occurrence in funding infrastructures and institutional development and eventually trickles down towards resorting to other sources of dependency, it is imperative for one to look through the files and acknowledge the effects done from a cause.

While rich in educational prowess, Caraga Regional Science High School has also been known for something else; poor in purchasing power. However, it is a situation that other educational institutions are no stranger to. With the costs trickling up, such inadequacy creates a stopgap towards a wider access of knowledge and proceedings for the sake of quality education.

This then dilutes down in locating other streams of financial power: School Voluntary Contribution. Having to pay P1,425 in total for one transaction, it is a large amount that is guaranteed for the school to dilute in line within the expenses for school events and exhibitions, studentry-involved contests, and even system improvements and infrastructure expenses.

One would think for this is a one step forward for aiding the students, yet three steps backward if calculated between the end of a fiscal period.

The problem entails in the proceedings with the system that traps the studentry in moving forward. There is a legitimate worry between the difficulty of being able to provide in commitment of pursuing both studentry involvement and system frameworks. By the numbers, Caraga Regional Science High School's (CRSHS) electrical expenses from July to October

reported a significant increase. The cost climbed to P48,410.85 in August from P21,069.94 in July. High electricity rates persisted in the succeeding months, with September and October with a bill of P52,863.21 and P50,914.85 respectively.

This is an educational paradox that every school faces, having to get out of financial plight by using those who are already drowning in such. From school events that are anchored from thousands of pesos to pursue, from managerial costs that cut down the financial power of the institution from a minimum.

It is by then imperative for the school and the government to actively put their hands on the table where funds are not anchored on uncertain dependabilities on their own vulnerable actors, but where the ground is set stable for these educational institutions to progress, and where no pockets are forced to pull out from.

To have an amazing effect and outstanding results is only deemed justified if purchased by power got from rightful pockets. While it may seem as a profit for an educational institution to be able to have enough purchasing power to move forward, it may come out as a liability in the long-term if it is one deemed as a forced effect from an unjust cause.

eco-warriors

Guilty pleasures

BY GAZELLE SAN JUAN

After buying my daily dose of 37° coffee, anticipating the familiar bitter taste of affordable yet decent brew, I was instead met with the taste of guilt as my eyes fell upon improperly discarded plastic straw wrappers scattered around a nearby log.

Though I myself am far from infallible, witnessing such a simple act of decency being overlooked reminded me of the fine line between the lack of awareness, and the lack of discipline.

From the moment we stepped foot into elementary school, basic concepts promoting eco-values such as the 3 R's (Reduce, Reuse, Recycle), determining the biodegradable from the non, and knowing where to dispose what, have been embedded within each of our minds. Moreover,

Caraga Regional Science High School has long been renowned for the intellect and acumen of its students; therefore, I believe that this existing problem is no issue of awareness or failure of understanding what is right to do, but an issue of discipline—the lack thereof.

One we must consider is the enticing appeal of convenience—a temptation which in certain circumstances, could come at the expense of our eco-values. For instance, right after school events, single-use plastics are often discarded improperly as taking another two minutes to reach the nearest trash bin is deemed too burdensome.

However, even in situations where trash bins are not more than 3 steps away, as seen at the area near the school gates where students buy

their snacks behind the fence, plastic cups and wrappers of straws are still seen scattered on the ground. Surely, this is not a matter of convenience anymore, but instead a revelation of how our community is plagued with the ad populum fallacy.

Though we recognize that such acts are unjust and incorrect, with this fallacy, the pervasive mindset that "if everyone else is doing it, then it must be acceptable" often prevails.

Now, more than ever, is the time we ought to liberate ourselves from such mentalities that have rendered us oblivious to the truth and undermine our values.

Indeed, during this season of Brigada Eskwela, the efforts of students, teaching and non-teaching

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the informer

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CRSHS INFORMER
S.Y. 2023-2024

BY PENELOPE ESCAÑO

After finishing third place last 2023 and failing to defend their victory back in 2022, camp Formal Science took back the crown in the recently concluded Science Encampment.

Led by grade 11 student, Kirsten Jene R. Bayang, the camp managed to snatch victory from Social Science last year despite the setbacks that had gone their way, according to their camp facilitator.

"Although it was tiring to fight for the crown considering how the opponents were undoubtedly strong as well, I'm beyond glad that we managed to prove to everyone how Pomsay [Formal Science] can still reach for triumph again despite almost hitting rock bottom recently," said Bayang.

She also added that through discipline, consistent hard work, cooperation, and optimism, their camp was able to stand tall and reach their peak toward triumph.

The camp managed to clutch several major wins such as the first major game, Banner Raising, attaining best subcamp, subcamp Mathematics, and winning Mr. Environmentalist, in a tie with Social Science's Ms. Environmentalist.

As Bayang stated, "I've pushed myself, my co-facilitators, and my campers beyond our limits by possessing the traits of a true victor, and I believe because of this, the event ended with Formal Science as the Champion."

Additionally, a student of Staff Science observed Formal Science as the camp that showed the most enjoyment from the very first day.

"They were competitive, every camp was; but, their camp showed competitiveness in a way that you still feel that they're having fun," according to one of the staff.

Ultimately, the event ended with Formal Science as champion followed by Natural Science, camp Social Science came in third, and fourth place was Applied Science.

NEWS BIT

DTI's Fiesta Haraya celebrates local industries

The Fiesta Haraya Creative Caraga Festival was held to feature Filipino products last October 18 in Butuan City. Supported by the Department of Trade and Industry (DTI), the celebration also conducted conferences to update local entrepreneurs of relevant information such as modern strategies and creative use of technologies. The fiesta also included sub-activities such as Creative Crawl, Mapping Contest, and Creative Caraga Festival Song Competition.

On providing livelihoods for "informal" waste workers,

DENR to include garbage pickers, scavengers in new EPR law

BY NIÑO ABOGADO

To address the shortage of manpower in relation to solid waste management officers, Department of Environment and Natural Resources (DENR) Secretary affirmed that informal waste workers such as garbage pickers and scavengers will be provided with livelihoods under the new Extended Producers Responsibility (EPR) law.

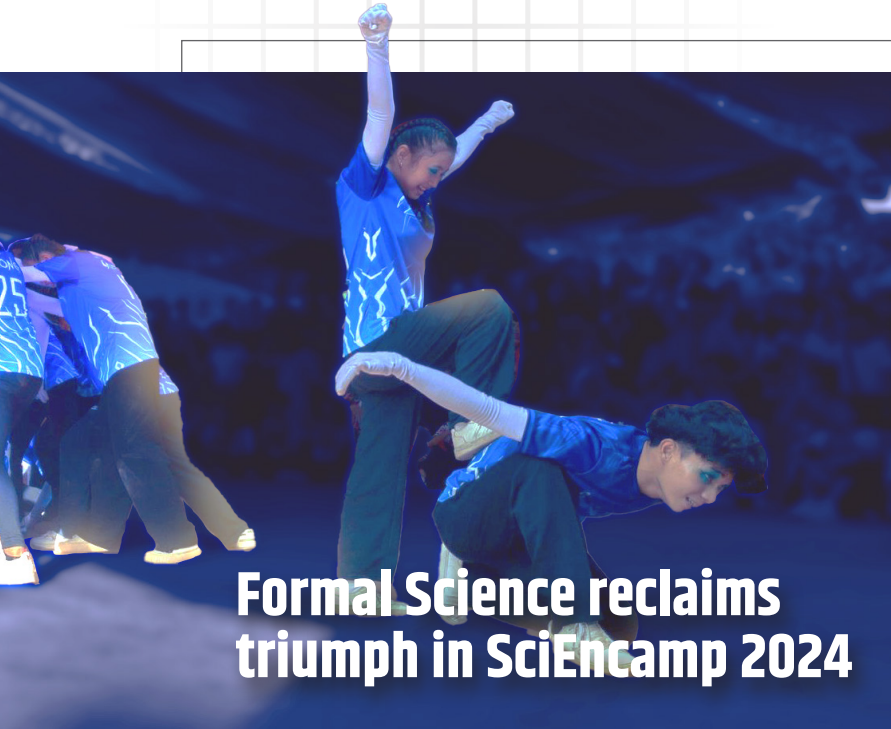
Loyzaaga detailed under the new EPR law, waste workers that aren't formally employed, justly compensated, covered by occupational safety, and given social protection will be formally integrated as workers under the formal solid waste management system.

Furthermore, she added that the newly integrated workers will be given fair wage for their contributions to the solid waste management industry during a press conference in Malacñang on August 2.

Moreover, according to the Philippine Christian Foundation (PCF), there are approximately 1.5 million people in Tondo, Manila alone, most of whom rely on garbage scavenging as their main source of income.

"We need both the part[s] of formal and informal, as [our] efforts involve a lot of logistics and personnel," Loyzaaga said, highlighting that informal waste workers may play a 'critical role' in the implementation of the DENR's initiatives especially with the sanitation of landfills.

