



The Quezonian

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OFFICIAL ORGAN OF THE MANUEL L. QUEZON HIGH SCHOOL

DECEMBER 2005

MLQHS celebrates 47th Foundation Day

Lapid tops District Level Essay

■ Rovenalyn Rendon

Catherine P. Lapid of IV-1 won first place in the essay writing composition, sponsored by the schools library in connection with this year's observance of the National Book Month with the Theme: "Developing the culture of reading through books and libraries".

The said contest was held at Torres High School library last Oct. 18. It was participated in by the best writers in the different High Schools in the second district of Manila. The participating schools were Torres HS, Calderon HS, Lakandula HS, Quezon HS.

The Manuel L. Quezon High School's librarian Mrs. Aurora Tolentino coordinated with the English department in determining the best essay

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MLQHS family gives tribute to new principal



Mrs. Salud S. Sabado, the new principal of MLQHS

One of the highlights of the 47th Foundation Day Celebration of the Manuel L. Quezon High School was the surprised tribute given to the new principal, Mrs. Salud S. Sabado for her dedicated and unselfish service rendered to the school in a period of less than five months since she was installed as the school manager.

She was honored with bouquets of flowers offered by the students and the recitation of an original poem in Filipino which extolled her sincerity and devotion to duty. Such dedication was written and delivered by Mr. Michael Langura of the Filipino Department.

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■ Rovenalyn Rendon

The 47th Foundation Day of the Manuel L. Quezon High School was observed with simple but fitting tribute to its namesake, the first president of the Philippine Commonwealth government, President Manuel Luis Quezon.

Manuel L. Quezon III, the grandson of the late Philippine president, was the guest of honor during the special event. In his inspirational message to the Manuel L. Quezon High School family and distinguished guests, M.L. Quezon III stressed three important points which were the following. First, his high regards to the teacher for their efforts in molding the characters of the students, just like what his forefathers did who were also teachers in Baler, Quezon, the homeplace of the late president. Second, he inspired the students to struggle hard and to be self-reliant and must have self-discipline. He said self-discipline could surely be the foundation for their success in the future. Third, he impressed on the youth to seek for their passion. "Hanapin ninyo ang tunay na hangarin, kung saan talaga kayo interesado." Don't ever think of hardships and difficulties. Keep on trying and sustain your passion till you realize your dream.

Moreover, Mr. Manuel L. Quezon III expressed his desire



THE SCHOOL ON TOP OF THE MARKET: MLQHS survives its 47th year as an independent school.

for everyone to work hard to realize his grandfather's dream for all the Filipinos to enjoy social justice "na ang lahat ay mamuhay sa tunay na konsepto ng katarungan pantay-pantay". Dr. Isabela M. Santos, assistant superintendent of city schools who represented Dr. Ma. Luisa S. Quiñones who failed to come for the occasion due to unavoidable circumstances was greatly impressed by the changes that took place in the

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Alumni Batch '66 donates 20 units computer

■ Abel Montemayor

Realizing the need to develop the students of the Manuel L. Quezon High School to become part of a critical mass of high school students well trained on information technology, the MLQHS alumni batch '66 through the MLQHS Alumni Foundation recently donated 20 units of brand new computers to enhance the school's computer aided instruction program.

MLQHS alumni batch '66 under the leadership of Mr. Rodolfo Padilla has unselfishly pooled their resources to raise a staggering amount to purchase 20 units of brand new computers to be given to the Manuel L. Quezon High Schools a gesture of gratitude for the favor they

have gained from their Alma Mater during high school days. The donation will be a lasting legacy they can bequeath to the students of the Manuel L. Quezon School.

Mrs. Salud S. Sabado, the new principal was on hand to receive the donation in the simple turn over ceremony held last September 5, 2005 at the media center. Mrs. Sabado expressed her sincerest thanks to alumni batch '66 who are currently based at Las Vegas, USA. She said that the donation of 20 units of computer would truly enhance the school's computer aided instruction program.

The Manuel L. Quezon High

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Students forum on self-awareness held

■ Catherine Rose Lapid

"Nothing you do for children is wasted. They seem not to notice us, hovering, averting their eyes, and they seldom offer thanks, but what we do for them is never wasted." Such is a very interesting quote by Garrison Keiffort which was the guiding principle for the guidance office when they conducted a student forum on the theme Self-awareness last Nov. 17, 2005 at 11:00 in the morning at the Bulwagang Quezon.

The forum was the positive response of the guidance office to the suggestions of the teachers from the senior level that there are sections that needed much redirections and reorientations of their values towards developing self-esteem and self-confidence.

More specifically, the topics discussed were: making healthy and responsible decisions; building self-esteem; extreming oneself assertively; and how to deal with peer pressures.

The topics were discussed comprehensively by the main speaker Mrs. Teresita G. Asis, guidance counselor assisted by the two other guidance teachers who are Mrs. Ester Pastrana and Mrs. Julie Dabandan.

The students participants were noted to have responded positively to the topics as shown by their candid questions and answers during the open forum.

Most importantly, the participants were enjoined to think of the possible consequences of their actions before making final decisions. Specifically they were reminded to consider the following guide lines: the need to engage in a healthy relationships with friends. In additions to the needs of their bodies such as enough rest and exercise, adequate nutrition, good, personal experience and protection from health hazard

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SB-Inset for teachers, conducted

■ Mary Joy Ambrocio

The faculty members of the Manuel L. Quezon High School attended the 3-day school based inservice training held during the semestral break last October 26-28 at the Manuel L. Quezon Social Hall.

The theme of the seminar was optimizing the quality of learning through quality classroom instruction.

Speaking before a strong force of 180 participants during the opening ceremony, the principal MSSS stated that the

seminar was meant to touch the hearts and souls of the teachers in order to make them understand that quality learning can be possible through quality classroom instructions. Mrs. Sabado stimulated the teacher's self-awareness of their qualities as a human helper in the classroom environment that could maximize student's learning and reminded them to provide avenues for healthy cooperation between teachers

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MLQHS observes National Language Month

■ Mary Joy Ambrocio

In the observation of the "Buwan ng Wikang Pambansa", the Filipino Department sponsored various contests to enrich the students' ability and skills in the use of the Filipino language and at the same time instill awareness of the Filipino race. This was expressed in the theme of the month-long celebration of Buwan ng Wika which states: "Wikang Filipino, Simbolo ng Kultura at Lahing Filipino".

Miss Felicitas Uygan, the young energetic and light-hearted new department head

personally supervised the students in their participation in the various contest to make the celebration truly significant. Ms. Uygan was assisted by the strong force of the Filipino teachers in the department.

The various contests meant to enrich the students' skills in the use of the Filipino language but also to emphasize the values of cooperation and teamwork in addition to being concerned with the welfare of others.

It was noted how responsible were the students, especially the seniors who worked

independently to come up with interesting group presentations in the fields of speaking, singing and dancing.

Of course individual participants were to be commended for their initiative and patience in memorizing and practicing independently in their desire to participate in the different contests scheduled for the whole month.

In Satulawit, "Iyasasa" of II-4 won first place together with Binhi of III-1. Third place went to "Banyuhay" of IV-2.

In the essay writing, Amainah

Tica of IV-2 won first place; Joy Marie Sibulan of IV-1 won second place and Joe Marie Olores of IV-1 won third place.

In quiz bee per year level first place went to Eunice Joy Malamion of second year; Emmanuel Pajarillaga of III-1, for third year and Joy Marie Sibulan of IV-1 for the senior level.

Other winners were: in oration Emmanuel Pajarillaga, III-1, first place; Mary Joy Ambrocio of IV-1, second place; Linda Cangayao of IV-2, third place.

First place in declamation was Mary Rose Mariano of III-1; second place was Danica Shane Cruz of I-1.

In slogan, Santiago Arceo, IV-1 was first; Mary Joy Ambrocio, second. In poster-making, Jordani Maguire was first, Mary Grace Pangyarihan was 2nd and Mark Anthony Noche was third. Both winners and teacher-trainers receive certificates of appreciation and cash incentives during the culminating activity held at the Bulwagang Quezon last September 1, 2005.

MLQHS celebrates 47th... from page 1

Manuel L. Quezon High School. She said that the school has grown and improvement has to be sustained through the years.

Dr. Santos said that it was fitting to look back and recall the late president and his ideas by going back to his code of ethics, foremost of which are: have faith in the divine provident, respect your parents, and don't leave for tomorrow what you can do for today. Furthermore, she said that if in the past students were required to memorize these precepts, these bits of wisdom are still true to the present and that they can still inspired our students in their lives.

The whole day observance of the 47th Foundation Day of the Manuel L. Quezon High School started with a thanksgiving mass held at Bulwagang Quezon which was attended by the Manuel L. Quezon High School family, the student, faculty and the administrative staff and the distinguished guests.

In his homily, Fr. Bandojo, the celebrant stressed the significant role of the school, that is the strengthening of the

basic foundation of each individual, which is strong faith on God. The school, along with the family and the state must strive to develop on the young what is known as holy feast, that is the fear to do something against the will of god. The students were told not to leave the school in the same state as they entered it. They should strive to learn to discover things and that discovery is the basis for the kind of thinking a person has.

The success of the event would have been impossible without the competent school manager who is non-other than the principal, Mrs. Salud S. Sabado. The charisma of the principal has made it possible for the MLQHS family to work together as one strong force. It even went beyond the confines of the school. The community that it serves has come to join the celebration of the school's 47th Foundation Day.

