



THE VALLEY

THE OFFICIAL PUBLICATION OF DON AMADEO PEREZ SR. NATIONAL HIGH SCHOOL - BINMECKEG, SISON, PANGASINAN

PERSISTENT
RELEVANT
INSIGHTFUL

VOLUME XX, NO. 1 | AUGUST 2023 - FEBRUARY 2024



DAPSNHS performers heartily sing their chorale pieces "Tuloy Na Tuloy Pa Rin Ang Pasko" and "Kumukutikutap."

DAPSNHS performers landed as 2nd Runner Up at Sayawit Competition

| GWEN SHALY BATIACILA

SISON, DECEMBER 13 - In a dazzling display of talent and artistry, the Amadean Performers, under the mentorship of Coach Rochel Z. Estabillo, secured the prestigious title of 2nd Runner Up at the Sayawit Competition during the Municipality of Sison Town Fiesta. The event, which took place at the vibrant Sison Stadia on December 13, 2023, was part of the town's grand celebration of its 161st founding anniversary and town fiesta.

The Sison Stadia came alive with energy as schools from across the municipality gathered to participate in the Sayawit Competition, a highlight of the festive season. The DAPSNHS performers, adorned in captivating costumes, captivated the audience and judges alike with their exceptional dance routines and synchronized movements.

Under the guidance of Coach Rochel Z. Estabillo,

the talented individuals from DAPSNHS showcased not only their technical prowess but also their dedication and passion for the art of dance.

The Sayawit Competition, known for its high level of competition and standards, provided a platform for schools to showcase the rich cultural heritage and artistic talents of their students. DAPSNHS stood out among the participants, earning

the well-deserved 2nd Runner Up title and leaving a lasting impression on the audience.

Mr. Eduardo C. Ocampo the School principal expressed pride in the achievement, highlighting the hard work and commitment exhibited by both the performers and Coach Rochel Z. Estabillo. "This accomplishment is a testament to the dedication of our students and the guidance provided by Coach Estabillo. We

are proud of their achievement and the positive representation of our school in such a significant event," remarked Mr. Ocampo.

The 161st founding anniversary and town fiesta of Sison provided the perfect backdrop for this celebration of talent and culture. The DAPSNHS performers not only brought honor to their school but also contributed to the overall vibrancy and festive spirit of the occasion.

As the performers bask in the glory of their 2nd Runner Up victory, the entire school community, as well as the municipality of Sison, joins in celebrating this remarkable achievement. The success at the Sayawit Competition is not just a testament to the talent within DAPSNHS but also a reflection of the school's commitment to nurturing and showcasing the artistic abilities of its students.

"A TREE-BUTE TO COMMUNITY" DAPSNHS and Partners Unite for Tree Planting Program

| MAEGAN COSMIAO

BINMECKEG, OCTOBER 20 - Don Amadeo Perez Sr. National High School orchestrated a remarkable Tree Planting Program, titled "A Tree-bute to the Community," in collaboration with its key partners: Northern Cement Corporation, San Hai Aggregates And Construction Corporation, and the Local Government Unit of Sison, under the leadership of Municipal Mayor Danny C. Uy. The generous site for this eco-conscious initiative was provided by Atty. Jonathan Bugnay.



DAPSNHS Faculty with their key partners SAN HAI Aggregates, Northern Cement Corporation, and Sison LGU during the Cluster Tree Planting Program at Brgy. Binmeckeg, Sison, Pangasinan

The program commenced bright and early at 6:00 AM with an inspirational message from Mr. Eduardo C. Ocampo, the school's principal. Mr. Ocampo expressed his heartfelt gratitude to the partners who had played a pivotal role in making this program a reality. He also underscored that such programs align perfectly with one of the mandates of the Department of

news

DAPSNHS Showcases Literacy Brilliance at English Festival of Talents

3

editorial

'MATATAG' Curriculum Unveiled – A Game-Changer for Filipino Education

6

feature

In our Digital Era: The Birth of The Valley Digital

8

sci-tech

SHAKE IT OFF! Surprising Benefits of Zumba

14

sports

Don Amadeo Perez Sr. NHS dominates Congressional Meet

16



Students from DAPSNHS fully immersed in the joy of learning as they participate in DEPED's Drop Everything and Read initiative.

DAPSNHS implements Catch-up Fridays to Support National Reading Program

KATRINA ROSALADA

BINMECKEG, JANUARY 12 - In an effort to boost literacy rates among students nationwide, the Department of Education (DepEd) has rolled out a new initiative known as Catch-Up Fridays, aligned with the National Reading Program under the overarching National Learning Recovery Program (NLRP). Commencing on January 12, 2024, this innovative program introduces the concept of Drop Everything and Read (DEAR) Day, providing students with dedicated time for independent silent reading.

DEAR Day encourages learners to immerse themselves in reading material of their choice, fostering a love for reading and enhancing comprehension skills. By integrating such activities into the school week, DepEd aims to address the pressing need to improve literacy rates and support the educational objectives outlined in the NLRP.

In line with this initiative, Don Amadeo Perez Sr. National High School (DAPSNHS) embraced the program, implementing Catch-Up Fridays on January 12, 2024.

Led by the dedicated efforts of Mr. Eduardo C. Ocampo, the school's principal, and supported by the school's reading coordinator, Mrs. Editha O. Cabanela, DAPSNHS is committed to leveraging this program to tackle the national challenge of improving student literacy.

Recognizing the significance of fostering a reading culture among students, the teachers of DAPSNHS have united behind the initiative, understanding its essential role in equipping students with essential literacy skills necessary for success in

their academic quests and beyond.

Through the implementation of Catch-Up Fridays, DAPSNHS aims not only to contribute to the larger national effort to enhance student literacy but also to instill a lifelong love for reading among its student body. With dedicated support from educators and administrators, initiatives like DEAR Day hold the promise of transforming the educational landscape and empowering students to excel in their learning journey.

DAPSNHS Hosts UN Celebration: Embracing Peace & Equality

EILA TOLENTINO

BINMECKEG, NOVEMBER 24 - Don Amadeo Perez Sr. National High School pulled out all the stops in a spectacular display of unity and diversity during a recent event commemorating the United Nations Organization on November 24, 2023. The school transformed into a melting pot of cultures and ideologies under the banner of "Peace, Equality, Freedom, and Justice for all," showcasing its unwavering commitment to fostering global understanding and cooperation.

The focal point of the festivities was an exuberant parade of nations, where students hailing from different corners of the globe proudly adorned themselves in costumes representing various countries.

This vibrant procession served as a visual testament to the school's dedication to celebrating diversity and promoting harmony among nations. This was headed by Mrs. Alma A. Delim, School AP Coordinator.

The celebrations kicked off with a poignant opening ceremony, marked by impassioned speeches underscoring the significance of the United Nations and its core principles of peace, equality, freedom, and justice. The resonating messages of unity and cooperation reverberated among students, teachers, and guests alike, instilling a renewed sense of hope and solidarity.

Throughout the day, a diverse array of activities unfolded, each designed to shine a spotlight on the overarching themes of the celebration. Educational exhibitions, artistic displays, and interactive workshops provided a platform for participants to delve into discussions about the pivotal role of the United Nations in tackling global challenges and striving towards a brighter future for all.

Furthermore, the event served as a stage for students to unleash their talents and creativity. From captivating artistic expressions to soul-stirring musical performances and captivating theatrical presentations, the arts took center stage, underscoring their power as a universal language capable of fostering communication and understanding across diverse communities.

As the day progressed,

attendees and participants alike expressed their heartfelt appreciation for the meticulous organization of the event and its unwavering emphasis on nurturing a sense of global citizenship among the student body.

The resounding success of the celebration served as a testament to the transformative power of unity in embracing diversity and paving the way towards a more harmonious world for generations to come.

DAPSNHS takes on Pandemic Learning Gap with National Learning Camp

LARA NICOLE ROSALADA

BINMECKEG, AUGUST 2 - Don Amadeo Perez Sr. National High School is taking proactive measures to combat the learning losses incurred during the two-year pandemic period. In compliance with the DepEd program, the school is conducting a National Learning Camp, focusing on English, Math, and Science subjects.

Led by the dedicated efforts of teacher volunteers, along with the wholehearted support of Principal Mr. Eduardo C. Ocampo, the learning camp aims to provide students with a comprehensive and engaging learning experience. By concentrating on core subjects, the school endeavors to bridge the gaps in education that emerged due to the challenges posed by the pandemic.

Camp at Don Amadeo Perez Sr. National High School promises to be a transformative experience for students, enabling them to rediscover their passion for learning and overcome the hurdles they faced during the pandemic.

With this initiative, the school is committed to ensuring that every student receives the necessary tools and knowledge to thrive academically, setting them on a path of success and empowerment.

The National Learning



DAPSNHS School Head Mr. Eduardo C. Ocampo and NLC Facilitators with NLC Participants in their graduation ceremony.

DAPSNHS Showcases Literary Brilliance at English Festival of Talents

REINAN JAKE CABANELA

BINMECKEG - Don Amadeo Perez Sr. National High School celebrated its School English Festival of Talents on December 5, 2024, under the theme "Reading: Hope for a STEADFAST Future." The event, organized by the English Department led by Mrs. Editha O. Cabanela and spearheaded by School Principal Mr. Eduardo C. Ocampo, showcased the literary talents of students through various engaging activities.

The day commenced with a vibrant Character Parade, where students creatively depicted literary figures, both classic and contemporary, bringing the world of literature to life. The colorful procession set the tone for the day, emphasizing the importance of imagination and creativity in the literary realm.

Following the parade, students demonstrated their linguistic prowess in the spelling competition. The atmosphere was charged with excitement and tension as participants navigated through challenging words, showcasing their command over the English language. The competition not only tested their spelling skills but also encouraged healthy competition and sportsmanship.

The Essay Writing contest provided a platform for students to express their thoughts on the festival theme, "Reading: Hope for a Steadfast Future." Participants delved into a range of topics, exploring the impact of literature on personal growth, societal development, and the pursuit of a brighter future. The essays were

judged not only on writing proficiency but also on the depth of understanding and creativity demonstrated.

The Oratorical Contest proved to be a highlight of the event, with students eloquently delivering speeches that captivated the audience. The topics ranged from the transformative power of literature to the role of reading in shaping one's character and aspirations. The orators skillfully articulated their ideas, leaving a lasting impression on the spectators.

