



feature

Creative UBLES

Being part of the Creative City and welcoming the new normal for the students, UBLES headed by Dr. Julius T. Gat-eb brings a new face to UBLES.
(more on page 9)

IT STARTED WITH A PAINTBRUSH. The MURALITA created a themed design for every classroom, they made an avenue of artistic approach in every corner of the school.

Young minds top in reg'l marathon of skills, talents

UBLES writers, performers, and artists seized medals in all the categories of the recently concluded Online Marathon of Skills and Talents organized by the Association of Science and Mathematics Educators of Philippine Private Schools (ASMEPPS) with the theme, "Expanding Science and Mathematics Horizon Through ASMEPPS Initiatives" on December 10.

Dean Dreigh Krayon Y. Tamayo and Christienne Louise Dominique S. Lozares, grade two pupils, proved their skills as they ranked first in dance for the environment and solo singing

competition respectively while Julianna Atheena Villa spotted the same rank in declamation and English science feature writing competition for grade five.

Jaimie Nicole P. Angelio and Xyliah Dominique C. Marty grabbed first place in grade six English news writing and photojournalism competition accordingly. Lehiona Chadanne C. Simon and

Reanne Bernice Bayog, showed their wittiness as they snatched first place in English scientific creative writing and on-the-spot poster making while Rheema Klea B. Amiten ranked first in Filipino news writing and a national qualifier for Sci-modeling.

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DANCE FOR NATURE. Krayon of Grade 2-Zircon defends title in the National ASMEPPS Marathon of Skills and Talents.



Gazetteer

THE OFFICIAL STUDENT PUBLICATION OF THE UNIVERSITY OF BAGUIO - LABORATORY ELEMENTARY SCHOOL
ISSUE 1 | SCHOOL YEAR 2022-2023

Scouts unseat city officials

Three graduating scouts of University of Baguio Laboratory Elementary School take over the city officials under the Scout Officials for-a-Day (SOFAD) program held in line with the Scouting Month Celebration on November 7.

Lehiona Chadanne C. Simon, Rheema Klea B. Amiten and Angelo Kody D. Gomez attested their commitment to the scouting movement as they deposited the executive and other positions in City Hall.

Lehionah Chadanne C. Simon took over Antonio L. Tabin as City Accountant while Rheema Klea B. Amiten occupied the position of Atty. Richard G. Dayag as City Legal Officer.

Meanwhile, Angelo Kody D. Gomez unseated Engr. Felipe Puzon Jr. as Executive Assistant V.

BSP and GSP Councils have their selection for the Scout Officials Representatives after two years of the pandemic.

The SOFAD aims to provide scouts the distinct opportunity for self-development, train scouts for effective leadership through occupying an office for a day in local government units, help young people acquire the experiences and skills necessary to express their views and opinions constructively, and to contribute to nation-building.

//Lehiona Chadanne C. Simon



RHEEMA KLEA B.

YOUNG LEADER. Rheema Klea B. Amiten was City Legal Officer during the Scout Officials-for-a-Day.

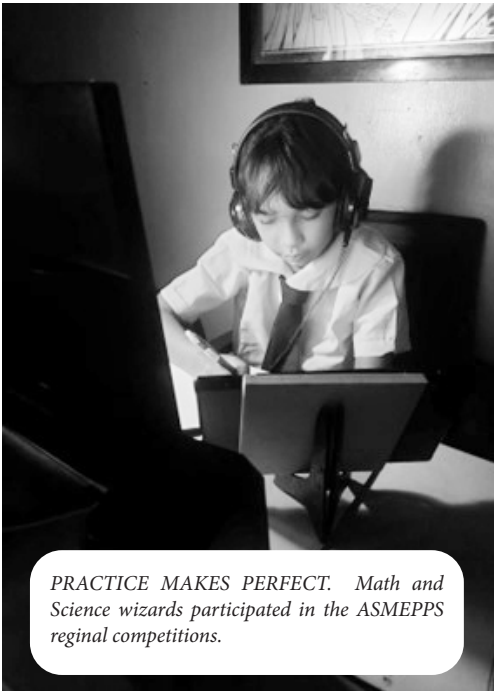
Math, sci wizards clutch awards in regional tilt

UB elementary students snatched awards in the Online Regional Math & Science Quiz organized by the Association of Science and Mathematics Educators of Philippine Private Schools (ASMEPPS) with the theme, “Expanding Science and Mathematics Horizon Through ASMEPPS Initiatives” on November 16.

A total of 5 gold, 7 silver and 2 bronze were bagged in the said competition while 14 were qualified to be in the nationals. Team UBLES will represent Cordillera in the Online National Math and Science Quiz on March 11, 2023.

Here is the complete list of winners.//Jaimie Nicole P. Angelio

Place	Math Quiz	Place	Science Quiz
1st place	Riley Jawn Fernandez (Kinder)	1st place	Jermaine Dacanay Jr. (Kinder)
2nd place	Marco Miguel Laguipo (Kinder)	1st place	Jonina Fait Malana (Grade 3)
2nd place	Abdiel Yohann Boragay (Grade 1)	1st place	Jaella Beatrix Laguipo (Grade 4)
2nd place	Sophia Mae Madino (Grade 6)	1st place	Lehiona Chadanne Simon (Grade 6)
3rd place	Ian Jace Botis (Grade 2)	2nd place	Reuben Amir Fernandez (Kinder)
3rd place	Chelsea Medina (Grade 4)	2nd place	Audi Diondre Cariaso (Grade 1)
4th place	Drake Eagan Gatchalian (Grade 3)	2nd place	Zadkiel Noe Feliciano (Grade 1)
4th place	Denise Margarette Gatchalian (Grade 5)	2nd place	Alessa Micael Esperanza (Grade 2)
5th place	Carl Angelo San Antonio (Grade 2)	4th place	Lance Axel Zamoranos (Grade 2)
5th place	Jian Castielle Lacaba (Grade 3)	4th place	Julianna Atheena Villa (Grade 5)
5th place	Riveruno Bautista (Grade 5)	4th place	Sophia Blair Abela (Grade 6)
5th place	Jacob Miguel Gagarin (Grade 6)	6th place	Kizia Gale Solabo (Grade 3)
6th place	Ciel Laureenna Ligpit (Grade 1)	6th place	Arden Cristino II Mercado (Grade 4)
6th place	Ilay Miguel Mascarenas (Grade 4)	6th place	Herc Donovan Lud-ayen (Grade 5)



PRACTICE MAKES PERFECT. Math and Science wizards participated in the ASMEPPS regional competitions.

Math, sci fest kicks off

The UBLES organized Math and Science week, “You can count on me, I can count on you! Learning Math and Science together amidst the pandemic” last September 9, 2022.

Online quiz bee was conducted in Grade 1 while face-to-face quiz bee was held in school for preschool and grades two to six.

This activity aims to showcase potential in Math and Science and develop their skills through healthy academic competitions and strengthen their knowledge while providing an avenue for assessment.

Winners from different categories were recognized and will be competing in the Regional Math and Science Quiz on November 16, 2022.

//Julianna Atheena T. Villa

UBLES promotes love for reading, storytelling through puppetry

School librarian Jenneth Antonio and student development facilitator Kristina Valdez shared stories through a puppet show in celebration of the reading month last November 29 at Crystal Cave Elementary School.