This is living true to the school's vision of providing quality education in response to the school's first initiative through the support of all its stakeholders.

Lapid tops district... from page 1

writer in the level. Mr. Rogelio Marmol, master teacher of English was the trainer-coach who prepared Catherine P. Lapid for the contest.

The contest from the different high schools in the Second District of Manila were gathered in the conference room of Torres High School to write their ideas about the Theme: "Developing the culture of reading through books and libraries". They were asked to write up a composition about the topic, in a composition of not less than 250 words in a period of one hour.

The other winners in the said contest were not immediately known after the contest. The organizers notified the winners after one week through the library coordinator for District II.

The other winners in the said contest Osmeña for second place; and Torres for third place.

Catherine Lapid was the second district qualifier for the division level essay writing contest held at Mabini

Elementary School in Quiapo, Manila last Oct. 27, 2005

Mrs. Salud S. Sabado, principal of MLQHS extended her warmest thanks and congratulation to Catherine P. Lapid, to Mr. Rogelio L. Marmol and Mrs. Aurora Tolentino for their effort that led to the excellent performance of Catherine in the district level tilt.

Mrs. Sabado said further that all departments should form a pool of potential participants to be trained and prepare them for any particular contest any time of the year.

Incidentally the national book week celebration is being observed this year specifically on December 8, 2005 with the Theme: "Developing the culture of reading through books and libraries". The library section of this school is coordinating with the English department in order to make the celebration truly significant to all students of the Manuel L. Quezon High School.

SB-Inset for teachers conducted... from page 1

and students.

Moreover, the principal said that teachers must develop awareness of their strengths in order to intensify them and to know their weaknesses in order to overcome them. Further more, she urge the teachers to develop more positive attitudes towards themselves, their students and to acquire deeper knowledge of the social and personality factors of their students that can influence their learning.

The rewards of teaching is not reaped soon, but it comes in due time. That's when teachers have shown the good qualities by which the students may remember even long after they have left the school, Mrs. Sabado added.

Mrs. Ho, the English department head expounded on the qualities of a good effective facilitator of learning. Mrs. Ho did not only discuss the theories but she did apply it during the workshop. The real classroom situations challenge the teachers in making sound decisions to prove how effective and efficient they are as teachers.

The second speaker, Ms. Cresencia Reyes, head of the mathematics department talked on how teachers may develop the students as better thinkers and better learners. She said that better education is able to

prepare the students for life for competitive endeavors.

Miss Reyes added that an effective tool for teachers to make the students learn better is the use of various types of learning through the use of five types of learning will develop the students to learn, to think and to think correctly. Moreover, the use of the Socratic method will develop the student's higher order thinking skills.

Mrs. Teresita Asis, guidance counselor and Mrs. Winnie Marquez, head of the TLE-HE department stressed the following points in their talks:

First, the teachers must keep in mind that learners are important members of the group, that they contribute to work and achieve success by concentrating their attention on the teacher's comprehensive inputs on the tasks they are asked to perform.

Second, they said that teachers must keep the motivation of students at high level by using their interests, their lives and their present communities.

And lastly they said that teachers must encourage the learners to study in a classroom where there is little stress and where there is mutual respect and spirit of cooperation between the teacher and the learners.

Dr. Imelda Faculin, head of

the MAPEH department and Mrs. Monina B. Oro, the head of the science department discussed comprehensively the topic assigned to them on the second day of the seminar-workshop for teachers. The topic was ethical standard for teachers when dealing with his public. Actual experiences were related by the teachers and appropriate action were drawn in accordance with existing laws in the Philippines as legal varies for teachers action.

The last speaker in the seminar was Ms. Felicitas uygan, head of the Filipino department. She had a very lively discussion in the topic: surface management skills for teachers in the classroom.

The seminar was conducted in a very casual and friendly manner. It was not boring but rather lively and interesting, this was the reactions of most of the teacher participants.

The insight that the teachers learned from the training will naturally enrich themselves in areas like personal discipline, attitude toward students, parents and fellow workers.

In the end the teachers expressed their thanks to the principal and administrative staff for conceptualizing a teacher training that truly touched the hearts and souls of every teachers.

Alumni batch '66... from page 1

School will now have the capacity to implement an IT course for senior students.

The computers were installed in the media center for use by the TLE-Vocational classes for senior students. Under the new schedule the TLE-Vocational classes will have a one day computer hands on program under the newly appointed computer teacher, Sabado said that not only students will benefit from this, but also the faculty members.

She encourages the teacher to take time and train for computer literacy. So that if they acquire the skill it will lessen the burden of paper works as in recording and computing of students grades and in other related activities pertaining to records management and in research as well.

Students forum on... from page 1

like drinking alcohol, smoking and taking prohibited drugs.

Moreover, the participants were urged to share their experiences with others such as talking openly about their experiences with parents, brothers and friends for they are the people who may always be ready to support them to solve what ever problems may come their way.

The following were guidelines given to the students participants in the forum on how they can develop self-esteem and self-confidence.

1. Believe that you can achieve things.
2. Being good in something helps you gain confidence, whether its computer technology or sports.
3. Don't be too hard with yourself.

4. Everyone makes mistakes.
5. Listen and value the words every people say.

6. Consider every person as special and unique.

7. Learn how it is to be in other persons shoes and accept his or her limitations.

8. Family and friends help you feel about yourself.

9. If you have the right self-esteem you can communicate your desire better to others.

The guidance counselors were optimistic that the forum will solve the problems in the classroom since the students have been redirected in their activities. Moreover the guidance teachers enjoined everyone to be vigilant in watching out for undisciplined students who may be reported immediately for positive actions.

MLQHS students win IEW-WHG Bee at US Embassy

■ Alice A. Retobado

Twelve students from Manuel L. Quezon High School participated in the International Education Week in the IEW World History and Geography Bee, held at the US Embassy in Manila on Nov. 18, 2005.

Of the 15 public and private schools in Manila the Manuel L. Quezon High School participants won fifth place in the IEW World History and Geography Bee.

The other public high school was Magsaysay High School who luckily placed third in the final round of the contest.

Participants from San Beda won first place. Second place went to St. Antony High School and fourth place went to the Manuel L. Quezon University.

The Manuel L. Quezon High School representatives were Joe Marie Olores and Joy Marie Sibulan from IV-1

Emmanuel Pajarillaga, Jessica Perdonio and Magnolia Morasallo from III-1, Darwin Del Mundo, Aljunrey Eco and Sandra Muños from III-2, Liza Manansala, Richard Marcilla and Joana Marie Serrano from III-3 and Mark Argee Casidsid from III-6.

All 12 students participated in the first round of the contest. In the second round, four of them

were fielded who were Joy Marie Sibulan, Jessica Perdonio, Emmanuel Pajarillaga and Mark Argee Casidsid. In the third and final round Jessica Perdonio and Joy Marie Sibulan were our bets who won fifth place in the one-all standing.

The MLQHS participants were trained and coached by Ms. Arlyn Gasrilo, Mrs. Honorata Cainap and Mrs. Myrna Soriano, master

teachers of the social studies department.

It was a very interesting and enriching experience for these students and teachers to be given that opportunity considering that it is not just easy to get us embassy personal who conducted the contest. The student participants were given American books as token for their interest in participating in the international education week.

'Odyssey of the Mind' highlights Science Quiz Bee

The "Odyssey of the Mind" was the main feature of the Science Quiz Bee held during the culminating activity of the Science Department last September 29, 2005 in connection with the Science Month celebration this year with the theme "Beat the Odds through Science and Technology".

The "Odyssey of the Mind" was the final phase of a series of oral tests given to all year levels. The winner in the first phase were grouped together to come up with 3 main groupings each group being composed of winner from the first-year, second year, third year and fourth year.

The oral quiz bee was a thrilling activity that tested the alertness of all contestants to answer a common question for all groups. The questions called for careful analysis of given situations. The students did not end up with the right choice but the leader of the group who gave the right answer was made to give the scientific explanations for the answers given.

It was not only a test to identify the right answer but also an exercise to express

one's reasoning ability through the use of the English language.

Miss Felicitas Uygan, the officer of the day gave the inspirational message in placed of Mrs. Salud S. Sabado, the principal, who was attending the executive meeting on that day. Miss Uygan commended the science department for the success of the monthly activities and for conducting the "Odyssey of the Mind" which develops the higher order thinking skills of the students. Indeed the students can now beat the odds and difficulties they encounter in their daily lives because they have been trained to be scientific.

The winners were later honored and recognized in the awarding ceremony during the program.

The following is the complete list of winners in the different contests that were conducted on different schedule during the month-long celebration of Science Month.

In the quiz bee for the first year level; first was Eunice Joy Malamiron I-1; Second

was Billie Dee Ang I-1; third place was Carmina Rodriguez I-2.

For the second year level: first was John Ismael Gumba II-1; second was Rommel Gomez II-6; third was Anna Maurene Maurera II-1.

For the third year level: first was June Basco III-3; Emmanuel Pajarillaga III-1 was second; and Mark Argee Casidsid III-6 was third.

For the fourth year level: John Dondie de la Cruz IV-10 was first; Kenlee Rupa of IV-1 was second; and third was Joe Marie Olores of IV-1.

The winners in the On-the-Spot Poster-making Contest were: Ivan Neil delos Santos IV-2 was first place; Cyrox Garcia of IV-2 was second; and Catherine Lapid IV-1 was third.