In the unique faceBOOK activity, students creatively integrated literature into their personas by selecting a book and ingeniously incorporating its cover as a part of their attire. This activity not only showcased their technological prowess but also added a fun and inventive element to the celebration.

The festival also featured a Radio Broadcasting segment, where students took to the airwaves to share their literary insights, conduct interviews, and engage the audience in thought-provoking discussions. This activity not only honed their communication skills but also provided a unique platform to broadcast their love for literature.

The School Principal, Mr. Eduardo C. Ocampo, expressed his pride in the students' achievements and commended the English Department for their dedication in organizing such a successful event. He emphasized the importance of fostering a love for literature among students, highlighting its role in shaping their intellectual and emotional development.

The School English Festival of Talents at DAPSNHS not only celebrated the rich tapestry of literature but also underscored the school's commitment to nurturing well-rounded individuals with a deep appreciation for the written word. As the event concluded, students left with a renewed enthusiasm for reading, inspired by the theme that resonated throughout the festival – "Reading: Hope for a STEADFAST Future."

Amadean learners on their creative costumes during the Book Character Parade.



DAPSNHS Celebrates its First National Statistics Month Program

JINNEL MAE BIADO | VAN IAN RAMOS

BINMECKEG - Don Amadeo Perez Sr. National High School (DAPSNHS) celebrated its first National Statistics Month on October 12, 2023, under the theme "Accelerating Progress: Promoting Data and Statistics for a Healthy Philippines." The event was a resounding success due to the unwavering dedication of Mrs. Janneth M. Ocampo, the Head of the Mathematics Department, who spearheaded the program with the support of dedicated Math Teachers, Mr. Mark Gerald Rocapor, Ms. Kring-Kring Peduca.

The celebration commenced with a serious and engaging message from the school's Principal, Mr. Eduardo C. Ocampo, highlighting the significance of statistics across various subjects and disciplines. Ms. Kring-Kring G. Peduca, one of the esteemed Math teachers at DAPSNHS, expressed her enthusiasm for the event, emphasizing the perfect timing to celebrate the importance of statistics and to raise awareness among students about its practical applications in the world.

The program saw active participation from the students, who were evidently thrilled by the range of activities. Salvador Dones III, a Grade 9 learner, shared his excitement, particularly for the upcoming dance competition. Allany Gell-Yhan Quismorio, a Grade 7 learner, expressed her delight at the opportunity to take part in such an engaging program, citing it as a unique experience she had not encountered before.

The event featured an array of activities, including a Quiz Bee, where John Denver Regacho of Grade 12 - Newton claimed the title

of First Place while Jester Marquez and Melvin Dulay landed Second and Third Place, respectively.

The National Statistics Month Dance Competition witnessed Grade 9 learners securing first place, while Grade 11 learners secured the second place, and Grade 8 learners clinched third place. Furthermore, the Poster Making Contest revolved around the theme of the program, with Azhea Domingo of Grade 8 emerging as the first place, followed by Mark Arwin Valencia of Grade 12 in the second place, and Phillip

Ramos of Grade 9 in third place.

The National Statistics Month celebration at Don Amadeo Perez Sr. National High School served as a remarkable platform to foster an understanding of the significance of data and statistics in today's world. It not only engaged and educated the students but also showcased the dedication of the school's educators in promoting a data-driven and statistic-rich educational environment, paving the way for a healthier and more informed Philippines.



Grade 9 learners, winners of the National Statistics Month Dance Competition, perform their yell as the program opens.

'A TREE-BUTE to Community...

FROM PAGE 1

Education, which is the promotion of Makakalikasan, or environmentally friendly initiatives.

Following Mr. Ocampo's message, the program continued with compelling insights from key partners. Mr. Mario Lagmay of Northern Cement Corporation stressed the crucial role of tree planting in environmental preservation, while Ms. Phebe Lacuna, the Office Manager of San Hai Aggregates And Construction Corporation, delivered a concise but impactful lecture on the importance of trees in our daily lives. SBM Jomar Fabros, representing the Local Government Unit of Sison, praised the collaborative effort and emphasized the program's unity and environmental responsibility.

In a display of widespread enthusiasm for the cause, the Tree Planting Program saw participation from various Youth for Environment in Schools Organization (Yes-O) advisers and presidents from neighboring schools. Students, too, eagerly joined in, rolling up their sleeves to contribute to the greener, more sustainable future they collectively aspire to create.

Don Amadeo Perez Sr. National High School's "A Tree-bute to the Community" Tree Planting Program proved not only to be a commitment to environmental conservation but also a testament to the power of community cooperation, fostering a sense of shared responsibility and a brighter future for Sison.

Preparing for a New Chapter: DAPSNHS concludes Week-long Brigada Eskwela 2023

DHANA SHANTYL TAY-OG

BINMECKEG, AUGUST 19 - Don Amadeo Perez Sr. National High School concluded its Brigada Eskwela 2023 initiative with resounding success, marking a significant step towards ensuring an optimal learning environment for the upcoming academic year.

Under the theme "Bayanihan para sa MATATAG na Paaralan," the week-long event, held from August 14 to 19, 2023, witnessed a remarkable display of unity and community spirit as various stakeholders pooled their efforts to prepare the school for the commencement of classes on August 29.

Mrs. Marissa C. Fernandez, the School Coordinator for Brigada Eskwela at DAPSNHS, expressed profound gratitude for the overwhelming support garnered from diverse sectors of the community. She emphasized the collaborative endeavors that transpired throughout the initiative, highlighting the intrinsic Bayanihan spirit deeply ingrained in the

community's fabric.

"The success of Brigada Eskwela underscores the strength of our collective effort. We are deeply indebted to everyone who contributed their time and resources," Fernandez remarked.

The Federated Parents and Teachers Association (FPTA), led by President and Kagawad Myra R. Ramos, played a pivotal role in the endeavor, exemplifying a steadfast commitment to the holistic development of the students. The active participation of the parent-teacher partnership was instrumental in realizing the goals set forth for Brigada Eskwela.

In addition to the Barangay Council and FPTA, the

involvement of 4P's (Pantawid Pamilyang Pilipino Program) beneficiaries, various religious groups, and the local Philippine National Police (PNP) in Sison further underscored the shared responsibility towards bolstering the education system. Their collective engagement during Brigada Eskwela 2023 has fortified the foundation of DAPSNHS, establishing a conducive and inspiring learning environment for all students.

As DAPSNHS prepares to embark on a new academic year, the success of Brigada Eskwela 2023 serves as a testament to the power of community collaboration in fostering educational excellence and nurturing the potential of every learner.



Parents, Barangay LGU, and stakeholders come together in solidarity during Brigada Eskwela 2023, ensuring a vibrant and conducive learning environment for our children's future

Teachers' Day 2023: Students honor Mentors

JINNEL MAE BIADO

On October 5, 2023, students at DAPNHS came together to celebrate Teachers' Day, showing appreciation for their mentors. The event was a touching tribute to the educators who have committed themselves to guiding their students' paths.

Organized by the students themselves, the ceremony was attended by fellow students, faculty, and staff. It kicked off with the principal delivering an opening speech, commending the dedication and hard work of the teachers.

Throughout the event, students took the stage to share their stories and express gratitude to their teachers. Some recounted instances where their teachers went the extra mile to assist them with their studies, while others highlighted the valuable life lessons imparted by their mentors.

The celebration wasn't just about acknowledging teachers' achievements; it was also a platform for students to showcase their talents. The program featured performances by the school band, choir, and dance team, alongside displays of artwork and creative

writing dedicated to their teachers.

The Teachers' Day celebration underscored the crucial role educators play in shaping society's future. It emphasized the profound impact teachers have on their students and the wider community, reminding everyone of the noble profession of teaching and its significance.

As the ceremony concluded, the principal expressed gratitude to the students for organizing the event and emphasized the importance of honoring teachers. He urged students to continue learning from their mentors and to strive for excellence in their studies.

The Teachers' Day celebration at DAPNHS was a heartfelt tribute to the teachers who selflessly devote themselves to shaping their students' lives. It served as a poignant reminder of the value of education and the indispensable role teachers play in our society.

A Testament to Community Unity and Generosity: DAPSNHS Alumni Unveils New Building

Don Amadeo Perez Sr. National High School alumni proudly reveal their latest achievement: a new alumni building serving as a symbol of unity and generosity. Spearheaded by Pastor Leo Basbas, President of the DAPSNHS Alumni Association, this project signifies the enduring connections forged during school years.

The endeavor, fueled by the proceeds from the highly successful Grand Alumni Homecoming in June 2023, marks a significant milestone for the DAPSNHS community. Attended by graduates spanning several decades, the event not only rekindled cherished memories but also ignited a spirit of philanthropy and communal action.

The decision to allocate a portion of the Homecoming funds towards constructing a dedicated alumni space underscores the unwavering commitment of the graduates to give back to their alma mater. With a vision to create a hub for future gatherings and collaborative endeavors, the alumni embarked on this ambitious initiative, driven by a shared sense of pride and belonging.

The diligent efforts of the Alumni Officers, including Vice President Myra R. Ramos,

Treasurer Fredalyn A. Ordone, and their dedicated team, were pivotal in bringing this vision to life. Their meticulous planning, financial management, and coordination of volunteer efforts ensured the successful realization of the project.

Mr. Eduardo C. Ocampo, school principal, commended Pastor Leo Basbas Jr., Myra R. Ramos, Fredalyn A. Ordone, and the entire team of Alumni Officers for their outstanding dedication. Their collaborative spirit exemplifies the ethos of the DAPSNHS alumni community, rooted in unity and shared purpose.

Guided by Mr. Ocampo's unwavering support, the alumni building stands as a testament to the strong bond between the school and its graduates. Its practical yet elegant design, featuring multipurpose rooms, a small auditorium, and areas for displaying memorabilia, ensures that the space caters to a variety of needs for the alumni community.