The said event was participated by students and teachers in all grade level from CCES. It also aims to help the learners express their ideas and feelings in a creative way.

More reading and storytelling activities will be conducted to different schools in Baguio City.

//CDYT



DEDICATED AND PERSEVERANT MINDS! The participants as they practice and train for the Regional Marathon of Skills and Talents.

continued from page 1

Young minds top in reg’l marathon of skills, talents

Meanwhile, Yohann Sasha William, grade one, and Denise Margarette R. Gatchalian, grade five, snared second place in English feature writing and on-the-spot poster making while the grade 2 students, Rhaejel Kent R. De Guzman and Violet R. Janapin seized third place in the oral retelling of story and Sci-modeling.

Danilo Bryce C. De Guzman, Clarisse Sofia A.

Nariz, Kaicey Alcantara, and Thomas Ngagan, who fairly demonstrated their determination clutched fourth place in preschool poem recital, preschool coloring competition, grade four declamation, and grade five drawing competition respectively.

The writers and artists are set to compete in the Online National marathon of skills and talents on April 2023.//CDYT

UBians celebrate National Book Week

UBian teachers and pupils enjoyed the two highlight activities of the National Book Week last November 14-18, 2022, namely the Book Character Contest and the Book Talk with Dr. Xenia E. Garnace.

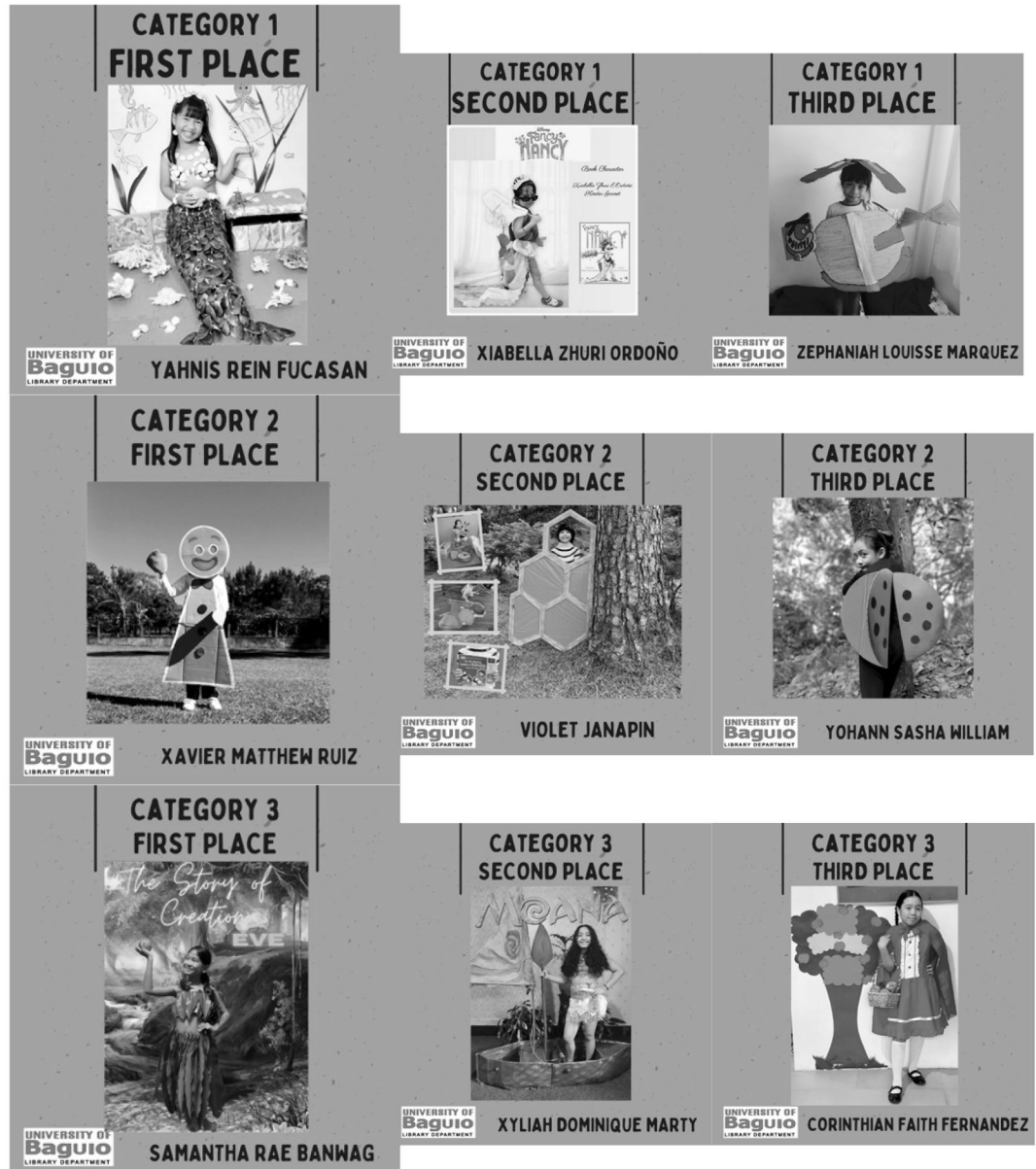
The Book Character Contest was divided into three (3) categories: Category 1 for Nursery and Kinder, Category 2 for Grades 1-3, and Category 3 Grades 4-6. Wearing their favorite storybook costumes made from recycled materials, the participants submitted their creative photos as their official entries to the contest.

The winners in Category 1 were Yahnis Rein Fucasan (First Place), Xiabella Zhuri Ordone (Second Place), and Zephaniah Louise Marquez (Third Place). For Category 2, the winners were Xavier Matthew Ruiz (First Place), Violet Janapin (Second Place), Yohann Sasha William (Third Place). Lastly, Category 3 winners were Samantha Rae Banwag (First Place), Xyliah Dominique Marty (Second Place), and Corinthian Faith Fernandez (Third Place). The winners were given Php 800 for first place, Php500 for second place, Php200 for third place, and Php100 for consolation prize.

Meanwhile, the second activity was the Book Talk with Dr. Xenia E. Garnace on November 11, 2022 from 2:00 to 3:00 PM at the UB Centennial Library and via Facebook Live. Dr. Xenia is the author of *Exploring the UB ELAN Teaching Practices for Spoken English*. Her book is available for sale online at Amazon.com. A copy of the book can also be borrowed from the UB Centennial Library. Dr. Xenia is an Associate Professor of the English and Communication Department of the School of Teacher Education and Liberal Arts of the University of Baguio.

National Book Week is an annual celebration in the Philippines to encourage reading and literacy. It also pays tribute to the service of public libraries in the Philippines in promoting the activity of reading.

//Xiara Bless E. Garnace



Peace advocacy through UN festivity

“End racism, build peace,” the UBLES organized United Nations activities last October 4 - 20, such as Best in Costume (Nursery and Kinder), Search for Little Mr. and Ms. UN (Grades 1 and 2), Draw and Tell (Grade 3), Showcasing of Talents (Grade 4), Essay Writing (Grade 5) and Extemporaneous Speech (Grade 6).