Two categories were chosen for the Slogan Contest. In the English Category: first was Hazel Francp I-2; Marjorie Mendez I-2 was second and Carmina Rodriguez I-2 was third. In the Filipino Category: Rosean Rodriguez of I-2 was first; Carmina Rodriguez was second and Hazel Joy Franco I-2 was third.

The District winner named after competition were: in the first year Billy Ang, MLQHS contestant was second place; the first place went to Laurel High School; and third place went to Lakandula High School.

In the Second year, Calderon Integrated School got the first place; Laurel H.S. was second and Torres High School was third place. In the third year Magnolia Morasallo of MLQHS was

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2 Quezonians appointed City officials

■ Ronald Nabayra

Two students from the Manuel L. Quezon High School were chosen to hold key positions in the city government of Manila during the boys and girls week celebration in connection with the observance of education week 2005.

Kenlee N. Rupa of IV-1 was assigned as city sheriff and Emmanuel D. Pajarilla of III-1 was appointed OIC city budget officer.

The two city officials reported to their respective offices at Manila City Hall for the whole week.

Rupa and Pajarillaga were chosen as the schools representatives to the city government by a screening committee formed for the purpose of selecting the best student leaders.

The screening committee was headed by Mrs. Teresita G. Asis, the guidance counsellor together with the department heads.

The MLQHS also give tribute to the students by assigning boys and girls officials who worked with the administrators for one whole week. Designated as principal was Joe Marie D.

Olores; department heads, English: Amainah Tica; Science and Technology: Ronald Nabayra; Mathematics: Arvin Torres; Filipino: Catherine Rose P. Lapid; Social Studies: Mark Argee Casidsid; TLE Vocational: Ephraim C. Gauna; HE: Rey-anne Timbang; Values Education: Proleta Rio Atalia; Guidance Counsellor: Althea Luna and Magnolia Morasallo; Librarian: Martin Dayrit, Suzette Salustiano, Maricar Sabones.

On the opening program during the flag ceremony, the boys and girls officials were introduced to the student body by department heads she said that this is a very important opportunity for the student leaders to prove their potentials for leadership. It is a chance for our students to experience in real life situation what the students learned in their social studies and functions of government and its official.

The boys and girl officials specifically concentrated their efforts in the maintenance of peace, order and cleanliness in the campus.

MLQHS family gives tribute... from page 1

The tribute was an expression of thanks and gratitude in exchange for the outstanding performance of the new principal.

No one among her predecessors could match the achievement of Mrs. Sabado in terms of developing the physical facilities of the school. Moreover, she was able to establish a difference in uplifting the morale of both the faculty and the students.

An air of satisfaction and contentment was evident on the faces of the faculty members as they greeted the honoree on stage and with the thunderous applause from the audience composed mainly of the majority of the students.

Speaking before the faculty

and studentry of the Manuel L. Quezon High School, the teary-eyed school manager was very thankful for the honor and respect given her by the teachers and students. She said that she didn't expect the warm gesture accorded to her on the occasion. She vowed to continue serving the school; to lead everyone and to sustain the improvements that have been done so far.

Mrs. Sabado was overwhelmed by the importance and recognition given her by the MLQHS family and by the community. Moreover, she said that whatever changes and improvements that could be visible around were the products of the concerted efforts of everyone in the school and its community.

MLQHS hosts DAMATH District Competition

The Manuel L. Quezon High School hosted the District Level Damath Competition held at the Bulwagang Quezon last October 7, 2005.

The school's delegates for each year level contests were the following: Billy D. Ang for the first year; Mary Joy Mariano for the second year; Maria Magnolia Morasallo for the third year and Arvin Torres for the fourth year.

On hand to welcome the delegates from Lakandula

High School, Calderon Integrated School, Osmeña High School, Laurel High School and their respective trainers and coaches was Mrs. Salud S. Sabado, who was elated for the choice of Manuel L. Quezon High School as the venue for the competition. The supervisors of the Mathematics Instructional Supervisory Section of DepEd Manila, Mrs. Marietta Astrologio formally opened the Damath Competition.



COMMENTARIES

Establishing a culture of excellence

■ Kenlee N. Rupa

The Manuel L. Quezon has long strive, to establish a unique culture of excellence of its own, one that would make it stand out and differ from any of the public high school in the second district of Manila. It has succeeded so even in the years that passed, but more so today which is now understandable enough even by the lowliest person who may come to read it posted in big bold letter at the main threshold of the school.

but the fact is we contribute a lot to make difficult the task upon which our dear teacher are bound to carry out.

We continue to commit our sins of omission when we fail to do our task as students. Many times we fail to do our assignments. We do not realize that our homework is extensions of our learning task which must be done at home to supplement the learning we have in school. We barely have a very short time to master a learning item in school with barely one hour for any subject area. Consider the fact that there are 45 of us students in each section for just one teacher to attend to, not everyone can be given enough attention by our teachers. The assignments are meant to ask the favor of our homes to help the school in developing skills, knowledge, attitudes and values that have been started off in our school.

Moreover, the learning time is usually disrupted by the truancy and misbehavior of some undisciplined students. There are many of these kinds in our midst. Sometimes we are to blame for their misdeeds because we tolerated them to be so, instead of telling them to behave well because we too are directly or indirectly affected by their actions. We therefore lack cooperation and concern for others.

Let me challenge every schoolmate of our and their respective family to please cooperate with our school in carrying out its vision and mission. Our homes are the strong foundation of our community.

The vision

MLQHS is a caring friendly and learner-centered school providing quality education in response to DepEd school's first initiative through the support of all its stake holders.

The mission

Equip every learned with the knowledge, skills, attributes and values geared towards productive responsible and development-oriented life in a climate of shared responsibility of the school and the community.

We call on everyone among our schoolmates who may have ignored this for so long that our school is not just an institution who accepts the students during enrolment time but true enough our school treats us as a friend and cares for us just like how we treat any members of our family.

The teachers are carrying out the vision and mission of the school although they find it hard a burden to carry everyday. But what in return do we do as students in the classroom? We may be unaware of our actions and behaviors,

MLQHS marks 47th anniversary

The MLQHS is about to reach the half century mark in its efforts to serve and raise the level of culture in our society.

Congratulations to the Manuel L. Quezon High School on its 47th Foundation Anniversary Celebration.

Originally, the Manuel L. Quezon High School was just an annex of Arellano High School at Rizal Avenue in 1952. Later when its student population increased, it was separated from the mother school to become Rizal Avenue High School, an independent institution.

In 1959, by virtue of an ordinance passed by the local Municipal Board of Manila, the name Rizal Avenue High School was changed to Manuel L. Quezon High School in honor of the first President of the Commonwealth Government of the Philippines.

Since then, the school has proven to be a powerful agent for change. It has continually done its share in the

development and upliftment of the people in the communities that it serves.

The graduates that this school produces year after year are living testimonies of the very significant role that the school plays in attaining progress and development.

The school has continuously endeavored to provide its graduates with all the opportunities to grow academically, morally and spiritually. Moreover, it has offered its graduates opportunities to enhance their leadership and entrepreneurship skills which make them to be gainfully employed long after they left the school.

True to its vision, the school has truly been a child-friendly and learner-centered school providing quality education in response to the DepEd's School's First Initiative through the support of all its stakeholders.

EDITORIAL

The Quezonian

OFFICIAL ORGAN OF THE MANUEL L. QUEZON HIGH SCHOOL

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AT A DISTANCE

The way I see it...

■ Mary Joy Ambrocio

The following commentaries are the student's perceptions on some current political issues:

On Emergency Power:

It is not reasonable for GMA to ask and be given emergency power. The opposition as well as her allies are worried by the possibility of the rebirth of the shadow of Martial Law. With this power the government will surely have the capacity to take over private and public establishments to the disadvantage of the people.

On Political Crisis:

We are overcome by the current political and economical crisis. Yet, we are fortunate enough because we, Filipinos are blessed and gifted with the strength to

bear the outcomes and the negative effects on our lives. But what we really need is to unite and work together to carry out reforms to ease the lives of the people. We can not go on with all the bickering and misunderstanding. These factors hinder progress thus, the people suffers. The government officials cannot blame the opposition. They are just doing their job as fiscalizers. The officials are in power and they have all the means and the resources to unite all sectors in the society. If they can not do this they have no reasons to stay in power any longer.

On Reconciliation:

If those in power are really sincere with their efforts to

reconcile with their critics they could have done this long time ago. They have been there for so long and yet unity is still "blowing in the wind". Is it sincerity that is really lacking in our actions?

On CPR:

That Corrective and Preemptive Response is not the solution to control the rallyist from being critical to government policies. The people are responsible and matured enough to do anything they like and anywhere they want to do it because they are free and they believe that they are enjoying the blessings of a democratic society. The more we curtail their freedom the more they will desire to be free.

Of sour grapes and heroes

■ Mary Joy Ambrosio



THE WUSHU TEAM WITH THE PRESIDENT. The Wushu Team in Malacañang after winning gold medals during the 23rd SEAGames. Source: Manila Standard Today

While the Filipino athletes were making heroes of themselves in their respective events, by winning gold medals with their special skills and Prowse, the Thais were harvesting sour grapes by expressing doubts over the fairness of results in the Southeast Asian Games.

Such doubts were expressed by no less than the Thai Prime

Minister Thaksin Shinawatra on the day when the Philippines was winning 57 medals includes 29 gold, while Vietnam being second got 48 and Thailand, his own country in the third position was getting 42 medals.

