

PERSISTENT.
RELEVANT.
INSIGHTFUL.

VOLUME XXI, NO. 1
JULY 2024 - DECEMBER 2024



CAPTION HERE

PSDS Rosino champions Mental Wellness during DAPSNHS School-Based GAD Training

■ AUTHOR

BAGUIO CITY – Newly installed Public Schools District Supervisor (PSDS), Dr. Eliza O. Rosino, EdD, showcased her unwavering support for teacher development by providing technical assistance during the DAPSNHS School-Based Gender and Development (GAD) Training held on December 7-8, 2024, at Teachers Camp.

Themed “Fostering Mental Wellness in Education: Strategies, Support, and Healthy Professional Relationships,” the training emphasized the importance of mental health in the educational landscape. Dr. Rosino commended the dedication of the school in utilizing GAD funds appropriately and conducting relevant training sessions consistently. “I am pleased to see DAPSNHS maximizing its resources for the benefit of teachers and learners. This training is a testament to your commitment to fostering mental wellness and professional growth,” she remarked.

The training featured an impressive lineup of resource speakers, including Ms. Rochel Z. Estabillo, Mr. Bryan M. De Vera, Ms. Kring-Kring P. Bandarlipe, Mrs. Editha O. Cabanela. Their expertise and engaging sessions provided participants with actionable strategies to promote mental wellness and build strong professional relationships.

The DAPSNHS faculty went home full gratitude for the insightful discussions and practical workshops, which they found relevant to their roles as educators. The event concluded with a renewed sense of purpose and determination to create a mentally healthy and supportive educational environment.

Dr. Rosino's active involvement and positive reinforcement reflect her dedication to enhancing the capabilities of educators in the district, setting a strong precedent for future initiatives.

DAPSNHS Hosts Sison's English Festival of Talents 2024, Promoting Literacy and Excellence

■ JANINE M. OCAMPO

With the theme “Making Reading Accessible to All,” Don Amadeo Perez Sr. National High School (DAPSNHS) served as the host of the Municipal English Festival of Talents 2024, held on December 6, 2024. The event gathered participants from 15 public secondary schools in Sison, showcasing the literary and artistic brilliance of learners and their mentors.

► see page 3

INSIDE THE VALLEY



news

editorial lorem ipsum

editorial

editorial lorem ipsum

feature

editorial lorem ipsum

sci-tech

editorial lorem ipsum

sports

3

5

8

12

16



CAPTION HERE

DAPSNHS Wraps Up 18-Day VAW Campaign, Empowering Advocacy Through Creative and Engaging Activities

■ AUTHOR

DECEMBER 13 – Don Amadeo Perez Sr. National High School successfully concluded its observance of the 18-Day Campaign to End Violence Against Women (VAW) on December 13, 2024, with a culminating program centered on the theme, “Bigyang Wakas, Ngayon ang Oras” (End It Now, The Time Is Now). The event engaged students, teachers, and staff in a variety of activities designed to raise awareness and inspire action to combat violence against women.

Among the key highlights were the Poster and Slogan Contest, where students expressed their creativity and advocacy through powerful visuals and statements. A Video Campaign/Advocacy Contest showcased student-produced short films that creatively communicated the importance of standing against violence. In addition, a Photography Contest captured impactful images that resonated with the campaign's theme, emphasizing the role of visual arts in advocacy.

Adding a fun and interactive element to the program was the activity “Maria Went to Town”. In this game, participants dressed as women and raced back and forth in a playful competition, symbolizing the journey and challenges women face in their lives. The activity not only

entertained the audience but also reminded everyone of the shared responsibility to address gender-related issues.

The program was initiated and spearheaded by Bonnalyn Lagmay, the school's Gender and Development (GAD) Coordinator. Her leadership and dedication ensured the success of the campaign and encouraged the active participation of the school community.

During the program, school principal Mr. Eduardo C. Ocampo delivered an inspiring message, emphasizing the importance of advocating for gender equality and a violence-free society. “Ending violence against women starts with each of us. It requires awareness, advocacy, and action. Let us work together to build a community that

values respect, equality, and safety for everyone,” he urged.

The culmination of the campaign reaffirmed Don Amadeo Perez Sr. National High School's commitment to addressing pressing social issues and inspiring meaningful action within and beyond the school community. Through the collective efforts of students, teachers, and staff, the event left a lasting impact, empowering everyone to champion the cause of ending violence against women.

As the program came to a close, the school community stood united in their pledge to uphold the campaign's theme: “Bigyang Wakas, Ngayon ang Oras,” underscoring the urgency and importance of the movement.

The Valley Digital: Official FB Page of Don Amadeo Perez Sr. NHS Set to Transform into a Website

■ AUTHOR

The Valley Digital, the official Facebook page of Don Amadeo Perez Sr. National High School (DAPSNHS), is taking a monumental step forward as it transforms into a full-fledged website. This exciting initiative aims to provide a more dynamic and comprehensive platform for sharing news, updates, and achievements of the school community.

The project is spearheaded by Editha O. Cabanela, adviser of The Valley Digital, and her co-adviser Aljon B. Fernandez, together with the dedicated Valley Editorial Staff. Their vision for the website is to expand the reach and accessibility of school information while showcasing the talents and accomplishments of students and staff in a modern, user-friendly digital space.

“We’re excited about this transformation because it will allow us to provide more features and better accessibility for our audience,” said Ms. Cabanela. “Through the website, we can highlight the achievements of our school community in a way that’s more organized and impactful.”

The upcoming website will serve as an all-in-one platform, hosting news articles, event updates, announcements, creative works by students, and various multimedia content. It will also enhance communication within the school and between the school and stakeholders, fostering stronger connections and greater transparency.

Mr. Fernandez expressed his enthusiasm for the project, saying, “This is a significant step for The Valley Digital. We aim to inspire and engage not just our school community but also the wider audience by sharing our stories and advocacies through this new platform.”

The Valley Editorial Staff is equally thrilled about the project, as it opens up opportunities for student journalists and creatives to develop their digital media skills and contribute to a platform that represents the school's identity and values.

The transformation from Facebook page to website is expected to be completed within the year, with the team working tirelessly to ensure the project's success. Once launched, the website promises to be an innovative and invaluable resource for the Don Amadeo Perez Sr. NHS community and beyond.

This development marks an exciting new chapter for The Valley Digital as it continues its mission to inform, inspire, and connect its audience in the digital age.

Educators Empowered Through Two-Day GAD Training at Teachers Camp, Baguio City

■ AUTHOR

BAGUIO CITY — On December 7 and 8, 2024, teachers of Don Amadeo Perez Sr. National High School convened at the iconic Teachers Camp in Baguio City for a two-day Gender and Development (GAD) training with the theme, “Fostering Mental Wellness in Education: Strategies for Resilience, Support, and Healthy Professional Relationships.”

Organized as a school-based training, the event was a significant step toward equipping educators with tools to enhance mental wellness, build resilience, and nurture positive professional relationships in the demanding field of education.

The training officially began with an opening remark by Principal Eduardo C. Ocampo, whose inspiring words set the stage for the enriching discussions ahead. Public Schools District Supervisor of Sison, Eliza O. Rosino, followed with a motivating message that underscored the importance of mental wellness in education and encouraged participants to embrace the strategies shared throughout the sessions.

Day 1: Building Resilience and Managing Stress - The first day was packed with thought-provoking discussions led by experts in the field: *Stress and Emotional Resilience* by Rochel Z. Estabillo, who shared practical strategies for managing stress and fostering emotional stability; *Self-Care for Educators: The Foundation of Resilience* presented by Editha O. Cabanela and Janneth M. Ocampo, emphasizing the critical role of self-care in maintaining resilience and professional effectiveness; *Managing Stress Through Meaningful Gateways*: The Power of Place by Bryan M. De Vera, who explored the importance of mindful spaces and meaningful breaks to alleviate stress.

Day 2: Emotional Management and Personal Growth - The second day focused on emotional management and growth: *Managing Emotional Outbursts* by Bonnalyn T. Lagmay, offering educators tools to handle emotional challenges constructively in both personal and professional contexts. *Stress Relief Techniques for Personal Growth* by Kring-Kring P. Bandarlipa, featuring innovative stress relief strategies for holistic well-being.

The training was made possible through the efforts of proponents Marissa C. Fernandez and Aljon B. Fernandez. GAD Coordinator Bonnalyn T. Lagmay played a central role in organizing the event, ensuring its alignment with the theme and objectives.

Participants expressed gratitude for the opportunity to engage in such a meaningful and practical training. The sessions provided actionable strategies to navigate the mental and emotional demands of teaching while fostering a sense of camaraderie and support among educators.

As the training concluded, attendees departed with a renewed commitment to fostering mental wellness, resilience, and strong professional relationships in their schools, ensuring that these values are passed on to students and colleagues alike.



CAPTION HERE

DAPSNHS Hosts Sison's English Festival of Talents 2024, Promoting Literacy and Excellence

■ JANINE M. OCAMPO

With the theme "Making Reading Accessible to All," Don Amadeo Perez Sr. National High School (DAPSNHS) served as the host of the Municipal English Festival of Talents 2024, held on December 6, 2024. The event gathered participants from 15 public secondary schools in Sison, showcasing the literary and artistic brilliance of learners and their mentors.

The festival highlighted various competitions designed to inspire excellence in English proficiency. Grade 7 students competed in the Spelling Bee, while Grade 8 showcased their knowledge in the Quiz Bee. Essay Writing was featured for Grade 9, followed by Oratorical Speech Writing and Delivery for Grade 10. Grade 11 learners performed heartfelt a Declamation piece, while Grade 12 students displayed their creativity in the Poster Making Contest.

Among the talented competitors, DAPSNHS contestants stood out with commendable performances. Azhea Domingo secured 4th place in the Essay

Writing Contest, and Claire A. Centeno earned 2nd place in the Declamation competition.

Principal Eduardo C. Ocampo expressed his pride, saying, "This event not only celebrates the intelligence and creativity of our students but also underscores the importance of making reading accessible to all as a foundation for lifelong learning."

The Municipal English Festival of Talents 2024 successfully fostered camaraderie and a passion for learning among young minds, proving that the power of literacy can transform lives and communities.



CAPTION HERE



CAPTION HERE

DAPSNHS celebrates Physical Education and Recreation Day: Galaw Indak Pangasinan II Volume 2 kicks off

■ LOUISE EMMANUEL M. TOLENTINO

NOVEMBER 4 — Don Amadeo Perez Sr. National High School celebrated Physical Education and Recreational Day with an exciting program organized by Ms. Rochel Z. Estabillo. The event brings the students to celebrate health, teamwork, and fun.