The winners in Best in Costume category were Yahnis Rein L. Fucasan, Rye Li Micael T. Casis, Lauren Avery L. Ruiz, Lliam Nathann Dave G. Nardo, Trissia Heart M. Orendain, Kyrosh Ayyubi B. Tudlong, Audrey Julia Isabelle Cando, Kristhoff Nhexie D. Kieruff, Serenity Sky B. Villanueva, and Zachary M. Agpalo.

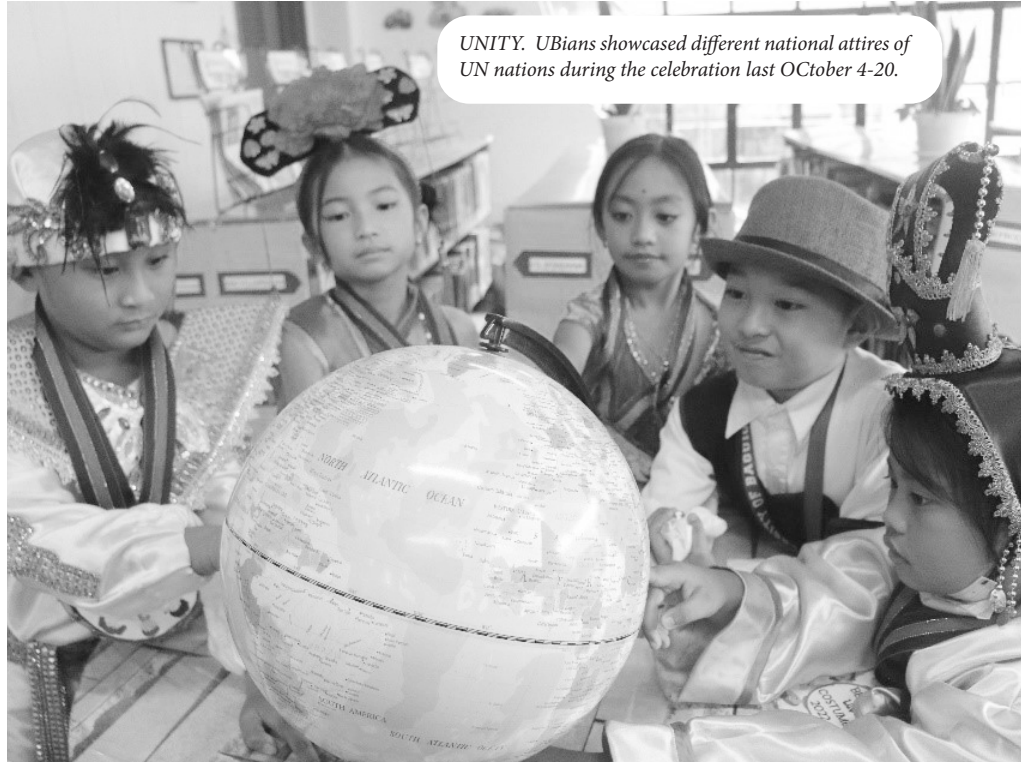
Little Mr. UN winners were Braden Grei B. Marfori, Dean Dreigh Krayon Y. Tamayo, and Rhajel Kent R. De Guzman while the Little Ms. UN winners were Arabela Elise M. Ortile, Aleiah Xuzeinne Abratique and Violet R. Janapin.

Kali Tanice Kenisha Pascual ranked first in the Draw and Tell category while Czar Sendrick Liwanag and Kylie Rafaelle Madayag landed second and third respectively.

In the It's Showtime category, Maxine Yzzabel Wee grabbed first place, Reienne Mirage A. Yra won second place and Geeian Hannah Merza spotted third place.

Jrel Geibrel P. Palomares bagged first place in the essay writing contest followed by Shammah Gentle G. Villegas and Faith Gabrielle V. Adrias while Abdullah Khan R. Naveed won first place in the Extemporaneous Speech, followed by Lehiona Chadanne C. Simon and Jaimie Nicole P. Angelio.

//CDYT



UNITY. UBians showcased different national attires of UN nations during the celebration last October 4-20.

School conducts outreach activity in Doña Nicasia

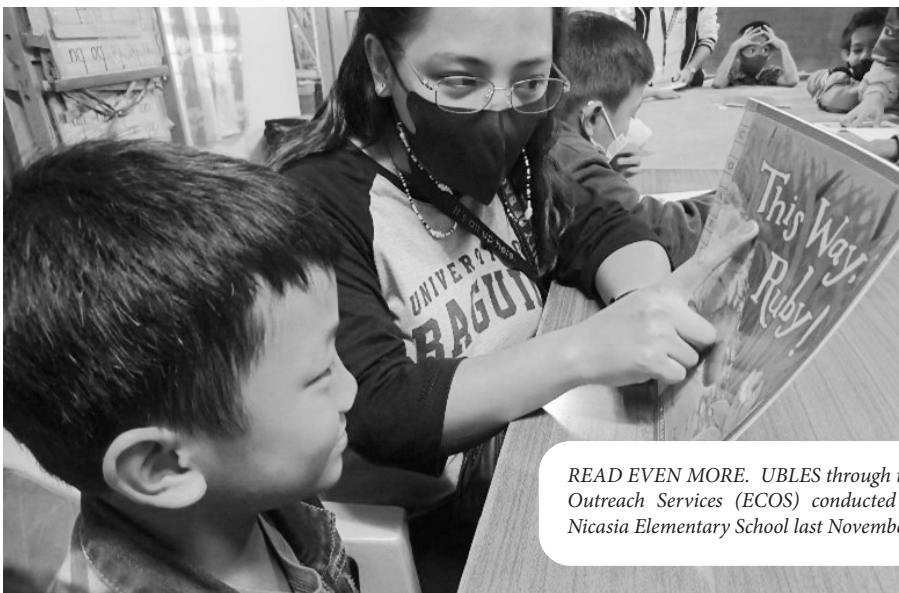
To enhance the reading skills of the students, the UBLES through the Extension and Community Outreach Services (ECOS) conducted a literacy activity at Doña Nicasia Elementary School last November 21, 2022.

UBLES faculty and staff taught the grade 4 to 6 learners who have difficulty in reading. The volunteers focused on the sounds of the letters and words used in the stories read.

The activity is intended also to assess

students' level of reading. The said activity was spearheaded by Lexter Eligio, UBLES Outreach Coordinator.

// Kacey Maryan A. Alcantara



READ EVEN MORE. UBLES through the Extension and Community Outreach Services (ECOS) conducted a literacy activity at Doña Nicasia Elementary School last November 21, 2022.



CCSD provides career homeroom guidance

UBLES Center for Counseling and Student Development celebrates Guidance Month with the theme "Adapting and Championing in the New Normal" last October 11-20, 2022.

Photo and Career Photo Collage contests were the highlights of the event. Learners took a creative photo of themselves wearing the costume that represents the job they want to have when they grow up while the others made a collaged picture of the different careers.