AILYSA JARICAL



DAPSNHS Alumni Association unveils two new projects, providing essential infrastructure for the next generation of learners

DAPSNHS Faculty Attend Gender Empowerment Training in Baguio City

| LARA NICOLE ROSALADA

BAGUIO CITY, DECEMBER 9 - Faculty and staff of Don Amadeo Perez Sr. National High School recently underwent a Gender and Development (GAD) Training at Teachers Camp, Baguio City, with the theme "Enhancing Gender Empowerment: Promoting Health, Safety, and Well-Being in the Work Environment" last December 8-9, 2023.

The school conducted the training to ensure that its workforce is equipped with the necessary knowledge and skills to promote gender equality, create a safe and healthy work environment, and address issues related to gender-based discrimination or harassment.

By enhancing gender empowerment among its faculty and staff, Don Amadeo Perez Sr. National High School aims to foster a culture of inclusivity, respect, and well-being within the school community.

During the two-day training, participants engaged in various sessions aimed at personal growth, development,

and conflict resolution. On the first day, Mrs. Romela I. Mabitazan delivered a talk on Personal Growth and Development, emphasizing the importance of self-improvement through personal planning and self-focus. This was followed by Mr. Aljon B. Fernandez's discussion on the concept of Growth Mindset and maintaining a positive outlook in challenging situations. The sharing of personal experiences among teacher participants made the discussions meaningful and relatable.

On the second day, Mrs. Marissa C. Fernandez, along with Mr. Jefferson Lachica, led a lecture on resolving personal

conflicts in the workplace. Through interactive activities, participants were able to address and heal from personal conflicts, fostering a more harmonious work environment.

The GAD Training at Teachers Camp proved to be a valuable opportunity for Don Amadeo Perez Sr. National High School faculty and staff to gain insights and skills essential for promoting gender empowerment and well-being in the workplace. With a renewed focus on personal growth, positive mindset, and conflict resolution, the school is poised to create a more inclusive and supportive environment for all members of its community.



DAPSNHS faculty take part in Gender and Development (GAD) Training in Baguio City, enhancing their skills to create inclusive and equitable learning environments.

NEWS BITS

'ROUND THE CLOCK NEWS FOR YOUR CONVENIENCE

Azea Domingo Clinches First Place in Math Recreational Games

In an impressive feat of mathematical excellence, Azea Domingo, a Grade 8 student from DAPSNHS, emerged victorious by securing first place during the Cluster Elimination of the Recreational Games Math Festival held on December 7 at Benigno V. Aldana NHS. Azea's outstanding performance not only showcases her individual brilliance but also brings honor to her school and underscores the commitment to academic excellence within the institution.

Valentine's Day and MAPEH Exhibit Delights Students

Love and creativity converged on February 14, 2024, as DAPSNHS hosted a Valentine's Day and MAPEH Exhibit. The event provided a vibrant platform for students to showcase their artistic talents and express their creativity. Students were treated to a delightful array of artworks and displays that celebrated both the spirit of Valentine's Day and the diverse aspects of MAPEH (Music, Arts, Physical Education, and Health).

Castillo Recognized as Most Outstanding Administrative Assistant in Sison

| JANINE OCAMPO

Jesriel C. Castillo was recently recognized as Most Outstanding Administrative Assistant in Sison, Pangasinan District during the town's Fiesta on December 15, 2023.

Castillo, employed at Don Amadeo Perez Sr. National High School, distinguishes himself through his exceptional work ethic and hands-on approach. His contributions extend beyond typical office duties, playing a pivotal role in the school's operational efficiency.

Notably, Castillo actively participates in community initiatives, reflecting his dedication to societal improvement beyond his professional responsibilities.

Upon receiving the recognition, Castillo expressed gratitude to his colleagues, mentors, and the community, emphasizing the collaborative effort behind their success.

Castillo's achievement serves as an inspiration, showcasing the transformative power of hard work, integrity, and community involvement. Cheers to Jesriel C. Castillo, an exemplar among Administrative Assistants in Sison, Pangasinan District, whose impact resonates within both the school and the broader community.



Young scouts showcase essential survival skills: Grade school Boy Scouts demonstrate emergency shelter construction during an immersive session at the BSP Encampment.

DAPSNHS Scouts showcase Survival Skills in School-Based Encampment

| MARFIE MAPATAC

The Boy Scouts of Don Amadeo Perez Sr. National High School (DAPSNHS) recently participated in a School-Based Encampment under the leadership of Scout Master Charlie P. Calonge. Held on January 27-28, 2024, the event aimed to enhance survival skills and promote teamwork among the scouts.

A highlight of the encampment was the construction of Emergency Shelters, where scouts collaborated under Scout Master Calonge's guidance to build sturdy shelters using natural materials. This hands-on experience taught crucial survival techniques and fostered self-reliance.

During the journey to the encampment site, scouts engaged in a challenge: the search for medicinal plants. Exploring the wilderness, they identified various plant species with healing properties, promoting environmental awareness and knowledge of nature's remedies.

Throughout the encampment, scouts embraced outdoor living challenges with enthusiasm,

from setting up camp to cooking meals over an open fire. Scout Master Calonge praised their dedication and cooperation, emphasizing the character-building aspects of such experiences.

The School-Based Encampment provided scouts with practical survival skills and opportunities for personal growth. Returning with memories of adventure and friendship, they are equipped with renewed confidence and resilience for future challenges.

DAPSNHS continues to prioritize experiential learning opportunities like the School-Based Encampment, empowering students with essential life skills and a love for the outdoors.

Mayor Danny Uy sponsors Free Haircuts for Amadeans

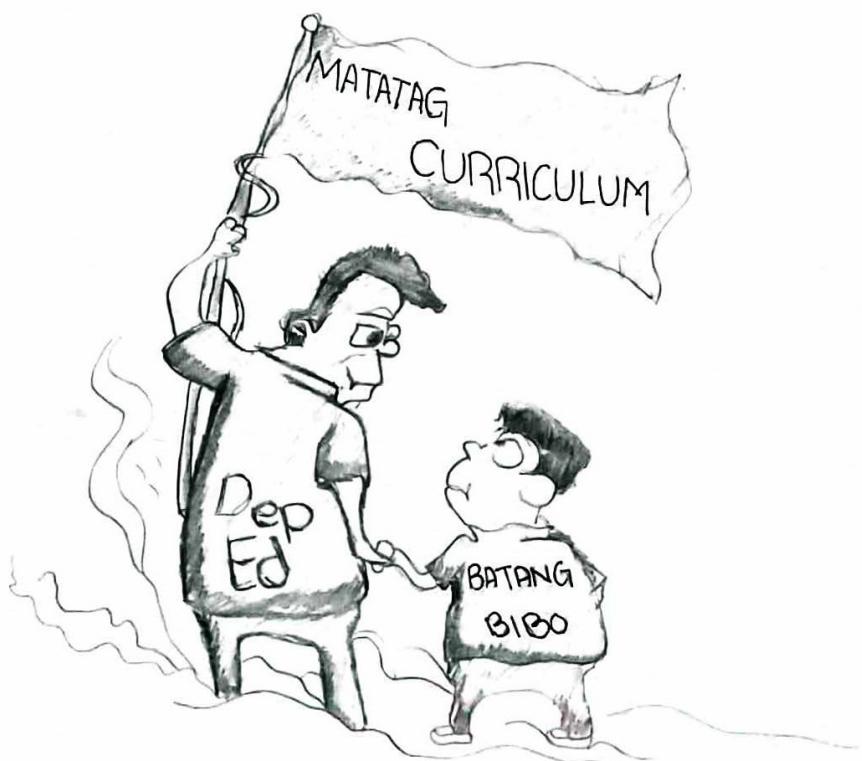
In a heartwarming gesture of community support, Mayor Danny Uy sponsored free haircuts for students of DAPSNHS—affectionately known as Amadeans. The initiative, aimed at promoting well-being and community bonding, reflects Mayor Uy's commitment to uplifting the lives of the youth within the municipality.

Scouters Lead the Way: Successful Clean-Up Drive Initiative

Taking charge of environmental stewardship, the Scouters of DAPSNHS initiated a successful Clean-Up Drive. With a commitment to maintaining a clean and sustainable environment, the Scouters demonstrated leadership and community responsibility. The event not only contributed to the overall cleanliness of the school grounds but also instilled a sense of environmental consciousness among the student body.

Amadeans took the center stage at Sison Town Fiesta Field Demo

During the Sison Town Fiesta, students from DAPSNHS stole the spotlight with their impressive talents and creativity in field demonstration. The Amadeans wowed the audience with dance performances and artistic presentations, showcasing the school's diverse skills. The event celebrated both the town's fiesta and the school's dedication to holistic development and artistic expression.



EDITORIAL

'MATATAG' Curriculum Unveiled – A Game-Changer for Filipino Education

As a passionate advocate for quality education in the Philippines, I couldn't be more thrilled about the recent launch of the MATATAG curriculum by the Department of Education (DepEd). This innovative framework represents a significant leap forward in our quest to transform the educational landscape and empower our students for success in the 21st century.

The MATATAG curriculum's focus on strengthening core competencies in math, language arts, and science, while integrating values education, is a breath of fresh air. Finally, we have a curriculum that prioritizes not only academic excellence but also the development of well-rounded individuals with strong moral character and social responsibility.

Having observed the shortcomings of previous educational approaches, I believe that the MATATAG curriculum has the potential to address many of the challenges we face in Philippine education. By equipping students with essential skills such as critical thinking, problem-solving, and effective communication, DepEd is laying the groundwork for a more prosperous and inclusive society.

Furthermore, the emphasis on values education is particularly noteworthy. In a world that often seems to prioritize material success over ethical considerations, introducing values such as integrity, empathy, and social responsibility in our students is more important than ever. The MATATAG curriculum's commitment to nurturing not just knowledgeable individuals but also compassionate and ethical leaders is commendable.

Of course, the success of any curriculum depends not only on its design but also on its implementation. It's imperative that DepEd provides adequate support and resources to ensure that teachers are properly trained and equipped to deliver the curriculum effectively. Additionally, ongoing evaluation and adaptation will be essential to address any challenges and ensure that the MATATAG curriculum remains relevant and impactful in the years to come.

Overall, I am optimistic about the potential of the MATATAG curriculum to usher in a new era of educational excellence in the Philippines. By embracing this innovative framework, we have the opportunity to empower our students to reach their full potential and become active contributors to building a brighter future for our nation.