The program started with a kick-off in a form unity dance showing the newly launched Galaw-Indak Pangasinan II Volume II performed by the faculty and students. After the unity dance, each team prepared to play. Teams Green, Blue, Yellow and Red gathered for an exciting Recreational Day. Each team came with its unique energy. The players played Patintero, Sipa, Kadang-Kadang, Hula-hoop Obstacle, Tower of Hanoi, Sack Race, Human Wordscapes, and Tumbang Preso. At the end of the game, the results of the winners were announced, and the excitement reached its peak. The

Red Team won the 4th place, the Yellow Team won the 3rd place, Team blue won the 2nd place. Lastly, the Green Team was declared the winner, celebrated for their outstanding teamwork.

Recreational Day and Physical Education is more than just a day of fun, it is a celebration of health and teamwork. It serves not only as a day of fun but also as an opportunity to promote physical activity, social connections, and overall well-being. The spirits of this year's event will undoubtedly inspire the students to continue striving for excellence both in and out of the classroom.

DAPSNHS Mathletes Shine Bright at 2024 Cluster Math Recreational Games

■ AUTHOR

POZORRUBIO, PANGASINAN — The exceptional mathletes of Don Amadeo Perez Sr. National High School (DAPSNHS) made their school proud with a stellar performance at the 2024 Cluster Mathematics Recreational Games held on November 22, 2024, at Benigno V. Aldana National High School. Competing against the best minds from other schools, the students showcased their mathematical prowess and creativity, earning multiple accolades across various categories.

Guided by their dedicated coaches — Janneth M. Ocampo, Charlie P. Calonge, Ana Liza B. Tailan, and chaperone Kring-Kring P. Bandarlipe — the mathletes delivered impressive performances that highlighted their hard work, talent, and competitive spirit.

Here are the DAPSNHS mathletes who brought pride to the school, along with their ranks and categories:

TOWER OF HANOI:

- Shane Ellerma (Grade 8) - Rank 4
- Alyssa Jarical (Grade 11) - Rank 6

DAMATH:

- Santino Cara (Grade 10) - Rank 5

SODOKU:

- Princess Lyka Montero (Grade 9) - Rank 4
- Randrev Peralta (Grade 7) - Rank 9

RUBIK'S CUBE:

- Mark Nhoel Valencia (Grade 7) - Rank 2

MODULO ART:

- Janine Ocampo (Grade 10) - Rank 2
- Ariane Lagmay (Grade 7) - Rank 5

- Azhea Mae Domingo (Grade 9) - Rank 6
- Joe Renz Roldan (Grade 12) - Rank 7

The mathletes' achievements reflect not only their skills but also the unwavering guidance of their coaches. Their dedication to training and preparation was evident in the impressive results achieved during the competition.

The success of the DAPSNHS mathletes serves as an inspiration to their peers and the school community. Principal Eduardo C. Ocampo expressed his pride and gratitude, noting that the students' accomplishments highlight the school's commitment to academic excellence and holistic development.

As the mathletes returned to school with their medals and recognition, they brought not only honor to DAPSNHS but also a renewed sense of determination to excel in future competitions. Their outstanding performance at the Cluster Mathematics Recreational Games reinforces the value of hard work, teamwork, and passion for learning.

DAPSNHS Celebrates Filipino Values Month

AUTHOR

NOVEMBER 15 - Don Amadeo Perez Sr. National High School marked the celebration of Filipino Values Month with the theme, "Pagsusulong ng Bagong Pilipinas: Ang Kabataan Bilang Pundasyon ng Pagbabago," highlighting the significant role of the youth as catalysts for change in building a new and better Philippines.

The event, held on November 15, 2024, aimed to achieve three main objectives: to promote greater consciousness of values that are uniquely and positively Filipino, to inspire the youth to take pride in their heritage and strive for excellence in their chosen fields, and to encourage learners to participate in various activities to foster camaraderie among different age groups.

Spearheaded by ESP Coordinator Ms. Romela I. Mabitazan under the guidance of Principal Mr. Eduardo C. Ocampo, the program featured a series of engaging and creative activities that showcased the learners' talents and celebrated Filipino culture.

The celebration highlights the following activities: Bible Character Costume Parade - Students paraded in costumes inspired by biblical characters, demonstrating their creativity and knowledge of faith-based values; Sabayang Pagbigkas - Various sections performed synchronized declamations, embodying the spirit of unity and collaboration through poetry;

Poster Making Contest - Young artists showcased their skills and expressed their visions for a better Philippines through their artwork; Bookmark Making and Paper Quilling - Learners demonstrated their craftsmanship and attention to detail, creating intricate designs that celebrated Filipino values; Candid Photo Story - Aspiring photographers captured moments that depicted Filipino values in action, telling stories through their lenses.

Principal Eduardo C. Ocampo commended the participants for their dedication and creativity, emphasizing the importance of nurturing Filipino values among the youth to prepare them as the foundation of societal transformation.

As the celebration concluded, students, teachers, and parents alike reflected on the rich heritage and values that define the Filipino identity. The event not only strengthened the bond within the school community but also inspired the learners to carry forward the ideals of pride, excellence, and unity in their journey toward nation-building.



CAPTION HERE

DAPSNHS celebrates Math Recreational Games 2024

AUTHOR

Don Amadeo Perez Sr. National High School transformed into a hub of excitement, learning, and competition as it celebrated its highly anticipated Math Recreational Games Festival on November 15, 2024. With the theme "Opportunity for Enjoyment, Critical Thinking Development, and Skills Enhancement," the event brought together students eager to explore mathematics in an engaging and dynamic way.

Spearheaded by Math Coordinator Ms. Janneth M. Ocampo, with the enthusiastic support of math teachers Mr. Charlie P. Calonge, Ms. Ana Liza B. Tailan, and Ms. Kring-Kring P. Bandarlipe, the program was made possible under the guidance of school principal Mr. Eduardo C. Ocampo. Their collective efforts turned what is often seen as a challenging subject into a celebration of discovery and fun.

The festival featured a variety of activities aimed at promoting critical thinking, creativity, and collaboration among students. These included: Damath - A fusion of checkers and mathematics that tested students' strategic thinking and numerical skills; Math Quiz - Teams competed to answer challenging questions, showcasing their problem-solving abilities and mathematical knowledge; Sudoku - Participants demonstrated their logical reasoning and pattern-recognition skills in this popular puzzle game; Rubik's Cube Challenge - The art of speedcubing took center stage, as students raced to solve the cube in

record time; Modulo Art - Creativity and math merged as students used modular arithmetic to create visually stunning designs; Tower of Hanoi: A test of strategy and patience, this classic puzzle required students to think several steps ahead to achieve their goals.

"This event highlights how mathematics can be more than formulas and numbers; it's about exploring creativity, building critical thinking, and having fun," said Ms. Janneth M. Ocampo, expressing her pride in the success of the festival.

Principal Mr. Eduardo C. Ocampo also shared his thoughts: "We are committed to nurturing well-rounded individuals, and this Math Recreational Games Festival is a testament to our efforts to make learning enjoyable and impactful."

The festival not only showcased the students' talents but also inspired them to see math from a new perspective. By combining competition with recreation, it provided a platform for skill enhancement and a deeper appreciation of Mathematics.



CAPTION HERE

DAPSNHS emphasizes safety and preparedness in Fire and Earthquake Disaster Management

JOE RENZ C. ROLDAN

Don Amadeo Perez Sr. National High School (DAPSNHS) recently held activities emphasizing disaster preparedness, including an earthquake drill and a fire prevention symposium. On October 9, 2024, the school's Disaster Risk Reduction and Management (DRRM) team organized a comprehensive earthquake drill at 9:00 AM. Students practiced the "Duck, Cover, and Hold" technique under teacher guidance while DRRM officers ensured safety protocols were followed. A medical team demonstration on first-aid techniques provided participants with life-saving skills, reinforcing the importance of readiness during emergencies.

The school also conducted a symposium with the theme, "Sa Pag-iwas sa sunog, hindi ka nag-isla." The event featured interactive discussions and practical strategies to prevent fire-related disasters. FO1 Raymart O. Idio stressed the significance of community awareness and collective action in

promoting fire safety and resilience.

These initiatives highlight DAPSNHS' commitment to creating a culture of safety and responsibility. The school continues to prioritize disaster preparedness through regular drills and educational programs, ensuring the welfare of its students and staff.

DAPSNHS Celebrates Teachers' Day with Fun, Love, and Gratitude

ALYSSA JARICAL

Binmeckeg, Sison, Pangasinan — Teachers of Don Amadeo Perez Sr. National High School (DAPSNHS) were given a day to remember as the Supreme Secondary Learner Government (SSLG) spearheaded a vibrant and heartwarming celebration of World Teachers' Day on October 4, 2024.

The day was filled with joyous activities, heartfelt tributes, and tokens of appreciation, making the event a perfect way to honor the dedication and hard work of educators who continue to shape the lives of their students.

The celebration started with a lively opening program at the school grounds, where teachers were warmly welcomed by SSLG officers and students. The program included a series of fun games designed especially for the teachers, bringing out their playful side and filling the venue with laughter and cheers.

Adding a touch of sentimentality, students from every grade level prepared special numbers dedicated to their beloved teachers. The performances, which included songs, dances, and spoken word poetry, moved many teachers to tears. Each performance showcased the students' gratitude and admiration for their mentors, making the event even more meaningful.

As a gesture of appreciation, students distributed thoughtful gifts, tokens, flowers, and handmade cards to their teachers. The sight of colorful blooms and heartfelt messages brought smiles to the teachers' faces, showing how much their efforts are valued by their students.

SSLG President Renz Roldan expressed his gratitude to the teachers, saying, "This celebration

is our simple way of saying thank you to our teachers, who inspire us every day. You are the heart of this school, and we want you to know how much we appreciate everything you do for us."

The teachers were visibly touched by the efforts of the students and the SSLG. Many of them expressed their gratitude for the love and appreciation they received during the event. One teacher shared, "It's heartwarming to see the students' efforts to make us feel special. It's moments like these that remind us why we love teaching."

The celebration concluded with a heartfelt message of thanks from the school administration, recognizing both the students and SSLG for their initiative in organizing the event. The administration highlighted how such activities foster a sense of community and strengthen the bond between teachers and students.

World Teachers' Day at DAPSNHS was more than just a celebration—it was a testament to the mutual respect and gratitude that exists between students and teachers. Through their thoughtful gestures and heartfelt tributes, the SSLG and students made sure their mentors felt appreciated and loved, leaving the teachers with memories they will cherish for a long time.