The winners of the Photo contest were Cian Caleb Lomas-E (First place), Summer Clerisse Victoria (Second Place) and Ian Jace Botis (Third Place). For the Photo Collage contest, the winners are Anthoine Alexsha Casuga (First Place), Charleigh Hallie Uzi Dyquiango (Second Place) and Julianna Atheena Villa (Third Place)

This is an annual event that helps learners feature their future selves. //CDYT



FUTURE CAREERS. Learners took a creative photo of themselves wearing the costume that represents the job they want to have when they grow up



Elementary Day builds stronger family bond

"Rebuilding Excellence and Camaraderie through Home and School Activities", the UBLES organized different activities for Nanay Rosa and Elementary Day last September 5-30, 2022.

The said event was composed of different activities contested by all grade levels. Nursery and Kindergarten were encouraged to join My Sporty Buddies (Family Sports Portrait Contest), My Home, My Sanctuary for grade one, My Family Tree Contest for grade 2 learners, My Bida Kapamilya for grade 3, grade 4 UBLES Jingle Writing Contest, My Pandemic Story Writing Contest for grade 5 and

Search for Mr. and Ms. UBLES for grade six.

The activities aimed to build a stronger bond with their family as they develop excellence while learning at home.

The following is the complete summary of winners in various competitions.

//Cassandra M. Lacaba and
Jian Castielle M. Lacaba

My Sport Buddies (Preschool)

1st Place - Bayog Family
2nd Place - De Guzman Family
3rd Place - Gengania Family

My Home, My Sanctuary (Grade 1)

1st Place - Yohann Sasha William

Family Tree Making (Grade 2)

1st Place - Violet R. Janapin
2nd Place - Dean Dreigh Krayon Y. Tamayo
3rd Place - Lance Axel B. Zamoranos

My Bida Kapamilya (Grade 3)

1st Place - Hananaiah Gengania
2nd Place - Jian Castielle M. Lacaba
3rd Place - Peyton Kyrille De Guzman

Jingle Writing Contest (Grade 4)

1st Place - Yuri Sophia William
2nd Place - Jaella Beatix Laguipo
3rd Place - Samantha Rae Banwag

My Pandemic Story (Grade 5)

1st Place - Ziane Joanne Millare
2nd Place - Denise MArgarette Gatchalian
3rd Place - Jhazreel Marylle E. Bellen

Ms. UBLES (Grade 6)

	1 st Place	2 nd Place	3 rd Place
Best in Sports Wear	Anthonette Davie Casuga	Hillary Anne Tolentino	Keeshia Pauleen Lagasca
Best in Talent	Anthonette Davie Casuga	Hillary Anne Tolentino	Keeshia Pauleen Lagasca
Ms. UBLES 2022	Anthonette Davie Casuga	Hillary Anne Tolentino	Keeshia Pauleen Lagasca

UB serenades Baguio City

Baguio City- University of Baguio Departments from elementary to tertiary brought Christmas cheers at SM City Baguio Amphitheatre (Sky Terrace) last December 2, 2022.



MERRY. Songs from UBians resonated throught Baguio during the Christmas Cantata.

After two years of being locked down, the UB Christmas Cantata is back. Each year, UB brings to life one of its Christmas traditions, the Christmas Cantata. The UB Christmas Cantata presents the birth of Jesus Christ, performed with Christmas carols by UB students from elementary to tertiary level.

According to UB Voices Chorale president Harold Deane Piog, "This year's UB Christmas Cantata is not just a showcase of talents but an enchanting experience for students and the community this Christmas season.

//Denise Margarette

PANAGBENGA 2023-NO HOLDS BARRED!

Mayor Magalong declared, "We will proceed as planned with the celebration and there will be no holds barred and let-up. I see no hindrances so far kaya full blast at go na tayo." During the launching of Panagbenga 2023.

After two years of being locked down, the residents and tourists of Baguio are excited to witness the Flower Festival but for some, the declaration created doubts and fear. The number one problem of the City is "TRAFFIC JAM". Hundreds of private vehicles are coming up to see the sites, feel the cold weather and enjoy the stay in the Summer Capital of the Philippines.

Baguio city is known for its weather, tourist spots, food, and rich culture. It's a 'must-see' destination for everyone to see or rather feel. Indeed, 'A Renaissance of Wonder and Beauty' is the theme of Panagbenga 2023 says.

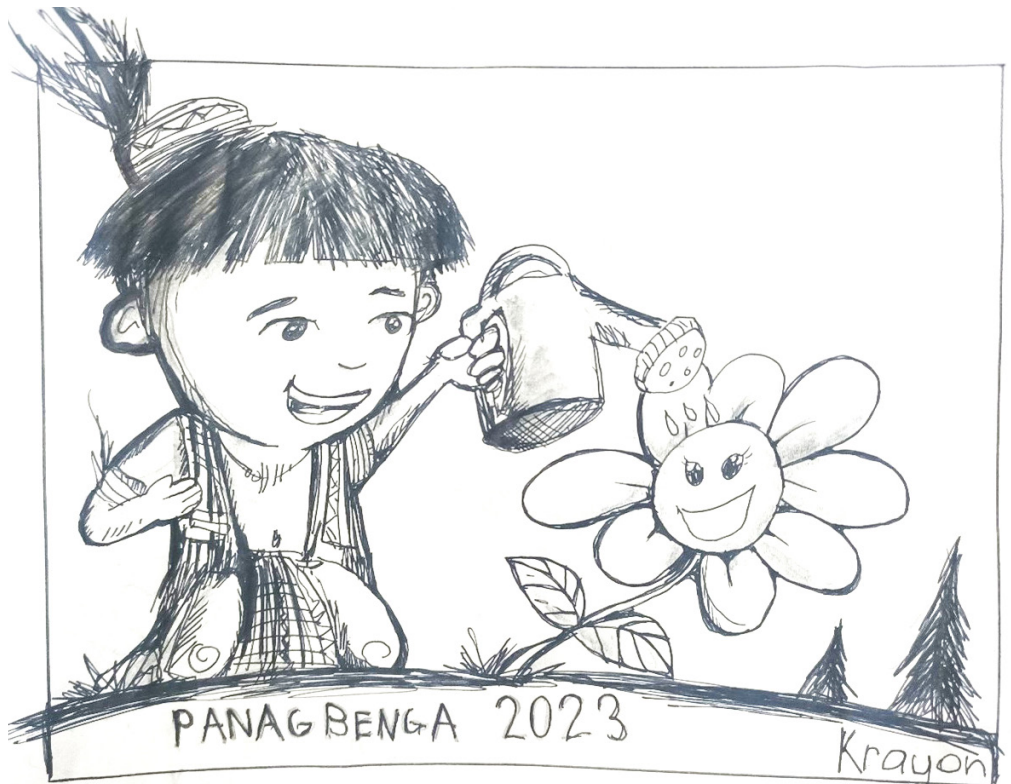
The problem is can Baguio handle millions of visitors? Can the government create a scheme on how to control the traffic problem? Is there a way that the locals can also enjoy Baguio?

This Christmas season, Baguio was devastated by 'carnageddon'. Thousands of residents and tourists alike are stuck in traffic especially at the central business district and at roads leading to tourist spots in Baguio City and nearby La Trinidad, Benguet due to the unrestricted entry of domestic and foreign tourists in the city. Will we see a repeat this coming Panagbenga?

Of course, the residents are proud of our place. We get revenue from the tourists, we get to sell local products, create livelihood thru tourism, but the major problem is ...Baguio is getting crowded, it has been experienced in 'Christmas in Baguio' and the locals had a hard time due to traffic holocaust.

