

# MAGAZINE



VOLUME 1 . NO. 1  
AUGUST 2023 - MAY 2024

THE OFFICIAL PUBLICATION OF  
**SCHOOL OF NATURAL SCIENCES**  
UNIVERSITY OF BAGUIO





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Life Magazine's well-designed pages are a treat for the eyes, beautifully decorated in shades of green and white. These colors bring a sense of freshness and energy and represent the spirit of our School of Natural Sciences. The careful design and color choices capture the essence of life and nature, making the magazine both attractive and meaningful.

Sebastian Rotil, Layout Artist

# EDITOR'S NOTE



Life Magazine stands as the official publication of the School of Natural Sciences at the University of Baguio. Founded on the principles of journalistic freedom and public trust, Life Magazine serves as a beacon of truth, creativity, and intellectual engagement within the university community. Its core mission is encapsulated in the acronym LIFE, which signifies the "Liberalization of Individuals through Forms of Experience." This guiding philosophy underscores the magazine's commitment to fostering personal and intellectual growth among its readers by providing a platform for diverse voices and stories.

The publication of Life Magazine aims to capture and celebrate the multifaceted experiences of students at the University of Baguio. It offers vibrant narratives that highlight the unique journey of living a fulfilling and enriched life within the university's dynamic environment. Through its pages, readers are invited to explore a variety of perspectives, from the personal triumphs and challenges of individual students to the collective achievements and milestones of the School of Natural Sciences.

Each edition of Life Magazine is meticulously curated to include a wide range of content that resonates with its audience. This includes in-depth feature articles, thought-provoking essays, compelling human-interest stories, and insightful opinion pieces. The publication also showcases creative works such as poetry, short stories, and visual arts, providing a platform for students to express their creativity and share their experiences in diverse and meaningful ways.

Life Magazine thrives on the richness of the stories it tells. These stories are as varied as the students themselves, reflecting a spectrum of experiences that collectively paint a picture of life at the University of Baguio. From groundbreaking scientific research and innovative projects to personal reflections on academic and extracurricular pursuits, the magazine serves as a chronicle of the vibrant and ever-evolving student life.

The publication not only highlights the academic and personal growth of students but also fosters a sense of community and belonging. It encourages readers to engage with the content, share their own experiences, and participate in the ongoing dialogue about what it means to live a good life at the university. By doing so, Life Magazine nurtures a culture of openness, inclusivity, and mutual respect, reinforcing the values that are central to the School of Natural Sciences.

Life Magazine is more than just a publication; it is a testament to the transformative power of education and the enduring impact of shared experiences. It stands as a record of the collective journey of students at the University of Baguio, celebrating their achievements, exploring their challenges, and inspiring them to continue striving for excellence in all their endeavors. Through its commitment to the liberalization of individuals through forms of experience, Life Magazine remains a vital and cherished part of the university community, reflecting the true spirit of discovery and growth.

The Life Magazine boasts a well-designed paper with five distinct sections: News Section, Opinion Section, Features Section, Science and Technology Section, and Sports Section.







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# DUGONG UB

## University of Baguio Teams Up with Philippine Red Cross for Blood Donation Drive, Promoting Volunteerism

SEBASTIAN ROTIL



### DUGONG UB: VOLUNTEERISM SAVES LIVES.

The University of Baguio leads by example, showcasing the power of community support and the importance of donating blood.

The University of Baguio, led by the School of Natural Sciences in partnership with the Philippine Red Cross, successfully conducted a blood donation drive last September 25, 2023. "Dugong UB" is a blood donation awareness program aimed at promoting the importance of donating blood to help others, held annually to commemorate World Blood Donor Day.

Dubbed as "Dugong UB," the initiative serves as a platform to raise awareness about the critical importance of blood donation in saving lives. This annual campaign, held in commemoration of World Blood Donor Day, aims to instill a sense of altruism and community responsibility among students and faculty. The event commenced with an enlightening seminar held in the AMS Hall, spearheaded by representatives from the Philippine Red Cross.

The seminar delved into various topics, including the importance of voluntary blood donation, blood-related disorders, and the life-saving impact of blood donation for individuals in need.

Mr. Jethreel John Dioso, RMT, the Regional Blood Program Coordinator, delivered an informative presentation, shedding light on blood donation as a humanitarian act and equipping attendees with essential knowledge about the process.

Approximately 164 students from the Medical Laboratory Science Program, comprising third and fourth-year students, actively participated in the seminar, demonstrating their commitment to contributing to this noble cause.

Later in the afternoon, the blood donation drive took place at the University of Baguio Centennial Building, drawing enthusiastic participation from students across various departments.



The collaboration extended beyond the SNS, involving the Schools of Nursing and other departments. The "Dugong UB" initiative successfully collected blood units donated by university staff, students, and visitors, reaffirming the community's dedication to saving lives through voluntary blood donation.

## Dulay, Dugayen reigns as Mr. and Ms. SNS 2023

JOMAR BENEYAT

Ran Jyle Dulay and Diana Yvonne Dugayen, first-year students from BSMLS and BSPT respectively, were crowned Mr. and Ms. School of Natural Sciences during the SNS night celebration at Hotel Supreme Convention Plaza. Dulay outlined his goals as Mr. SNS 2023, focusing on collaboration, educational excellence, environmental stewardship, and community engagement.

Dugayen, as Miss SNS 2023, pledged to promote Cordillera culture, encourage education, advocate for diversity, and inspire positive change within the community. Alongside their titles, Dulay received awards for Mr. Congeniality, Mr. Photogenic, Best in Formal Interview, Talent, and Ramp, while Dugayen excelled in categories like Best in Talent and Ms. Wit.

Dulay emphasized advocating for regional autonomy, empowering local communities, preserving cultural identities, and driving tailored economic development. Both Dulay and Dugayen will represent SNS at the upcoming Mr. and Ms. University of Baguio pageant.

Additionally, Claudine Bernardino and James Darren Revelo secured the 1st runners-up spots, with Revelo also earning awards for Mr. Personality and Mr. Punctual, and Bernardino recognized for Best in Production Number, Ms. Personality, and Ms. Photogenic. Scylla Miriam Cabello and Dave Fetalvero, second-year BSMLS students, were named the 2nd runners-up, with Cabello also earning titles of Ms. Congeniality and Ms. Punctual, while Fetalvero secured the sash as Mr. Wit. Faculty members from SNS served as judges during the event.



### POISED AND WIT.

Dugayen and Dulay have been crowned as the new king and queen, emphasized the significance of safeguarding cultural heritage.

(Photo by Samantha Frances Pawe)

## INSIDE THE ISSUE



Don't miss out! Like and follow the Official Life Magazine Page of SNS on Facebook.

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JOIN LIFE MAGAZINE!

Liberalization of Individuals through Forms of Experience

## TOFI, expected to increase next Academic Year

+10%

Proposed Tuition Fee Increase Per Unit

+9%

Proposed Miscellaneous Fee Increase

▶▶ PAGE 3







**LEADERSHIP IN ACTION.** SNS leaders cultivate a greener future by taking roots, planting hope, and nurturing tomorrow's Forests!

*(Photo by Sebastian Rotil)*

## Medical Laboratory Science Students spearhead mosquito vector surveillance

**JOMAR BENEYAT**

**A**s the dengue season peaks, the second-year Medical Laboratory Science students of the University of Baguio, with permission and in partnership with the Baguio City Health Office, visited various barangays of Baguio City to conduct vector surveillance as part of their course syllabus in Community and Public Health in April 2023.