CAPTION HERE

SSLG leads Dengue Awareness Campaign Through “OPLAN TAOB”

■ AUTHOR

BINMEKEG, SISON, PANGASINAN — The Supreme Secondary Learner Government (SSLG) of Don Amadeo Perez Sr. National High School (DAPSNHS) successfully launched “OPLAN TAOB PROGRAM” last September 6, 2024, with the theme, “Iwas Lamok, Iwas Sakit, Linis ang Sagot.” This comprehensive campaign aimed to raise awareness about dengue prevention and emphasize the importance of cleanliness in combating the spread of dengue-carrying mosquitoes.

The program, led by SSLG President Renz Roldan, was attended by students and teachers alike, all eager to learn practical strategies for avoiding dengue. The event featured lectures on the dangers of dengue, the life cycle of Aedes aegypti mosquitoes, and effective ways to eliminate mosquito breeding sites. Health experts and speakers highlighted the significance of the “4S Strategy” in dengue prevention: Search and destroy, Self-protection, Seek early consultation, and Support fogging during outbreaks.

President Renz Roldan expressed his gratitude for the enthusiastic participation of the students and teachers, saying, “OPLAN TAOB is more than just a campaign; it is a call to action for every student, family, and community to take part in dengue prevention. Cleanliness and vigilance are our strongest tools in fighting this disease.”

The program also included an interactive discussion session where students shared their thoughts and experiences in maintaining cleanliness and preventing mosquito bites. Flyers, posters, and other information materials were distributed to further reinforce the lessons learned during the campaign.

The theme, “Iwas Lamok, Iwas Sakit, Linis ang Sagot,” served as a reminder of the crucial role cleanliness plays in avoiding illnesses such as dengue. The title OPLAN TAOB emphasized the importance of overturning (or “taob”) water containers that could serve as mosquito breeding grounds.

The school administration commended the SSLG for their efforts. One school official stated, “Programs like OPLAN TAOB are vital in ensuring the health and safety of our students. The SSLG’s proactive leadership sets an example for others to follow in addressing community health issues.”

The SSLG plans to sustain their advocacy through continued activities promoting health and safety. This campaign aligns with the Department of Health’s nationwide efforts to reduce dengue cases, especially during peak mosquito season.

With the success of OPLAN TAOB, the SSLG of DAPSNHS has once again proven the power of youth leadership in promoting community awareness and action. The campaign left students not only informed but also motivated to take active roles in dengue prevention, both within the school and in their respective communities.

DAPSNHS TLE Program Garners Award as Outstanding Program Implementer

■ AUTHOR

The Don Amadeo Perez Sr. National High School (DAPSNHS) has once again proven its commitment to excellence, as it was recognized as one of the Outstanding Program Implementers during the recent Municipal Monitoring and Evaluation of the Technology and Livelihood Education (TLE) Program.

The recognition was given for the school's innovative and sustainable projects under the TLE program, including the highly acclaimed “Oh GULAY” Vegetable Garden, the Canteen Program, and the Mini Forest Project, which impressed evaluators with their impact, creativity, and implementation.

The success of these initiatives is credited to the hard work and dedication of TLE teachers Ms. Kring-Kring P. Bandarlipe and Ms. Louisa J. Mina, who played a crucial role in designing, implementing, and maintaining the programs. Both teachers received heartfelt congratulatory messages from DAPSNHS Principal Mr. Eduardo C. Ocampo, who commended their efforts and passion for creating meaningful and practical learning experiences for students.

“These programs reflect our commitment to providing our students

with hands-on, real-world learning opportunities while promoting sustainability and environmental stewardship,” said Principal Ocampo. “I extend my deepest gratitude and congratulations to Ms. Bandarlipe and Ms. Mina for their tireless dedication to making these programs a success.”

The Municipal Monitoring and Evaluation Team lauded DAPSNHS for its ability to combine academic learning with practical applications that benefit both students and the wider community.

This achievement reflects DAPSNHS's unwavering dedication to its TLE program, which continues to be a model of innovation and excellence. With the leadership of Principal Ocampo and the expertise of teachers like Ms. Bandarlipe and Ms. Mina, the school remains a trailblazer in delivering education that goes beyond the classroom.



CAPTION HERE

Jessica Halog shines at Cluster Technolympics 2024

■ MARFIE G. MAPATAC

San Antonio National High School – Don Amadeo Perez Sr. National High School (DAPSNHS) proudly celebrated the achievement of Grade 7 student Jessica Halog, who placed 5th in the Innovative Meat Recipe category at the Cluster Technolympics 2024, held on October 29, 2024.

Jessica's creativity, skill, and passion for culinary innovation were on full display as she competed against talented students from other schools in the cluster. Her innovative dish impressed the judges with its originality, presentation, and delightful flavor, earning her a well-deserved spot among the top contenders.

Guiding Jessica to success was her dedicated coach and TLE Coordinator, Ms. Louisa J. Mina, whose expertise and mentorship played a pivotal role in honing Jessica's culinary talents. Ms. Mina expressed her pride in Jessica's accomplishment, saying, “Jessica's achievement reflects her hard work, creativity, and commitment. It's also a testament to the high standards we uphold in our TLE (Technology and Livelihood Education) program at DAPSNHS.”

The event, hosted by San Antonio National High School, brought together young talents from across

the cluster to showcase their skills in various technology and livelihood education categories. The Innovative Meat Recipe competition highlighted the students' ability to think creatively, utilize local ingredients, and craft unique dishes that exemplify culinary excellence.

Principal Mr. Eduardo C. Ocampo extended his congratulations to Jessica and Ms. Mina, emphasizing the importance of recognizing and nurturing the diverse talents of DAPSNHS students. “This achievement inspires us all to continue striving for excellence in every field, especially in areas like TLE, where practical skills and creativity can lead to remarkable opportunities,” he remarked.

Jessica's accomplishment serves as an inspiration to her fellow students, proving that with determination, guidance, and a passion for learning, success is always within reach.

DAPSNHS Celebrates English Festival and Reading Month 2024

■ AUTHOR

DECEMBER 9 - Don Amadeo Perez Sr. National High School celebrated the School-Based English Festival of Talents and National Reading Month last December 9, 2024, with the theme “Making Reading Accessible to All.” The event aimed to foster literacy and creativity while preparing students for the upcoming Municipal English Festival of Talents.

The program featured contests tailored to each grade level, allowing students to showcase their unique skills and talents. Grade 7 students competed in a Spelling Bee, while Grade 8 participants engaged in a Quiz Bee. Grade 9 students exhibited their writing abilities in the Essay Writing contest, and Grade 10 participants impressed the audience with their Oratorical Speech Writing and Performances. Grade 11 students highlighted their expressive skills through Declamation, and Grade 12 participants demonstrated their artistic talent in the Poster Making

Contest.

A highlight of the program was the book character parade, where representatives from each grade level brought their favorite literary characters to life through creative costumes. The winners of this much-anticipated segment were Janece Obillo from Grade 10, who portrayed Moana, and Renz Roldan from Grade 12, who captivated the audience as Darth Vader.

The event successfully blended competition, creativity, and a love for reading, leaving students and participants inspired.



EDITORIAL

From Print to Pixels: The Future of Campus Journalism at DAPSNHS

In an age dominated by smartphones, social media, and instant communication, the world of journalism is undergoing a profound transformation. Campus journalism at Don Amadeo Perez Sr. National High School is no exception, as we navigate the exciting yet challenging shift "from print to pixels."

For years, our school paper has been a vital platform for student expression, a chronicle of our achievements, and a voice for our school community. But as the world moves toward digital platforms, we face the question: How can our beloved publication adapt while preserving its essence?

Transitioning to digital media offers numerous benefits. An online school paper could reach a broader audience—not just our schoolmates and teachers, but also parents, alumni, and even the wider community of Binmeckeg, Sison, Pangasinan. Through blogs, e-newsletters, and social media posts, we can deliver news instantly, report on events as they happen, and even include multimedia elements like videos and interactive graphics to make stories more engaging.

Social media platforms like Facebook or Instagram can serve as tools to connect with students, encourage dialogue, and highlight school activities. Imagine a TikTok series featuring behind-the-scenes moments from school events or a podcast that dives deep into student concerns and successes—opportunities like these can help journalism thrive in the digital space.

However, this digital shift also presents challenges for schools like ours. Reliable internet access, technical skills, and funding for digital platforms are not always readily available. Furthermore, not all students have equal access to technology, and we must ensure that going digital does not exclude anyone. Training student journalists in the nuances of responsible digital reporting is equally critical in an era where misinformation spreads quickly.

Despite these hurdles, the shift to digital journalism is an opportunity to reinvent how we tell stories. It's a chance to empower our student journalists to be not just writers but also multimedia storytellers, tech-savvy creators, and advocates for truth. Workshops and training programs can equip aspiring campus journalists with the skills they need to navigate this new landscape while upholding the timeless values of accuracy, integrity, and critical thinking.

As we move "from print to pixels," we are not abandoning tradition—we are enhancing it. The heart of campus journalism remains the same: to inform, inspire, and amplify the voices of our school community. Embracing digital platforms is simply the next step in ensuring that our stories continue to be heard, loud and clear, in an ever-changing world.

At Don Amadeo Perez Sr. National High School, this transition is not just about keeping up with the times; it's about preparing ourselves to lead in the future of storytelling. Together, let's embrace this digital journey and make our campus journalism shine brighter than ever.

Dear Editor-in-Chief,

I am writing to express my concern about the lack of mental health awareness and support in many schools today. As a student who has experienced firsthand the challenges of balancing academic pressure, extracurricular activities, and personal struggles, I believe it is crucial to address the mental well-being of students in a more proactive and visible way.

Mental health issues among young people are more common than many realize, yet the conversation around this topic is often sidelined. Stress, anxiety, and depression can have significant impacts on a student's ability to learn and thrive. It is essential that we foster an environment where mental health is treated with the same importance as physical health, and where students feel comfortable seeking help when needed.

I urge schools to implement comprehensive mental health programs that include counseling services, workshops on stress management, and initiatives that reduce stigma around mental illness. Additionally, teachers and school staff should be trained to recognize the signs of mental distress in students and to offer appropriate support.

Mental health should no longer be a taboo subject. By prioritizing mental health awareness in schools, we can create a more supportive and understanding environment for all students. I hope that we can start a meaningful conversation and work towards providing the resources and care that every student deserves.

Sincerely,
A Concerned Student

Dear Concerned Student,

Thank you for your thoughtful letter addressing the importance of mental health awareness in schools. Your concern for the well-being of your fellow students is both admirable and timely.

I am pleased to inform you that our school is actively addressing this issue. We recognize the critical role mental health plays in student success, and as part of our commitment, we have integrated mental health education into some of our subjects. For example, topics on stress management and emotional resilience are now included in Health and Values Education classes.