Dear Editor-in-Chief,

I am writing to you as a concerned student who wishes to remain anonymous regarding an issue that affects the student body. I believe that addressing this concern could significantly improve the overall well-being and convenience of students.

The matter at hand revolves around the merchandise available in our school canteen. Many students, myself included, have noticed that the current selection does not cater to a diverse range of preferences and nutritional needs. As a result, a considerable number of students opt to go outside the school premises during breaks to purchase snacks or meals that better suit their preferences.

While I understand that the canteen staff is doing their best to provide for the students, it is evident that there is room for improvement. By diversifying the merchandise and offering a broader range of healthy and appealing options, we can encourage more students to patronize the school canteen instead of seeking alternatives elsewhere.

Improving the canteen's merchandise would not only contribute to the overall satisfaction of the students but also address safety concerns associated with students leaving the school premises during breaks. This change aligns with the school's commitment to providing a safe and conducive learning environment.

I urge you to consider bringing attention to this matter in your esteemed publication. By shedding light on the students' request for a more varied and appealing selection in the school canteen, we hope to initiate positive changes that will benefit the entire student community.

Thank you for your time and consideration. I trust that your platform will help amplify the voices of students and contribute to the improvement of our school environment.

Sincerely,
A concerned Amadean

Dear Concerned Student,

Thank you for taking the time to reach out to us regarding the issue of improving the merchandise in the school canteen. We appreciate your dedication to making positive changes that enhance the overall experience for students.

Your letter highlights a valid concern, and we understand the importance of having a diverse and appealing selection of snacks and meals in the school canteen. It is commendable that you are advocating for improvements that not only cater to students' preferences but also contribute to their well-being and safety.

At The Valley, we believe in amplifying the voices of the community, especially when it comes to issues that affect the daily lives of students. We are committed to shedding light on topics that contribute to positive change and improvement within educational institutions.

In our upcoming edition, we plan to feature an article addressing the concerns raised in your letter. We hope that by bringing attention to this matter, it will encourage a constructive dialogue between the student body, school administration, and canteen staff to work towards solutions that benefit everyone.

If you have any additional information or specific points you would like to emphasize in the article, please feel free to share them with us. We value the input of students like yourself and aim to represent your concerns accurately.

Thank you once again for reaching out and for your commitment to making DAPSNHS a better place for all students.

Sincerely,
Editor-in-Chief



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TIK-TALK



Smartphones in Schools: Striking a Balance between Connectivity and Distraction

KATRINA PAULA ROSALADA

In an era dominated by technology, the debate over the use of smartphones in schools has become increasingly relevant. While these devices offer unparalleled connectivity and access to information, concerns about their potential for distraction and disruption in educational settings have prompted educators and parents alike to question their place within the school environment. Striking the right balance between harnessing the benefits of smartphones and mitigating their drawbacks is crucial for creating a conducive learning atmosphere.

Smartphones have evolved beyond mere communication devices; they are powerful tools that can enhance the learning experience. From research and educational apps to collaborative platforms, these devices have the potential to enrich classroom activities, providing students with instant access to a vast array of information and fostering a more dynamic and interactive learning environment.

However, the allure of social media, games, and messaging apps poses a significant challenge to maintaining a focused learning atmosphere. The potential for distraction is heightened during class hours, leading to concerns about diminished student engagement and the overall quality of education. Striking a balance that maximizes the educational benefits while minimizing distractions is essential to ensure that classrooms remain spaces of active learning.

Banning smartphones outright might not be the most effective solution. Instead, educators and parents can leverage smartphone use as an opportunity to teach digital responsibility. Integrating lessons on time management, appropriate use of technology, and online etiquette can empower students to navigate the digital landscape responsibly. By incorporating these skills into the curriculum, schools can prepare students for the realities of the interconnected world they live in.

Smartphones serve as a crucial communication tool, especially in emergency situations. Parents, teachers, and students can stay connected, ensuring a swift response in case of unforeseen events. Recognizing the role of smartphones in safety protocols, schools should establish clear guidelines for responsible usage during emergencies while emphasizing the importance of maintaining focus on immediate safety concerns.

To strike a balance between the advantages and disadvantages of smartphone use in schools, it is imperative to establish clear and well-communicated policies. These policies should address when and how smartphones can be used during school hours, incorporating input from educators, parents, and students. Consistent enforcement of these guidelines ensures that classrooms remain focused, and educational objectives are not compromised.

Smartphones have become integral to our daily lives, and their presence in schools is inevitable. Rather than viewing them solely as distractions, it is essential to recognize their potential as educational tools. By embracing a balanced approach that teaches digital responsibility, leverages the positive aspects of smartphone technology, and establishes clear policies, schools can create an environment that harnesses the benefits of connectivity while minimizing disruptions. Striking this balance is crucial for ensuring that classrooms remain spaces of learning, innovation, and preparation for the increasingly digital world beyond the school gates.

Just my two cents...



A Missed Mark: The Removal of Brigada Eskwela Contest in DepEd

JHONALYN BASBAS

The Department of Education (DepEd) has made a surprising decision to eliminate the Brigada Eskwela Contest, a long-standing initiative known for fostering collaboration in maintaining school facilities. This move has sparked concerns regarding its potential effects on community engagement, volunteerism, and the overall upkeep of educational institutions nationwide.

Brigada Eskwela, also known as the "National Schools Maintenance Week," has been an annual event where parents, teachers, students, and community members come together to clean, repair, and enhance school facilities before the academic year begins. More than just a contest, Brigada Eskwela has promoted a sense of shared responsibility and pride in schools.

The removal of the Brigada Eskwela Contest raises questions about its impact on community involvement and volunteerism. This contest has traditionally spurred enthusiastic participation, turning maintenance activities into collective efforts to create conducive learning environments. Without the competitive aspect, there is a concern that motivation for active involvement may diminish, potentially affecting volunteer commitment.

School infrastructure is crucial for the learning environment, and the contest aspect of Brigada Eskwela encouraged communities to excel in maintaining and improving facilities. Its removal might lead to a decline in upkeep quality, with less emphasis on innovative solutions to address school needs.

Moreover, the contest provided an opportunity to acknowledge and celebrate the efforts of schools and communities in maintaining educational facilities. Its absence could diminish motivation for schools to excel in maintenance initiatives, potentially impacting the overall quality of education.

While change is inevitable, education policymakers should consider the wide-ranging implications of decisions like removing the Brigada Eskwela Contest. Rather than dismissing it entirely, there's an opportunity for DepEd to reassess and reshape the initiative to align with evolving educational priorities, balancing efficiency and sustainability with motivational aspects.

The removal of the Brigada Eskwela Contest warrants reflection and reconsideration. Beyond being a competition, it symbolizes unity, community engagement, and shared responsibility for maintaining spaces where future generations learn and grow. Education authorities should carefully consider the potential impact on community involvement, volunteerism, and overall well-being before proceeding with such significant changes. By preserving the spirit of Brigada Eskwela, we uphold values of collective responsibility and commitment to providing conducive learning environments for all.

INSIGHTS



DepEd's 'Catch Up Fridays' Explored

JINNEL MAE BIADO

As I reflect on the recent changes in our education system, I'm intrigued by the new initiative introduced by the Department of Education (DepEd) called "Catch-Up Fridays." This initiative aims to help students improve their reading skills by dedicating every Friday of the school year to catching up on reading.

Since its launch on January 12, 2024, Catch-Up Fridays have been working to make students better readers. This idea was first introduced by DepEd Secretary Sarah Duterte on November 20, 2023, and was put into action in January 2024. According to this plan, all public school students, from elementary to high school, spend their Fridays focused solely on reading, without any other homework to worry about.

Additionally, DepEd Undersecretary Gina Gonong signed a directive on January 10, ensuring that every Friday in January 2024 will include the "Drop Everything and Read" (DEAR) program, where students can choose and read books silently on their own.

The main goal of Catch-Up Fridays is to help students who may be falling behind in their studies. By doing this, DepEd hopes to help students achieve their education goals faster and support the priorities outlined in the National Learning Recovery Program (NLRP) and the MATATAG Agenda. DepEd believes that this program will not only improve students' reading skills but also enhance their critical thinking, analytical, and writing abilities.

Many schools, like DAPSNHS, have welcomed Catch-Up Fridays with open arms. Led by dedicated educators like Principal Eduardo C. Ocampo and supported by coordinators like Ms. Editha O. Cabanela, the school is seeing positive results in students' literacy skills.

Catch-Up Fridays provide students with a valuable opportunity to focus on improving their reading, especially their understanding of what they read. By dedicating time specifically to learning, DAPSNHS is showing its commitment to helping students succeed.

However, the success of Catch-Up Fridays depends on how well they are carried out and the resources devoted to them. As we continue to refine our education system, it's crucial to keep an eye on initiatives like this to ensure they truly benefit our students.

Catch-Up Fridays are an important step forward in education. By emphasizing reading and creating a culture of continuous learning, DepEd is helping students develop the skills they need to succeed in today's world. It's up to all of us involved in education to make the most of this opportunity and support our students on their journey to success.

About Time



Streamlining Academia: Liberating Teaching Staff from Administrative Burdens

GWEN SHAILY JOYCE BATIANCILA

In the field of education, teachers are the unsung heroes who dedicate themselves to nurturing young minds, imparting knowledge, and shaping the future of our society. Acknowledging the significant role they play, there is cause for celebration with the recent decision to alleviate teachers from certain administrative burdens. This commendable move not only recognizes the invaluable contribution of educators but also fosters an environment where their focus can remain steadfastly on the core mission of teaching and learning.

The removal of administrative tasks from teachers is akin to unshackling them from unnecessary burdens, granting them the freedom to concentrate on their primary responsibility: educating students. Time is a precious commodity in the fast-paced world of education, and this thoughtful initiative allows teachers to allocate more of their energy towards lesson planning, student engagement, and professional development.

A teacher's sense of fulfillment is intrinsically tied to the impact they make on their students. By reducing administrative tasks, the education system communicates a profound appreciation for the unique skill set that teachers bring to the classroom. This newfound liberation from bureaucratic duties is likely to translate into heightened job satisfaction, contributing to a positive and motivated teaching force.