The students were tasked with collecting mosquito larvae from different household containers and the sewage systems of entire barangays, and microscopically identifying the species of the larvae.

Most of the identified mosquito larvae indicated *Aedes aegypti*, which is the vector for dengue fever, aiding in the determination of which barangays are at high risk for dengue.

This activity helped foster communication skills among the students as they socialized and immersed themselves in the communities, obtaining permission from household owners. The students were assisted by various college instructors from the School of Natural Sciences. Additionally, snacks were served at the school cafeteria after the activity.

This was the first time that MLS students experienced vector surveillance as a community duty, which involved real-life participation aligned with their future roles as Medical Technologists.



### FIELD STUDY IN PROGRESS.

MLS students, along with instructors, surveyed multiple barangays for mosquito larvae, identifying samples microscopically and highlighting the pivotal role of medical technologists in healthcare.

*(Photo by Sebastian Rotil)*



**HOME INSPECTION**

# GROOM ME PROJECT

SNS leaders cultivates environmental awareness

**SEBASTIAN ROTIL**

**W**ith the goal of providing a greener environment, various school departments, student organizations, and active volunteers from the School of Natural Sciences participated in the University of Baguio Groom Me Project Year 1 - Weeding activity, led by the UB Research Innovation Extension and Community at Busol Watershed on October 7, 2023.

Groom Me Project Year 1 is an environmental outreach program that aims to raise awareness among students about the benefits of tree planting, weeding activity, and plant propagation. This aims to attain Sustainable Development Goal #13: Climate Action, as well as SDG #15: Life on Land.

The program began with a brief discussion by Forester Francis Paatan, BWD Representative, who emphasized the need for proper removal of weeds around seedlings and taking precautionary measures.

The School of Natural Sciences actively engaged in the aforementioned activity, having been entrusted to clean the surroundings of tree saplings planted in the area. Four officers of the Student Administrative Council, namely Rose Ann Sumague, Kyle Pasion, Sebastian Rotil, and Elizah Ubungen, along with one faculty member, Instructor Geraldo Sayaan, attended the half-day program.

Dr. Donnavila Marie B. Panday, Director of RIECO, expressed her heartfelt gratitude to all students, faculty, and active volunteers who contributed their valuable time and effort to achieve and make the program feasible. She also encouraged the various organizations to implement initiatives in their respective departments to raise environmental awareness.

The Groom Me Project Year-1 is expecting to also conduct follow-up fencing activity and numbering of saplings.



## Spellbound triumph: SNS team claims Word Wizard 2024 Championship

**SEBASTIAN ROTIL**

**T**he School of Natural Sciences team from the University of Baguio has achieved a remarkable victory at the Veterinary Medicine Week's Rodeo Club 21st Witches and Warlocks Word Wizard Inter-Medical School Spelling Competition. Held as part of the Veterinary Medicine Week festivities at Benguet State University on March 1, 2024, this competition, organized by the Benguet State University College of Veterinary Medicine, serves to promote competitiveness and sportsmanship among medical students.

Comprising five participants, the UB SNS team showcased their prowess in the event. Victor Lorenzo R. Gonzales emerged as the champion, while Trixia May P. Alerta secured the 1st runner-up position. Alongside them

were Jojie Malou E. Dango, Hazel K. Mang-osan, and Airam Chelsea M. Repalda, guided by their coach, Ms. Joy C. Lucero, PTRP. Their outstanding performance not only brought glory to their university but also underscored their dedication and proficiency in spelling.

The success of the UB SNS team highlights the talent and diligence present within the university's academic community. Their achievement in this prestigious competition reflects their commitment to excellence and serves as an inspiration to aspiring students across disciplines.

### SPELLING WIZARDS.

The victory not only highlights the academic excellence and a testament to the institution's commitment to nurturing its students to excel in various fields.

*(Photo by Joy Lucero, PTRP)*



## Empowering Students: PHISMETS-UB Seminar on Basic Life Support

JIAN CARLO RELANIZA

It's the theme "Shot through the Heart: Basic Life Support and Cardiopulmonary Resuscitation Training for Medical Laboratory Science Students," the Philippine Society of Medical Technology Students of the University of Baguio held a seminar on basic life support and training on last September 30, 2023, at the Centennial Hall of the Centennial building. The program was divided into two parts: the Seminar Proper and the BLS Training.

The seminar consisted of a lecture and actual training facilitated by Dr. Anna Kristina A. Serrano, a professor at the University of Baguio, and assisted by Trixia May Alerta and Christopher Nathan Hoyland, both holding BLS certificates.

The activity aimed to impart knowledge and skills on what to do during a medical emergency, specifically focusing on compression, ventilation ratio with and without advanced airway (bag valve mask), use of an automated external defibrillator, and CPR with mouth-to-mouth techniques.



### BASIC VITAL SKILLS.

Equipping SNS students with life-saving skills through Basic Life Support training.

(Photo by PHISMETS)

## UB MLS shines in the 42nd PAMET-PASMETH Inter-School Quiz Show



SEBASTIAN ROTIL

Amidst fierce competition from 51 schools across the nation, the medical laboratory science students of the University of Baguio demonstrated their exceptional knowledge and expertise, securing an impressive 8th place in the 42nd PAMET-PASMETH Inter-School Quiz Show held on September 22, 2023, at the Rise Tower of Our Lady of Fatima University.

The esteemed representatives from the University of Baguio, namely Victor Gonzales, Orly Ganotisi, Gayle Allawan, and Eula Atienza, under the guidance of their coach, Ms. Marilyn Tomilas, showcased their academic prowess and dedication to excellence in the field of medical laboratory science. Their remarkable performance in the quiz show serves as a testament to their relentless pursuit of

knowledge and their commitment to upholding the standards of excellence set forth by their institution.

The entire School of Natural Sciences (SNS) community stands united in pride and admiration for the achievements of these exemplary students. By achieving such a commendable placement on the national stage, they have not only brought honor to themselves but have also raised the banner of the School of Natural Sciences high, showcasing its academic excellence and prowess in the field of medical laboratory science.

As they continue to inspire their peers and future generations of students, the University of Baguio BSMLS representatives serve as shining examples of the values of dedication, perseverance, and academic excellence that are at the core of the institution.

The School of Natural Sciences is poised and eager to return even stronger in the next competition, aiming to uphold its legacy of scientific excellence and academic prowess. With a steadfast commitment to continuous improvement and a relentless pursuit of excellence.

## SNS PT clashes wits in KinetIQ Quiz Bee

ASHLEY NICOLE FORTES

The much-awaited Nationwide Physical Therapy KinetIQ Quiz Bee made its triumphant return to an onsite setting on March 3, 2024, captivating audiences and participants alike at the esteemed Medicine Auditorium of the University of Santo Tomas.

Representing the University of Baguio with distinction were participants handpicked from the ranks of Physical Therapy students within the School of Natural Sciences. Their journey through the rigorous rounds of questioning and mental agility saw them emerge as semifinalists, a testament to their dedication and academic prowess in the field of physical therapy.