The informal waste sector, composed of waste pickers in dumps and trash collection points in communities, plays a vital role in the country's waste management, but is often excluded from policies and other important discussions.



Formal Science reclaims triumph in SciEncamp 2024

whatonearth

Unbowed to Bullies

BY DONNA VERNADETTE MATILDO

China bullies the Philippines as their aggression intensifies in attempt to prevent Filipino presence in the West Philippine Sea. Their deeds are getting out of hand. Despite the aggressions, Filipinos remain unfazed.

Numerous Chinese aggressions toward Filipino fishermen and coast guards has been reported. In 2019, they rammed fishing boats with 22 people on board, and then in 2022 they shined lasers at Filipino boats to block the crew's vision. Filipino vessels are routinely harassed and blocked by China's coast guard.

Despite the decision being ruled out by the Permanent Court of Arbitration way back in 2016, the dispute remains as China had boycotted the proceedings and called the ruling "ill-founded". It was confirmed that the Philippines has sovereign rights over its 200 miles Exclusive Economic Zone (EEZ) in West Philippine Sea.

However, it is crystal clear why they would want to quarrel for the said waters. The 13 million-square-mile waterway is vital to international trade as it is on the main route along the Strait of Malacca, with global shipping worth trillions of dollars each year. It is also home to vast fertile fishing grounds, with these characteristics of the waters, it is safe to say that greed

peekaboo!

TransFArency

BY DONNA VERNADETTE MATILDO

Avoiding critical eyes, House of Representatives gatekeeps the bicameral conference committee hearing, including transcripts on the national budget. What are they hiding from the general public?

The national budget is a national concern, therefore it should be publicized as it talks about the allocation of funds for government sectors. The general public's opinion should be heard and considered.

With this move, it's leading the people to think that they are misusing public funds. Suspecting that there might be mischiefs since they are restricting the public from knowing about the budget allocation.

Although, some information should be kept in closed doors to preserve national security and eliminate misuse of data and sensitive information. So it is also crucial for the government not to publicize confidential information.

However, it is imperative that the Filipino citizens should be aware where their taxes go. It's important that they know that the taxes they

pay is used correctly. In this way, the tax payers are more inclined to willingly pay their taxes if they see transparency in how their contributions are utilized. Ensuring that funds are used responsibly for public benefit.

In lieu of excluding the public from the forum, there should be concessions between the citizens and the government in budget allocations. As we are entitled of transparency, the public should take the lead as they are the true authority. Reminding those in power that their role is to serve the people and not the other way around.

Therefore, their approach in legislating the final revisions to the annual budget is flawed, as it is far from transparency. The members of the senate should not monopolize the decisions.

Public opinion is crucial in crafting changes in the country's national budget. The people are the overseers, hence information should be passed and concurred by the public. Officials should be open from the citizens critical eyes as it encourages better decision making, and promoting fair budget allocation.

leadtheway

Running Problems

BY DONNA VERNADETTE MATILDO

Leaders are expected to embody honesty, vision, and competence—the ideal qualities that we look for. But the reality is, some of those vying for public office do not meet the standards.

As the 2025 Philippine elections approach, there is an upsurge of social media influencers and controversial figures that are venturing into the political arena. This circumstance has sparked mixed reactions among voters, raising questions about qualifications, popularity-driven politics, and the future of public service.

What choices do we actually have in the future ballot? Politicians with a history of corruption, candidate with pending legal issues and those who lack qualification. At this point, just pick your poison on what type of baggage the candidate carries.

Electing such candidates should not be normalized. When problematic figures get elected, it creates a domino effect, leading to myriad controversies. Their presence in public office leads to governance crises, as their attention shifts from addressing societal needs to managing their own controversies. In lieu of focusing on policy making and public service, the administration may find itself stuck in damage control, rather than facing societal issues.

Moreover, such leaders erode public trust. When voters see unqualified or ethically questionable individuals holding office, they begin to doubt the righteousness of the electoral system and governance itself, questioning why it is way easier to file for candidacy than to apply for a job in this

country.

This poses as a dangerous example for the youth, as they may come accept that mediocrity and scandal is inevitable in public service. Which undermines the ideology of a democracy driven by integrity.

The rise of problematic electoral figures comes from several societal issues. A significant factor is the lack of strict requirements for candidacy. Since in the Philippines, the criteria for running for public office is simple, often limited to age, residency, and citizenship. This allows problematic electoral figures to run for office.

Another contributing factor is the deeply ingrained culture of popularity-driven politics and patronage system. Many voters are swayed by popularity rather than competence or a clean track record. This is made worse by the influence of social media, where candidates can fake character as they can easily manipulate public perception.

Until these issues are addressed through rectification, education, and scrutiny, the pervasiveness of problematic figures in politics will persist. One important step toward solving this problem is raising the minimum requirements for those aiming for office. We should ensure that only those who are truly capable and qualified can run for the elections.

At the end of the day, the power to choose lies in the hands of the voters—we pick our own poison. That's why it is imperative to vote for the candidates that are actually capable of leading our community, not out of fleeting popularity.

rightandwrong

Unjust Act

BY AYEISHA MAE COSINERO

Greater accomplishment for the country hides the darker side of keeping it safe including the testified statements of Duterte, keeping the country's questions rolling as he admits to inducing suspects to "fightback" so cops can kill them. Bearing the thought of the killings to keep the country safe will only lead to a question, was it right or wrong?

As stated by Duterte, "Ang sinabi ko ganito, prangkahan tayo, encourage the criminals to fight, encourage them to draw their guns. 'Yan ang instruction ko, encourage them – lumaban, pagka lumaban, patayin ninyo para matapos na ang problema ko sa siyudad ko." Drawing weapons to make the situation more plausible, siding the politicians, focusing on the bad behavior of the criminals.

[What I said is this, let's be frank, I said encourage the criminal to fight, encourage them to draw their guns. That was my instruction, encourage them to fight, and if they fight, then kill them so my problem in my city is done]

With the estimation of between 12,000 to 39,000 people were killed between July 2016 and March 2019 and most of the victims were young men from poor, urban areas, who were shot dead in the streets or in their homes. Entailing that the operation on War on Drugs went overboard as it focuses on the killings, not the possible change.

Moreover, the alleged existence of Davao Death Squad (DDS), a long-notorious squad supposedly made up of Davao City police that allegedly assassinates crime suspects and personal enemies alike, was denied by Duterte. However, Former senator Leila De Lima, the human rights chairperson who investigated the DDS, pointed out that there are accounts and testimonies to prove the existence of the DDS. Hence, its existence debates human rights, accountability, and the rule of law in the country's fight against crime.

Beneath the surface lies a grim reality of violence, including killings and a justice system that many perceive as unjust, realities endured by the public. The contrast between the ideals of leadership and the harsh realities of governance underscores the need for transparency, accountability, and reforms to protect the rights and dignity of the people.

Some may argue that the actions of the alleged DDS were justified as a means to ensure the safety of the city and create an environment conducive to business growth. However, resorting to extrajudicial killings undermines the rule of law and sets a dangerous precedent where justice is delivered without due process.

The fight against crime must never come at the expense of justice and human dignity. As a nation striving for progress, the demand for better accountability from our leaders and law enforcers to ensure that their actions align with the principles of democracy and human rights is imperative.

In the pursuit of safety and progress, a nation must never compromise justice and human dignity. The fight against crime must prioritize lawful and ethical approaches that uphold the rights of all citizens. Through accountability, transparency, and genuine reforms can we build a society that faces no unjust acts of the government.

KEEPING UP WITH THE CARASCIANS



Within the four corners of the campus of Caraga Regional Science High School, countless personalities weave together, each adding a splash of color to the bustling campus life. It's a world so diverse that it's easy to feel adrift amid the ever-changing hues of this unique community. But worry not! This guide unravels the vibrant spectrum of Carascians, showcasing their unique types and quirks. By the time you're through, you'll be more than ready to keep up with the Carascians.

C IS FOR CLEVER

These Carascians are the go-to problem-solvers. Known for their cleverness as the school's innovators, they're always brimming with ideas that leave their peers in awe. They effortlessly navigate through challenges, finding solutions with wit and creativity.

A IS FOR ANIMAL (LOVER)

Having hearts that beat for animals, these students often dedicate their time to caring for the welfare of the animals within the school. Their compassion extends to every creature, from the stray dogs roaming the campus, to the cats waiting for leftovers outside the canteen doors.

R IS FOR RESPONSIBLE

Taking their commitments seriously and ensuring everything runs smoothly, they are the dependable pillars of the school community. Whether it's organizing events or helping peers, they exemplify reliability and maturity.

A IS FOR ANIMAL (LITERALLY)

The wild and playful spirits of the school, these Carascians are often the life of any gathering. With boundless energy and a knack for making others laugh, they bring joy to even the most mundane days. They keep the campus lively with their unpredictable nature, proving that a little spontaneity goes a long way.