Administrative tasks, while essential, can sometimes overshadow the primary goal of providing quality instruction. With this burden lifted, teachers can now redirect their focus on creating innovative lesson plans, fostering interactive learning experiences, and tailoring their approaches to meet the diverse needs of their students. The ripple effect of this shift will undoubtedly be felt in classrooms where students are more engaged and inspired.

Educators thrive in an environment that encourages continuous learning and professional development. The removal of administrative burdens allows teachers the space to explore new pedagogical approaches, attend workshops, and engage in collaborative endeavors with colleagues. This elevation of professional growth not only benefits individual educators but also contributes to the overall enhancement of the education system.

Teaching is a demanding profession, often requiring educators to wear multiple hats. The removal of administrative tasks acknowledges the toll that additional responsibilities can take on teachers' mental well-being. This progressive step is a testament to the understanding that a mentally and emotionally supported teaching staff is better equipped to provide a nurturing and enriching learning environment for their students.

In celebrating the removal of administrative tasks from teachers, we applaud the education authorities for recognizing the important role that educators play in shaping the future. This positive shift is a testament to the commitment to fostering an environment where teachers can thrive, students can flourish, and the pursuit of knowledge remains at the forefront. As we express our appreciation for this initiative, let it serve as a reminder that empowering teachers ultimately empowers the entire educational ecosystem.



IN OUR DIGITAL ERA: the birth of THE VALLEY DIGITAL

REINAN JAKE CABANELA

In the rapidly evolving landscape of our digital era, where innovation shapes the trajectory of education, a groundbreaking development has taken root within the halls of Don Amadeo Perez Sr. National High School (DAPSNHS). It is the birth of "The Valley Digital," the official online publication that stands as the digital arm of DAPSNHS, seamlessly blending tradition with technology.

"The Valley" emerges as a testament to the school's commitment to embracing the digital age while preserving the essence of its longstanding traditions. As the successor to the esteemed print edition, "The Valley" retains the spirit of the school paper but propels it into the digital frontier, redefining the way the Amadeans interact with news, features, and the diverse tapestry of their school community.

With the digital arm of DAPSNHS now unveiled, "The Valley Digital" becomes a dynamic platform that transcends the limitations of traditional media. It transforms the way information is disseminated, giving rise to a more interactive, engaging, and real-time connection with the school community. In this digital realm, students, faculty, and alumni can now navigate the rich tapestry of Amadean life at the click of a button.

"The Valley Digital" is not just a standalone entity; it is intricately woven into the fabric of Valley Digital, the technological juggernaut that is reshaping education at DAPSNHS. This integration reflects a synergistic approach where the official online publication becomes the bridge between Valley Digital's cutting-edge advancements and the everyday experiences of the Amadeans.

The transition from print to pixels signifies more than a mere shift in medium; it represents the evolution of storytelling at DAPSNHS. "The Valley" now leverages multimedia elements, interactive features, and a responsive design to create an immersive digital experience. From thought-provoking articles to captivating visuals, the digital arm encapsulates the ethos of the school in a way that transcends the limitations of paper.

"The Valley" doesn't just report the news; it invites the school community to actively engage and contribute to the narrative. Through online forums, live chats, and interactive polls, students and faculty become co-creators of the digital experience. This inclusive approach ensures that the digital arm is not just a platform for information but a community-driven space that reflects the diverse voices within DAPSNHS.

While "The Valley" embraces the future, it remains rooted in preserving the legacy of the Amadeans. The digital arm serves as a digital archive, chronicling the milestones, achievements, and defining moments of the school community. From the inaugural print edition to the digital rebirth, "The Valley" stands as a testament to the ever-evolving spirit of DAPSNHS.

As "The Valley" takes its maiden steps into the digital realm, the future unfolds with limitless possibilities. The digital arm of DAPSNHS is not merely a publication; it is a living testament to the adaptability, resilience, and innovation that define the Amadeans. The birth of "The Valley" signals a chapter in the school's history where the legacy of the past converges seamlessly with the boundless opportunities of the digital age, promising an exciting journey into the future of education at DAPSNHS.



facebook.com/TheValleyDAPSNHS





iAMadean

Connecting Hearts and Minds in the Digital Era

REINAN JAKE CABANELA

In the bustling digital landscape of social media, where connections are forged in the virtual realm, a vibrant addition has taken root within the community of Don Amadeo Perez Sr. National High School (DAPSNHS). iAMadean, the official Facebook Page of DAPSNHS, emerges not just as a platform but as a digital heartbeat that resonates with the spirit of the Amadeans, connecting students, faculty, and alumni in unprecedented ways.

iAMadean, much more than a mere Facebook Page, serves as the nexus where the symphony of the Amadean community finds its digital harmony. As the official social media hub, iAMadean encapsulates the essence of the school's identity, fostering a sense of togetherness, even in the vast expanses of the online world.

Gone are the days of being confined to the rigidity of traditional communication. iAMadean ensures that the Amadean community stays connected with real-time updates. From event announcements to the latest achievements, the Facebook Page becomes a dynamic newsfeed that mirrors the pulsating energy of the school.

iAMadean becomes a virtual courtyard where alumni from across the globe can converge, sharing memories, life updates, and celebrating the shared legacy of being an Amadean. The Facebook Page becomes a bridge that transcends geographical boundaries, creating a space for the past and present to intermingle.

Unlike static websites, iAMadean thrives on the interactive engagement that social media offers. Polls, live streams, and engaging discussions become the norm, creating a participatory environment where everyone has a voice. It transforms the act of scrolling into an interactive dialogue, strengthening the bonds within the Amadean community.

iAMadean goes beyond being a virtual notice board; it becomes a classroom for digital literacy. Students actively engage with the platform, honing their online communication skills, understanding the dynamics of digital interaction, and learning the etiquette of the virtual world. In this space, the Amadeans become not just users but digital citizens of the global village.

As iAMadean documents the daily rhythms of school life, it becomes a living digital tapestry that preserves the moments, milestones, and achievements of the Amadean community. From shared photos to heartfelt messages, the Facebook Page becomes a canvas where the legacy of DAPSNHS is painted and preserved for generations to come.

As iAMadean continues to carve its digital path, the horizon holds the promise of continued growth, connectivity, and innovation. The Facebook Page is not just a tool for communication; it is a digital compass pointing towards the future of community building and social connectivity at DAPSNHS.

In the ever-evolving digital age, iAMadean stands as a beacon, guiding the Amadean community into a future where the bonds of camaraderie, the echoes of shared experiences, and the spirit of togetherness resonate across the digital landscape. The birth of iAMadean is not just a chapter in the story of DAPSNHS; it's a testament to the school's commitment to embracing the digital horizon and building bridges that endure in both the physical and virtual realms.



not so far from home...

The Heartwarming Bonds Between DAPSNHS and Local Establishments

| REINAN JAKE CABANELA

In the bustling barrio of Binmeckeg, Sison, Pangasinan, there lies a beacon of education, Don Amadeo Perez Sr. National High School (DAPNHS), known affectionately as the Amadeans. As the school continues to foster growth and knowledge among its students, the unwavering support from local establishments has played a pivotal role in shaping the school's well-being.

Among the significant contributors to the school's success is the B-Farm, a verdant oasis merely 50 meters away from the school grounds. Owned and operated by the community-minded Joel Basbas, B-Farm has become an integral part of DAPNHS's journey. Specializing in the cultivation of lettuce, B-Farm boasts a state-of-the-art greenhouse that nurtures various lettuce varieties.

Joel Basbas, the visionary behind B-Farm, shared his commitment to education. "Supporting DAPNHS is not just a duty; it's a privilege. These students are the future, and if we can contribute to their well-being and education, we're investing in a brighter tomorrow," he expressed passionately.

The B-Farm has become a hub for learning beyond the classroom walls. Students often visit the farm, gaining hands-on experience in agriculture and environmental science. The farm has also become a popular destination for locals and tourists alike, showcasing the community's dedication to sustainable living.

Another beacon of support for DAPNHS is the Hilario Grocery and General Merchandise, a mere 60 meters away from the school. Mr. Gil and Mrs. Rowena Hilario, the generous minds behind this establishment, have become pillars of strength for the Amadeans. Their commitment to the school's development goes beyond financial contributions.

"We believe that every child deserves a chance at a bright future. By supporting DAPSNHS, we are investing in the dreams and aspirations of these young minds," Mr. Gil Hilario affirmed.

The grocery store not only provides essential resources but also extends support, ensuring that financial constraints do not hinder the students' pursuit of education. The Hilario Grocery and General Merchandise have become synonymous with the spirit of community and collaboration that defines Binmeckeg.

As the sun sets over Binmeckeg, casting a warm glow on DAPSNHS and its surroundings, the bonds between the school and these local establishments stand as a testament to the power of community support. The B-Farm and Hilario Grocery and General Merchandise exemplify the notion that positive change often begins not in distant places, but right in our own backyard.

In the heart of Binmeckeg, these establishments are not so far from home, nurturing dreams, fostering growth, and sowing the seeds of a brighter future for the Amadeans and the entire community.



B-Farm Lettuce



Hilario S Sari (Hilario General Merchandise)



...INTO THE WOODS

REINAN JAKE CABANELA

In an era where education is evolving beyond conventional boundaries, Don Amadeo Perez Sr. National High School (DAPSNHS) stands at the forefront, championing a holistic approach to learning. Beyond the serenity of the DAPSNHS Forest and the intellectual haven of the Reading Park, the school has unveiled two groundbreaking initiatives - the Math Park and Science Park, further solidifying its commitment to nurturing well-rounded, inquisitive minds.

Nestled within the flourishing DAPSNHS Forest, the Math Park is an innovative learning space designed to make mathematics an engaging and tangible experience. This park transcends traditional classroom boundaries, providing an immersive environment for students to explore mathematical concepts.

Adjacent to the Math Park, the Science Park is a testament to DAPSNHS's dedication to fostering a love for the sciences. With its hands-on approach to learning, the park transforms complex scientific theories into accessible, interactive experiences.

With the addition of the Math Park and Science Park to the already thriving DAPSNHS Forest and Reading Park, the school has created a holistic educational ecosystem. DAPSNHS' commitment to providing students with a well-rounded education that embraces nature, literature, mathematics, and science positions it as a pioneer in redefining the traditional boundaries of learning environments. These innovative parks not only stimulate intellectual growth but also instill a profound respect for the environment, fostering a generation of mindful, curious, and socially responsible individuals.