The entire School of Natural Sciences community stands united in pride as their representatives secured a coveted spot among the top 10 finalists in this prestigious nationwide competition. Their achievement not only highlights their individual talents but also underscores the academic excellence and commitment to learning that define the ethos of



**STRONG TEAM.** SNS PT raised the flag of the University of Baguio. (Photo by UB SPT)

the institution.

As they bask in the glory of their accomplishment, the University of Baguio participants serve as inspirations to their peers and aspiring physical therapists nationwide. Their resilience, determination, and intellectual acumen exemplify the core values of the institution and reinforce its reputation as a bastion of academic excellence.

The Nationwide Physical Therapy KinetIQ Quiz Bee's return to an onsite format marks a significant milestone in the academic calendar, signaling a renewed sense of normalcy and the resumption of cherished traditions within the academic community.

## TOFI, expected to increase next Academic Year

ELIZAH RUTH MARIE UBUNGEN

**BAGUIO CITY** — The University of Baguio is expected to increase tuition fees by 10% and miscellaneous fees by 9.5% for incoming freshmen and transferees. An increase for 2nd years and above will also be observed, but the information has not yet been disclosed.

The administration of the university notifies students through bulletin board postings about the yearly increase as approved by the Commission on Higher Education (CHED). A post from the National Union of Students of the Philippines Cordillera resurfaced, initiating engagements about the matter and students' voices.

Among others, the University of Baguio has proposed the highest increase in tuition fees with an additional Php 80 per unit for general courses, and a double increase in miscellaneous fees, adding Php 779 from the previous academic year.

In the hope of students' fight for education, they are looking forward to the improvement of services and quality education that the university offers.

## SNS relaunches Life Magazine, calls for student journalists

SEBASTIAN ROTIL

**THE SCHOOL OF NATURAL SCIENCES** has breathed new life into its official school publication, Life Magazine. This beloved organization, which serves as a platform for students to share their experiences and insights through a tabloid magazine format, has been revived under the guidance of its current adviser, Mr. Geraldo Sayaan.

Life Magazine, known for its vibrant and engaging content, has long been a cornerstone of the SNS community, providing students with a creative outlet to express themselves and connect with their peers.

Mr. Sayaan noted that the current population of the editorial team is low, prompting the need to replenish its ranks with fresh talent. To address this, auditions will be reopened for interested students who possess expertise in writing, photojournalism, and even cartooning. The call for auditions is open to all aspiring students who are willing to put their minds and hearts into the craft of storytelling.

(Photo by Samantha Pawe)







# END OF AN ERA

Impending jeepney phase-out prompts backlash; the government remains oblivious.

## EDITORIAL

SEBASTIAN ROTIL

**N**o longer will we be counting jeepneys; instead, minibuses will be the new count – care to join the ride?

The compulsory phase-out of jeepneys aims to alleviate air pollution and ease gridlocked traffic in urban areas, albeit at the expense of jeepney drivers' livelihoods. The question arises: where does one find the middle ground between tradition and modernization? This quandary is at the forefront of the National Government's push for modernization.

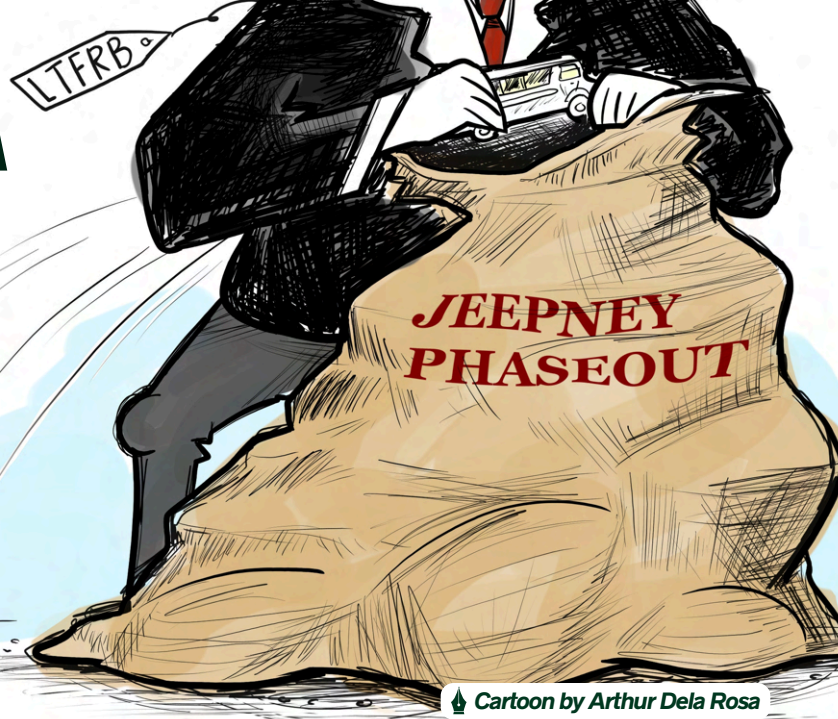
The Public Utility Vehicle Modernization Program advocates for replacing at least 15-year-old jeepneys, buses, and other public utility vehicles with supposedly safer alternatives. However, the program seems to offer little to no assistance to affected drivers, merely granting extensions for license renewals while disregarding the financial burdens it imposes.

Amidst discussions about the pros and cons of this modernization effort, the



impending nationwide enactment by year's end has sparked protests among transportation groups nationwide, particularly in Manila. The issue strikes a chord with many, emphasizing the adverse impact on the welfare and livelihoods of Filipino jeepney drivers. While the government cites studies showing reduced airborne emissions as a benefit of reducing these vehicles on the roads, critics question whether the sacrifice of the lower transport sector is justified to obtain consent and support.

The proposed solution involves offering loans from government banks to utility



Cartoon by Arthur Dela Rosa

drivers and operators to purchase new minibuses, priced at approximately 2.8 million Philippine pesos or \$50,800 for a minimum of 15 vehicles, to be shouldered by their cooperative.

Jeepney drivers feel betrayed by President Ferdinand Marcos Jr., who they believe reneged on promises of support made during his election campaign. They accuse him of abandoning them at the roadside, leaving them stranded. This situation reflects the Philippines' tendency for abrupt change, with much more to come in the next five years.

For generations, jeepneys have been a cherished symbol of Filipino culture, known for their

distinctive horns and diesel engines ferrying millions on their daily commutes. The government's proposed actions have sparked opposition, as citizens rally to preserve this iconic mode of transportation deeply ingrained in Filipino identity.

Reflecting on history, during World War II, American forces repurposed surplus jeeps as the primary mode of transportation in the Philippines, laying the foundation for the iconic jeepney. Since then, it has become a symbol of Filipino resilience and ingenuity, deeply embedded in the nation's cultural fabric.

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OPINION

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MODERN PERSPECTIVE



“Although ChatGPT gives complete and informative content to any subject, it still lacks what a real writer has — the heart.”

## The Ascendance of AI: A Eulogy for the Author

SEBASTIAN ROTIL

**C**hatGPT, an AI chatbot, is currently causing controversy online for various reasons. Unlike other AI tools, ChatGPT is gaining popularity among students due to its capability to generate school-related papers with just a click and a chat, which is concerning for me as a student. However, the dangers posed by such AI tools and their implications for school and campus journalism remain unclear.

As a writer who relies solely on my ability to create content through extensive reading and research, I am left pondering whether this development will ultimately benefit us or not.