Additionally, we are working on enhancing our existing mental health programs, including workshops, awareness campaigns, and training for teachers to better support students who may be struggling.

Should you or any of your classmates feel the need for assistance or simply want someone to talk to, the school's guidance office is always open and ready to help. We encourage all students to approach us without hesitation, as your well-being is our priority.

Your letter highlights the importance of this ongoing effort, and we are grateful for your advocacy. Rest assured, we are committed to fostering a supportive environment for all students.

Sincerely,
Editor-in-Chief



EDITORIAL STAFF

SCHOOL YEAR 2024-2025

LOUISE EMMANUELLE M. TOLENTINO
EDITOR-IN-CHIEF

ALYSSA D. JARICAL LARA NICOLE B. ROSALADA
ASSOCIATE EDITOR MANAGING EDITOR

NEWS EDITOR:	MARFIE G. MAPATAC
FEATURE EDITOR:	MESSIAH MAE CABRILLOS
SCI-TECH EDITOR:	MON ABRAM SIOJO
SPORTS EDITOR:	RENZ C. ROLDAN
EDITORIAL CARTOONIST:	CLAIRE A. CENTENO
PHOTOJOURNALISTS:	JOHN DHEENBER B. GARCIA LYMAR B. BEDAÑA

CONTRIBUTORS:	
JANINE M. OCAMPO	ROCHELLE BANDARLIPE
MELVIN DULAY	JUSTIN BASTO
ALIYAH RAMOS	AZHEA DOMINGO

EDITHA O. CABANELA	ALJON B. FERNANDEZ
ADVISER (ENGLISH)	ADVISER (SHS)

EDUARDO C. OCAMPO
CONSULTANT

ABOUT TIME



THE STORM WITHIN: UNINTENDED CONSEQUENCES OF CLASS SUSPENSIONS

■ JOE RENZ C. ROLDAN

Last October and November, Northern Luzon faced numerous typhoons, causing frequent class suspensions. While ensuring safety is essential, these disruptions make it hard for students and teachers to keep up with lessons.

The Department of Education (DepEd) sets learning goals for the school year, but typhoon-related suspensions force teachers to rush through lessons. This makes it harder for students to fully understand the topics. Teachers also struggle to balance the pressure of completing lessons with ensuring quality learning.

For parents, it's tough to guide their children at home, especially when resources like gadgets and internet access are limited. Many students fall behind because of these challenges.

The constant breaks in classes also affect students' motivation. Without a regular routine, it's difficult to stay focused, and catching up feels overwhelming.

To help, schools and communities can prepare better by having disaster-ready learning centers. Providing printed modules or offline materials can also help students study at home. Adjusting the school calendar to allow for make-up classes might also be a good idea.

Typhoons are beyond our control, but we can find ways to keep education going. By planning ahead, we can help students continue learning even during storms.

JUST MY TWO CENTS...



THE RISE OF BRAINROT: A DANGEROUS TREND AMONG TEENAGERS

■ MARFIE G. MAPATAC

In recent years, a troubling phenomenon has emerged among teenagers—one that is both alarming and concerning for their mental and emotional well-being: brainrot. This term is used to describe the negative effects of excessive screen time, particularly the overconsumption of social media, video games, and digital content, leading to a deterioration in critical thinking, attention span, and overall mental health. While technology and digital platforms can offer immense benefits, the growing obsession with these distractions has sparked serious concerns about the long-term consequences for young people.

Teenagers today are constantly connected, with social media, video games, and online entertainment consuming much of their daily lives. The appeal is undeniable: social media offers instant gratification, video games provide an immersive escape, and digital content caters to every possible interest. But as teenagers become more engrossed in these digital worlds, they risk neglecting important aspects of their cognitive and social development. The constant exposure to fast-paced, attention-grabbing content can make it increasingly difficult for young people to focus on tasks that require sustained attention, such as studying, reading, or engaging in meaningful conversations. In many cases, teenagers who are hooked on their devices experience diminished attention spans, struggling to concentrate on anything that isn't immediately rewarding.

Furthermore, the overstimulation from excessive screen time can also have a detrimental effect on critical thinking skills. With information and entertainment being constantly fed in bite-sized, easily digestible formats, teenagers may find it harder to engage in deep thought or analysis. Instead of critically evaluating information, they may become passive consumers of content, accepting what is presented to them without question. This passive consumption can stunt intellectual growth and hinder the development of important skills such as problem-solving, creativity, and independent thought.

The impact of brainrot goes beyond just cognitive abilities—it also significantly affects teenagers' mental health. Excessive screen time has been linked to an increase in anxiety, depression, and social isolation. Social media, in particular, has become a breeding ground for comparison and insecurity. Teenagers are constantly exposed to curated, idealized images of others' lives, leading to feelings of inadequacy and low self-esteem. The pressure to present a "perfect" image online can also cause significant stress, further exacerbating mental health struggles. Additionally, spending too much time on screens often means less time for face-to-face interactions, which are essential for developing social skills and building genuine connections with others.

Sleep deprivation is another common consequence of excessive screen time. Many teenagers find themselves staying up late scrolling through social media or playing video games, disrupting their sleep patterns. A lack of sleep not only impacts academic performance and mood but can also have long-term health implications. Chronic sleep deprivation has been linked to a weakened immune system, poor concentration, and an increased risk of mental health issues.

Despite the clear dangers, the lure of the digital world remains strong. Teenagers are often caught in a cycle of digital dependency, where the allure of instant entertainment and social validation is hard to resist. The sense of urgency to stay connected, be updated on the latest trends, and keep up with peers online can make it feel like they're missing out if they disconnect. This fear of missing out (FOMO) only fuels the cycle, making it even more challenging to break free from the grip of brainrot.

It's essential for parents, educators, and mental health professionals to help teenagers understand the importance of balance in their digital lives. Encouraging healthy screen time habits, such as setting boundaries on device use, taking regular breaks, and prioritizing face-to-face interactions, can help teenagers regain control over their attention and mental health. Schools can play a pivotal role by integrating digital literacy programs into their curriculums, helping students critically evaluate the content they consume and fostering a healthier relationship with technology.

While technology and digital platforms offer numerous opportunities for learning and entertainment, the rise of brainrot among teenagers is a concerning trend that cannot be ignored. It is crucial for young people to find a balance between their digital and offline lives, learning to engage with the world in meaningful ways that nurture their cognitive, emotional, and social development. As a society, we must prioritize the mental health and well-being of our youth, helping them navigate the challenges of the digital age without sacrificing their ability to think critically, connect authentically, and live fulfilling lives.

INSIGHTS

THE LABUBU DOLL CRAZE: WHY TEENAGERS ARE FOLLOWING THE BANDWAGON

■ MESSIAH MAE CABRILLOS



In the world of trends and collectibles, it seems that every season brings a new craze for teenagers to latch onto. Recently, one such phenomenon that has captured the attention of young people is the Labubu dolls. These quirky, stylized figures have quickly become the must-have item for many teens, flooding social media feeds, online stores, and even schoolyards. But why are so many teenagers following the bandwagon of buying these dolls, and what does it say about the broader culture they're a part of?

At the heart of this trend is the allure of exclusivity and individuality. Labubu dolls are not just toys—they are collectibles. Each doll has a unique design, making them highly sought after. For many teenagers, owning a Labubu doll represents more than just having a cute figure; it's a statement of personal identity. They want to stand out, and these dolls offer a way to do so, as they are often seen as rare or hard to obtain. The hunt for the perfect doll, sometimes involving waiting for new releases or bidding on secondary markets, becomes a thrilling pursuit.

Social media plays a massive role in fueling this trend. Platforms like Instagram, TikTok, and Twitter are flooded with posts featuring the dolls, with users showcasing their collections, unboxing new additions, and sharing their excitement. Teenagers are influenced by the influencers and celebrities they follow, many of whom have embraced the Labubu craze. These online communities foster a sense of belonging, where owning these dolls becomes a way to connect with others who share the same interests and passion. The visibility and promotion of these dolls on social media platforms also create a sense of urgency. "Everyone is getting one; I want to be part of it too," is a sentiment that many teens feel, leading to mass adoption.

However, the trend raises some important questions about consumer culture and peer pressure. Teenagers are particularly vulnerable to external influences, and when a trend takes off, the desire to fit in can be powerful. The Labubu doll craze might be a fun and harmless hobby for many, but for some, it may be driven more by the fear of missing out (FOMO) rather than genuine interest. This consumer-driven mentality encourages the purchase of items not necessarily because they add value to a person's life, but because they are seen as "cool" or "trendy." The pressure to buy into the latest craze can lead to financial strain, with teens spending money they may not have to keep up with their peers.

Moreover, the constant push for new releases and limited-edition dolls plays into the cycle of overconsumption. The marketing strategies behind these collectibles are designed to create a sense of urgency, making them feel like fleeting opportunities. This approach reinforces the idea that happiness and fulfillment can be bought, which can be a problematic message for young people still forming their understanding of self-worth and material possessions.

It's also worth considering the potential impact on creativity and critical thinking. While Labubu dolls are undeniably creative in design, the trend itself can promote passive consumerism. Instead of creating or inventing their own forms of self-expression, teens may simply mimic what they see others doing, participating in a trend rather than cultivating their individuality in ways that go beyond purchasing what's popular. This can reinforce the idea that identity is something to be bought, not something to be discovered or developed through personal expression.

ABOUT TIME

UNITEAM OR UNTRUE TEAM? LESSONS ON FRIENDSHIP FROM MARCOS AND DUTERTE

■ AUTHOR



Friendship is a bond built on trust, loyalty, and shared values, but it often gets tested in environments where personal interests and ambitions are at play—such as in politics and school. Recent events involving President Marcos and Vice President Sara Duterte highlight how fragile friendships can be when tested by power and accountability.

President Marcos' revelation of feeling "deceived" by Vice President Duterte's claim that they were never friends sheds light on the transactional nature of many relationships in politics. Their so-called "Uniteam" partnership during the 2022 elections appeared to symbolize camaraderie, but it seems to have been built on convenience rather than genuine connection. This mirrors how, in school, some friendships are formed out of necessity—for group projects, shared classes, or social status—but often dissolve when circumstances change.

The fallout between the two leaders also underscores the importance of honesty and mutual respect in friendships. Vice President Duterte's public declaration of her true feelings, though harsh, reflects the reality that authentic friendships cannot thrive on pretense. In contrast, Senator Imee Marcos' long-standing relationship with Duterte suggests that real friendships are rooted in consistency and trust, not fleeting alliances.

In school, much like in politics, friendships face challenges. Disruptions such as class suspensions, competition for academic recognition, or misunderstandings can test the strength of these bonds. Genuine friends stand by each other, offering support during tough times and celebrating each other's successes without envy.