S IS FOR "SO WHAT? GRADES DON'T DEFINE ME"

In a world obsessed with grades, they stand firm in their belief that learning is more than just numbers on their report cards. Exploring passions and talents outside the confines of academics, they prove that success comes in many forms.

C IS FOR CRAMMER

These students thrive under pressure, turning last-minute chaos into surprising triumphs. While their procrastination may raise eyebrows, they remind everyone that perseverance and quick thinking can sometimes outshine meticulous planning.

I IS FOR "IMONG OUTPUT ASA NA?"

Often asking "Where's your output?," these are group leaders who are constantly chasing deadlines. Carrying the responsibility of the leader and always checking on their groupmates, these students are the unsung heroes of group projects.

A IS FOR ANG GIHANAPAN NG OUTPUT

Despite the delays, they consistently deliver impressive results, proving that creativity cannot be rushed. Albeit unconventional, their work is always worth the wait.

N IS FOR NIGHT OWLS

Under the quiet hum of the night, these nocturnal scholars unleash their creativity and productivity. Often showing up to school the next day with eye bags, their dedication, although unconventional, is a testament to the power of working at one's own pace.

S IS FOR SELENA GOMEZ

Whether performing on stage or casually humming in the hallways, these 'mala Selena Gomez' are the ones who bring harmony to the campus. Creating melodies while strolling down the halls, these Carascians leave an unforgettable echo in the hearts of their audience.

Embracing the diversity of personalities that make each individual unique is at the heart of being a Carascian. Remember that as a Carascian, we discover that success is not defined by one path, but by the journey that aligns with our true selves.

KILLING TWO BIRDS WITH ONE STONE

BY ALBERT PATAN

Flipping through the same old pages of traditional books in search of information, one is left exhausted from the tedious process of slogging through words. Luckily for Carascians, the school's new e-library hub now eases the tired mind by killing two birds with one stone.

Recently, the Caraga Regional Science High School E-library Hub opened its screens on August 30 to cater to all Carascians wanting to integrate e-learning into their academic palette. Aiming to bridge the gap between traditional resources and modern technology, while promoting convenience, such a platform provides students with a one-stop shop to quick, seamless access to a vast digital information.

With a 28-seating capacity, numerous students can access the hub concurrently, with an hour of usage per learner. However, if the e-library is not at full capacity, one can make hay while the sun shines.

According to school librarian Jumalyn Luyahan, the e-library was born out of the institution's drive to put investigatory learning in the fast lane. "The e-library is purely for research," she stated. Furthermore, it serves as a lifeline for those who don't have gadgets, like laptops, to get their work off the ground.

More than that, it also doubles as a safety net for the school's library hub, which reopened in the same month. This came after Super Typhoon Odette's devastation wiped out the books, leaving the library closed for two years, only to open its doors again thanks to the Rotary Club of Central Cebu's book donations. In light of this, the printed materials still didn't quite cut the mustard in covering all educational fields. As a result, turning to the e-library hub, where

information is just a click away in computers, was the best way to kill two birds with one stone.

Aside from computers, the library hub also offers tablets. To borrow one, students must present their student ID and use it only within the e-library hub. Additionally, it has a television for teachers who wish to conduct classes in the area.

However, killing two birds with one stone does not come without its challenges. In Luyahan's case, as a one-person librarian, she manages both the library and e-library on her own. On occasion, she even calls her sister for assistance in maintaining cleanliness in such a vast room.

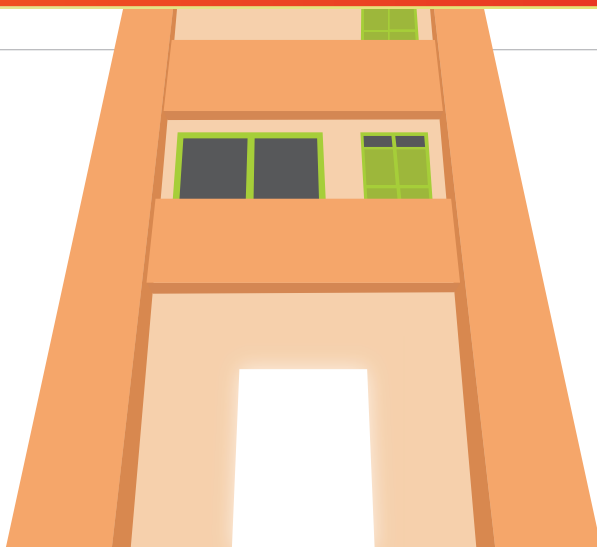
When asked about future plans, Luyahan mentioned that getting the e-library hub air-conditioned was their next mission. However, due to a restricted budget, such plans are still up in the air. "Daghan pay plano pero way pay budget," she said.

(There are many plans but there is still no budget allocation.)

Even with such obstacles, Luyahan remains hopeful that the e-library will grow to be a facility that hits the ground running for exhausted Carascians. After all, the e-library now eases the tired mind by killing two birds with one stone.

A Place Where Heroes Are Made

BY ALFONZO ARREZA



Amidst a world tainted by greed, deception and hatred, there's a place where heroes are being made. Just like eggs in an incubator, this room just sets the temperature right for all the lawful and knowledgeable minds to hatch when they're ready. Minds that are made to take on our volatile world face first. Minds that are made to solve the greatest problems of our time. Minds with a purpose.

As we move through time's ocean, we can say that change is apparent. When the tides shift, so does the world around us. The 20th-century classroom was characterized as an educational setup that was disciplined, textbook-reliant and gravely outdated. While it was the pinnacle of quality education during that era, time is a quick fellow; and later became an obsolete model for a modern classroom.

Fast forward to here and now, we are currently situated in the year of 2024. A chapter dominated with the multifaceted giants of modern technology and science; and as Heraclitus once quoted, "The only constant in life is change." Therefore, our educational systems did as told by the natural order of all things and changed with the times and forward, came the birth of the 21st-century classroom model and as we are advancing forwards, a more-modern version came second.

A progressive school like ours, holds a modern 21st-century classroom located at our local computer lab. It showcases a plethora of desktop computers and materials for student's free access and helps cultivate the many aspects that define what is a "modern 21st-century classroom."

— In today's point in time, collaboration and gathering has become the thread to link together all modern learning.

This is the future for all learning facilities held in a four-walled space. A key quality in these types of classrooms is that students now currently learn by doing; and this is enhanced furthermore with the variegated nature of the internet; and coupled with the collaborative aspect of it all, this creates an almost accurate reflection of the real world outside class doors. A more safe and practical version, fostering a positive mindset and cooperative group efforts to name a few.

Furthermore, the modern classroom is a meeting point for self-learning and professional development, among several aspects. Students are now learning by experience; and with the information obtained from that specific moment, they use it as input for furthermore mastery into that unique topic. Therefore, the output? A well-taught and knowledgeable student. In this way and in so many others, the classroom won't be seen as something dull and confining, yet will be seen as a place of conjunction and community. But, these are just tools and methods that bring us towards greater academic heights.

There's a place where heroes are being made.



The only constant in life is change

BUZZING BENEFITS



For bees and flowers to thrive, they rely on a sweet balance of give-and-take. In life, much like mutualism in nature, some solutions thrive on a balance where both sides walk away with buzzing benefits.

One such balance blooms in Caraga Regional Science High School where street food vendors were invited to set up stalls within the campus. Like bees and flowers working in harmony, the initiative ensures food safety while giving a swarm of vendors a chance to buzz.

Such deal was born out of the law mandating food stalls to be located at least 50 meters from schools and other public gathering places, and 25 meters from abattoirs and other possible sources of contamination. Having no choice but to abide, these vendors forcibly left the hives they once settled in.

For one, street foods sold outside of the school campus may put the safety of learners in danger as they are exposed to various risks. Among these, dust is one bee in Edradan's bonnet.

Apart from that, as students are prohibited to leave the campus, they are left to ramble near railings which might lead to mishaps. "It was not a good sight na makita ang students na mag-inana gali [reaching over railings to obtain street foods], Edradan stated.

However, having a different idea in mind, CRSHS Principal Maria Ruth Edradan opened the school's gates for the colony to call its new hive. Having to think of the safety of students, while also not compromising the income of these vendors, Edradan's idea of relocating them inside school grounds was the bee line that gave buzz and bloom to the garden.

According to her, the vendors shall set up shop inside the school grounds to keep a close eye on food quality and ensure everything is up to scratch. In addition, one must also possess a sanitary permission, and a medical and health certificate to keep their pockets running.

In such situation, a garden of students are left blooming now that safety standards are one assured to be kept upheld by these vendors. On the other hand, such swarm of vendors are left still to be as busy as a bee as their Carascan market is now ever-buzzier.

Taking all in mind, it was through their mutualism that the vendors and students discovered their joint honey-like sweet spot.

Now, these parties are left to thrive on a sweet balance now that both sides can walk away with buzzing benefits.