Although he did not directly name the Philippines, but he was referring it to the host country in this strongly

worded lines: "It's normal to win or lose, but it's not nice if we host such Games and do this to other countries. In sports I believe we have to develop athletic skills and good sportsmanship. We showed not only focus on the medals and forget about being good in sports."

Despite the baseless accusation, the Filipino

athletes went on to show their athletic skills doing their best in very sports manlike manner, confident that they were doing it for their own country and not for any other country. The trend went on till the end of the games only to prove to the Thai that athletes could not give in to their irresponsible accusation. Our athletes did stand firm, very confident, skillful and unaffected before the eyes of the world.

The final tally of medals at the end of the games was a clear proof of supremacy of the Filipino athletes, 113 gold medals, 84 silver and 94 bronze as against Thailand trailing a poor second with 87 gold, 78 silver and 118 bronze. Vietnam was even a good sport accepting their fate that once they reigned supreme in their own country; but this time they settled humbly for the third place in the overall standing with 71 gold, 68 silver and 89 bronze.

The Thai official was tactless enough to say such commentaries and perhaps it

never came into his mind that if one is the host country of the Games, he cannot just lie low and stays passive. Our athletes did have very high morale which as expected considering that they were in their homeland and that the Filipino people were there right at their background cheering and praying for the best to come. It says, "Hope for the best and get it." And that was it. The 23rd SEA Games have made heroes of the Filipino athletes coming into the open showing greatness for the love of country. Vietnam did the same during the 22nd SEA Games in Vietnam.

In the 24th SEA Games in which Thailand has accepted to be the host country, we cannot expect them to settle for second or third places.

Wouldn't Thailand sweat it out, too, to be the champion? What if we plant sour grapes now and harvest them ripe and bring them to Thailand; and eat them grimacing before the faces of the Thais in their beloved homeland two years from now?

THE OBSERVER

Changes observed

■ Ma. Rovenalyn P. Rendon



We are overwhelmed by the presence of our new principal in the Manuel L. Quezon High School in the person of Mrs. Salud S. Sabado. There seems to be no end to the list of achievement for the improvement of the school. Here is a list of these accomplishments.

• The water problem has been solved through her efforts with the DepEd Manila and the generosity of the office of Mayor Jose Lito Atienza of the City of Manila. In fairness to her predecessor who started off working on their solution to the big problem of arrears amounting to about 3M Php. With the Manila Waterworks System now the school is blessed with this very basic need.

• With the launching of the Cleanest rooms contest, the school is now one of the cleanest schools in Manila to the great satisfaction of the higher school authorities and the guest that visit the school during conferences and on special occasions.

Gone were the days when the walls were full of vandalism, the floors

unpolished, the rooms and corridors littered with waste papers and candy wrappers.

The leaking roofs which bring great discomfort and mess during rainy days have gone with the wind now that those holes up there were patched up and the rotten galvanized iron sheets have been replaced by new ones. Now there's no more problem in maintaining the shiny floors and wastage of floor wax has been minimized. Those dilapidated plywood in the ceilings have been replaced with new ones and repainted to enhance the physical set up of the classrooms.

More important is the very high morale of teachers and students. The teachers are very much inspired to work and the students striving to perform better. No longer have the teachers to fear getting near the office because they know that there's no one to shout or frown at them, but instead a friendly greeting, a motherly figure and a very accommodating personality will welcome them.

Students salute teachers on Teachers' Day

The student of Manuel L. Quezon High School through the Student Government Organization (SGO) Officials gave due honor to their teachers during the program held at Bulwagang Quezon in Observance of the annual Celebration of Teacher's day last Dec. 5, 2005.

Simple gifts of flowers, mini packages, certificates and other tokens of appreciation were distributed to the teachers by groups and individual students as the teachers were called on stage to be presented and honored before the big crowd of students and guests.

The SGO earlier prepared the tribute to the teachers highlighted by the presentation of Certificates of Appreciation to a number of teachers chosen to receive special awards such as the friendliest, the most creative, the most athletic, the most charming and others.

The simple tribute to the teachers was marked by interesting songs and dances and choral and dramatic interpretations of literary pieces by groups of students who worked together in order to present an interesting and colorful show of talents and skills in the arts for the entertainment of their beloved teachers.

In a response to the students' initiative to give fitting tribute to their mentors, Mr. Orlando Cervantes, president of the Faculty Club expressed his sincerest thanks and gratitude to the students. He said that the simple gifts given by the students to their teachers were symbols of their love and appreciation in return for the love and care their teachers extend to them all through out the school year. They were simple and seemingly insignificant gifts but they bring joy and contentment to the teachers who do not really value the material thing; but the love

and care attached to them. Moreover, Mr. Cervantes thanked the administration for giving significance to the celebration of the Local Teachers' Day in Manuel L. Quezon High School.

In her inspirational message during the program, the principal, Mrs. Salud S. Sabado extolled the significant role of the teachers in molding the characters of the youth. She cited specific findings of researchers on the influence of the teachers to the success of students in their later life long after they left the school. In closing, she said that the teachers are our best influence that may guide us to succeed.



PRAYING WITH LIGHTED CANDLES. The IV-1 students as they perform the winning choral interpretation piece as tribute to teachers on Teachers' Day.

Nowadays, seldom can we find students who have the zeal, the devotion and earnestness in studying. As community observed, students today seem to have no targets and they lack the energy to draw the very best out of their inborn talents. Moreover, most students now tend to shrink and give up especially when difficulties mount and crises build up to serious proportions. Little do they know that, it is at such times when efforts must be sustained and to persevere up to the time when they overcome the problem.

It takes greatness of spirits to persevere when the going gets rough. To make our efforts in studying more effective, here are the ABC's patterns that may be a very guide to successful studying.

- A** - AVAILABLE times should be use in studying your lessons.
- B** - BEFORE you go to school have a short prayer to god to let HIM guide you for the whole day of your school time.
- C** - CONSULT different references like magazines, books, encyclopedia, and internet.
- D** - DON'T hesitate to ask questions and information.
- E** - ELIMINATE bad habits that may interrupt your studies.
- F** - FIX your regular study hour as early as possible.
- G** - GAIN more knowledge and information from reading and listening.
- H** - HAVE a purpose for studying every lesson.



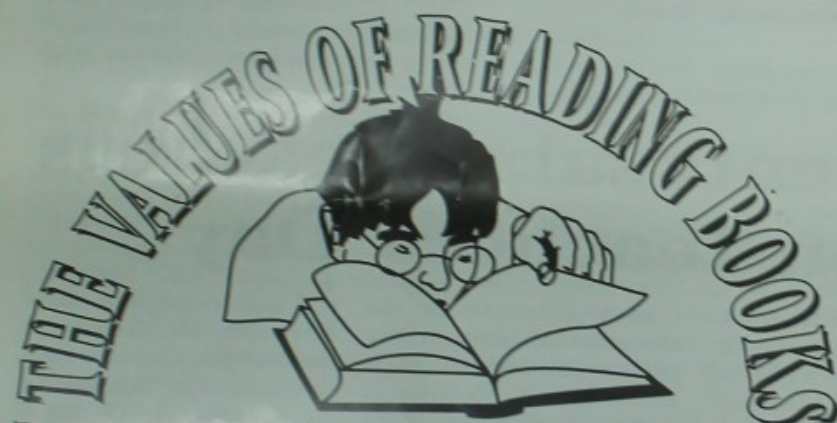
of LEARNING

- I** - INGENUITY is needed to make things possible.
- J** - JOIN actively in your school activities.
- K** - KEEP up good works and do things excellently.
- L** - LEARN lessons from your mistakes and accept corrections from others with humility.

- M** - MAINTAIN a lead of several lessons.
- N** - NEVER lose self-confidence but always be humble.
- O** - OBSERVE how the lessons you study are use in actual life.
- P** - PARTICIPATE in your class discussion.
- Q** - QUESTIONING attitude is advice.
- R** - REVIEW the past lessons you have studied.
- S** - SEEK to master the lessons you study.
- T** - TRY to have occasional break if necessary.
- U** - UNDERLINE important words or phrases on your lecture notes for emphasis.
- V** - VERIFY new things particularly unfamiliar terms or words from dictionary and encyclopedias.
- W** - WAKE UP early to make yourself more prepare to come to school on time.
- X** - X-FACTOR like being active, diligent and being patient is needed to learn more.
- Y** - Your "I WILL" s more important than your IQ.
- Z** - ZEALOUS attitude and being enthusiastic makes you a better student.

Therefore, studying will not be difficult enough if you make yourself a better organized and systematic person. The ABC's pattern is only an example or a model that will help you to study effectively.

Do you think you can do it? Well it is a matter of your own choice if you want to learn more and eventually obtain better grades.



Developing the Culture in Reading through Books and Libraries

■ Catherine Rose Lapid

Have you ever wondered where Albert Einstein, Francis Bacon and other great personages got their knowledge? These great philosophers, historians, mathematicians and scientist gained most of their knowledge from reading varieties of books. This is why we should cultivate among ourselves the habit of reading different kinds of books.

Through different kinds of books we are able to improve our knowledge and our skills. Because of books we can upgrade the raw knowledge that we have in our hands, which makes us credible enough for other persons to believe on what we are saying or explaining.