According to research conducted by Professor John V. Pavlik of Journalism and Media Studies, ChatGPT could serve as a useful reference or search tool similar to Google. However, the absence of proper citation when presenting information raises concerns about plagiarism, bias,

ethics, and intellectual integrity.

Despite its increasing popularity, some students are using ChatGPT to write essays and complete assignments, which is deeply concerning. By relying on such tools to alleviate the burden of schoolwork, students risk missing out on the opportunity to develop their writing skills and receive a quality education.

Moreover, the reliance on ChatGPT jeopardizes academic integrity and ethical standards. The ease with which students can generate content raises concerns about plagiarism and originality. Without proper citation or acknowledgment of sources, students risk compromising their academic integrity and credibility.

Furthermore, the lack of human oversight in AI-generated content makes it susceptible to biases and inaccuracies, undermining the reliability and credibility of academic work.

Beyond academic concerns,

the over reliance on ChatGPT has broader implications for students' overall development and well-being.

By prioritizing convenience over genuine learning experiences, students miss out on opportunities for personal growth, creativity, and intellectual curiosity.

In the realm of journalistic writing, although ChatGPT may provide comprehensive content, it lacks the human touch that adds emotions and creativity to writing. Consequently, robot-generated works often feel flat, nonsensical, and cannot be fully trusted.

Ultimately, the most authentic and meaningful writing stems from human emotions, something that AI-generated writing lacks. Dependence on AI tools may lead to laziness and hinder students' future struggles. Therefore, it is crucial to use such tools responsibly and continue fostering creativity and critical thinking as humans.

Cartoon by Arthur Dela Rosa





**“If they can’t solve these fundamental issues, how much more can they assure us that changing the constitution would be a success in helping our nation?”**



Cartoon by Arthur Dela Rosa

## Charter change: behind its mask

**JOMAR BENEYAT**

**F**or a fairly long period of time, Charter change had sparked debate whether it benefits the interests of Filipinos or merely an act of evil selfishness. After all, a new constitution opens an opportunity that can be taken advantaged of by people with such attitude to amass more power.

Several legal experts and economists have stated that they saw no need for Charter change however, several senators, congressmen and even businessmen opposed as Charter change impacts the economic growth of our country specifically, foreign direct investments. With this, questions

arise whether Charter change is sufficient to captivate foreign investors and does it address several issues that are contributing factors as to why investors are discouraged to choose the Philippines?

Pro-Charter change groups have pointed out the improvement of foreign direct investments in the country if amendments will be made on the existing Philippine constitution. However, looking back during the administration of President Benigno Aquino III, the Philippines was deemed to be having the best investment climate in Asia a decade ago. This conforms to the idea that any change in law is not enough to increase foreign direct investments and that there are more important issues to be

discussed because these are bigger factors that diminish foreign investments including domestic ones.

If attracting foreign investors is the main objective of Charter change, then addressing the problems related to corruption, inefficient governance, infrastructures, transport system and many more should be their focus. These basic issues cannot be solved by Charter change and these are the root causes as to why our country is unattractive to investors. These are the points that the anti-charter change groups have been emphasizing wherein removing economic restrictions from the Constitution will not accomplish much if the government itself continues to fail in resolving these challenges. Lawmakers have been

diverting the people’s attention to this controversy from the real issues that our country is facing right now.

It is true that the 1987 constitution was not written for a globalized world, nonetheless, a fast pace in changing laws without years of careful planning would only result to greater repercussion. Besides, building a more competitive nation in a globalized world will require so much more than removing foreign ownership restrictions. This problem needs a firm action rather than a movement which only appears like a wolf in a sheep’s clothing.

## Leader’s struggle in fostering well-being

**ELIZAH RUTH UBUNGEN**

**W**orkload struggles, questioning of worth, affecting mental health, and making ends meet — are leaders’ causes of despair, yet they challenge growth and competence. The question that lingers in leaders’ minds is, “Are the students happy with the activities?” Leaders strive hard to achieve work-life balance. Although it is their responsibility to prioritize students’ concerns, leaders are still individuals who juggle their state of mind.

Without a doubt, students underappreciate the activities of the organization unless they benefit from them. But through commitment — listening to concerns, adapting leading styles, insisting on communication, prioritizing needs, stimulating creative juices, and balancing

academics — the impossible becomes possible, resulting in an increase in student-to-leader engagement.

The students are beyond grateful and happy with what these leaders have to offer. Thus, activities represent and build connections with individuals. It paves the way to develop a learning experience and to lessen the burden on these students.

Tough battles lie ahead; leaders act as the strongest soldiers. Do they have a choice? No, because their purpose is to change the student body. That’s an eye-opening responsibility for leaders. One cannot grow without the others.

Dynamic and collaborative team effort leads them to success with the saying, “Para sa mga estudyante at sa Lupang Hinirang.”



Cartoon by Arthur Dela Rosa



### MAGAZINE

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# SNS NIGHT:

## A night of glamour and sophistication

JOMAR BENEYAT & SEBASTIAN ROTIL

In the heart of Baguio City, amidst the twinkling lights and the cool mountain breeze, the School of Natural Sciences (SNS) at the University of Baguio came alive with glamour and excitement on November 23rd. After enduring a long hiatus of events due to the pandemic, students eagerly embraced the opportunity to gather for the highly anticipated SNS Night at the prestigious Hotel Supreme Convention Plaza.

As the evening unfolded, the halls of the venue transformed into a realm of Olympian grandeur, with students adorned in stunning gods and goddesses-inspired attire. Organized by the dedicated Student Administrative Council of the SNS, the event promised an unforgettable lineup of entertainment, celebrating the resilience and spirit of the SNS community.

From the majestic coronation of Mr. and Ms. SNS to the mesmerizing dance performances by Baile and the soulful melodies of the Concordia, every moment of the night was filled with

enchantment and joy. For the students, it was not just a mere gathering, but a well-deserved respite from the rigors of midterm examinations—a chance to unwind, connect with friends old and new, and revel in the camaraderie that defines the SNS family.

Amidst the laughter and applause, tokens of appreciation were bestowed upon the attendees, a gesture of gratitude for their unwavering support and participation. From elegant accessories for the ladies to sleek pens for the gentlemen, each gift served as a memento of the unforgettable evening shared among peers.

As the night drew to a close, the echoes of laughter and the rhythm of dancing feet filled the air, symbolizing the unity and strength of the SNS community.

Together, students and faculty members danced into the night, united in their shared experiences and aspirations. Indeed, SNS Night was not just a celebration—it was a testament to the resilience, spirit, and unwavering bond that define the School of Natural Sciences at the University of Baguio.

SNS students light up the evening with glamour!



An enchanting evening of Greek opulence meets imperial grandeur

(Photo by Samantha Pawe)

## Celebrating the Individuality of Women

### Breaking Boundaries: Ma'am Kimwell's Journey as a Physical Therapist

ASHLEY NICOLE FORTES

In line with the celebration of Women's Month, the journey of a brave conqueror in the field of physical therapy, where the strength of a man is traditionally needed, will be celebrated and serve as inspiration for women around the globe. From prevailing over inequities to shattering stereotypes, Ma'am Kimwell Anague courageously shared her story of how she became the successful woman she is today.

Growing up, Ma'am Kimwell always dreamed of becoming a doctor. However, to fulfill this dream, she first needed to earn her bachelor's degree, which led her to pursue a Bachelor of Science in Medical Laboratory Science. Although she excelled in that program, Ma'am Kimwell had a change of heart and ended up pursuing a Bachelor of Science in Physical Therapy.