DEAD-END JOURNEY

How change puts one's living dead



There's a hidden beauty to going home after class. Whether it's the amber sunlight hitting against your skin through the windows of a tricycle or the silly small talk you and your friends have while walking towards each other's houses. It gives a sense of euphoria, almost nostalgic. It signifies the closure of a long, eventful day. It means that it's time for you to rest, and enjoy the familiarity of your home; and this is where a student's day ends.

What about everything that lies beyond the classroom? Not everyone's life ends during golden hour. What if it still went on past that? An average student would've already complained, but to them, it's simply everyday life. The people we don't know also have a story for themselves. Unique people with unheard voices ready to be detected by the known. These are the utility personnel of our campus with stories, dreams and aspirations veiled behind obscurity. People with the same similar yearnings and pursuits as our own. We took the lenses and peered into the lives of Mr. Fugenio S. Crispo and Mr. Alfredo B. Decoy Jr., the local utility personnel mainly in charge of construction and project building. One single and one married but both are just trying to get by. Brought up in the construction industry as young adults, it's always been a hustle life.

Amidst carrying aggregate and other supplies across campus, they've found something rewarding in those experiences and in contrast, some problems and hurdles along the journey. In response to this, "Pwersa

lang, kun laong pa sa Tagalog 'Laban lang!' — as they've said. It's clear that theirs and our experience are not that far from ours and like them, all of us are just trying to push on despite the myriad of setbacks life has to offer.

Shifting towards greener lands, we explore the life of Mrs. Susana Galagar; The local utility personnel mostly in charge with the caretaking of school grounds. This mother of three lives by the Latin saying — "Carpe diem", which means focusing on what you can do in the moment. She does right by it while supporting her three children, regardless of the barriers and entanglements throughout the journey.

She follows a simple-to-understand routine of cleaning around certain parts of the school; and she's here to support and provide, for the school and for her children. She's a woman of hard work and perseverance, having experienced several kinds of occupations in her past. Furthermore, she's a provider, a mother and a light to her own family, striving for a good life ahead of them. A person with a vision and purpose towards an ambitious

goal, on the same page with aspiring students within the campus.

Their work is what we, students, come through everyday as we step through our school's verdant gate, and the fruits of their labor should be respected by the student body. Let's learn to show some admiration and mindfulness within our surroundings and realize that real people were behind the making of all know and see.

These incredible people are a testament to forge your path ahead and blaze through life's complications. Their lives follow a common theme — to never stop and keep the momentum going by continuing to do what brings you towards your own unique life goal and I think that is the beauty hidden within their lives.



Carpe diem



Change can only drive one of two things: a clear path or a dead-end journey.

For transport group PISTON, the PUV modernization program meant driving their wheels clearly to a dead-end. To them, modernizing such jeepneys means not just to lose the King of the Road's reign, but also to lose one's living in the plight of such change.

Withal, bringing about such change meant to bring also a strike that rallies their opposition, if it meant it was their last months reigning the roads with their decade-old jeepneys. According to PISTON National President Mody Floranda, the transport strike is set to stage from November 20 until 23 to revoke the franchise consolidation component, and ultimately, a protraction of their reign.

"Itong franchise consolidation ang unang hakbang sa pang-aagaw sa kabuhayan ng mga tsuser at operator," said Floranda.

[This franchise consolidation is the first step in seizing the livelihood of drivers and operators.]

For one, it was to the jeepney's polluting nature that the phaseout was

a dirty matter. However, for Floranda, he believes a different motive lies even dirtier, far than what the outdated exhausts blow. "Hindi talaga ito para ayusin ang public transport, kundi para madaling maipasa at maagaw ng mga malalaking negosyante at korporasyon ang mga ruta at kabuhayan ng mga maliliit na operator," Floranda stated.

Apart from the ban of traditional jeepneys, the government is also pushing a transition to modern mini buses for what they dub as "mas makakalikasan" — one change that



This is not really to fix public transport, but so that big businessmen and corporations can easily pass and seize the routes and livelihoods of small operators.)

may possibly drive these transport groups to a dead-end.

According to the Land Transportation Franchising and Regulatory Board (LTFRB), as of November 2024, a total of 129,568 units, including public utility buses, are yet to be modernized. Despite the staggering number of unmodernized units, the Department of Transportation (DOT) is still holding on strong with the cutoff date for traditional jeepneys with individual franchises.

With their final days counting, tensions remain high as jeepney operators push back against the changes they believe could threaten their livelihoods.

In the plight of such change, one can only hope to drive into a clear path. Unfortunate for these jeepney drivers, for now, the road ahead seems to drive them all to a dead-end journey.

THEIR HIDDEN RADIANCE



Doves flew over at Bethel's Children Home this Saturday, bringing a wreath of solace and shelter over the hands of many. Festivity filled the room as the borderline dismal atmosphere lifted off in the air and puffed into bright bubbles that gave smiles to the children's faces. The joy in the air brought fuel to the hearts of the HUMSS Guild that day. It filled them with the spirit of compassion and wholeness, coming together to light up the worlds of the unfortunate.

9th of November, 2024. This marks the first occurrence of the CRSHS HUMSS Guild's seven-day community outreach event. The guild faced the day head on, making sure their objective for today's outreach was met. "To give those who are staying there happiness, comfort and a sense of togetherness" from the words of Ms. Jazmine Orot, a guild member, this was their primary goal. To provide a clear path towards a familiar sense of child-like euphoria.

Taking their first few steps at the children's home, amazing gifts were hidden behind the scenes, soon to be opened like a Pandora's box brimming with wondrous favors, in hopes of vividly coloring the lives of the young ones. They brought donations of their own and also from the hearts of anonymous Carascians, consisting of unused clothing, children's toys and bedtime books for the children. Aside from the nurturing gifts, the guild also prepared a day filled with vitality and

robust fun.

A series of activities dedicated to feature the inner voices and talent of the youth. Their spirit rekindled through the medium of electrifying dance. Moreover, minds were revitalized and hearts eased up by the bedtime stories told and the sweet treats handed out that day; five hours of wholehearted bonding and repair from children's emotional within. Along with that, there was also a reward for the guild hidden within the playful nature and wholeness of the children.

"Despite the struggle sa pag-sakay and all, ang smiles up pagka-playful ng kids amoy naka-pawaya sa amo kahago." — as said by an anonymous HUMSS Guild member. It was symbiotic relationship between the two parties; A giving and receiving of inner relief. Aside from providing a plethora of gifts and goodies for the kids, it was rather unexpected amongst other things, that their hearts would light up from the work

they have done.

In spite of all the battles faced during the journey, the program was executed successfully with the aforementioned objectives met. Yet, other than the objectives, a lot more was made during their time at the children's home. Aside from three pre-meditated goals, memories, endearing moments and healing for the inner self was achieved.

They planted their kindness into the hearts of the needing with sincerity and commitment, and through this they've made a difference; not just in their young lives but in their hearts.



To give those who are staying there happiness, comfort and a sense of togetherness

RIDE WITH THE BIYAHEROES

With Carascians constantly coming and going from the campus, there's always a need for vehicles on standby. Whether it's the early morning or late at night, you can always count on a ride with the biyaheroes.

San Juan Tricycle Driver and Owner Association (SANJUTODA) President Norberto Caberio boasts about the association's specific time deployment initiative, stating, "We do our best to ensure the safety of the students." Moreover, he shares that all of the approximately 200 tricycle drivers in the association work together to promote efficiency within the group.

In catering to the needs of the students of CRSHS, Caberio detailed that drivers of the association park their vehicles in barangays adjacent to Barangay San Juan, where the school is located, as early as 6:00 AM to ensure they deliver the students to campus on time. Furthermore, he added that they wait outside the school's campus before lunchtime and dismissal in the afternoon, staying as late as 7:00 PM for students who leave the campus late at night.

CADUCEUS' ADVOCATES



As the Surigao City Division Athletic Meet began, the Red Cross Youth (RCY) CRSHS Council began its mission — to aid the impaired.

This year's athletic meet served as a platform for the athletes to demonstrate the fruits of their blood, sweat, and tears.

The Red Cross CRSHS became a pillar of support during the Divisions Athletic Meet last November 13-15, 2024. Moreover, 110 RCY members were scattered all throughout Surigao City to serve the athletes from different divisions.

Furthermore, CRSHS' RCY members, with unwavering resolve, voluntarily raised their medical kits up-high to aid, and deliver treatment to the athletes that carry the hopes of the division.

To ensure the safety of the patients and the volunteers armed with first aid knowledge to sprang into action, aspiring RCY members must attend a 3-day leadership and first aid training.

Lastly, the RCY CRSHS Council has long been known for providing aid to different events along with different councils. They have proved themselves relevant to the Surigao City Division and received applauses from different stations.

It seems that the sky is simply not the limit when humans are constantly trying to push boundaries, making moon-umental projects.

Though it may seem like a concept straight out of a science-fiction movie, NASA is indeed bringing the internet to the moon with help from telecommunications company Nokia.