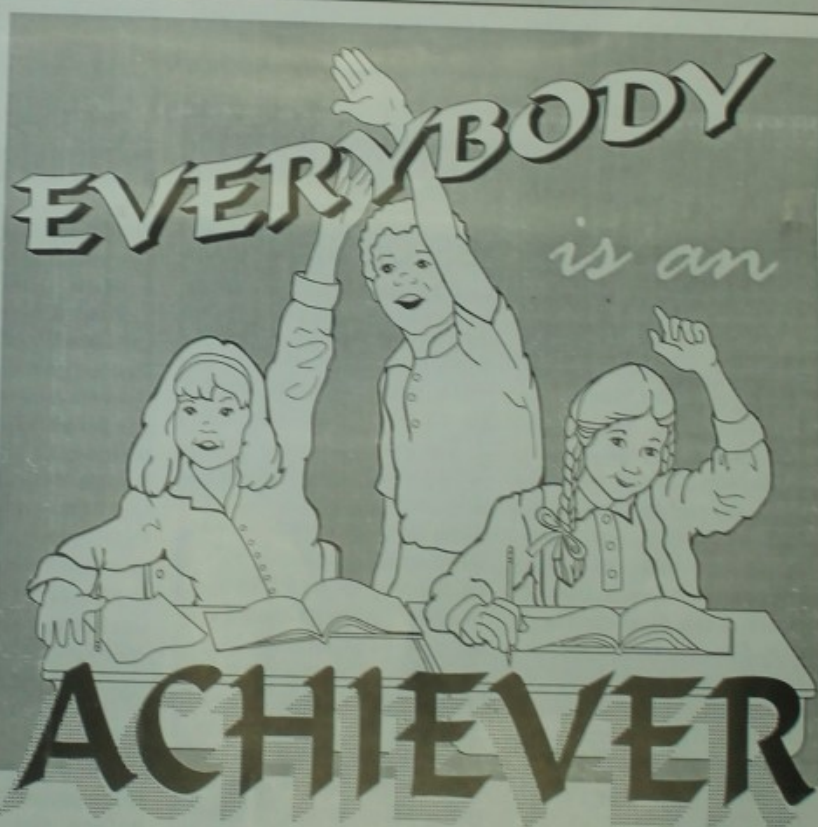
We should also keep in mind that reading is one of the fundamental skills in learning. As we know, some persons who cannot go to schools are forced to study at home. And because of books they are able to learn things just like professional student.

However, we should be very critical in reading various kinds of books. We should have the ability to differentiate the relevant books from the irrelevant ones. Just like the famous philosopher-historian, Francis Bacon who said, books are to be tasted, some to be allowed and a few to be chewed and

digested", which means that, some books are to be read but not seriously and a few to be read wholly and diligently.

Also, in reading various kinds of books we became educated, which means that we can truly be the hope of our country. By being educated youths we can be the future leaders of this country to make it progressive just like any of the more advanced countries in the world.

There is so much about reading, the knowledge, ideas, theories and the philosophies. We should never get tired of reading books even if they are too long for us. We should keep in mind that reading the original texts would make us understand things more than we could in reading the summaries.



■ Mary Joy Ambrocio

Everyone's dream is to achieve and to prove something for himself and to those people around him. As a student, we want to be recognized in the school campus, that's why we want to get awards and recognitions for our efforts. However, do you believe that even without those awards you can say to yourself "I am an achiever" How?

Well, all of us are achievers in our own way. Even though we have not gained the praises from others for what we did well, deep in ourselves we knew that we are fortunate because we all achieved the greatest achievement of our lives. And this is the great gift of God the "life". Furthermore we are all working for it and this is what we call "Survival". We all knew that life is a competition that's why we do everything just to survive and we can say that we are all achievers because

we prove to ourselves that we can survive through the help of God.

Although life is a competition, never forget to help each other in order to survive. It is not shown survival that is our purpose in life that must achieve and make ourselves and others happy. The joy and happiness of being alive is a form of an achievement itself.

Being an achiever is not getting awards or rewards but having something to be thankful for all those awards in the form of trophies, medals, plaques, certificates and other sort of recognition are just material things that may easily vanish. What matters most is the happiness that we gain when we are doing the things that we want to accomplish.

Therefore, even without awards we can proudly say that "we are achievers" because we know that we did our best in life.

You Smiled

■ Catherine Rose P. Lapid
In the church we've met
I saw you, you smiled
It was a dream come true
Seems so much untrue

I wish you'd stay
With me all through the day
Can't tell how sad I was
When we parted ways.

Till then, one day
Our paths crossed again
My heart was overjoyed
I knew there's hope again

Though not a chance was there
To say I love you
Even with no response
Still I'm here to wait for you.

Salud S. Sabada

■ Kenlee N. Rupa







S is for Sincerity – truly honest in her actions and intentions.
A is for Amiable – pleasing in disposition and kind hearted person.
L is for Loyalty – faithful to her friends and subordinates.
U is for Untiring – zeal and devotion to duty.
D is for Diligence – for her meticulous care for the things as well as for people.



S is for Sociable – very friendly and gregarious.



S is for Sophisticated – worldly wise.
A is for Artistic – sensitive to arts and art works.
B is for Bravery – brave or courageous in facing problems and difficulties.
A is for Accommodating – for her readiness to do favor for anyone.
D is for Discipline – for systematic training.
O is for Optimistic – for her disposition to look on the bright side of things.

RICHARD CORY



■ Ephraim Gauna



Whenever  went 
We  on the pavement  at him
He was a gentleman from  to 
Clean favored, and imperially slim
And he was always quietly arrayed,


And he was always human when he 
But still he fluttered pulses when he said,
"Good ,




and he glittered when he 
And he was rich - yes, richer than a 

And admirably schooled in every grace
In time, we thought that he was everything
To make us wish that we were in his place

So on we , and waited for the 

And we went without the  and cursed the 

And  one calm summer

Went  and put a  through his 

Christmas

■ Ephraim C. Gauna

As you are probably aware, December 25 was not the birthday of Jesus Christ. You may feel that it may not matter—but the event is the important thing. But the way the Christmas holiday developed shows that there is more to it than that. The following encyclopedias explain:

"The observance of Christmas is not of divine appointment, nor is it of New Testament origin. The day of Christ's birth cannot be ascertained from the New Testament, or, indeed, from any other source. The fathers of the first three centuries do not speak of any special observance of the nativity." – *Cyclopedia of Biblical, Theological, and Ecclesiastical Literature* (Grand Rapids, Michigan, 1981 reprint), by John McClintock and James Strong, Volume II, page 276.

"Most of the Christmas customs now prevailing in Europe, or recorded from former times, are not genuine Christian customs, but heathen customs which have been absorbed or tolerated by the Church..."

The Saturnalia in Rome provided the model for most of the merry customs of the Christmas time." – *Encyclopedia of Religion and Ethics* (Edinburgh, 1911), edited by James Hastings, Volume III, pages 608-609.

It is commonly known that Christmas was not originally a celebration of Christ's birth.

U.S. Catholic of December 1981, page 32, notes: "It is impossible to separate



Christmas from its pagan origins." The magazine explains:

"The Romans' favorite festival was Saturnalia, which began on December 17 and ended with the 'birthday of the unconquered sun' (*Natalis solis invicti*) on December 25. Somewhere in the second quarter of the fourth century, well-informed officials of the Church of Rome decided December 25 would make a dandy day to celebrate the birthday of the 'sun of righteousness'. Christmas was born."

When learning these facts about Christmas, how have some been affected? *The World Book Encyclopedia* (1982) observes under "Christmas": During the 1600's... Christmas was outlawed in England and in parts of the English colonies in America." Since people in

the past refused to celebrate Christmas because of its pagan origins, it should be understandable why Jehovah's Witnesses do not celebrate it today. We take no part in Christmas parties, plays, singing, exchanging of gifts, or in any other such activity that is associated with Christmas.

Jehovah's Witnesses take the same position of total non participation in other religious or semi religious holidays that occur during the school year. The reason is that these holidays, too, are connected with non-Christian worship; in fact, certain features of such worship often dominate the celebration. Consider the following examples:

It is very evident that during the time of Jesus birth, shepherds are in the fields taking care of sheep until midnight, why can they resist the weather when it is cold in winter and straws in the manger are dry. During wintertime, straws should be fresh, so therefore Jesus was born during autumn in the midst of October and not December. By the way, Jesus wants us to remember his death Anniversary not his birth.

(1st Corinthian 11:23-26; Ecclesiastes 7:1)

Is it only on Christmas Day that we must love and share to other people, for us as Jehovah's Witness, everyday is Christmas to us, so why not do it an everyday habit to love one another?

A SHORT STORY

I will follow you...

■ Alice Retobado

"I will follow you even what school you would transfer to, just to show you that I really love you!" this is what Kenneth promised Alice his ex-girlfriend.

Alice still loves Kenneth but she became confuse when John came along to her life. There is really something about this guy, unlike in Kenneth's situation; Alice cried so much for this guy. Every time the guy would strum his guitar, she would think of it as his "Harana" for her. She had already done everything just to get his attention but the guy never

felt anything for Alice, that is more than a friend which is the reason of the ache in Alice's



heart. But still, she waits for the guy that maybe someday he may love her too.

Unknown to her, Kenneth is also still waiting for her; he had transferred to Alice's school just to see her. Then one day their paths had crossed again, and Kenneth finally told her about his feelings for her. Alice was confused if she will answer Kenneth or not, but then she decided to do so.

Even though Alice and Kenneth are still together now Alice's feelings for the guy still exist, having the regrets for those unfulfilling events.