Are you a Swiftie? What makes you a swiftie-fied Swiftie?

ALLYSA JARICAL

Are you a Swiftie? What makes you a swiftie-fied (certified) Swiftie? For many in the Philippines, being a Swiftie is more than just loving Taylor Swift's music—it's about finding pieces of themselves in her lyrics, melodies, and persona. It's about feeling a deep connection to her songs and embracing the emotions they evoke, much like the lyrics of "Style," where Swift sings, "And when we go crashing down, we come back every time. 'cause we never go out of style."

Being a Swiftie means finding solace and understanding in Taylor's music, like in "Blank Space" when she playfully sings, "Got a long list of ex-lovers, they'll tell you I'm insane, but I've got a blank space, baby, and I'll write your name." It's about embracing her carefree attitude in "Shake it Off" when she sings, "Cause the players gonna play, play, play, play, play and the haters gonna hate, hate, hate, hate, hate."

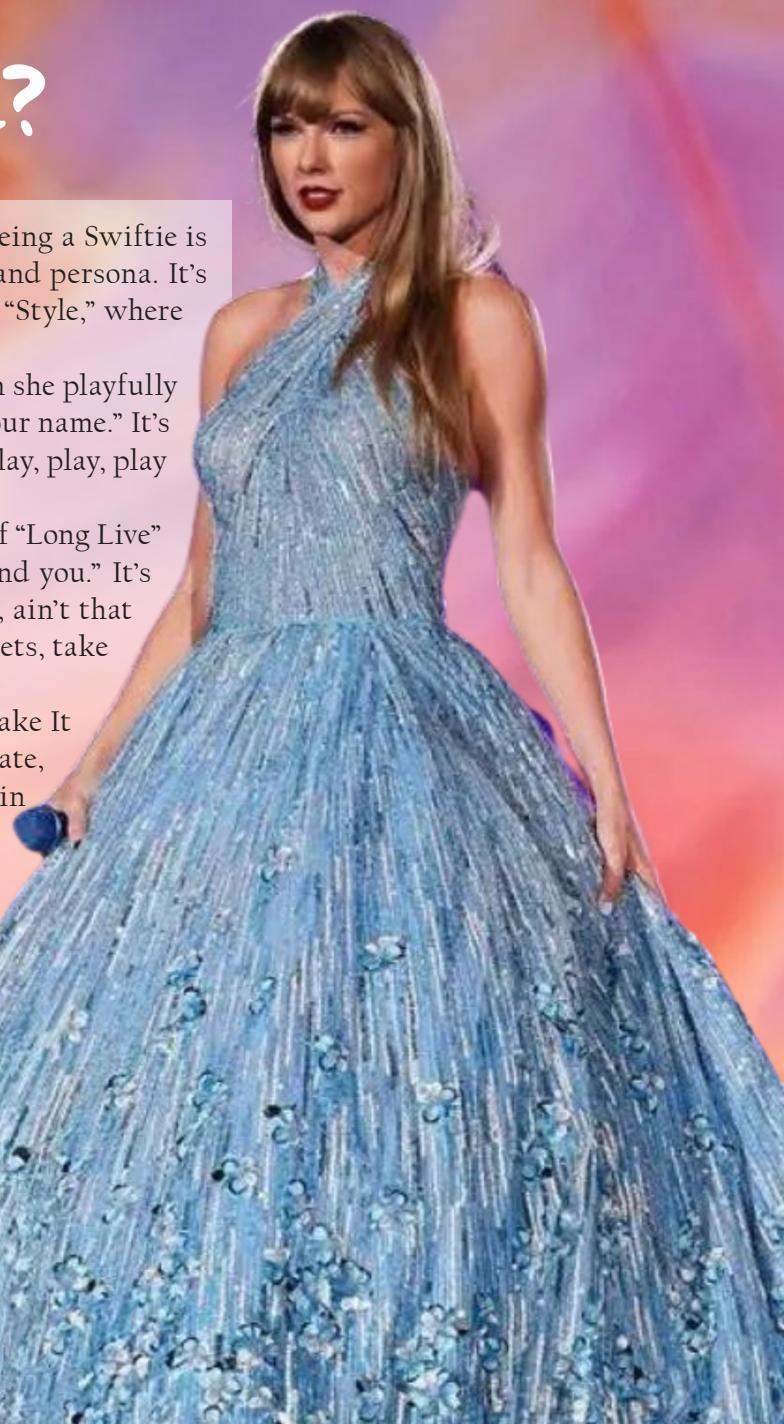
A swiftie-fied Swiftie embraces Taylor's values and supports charitable causes, embodying the spirit of "Long Live" where Swift sings, "Long live the walls we crashed through, how the kingdom lights shined just for me and you." It's about resonating with the honesty and resilience in songs like "Cruel Summer," where she sings, "I love you, ain't that the worst thing you ever heard?" or "You're on Your Own, Kid" with the lyrics, "So make the friendship bracelets, take the moment and taste it. You've got no reason to be afraid."

To be swiftie-fied is to let Taylor's music inspire you, whether it's in the face of challenges like in "Shake It Off" when she sings, "Cause the players gonna play, play, play, play, play and the haters gonna hate, hate, hate, hate, hate," or in moments of reflection and realization, like in "August" when she sings, "But I can see us lost in the memory, August slipped away into a moment in time."

Filipino Swifties resonate deeply with Taylor's music, finding comfort in her lyrics, strength in her resilience, and joy in her melodies. From the anthemic "Long Live" to the introspective "August," Taylor Swift's songs have become a soundtrack to the lives of many in the Philippines. In every verse and chorus, Swifties find echoes of their own experiences, making them feel understood, uplifted, and empowered.

And of course, no discussion of Taylor Swift's music would be complete without mentioning "All Too Well," a fan favorite known for its poignant lyrics and emotional resonance. With lines like "And I know it's long gone and that magic's not here no more, and I might be okay, but I'm not fine at all," Swift captures the heartache of lost love in a way that many listeners find deeply relatable.

So, are you a Swiftie? What makes you a swiftie-fied Swiftie? It's in the way Taylor Swift's music resonates with your soul, in the way her lyrics speak to your experiences, and in the way her melodies become the soundtrack of your life. Being a Swiftie is a feeling, a connection, and a celebration of the magic that Taylor Swift brings into the world.



NATIVE PHILIPPINE PLANTS

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JOE RENZ ROLDAN

Philippine islands provide habitats for a variety of flowering plants, herbs, bushes, and trees, including many endangered flora. The country's archipelago offers the best habitats for the growth of some of the unique flora on the planet. The mountains in the Philippines provide growing conditions for terrestrial Highlanders like the *Nepenthes attenboroughii*. *Cinnamomum mercadoi* grows best in the Philippines forest with mild and stable temperatures. The country also supports the growth of many endemic plant species like *Tectona philippinensis*.

Philippine Teak (*Tectona philippinensis*)

Philippine Teak (*Tectona philippinensis*) belongs to the Verbenaceae family. The species rises to a height of 15-25 meters with elliptic-ovate lanceolata with rough surfaces, pale underside and light greenish on top. The blooms are bright purple. It produces hairy drupe fruits about 13 cm long. It has a distinctive brown and flaky bark. The species is native to the provinces of Lobo, San Juan municipalities, and Batangas in Luzon Island and Occidental Mindoro, Katayungan, and Baclayon barangays on Iling Island. It prefers coastal to lowland limestone forests. It dominates the semi-deciduous forests. The species is critically endangered, and presently small populations remain in patches in the Molave Forest in Lobo. The conversion of *Tectona philippinensis* habits into farmlands, logging of young trees and urban exploitation continue to threaten its survival. None of the areas where the Philippine teak grows is under any form of legal protection. However, there are attempts from the Fauna and Flora International to fund a recovery program for the species led by Philippine National Museum in Manila.



COURTESY: DENR

Attenborough's Pitcher Plant (*Nepenthes Attenboroughii*)

Attenborough's Pitcher Plant is a carnivorous pitcher plant native to the Victoria massif of Palawan. It has an altitudinal range of 1450 m to 1726 m above sea level. *Nepenthes attenboroughii* is a terrestrial scrambling or upright plant with a height of 1.5 meters. The leaves are sub-petiolate or coriaceous and sessile. The species grow on nickel/magnesium-rich ultramafic soil and mainly in high altitudes shrublands. The Attenborough's Pitcher Plant is dioecious with a slight male bias. Plant poaching is thus a detrimental against this species since the reproduction to take place both sexes must be present. The World Conservation Union (IUCN) classifies the plant as Critically Endangered for its restricted distribution and plant poaching. There is no conservative measure for the pitcher plant, and the plant growth areas are not listed as protected areas. Mining occurs at the base of Mount Victoria. However, there is some form of protecting derived from the Conservation on International Trade in Endangered Species which protects all plants in the genus *Nepenthes*.



COURTESY: MUSEKAUTAS

Kalingag (*Cinnamomum Mercadoi*)

Kalingag (*Cinnamomum mercadoi*) belongs to the Lauraceae family. The plant species is native to the Philippines growing in the forests at about 300 to 700 meters and sometimes high elevations of about 2,000 meters. The species grows best in subtropical and medium temperate forest conditions with high humidity and stable mild temperatures. The fruit-specialized hornbill disperses the seed distributing the species across the island. The leaves are simple, sub-opposite or opposite, with a pale green background. It has smooth and rarely exerted petals. Corky pustules cover the bark giving it a slightly rough appearance. The flowers are greenish-yellowish. The fruits are smooth and shiny with elliptic-shaped soft seeds. The consecutive loss of forests in the Philippines and overharvesting of the Cinnamon plants makes it a vulnerable species according to the IUCN.



COURTESY: EDC BINHI

Copeland's Pitcher Plant (*Nepenthes Copelandii*)

Copeland's Pitcher Plant is plant species native to Mindanao in the Philippines. It also grows in Mount Apo, Davao City, Mount Pasian, and Camiguin. Its attitude ranges from 1100–2400 m above sea level and has no known plant hybrids and varieties. The species produces copious long, elegant, and vividly colored pitchers. It has winged petioles, lids with upper peaches broadest at the base, and the lower side has basal ridges that often elaborate into appendages. The species altitude range is 1100–2400 m above sea level. In Mount Apo, the Copeland's Pitcher Plant has been cultivated since the early 1980s. As such IUCN does not classify the pitches plant as endangered and no conservation is needed.