Indeed, the worsening traffic in the city, particularly during the holidays, has not sat well with residents, as they air their complaints on social media. Further, some tourists have lamented that they "cannot enjoy Baguio" due to heavy traffic.

There are still a few weeks before the Panagbenga celebration, there's still time to plan effectively and efficiently. We must create a solution for this problem - a short-term and a long-term. We must reclaim Baguio as a healthy destination, both for its residents and tourists. Truly, the people of Baguio are waiting for this so-called solution -NO HOLDS BARRED!



Letter to the Editor

Dear Editor,

I am a transferee and I noticed that all classrooms are painted with different themes. I am amazed by the mural paintings and I really enjoyed learning in such a wonderful classroom. I appreciate the artists behind the masterpieces and the faculty and staff who maintain a very relaxing and comfortable learning environment.

I hope we will also learn how to paint so we can design our room.

Yours truly,
Nicole

Response to the Letter

Dear Nicole,

I acknowledge your observations, and indeed, school murals create a calm, peaceful and positive atmosphere for pupils.

Yes, I will raise your suggestion to the administration and faculty. More painting and other art workshops will be conducted in the future.

Thank you very much and God bless you.

Truly yours,
Editor-in-Chief

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Fast Tracks

SCHOOL'S FUN LEARNING PROGRAMS

JAIMIE NICOLE ANGELIO

Programs provide valuable lessons for many practical situations. Through participation in these activities, students learn teamwork, sportsmanship, winning and losing, the rewards of hard work, self-discipline, building self-confidence, and developing skills to handle competitive situations.

Students who are over-scheduled in too

many activities find that the benefits of participating in activities may actually decrease. Overscheduled children may be tired, irritable, and show little interest in participation. I believe that the key for us not to be stressed out and enjoy the activities provided by the school is to balance academics with other activities.

When balanced with academic learning, co-curricular and extracurricular activities may help students raise self-esteem, develop school spirit and connect with the adults in the community in a positive manner creating a good situation for all.

More than two years have passed since the Covid 19 pandemic began. It affected many aspects around the world which includes education. Online and modular distance learning were used to continue education around the world.



Just Saying

POST PANDEMIC LEARNING GAPS

JUNALYN CANUTO

Now, schools are slowly opening for face-to-face classes with all the challenges brought about by the pandemic. Students and teachers were eager to continue learning and teaching in a classroom setting. It is shocking to see, and there are also some articles that point out that there are learning gaps that need to be filled. The educational system and institutions are affected by the issue badly as classroom activities are stopped due to nationwide closure. The spread of the virus is increasing and having a significant impact on economic and educational activities. Many learners lack basic skills such as reading, writing, and numeracy; particularly in literacy having a huge learning gap according to Basic Education Development Plan 2030 (BEDP).

A study reported that the challenges were communications, assessment, online education experience, technology use tools, time management, anxiety, and coronavirus disease stress.

The Department of Education has noted these gaps and plans to prepare recovery plans to address them. While waiting for the program to be crafted and implemented by the said agency, schools all over the country should already start in their respective areas.

Articles suggest some recovery plans, and they include the following: remedial classes, individual instruction, high-impact tutoring, engaging all learning styles in every lesson, empowering students through a fun and active learning environment, and integrating technology into the teaching-learning process. I would also like to include DepEd's plan on removing teachers' administrative work and just focusing on teaching and bridging the learning gap.

Possibly, DepEd could also look into learning competencies or curricula that could help students catch up with the skills they need to learn at a particular grade level. Moreover, I believe that the collaboration of stakeholders (administration, staff, teachers, students, parents, and the community) is the most effective armor to deal with these learning gaps.

Wisdom Pursuits

BACK TO SCHOOL

XYLIAH DOMINIQUE MARTI



It has been two years since the COVID-19 hit our world and the first case here in the Philippines was confirmed on January 30, 2020. This was the start of a life that caused us a lot of worries, waiting, non-interaction with family, relatives, friends, and teachers, being sick and put in isolation, and studying through online classes. This event affected our way of living and learning where we were forced to stay home and use our little rooms at home as our classrooms.

Studying has been hard during the first two years of the pandemic, and online classes have been the main form of education. Our parents have been the co-teachers of our real teachers in understanding our lessons in school. Modules, Google, YouTube, and other forms of social media have been our aids and help in our studies.

While we were confined to our homes learning, the World Health Organization (WHO) was working with countries and areas in the Western Pacific Region on public health measures to slow or stop the spread of the virus. Safe and effective vaccines were introduced and soon administered and became an important tool to save lives and

reduce wide-scale social disruption. At present, health professionals believed that immunity has been achieved but continuously vaccinate people everywhere until such time that this virus will be eradicated.

Due to the efforts of these experts and the cooperation of people, we are now starting to go back to the life we had before this pandemic. Seeing families and friends, hugging and interacting with them.

People nowadays are back on the streets and malls, experiencing traffic here and there. Slowly we are also adjusting to having face-to-face classes again. Going happily to school three times a week and listening to our teachers who teach us lessons in front of the class, having recess and lunchtime with friends and classmates, and joining extracurricular activities in school, like clubs and quiz bees are back.

But let this be a reminder especially this yuletide season, as the billionaire and Microsoft co-founder and public health advocate told the Financial Times, "We're still at risk of this pandemic generating a variant that would be even more transmissible and even more fatal." "It's not likely, I don't want to be a voice of doom and gloom, but it's way above a 5% risk that this pandemic, we haven't even seen the worst of it."

So, let us not lower our guard because this pandemic is not over yet. Let us be vaccinated against the COVID-19 virus and remember to still be cautious, practice social distancing, wear a mask, drink vitamins and be healthy and hope to soon be back happily learning in school from morning until afternoon, five days a week.

SUMMER CAPITAL - CITY OF BAGUIO

BAGUIO - OUR HOME

One of the most awaited events in Baguio where creativity is demonstrated is the Panagbenga Festival.



Cool temperature, fresh air, beautiful flowers, and places – Baguio, the Summer Capital of the Philippines, the Creative City has a lot to offer.

It is undeniable that Baguio has a colorful glow. It has a rich culture that contributes to its great contribution to its glow and that is the reason why a lot of artists considered making Baguio their home. Creativity overflows all over the place.

Aside from the cold weather and good ambiance, Baguio is known in the field of Crafts and Folk Arts which are also integrated into the City's programs and festivals.



Panagbenga Festival has returned after a two-year spree driven by the Coronavirus disease 2019 (Covid-19) catastrophe, with the theme "A Renaissance of Wonder and Beauty". This event is an annual flower festival celebrated every February in Baguio City, Philippines that reflects the history, traditions, and values of Baguio and the Cordilleras. The term "Panagbenga" comes from a Kankanaey term meaning "season of blooming." It lasts over a month long and flourishes through the community in its involvement.

Panagbenga Festival is celebrated from the month of February up to the first Sunday of March. The cold and fair weather during these months in Baguio City is the most appropriate to celebrate the festival because it is also the season when flowers bloom.