Things were rough for her when she entered her second program of choice, as she encountered numerous obstacles and challenges along her academic journey. However, discrimination based on her gender was not one of them. Eventually, she graduated, passed the local and state boards, and became a Physical Therapist Registered in the Philippines (PTRP) and a Registered Physical Therapist (RPT).

The start of her career came, and practicing her profession didn't go as smoothly as she thought it would. Multiple discouragements and doubts about her abilities were thrown at her for being a petite young woman who was doing a strenuous job traditionally associated with the physical strength of a man. Yet, she remained undeterred by these prejudices and pursued her

career with unwavering passion and determination, proving that her capabilities are beyond what society has deemed a woman should be — weak, gentle, and fragile. Furthermore, she felt a calling beyond practicing the profession and decided to teach future physical therapists under the School of Natural Sciences at the University of Baguio, where she is now in her eighth year of teaching.

In addition to her professional accomplishments, she was also a loving mother who embraced motherhood wholeheartedly and a faithful wife to her husband, striking a balance between her family responsibilities and the demands of her profession. Her ability to handle these responsibilities all at once only proves that the fortitude and resilience of women around the world are evident.

The gender does not deter you from reaching your goal.





# HIDDEN GEM

## Exploring the Diverse Talents of the School of Natural Sciences

**SEBASTIAN ROTIL**

**T**he School of Natural Sciences (SNS) stands as a beacon of excellence, renowned for producing top-performing students across various fields of study. Yet, beyond its academic prowess lies a hidden gem—a nurturing ground for extraordinary talents in arts, dance, and music.

Nestled within the bustling halls of SNS are individuals whose creative spirits soar just as high as their academic achievements. Here, amidst the laboratory experiments and scientific activities, talents bloom and passions ignite, enriching the vibrant life in the school of natural sciences.

### BAILE: WHERE DANCE DREAMS TAKE FLIGHT

Among the many organizations that flourish within SNS, Baile stands out as a testament to the school's dedication to cultivating dance talent. Baile serves as a haven for those gifted with rhythm and grace, providing a platform for aspiring dancers to hone their skills and showcase their artistry.

### CONCORDIA: HARMONIZING VOICES, TOUCHING SOULS

In the realm of music, Concordia reigns supreme, echoing the majestic voices of talented singers within SNS. From soulful solos to harmonized duets, the members of Concordia serenade listeners with their enchanting melodies, touching hearts with every note.

### A HOME FOR TALENT AND PASSION

In the recent Fusion competition, SNS proved to be a force to be reckoned with, excelling in both music and dance categories. From captivating vocal performances to electrifying dance routines, the talents of SNS students illuminated the stage, leaving an indelible mark on all who witnessed their brilliance.

At UB Fusion, SNS's prowess in music shone brightly as talented singers like Angelo Esprescion claimed championship titles in vocal solo categories. The harmonious duet of Ivanne Ysmael and Ylli De Jesus left audiences enraptured, while the SNS band's captivating performance resonated with every beat, connecting deeply with the souls of listeners.

With adrenaline-pumping performances and electrifying choreography, the dancers of Baile captivate audiences with their OPM dance routines. Their synchronized steps, breathtaking stunts, and infectious energy leave spectators spellbound, proving that within the walls of SNS, dance dreams truly take flight.

The SNS team's interpretation of BINI's hit "Pantropiko" in the lip-sync and dance category was a testament to their synchronization and top-tier energy, captivating audiences and earning them a spot among the top performers. Additionally, the cultural display of folkloric dances showcased the diversity and grace of SNS talent, with performances of Pasigan, Sakuting, and Karatong leaving spectators in awe of their skill and poise.

Beyond academic pursuits, SNS stands as a nurturing home for talented and passionate individuals. Balancing academic rigor with extracurricular pursuits, these students infuse university life with vibrancy and creativity, enriching the campus community with their diverse talents.

Supporting these talented students more than just applause—it signifies a commitment to nurturing the dreams of performers and igniting the flames of passion within each individual. In the School of Natural Sciences, talent knows no bounds, and every student is encouraged to shine brightly in pursuit of their passions.



**SWAG SYNC.** SNS steals the spotlight as one of UB Fusion's top performers in the dance.



**VOCAL CHAMPION.** Angelo Esprescion hailed as the best vocal singer in the UB Fusion 2024.







# MOLECULAR BIOLOGY LABORATORY REVOLUTIONIZES MEDICAL TECHNOLOGY EDUCATION

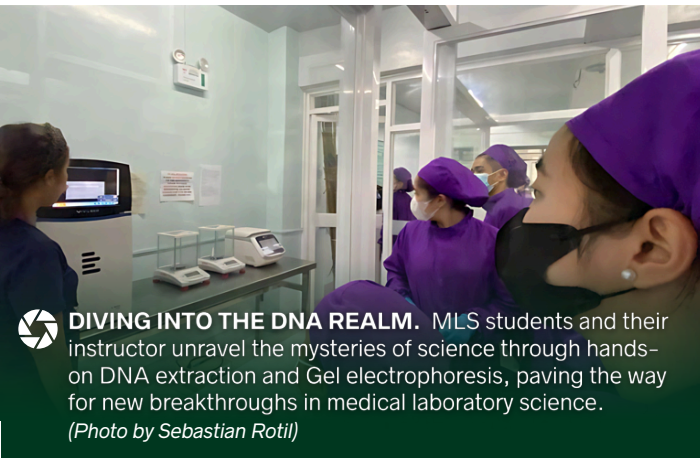
SEBASTIAN ROTIL



VISUALIZING DNA-LOADED GEL



GEL ELECTROPHORESIS PROCEDURE



**DIVING INTO THE DNA REALM.** MLS students and their instructor unravel the mysteries of science through hands-on DNA extraction and Gel electrophoresis, paving the way for new breakthroughs in medical laboratory science. (Photo by Sebastian Rotil)

In a bid to enrich the educational experience of its students pursuing a career in medical technology, the University of Baguio took a significant stride forward in 2020 by establishing a state-of-the-art Molecular Biology Laboratory. Now, four years later, this laboratory stands as a beacon of scientific exploration, offering students an unparalleled opportunity to delve into the intricate world of molecular biology.

The Molecular Biology Laboratory, nestled within the School of Natural Sciences, has become an integral part of the curriculum for medical technology students. With its inception, students can now explore the depths of science with a deeper understanding, from the extraction and purification of DNA to conducting sophisticated tests using gel electrophoresis techniques.

Ms. Angeli Naranja, one of the molecular biology teachers, has been instrumental in leading the charge towards a more robust scientific education.

According to Ms. Naranja, the significance of molecular biology in medical technology cannot be overstated. From diagnosing diseases to developing novel treatments, the insights gained from molecular biology are pivotal in shaping the future of healthcare. By providing students with hands-on experience in the Molecular Biology Laboratory,

the University of Baguio is empowering the next generation of medical technologists to meet the evolving demands of the field.

In the laboratory, students engage in a wide array of experiments, ranging from basic DNA extraction techniques to more advanced molecular analyses. Through practical sessions and interactive learning modules, they gain a comprehensive understanding of molecular processes and their applications in medical diagnostics and research.