COURTESY: WIKIPEDIA

These plant species have a lot of economic importance and also ecological. The species grow and bloom in the same biotype as the forests adapting to the environmental conditions of the area. Since most of the Philippines land is not under legal protection, the endemic species face similar threats as forests agriculture, urban extension, development, and illegal logging. As such the country should lay down conservative measures to protect the native flora from human exploitation.



SCI-TECH EDITORIAL

African Swine Fever Storm in Rosario, La Union: A Call for Scientific Sobriety

The recent outbreak of African Swine Fever (ASF) in the municipality of Rosario, La Union, has thrust the community into a state of uncertainty and apprehension. While it's imperative to address the severity of the situation, there is a growing concern over the overreactions that have permeated the community. In the face of this crisis, it is crucial to adopt a measured and scientifically grounded approach to ensure an effective response without succumbing to unnecessary panic.

ASF is a highly contagious viral disease affecting domestic and wild pigs. Its emergence in Rosario has understandably raised alarms, considering the potential impact on the local economy and agriculture. To address this crisis effectively, it is vital to approach the situation with a clear understanding of the virus's characteristics, transmission pathways, and possible mitigation strategies.

In times of crisis, it is natural for communities to react strongly, driven by fear and uncertainty. However, overreactions can lead to unwarranted consequences, exacerbating the challenges posed by the outbreak. Panic-driven decisions may not only harm the local economy but also strain community relationships and create unnecessary hardship for both residents and farmers.

To overcome the challenges posed by African Swine Fever, the community of Rosario, La Union, must embrace a scientific mindset. This involves relying on expert guidance, factual information, and evidence-based decision-making. Local authorities, in collaboration with agricultural and veterinary experts, should communicate transparently with the public, providing clear and accurate information about the virus, its transmission, and the steps being taken to control its spread.

In times of crisis, community solidarity plays a important role. Residents of Rosario, La Union, should be actively engaged in understanding the situation, recognizing the importance of compliance with control measures, and supporting affected farmers. By fostering a sense of unity and cooperation, the community can better navigate the challenges posed by ASF and work collectively towards recovery.

The African Swine Fever outbreak in Rosario, La Union, demands a collective and informed response. While the situation is undoubtedly serious, an overreaction fueled by panic can do more harm than good. By embracing scientific sobriety, the community can lay the foundation for a well-coordinated, evidence-based strategy that protects both the agricultural sector and the well-being of its residents. It is through unity, knowledge, and resilience that Rosario can emerge stronger from this challenging period.

E-bikes in Philippines: Path for Greener Future

JOE RENZ ROLDAN

In the tropical archipelago of the Philippines, electricbikes(e-bikes)aregainingtractionasanalternative mode of transportation. With traffic congestion, high fuel costs, and environmental concerns, e-bikes provide a practical solution. Filipinos are increasingly turning to e-bikes for their daily commutes and leisure rides. Despite challenges like limited infrastructure and safety concerns, the popularity of e-bikes is on the rise.

E-bikes offer numerous benefits. They are eco-friendly, producing zero emissions, contributing to cleaner air and reduced pollution. They are cost-effective, being more affordable to purchase and maintain compared to cars. E-bikes are convenient, allowing riders to navigate through traffic and crowded streets effortlessly. Moreover, pedaling an e-bike provides exercise and promotes an active lifestyle, contributing to the health benefits.

E-bikes have the same components as traditional bicycles: frames, seats, handlebars, and wheels. The key difference lies in their power and speed. E-bikes are battery-powered, making them heavier. Some models have a pedal assist system, amplifying pedaling power, while others have a throttle and don't require pedaling. The maximum speed an e-bike can reach is 28 miles per hour, akin to moped speeds.

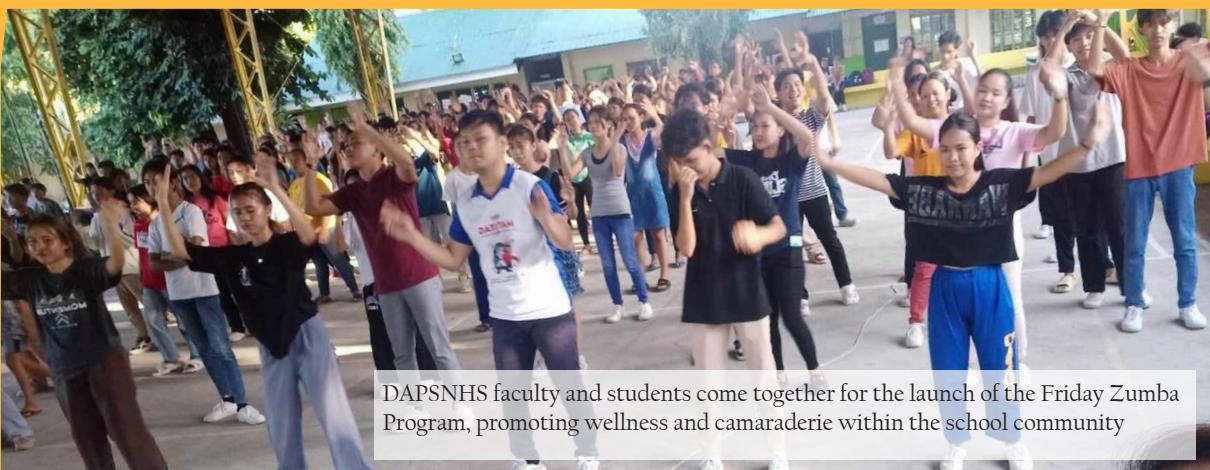


COURTESY: NWOW

E-bikes move faster than regular bicycles, so riders must remain vigilant. When stopped at intersections, cyclists should be cautious and ensure they're visible to other road users. Safe e-bikes can be expensive, but initiatives like e-bike rebate programs help reduce costs. There are several local e-bike brands and shops in the Philippines. Pro Group E-Bike & Scooter in Manila offers quality e-bikes with enthusiastic reviews. Gxsun-e-bikes Corporation in Quezon City sells various battery-powered new energy vehicles. Gogo E-bikes in Mandaluyong provides e-bikes for commuting and leisure. Hamsun&Krinco E-Bikes in Dasmariñas Cavite offers e-bikes for eco-conscious riders.

One of the leading brands in the Philippines is NWOW. NWOW is the top distributor of E-bike, Electric Tricycle, Electric Scooter, E-Trike, E-bike in the Philippines. They provide quality service and affordable electric vehicles and products. As part of its Starfire Plan, the brand introduced the Young, Family, and City series. NWOW offers a variety of models, including the ERVS3, ERV2, ERVS2, WSP, ERV, ERV MINI, TK10, and ARS³.

In the Philippines, e-bikes are not just a mode of transportation; they represent a greener, healthier way of moving forward. With brands like NWOW leading the way, the future of e-bikes in the Philippines looks bright.



SHAKE IT OFF! SUPRISING BENEFITS OF ZUMBA

MAEGAN COSMIANO

Zumba, the vibrant dance fitness program, has taken the world by storm. Imagine a fusion of salsa, aerobics, and infectious beats, all wrapped up in a high-energy workout. Now picture this: every Friday afternoon, the MAPEH Department, under the dynamic leadership of Ms. Rochel Z. Estabillo, brings the Zumba groove to life. But beyond the pulsating music and rhythmic moves, what are the actual benefits of this fitness phenomenon? Let's dive in and explore the science behind Zumba!

1. Full-Body Workout

Zumba isn't just about shaking your hips; it engages your entire body. From your arms to your feet, every muscle group gets in on the action. The best part? It doesn't feel like work! Whether you're a seasoned dancer or a first-timer, Zumba adapts to your rhythm, ensuring a comprehensive workout that leaves no muscle untouched.

2. Calorie Burner

In a standard 39-minute Zumba class, you can torch an average of 369 calories! That's like dancing off a slice of pizza or a decadent chocolate bar! The American Council on Exercise recommends burning around 300 calories per workout for weight loss and overall health maintenance. Zumba fits the bill perfectly, making it an effective calorie-burning party.

3. Endurance Boost

The fast-paced Zumba music challenges your cardiovascular system. After just a few sessions, you'll notice improved endurance. A study found that participants in a 12-week Zumba program

experienced decreased heart rate and systolic blood pressure, coupled with increased work capacity! So, those Friday afternoon Zumba sessions are not only fun but also build your stamina.

4. Cardiovascular Fitness

Zumba hits the sweet spot for cardiovascular fitness. Participants exercise at an average of 79% of their maximum heart rate and 66% of their VO₂ max (maximum oxygen utilization)! In other words, Zumba efficiently boosts aerobic capacity, enhancing overall cardiovascular health.

5. Stress Buster

Dancing to lively tunes releases endorphins—the body's natural mood lifters. Zumba provides an outlet for stress, leaving you feeling rejuvenated and happier. Plus, the social aspect of group classes fosters connections and camaraderie.

6. Coordination and Balance

Zumba's choreography sharpens your coordination and balance. As you master intricate steps, your brain and body sync up, enhancing motor skills. It's

like a mental puzzle with a beat!

7. Bone Health

The rhythmic impact of Zumba—especially the jumps and twists—stimulates bone density. Stronger bones mean better protection against osteoporosis.

8. Boosted Immunity

Regular exercise, like Zumba, strengthens your immune system. It helps your body fight off infections and keeps you healthier in the long run.

9. Fun Factor

Last but not least, Zumba is pure fun! The infectious music, the supportive community, and the freedom to express yourself—it's a celebration of movement. And what better way to kick off the weekend than with a Zumba?

So, next Friday afternoon, put on your dancing shoes, Shake it Off with the MAPEH Department, and let the Zumba magic unfold. Your body, mind, and soul will thank you!

REFERENCE: HEALTHLINE

2024: A Year of Celestial Spectacles

LARA ROSALADA

JANUARY 2024

- Jan 3, 4: Quadrantids Meteor Shower (up to 40 meteors/hour).

- Jan 25: Full Wolf Moon.

FEBRUARY 2024

- Feb 24: Full Snow Moon with penumbral lunar eclipse.

MARCH 2024

- Mar 20: March Equinox.