///Julianna Atheena T. Villa



photos from the Internet



Creative UBLES

Being part of the Creative City and welcoming the new normal for the students, UBLES headed by Dr. Julius T. Gat-eb brings a new face to UBLES. Murals all over the classrooms and premises were painted by a well-known team of artists.

The MURALITA, headed by Jogin Rey Tamayo, Wreigh Jann Tamayo, Andrew Tom Cruz, Sito Soria, and Marvin Pepino created a themed design for every classroom, they made an avenue of artistic approach in every corner of the school.

The aesthetic features of the school can foster a strong sense of belonging among the students that can generate an enthusiasm for learning.

Team MURALITA made the school extra amazing, contributing to the school's goal – to create a fun learning environment.

Instagrammable walls from kinder to grade 6 are open for viewing and photo ops.

Team MURALITA and UBLES will have more programs for the arts this school year.

//CDYT

FRANCIS



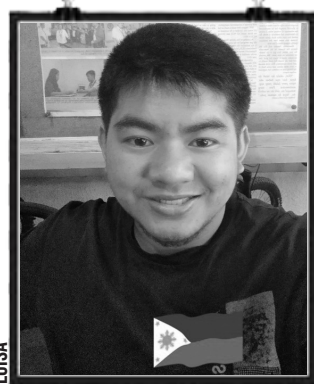
FE



PRISCILLA



LUIA



HATS OFF TO THE UBLES Cornerstones

Any structure must have a strong foundation. Cornerstones serve as the foundation of the building, keeping it strong and steady. Although these play a really significant role in the structuring of a building, as all the finishing and aesthetics come in, people forget that these cornerstones are around. We, too, forget the people who help us go through our every school day life.

In a school, students don't just study. They too need to attend to their necessities, so as for teachers and staff. We tend to forget about the people who keep us safe, who keep our campus clean, and the people who serve us. These people go unnoticed and are even, somehow, taken for granted. We pass by them as if we do not see them or never need them.

Lucky for us, we have Kuya Francis, Ate Priscilla, and Ate Fe, who keeps our school clean and green. Yes, each class does have cleaners to clean inside the classroom, but who takes care of the rest? These general services maintain cleanliness within the campus.

Our maintenance crew has been rendering their service to us for the longest time as well. Their

patience and dedication benefited us greatly.

Our school would also be less safe without our marshalls and police in terms that make sure that we are protected from potential harm. We appreciate SCJCPS & UB Security for providing us with these people in our school community.

Of course, we should not forget Luis(a), our very kind and an industrious school guard. He always seemed shy, conservative, and very silent. He was greeting everyone when we arrived at school. He sat by his little desk by the entrance and you wonder what he does during the day and sometimes stays overnight. He is actually a multitasker. He assists teachers in fixing the modules. He helps the general services clean the quadrangle and even the classrooms and comfort rooms.

Indeed, a school isn't just made up of teachers, staff, and student stuff. There are other people beyond these individuals who contribute a lot, too. These people, too, serve as one of the cornerstones of our ever-growing tower of life.

They also deserve our gratitude and appreciation, for without them, we might as well be in an almost chaotic learning environment. These people deserve our appreciation even just saying good morning or saying "Hi Po!" would already make a difference. Our smile and nod in their direction would already be a simple way of showing appreciation to them.

Hats off to these people, our UBLES cornerstones!

//Julus Gat-eb

WHO GOAT?

Heartbreak? NBSB (no boyfriend since birth)? Iniwan? Ipinagpalit? Two-timer? One-sided love?
These are just some terms attacking the campuses since the Hugot phenomenon started.

Leaners, nowadays, are also very much into *hugots* or one-liners about love, even if they just have puppy crushes. They are already very fond of relating their some small experiences with issues on the negative side of love, thus scooping up the all-popular "*hugot* lines". Even the teachers are joining in the silly game.

What's really funny about this is that, no one really noticed how it became a daily habit of the pupils to say their *hugots* everywhere and anywhere as if it already was a dialect.

This problem is already getting out of hand and is already affecting the community. One observed

effect is the lowering of self-esteem, mostly in young adults to mingle with each other because of these lines that always talk about how people would leave them, or why most teens have difficulties in trusting one another or what kind of personality someone has that they assume everyone also has.

And because of this, a topic on intimate relationships and puppy love came popping up.

An introduction on puppy love, even if you don't believe this, it's true. The so-called puppy love isn't all about the kindergarten lovers, actually it's called a puppy love if a couple is in a relationship in the ages 18 and below.

Intimate relationships are those relationships where the couple are already experienced and matured and are already planning for their futures with each other being independent and are also even trying to live with each other and entering jobs. This relationship is all about goals and trust testing to see who you really should be with.

As a conclusion, we should not over act or exaggerate on things we don't need to keep our attention on. Instead we should concentrate on better things in life. It's not bad to make "*hugots*" once in a while, but is bad if it is over used.

//Julianna Atheena T. Villa

AMAZING SCIENCE STORIES IN 2022 YOU SHOULD KNOW

It's another year for us to discover new things in the world of Science. It has always been my favorite subject, and how the world works amazes me. I want to share with you some of the most notable discoveries in 2022 that you should know about. //Jaella Beatriz Laguipo

Closest black hole to Earth.

Do you know what a black hole is? In space, when a big star dies, it forms a black hole. We might think of it as an empty space, but, they have strong gravity that even light cannot escape. Scientists discovered a new black hole just 1,560 light-years from our planet. The nearest black hole before was 3,200 light-years away. They named it Gaia BH1 and can only be seen by very strong and powerful telescopes.

<https://www.sciencenews.org/article/closest-known-black-hole-to-earth>

The world's fastest supercomputer.

Do you know how fast the world's supercomputer is? Frontier has a mind-blowing speed of 1.1 quintillion operations per second. To compare, the next fastest computer makes 442 quadrillion operations per second. The computer will be used for science experiments and math computations needed by scientists.

<https://www.networkworld.com/article/3679875/world-s-fastest-supercomputer-is-still-frontier-2-5x-faster-than-2.html>

Glass frogs – Scientists found how they become transparent.

The world is an amazing place. We have so many unique animals. Let's take for example, the glass frogs which are very small like marshmallows. They turn transparent when they are sleeping. They usually live on bright green leaves and turn transparent to hide from predators. Scientists found that the frogs collect their blood without being affected by clots. To turn transparent, or like glass, they pool the blood into the liver, leaving only the plasma in the body. Scientists will use this method in studies about blood clotting to discover medicines for human diseases.

<https://www.bbc.com/news/science-environment-64069630>

Ancient virus protects the human placenta.

Did you know that when babies are inside the womb, they are called a fetus? Do you wonder how they survive inside? They are living inside the placenta, which brings oxygen and nutrients to the baby. Scientists found that an ancient virus helps protect the human placenta. About 30 million years ago, a virus infected our ancestors, and a gene got trapped in their genomes. For millions of years, the virus became part of the human body. Aside from helping the primates fight other viruses, it also shields the cells from damage. The scientists in the new study found that the virus is the one helping the placenta protect the fetus from infections through the placenta.

<https://www.science.org/content/article/ancient-virus-may-be-protecting-human-placenta>



TECHNOLOGY— YOUR MASTER OR YOUR SERVANT?