Love at First Sight

■ Joseph Simangan

The first time I saw you
I fell in love with you
That's the reason why
To know you make me not cry

The maiden in my mind
Is no one but you
You're everything to me
That's why for you, everything I'll do

I can't accept to lose you
And this love I feel for you
For me you are so remarkable
Everything about you is all memorable

My hand is for the action;
my mind is for the knowledge
My Body is for work and my heart is only for you
The words to remember
"My Heart belongs to you"
This will be forever because I really love you



HIGH SCHOOL LIFE

■ Alice Retobado



High School life is the best;
And different among the rest;
This is where friendship starts;
And this is where our hearts beat fast.

Other said that it is enjoyable;
But sometimes miserable;
And of course memorable;
Because this is the time we became lovable

Mostly, you will enjoy third year;
Because it is a happy year,
When you became matured;
And there's no reason to be immature

If you will not enjoy this high school life;
You will have a meaningless life,
If I were you, I would enjoy it;
So that YOU COULD FEEL IT!

When I...

■ Alice Retobado

When I was sad,
you are my clown
When I was thirsty,
you give the ocean
When I was in the dark,
you give the sun
When I was crying,
you gave your shoulders to lean on
When I don't have a home to live on,
you give the earth
When I want to be in love,
you give your heart to me
And even you know I'm an opportunist,
you accept me
Can you still do everything to please me?
Remember all the love you gave me?
I gave them to the one I love truly,
Because for me you're a friend only!
Hope you will understand me...
I'm sorry...



LITERARY QUIZ

The following are significant lines usually quoted in speeches. They may help you in your communication proficiency in English. Identify the title and the author of the literary selections:

1. A wrong is undressed when retribution overtakes its redressor. It is equally undressed when the avenger fails to make himself felt as such to him who has done wrong.

Title

Author

2. Come live with me and be my love, and we will all the pleasure prove that hills and valleys, dales and fields, or woods or steepy mountain yields.

Title

Author

3. One short sleep past, we wake eternally and death shall be no more; Death, thou shalt die.

Title

Author

4. So long as men can breathe or eyes can see,
So long lives this and this gives life to thee.

Title

Author

5. Such elegance I turned away near tears.
And now I shall be known a fool for years

Title

Author

Computer Aided...

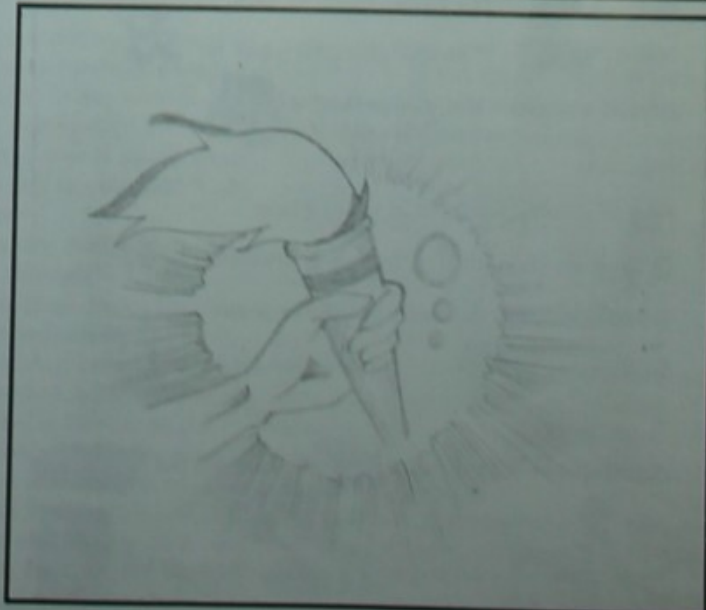
from page 9

Mrs. Maribeth dela Cruz, a new science teacher attempted to use power point in her demonstration class, a departure from the traditional chalk-board technique and the old practice of using Manila Paper and picture cut-outs from magazines and brochures. The smooth flow of the steps in the lesson as the principles and visual aids were flashed out on the wide screen have drawn students' attention and interests as evidenced by the spontaneous responses to questions and their active participation in the class discussions.

In the post conference after the observation of classes. Mrs. Imelda Servillon, supervisor, lauded the MLQHS administration for its acquisition of a set of computers from the alumni foundation recently. She said it is a great help in our desire to produce a mass of high school graduates who are computer literate so they can be competitive in the highly technical world of work when they leave the school.

Moreover, she thanked the science department head, Mrs. Monina Oro for attempting to implement strategies and methodologies using high technology in the teaching of the physical sciences. Mrs. Nanette San Luis, the Master Teacher of the science department assisted Mrs. Oro in the implementation of new methodologies in the teaching of sciences.

Can you spot the DIFFERENCE?



- ANSWERS:
1. Cash of Amonillado, Edgar Allan Poe
2. The passionate shepherd to his love, Christopher Marlowe
3. Sonnet X, John Donne
4. Sonnet XVII, William Shakespeare
5. The fence, Maximo Ramos

ORTHOREXIA

Obsession over healthy foods

■ Mary Joy Ambrosio

Do you know that eating too much nutritious foods have also had effects on our health? If you think that eating healthy foods without considering the amount intake have your assurance that you are safe from any negative effects, you are definitely wrong.

According to Andreas Schenkel, a psychologist and chairman of Germany's eating disorder association, those people who are obsessed over eating healthy foods suffer a disorder called ORTHOREXIA. The name is derived from Greek: Ortho meaning "correct" and OREXIS meaning "appetite".

Expert says that people who have this kind of eating disorder do not feel sick. They have this type of obsession over healthy foods that they eat hours or more than 10 hours a day. They plan their meals for three days in advance and placing great value of food over

the joy of eating. They have extremely specific needs when it comes to what they ingest.

Sufferers are so wrapped up in their nutrition. They gradually become isolated from their surroundings. They take emergency rations along to social events or to avoid who in their thoughts eats unhealthy.

Psychologists said that it will become an illness as soon as a person's quality of life clearly affected.

Treatment should be sought in cases involving social isolation, depressive moods and dramatic weight loss.

ORTHOREXIA has not yet been recorded in the catalogue of psychological illness because of the low number of occurrences and lack of research.

But still, it doesn't mean that we shall not be alarmed because our health and safety is what we are concerned about.

Remember the adage that states that too much of everything is not good for us.

34 student delegates attend Science Camp

■ Ronald Nabayra

"The best way to reforest an area is to let it regenerate naturally. The next best option is to use the Reforestation Farming Technology. Reforestation brings back the original rain forest by planting tree species native to a particular forest."

This was the main point stressed in the speech by the guest speaker from Haribon Foundation during the Annual Science Camp held at Manila High School in Intramuros last Nov. 12-13, 2005 which was attended by students delegates from different public secondary schools in Manila.

The Science camp is held annually by the Science Instructional supervisory section of DepEd Manila to develop awareness among high school students on the necessity of the preservation of the biodiversity of the Philippine forests and to simultaneously sustain human food production that may lead to the development of a closed canopy and high diversity forest



farming system. This means planting native trees to restore the forest ecosystem to bring back biodiversity.

The MLQHS delegates to this Science Camp was adjudged first place in the maximum attendance category with 34 student delegates who have exhibited awareness of the many benefits they would get from such camping activities.

Aljohn Alvarez of IV-1 bagged first place in the Fourth Year

level for the Sci-Damath Contests one of the individual contest during the Science Camp. Karen Jean Tan, another IV-1 student won first place, too, in the "Hotdog hunt" game.

The science camp exposes the students to various group and individual activities in addition to attending lectures and mini-workshops developing awareness of strategies to bring back our forests and the ecological services that the people need.

When we think of modern times, we marvel at the inventions that make our lives easy and comfortable. The burden of manual labor is made easy. Carrying a heavy load may be done by a fork lift. The slow production is made faster and a mass of products is produced at a very short period of time by copying machines. Traveling is made faster. You can go from one place to another without a bit of perspiration. Communication is fast. With just a press of button and you can talk to your friend or loved one on the other side of the globe. True, indeed, the industrial age and the space age have brought the inventions that are hard to believe some years back.

But the comfort we enjoy may have affected our whole body system that brings malfunctioning of the organs in our body. When in the past, we used to walk so that we activate the nerve system and muscle coordination, now we take a ride even in going to nearby places. The nerve and the muscle systems are left dormant and unmoving. The blood is slowed down and could not circulate all through the body system.

One Chinese writer has talked extensively of the values of walking. Liang Shi-Chu said that "people of ancient times always took a walk after meals". Now we don't because when the meal is sumptuous, we tend to over eat and afterwards we sit down because we could hardly move and can't stand

Add a little meaning to your life

■ Mary Joy Ambrosio

Take a walk, watch the dawn, and discover something beautiful amidst the seeming disorderliness of the city environment.



up and walk a little. We wait for the bits of food and nutrients to settle down and when we feel drowsy, we eventually sleep.

The industrial age and the space age have turned us into mechanical robots. In the morning that is every morning after waking up we no longer have time to take a short walk because we hurry up to prepare going to school and offices to work. We don't walk but take the easy way out and fast by means of transportation to avoid getting late. It is in the early morning that is the most appropriate time to take a leisurely walk. Liang says "to walk out into the open early in the morning to look at the first glimpse of light in the East; to view the dark green of distant mountains, and to breath deeply of fresh air, without fear of ill consequences - air not polluted by dust and smoke of the day -

are some of the greatest pleasures life offers us."

One other writer whom I can no longer recall has made mention of the most wonderful view that everyone of us misses every morning of our life here on earth. Watching the dawn breaks at early morning is magnificent! One may sit down on a cold stone "when the morning dew still glistens on the ground, when the earthworms and giant snails wriggle along at the side of the road without anyone around to harm them. At such times, when it seems, that these tiny animals are able to exist peacefully in equal terms with human beings" you look at the wonderful breaking of dawn, the most entertaining show, a natured production which awaits the viewers till they have time to appreciate to their full delight each day of their lives.