The lessons from the Marcos-Duterte rift remind us to cherish and nurture real friendships. True friends remain loyal even when the journey gets tough. They don't abandon you for personal gain or when circumstances no longer align with their interests. Whether in politics, school, or everyday life, friendships should be based on mutual respect, trust, and a shared commitment to growth.

Let's strive to build relationships that withstand the test of time, storms, and ambitions. Real friendship is not about convenience; it's about standing by each other through life's challenges and triumphs.

A WORLD TINTED IN PURPLE

■ AUTHOR

The color purple has long been a symbol of resilience, power, and transformation. It represents the courage of those who have battled inequality and injustice across centuries, especially in the fight for women's rights and gender equality. Purple takes on an even deeper significance, serving as a beacon of hope, solidarity, and empowerment for women everywhere.

Purple, often associated with royalty and ambition, has become synonymous with the advocacy for gender equality. Its vibrant hue reminds us of the strength and dignity inherent in every woman, despite the societal barriers that continue to challenge their rightful place in the world. Throughout history, women have faced countless battles against discrimination, violence, and marginalization. Yet, like the color purple, their spirit remains unyielding, bold, and vibrant.

The advocacy for women's rights embraces purple as a symbol of its mission. By addressing the pervasive issues of gender-based inequality and empowering women to rise above systemic challenges, it strives to create a society where everyone has equal opportunities to thrive. Purple is not just a color; it is a call to action, urging us to break down barriers, challenge stereotypes, and pave the way for a more inclusive future.

In many ways, the term "A World Tinted in Purple" encapsulates the essence of the struggle for gender equality. Like a haze, the fight against inequality can often feel overwhelming and unclear, clouded by centuries of ingrained biases and societal norms. Yet, amidst this haze, the color purple shines as a guiding light, inspiring women to persevere and push forward.

For centuries, women have been at the forefront of movements for social change. From the suffragettes of the early 20th century who wore purple to symbolize their quest for the right to vote, to modern-day activists advocating for equal pay, reproductive rights, and protection from violence, the color purple has consistently been a unifying emblem. It stands for the resilience of women who refuse to be silenced and the collective power of those who stand together in solidarity.

Advocacy plays a pivotal role in advancing the rights and welfare of women, especially in societies where gender disparities remain prevalent. By integrating gender perspectives into policies, programs, and projects, it seeks to address

the root causes of inequality and promote sustainable development that benefits all.

Education and awareness are at the heart of these initiatives. Advocacy emphasizes the importance of challenging traditional gender roles and encouraging both men and women to become champions for equality. It highlights the need to dismantle patriarchal structures that perpetuate discrimination and create environments where women can flourish without fear of prejudice or violence.

One of the most visible campaigns for women's rights is the annual celebration of National Women's Month, where purple takes center stage. During this time, communities come together to honor the achievements of women and amplify their voices. The streets are adorned with purple banners, and individuals wear purple ribbons as a show of support for the cause. It is a powerful reminder that the fight for gender equality is not just a women's issue but a collective responsibility.

Purple is more than just a color; it is a symbol of transformation. It challenges us to envision a world free from the haze of inequality and injustice. It reminds us of the strength, creativity, and resilience of women who have dared to dream of a brighter future and have worked tirelessly to make it a reality.

As we continue to champion the rights of women, let us remember the significance of purple. Let it inspire us to stand against all forms of discrimination and to support initiatives that uplift and empower women. The haze may be thick, but with the courage and determination symbolized by purple, we can clear the path toward a more just and equitable society.

In the words of feminist icon Alice Walker, "The color purple is always a surprise, but is everywhere in nature. It is God's way of saying 'I'm here.'" Through the haze of inequality, let us find the brilliance of purple and the enduring promise of a better world for all.



MARILOU BERANIA: A WOMAN TINTED IN STRENGTH

■ AUTHOR

In the bustling town of Asan Sur, Sison, Pangasinan, where the vibrant spirit of daily life thrives, Marilou Berania stands as a testament to the resilience and strength of women. A buko juice vendor at Don Amadeo Perez Sr. National High School, Marilou is more than just a familiar face in the school—she is an emblem of perseverance and independence.

Purple, often associated with royalty and ambition, has become synonymous with the advocacy for gender equality. Its vibrant hue reminds us of the strength and dignity inherent in every woman, despite the societal barriers that continue to challenge their rightful place in the world. Throughout history, women have faced countless battles against discrimination, violence, and marginalization. Yet, like the color purple, their spirit remains unyielding, bold, and vibrant.

The advocacy for women's rights embraces purple as a symbol of its mission. By addressing the pervasive issues of gender-based inequality and empowering women to rise above systemic challenges, it strives to create a society where everyone has equal opportunities to thrive. Purple is not just a color; it is a call to action, urging us to break down barriers, challenge stereotypes, and pave the way for a more inclusive future.

In many ways, the term "A World Tinted in Purple" encapsulates the essence of the struggle for gender equality. Like a haze, the fight against inequality can often feel overwhelming and unclear, clouded by centuries of ingrained biases and societal norms. Yet, amidst this haze, the color purple shines as a guiding light, inspiring women to persevere and push forward.

For centuries, women have been at the forefront of movements for social change. From the suffragettes of the early 20th century who wore purple to symbolize their quest for the right to vote, to modern-day activists advocating for equal pay, reproductive rights, and protection from violence, the color purple has consistently been a unifying emblem. It stands for the resilience of women who refuse to be silenced and the collective power of those who stand together in solidarity.

Advocacy plays a pivotal role in advancing the rights and welfare of women, especially in societies where gender disparities remain prevalent. By integrating gender perspectives into policies, programs, and projects, it seeks to address the root causes of inequality and promote sustainable

development that benefits all.

Education and awareness are at the heart of these initiatives. Advocacy emphasizes the importance of challenging traditional gender roles and encouraging both men and women to become champions for equality. It highlights the need to dismantle patriarchal structures that perpetuate discrimination and create environments where women can flourish without fear of prejudice or violence.

One of the most visible campaigns for women's rights is the annual celebration of National Women's Month, where purple takes center stage. During this time, communities come together to honor the achievements of women and amplify their voices. The streets are adorned with purple banners, and individuals wear purple ribbons as a show of support for the cause. It is a powerful reminder that the fight for gender equality is not just a women's issue but a collective responsibility.

Purple is more than just a color; it is a symbol of transformation. It challenges us to envision a world free from the haze of inequality and injustice. It reminds us of the strength, creativity, and resilience of women who have dared to dream of a brighter future and have worked tirelessly to make it a reality.

As we continue to champion the rights of women, let us remember the significance of purple. Let it inspire us to stand against all forms of discrimination and to support initiatives that uplift and empower women. The haze may be thick, but with the courage and determination symbolized by purple, we can clear the path toward a more just and equitable society.

In the words of feminist icon Alice Walker, "The color purple is always a surprise, but is everywhere in nature. It is God's way of saying 'I'm here.'" Through the haze of inequality, let us find the brilliance of purple and the enduring promise of a better world for all.



Tinted
purple

TRAILBLAZERS OF EXCELLENCE

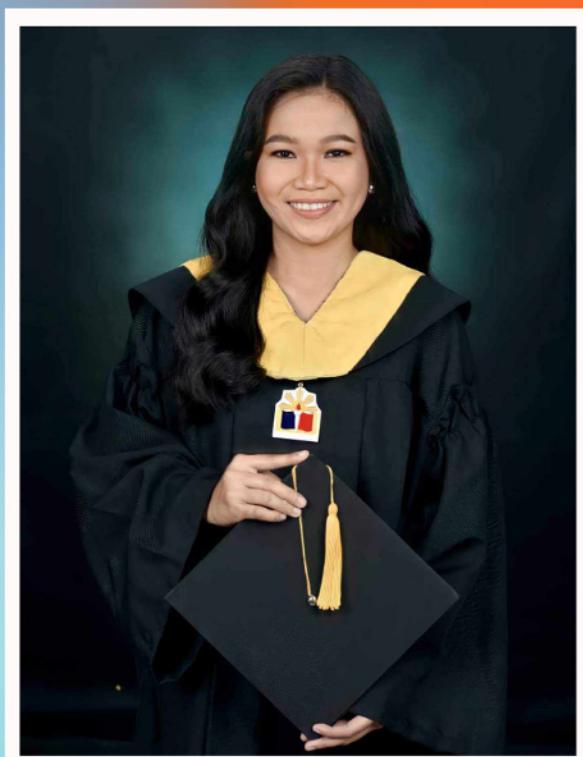
INSPIRING SUCCESS STORIES FROM DAPSNHS ALUMNI



Mariel Ann Salting, MD
DAPSNHS Alumna, Batch 2010



Atty. Jonathan Bugnay
DAPSNHS Alumnus, Batch 1996



Joy Glory B. Dulay, CPA
DAPSNHS Alumna, Batch 2016

■ AUTHOR

At the heart of Don Amadeo Perez Sr. National High School (DAPSNHS) lies a tradition of nurturing talent, instilling values, and setting its students on paths to success. Among its distinguished alumni are three extraordinary individuals who have proven that with grit, passion, and a strong foundation, dreams can turn into reality.

Dr. Mariel Ann Salting, Attorney Jonathan Bugnay, and CPA Joy Glory Dulay have risen to prominence in their respective fields, embodying the ideals of excellence and perseverance that DAPSNHS instills in its students. Their journeys are not just tales of personal triumph but also sources of inspiration for current students, proving that greatness begins in the classrooms of DAPSNHS.

DR. MARIEL ANN SALTING: A HEALING HEART

From a small-town dreamer to a respected medical professional, Dr. Mariel Ann Salting's journey to becoming a doctor is one of unwavering determination. At DAPSNHS, her love for science and helping others took root. Inspired by a desire to provide care for underserved communities, Mariel's dedication to her studies was evident even as a student.

Her path through medical school was far from easy—long nights of study and countless challenges tested her resolve. Yet, Mariel emerged stronger, driven by the hope of making a difference. Today, she's a beacon of hope for aspiring healthcare workers, embodying compassion and excellence.

"DAPSNHS taught me discipline and the value of knowledge. It gave me the foundation to persevere through medical school and my career," Mariel reflects.

ATTORNEY JONATHAN BUGNAY: CHAMPION OF JUSTICE

Known for his sharp intellect and sense of fairness, Attorney Jonathan Bugnay stood out at DAPSNHS as a natural debater and advocate for justice. With a passion for upholding the law, Jonathan embarked on the rigorous journey of becoming a lawyer.

The road was fraught with challenges, but his commitment to equity and justice carried him through. Now a respected attorney, Jonathan is celebrated not only for his legal acumen but also for his advocacy for the underprivileged. His work in the courtroom and beyond demonstrates his dedication to making the world a fairer place.