Is technology your master or your servant? Many would say that they control their devices, not the other way around. But technology can affect people subtly in ways they do not realize—even in ways they do not want.

How Does Technology Affect Your Thinking?

People are constantly learning—whether for school, for work, or for other reasons. Technology can help. Never in history has it been so easy to access so much information, without having to leave your home or even get up from your chair.

However, many who make extensive use of technology find that they . . .

- have difficulty concentrating while reading.
- have trouble focusing on one task at a time.
- become quickly bored in moments of solitude.

WHAT YOU SHOULD KNOW

READING

Some browse and scan material instead of patiently following an author's train of thought.

Skim-reading is fine when you need to find a

quick answer to a question. However, it can hinder comprehension when you need to consider a subject more deeply.

FOCUS

Some people assume that technology gives them the ability to perform two tasks at a time—for example, to text friends while studying. But when their attention is divided, they may not perform either task well, especially when both require concentration.

Focus requires self-discipline, but it is well worth the effort. “You make fewer mistakes and have less stress,” says a teenager named Grace. “I’ve learned that it’s better to concentrate on one thing at a time and avoid the distraction of multitasking.”

SOLITUDE

Some people become uneasy when they are alone in quiet surroundings, and they turn to technology to fill the void. “I get bored within 15 minutes if I don’t check my phone or tablet or turn on the TV,” admits a woman named Olivia.

However, periods of solitude provide a valuable opportunity for deep thinking—an essential part of learning, not only for young people but also for adults.

WHAT YOU CAN DO

EXAMINE YOUR USE OF TECHNOLOGY

In what ways could you use technology to enhance your thinking skills? What uses could interfere with your ability to concentrate and learn?

Reference: AWAKE no.2, 2021

The World as seen by a Solar Enthusiast

Mr. Renie M. Yra, a solar installer, and contractor for 7 years having started his career in a semiconductor company for 15 years and as a Pollution Control Officer, paved the way to enter the solar energy industry. With his engineering background and PCO training, he was able to infiltrate the industry with ease.

Mr. Yra designs the needed solar power system capacity according to demand load requirements, such as voltage, power, and current. He caters to both residential, commercial, and industrial facilities and was able to hone his skills in every project.

The age of Earth is estimated to be 4.54 ± 0.05 billion years old. With the current population, we have now, our natural resources are almost exhausted and we need to find ways to replenish these resources for future generations to enjoy. One of the best alternative energy that can help with our environmental concerns is Renewable Energy.

Q: What is renewable energy?

A: Renewable energy is energy derived from natural sources that are replenished at a higher rate than they are consumed. Sunlight and wind, for example, are such sources that are constantly being replenished. Renewable energy sources are plentiful and all around us.

Q: What is Solar Energy?

A: Solar energy is the most abundant of all energy resources and can even be harnessed in cloudy weather. The rate at which solar energy is intercepted by the Earth is about 10,000 times greater than the rate at which humankind consumes energy.

Solar technologies can deliver heat, cooling, natural lighting, electricity, and fuels for a host of applications. Solar technologies convert sunlight into electrical energy either through photovoltaic panels or through mirrors that concentrate solar radiation.

Q: Are the other countries using this renewable energy too and what about its cost?



A: Although not all countries are equally endowed with solar energy, a significant contribution to the energy mix from direct solar energy is possible for every country.

The cost of manufacturing solar panels has plummeted dramatically in the last decade, making them not only affordable but often the cheapest form of electricity. Solar panels have a lifespan of roughly 30 years and come in a variety of shades depending on the type of material used in manufacturing.

Q: What is the main objective of using solar energy?

A: The main aim of using alternative energy is to reduce or eliminate the emission of substances and pollutants into nature which causes these climate change problems. Alternative energy is energy that does not come from fossil fuels and thus produces little to no greenhouse gases like carbon dioxide (CO₂). This means that energy produced

from alternative sources does not contribute to the greenhouse effect that causes climate change. People are becoming increasingly conscious of the importance of alternative energy.

Q: What can you advise people about conserving energy?

A: To solve the energy crisis that the world faces today, it's important that we give alternative energy a chance. And most of all, try lessening our dependency on energy sources. This can be done by making little changes in the everyday activities we do. Make recycling part of our daily routine. Use organic or eco-friendly products like home cleaners or waterless car wash.

Mr. Yra is a parent of UBLES and an advocate of renewable sources of energy. If you have any queries, feel free to reach out thru his FB: Reienne Mirage Yra.//Reienne Mirage Yra



HOME

IS WHERE THE POOL IS

My first dip in the pool was when I was 10 months old. My mom used to say that it was love at the first dip. I love splashing and playing in the water. I was so relaxed in the pool that my mom decided to teach me how to float and do kicks.

I entered a private team in Baguio City when I was 3 years old and had my first competition when I was 4 years old. It was in Dagupan City and I remember being so nervous and scared because the other kids were big and tall. But as soon as I get in the water, I instantly felt happy and confident. I know I can do things and concentrate on my goal. That is when I got my first win, I got 4 golds and I was so happy that I couldn't stop smiling.

Swimming builds confidence, character, and discipline. I am a student-athlete, not an athlete-student. I am a student first, swimmers second. My academics come first, with swimming taking a backseat when it needs to. But I see to it that swimming and school are on equal terms. Swimming had made me a better student. It taught me how to manage my time. Swim practice takes a lot of time, not just the 2-3 hours of training but there's the commute to and from practice, which can be 30 minutes each way, the time it takes to eat

an adequate meal before and after each practice, a shower after as an attempt to get rid of the chlorine smell, and a good night's sleep so I can be ready for the next day. Add school into that mix and the time that I have to complete homework and review quickly shrinks. I somehow find a way to get all of that homework and review done in the finite amount of time we have to do it because swimming has taught me the value of time...down to the hundredth of a second. I learned early to efficiently maximize our time, squeeze homework and review sessions in during the rides to and from practice, finish doing a task during dinner, and use those precious few hours between school and practice to get as much done as possible. Swimmers are experts at time management, in and out of the pool.

During competitions when I am doing my laps my arms feel heavy, my legs are pounding, my lungs are burning and I struggle to breathe but I think of the people who motivate me. I think of my family

who supports me, my coaches who push me to do better, my teammates who cheer and shout for me, and my classmates and teachers who always wish me luck and congratulate me on my win. They give me the adrenaline to push myself to finish the race and touch the wall faster.

I have already joined 21 competitions, Batang Pinoy Nationals 2022 being the last one for the year. I have had a total of 116 medals since I started competing. I have 83 golds, 24 silvers, and 9 bronzes. But those are just material things, bonuses for my hard work. The most valuable prizes I have are the memories and adventures that I make with my team, making new friends from other places, and the hugs and kisses from my parents every time I finish a race.

Swimming is normal for me. I am relaxed. I am comfortable and I know my surrounding. It is my home.