According to Nokia, they have announced plans to launch a 4G mobile network on the moon sometime in 2024, as part of NASA's Tipping point initiative. This mission is planned in hopes of cellular connectivity beyond the planet and eventually paving the way for improving lunar discoveries.

Additionally, Nokia is working with NASA and mission partners such as Intuitive Machines and Lunar Outpost to deploy an LTE/4G network on the Moon, in order to demonstrate how advanced cellular technologies can fulfill the communication needs in future planetary exploration, adding that its network will allow astronauts to communicate with each other and stream real-time video data back to Earth.

Furthermore, this mission plans to prove the same technology in every smartphone can provide communications beyond planet earth. "What we want to do is make that experience possible for the astronauts and robotic missions that are going to the moon," says NASA.

Other than aiming for connectivity, a major part of Nokia's plans is to establish a network on the moon to discover lunar ice — a crucial piece of moon exploration which could be used for water, rocket fuel, or even as a breathable oxygen source for astronauts.

Moreover, the network will be powered by an antenna-equipped base station stored in a Nova-C luna lander. The infrastructure will land on the Shackleton crater, which lies along the southern part of the moon. Once it is set on the surface, an LTE connection will be established between the lander and the rover. The technology is also designed to withstand the extreme conditions of space, the company adds.

Afterwards, the moment astronauts touch down, they will benefit from this network to communicate with each other but also with the mission control center on Earth. In fact, they will be able to do what humans can do on Earth such as using, streaming high-definition videos, and even interacting with people on earth in real-time.

Despite the notion seeming to be an out-of-this-world experience, the project is very much real. Humans continuously prove to make a change every day. Perhaps we can relate this to the famous words of Neil Armstrong — it is one small step for man, and one giant technical leap for mankind.

Click, Code, and Create:
"AI Art – a friend or foe to artists?"

BY APRIL GRACE DEMERAYE

With the creativity and talents of the human mind, art has evolved into many forms. Ranging from traditional to digital, now AI art enters the picture as well. Yet, this new discovery sparks controversy amongst artists, especially with concerns over art theft and challenges to sustaining careers.

AI-generated art is created using artificial intelligence algorithms which learn from existing images, videos, text, and so on, all of which come from the internet. Through this, AI art can be produced quickly and in large quantities, and it can be highly detailed and complex compared to human art, although it may lack the emotional and personal touch that human-made art often has.

Moreover, art critic Jerry Saltz recently pointed out that AI produces poor-quality art or, as he put it, "pretty crapola illustration." He also believes that most AI art lack real imagination and creativity.

Nowadays, there are many platforms available that let people create AI images on Android, iOS, and PC. The advantages of such software involve artistic freedom and the evolution of art.

AI-generated art has rapidly spread worldwide, with users across various platforms embracing it for diverse purposes, particularly entertainment. On apps like TikTok, AI art has become a popular trend, the dancing AI cat,

users transforming their photos into creative digital artwork with just a few clicks, or even creating a story.

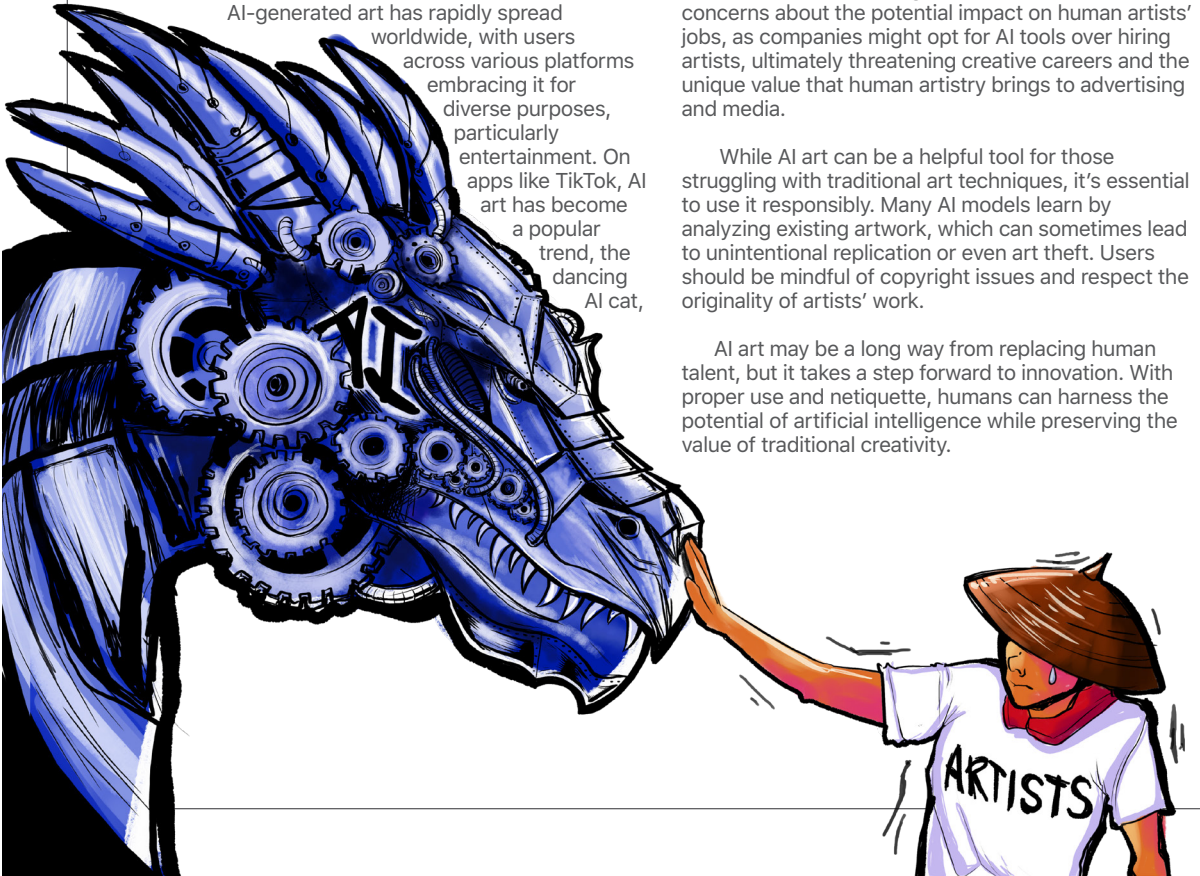
Additionally, beyond social media, AI art is also being used for practical purposes, such as enhancing presentations, streamlining visual elements in projects, and even generating art for personal enjoyment. From professional designers to casual users, AI art is redefining how people create and share visuals globally.

On the other hand, however, Coca-Cola's new AI-created ad has sparked criticism and disappointment among viewers. Many feel unsettled by the ad's uncanny valley effect, questioning why Coca-Cola, a brand known for iconic campaigns, chose not to invest in a human-crafted ad experience.

This shift toward AI-generated content also raises concerns about the potential impact on human artists' jobs, as companies might opt for AI tools over hiring artists, ultimately threatening creative careers and the unique value that human artistry brings to advertising and media.

While AI art can be a helpful tool for those struggling with traditional art techniques, it's essential to use it responsibly. Many AI models learn by analyzing existing artwork, which can sometimes lead to unintentional replication or even art theft. Users should be mindful of copyright issues and respect the originality of artists' work.

AI art may be a long way from replacing human talent, but it takes a step forward to innovation. With proper use and etiquette, humans can harness the potential of artificial intelligence while preserving the value of traditional creativity.



Circuit Shopper: Shopping Made Smart with Arduino

Technology becomes meaningful when it turns everyday struggles into moments of ease.

We all know shopping is something most of us do regularly. But for elderly people, it can be a tiring and challenging task from carrying heavy items, finding what they need, or waiting in long lines at the checkout which can make the experience overwhelming.

BOOST, or Bluetooth Object-carrier Optimizing Senior Tasks, created by Khim Caraca, a student-researcher from Caraga Regional Science High School, focuses on making shopping easier by using Arduino that can power smart systems like a shopping cart controlled through smartphone control and Bluetooth technology.

Inventor, Khim Caraca, stated that this project was intended to aid people with hand-gripping strength problems. Khim recognized its potential to address real-life challenges and designed a shopping cart equipped with features to meet the unique needs of elderly shoppers.

The result is a device that's more than just a cart—it's a personal shopping assistant.

Unlike regular carts, this one doesn't need to be pushed. With built-in motors and sensors, the cart is controlled by the shopper around the store, much like a helpful companion. This removes the physical strain of pushing heavy loads, allowing shoppers to focus on their items instead.

But how does this exactly work? By installing "Bluetooth RC Controller" which is available in the app store, it allows the user to control the shopping cart with just a few taps on their smartphone.