"DAPSNHS shaped my critical thinking and nurtured my drive for justice. The lessons I learned there have guided me throughout law school and my career," Jonathan shares.

CPA JOY GLORY DULAY: A NUMBERS VISIONARY

For CPA Joy Glory Dulay, the magic of numbers was her gateway to success. At DAPSNHS, her exceptional skills in mathematics and problem-solving hinted at a bright future in accounting.

The journey to earning her CPA license was anything but smooth, but Joy's diligence and attention to detail—qualities cultivated during her years at DAPSNHS—helped her overcome every hurdle. Today, Joy is a trusted financial expert, helping organizations thrive while maintaining integrity and precision in her work.

"DAPSNHS taught me the importance of perseverance and paying attention to detail. These values have been instrumental in my career as a CPA," Joy recounts.

The achievements of Dr. Salting, Attorney Bugnay, and CPA Dulay are shining examples of the transformative power of education. They remind us that success is not defined by where you start but by the effort, determination, and vision you bring to your journey.

Their stories also emphasize the enduring legacy of DAPSNHS—a school that fosters talent and builds character, creating graduates who excel not just in their chosen fields but also as contributors to society.

For the current students of DAPSNHS, these alumni serve as proof that with the right mindset, anything is possible. Their accomplishments are not just a source of pride but a call to dream big and strive for excellence.

As they continue to excel in their careers, these trailblazers remain steadfast in their roles as mentors, role models, and inspirations for generations to come. Truly, they embody what it means to pave the path to success.

SERIES REVIEW:

SQUID GAME 2

AUTHOR

When Squid Game first hit the screens in 2021, it quickly became a cultural phenomenon, with its dark exploration of human nature and the brutal competition for survival. As a fan of the first season, I was eagerly awaiting the return of the deadly games in Season 2. And let me tell you, it does not disappoint. From the return of old favorites to the introduction of new, nerve-wracking challenges, the season keeps you on the edge of your seat from start to finish.

The season kicks off with the return of the iconic Red Light, Green Light game, which immediately transports us back to the harsh world of Squid Game. This time, Young-hee, the killer robot doll from Season 1, makes her chilling return to direct the game. The rules are simple: when the doll says "Green Light," players can move forward, but when she says "Red Light," they must freeze. The catch? If you move during "Red Light," you're eliminated—permanently. Since Seong Gi-hun (Player 456) has already survived this game, he's able to warn others, helping a few of them stay alive. It's a tense reminder of just how high the stakes are in this twisted competition, where survival is based on both speed and strategy.

As the season progresses, we're introduced to new, even more dangerous challenges. In Episode 4, the players face a brand-new game called Six-Legged Pentathlon. Divided into groups of five, each team is forced to work together with their legs tied, racing to complete five mini-games. Each member of the team must compete in one mini-game, and if they win, the group moves on to the next challenge. The mini-games include traditional Korean games like Ddakji, where players try to flip a piece of paper, Flying Stone, Gong-gi, Spinning Top, and Jegi. The challenge is brutal, with high-pressure moments and intense competition, and it forces the players to work as a team under extreme pressure. It's a true test of physical and mental endurance, and the tension is palpable throughout.

By Episode 5, the show escalates once more with a game called Mingle, which takes the pressure of survival and ramps it up. Players step onto a rotating platform in the center of the arena, and as the platform spins, a number is called out. Players must then quickly form a group corresponding to that number and enter one of the surrounding rooms within 30 seconds, or be eliminated. The rotating platform creates chaos and confusion, disorienting the players and forcing them to move quickly under immense pressure. The stakes are higher than ever as friendships form and break in the blink of an eye, all in a bid to survive.

But the real psychological terror sets in with the Special Game in Episode 7. In this game, players are attacked overnight while the lights in the sleeping area flash on and off. The fear and paranoia among the players reach a boiling point as alliances break apart, and everyone is forced to decide whether they will trust each other or turn on one another. It's a game that doesn't just test the players physically—it tests their will to survive by any means necessary. The darkness of the night, combined with the flashing lights and constant threat of attack, creates an atmosphere of absolute dread. It's a chilling exploration of how the need for survival can strip people of their humanity.

As we continue to watch, old faces return, and new ones emerge, each with their own complex motivations. Seong Gi-hun is back, forever scarred by his previous experience, yet trying to help those around him as the games continue. One such new character is Choi Su-bong (Player 230), a chaotic player known as Thanos, who thrives on the danger of the games but also presents a threat to the alliances being formed. His unpredictable nature adds an extra layer of tension and uncertainty to the already dangerous environment.

Other characters, like Jang Geum-ja (Player 149) and Park Yong-sik (Player 007), each bring their own stories of survival and strategy to the mix. Jang Geum-ja, in particular, is an intriguing character whose complex backstory and motivations make her a formidable player in the games. Meanwhile, Park Yong-sik provides a more raw, emotional energy, his personal stakes and desperation fueling his every move.

Together, these players become entangled in the deadly web of Squid Game, each fighting for their lives in a series of high-stakes games that test not only their physical endurance but also their moral compass. As the games progress, alliances shift, trust is betrayed, and the true nature of the competition becomes clear: only the most ruthless will survive.

Season 2 of Squid Game is a masterclass in tension-building, psychological manipulation, and storytelling. The return of old games, like Red Light, Green Light, combined with the introduction of new, more complex challenges, makes for an unforgettable season. The psychological toll of the competition is felt deeply in the lives of the characters, and it's hard to look away as they struggle with their survival instincts.

If you loved the dark, twisted world of Squid Game Season 1, then Season 2 will not disappoint. It continues to delve into the human psyche, exploring the depths of greed, desperation, and survival. With thrilling games, complex characters, and heart-pounding tension, Season 2 takes everything we loved about the first season and elevates it to new heights. Squid Game is far from over, and I can't wait to see where this terrifying journey takes us next.

PHOTOS AND ELEMENTS COURTESY OF NETFLIX



SCI-TECH COLUMN



THE MENTAL HEALTH CRISIS: TECHNOLOGY'S DOUBLE-EDGED ROLE

■ AUTHOR

The mental health crisis continues to grow, affecting millions worldwide as anxiety, depression, and other challenges become increasingly prevalent. Technology has stepped in as both a beacon of hope and a source of concern. While it offers innovative solutions to bridge gaps in mental health care, it also introduces significant risks that can exacerbate the very issues it aims to address.

On the one hand, digital tools have transformed mental health support, making resources more accessible than ever before. Online counseling platforms, virtual support groups, and mindfulness tools allow individuals to seek help on their own terms, breaking down barriers like cost, location, and stigma. These technologies provide flexibility and convenience, often acting as a first step for those hesitant to pursue traditional mental health care. Additionally, advancements like AI-driven support systems offer personalized strategies to cope with stress and negative emotions, making mental health care more inclusive and responsive.

Yet, technology's dark side cannot be ignored. Social media, a double-edged sword, fosters feelings of inadequacy and loneliness as users compare themselves to curated, idealized portrayals of others' lives. The unrelenting barrage of notifications and distressing online content fuels anxiety, while excessive screen time contributes to sleep disruption and social isolation. These issues are further compounded by the addictive nature of many digital platforms, which trap users in cycles of overuse, negatively impacting mental and emotional well-being.

To navigate this complex relationship, we must approach technology with balance and intentionality. Setting boundaries for screen time, practicing mindful social media habits, and taking regular breaks from devices are essential steps. Combining digital tools with traditional methods, such as in-person counseling or community support, creates a more comprehensive approach to mental health care.

Ultimately, the responsibility also lies with policymakers and tech developers to ensure that mental health technologies are ethical, safe, and prioritize user well-being over profit. Thoughtful regulation and responsible innovation can help mitigate risks and maximize benefits.

Technology is neither inherently harmful nor beneficial; its impact depends on how we choose to use it. When wielded with care, it can be a powerful ally in addressing the mental health crisis. If left unchecked, however, it risks becoming a significant contributor to the problem. The key is striking the right balance to ensure it serves as a force for good.

THE DIGITAL CREATOR REVOLUTION

■ AUTHOR

In a small bedroom lit by a ring light, a creator edits their latest video. Across the globe, another crafts music on a laptop, preparing to share it with the world. Digital creators are at the forefront of a transformative shift, reshaping how content is made, shared, and experienced.

THE DEMOCRATIZATION OF CONTENT CREATION

One are the days when producing high-quality content required expensive equipment and professional studios. Today, smartphones equipped with 4K cameras, high-definition audio, and AI-powered stabilization have turned anyone into a potential creator. Coupled with apps like Adobe Premiere Rush and GarageBand, these tools make professional-level editing and music production more accessible than ever. This democratization has empowered a new generation of creators to share their stories with global audiences, bypassing traditional media gatekeepers.

AI: THE SILENT PARTNER IN CREATIVITY

Artificial intelligence is revolutionizing content creation. Tools like Adobe Sensei automate labor-intensive editing tasks, while algorithms on platforms like TikTok and YouTube analyze user behavior to recommend content and optimize reach. AI even provides creators with insights into audience preferences, helping them craft videos, music, or posts that resonate deeply. This symbiotic relationship between creators and AI ensures content is not only engaging but also strategically targeted for maximum impact.

SOCIAL MEDIA AND STREAMING: A CREATOR'S PLAYGROUND

Social media platforms have become the stage for digital creators to shine. Platforms like TikTok make it possible for short videos to go viral, while YouTube offers a hub for long-form content. Twitch, with its real-time interactivity, allows creators to connect with audiences on a personal level. These platforms thrive on algorithms that promote content based on user engagement, providing creators with unprecedented exposure. For many, this is a pathway to building global communities and sustainable careers.

MONETIZATION AND THE BUSINESS OF CREATION

Technology hasn't just changed how content is created; it's redefined how creators earn a living. Platforms like Patreon and Ko-fi allow creators to connect directly with fans and earn steady income through subscriptions. Analytics tools on platforms like YouTube offer detailed audience insights, enabling creators to refine their strategies and boost earnings.

AI-driven advertising further personalizes ads to match viewer preferences, enhancing revenue streams for creators while ensuring audiences receive relevant content.

AR AND VR: THE NEXT FRONTIER

As technology advances, augmented reality (AR) and virtual reality (VR) are set to revolutionize digital creation. AR tools like Instagram and Snapchat filters already add interactive elements to content, while VR offers fully immersive experiences. Creators are beginning to explore these tools to craft stories that go beyond the screen, drawing audiences into entirely new worlds.

A REVOLUTION IN PROGRESS

The rise of digital creators signals a tech-driven revolution that is reshaping industries, empowering individuals, and redefining the boundaries of creativity. As technology continues to evolve, the tools available to creators will become even more sophisticated, ensuring that the future of content creation is as dynamic as the creators themselves.