//Zephanaia Ielle Tagara



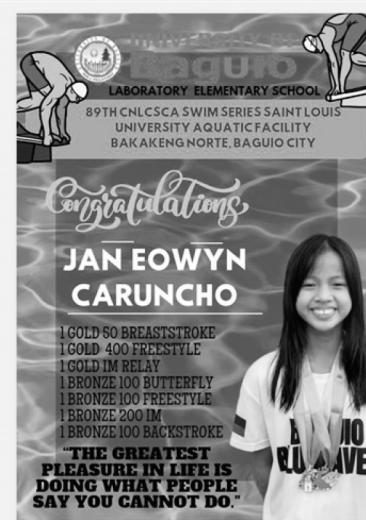
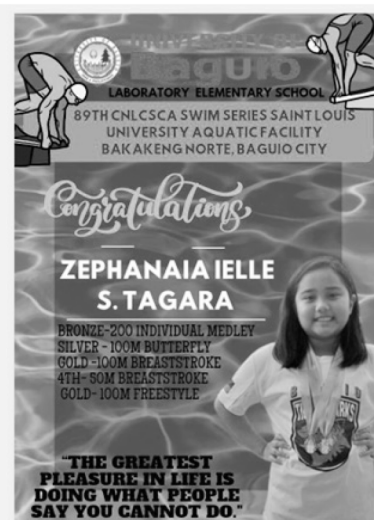
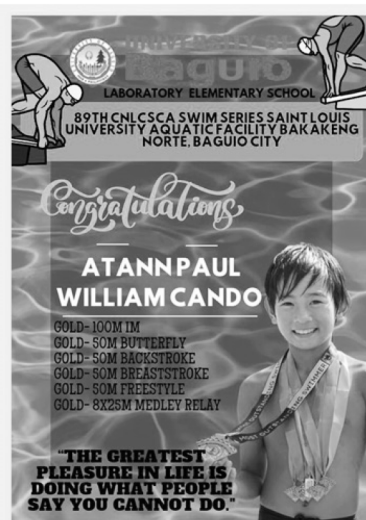
Swimmers reign in 89th Swim Series

16 gold, 1 silver, and 5 bronze were snared by the UBLES swimmers in the Central Northern Luzon-CAR Swimming Coaches Association held last November 26-27, 2022 at St. Louis University, Baguio City.

Castielle Shiraz B. Gulian clutched 5 gold and was hailed the most outstanding swimmer while Atann Paul William Cando grabbed 6 gold in all categories.

Meanwhile, Jan Eowyn Caruncho captured 3 gold and 4 bronze while Zephanaiah Ielle Tagara snatched 2 gold, 1 silver, and 1 bronze.

These well-trained and active swimmers will be competing in upcoming local, national, and international events. // Mark Anthony Baliton Jr.



the dance and self-defence of Pencak Silat

There is a new name added to the long list of martial arts Philippine athletes, students and professionals, can choose to master – the Indonesian Pencak Silat.

Pencak silat is the indigenous martial art of Indonesia. Accordingly, the term, pencak silat, has only been used as a term of general application since about the 1950s and after Indonesian independence.

Posted southerncrossbujutsu.com.au, pencak silat has a wide diversity of styles and techniques that spread across the 13,000 islands comprising the Indonesian archipelago and they can differ markedly.

Moreover, pencak silat (by different names) is part of a common Malay culture spanning Malaysia, Indonesia, Singapore, Brunei Darussalam, and the Philippines. "Silat Melayu" is a common term for the types of silat in the Southeast Asia peninsular consisting of Malaysia, Thailand, Brunei and Singapore. "Bersilat" is used in Malaysia. "Pasilat" is a term sometimes used in the Philippines. Often the shortened version of "silat" suffices.

Pencak has different associations in different places. It is associated with dance performances performed to specific rhythms provided by drummers and publicly performed.

In an article titled "The Weapons and Fighting Arts of Indonesia," similar to many Asian martial arts an inspirational source of techniques and styles are attributed to the behavior, actions, character and attributes of animals.

Practitioners copied the movements and stances of tigers, eagles, snakes, crocodiles, monkeys, scorpions and dragons. Not only are stances named after members of the animal kingdom, but some pencak silat styles make such close associations with the animal kingdom that they take their names from animals such as harimau (tiger) and garuda putih (white eagle).

Pencak silat may be an Indonesian art but the Filipino martial artists are excelling in this sport. So, if you want to try a martial art of dance and self-defence, then pencak silat is for you. // Mark Anthony Baliton Jr.

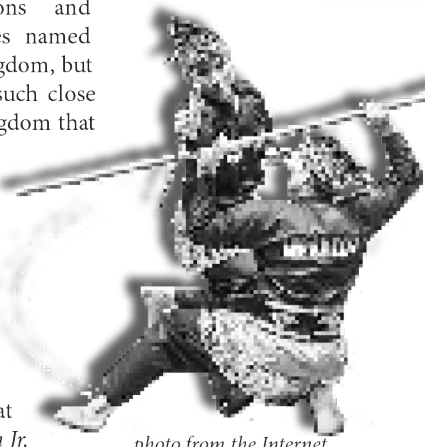


photo from the Internet

UBLES swimmer bags 16 golds

Zephanaia Ielle Tagara, a grade three student at the University of Baguio Laboratory Elementary School proved her caliber among more than 250 delegates from Central Northern Luzon in two different competitions.



WAY OF WATER. Zephanaia Ielle Tagara snared 16 golds in Class A, B, C, and Novice Categories in the 85th Central Northern Luzon-CAR Swimming Coaches Association

Tagara snared 16 golds in Class A, B, C, and Novice Categories in the 85th Central Northern Luzon-CAR Swimming Coaches Association held last August 6-7, 2022 at New Clark City Aquatic Center, Capas, Tarlac and Pangasinan Invitational Swimming Competition last October 1-2, 2022.

The young swimmer ranked 1st in both competitions in the same categories.

- 100m Freestyle - GOLD
- 50m Butterfly - GOLD

- 50m Backstroke - GOLD
- 100m Breaststroke - GOLD
- 50m Breaststroke - GOLD
- 50m Freestyle - GOLD
- 200m Medley Relay - GOLD
- 200m Freestyle Relay - GOLD

Tagara was hailed as the most outstanding swimmer and is now training in preparation for other national and international swimming competitions.//CDYT



WARRIORS. Jherisse Athena Calica, Grade 5 athlete snagged silver and bronze in the Wushu Invitational Championship 2022 at Baguio City National High School last September 23, 2022.

UBLES combatant hitches medals in 45th National Taekwondo Championships

Celdrine Jiao David, University of Baguio Laboratory Elementary School taekwondo player outshone more than 150 players in the face-to-face National Taekwondo Championships at the Ayala Malls, Manila Bay last September 3-4, 2022.

David spotted silver under Novice 2 Sparring Category and grabbed bronze in Poomsae.

The young athlete is getting ready to represent the school in other national and international championships.//Mark Anthony Baliton Jr.



Lady warriors snags awards from nat'l tilts

Joniya Yua Ysabelle Obiadoro (Grade 5) and Chezka Nicolette Luzadas (Grade 6) showed their dexterity as they outclassed other contenders in the National Interscholar Taekwondo Championship at Ayala Malls, Manila Bay, Pasay City last October 1-2 and Batang Pinoy last December 17-21, 2022.

Obiadoro and Luzadas snared gold in the National Interscholar Kyorugi Championships in Ayala. They also ranked the same place in the Virtual Taekwondo Pair Poomsae in the National Batang Pinoy 2022.

The two defenders are preparing for the other Taekwondo Championships representing Baguio and CAR.//Rajon