Furthermore, the Molecular Biology Laboratory serves as a hub for interdisciplinary collaboration, bringing together students and faculty from various scientific disciplines. This collaborative environment fosters innovation and encourages students to think critically about real-world problems in healthcare.

As the University of Baguio continues to uphold its commitment to excellence in education, the Molecular Biology Laboratory stands as a testament to its dedication to providing students with cutting-edge facilities and transformative learning experiences. With the help of the faculty members who have expertise in molecular biology, guiding students towards a deeper understanding of molecular biology, the future of medical technology education at the University of Baguio shines brighter than ever before.

## UB School of Natural Sciences students receive 2023 DOST-PCHRD undergraduate thesis grant

ARTHUR DELA ROSA

The University of Baguio (UB) School of Natural Sciences proudly announces the remarkable achievement of six of its students who have been awarded the prestigious 2023 DOST-PCHRD Undergraduate Thesis Grant in Natural Products by the Department of Science and Technology - Philippine Council for Health Research and Development (DOST-PCHRD).

Geraldine Joy Adora Baluquing, Jemima Bisquera, Colleen Anne Maluyo, Shayne Lynnex Omilla, Christa Honeyka Quila, and Hannah Mae Sicuan, under the able guidance of their adviser, Mr. Geraldo K. Sayaan, have been recognized for their outstanding research endeavors. Their project, titled "In Vitro Study of the Potential of Powdered Bugnay (Antidesma

bunius (L.) Spreng) Fruit Extract as an Hmg-CoA Reductase Inhibitor," explores the promising medicinal properties of powdered bugnay fruit extract as a potential inhibitor of Hmg-CoA reductase.

This achievement marks a significant scientific breakthrough and contributes valuable new knowledge to the field of natural products research. The recognition bestowed upon these students by the DOST-PCHRD underscores their dedication, innovation, and commitment to advancing scientific understanding and improving healthcare outcomes.

### RESEARCH PIONEERS.

The School of Natural Sciences continues to uphold its legacy of excellence through relentless pursuit of research endeavors.

## TITH REGIONAL HEALTH RESEARCH CONFERENCE

### SNS team secures 3rd place podium finish

SEBASTIAN ROTIL

Job Matthew N. Abasola, Maria Daniella G. Amon, Leann Faith W. Bugaling, Emily Cres B. Esteban, and Angeline M. Jacildone, students from the School of Natural Sciences, clinched the 3rd place podium spot at the 11th Regional Health Research Conference. Their study, titled "Effect of Apium Graveolens Stalk Extract on the Phagocytosis of Candida Albicans by Polymorphonuclear Cells (PMNs) in Vitro," stood out in the student category at the event held on June 15, 2023, at Saint Louis University, Baguio City.

This research not only sheds light on potential therapies for Candida albicans infections but also highlights the role of natural remedies in bolstering immune



responses.

This achievement showcases the School of Natural Sciences' commitment to fostering excellence in research and advancing scientific knowledge in health-related fields.

The recognition of Abasola, Amon, Bugaling, Esteban, and Jacildone's work aligns with the conference's theme of resilience through health research, which made a significant contribution to the world of innovation and science.

This successful research once again brings pride to the UB community.



# PERTUSSIS OUTBREAK RAISES CONCERNS IN THE PHILIPPINES

Health officials sound alarm as Whooping Cough cases surge across the country

MARIELLA ANDREA LAGO

**T**he Philippines is currently grappling with a significant uptick in cases of pertussis, commonly known as whooping cough, sparking concerns among health officials and communities nationwide. Pertussis, a highly contagious respiratory illness caused by the bacterium *Bordetella pertussis*, has resurfaced in various regions of the country, prompting urgent efforts to contain its spread and protect vulnerable populations.

Pertussis is characterized by severe coughing fits, often accompanied by a distinctive "whooping" sound as individuals struggle to breathe. While the disease can affect individuals of all ages, it poses the greatest risk to infants and young children, who may experience severe complications, including pneumonia, seizures, and even death.

According to the latest data from the Department of Health (DOH), the Philippines has experienced a notable increase in pertussis cases in 2024, with outbreaks reported in urban and rural areas alike. Health authorities are working tirelessly to identify and isolate cases, trace contacts, and implement targeted vaccination campaigns to stem the spread of the disease.

The resurgence of pertussis in the Philippines has raised questions about vaccination coverage and immunity levels within the population. Vaccination remains the most effective method for preventing pertussis, with childhood immunization programs providing crucial protection against the disease. However, gaps in vaccine coverage or waning immunity over time may leave individuals susceptible to infection, contributing to the current outbreak.

Health officials are urging parents and caregivers to ensure that their children are up-to-date on their pertussis vaccinations and to seek medical attention promptly if they suspect symptoms of the disease. Additionally, efforts are underway to raise awareness about pertussis prevention and the importance of vaccination within communities.

As the Philippines confronts this pertussis outbreak, collaboration between public health agencies, healthcare providers, and community stakeholders is essential to effectively manage the situation and protect the health and well-being of the population. Stay tuned for further updates as authorities work to contain the spread of pertussis and mitigate its impact on public health.

## STAY PROTECTED.

Vaccination is key in preventing Pertussis outbreaks in the Philippines. The Department of Health raised awareness about the importance of vaccination for immunity.



**PREVENTION IS BETTER THAN CURE.** The Department of Health (DOH) reminds everyone to take preventive measures, including wearing face masks, to mitigate risks and keep oneself safe.

Photo by Sebastian Rotil

## SNS Career booth highlights Scientific Excellence

KYLE EDWARD PASION

The School of Natural Sciences took an active role in organizing a career booth aimed at introducing the fields of Medical Laboratory Science and Physical Therapy to Grade 12 students from various schools in Baguio City last September 2023. The primary objective of this initiative was to provide students with a firsthand glimpse into the essence of these courses and their significant contributions to scientific excellence within the community.

Through engaging activities such as microscopy demonstrations and showcasing physical therapy equipment, students were given the opportunity to explore the practical aspects of these professions, sparking their interest and curiosity about potential career paths in the health sciences.

This career booth was conceptualized and headed by the UB Phismets and UB SPT.



**ENROLL NOW!** School of Natural Sciences continues to play a crucial role in fostering a culture of scientific exploration and academic excellence.

## Rising heat index poses health risks across the Philippines in 2024

JAMIE SALVADOR

**A**s temperatures soar across the Philippines in 2024, health officials are raising alarms about the increasing heat index and its potential impact on public health. The heat index, a measure of how hot it feels when relative humidity is factored in with the actual air temperature, has been climbing to dangerous levels in many parts of the country, exacerbating the risk of heat-related illnesses.

The Department of Health (DOH) has issued advisories urging the public to take precautions to prevent heat-related illnesses, especially during the sweltering summer months. According to Dr. Maria Santos, a spokesperson for the DOH, "Extreme heat can pose significant health risks, particularly for vulnerable populations such as the elderly, children, and individuals with pre-existing medical conditions."

To mitigate the effects of the rising heat index, health officials recommend the following preventive measures such as staying hydrated, wearing light clothing, and also wearing sunscreen.

In addition to these preventive measures, health officials are also warning of the potential complications associated with prolonged exposure to high temperatures. Heat-related illnesses such as heat exhaustion and heatstroke can occur when the body's temperature regulation mechanisms are overwhelmed by extreme heat.