GAME ON! AI transforms learning

AUTHOR

As the digital age continues to evolve, technology is reshaping the way we learn. One of the most exciting shifts is the integration of Artificial Intelligence (AI) into educational games. Gone are the days when students sat passively through lessons. Today, AI-driven games are opening up new possibilities for interactive, personalized learning experiences that not only engage students but also help them learn at their own pace.

Imagine a classroom where each student has a game tailored specifically to their needs. Thanks to AI, this is no longer a dream but a reality. AI games work by tracking how students interact with content. They analyze responses, decision-making, and even emotional reactions, adjusting in real-time to provide just the right amount of challenge. This adaptability is one of the key reasons why AI games have become such a game-changer for education.

Let's take a closer look at the science behind these innovations. At the heart of AI-powered games is machine learning (ML), a subset of AI that allows software to learn from data and improve over time. The game learns from every interaction, refining its responses and offering students personalized guidance. For example, in a language learning game, the AI might notice if a student struggles with certain words or phrases, prompting it to offer extra practice in those areas. This personalized approach ensures that no student is left behind, making learning more effective and engaging.

AI games also utilize Natural Language Processing (NLP), allowing students to interact with the game in more natural ways. In subjects like language arts, students can speak or type their answers, and the AI can analyze their responses to offer instant corrections or suggestions. This ability to communicate naturally with a game further blurs the line between

traditional learning and digital interactivity.

The benefits of AI games in the classroom are immense. For students, AI games make learning fun and immersive. Instead of passively listening to lectures, they become active participants in their learning journey. Whether it's solving math problems, mastering a new language, or exploring historical events, the gamified format keeps students engaged and motivated.

Furthermore, AI games support differentiated learning. No two students are the same, and AI games understand that. For example, in math games, students who need extra help with certain concepts like multiplication can be given additional practice. Meanwhile, others who are ready for more advanced material can move ahead at their own pace. The game adapts to each student's progress, ensuring that everyone is challenged appropriately without feeling overwhelmed.

But AI games don't just benefit students—they also offer significant advantages for teachers. With real-time data analysis, teachers can track how each student is performing and identify areas where additional support is needed. Rather than spending hours grading assignments or monitoring each student individually, teachers can rely on the AI to do the heavy lifting. This leaves them more time to focus on what matters most: teaching, facilitating discussions, and engaging with students.

Moreover, AI games help foster collaboration. Many educational games feature multiplayer modes where students can work together to solve problems or complete tasks. This collaborative element encourages teamwork and social learning, allowing students to develop essential skills like communication, problem-solving, and critical thinking. AI even monitors group dynamics, adjusting tasks to ensure that all students stay engaged and contribute to the team effort.

However, as with any technological innovation, there are challenges. For one, teachers must ensure that the games align with educational goals and curricular standards. AI games should enhance learning, not distract from it. Additionally, not all schools have access to the technology required for AI games, and teachers must be trained to integrate these tools effectively into their lessons.

Despite these challenges, the potential of AI games in education is vast. As technology continues to evolve, the possibilities for creating personalized, adaptive, and engaging learning experiences will only expand. AI games are transforming the classroom into a dynamic environment where students can learn, collaborate, and thrive. The classroom of tomorrow is here, and it's powered by AI.

B-FARM

GROWING THE FUTURE OF SUSTAINABLE AGRICULTURE

AUTHOR

Nestled just 100 meters away from Don Amadeo Perez Sr. National High School in Binmekeg, Sison, Pangasinan, B-Farm stands as a beacon of modern agricultural practices. Owned by the Basbas family, this farm is more than just a lettuce plantation—it's a living classroom, blending scientific innovation with sustainable farming methods.

From the moment you step onto B-Farm, it's clear that this isn't your average farm. The Basbas family has embraced organic farming, utilizing natural fertilizers and pest control to grow fresh, pesticide-free lettuce. This approach not only ensures healthier produce but also prioritizes soil health, helping the land flourish without the use of harmful chemicals. The farm's use of drip irrigation is another testament to its commitment to sustainability. This water-efficient system delivers water directly to plant roots, reducing waste and conserving the valuable resource that is increasingly scarce due to climate change.

But B-Farm's dedication to sustainability doesn't stop there. The family is exploring even more advanced technologies, including solar-powered irrigation systems and the possibility of hydroponic farming. These innovations could allow B-Farm to grow even more crops while using fewer resources. The farm serves as a model for how small-scale agriculture can thrive while reducing its environmental impact. It's not just about producing fresh, local lettuce—it's about fostering a sustainable, science-based approach to farming that the whole community can benefit from.

For students at Don Amadeo Perez Sr.

National High School, B-Farm is a hands-on educational resource. It's one thing to read about soil management and plant growth in textbooks, but at B-Farm, students can witness it firsthand. Whether they're learning about plant care, understanding how modern farming methods work, or exploring the relationship between science and sustainability, B-Farm offers a real-world environment where theory comes to life.

Looking ahead, the Basbas family is determined to continue their journey of innovation. They plan to explore hydroponic farming and integrate renewable energy sources into their operations. The future of B-Farm is one of continued research and growth, with an emphasis on improving crop efficiency and minimizing the environmental footprint.

In many ways, B-Farm is more than just a farm. It's a space where science, technology, and sustainability intersect, creating a powerful example of what the future of agriculture can look like. For the students of Don Amadeo Perez Sr. National High School, it's a place where they can learn, grow, and witness the future of farming unfolding before their eyes.



Carlo Biado: The Pride of Binmeckeg, Sison - A Champion in the World of Pool

■ AUTHOR

In the small barangay of Binmeckeg in Sison, Pangasinan, there is a sense of pride that resonates every time the name Carlo Biado is mentioned. While Carlo himself grew up in Manila, his roots trace back to Binmeckeg, where his parents were born and raised before migrating to the capital. Despite his rise to international fame as a world-class pool player, Carlo has never forgotten his humble beginnings and the community that shaped his family's early years.

Carlo's parents may have moved to Manila to seek new opportunities, but Binmeckeg remains close to their hearts, and they continue to visit the area occasionally. Carlo, too, has maintained a connection to his parents' birthplace, returning from time to time to visit and reconnect with the community that nurtured his family's roots.

Although Carlo grew up in the bustling city of Manila, the values instilled in him by his family and the stories of their life in Binmeckeg shaped his character. It was during his visits to Binmeckeg and his exposure to his parents' journey that Carlo developed a strong sense of community and a deep appreciation for hard work—traits that would later define his approach to both his personal and professional life.

Carlo Biado's journey to

becoming a world-class pool player is one of determination, skill, and resilience. His breakthrough came in 2017 when he claimed the World 9-Ball Championship, a title that solidified his place among the sport's elite. His remarkable cue ball control, precision, and calm demeanor under pressure have earned him recognition as one of the best in the world.

Though Carlo's achievements have earned him fame on an international level, his success is rooted in the support he received from his family and his early experiences in the Philippines. His rise through local tournaments eventually led him to the world stage, where he has continued to shine.

Though Carlo no longer lives in Binmeckeg, his connection to the place where his parents grew up is a source of immense pride for the entire community. The

people of Binmeckeg have watched with admiration as their former neighbor's son made his mark in the global pool scene. Even though Carlo's visits to Binmeckeg may be less frequent, the community has never stopped supporting him, always cheering for his success in every tournament he participates in.

His parents, who live in Manila, have made sure to share Carlo's accomplishments with friends and relatives in Sison, ensuring that Carlo's name is celebrated in his family's hometown. For the people of Binmeckeg, Carlo is a symbol of how far determination, talent, and hard work can take someone, no matter where they come from.

"The community in Binmeckeg has always been so supportive of me, and I am proud to have that connection. Every time I visit, I'm reminded of where I came from, and that keeps me grounded," Carlo

shares. "It's an honor to represent not just my family but also the place that gave me my roots."

Today, Carlo Biado stands as one of the premier players in the world of professional pool. His story is one of inspiration, not just to aspiring pool players, but to anyone who dares to dream big. His success has put Binmeckeg on the map, and his achievements continue to shine as a beacon of hope for young people from small towns and communities all over the Philippines.

Though his visits may be occasional, the pride that Carlo Biado brings to his family's hometown will last for generations. His legacy as a champion, both on the pool table and in life, continues to inspire not only those in Binmeckeg but also the entire country. His journey reminds us all that no matter where we start, with hard work and dedication, the world is full of possibilities.

Mark Lester P. Ramos Brings Home Gold and Bronze in Billiards

■ AUTHOR

Mark Lester P. Ramos of Don Amadeo Perez Sr. National High School (DAPSNHS) continues to shine as a promising billiards player, earning accolades in two prestigious tournaments in October 2024. His stellar performance not only brought pride to his school but also solidified his place in the upcoming Division Meet.

On October 20, 2024, Ramos showcased his exceptional talent at the North Pacific Resort in Sagunto, Pangasinan, where he clinched the gold medal in the 8-ball event. His precise shots and tactical brilliance stood out, making him a dominant force on the table.

Following this, Ramos competed in the Congressional Meet held at Just Pogi Billiard Hall in Bautista, Pangasinan, where he secured the bronze medal in the 9-ball event. This tournament served as a qualifier for the much-anticipated Division Meet, scheduled for January 23–26, 2025, at Mangaldan, Pangasinan.

Under the mentorship of his coach, Bryan M. De Vera, Ramos has honed his skills and

demonstrated incredible focus and determination in every match. Coach De Vera commended his dedication, saying, "Mark's hard work and passion for billiards are remarkable. Winning gold and bronze in such competitive events is a testament to his talent and perseverance. We're confident he'll perform even better at the Division Meet."

Ramos's victories reflect not only his individual efforts but also the support of the Amadean community, which stands behind him with pride. "These wins are for my school and my supporters," Ramos said. "I'm grateful for the

opportunity to represent DAPSNHS and bring honor to our name."

As Mark Lester P. Ramos prepares for the Division Meet in January, his achievements continue to inspire his peers and strengthen the sports culture at DAPSNHS. Truly, he embodies the resilience and

Proud Amadean.



CAPTION HERE



CAPTION HERE

DAPSNHS Futsaleras Bring Pride to Their School: Claim 3rd Runner-Up in Baguio Football Club Tournament

AUTHOR

BAGUIO CITY - The DAPSNHS Futsaleras, the exceptional futsal girls' team from Don Amadeo Perez Sr. National High School (DAPSNHS), made their school proud as they secured 3rd Runner-Up honors in the prestigious Baguio Football Club Tournament. Held on December 14, 2024, in the cool highlands of Baguio City, the tournament saw the Futsaleras showcase their skill, determination, and school spirit in the Under-15 category.