When you are tired on the

city, its dust and smoke, the noise and its overpopulation, you want a tranquil environment, but you are overcome by some inconveniences, money or otherwise, this is what you may do. There is an idyl out there, a simple scene or view that you can frame within your sight. Be sensitive to catch this episode of a simple attraction which may be a part of the whole surrounding. There can be something special out there in the midst of seeming disarray in the city environment.

Walk a little, keep moving, see a little and the wonders of nature will unfold before your eyes to entertain you for a while, and the cares and stress of daily living will be replaced by a thousandfold of enjoyment which will make your life meaningful and enjoyable.

Computer Aided Instruction for science classes tried

■ Rosienalyn Rendon

In search for more effective strategies to teach the Sciences, the Science department has successfully attempted to use Computer Aided Instructions during the Intravision of Classes held last November 16 and 19, 2005.

Teacher observers of different classes marvelled at the skills of the students operating the computer as they work out problems that needed analytical skills which develop higher order thinking skills of the students.

Other techniques were tried and found out to be as effective as the understanding of concepts and scientific principles. These techniques include the use of colorful diagrams and charts, tables and grids, graphs and maps.

Different phases of the lessons provided challenging exercises to develop students analytical skills. The seductive method was employed in Mrs. Lyn Paraguisson's class that deal with the subject on chromosomal aberrations. It was interesting to note the students maximizing the use of the computer in search for information that will clear up concepts regarding various physical abnormalities and deformities in the human body.

Turn to page 8

Master teachers launch project Quezonian

To develop proper study habits in order to enhance the students' natural ability and to make use of students' free time productively are the major objectives of the Project QUEZONIAN of the Master Teachers of the Manuel L. Quezon High School which was launched during the weekly convocation sponsored by the Sophomores Sections 3, 7 and 11 held at the Bulwagang Quezon last December 5, 2005.

The Acronym "QUEZONIAN" stands for Quality Unlimited Education to Zero in On Natural Innovative Artistic Needs of our Students.

Indeed the project is meant to provide quality education without limitations because the students can choose any activity in which he has natural or inborn talent and develop this through various indoor activities. These activities are in the forms of indoor games such as Damath, which will truly improve the students' mathematical ability, Scrabble which will enrich their stock of vocabulary in English, Chess to develop their higher order thinking skills. The number of games will be increased later as the days go by to cater to more students' varied interests and natural inclinations.

The project QUEZONIAN was conceptualized by the Master Teachers of the M.L.Q.H.S as delegated by the principal in her desire to

improve the academic performance of the students and to maximize the use of the newly renovated Bulwagang Quezon.

The renovation of the old MLQHS Social Hall, which was previously a three-classroom structure with collapsible dividers that are removed to give way for conferences and faculty meetings, was one of the major accomplishments of Mrs. Salud S. Sabado immediately after the opening of classes last June.

With careful and judicious programming, all 60 classes opened for this year were adequately placed that spared the use of the 3-classroom structure to pave the way for the improvement of the old Social Hall, which is now appropriately named Bulwagang Quezon.

The project QUEZONIAN was started with minimal expense. Each department was generous enough to donate any usable materials that may develop the inborn talents of the students in areas such as Mathematics, English and Arts.

Father Bandojo, the parish priest of San Roque, in Blumentritt, Manila, inaugurated the Project Quezonian last Dec. 5, 2005 in a simple ceremony, which included its blessing. The Blessing was followed by the cutting of the ceremonial ribbon by Mrs. Salud S. Sabado, principal of the Manuel L. Quezon High School.

Teachers and student laud holding of weekly convocations

One of the most significant innovations introduced in the local science this year by the new school manager in the person of Mrs. Salud S. Sabado is the holding of Weekly convocations sponsored by individual section or groups of sections in all year levels.

The weekly program is conducted every Monday after the flag ceremony for one hour with sponsoring section expounding on a specific theme which helps instill in the minds of the students the need for relevant values for growth and development.

Moreover, the weekly show is meant to enhance the personality of the students by developing students' skill in the field of speaking, singing and dancing and in other related arts.

The IV-1 class was the first to sponsor the convocation on the theme *Working Together* as a Team under the able supervision of the adviser, Mr. Rolando Ibayán in the first week of September. The IV-2 class was the second to present their program on the 2nd week of September of the program was working for the long term. Mr. Roger L. Marmol, the adviser of IV-2 directed the convocation.

The students of IV-10 led

by their adviser, Mrs. Honorata Cainap coordinated with the students of IV-5 under Mr. Cecilio Pagulayan to sponsor the program held on the third week of September. The theme of the convocation was "Making System Work".

The success of the senior in the undertaking was attributed to the close supervision by the Senior Level Curriculum Chairman, Miss Crescencia S. Reyes.

The whole month of October saw the star section of the Junior Level taking turns in sponsoring the weekly convocations for the whole month on various themes such as strengthening unity and gaining from cooperation, etc. Mrs. Doris F. Ho, the head of the English department and the Junior Level curriculum chairman was the moving force behind the success of the undertakings.

The Sophomore Level of which the chairman is the head of the MAPEH Department, Dr. Imelda G. Faculin is on its way to finish their tasks for the Month of November, while the freshmen under Mrs. Winnie Marquez's chairmanship together with the freshmen class advisers are eagerly awaiting for their turn to sponsor their

shows in January.

December is a lull in observance of the Christmas Holidays in which all sections in all levels will cooperatively work together for the December affairs.

This novel activity has been proving its works as evidence by the students' eagerness to work hand in hand with teachers as they prepare in advance to come up with worthwhile programs to the satisfaction of the audience composed of the sponsoring sections.

Furthermore, the weekly convocation is a big help in making possible to carry out nay important event such as launching contests like the cleanest room contest; launching projects like the Project QUEZONIAN, because it is sponsoring sections to include any event as highlights in the members of the convocations.

The Faculty Members of the Manuel L. Quezon High School as well as the students are indeed grateful for the efforts of Mrs. Salud S. Sabado for initiating a very significant project like this because somehow it has helped lessen the burden of truancy and misbehavior among students since students' excess energy are channeled to more fruitful activities.

Quezonians place 5th in STEP Skills Competition

The MLQHS student participants won in various categories in The Student Technologies and Entrepreneur of the Philippines (STEP) Skills Contest held at Rizal Cottage Industries (RESPCI) in Pasig City last October 17-19.

Mary Jones Arambulo of IV-9 got 1st place in cocktail mixing while Norina Jonson of IV-1 won 1st place in hairstyle and make-up. Their winnings in their categories catapulted MLQHS to 5th place in the overall results in the Division Level contest.

Other winnings in their respective categories were Michelle Arteta and Rey Anne Timbang both of IV-1, 3rd place in plant propagation; Myline Sy of IV-5, 10th place in cake decoration and Michelle Jagunap and Narcissa Guiang of IV-1, 6th place in the techno quiz.

Meanwhile, in TLE (Vocational) the following were the winnings of the MLQHS student participants: Michael Bañas of III-6 won 2nd place in Auto Mechanics; Jerman de la Cruz of III-1 won 3rd place on electronics-AM radio; Dave de la Cruz of IV-1 placed 6th in techno quiz; Jun Basco of III-3, 9th place, RAC and Catherine Rose Lapid, IV-1, got 10th place in the mural painting.

Although the school's participants did not get any major places in various categories, yet their performance in this year's STEP skills contest was "far better than the TLE students last year." Mr. Joselito Daus, head of the TLE (VOC) Department, said as he presented the department's achievement to the principal after the Division level Contest.

MLQHS hosts DAMATH... from page 3

second; first place went to Calderon Integrated School, Lakandula got third place. In the fourth year level Arvin Torres of MLQHS was third place. First place went to Torres High School and Calderon got the second place.

The specific areas contested were Integer Damath for the first year level, Rational Damath for the second year, Radical Damath for the third year and Polynomial Damath for the fourth year level.

The success of the competition was attributed to the Mathematics Department under the Supervision of the

Department Head of the Mathematics, Miss Crescencia S. Reyes with the support of Mrs. Remedios Alcantara, Master Teacher and the Mathematics Teacher.

Incidentally, the Mathematics department has lined up different activities and contests for the upcoming observance of the Mathematics Month in January. The different contests are Essay Writing Contest, Slogan Writing, Quiz Bee and Rap Jingle Contest. Other activities are Mr. and Ms. Mathematics, Math Fair Exhibits, Games and puzzles solving activities.

Ms. Felicitas Uygan, New Filipino Dept. Head

"I am a person who can't afford to stand by and remain idle even for a short while. I am a busy person and I see to it that I have something beneficial to do at all time". This statement sums up the real character of Miss Felicitas Uygan the new head of the Filipino Department.

Let me give you more details about her in this short biographical sketch of the new member of the administrative staff who serve for the best interest of the students of the Manuel L. Quezon High School.

Miss Ugnayan obtained her baccalaureate degree at the Philippine Normal University in 1975. After graduation from college she worked as an office clerk at Arizona marketing as a substitute for a regular

employee who took an indefinite leave of absence at that time. Later she held the position of Secretary Clerk at Joy Industrial Sales in Pasay. During her free time she would stay watch their own hardware store as a sales lady because she hates to be idle. She wants to be busy at all times and spend her free time productively.