The app interface is designed with simplicity in mind, making it accessible even to users who may not be tech-savvy. Through the app, users can move the cart forward, reverse it, or turn it in any direction. This remote-control functionality eliminates the need to push or maneuver the cart manually, which can be especially beneficial for elderly individuals with limited hand strength or mobility challenges. The app's intuitive design ensures that shoppers can easily operate the cart without feeling overwhelmed by technology.

The device uses DC Metal Gear Motors, which allows it to move around and carry out its tasks. In addition, the Arduino Uno acts like a mini-computer, powering systems such as the shopping cart that interact with their surroundings.

Moreover, The L298N Driver allows control of the motors responsible for moving the shopping cart, and HC-06 Bluetooth Module establishes wireless communication between the shopping cart and the user's smartphone.

Additionally, BOOST is designed to fulfill its primary function of transporting objects, with the ability to carry up to 10 kilograms of weight. Looking ahead, the possibilities for the Arduino-powered smart shopping cart are endless.

Features like voice command integration, automated payment systems, and personalized shopping suggestions could make the cart even smarter and more accessible. These advancements could also broaden its appeal, helping not just elderly shoppers but also people with disabilities or anyone looking for a simpler shopping experience.

BitterSweet Truth
Surprising Sources of Sugar in Everyday Snacks

BY APRIL GRACE DEMERAYE

Humans always find a way to satisfy their sweet tooth. But beneath the sugary sips lies the bitter truth.

According to the American Heart Association, added sugars can be found anywhere, even in the tiniest containers or smallest amount of liquid and solids humans consume daily.

One of the most common examples of added sugars is found in sodas, like Coca-Cola, Sprite, and Pepsi, which contain about 39 teaspoons of sugar in one can. They can also be found in energy drinks like gatorade, as well as fruit drinks and punches, which are commonly referred to as samalamig in the Philippines, with about 13 grams of sugar per 8 ounces of fruit punch.

Furthermore, added sugars are also found in different types of candies and are mostly present in baked goods like pastries and cakes.

Did you know that a 1.15 ounce of chocolate bar is nearly enough for a day's worth for women?

In addition, one cupcake may have about 18 grams of added sugar which is more than half of the advised sugar limit for kids and women. Also, dairy desserts, milk products like ice cream, and other commonly enjoyed breakfast foods like cereal or sweetened oatmeals aren't safe from added sugars, even coffee or tea!

As diseases regarding health and food consumption increase, the American Heart Association (AHA) advises limiting the consumption of added sugars daily by no more than 31 grams (9 teaspoons) for men and 25 grams (6 teaspoons) for women.

However, added sugars aren't a sign for restriction, but rather, discipline. On the bright side, fruits can also serve as a healthier and better sweetener for your daily refreshments and drinks! And cutting back the sugar by one third or one half when you consider baking might just do the trick for a healthier lifestyle.

Facing the truth is like enduring a cavity in your tooth, and perhaps cutting back on sugar may lead to a sweeter future.

POWERUP!
EXPLORING ELEMENTAL ENERGY

BY APRIL GRACE DEMERAYE

Like the blood running through our veins, powering up our bodies, energy also serves as the world's bloodstream in this modern industry.

Wind, water, and heat, these elements are simply not enough to provide consistent energy flow. That is why vanadium joins these elements and helps create balance in this powered world.

According to the researchers from the Dalian Institute of Chemical Physics of the Chinese Academy of Science, they were able to create a better model for vanadium flow batteries which offers a reliable, safe and stable renewable energy storage system.

As aforementioned, renewable sources like solar and wind cannot always provide steady energy. Which is why Chinese scientists were able to design a new type of vanadium flow battery stack which stores and conserves more energy without taking up too much space.

For starters, vanadium is a hard silver-grey metallic element that conducts electricity, resists corrosion, and stays stable against alkalines, acids, and salt water. With its characteristics, scientists turned this element into vanadium flow batteries.

Now, in comparison to old models, the newly developed vanadium batteries with 70kw-level surpasses previous 30kw-level stacks with not just its stack capacity but also with their power density of 130kW/m², costing 40% less than existing batteries.

Moreover, a radioactive energy cell, similar to the vanadium battery, was invented by researchers from the Chinese tech firm Betavolt, which has had the capability of running small electronics for 50 years. Imagine a phone running for 50 years without charging!

With that, exploring alternatives in the modern world just keeps the energy flowing and lets the world charge and power up to future innovations and explorations.

Meet Lab-Grown Meat

A bite of the future

BY APRIL GRACE DEMERAYE

With every chop and every chomp from the delicious meat consumed every day, the lives of animals are being taken away. Unlike conventional meat which comes from raising and slaughtering animals, lab-grown meat, or cultured meat refers to real meat cultivated from animal cells.

According to researchers from the Journal of Integrative Agriculture, lab-grown meat uses a more-than-100-year-old technique of vitro muscle tissue growth.

When producing conventional meat, rearing livestock comes a long process before it is presented to meat shops and markets. From raising, feeding, and maintaining a good habitat for them to live in, it could cause a huge environmental impact. For starters, the Food and Agriculture Organization of the United Nations stated that 14.5% of the greenhouse emissions came from emissions of the global livestock.

Additionally, the production of one kilogram of beef requires an average of 15,414 liters. Also, in accordance to Our World in Data (an article published by the University of Oxford), 80% of the world's agricultural land is used for beef productions.

On the other hand, a 2011 comparative study between production of conventional and cultured meat stated that cultured meat involves approximately 7%-45% lower energy use, 78%-96% lower Greenhouse Gases emissions, 99% lower land use, and 82%-96% lower water use depending on the product compared.

However, Lab-Grown Meat is not vegan. Although the production of this does not require slaughtering animals, a product can be considered vegan if and only if it does not contain any animal or animal by-products. And cultivated meat is created by growing animal cells taken from livestock.

In terms of prices, cultivated meat may cost more than normal meat in markets. Still, this invention is not yet available in markets nor stores but there is not to say that there will not be in the near future as manufacturers are working to produce large amounts of cultivated meat enough to be competitively priced.

Cultured meat opens the pot to save animals from being slaughtered and offers a plate of delicious benefits at the same time. In a matter of time, this rare opportunity could become a

processing...

SUGAR OVERLOAD!! 100%

The Sugary Six

SODA

FRUIT DRINKS

CANDY

SWEET BAKED GOODS

DAIRY DESSERT, AND MILK PRODUCTS

SWEETENED BREAKFAST FOODS

processing...

SYNTHETIC PROTEIN 90%



SPORTS BIT

Gilas books ticket to FIBA Asian Cup 2025

BY NATHAN ARRUBIO

Despite being in the Group B with world ranked #22 New Zealand, Gilas' standings in the FIBA Asian Cup Qualifiers remained unscathed with a record of four wins and zero losses.

Gilas first thoroughly defeated Hong Kong and Chinese Taipei back in February, where they secured commanding victories to go 2-0 in the standings.

Then, just last November 21, Gilas pulled a major upset over New Zealand, 89-93—snapping an eight-yeat winless drought against the Tall Blacks.

After dominating Hong Kong again last November 24, Gilas emerged Group B as the sole team with no loss.

With this impressive record, Gilas Pilipinas has officially qualified for the FIBA Asian Cup, scheduled to take place in Jeddah, Saudi Arabia.

SIDE STORY

Shark moves, winning groove: Blue Sharks dance their way to victory

BY MARCI POMROY

The Blue Sharks closed out their high school intramurals journey on a high note, claiming victory in the highly anticipated Galaw Pilipinas Competition during the Intramurals 2024: PAUGNAT, on November 15, 2024.

"We felt really happy and proud because even though we faced many difficulties during practices and had limited time to prepare, we still managed to perform," shared Cameron Borja of the Blue Sharks, "napatjan pa gajod kami music while performing pero we were still able to finish the performance. It was a testament na we truly poured our hearts and efforts for the performance," she added, reflecting on their hard-fought win.

[Our music even stopped while we were performing, but we were still able to finish. It was a testament to how much we truly poured our hearts and efforts into the performance.]

As for the Orange Tigers, known for their exceptional choreography and precision, earned a well-deserved second place.

"Our hard work paid off, and exceeding expectations made this performance a true success," said Clark Renconada, a proud member of the Tigers.

Meanwhile, the Red Bulls captivated the judges with their polished cartwheels and fiery routines, clinching third place with their powerful energy and finesse.

This triumph proved pivotal for the Blue Sharks, as the 11th graders' victory secured their spot as the Overall Champions of the 2024 Intramurals. The Tigers, Pythons, and Eagles followed in the rankings, making the event a thrilling showcase of talent, determination, and teamwork.

The competition served as a testament to the school's vibrant spirit and the athletes' dedication, marking the perfect conclusion to an unforgettable intramural season.

This is the ultimate goal; I have nothing more to ask in my gymnastics career
- Carlos Yulo



HISTORIC TRIUMPH

Yulo ekes out two golds, carves history for Pilipinas

BY GEO NICOLAI CATRE

PARIS, France — Hungry for a most-awaited redemption, Carlos Edriel Yulo came out on top among the cream of the crop in the Paris Olympics as he seized two gold medals in the Men's Floor Exercise Final and Men's Vault event at Bercy Arena, on August 3-4, 2024.