Under the guidance of their passionate mentor, Coach Charlie P. Calonge, the Futsaleras battled fiercely against top-tier teams from across the country. Their hard work and resilience throughout the tournament brought immense pride to DAPSNHS and the entire Pangasinan community.

The DAPSNHS Futsaleras began the tournament with grit and focus, advancing through the group stage with strong teamwork and tactical play. Despite encountering tough opponents in the semifinals, the team displayed unwavering resolve and quickly shifted their focus to the battle for 3rd place.

In the fight for the podium, the Futsaleras delivered a spirited performance, combining their defensive tenacity and offensive creativity to clinch the 3rd Runner-Up spot. The victory was a testament to their dedication, talent, and refusal to back down, even in the face of adversity.

Coach Charlie P. Calonge played a vital role in the team's success, providing strategic guidance and fostering a strong sense of camaraderie among the players. "The girls gave their best effort every step of the way," Coach Calonge said. "They made DAPSNHS proud with their performance, and this is just the start of what they can achieve."

The team's collective effort and individual brilliance stood out throughout the tournament,

with players stepping up in key moments to secure victories and maintain the Futsaleras' competitive edge.

The success of the DAPSNHS Futsaleras in the Baguio Football Club Tournament is a shining example of the school's commitment to nurturing athletic excellence. Their 3rd Runner-Up finish not only brought pride to DAPSNHS but also inspired their peers to strive for greatness, both on and off the court.

"This achievement belongs to the whole DAPSNHS community," one of the players shared. "We played with our hearts, knowing that we were representing our school and everyone who supported us."

With their remarkable performance in Baguio, the DAPSNHS Futsaleras have laid the groundwork for future successes. Their journey is far from over, and they are more motivated than ever to continue honing their skills and aiming for championship titles in upcoming tournaments.

As the Futsaleras return home to Don Amadeo Perez Sr. National High School, they carry with them not just a trophy, but the pride of their school and the inspiration of a community that believes in them. The DAPSNHS Futsaleras have proven that with determination, teamwork, and school spirit, they can conquer any challenge and shine on the national stage.

Amadean Pitbulls Secure Football Champ

ALYSSA D. JARICAL

BINMECKEG, SISON (October 19) - The Amadean Pitbulls emerged as champions against Artacho National High School in a closely contested football match, finishing with a 3-1 victory.

Artacho NHS took the lead in the first half, scoring the opening goal. However, the Amadean Pitbulls equalized in the second half with a goal from Ellarma, leveling the score at 1-1. Throughout the match, Amadean's goalkeeper, Ocampo, played a crucial role with his impenetrable defense, making several key saves that kept Artacho from extending their lead. The match remained tied at the end of regulation time, pushing the game to a penalty shootout. In the shootout, Lagmay and Salting converted two penalties for Pitbulls while Artacho NHS was unable to score, securing the championship for Amadean with a final score of

3-1.

Amadean Pitbulls coach, Mr. Eduardo C. Ocampo, emphasized the team's perseverance, stating, "The key factor in winning is to fight until the end. Never say die!" This message reflected the Pitbulls' determination to keep pushing despite the early setback in the match.

In other news, the Amadean Futsal team finished in second place in their division, adding to the school's athletic achievements.

With this victory, the Amadean Pitbulls will represent the Municipality of Sison in the upcoming Division Meet, set for December 2024.

DAPSNHS Pitbulls Secure First Runner-Up Finish at Pre-Division Meet

AUTHOR

The Don Amadeo Perez Sr. National High School (DAPSNHS) Football Team, famously known as The Pitbulls, showcased their resilience and determination during the Pre-Division Meet held at Manaoag, Pangasinan, on November 10, 2024. Battling against fierce competition, the Pitbulls earned the First Runner-Up title, a remarkable achievement that has qualified them for the much-anticipated Division Meet.

Under the expert guidance of their coach, Mr. Eduardo C. Ocampo, the team demonstrated incredible teamwork, grit, and passion on the field. Their performance highlighted the culmination of weeks of rigorous training and dedication, as they went toe-to-toe with some of the most competitive teams in the region.

The Pitbulls' journey during the Pre-Division Meet was nothing short of inspiring. With their powerful defensive plays, strategic offense, and unyielding spirit, the team has become a source of pride for DAPSNHS and the community of Binmeckeg, Sison, Pangasinan.

With the Division Meet just around the corner, Coach Ocampo and the Pitbulls are back on the training ground, fine-tuning their strategies and improving their skills. The team is determined to build on their success and bring even greater glory to DAPSNHS.

"The

boys have shown great determination and heart," said Coach Ocampo. "This First Runner-Up finish is a testament to their hard work, and we're using it as a stepping stone for the Division Meet. We're aiming high and preparing to give it our all."

The achievement of The Pitbulls has sparked excitement and support from the school and local community. Teachers, parents, and students alike are rallying behind the team, providing encouragement and motivation as they gear up for the next stage of their journey.

As they prepare to represent DAPSNHS in the Division Meet, The Pitbulls are carrying the hopes and pride of their school and hometown. With their unwavering determination and the guidance of their experienced coach, they are set to make their mark once again on the football field.



CAPTION HERE



PERSISTENT.
RELEVANT.
INSIGHTFUL.
VOLUME XXI. NO 1
JULY 2024 - DECEMBER 2024



CAPTION HERE

Amadeans Conquer Batang Pinoy: Rivera and Salting Lead Pangasinan to Futsal Glory

AUTHOR

The Pangasinan Futsal Boys emerged victorious at the Batang Pinoy 2024 National Championship, held in Puerto Princesa, Palawan, from November 23-28, 2024. In the fiercely competitive Under-15 category, Gabriel N. Rivera and Jerick N. Salting, both talented players from Don Amadeo Perez Sr. National High School (DAPSNHS), played pivotal roles in their team's triumph, bringing pride to their school, their province, and their community.

Guided by their coach, Dyle Boado, an Amadean alumni, and supported by Mr. Eduardo C. Ocampo, the duo led the Pangasinan team to the championship, a win that was celebrated as a major achievement in Philippine futsal. Boado and Ocampo, who have been instrumental in the development of the players at DAPSNHS, couldn't be more proud of their young athletes' accomplishments.

The Pangasinan Futsal Boys team had a rough start with a 3-0 loss to the City of Bago, but they quickly regrouped and went on an incredible winning streak. Rivera and Salting's performance was instrumental in the team's bounce-back, with Salting scoring two crucial goals in the final to lead the team to a 4-1 victory over the City of Bago for the championship.

Throughout the tournament, both players were at the forefront of their team's success. Salting, known for his lethal finishing and leadership on the pitch, was later named Most Valuable Player (MVP) of the competition. Meanwhile, Rivera's technical skill and vision in the midfield made him a key playmaker throughout the tournament, as he contributed significantly in both attack and defense.

As coaches, Boado and Ocampo were overjoyed by the boys' determination and focus, expressing immense pride in their achievement. "Seeing these young athletes rise to the occasion and bring home the championship makes all the effort worthwhile," Boado shared. "We're so proud of Gabriel, Jerick, and the entire team for their resilience and teamwork."

Mr. Eduardo C. Ocampo, another DAPSNHS alumnus and long-time mentor, echoed Boado's sentiment. "Their hard work paid off. This victory is a testament to their character and the values they've learned from their school and coaches. We couldn't be prouder."

In addition to Rivera and Salting's triumph with the Pangasinan team, other Amadeans also represented their region in the Batang Pinoy 2024 tournament. Andrei Lagmay, Jonel Espinosa, and Chester Ocampo were part of the La Union team, which secured 5th place in the competition. Their remarkable effort further reinforced the talent pool that DAPSNHS continues to produce, showcasing the school's strong presence in youth futsal across the nation.

"We are thrilled with the success of all the Amadeans who

participated, whether they won medals or simply gained invaluable experience," said Boado. "It's all part of the journey toward greatness, and we are proud to see so many of our athletes doing well."

With Gabriel Rivera and Jerick Salting leading the way, the future of futsal at DAPSNHS looks incredibly bright. Their performance in Batang Pinoy 2024 not only brings honor to their school but also sets the stage for future champions to rise. The Pangasinan Futsal Boys' victory, coupled with the strong performances from the other Amadean players, signals a bright future for Philippine futsal, with DAPSNHS players at the forefront.

"We're just getting started," Salting remarked after the tournament. "This is a great achievement, but there's always more to work for. I'm excited for what's next."

With their hard work, determination, and unwavering support from their coaches and school, the Amadean futsal players—both those who won and those who learned valuable lessons—have proven that they are forces to be reckoned with in the world of Philippine futsal.

Jerick Salting Strikes Gold: MVP Leads Pangasinan to Batang Pinoy Futsal Glory

AUTHOR

Jerick B. Salting, the sensational striker from Don Amadeo Perez Sr. National High School (DAPSNHS), has been crowned the Most Valuable Player (MVP) in the Futsal Boys U15 category during the Batang Pinoy 2024 National Championships. The tournament, held in Puerto Princesa, Palawan, from November 23-28, 2024, culminated in a commanding 4-1 victory for the Pangasinan team against Bago City in the championship match.

Salting's offensive brilliance was on full display in the finals, where he scored two crucial goals that solidified Pangasinan's dominance on the court. Playing as the team's striker, Salting showcased his sharp instincts, speed, and precision, which made him a constant threat to opposing defenses throughout the tournament.

The championship game was a testament to Salting's skill and leadership. His first goal set the tone for the match, giving Pangasinan an early lead. Later, with the team already ahead, Salting sealed the victory with a stunning strike that left the crowd in awe. His ability to deliver under pressure and create scoring opportunities earned him the admiration of both fans and coaches.

Salting's remarkable performance wasn't limited to the finals. Throughout the tournament, he consistently found the back of the net, demonstrating his knack for scoring in critical moments. His contributions were instrumental in Pangasinan's journey to the top, as the team overcame tough competition from various regions of the Philippines.

"It's an incredible feeling to be named MVP," Salting shared after the victory. "But this award isn't just mine—it's for my team, our coaches, and everyone who supported us.

Representing Pangasinan and bringing home the championship is a dream come true."

The Pangasinan Futsal Boys team, which also featured standout players like Gabriel N. Rivera, represented their province with pride and determination. Their success in Batang Pinoy 2024 highlights the growing talent in grassroots sports and the importance of programs that nurture young athletes.

Jerick Salting's MVP award and Pangasinan's championship triumph serve as an inspiration for aspiring futsal players, not just in their province but across the nation. With his talent, work ethic, and love for the game, Salting is poised for even greater achievements in the future.

MR. JERICK B. SALTING