APRIL 2024

- Apr 8: Total Solar Eclipse.
- Apr 22, 23: Lyrids Meteor Shower (up to 20 meteors/hour).

REFERENCE: SEASKY.ORG

MAY 2024

- May 6, 7: Eta Aquarids Meteor Shower (up to 60 meteors/hour).

JUNE 2024

- Jun 22: Full Strawberry Moon.

JULY 2024

- Jul 28, 29: Delta Aquarids Meteor Shower (up to 20 meteors/hour).

AUGUST 2024

- Aug 12, 13: Perseids Meteor Shower (up to 60 meteors/hour).

SEPTEMBER 2024

- Sep 18: Full Harvest Moon with penumbral lunar eclipse.

OCTOBER 2024

- Oct 2: Annular Solar Eclipse.

- Oct 21, 22: Orionids Meteor Shower (up to 20 meteors/hour).

NOVEMBER 2024

- Nov 4, 5: Taurids Meteor Shower (up to 10 meteors/hour).

- Nov 17, 18: Leonids Meteor Shower (up to 15 meteors/hour).

DECEMBER 2024

- Dec 13, 14: Geminids Meteor Shower (up to 120 meteors/hour).

- Dec 21: December Solstice.



DAPSNHS Football Team secures 4th Place in Division Meet

|| LARA ROSALADA

In a thrilling showcase of skill, determination, and sportsmanship, the DAPSNHS (Don Amadeo Perez Sr. National High School) Football Team emerged with flying colors, clinching the 4th place in the recently concluded Division Meet held at Mangaldan National High School on February 17, 2024.

The competition was fierce, featuring teams from various schools across the division, each vying for supremacy on the soccer field. DAPSNHS showcased their prowess throughout the tournament, displaying a commendable combination of teamwork, strategy, and individual talent.

Despite facing stiff competition, the DAPSNHS Football Team showcased resilience and

unwavering commitment to their sport. Their journey through the tournament saw them facing challenging opponents, executing well-coordinated plays, and displaying commendable sportsmanship both on and off the field.

The team's coach, Mr. Eduardo Ocampo, expressed pride in the players' performance, highlighting the hard work and dedication they had put into their training.

As the DAPSNHS Football Team basked in the glory of their 4th-place finish, they look forward to future competitions and continue to strive for excellence both in academics and sports.

The recent achievement at Mangaldan National High School serves as a testament to their dedication, teamwork, and the promising future that lies ahead for the talented athletes of DAPSNHS.



DAPSNHS Football Players pose after the intense game at the Division Meet 2023.

Embracing Teamwork and Diversity: DAPSNHS launches Intramurals 2023

|| HANNAH LEAH DISPO

BINMECKEG - Don Amadeo Perez Sr. National High School officially marked the opening of Intramurals 2023, signaling a return to normalcy following the end of the pandemic. This eagerly anticipated event was spearheaded by the Sports Coordinator, Mr. Charlie P. Calonge, in collaboration with Mrs. Margie V. Calonge, MAPEH Coordinator, and Ms. Rochel Z. Estabillo, MAPEH teacher.

The Intramurals 2023 showcased the participation of four spirited teams, each donning their distinct team colors. The Red Dragons, Blue Blooded Falcons, Green Thunder, and Yellow Phoenix set the stage for fierce yet friendly competition in various sports disciplines.

The games featured in this year's event include Soccer, Futsal, Volleyball,

Badminton, Table Tennis, Chess, Basketball, as well as Athletics, which includes running and throwing events.

The theme that underpins this year's event is "Unite Through Sports, Celebrating Diversity and Teamwork." This theme emphasizes the unifying power of sports, where individuals from diverse backgrounds come together to celebrate their differences and foster teamwork.

The event not only promotes healthy competition but also emphasizes the values of cooperation and unity in achieving common goals.

As the Intramurals 2023 unfolds, it is expected to foster camaraderie, sportsmanship, and an atmosphere of unity among the students, highlighting the significance of teamwork and diversity in our school community.



Amadeans vs Dungon Integrated School in an action-packed Championship Game for Zone Meet 2023.

Amadeans Basketball Team secures Victory over Dungon IS in Zonal Meet 2023

|| JAMEELAH LAHAYLAHAY

In a pulsating and fiercely contested match at the Zonal Meet 2023, the Amadean Basketball team emerged victorious after a thrilling encounter against a resilient Dungon Integrated School team, securing a hard-earned victory with a final score of 74-70.

Right from the opening whistle, both teams displayed commendable skills and determination, treating spectators to an enthralling exhibition of basketball prowess.

The Amadean team showcased exceptional teamwork, executing precise plays and demonstrating their offensive prowess with strategic moves on the court. Meanwhile, the Dungon Integrated School team exhibited resilience and tactical intelligence, matching their opponents' intensity throughout the game.

The first half witnessed a gripping back-and-forth battle, with both teams trading baskets relentlessly. The Amadean team managed to gain a narrow advantage through their strategic plays and defensive maneuvers. However, the Dungon team fiercely contested every possession, keeping the game within striking distance.

As the match intensified in the second half, the competition reached a crescendo. The Dungon Integrated School team mounted a spirited comeback, narrowing the score gap and applying immense pressure on the

Amadean team.

In the decisive moments of the game, the Amadean players displayed remarkable composure and resilience, making crucial plays on both ends of the court. Their unwavering determination and strategic execution ultimately secured them a hard-fought victory, closing the game with a final score of 74-70.

Acknowledging the valiant effort of their opponents, the Amadean Basketball Players celebrated their well-deserved win with grace and sportsmanship.

This significant triumph propels the Amadean Basketball Players into the limelight as they now prepare to represent their school in the upcoming District Meet scheduled to be held from November 30 to December 1, 2023.

Notably, it's not just the basketball team but also the Amadean Football, Futsal, and Table Tennis teams that will advance to the District Meet. With multiple sports disciplines showcasing their excellence, the school is brimming with pride and anticipation, backing their athletes to shine and make their mark in the upcoming district-wide competitions.



DAPSNHS Football Players after bagging the Championship Title for the Congressional Meet 2023 together with Mr. Eduardo C. Ocampo, Principal, and Mr. Charlie Calonge, Coach, and DAPSNHS Faculty.

DAPSNHS dominates Congressional Meet Sets Sights for Division Championship

| KATRINA ROSALADA

MANGALDAN, PANGASINAN - In a remarkable display of skill and determination, the football and futsal teams of Don Amadeo Perez Sr. National High School emerged victorious during the Congressional Meet on February 2, 2024. The triumphant win secured their ticket to the highly anticipated Division Meet scheduled to take place at Mangaldan National High School on February 17, 2024.

The adrenaline-filled matches held at the Congressional Meet showcased the exceptional talent and teamwork of the student-athletes from Don Amadeo Perez Sr. National High School. The football and futsal teams demonstrated superior strategy, precise execution, and unwavering commitment, earning them well-deserved victories.

Coach Ocampo, the mastermind behind the

teams' success, praised the players for their dedication to the sport. "The resilience and hard work exhibited by our athletes during the Congressional Meet were truly commendable. They rose to the occasion, showcasing their skills and determination on the field," said Coach Ocampo.

The Don Amadeo Perez Sr. National High School football and futsal teams will now set their sights

on the upcoming Division Meet at Mangaldan National High School. The teams are determined to build on their success and make a mark in the division-level competition.

The school administration and the local community are rallying behind the athletes, celebrating their triumph at the Congressional Meet and expressing confidence in their potential at the Division Meet. Principal Eduardo C. Ocampo

highlighted the significance of sports in promoting discipline, teamwork, and overall character development among the students.

As the athletes gear up for the Division Meet, excitement and anticipation fill the air. The entire school community, along with family and friends, eagerly awaits the chance to witness the Don Amadeo Perez Sr. National High School football and futsal teams showcase their

skills on a larger stage.

The journey from the Congressional Meet to the Division Meet symbolizes not only the prowess of the athletes but also the collective spirit and pride of the school. With high hopes and determination, the teams from Don Amadeo Perez Sr. National High School are poised to make a lasting impact and etch their names in the annals of local sports history.

Dulay, Gullod crowned Mr. and Ms. Intrams

| VAN IAN RAMOS

BINMECKEG, SISON - In a dazzling display of talent, charisma, and sportsmanship, Junnyse Dulay of the Blue Blooded Falcons and Hux Lee Gullod from the Green Thundervolts emerged victorious as the Mr. and Miss Intramurals 2024, capturing the hearts of the audience and leaving a lasting impression on the annual event.

The event was filled with anticipation as students, faculty, and supporters gathered to witness the crowning of this year's Intramurals royalty. The competition was fierce, with contestants showcasing their skills in various segments, including talent and question-and-answer portions.

Junnyse Dulay, representing the Blue Blooded Falcons, took the stage with grace and confidence, mesmerizing the audience with a captivating talent performance that highlighted her versatility. From a powerful dance routine to a soulful rendition, Dulay demonstrated not only her artistic abilities but also her dedication and passion for the arts.

On the other side, Hux Lee Gullod of the Green Thundervolts wowed the judges and spectators alike with his magnetic stage presence and impeccable style. Gullod's charisma and poise shone through as he effortlessly commanded attention, leaving an indelible mark on the minds of those in attendance.

The question-and-answer portion further showcased the intelligence and eloquence of both winners. Junnyse Dulay's thoughtful responses reflected her depth of character and commitment to making a positive impact within the school community. Hux Lee Gullod's articulate answers highlighted his vision for promoting unity and

collaboration among students, emphasizing the importance of teamwork and camaraderie.

As the crowning moment approached, the excitement in the venue reached a crescendo. When the announcement came Junnyse Dulay and Hux Lee Gullod were declared the Mr. and Miss Intramurals 2024, respectively. The pair celebrated their well-deserved victory with beaming smiles, thanking their supporters and expressing gratitude for the opportunity to represent their respective teams.

The Mr. and Miss Intramurals 2024 not only demonstrated their prowess in the competition but also embodied the spirit of unity,

sportsmanship, and excellence that defines the essence of intramural events. Junnyse Dulay and Hux Lee Gullod now stand as ambassadors of their schools, inspiring

fellow students to pursue their passions, contribute to the community, and strive for greatness both inside and outside the classroom.