After an early exit last Tokyo Olympics, Yulo bounced back this time in historic fashion—marking himself the second to win an Olympic gold medal and the first to win two in Philippine history.

"This is overwhelming, I could hardly believe this has happened," said Yulo, the country's second Olympic gold medalist after weightlifter Hidilyn Diaz won the first in 2020.

In the Men's Floor Exercise Final, Yulo was the third to perform in the eight-man finale, where he showcased his precise and well-timed triple twist dismounts and high-flying tumbles—rewarding him a score of 6.400 for difficulty and 8.400 for execution, which came up to a total of 15,000 points.

Yulo scored the highest and remained on the hot seat until the final gymnast, Luke Whitehouse, completed his routine—moving the Pinoy gymnast to tears as he realized he was finally an Olympic gold medalist.

Israel's Artem Dolgopyat—who was the champion for this event last 2020—settled for silver this time as he yielded to Yulo with his 14.966-routine score—only narrowly losing by 0.034 points. On the other hand, Jake Jarman, whom Yulo considered to be his greatest adversary for this event, seized the bronze medal with a score of 14.933. "I gave it my all, and while I am disappointed not to defend my title,

I am proud of my performance and congratulate Carlos on his incredible routine," Dolgopyat mentioned.

Meanwhile the next day, in the Men's Vault Final, Yulo again emerged victorious just right after his first-ever Olympic gold.

The Pinoy gymnast carried out a complex handspring double front half pike for his first vault, which was one of the only two vaults in the competition to record a difficulty score of 6.0.

During his first vault, Yulo yielded a score of 15.433, while in his second vault, he had 14.800, which comes out to a total average of 15.116—a score that would award him his second gold medal.

Artur Davtyan of Armenia would secure his silver medal, closely missing out on gold with his 14.966-point routine, while Great Britain's Harry Hepworth would settle for bronze with a score of 14.969.

Yulo is determined to defend his title and rack up more medals in the next Olympics, which will be held at Los Angeles, California in 2028.

"My next goal is to get a medal in the individual all-around and try to protect the gold medal in floor and vault," voiced Yulo.

However, in gymnastics, such a disadvantage can turn out in your favor. In the Men's Floor Exercise Final, Caloy was the shortest man on the platform, but he stood the tallest upon the presentation of scores as his height gave him a bit of an edge over his opponents.

In an interview with the Philippine Sports Commission Chairman Richard Bachmann, he applauded Caloy's achievement, saying "Carlos has shown us that height is not a limitation. His success is a testament to talent, hard work, and dedication."

Caloy's victory became a beacon of hope for the millions of Filipinos nationwide to encourage them to pursue a sport that they desperately want and obsess about—no matter the status, and no matter the stature.

In a country so obsessed with a sport that has yielded little success over the years, a star emerged as a wake-up call for this nation, urging it to pay more attention to something beyond basketball.

Standing at only 4 feet and 11 inches, Carlos Edriel Yulo, or "Caloy" became the first-ever male Filipino to win an Olympic Gold medal, and second in Philippine history just right after Hidilyn Diaz.

"It's not about the size of the athlete; it's about the size of their heart and determination," said Diaz, stressing the importance of hard work over physique.

In the Olympics, Caloy's triumph was an eye-opener for multiple Filipinos—broadening their horizons and showing that other sports, such as gymnastics, might be more suited for us.

The average vertical length of a Filipino citizen is somewhere along the range of 5ft. Though that might be sufficient on a national scale, it pales in comparison to the sizes of opponents globally when it comes to basketball.

Undervalue

balancingthe scales

BY SIDRICK ELUMBA

Having the title of being a prestigious science school demands rigorous academic excellence and commitment, in which academics are the central focus and sports are left undervalued. For such, being a student-athlete who is gifted in the field of sports can result in being neglected.

Following the recently concluded 2024 Division Science High School (CRSHS), student-athletes represented district three. However, in the case of the CRSHS futsal girls, they were unable to have an opportunity to showcase their talents due to them being disqualified for having no coach present. This was because of the conflict in the schedule between different competitions, with the coach choosing to prioritize a science-based competition over an athletic meet.

As a student-athlete at a science high school, I have experienced firsthand the heartbreak of being unable to

play, not because of the lack of skill but because of something entirely out of my control, for instance, the absence of a coach. The lack of support can be seen as a minor inconvenience but the impact can be significant to an athlete.

Even as simple as giving equal attention to sports and academics can help avoid these complications, having an attentive coach and small incentives can reciprocate positive outcomes. Although it is still important to remember the significance of education, it not only equips us with knowledge but also fosters opportunities.

In light of the incident, goes to show the obstacles that student-athletes encounter, especially in science educational institutions. This sort of institution needs to recognize the issues that student-



SPORTS EDITORIAL

Unprepared, Under Pressure

BY MARCI POMROY

The rush for Division Meet this year has raised concerns among both athletes and coaches. For many, the sudden scheduling of this important event has left little time for preparation, and the lack of clear communication only added more to the confusion.

This tight schedule has created a ripple effect, not just in academic calendars but also for the athletes. Training was compromised, and athletes who should have been honing their skills and building their endurance were left with insufficient time.

Moreover, the lack of prior information or advanced notice for the athletes has been one of the biggest sources of frustration. If we are truly committed to fostering talent and giving our athletes a fair chance to compete, we must ask for better planning and clearer communication from the start.

Yes, it is possible that the division was not fully informed of the final plan until it was too late to make any significant adjustments. However, this should not be the case. Athletes deserve to know when and where their competitions will take place well in advance, so they can train, prepare, and approach their events with confidence.

Instead, many were left scrambling, which is far from ideal for a competition that should showcase their best. This hasty and unclear approach to organizing the Division Meet not only puts unnecessary pressure on the athletes but also reflects poorly on the way we prioritize and support sports development.

They deserve the time, training, and respect to shine, and only with proper planning can we help them reach their full potential. This then drives the question: how can we expect these young athletes to perform at their best when they have not had the necessary preparation?

CaraScian Men and Women Swimming Team seizes 37 gold medals

BY NATHAN ARRUBIO

SURIGAO CITY, Philippines - Caraga Regional Science High School Men's and Women's Swimming Teams carried their strong campaign by sealing 37 gold medals, 13 silvers and six bronze medals during the 2024 Division Athletic Meet held at Saint Paul University swimming pool on November 14, 2024.

The Science High Men's swimming squad combined their total medal tally to 20 gold, six silver, and one bronze. They impressed the fans, referees, and judges with their fast and quick mobility as they swam. "I feel grateful for winning seven straight gold medals, I couldn't done without my team because they motivated me throughout the years," said Emmanuel as he qualified for regionals and won seven straight gold. Emmanuel Rellique — the ace swimmer — glided through the waters as he surpassed his teammates Tobey Macarine, Crael Larase, and Ged Delito by stealing seven straight gold throughout his seven major swimming events. Delito had a formidable performance as he gripped six gold and 1 bronze, where he was surpassed by his teammate Emmanuel. Macarine portrayed his aptitude for swimming as he fastened his medal tally to five gold and four silver as he was set to be the next big thing in swimming since he was in elementary.

Larase was outshined by all of his teammates as he only delivered four silver medals and only won two gold medals in the group events. CaraScian Women's swimming team improvised their medal tally by combining 17 gold medals, seven silver medals, and five bronze medals. Amber Ligan — a top-notch swimmer has shown massive improvements as she brought six straight gold and one silver medal in her seven major events, she coordinated well with her teammates, Ulisse Palma, Princess Aranas, Michdine Elepian, and Tiffany Matutina in the group events. Matutina — a prominent swimmer for the Science High women's swimming team, displayed an unyielding performance five gold, one silver, and one bronze. Aranas had a dynamic display as she was awarded three gold, one silver, and one bronze. An invigorating excellence by Palma redeemed her two gold, three silver, and two bronze. Elepian — a young prodigy swimmer for the women's swimming team — showcased her raw talent by securing one gold and one bronze. All of the swimmers for Caraga Regional Science High School secured a ticket for the 2025 Caraga Regional Athletic Games.

DATA DIGEST

CRSHS's Medal Tally in Division Meet 2024



CAIR'VING' HIS LEGACY, ONE LAP AT A TIME

A rising star in the pool.

BY MARCI POMROY

Great athletes are not born—they are made through their struggles, fueled by their dreams, and driven by passion. Emmanuel Antoine "Cairo" Rellique, a Grade 10 student, embodies this, making waves in the competitive swimming world.

However, Cairo's journey has not been all smooth sailing, balancing academics with the demanding training schedule of a competitive swimmer has been no easy task. "During the school year, I focus on my studies while training periodically. When I'm free, I give swimming my full attention," Cairo explains.