Symptoms of heat-related illnesses may include dizziness, nausea, headache, rapid heartbeat, and confusion. If left untreated, heatstroke can be life-threatening and requires immediate medical attention.

As temperatures continue to rise across the Philippines, health officials are urging the public to remain vigilant and take proactive measures to stay safe in the heat.

**CAMPUS HEATWAVE.** Students at the University of Baguio also feel the change in temperature, urging them to stay safe and hydrated.







# UNDERMINING ATHLETIC POTENTIAL

## A call to action for the School of Natural Sciences

### SPORTS EDITORIAL

**I**n the fast-paced world of collegiate athletics, where dedication, support, and resources are paramount for nurturing competitive prowess, the School of Natural Sciences (SNS) finds itself regrettably falling short.

The SNS team displayed commendable sportsmanship during the Intramural Meet as they were able to clinch podium awards in the overall tally scores of the competition. Despite the respected win of SNS, this raises numerous concerns among students who participated in

the competition. Despite the commendable academic focus, the SNS has failed to extend adequate support and resources to its sports programs, ultimately hindering the holistic development of its student-athletes.

The SNS Vipers, the esteemed athletes representing the School of Natural Sciences, have voiced their disillusionment during the recent Intramural Meet, shedding light on the stark absence of support within the competitive arena.

Chronic lack of budgetary allocation for sports within the

SNS erects a formidable barrier to the success of its athletes. Insufficient funding translates to neglected essentials such as facility fees for training venues and remuneration for coaching staff.

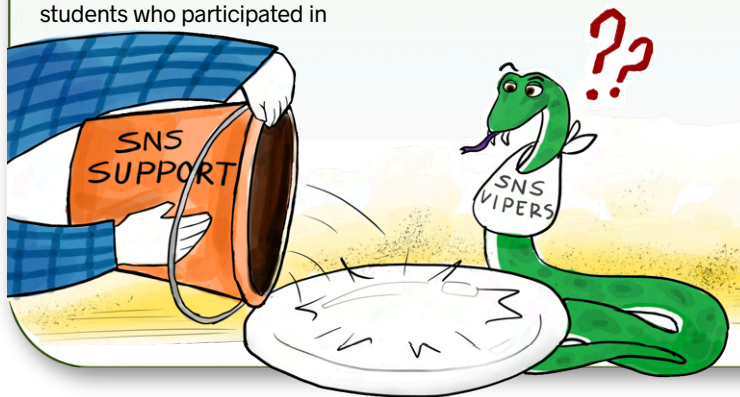
Absence of basic provisions such as snacks during training sessions showcases a disregard for the physical well-being of SNS athletes. Those who participated in the intramural meet expressed their dismay at the palpable lack of support.

Dearth of moral support during games in the Intramural Meet 2024 underscores a deficiency in nurturing a sense of community and camaraderie within the SNS. Athletics serve as a platform for students to showcase their talents and proudly represent their institution. However, the palpable absence of enthusiastic encouragement from faculty, staff, and peers leaves athletes

feeling isolated and demotivated, tarnishing the overall sporting experience.

It is imperative for the School of Natural Sciences to acknowledge the intrinsic value of sports in promoting physical well-being, teamwork, and personal growth among its student body. By prioritizing adequate funding, provisioning essential resources, and cultivating a supportive environment, the SNS can empower its athletes to realize their full potential both on and off the field. It behooves the administration to take proactive measures to rectify these shortcomings and reignite the sporting spirit within the SNS community.

The SNS Vipers fervently hope that this serves as a wake-up call, prompting fellow students to rally behind them with fervent support. Together, let us raise the banner of the beloved school and propel its sporting programs to newfound heights of excellence.



Cartoon by Arthur Dela Rosa

## SPORTS FEATURE DYNAMIC BOWMASTERS: The Elite Archers of SNS

### KETURAH COLLENE GONZALES

SEBASTIAN ROTIL

Keturah Collene C. Gonzales, born on April 23, 2004, has carved her name in the annals of archery with her remarkable achievements and unwavering spirit. A young woman whose determination and talent have brought glory not only to her hometown but also to the Philippines as a whole.

Keturah's accolades in archery speak volumes of her prowess on the field. At the Cordillera Administrative Region Athletic Association (CARAA) in 2018, she clinched a gold medal in the team event, showcasing her remarkable teamwork and skill. Her success didn't stop there; she went on to secure numerous victories, including a silver medal at the Palarong Pambansa in the same year.

The year 2019 marked another milestone for Keturah as she triumphed at the Batang

Pinoy Nationals, claiming gold once again in the team event. Her consistency and determination shone brightly, earning her multiple silver and gold medals in various competitions, including the Philippine Archery Cup and the CARAA Luna Apayao.

Despite her remarkable achievements, Keturah remains grounded and focused on her aspirations for the future. Moreover, she aims to impart her knowledge and passion for archery to aspiring athletes in Benguet.



### SHANYLLE SAMSON

ELIZAH MARIE RUTH UBUNGEN

Shanylle Samson, a woman from the municipality where honey is made and sunset scenery is glimpsed, triumphs over challenges and inspires her generation with her embodiment of grace, bravery, and her unwavering commitment to her principles.

The Udyong Archery Club of Bacnotan National High School honed her skills and became her home for the past years of being on the archery team. Starting from scratch, she became a phenomenal archer after months of learning the basics.

International, national, regional, municipal, you name it. She earned medals in every event that she competed in, as if she were born to do this.

Looking back on the path of her success, the Batang Pinoy National Championships, Palarong Pambansa, World Archery Philippines, and the Philippine National Games have been the most memorable competitions of her life.

Shanylle's parents bit the bullet to pursue her dream of being part of the National team. Coach Jigger Paragas molded her to where she is today with the help of the Olympian coach, Henry Manalang. Being part of the archery varsity team of the University of Baguio opened many opportunities to compete in national events and represent the university with pride and honor. Shanylle Samson continues to grow and thrive as an athlete and a Medical Laboratory Science student.





# SNS Clinches Table Tennis Championship Title



**JAMIE SALVADOR**

**T**he School of Natural Sciences (SNS) secured the championship title in the women's table tennis tournament held on November 14, 2023. Faced with formidable competition from the School of Dentistry (SOD) and other strong adversaries, the SNS team demonstrated their skill on the table, ultimately claiming victory.

The competition was fiercely contested, with both SNS and SOD vying for the coveted championship crown. The atmosphere was electric, with the crowd erupting into fervent cheers as they witnessed the gripping exchanges between the two teams.

Ultimately, it was SNS who emerged triumphant, clinching the championship title

and relegating SOD to the position of first runner-up. The women's team was represented by strong players, namely Creia Trio Apelado, Mary Lavienna Licao, Keana Eclarino, and Princess Paclibare.

Meanwhile, in the men's division, SNS delivered a commendable performance, earning the second runner-up position. The men's team was represented by Vince Patrick Sangalang, Christopher Isaac Perido, Sebastian Rotil, and Grant Aguiwas. SNS showcased their skill, teamwork, and resilience, serving as a shining example for future competitions in table tennis team sports.

## INTRAMURAL MEET 2024

### SNS VIPERS SNATCH 8 MEDALS IN TAEKWONDO

**SEBASTIAN ROTIL**

**T**he School of Natural Sciences (SNS) Vipers Taekwondo Team has showcased their indomitable spirit and martial prowess, seizing the 1st runner-up title in a heart-pounding display of skill at the 2024 Intramural meet hosted at the University of Baguio Gymnasium. In a competition where every kick and block counts, the SNS community erupts in jubilation as their taekwondo warriors etch their names in the annals of sporting greatness.