According to her, "there's nothing wrong if I work as a sales lady in a hardware store because I have a very high regard to the lowly workers who have to stay standing the whole day waiting to serve customers in similar establishments." "It's a very noble work; to serve the people".

In December 1967, Miss Uygan received a letter from the Division of City Schools, Manila instructing her to



report to Magsaysay High School. It was her first assignment as a Filipino teacher in the Division of City Schools Manila.

In June 1978 she was assigned to V. Mapa High School still as a substitute teacher then was assigned to T. Paez Integrated School and Lakandula High School. But she got permanent appointment later and served at T. Alonzo High school where she taught as a class-

room teacher for 28 years.

In 1997 she was appointed Master Teacher of the Filipino Department in T. Alonzo High School. As master teacher she consulted regularly the Filipino Instruction Supervisory Section of DepEd Manila to coordinate with it as regards to meetings, contests and seminars. She would usually be appointed as resource speaker during seminars and workshops.

Ms. Uygan was at first apprehensive to accept her post here at M.L.Q.H.S because she was dismayed by the seemingly disorganized activities during enrolment; but that was only during the beginning of classes. Later she was able to adjust as the classes were organized and regular classes started.

Her first impressions on

the Manuel L. Quezon High School and its students made her stand firm to stay in this school to help change the character of the students who needed an inspiration and guidance to develop positive traits that would help them achieve better in their scholastic performance.

Her priority as head of the Filipino Department, of course, is to enhance the students' skill in the use of the national language for effective and efficient communication.

She believed that this could be possible through constant class observation. Moreover she would like her teachers to attend seminars and workshops and encourage everyone to pursue masteral courses till they obtain a degree in post graduate studies.

In Memoriam

The author Mr. Rogelio L. Marmol is a close friend of the subject matter of the elegy that appears here. At the time the poem was being written it was believed that the funeral procession for the late Mr. Ernesto S. Buenaventura was going on.

The writer begged off to attend the final rites to lessen the pain and distress of seeing a friend departing forever.

Incidentally, Mr. Roger L. Marmol and Mr. Ernesto S. Buenaventura belong to the English Department of the Manuel Luis Quezon High School. They have been together since 1979 when the departed came to Manuel L. Quezon High School to join the strong force of English teachers in the department.

The elegy deals with the events that transpired a few days before the departed died of hypertension, an unexpected event at a time when the English Department was preparing for their presentation for the Monthly Professional Meeting in which the department was the sponsor, November being the month for the department which coincides with the yearly observance of the National Book Month. The necrological services for the late Mr. Ernesto S. Buenaventura was the highlight of the Monthly Professional Meeting for November which was postponed for Dec. 2, 2005 due to the unavoidable circumstance that is referred to in here.

An Elegy Written For A Dear Friend

Some tales are so strange.
One of these I relate in here.
He chose to travel in November
Because he was an English teacher

Did you not direct the show?
As audience we would want to see
The event you can't be free
From being the star you disagree

Even in death your joke was on us
You refuse the show so soon to start
And the role that you must play the part
We acted out while you were far apart.

How great thou art, you were an actor!
You were once an entertainer
For those in distress when they suffer
Problems, you helped them out to bear.

You have stolen the show from us.
Now we have the time to glance
In life you didn't give the chance
To show your last greatest performance.

You are at the center of the stage.
You are the highlight of the show
In distress we are bound to do,
To give honor and praises for you.

If you are still alive with us,
You would tell us not to shed a tear,
Not to sing sad songs for all to hear,
But instead praises to last for years.

Strange indeed are events on earth
You're passing in November
Was meant for us to remember
A friend in memory to last forever.

You are saying that frail are the human minds
And the hearts release temporary feelings
The pains and passions your passing away brings
Soon will fade and may result to nothing.

But rest assured that you will be remembered
You will forever live in our hearts
The one to remind us when we start
The yearly show we do, when you did part.

You have ceased to be a mortal being.
Some said we must never regret
Yours was a triumph over death
In heaven a place has long been set.

True indeed to think we must
that death is just a short sleep
And after which we wake to travel deep
In darkness, soon to see the light
the heaven keeps.

Division Level

Hipolito captures badminton championship

■ Mary Joy Ambrocio

Rolando Hipolito from Manuel L. Quezon High School, District II's bet for the Badminton Championship in the Division Level Match smashed his way to the championship with the score of 45-43 in a closely contested match over his closest rival from Magsaysay High School of District IV in the Badminton Championship match held at Jose Abad Santos High School last November.

"I encountered difficulty beating the contestant from Manila Science High School, District V, first fight and had a score of 45-44 in my favor. I was glad it was over", Hipolito quoted after the first match.

He then won with his fight with Rolando from Nolasco High School. It turned out to be an easy fight for him as he battled it out to win with 30-23.

Hipolito wouldn't have won the Division Level if he had not gone through the District Level Match, held



at Plaridel Elem. School last September 27-30.

In his first fight with his opponent from Torres High School it was 21-7 in his favor. Then the next was his fight with Laurel high School that went on to finish 21-5. Then after this the Championship was at stake.

Before the championship fight Hipolito had a non-title fight with Calderon Integrated High School and won with 21-10 in the first match. Calderon was given a second match for revenge but again Hipolito did much better at 21-7.

Hipolito is a senior student from IV-1 and was trained under the tutelage of Mrs. Maribeth Olores.



Sports council meeting held

■ Rovenalyn Rendon

The Manuel L. Quezon High School hosted the Sports Council Meeting last August 16, 2005 which was attended by Supervisors of the MAPEH department and principals of Secondary Schools of District I and II.

The main points discussed in the council meeting were plans for the district and division meets and how to select potential players and athletes who will compete for the Division in higher level sports competitions. Specifically, the council determined the schedule for the sports competitions, submission of entries in various categories, appointment of chairmen in the different sports events and determining the venues for the different competitions. The highlights of the council meeting was the election of new set of officers to direct the affairs of the sports council.

The Quezonian SPORTS

MLQHS teachers attend, 23rd SEAGames opening rites

■ Ephraim Gauna

A number of selected seniors together with their advisers and teachers from the Manuel L. Quezon High School were directed to attend the opening ceremony of the 23rd South East Asian Games which was formally opened by President Gloria Macapagal Arroyo last November 27, 2005 at the Quirino Grandstand at Luneta Park.

These students and teachers were among the estimated 300,000 people who attended the ceremonies, which was marked by a great show of songs, dances and fireworks.

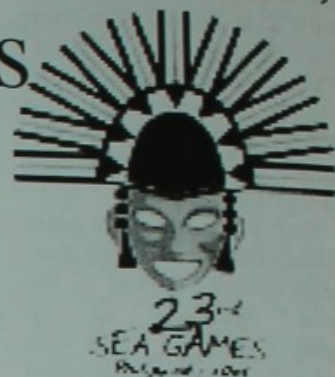
The Philippines, hosting the regional conclave for the third time since 1981, took the lead in the medal tally early in the games of the

nine-day meet.

Speaking before the big crowd at the Luneta Grandstand the president said that "we take this as a good omen as we strive for the overall championship this time on the back of the talent, skill and fighting spirit of the Filipino athletes".

Moreover, the president said that we all pray for more medals to come. The President urged all the Filipinos who are hoping to dethrone Vietnam, the defending champion who dominated the games two years ago when they hosted the biennial games in their own country.

The students and teachers were to join the parade of athletes and guest from the different delegation but was marred



by the big crowd so they just stood by to watch the grand shows that delighted the audience who stood till night time for the wonderful fireworks.

Dr. Imelda G. Faculin, the head of the MAPEH department was the chair who coordinated well with all the different department heads. The students and teachers met at a specified point in the venue. The attendance of the students and teachers were checked and they were given strict instructions to take all the precautions from any untoward incidents due to the unexpected big crowd that attended the opening rites.

Councilor Zarcal opens Palarong Maynila '05

■ Ronald Nabayra

This year's Palarong Maynila was formally opened, Dec. 6, 2005, by the distinguished guest for the event. Councilor Letlet Zarcal of the Third District of Manila amidst the Euphoria brought about by the Philippines winning the over all championship at the conclusion of the SEA Games recently.

The Palarong Maynila is a very significant undertaking in the developing the youth of Manila to be physically strong and competitive in the field of sports. Councilor Zarcal said that actually many of the athlete delegates to the South East Asian Games came from Manila, the youth who trained daily energy where even in the streets of Manila. The councilor landed the efforts of Mayor Joselito Atienza and the schools, elementary and secondary under the leadership of Superintendent Ma Luisa S. Quinones for holding the years Palarong Maynila.

It is actually a very wholesome competition to determine the best players and athletes who will comprise the delegates to the Regional Athletic Competition and eventually to the National

Competition.

Mr. Zarcal who obtained his elementary and secondary, as well as his college education from De La Salle University is currently the chairman of the Education Committee in the local Municipalities board of Manila, such as he vowed to work out for increasing the budget allocation for sports competition for the benefits of the athletes of the City of Manila.

The Palarong Maynila was opened without traditions parade of athletes which was forgone because slightly because of the early morning drizzle which delayed the opening rites for just a few minutes.

On hand to welcome the special guest for the event was Dr. Ma. Luisa S. Quinones and her assistant Superintendent Dr. Macario Amegito.

Later in the program Michael Roxas an athlete from the delegation of Maceda Integrated School led the oath taking ceremony by the athletes participates followed by the oath taking ceremony by the officials who were to officiate the games lend by Joel Dionisio a coach from Calderon Integrated School.