At the 2024 CRAG, Cairo showed exactly how hard that determination pays off earning two golds in the 50m and 100m Breaststroke, one silver in the 200m Breaststroke, and two bronzes in the 4x50 Medley Relay and 4x50 Freestyle Relay.

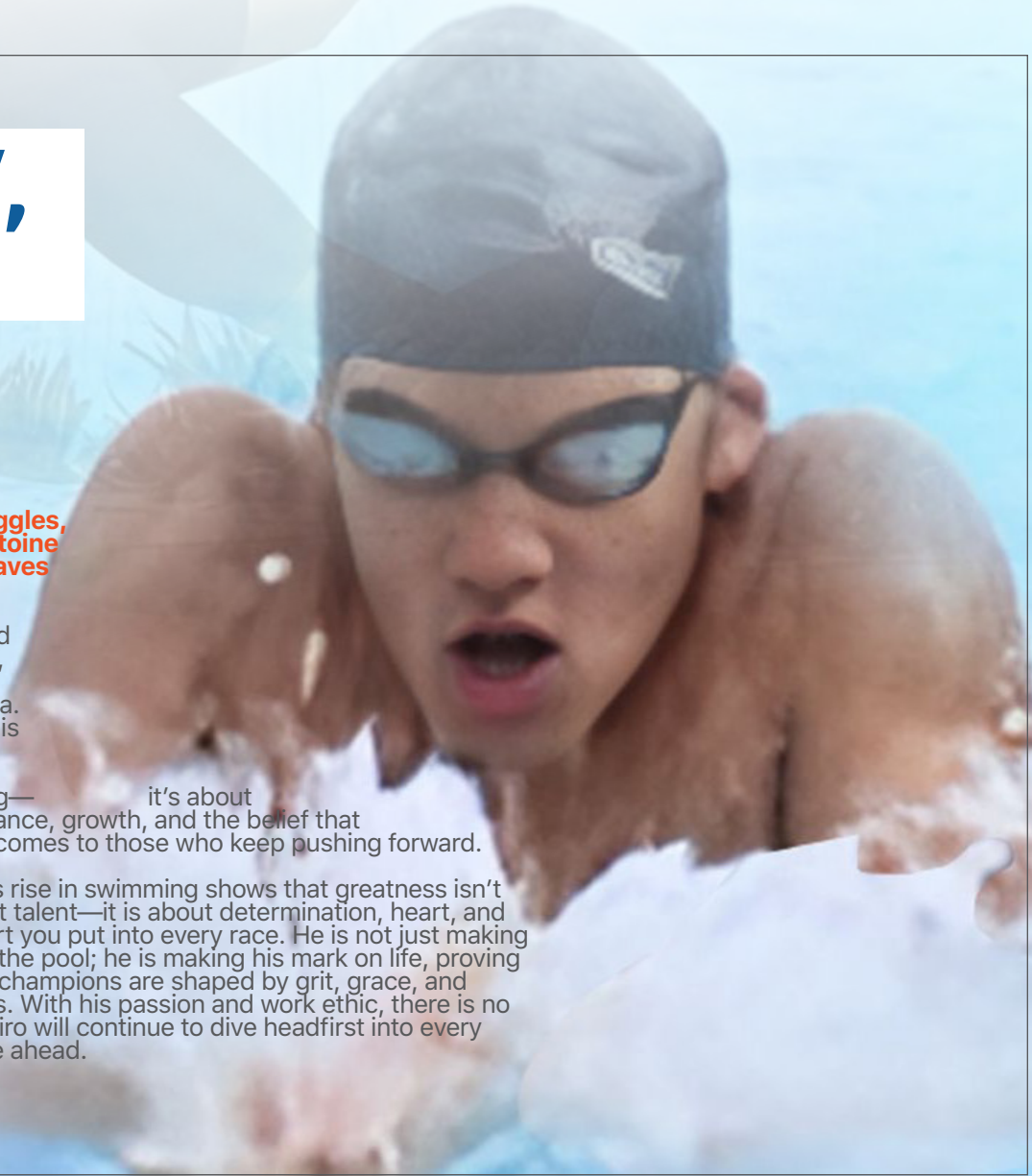
But his opportunity to represent his region at the Palarong Pambansa truly highlighted his growth. "It's an incredible feeling," Cairo says, reflecting on the jump from school competitions to carrying the pride of his region.

"Our training is year-round to stay conditioned," Cairo adds, preparing for next year's Division Meet, Batang

Pinoy, and hopefully, Palarong Pambansa. His story is not just about swimming—

it's about perseverance, growth, and the belief that success comes to those who keep pushing forward.

Cairo's rise in swimming shows that greatness isn't just about talent—it is about determination, heart, and the effort you put into every race. He is not just making waves in the pool; he is making his mark on life, proving that true champions are shaped by grit, grace, and greatness. With his passion and work ethic, there is no doubt Cairo will continue to dive headfirst into every challenge ahead.



SPORTS FEATURE



No Matter the Stature The Shortest Man Stands Tallest

BY GEO CATRE

INVINCIBLE

Oliva defeats Penera, clinches second straight division meet gold medal

BY GEO CATRE

SURIGAO CITY, Philippines—Unflinching in a gold medal match, veteran Vince Oliva crushed District Eight’s up-and-coming rookie Dan Cyn Lou Penera, 11-5, 11-6, 12-10, to smash open a path for gold during the 2024 Division Meet: Men’s Table Tennis Singles, held at Saint Paul University Surigao, last November 16, 2024.

In the entire tournament, Oliva emerged undefeated, not yielding even a single set to any opponent—making him the only player in his bracket to achieve this feat.

This triumph marked Oliva’s second consecutive gold medal and third of his career in division meet competitions—having previously won in seventh, eleventh, and now twelfth grade. Additionally, this will also grant him his third regionals appearance in his nine-year long career.

“To be honest, I had a hard time against my opponent (Penera). He knows how to play, he knows my weaknesses, he knows his advantage, and he knows what to do. But overall, I think I’m more prepared and has more experienced that’s why I dominated the whole game,” said Oliva during the post-game interview.

“I feel so blessed and thankful to God for giving me another chance to represent Surigao City. This opportunity is really special because it’s my last playing year,” he added

Showing off his unmatched experience, Oliva quickly dominated the first set as his forehand topspin and smashes rendered Penera unable to retaliate, 5-1.

Despite this one-sided affair, the rookie still showed no signs of life in the first set’s latter half as Oliva finished off the first canto with a comfortable 11-5 set one win.

Set two was no different.

Oliva—who held an overwhelming momentum—caught fire as his forehand smashes gave him cushion to start the second set, 5-1.

Though already in dire straits, Penera’s fighting spirit was nowhere to be found following Oliva’s powerful smash, which he failed to receive as he went down two-to-zero in sets with a score of 11-6.

Facing a win-or-go home dilemma in the third set, the rookie shook off his sluggish start and bounced back with a forehand topspin of his own—securing his largest lead of the game, 5-0.

However, just when Penera was about to run away with the set, Oliva staged a comeback with his forehand and backhand techniques to put the game back on level, 10-10.

With the game at deuce, the veteran’s composure and experience was put in full display as he scored two straight points using his signature forehand topspin to silence the crowd and win gold for the second straight year.

Following this, Oliva will start his two-month training as soon as possible to prepare for the upcoming Caraga Regional Athletic Games 2025 in hopes of winning gold and heading towards the national stage—Palarong Pambansa.

winning gold last Saturday. His passion for the sport began when he was only nine years old, inspired by his mother, who was also a coach for table tennis. He has been competing at a high level ever since in order to achieve his Palaro goal.

But in order to accomplish this ambition, he would first need to train even harder than last year, where he got eliminated in the semifinal round against Agusan del Sur. Though it won’t be easy, Oliva is determined to get his revenge—eager for a chance to get back at Agusan for yesterday’s defeat.

“I want to bounce back and give it my all in the upcoming season. Based on our

performance last time, I really believe that my team and I have a high chance of qualifying for the Palaro.” The upcoming Caraga Regional Athletic Games (CRAG) 2025 will be Oliva’s third and last regionals appearance in his nine-year-long career.

As the date for CRAG draws near, all eyes will be on Oliva as he strives to win gold and finally fulfill his long-awaited desire to compete in the nation’s biggest athletic meet—Palarong Pambansa, which will be held at Ilocos Norte this 2025.

ONE LAST DANCE

BY GEO CATRE

From the perspective of the masses, qualifying for the national stage seems simple enough that they might shrug it off and not bat an eye. However, what they fail to realize are the hardships these athletes had to endure to compete at the national level—to compete in Palarong Pambansa.

But, despite it being a difficult goal to accomplish due to the intense competition, Vince Mari Oliva has never stopped yearning to stand on the national stage, even dubbing it his biggest dream.

“My goal for my final year in the regional meet is to win the gold and maybe experience my biggest dream, which is the Palarong Pambansa,” said Oliva, when asked about his plans after