Both the men's and women's teams of SNS have left an indelible mark on the tournament, demonstrating unparalleled dedication and tenacity on the mat. Their journey to the podium is a testament to their unwavering commitment to excellence,

leaving opponents in awe and spectators on the edge of their seats.

Among the standout performances in the women's category, Sydney Kamilie Soria emerges as a beacon of excellence, clinching the gold medal in poomsae and seizing the bronze in sparring. Paige Elisha Antonio adds to the glory with a spectacular gold in sparring, while Jaelen Lasegan and Mae Balicao showcase their skills with silver medals in poomsae and sparring, respectively.

In the fiercely contested men's category, the SNS warriors continue their dominance. Cklien Taguda strikes gold in sparring, displaying unparalleled speed and precision in each exchange. Ivanen Ysmael and Aglasi Dan Franco with bronze medals in sparring.

### SNS Men's Vipers hail as 1st runner up in Badminton Tournament

**ASHLEY NICOLE FORTES**

**I**n a whirlwind of smashes, and heart-stopping rallies, the Men's Badminton Tournament recently concluded with SNS Men's Viper team emerging as the electrifying 1st runner-up, igniting the crowd with their spectacular performance.

The tournament, hosted at the UB gymnasium, witnessed the clash of badminton teams from various schools. With each match, the intensity soared, and spectators were on the edge of their seats, cheering for their favored teams.



However, it was the SNS Men's Viper that stole the spotlight with their impeccable display of skill and determination. They battled fiercely through each round, leaving a trail of defeated opponents in their wake. The deafening roars from the crowd echoed through the arena as they executed lightning-fast smashes and jaw-dropping dives, captivating everyone in attendance.

The SNS team hailed as 1st runner up, while the SIHTM bested all teams and clinches the championship title. Whereas, SIT as 2nd runner up, and SEA as 3rd runner up.

Meanwhile, in the Women's division, SEA claimed the championship title, with STELA securing the position of 1st runner-up, SOD as the 2nd runner-up, and SNS as the 3rd runner-up.

#### SMASH SUCCESS.

SNS celebrates their triumph in the Badminton tournament, emerging victorious against formidable opponents and setting their sights on future victories.

**(Photo by UB Cardinals, Media)**

### SBAA seals victory over SNS Men's Vipers, 3-2

**SEBASTIAN ROTIL**

**I**n a disheartening outcome for the School of Natural Sciences, they were bested by the formidable School of Business Administration and Accountancy. The match unfolded as an intense battle between two determined teams, reaching its climax in a tense fifth set.

The first set were slow as both sides sought to assert dominance, but SNS edged ahead with a narrow 25-23 victory in the first set. SBAA, determined to level the playing field, fought back fiercely in the second set, resulting in a tied set of 1-1. The third set posed challenges for SNS as they struggled to maintain momentum, allowing SBAA to secure another win. However, the momentum shifted in the fourth set as the SNS Men's Vipers mounted a comeback, leveling the set at 2-2. With both teams evenly matched, the stage was set for a decisive fifth set.

Demonstrating a great volleyball game, SBAA emerged victorious with a commanding four-point lead, securing a final



**PODIUM DENIED.** SBAA clinches victory over SNS in intense 5-set Men's Volleyball Match, dashing SNS's podium hopes.

**(Photo by Jamie Salvador)**

score of 15-11.

Despite the disappointment for the School of Natural Sciences, the community acknowledges the relentless efforts of the SNS Men's Vipers in representing the school with honor and pride. Despite their elimination in the do or die game, the School of Natural Sciences pledges unwavering support, urging the team to continue striving for excellence in future competitions.





MAGAZINE

THE OFFICIAL PUBLICATION OF SCHOOL OF NATURAL SCIENCES UNIVERSITY OF BAGUIO

SPORTS

# MASTER OF THE FELT

## STROKE OF BRILLIANCE.

Tayag's strategic prowess propels the School of Natural Sciences to victory, seizing the billiards title from the School of Nursing.

(Photo by Johnford Vitoria)



## Tayag leads SNS to secure the Billiards Championship

SEBASTIAN ROTIL

**W**ith a perfect display of cue mastery and precision shots, the School of Natural Sciences (SNS) emerged victorious as the champion of the 9-ball championship held at Puyat Sports, Baguio, last March 9, 2024, during the Intramural Meet Phase 2 of the University of Baguio. With every crack of the cue, SNS showcased its unwavering determination and skill, leaving opponents in awe.

The championship match was a showdown of skill and strategy, with the School of Nursing (SON) proving to be formidable adversaries. However, despite their best efforts, SON fell short against the relentless onslaught of SNS's cue-stick virtuosos.

The SNS team comprises six delegates who proudly represent the School of Natural Sciences: Von Rickson Tayag, Mead Nathaniel Dulay, Ryan Dulnuan, Alexis Ivy Ramos, Maria Faye Almandares, and Heart Da Jose. These remarkable players advanced to the final stage of the competition. Each player contributed significantly to the matches.

Despite the limited training and insufficient practice time, the team managed to find their momentum during the game. Their matches were challenging due to formidable opponents from various schools. Yet, in the end, it was SNS who reigned supreme, their victory echoing across the halls of Puyat Sports.

The championship victory was a testament to SNS's dedication and teamwork, with each member of the team contributing to their collective success. From flawless break shots to clutch pocketing under pressure, SNS demonstrated why they were the undisputed champions of the 9-ball game.

As the dust settled and the final balls were sunk headed by Tayag, SNS stood tall atop the podium, their triumph immortalized in the annals of billiards history. With their victory, they cemented their status as legends of the game, leaving a lasting legacy for future generations of cue enthusiasts to aspire to. The entire School of Natural Sciences community was proud of their achievement and pledged to support them in their future games.



## Checkmate Queens: SNS outplays UB Schools

JIAN RELANIZA

**W**omen's Vipers SNS Chess Team emerged victorious, claiming the coveted championship title at this year's highly anticipated intramural meet held at the prestigious University of Baguio.

Amidst fierce competition from some of the finest chess talents in the region, the Women's Vipers showcased their exceptional skills and tactical acumen, outmaneuvering opponents with finesse and precision. Their journey to the top was marked by intense matches and decisive victories, solidifying their status as the undisputed champions of the tournament.

The SNS Chess Team's triumph is a testament to their dedication, hard work, and relentless pursuit of excellence.

The entire SNS community stands united in celebration, bursting with pride at the remarkable achievement of their talented chess team.



## SNS Vipers snatch 8 medals in Taekwondo



INSIDE SPORTS

## Podium denied!

SPORTS NEWS



SEE ON PAGE 11

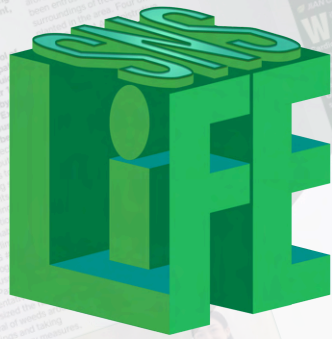
## Dynamic Bowmasters

SPORTS FEATURE



SEE ON PAGE 10





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