



FUTURE INNOVATORS. S-TEAM Together with their coach Joy U. Fulgar received the People's Choice Award.

## S-TEAM, People's Choice at UP-NCTS Safer Schools

|| John Razel C. Arizabal

**F**rom over 100 registered participants, cut down to 54, and to being one of the top 12 and receiving people's choice awards. S-TEAM from Tulay na Lupa National High School (TNLNHS), Cassandra M. Behagan, James N. Gacos, Precious Dafella B. Garfin, Ragem Ivory A. Sidro, and Daniel II Z. Ubana, has been creating waves when it comes to innovation in the UP National Centre for Transportation Studies, Safer Schools: Pioneering Road Safety Innovation last October 11, 2023 under the guidance of Joy U. Fulgar and Carl Marc Carillo.

The students competed in different phases of competition and obtained admirable results. S-TEAM competed against over 100 senior high school students from different schools in the Philippines and was announced as one of the top 54. On October 7, 2023, students attended Online Safer Schools Lecture Series where they were explained about the competition and about roads and signs.

On the 21st of October, an Online Safer Schools Mentoring Session happened. At the same time, S-TEAM presented their proposal. During their presentation, they were asked different questions like what is the problem here in our area, and what innovation they have to help with safer roads for children and students.

The S-TEAM did not disappoint to showcase their skills and knowledge in the fields of research and innovation. Their performance in both online safer schools lecturing and mentoring sessions earned them a spot as they are declared as part of the top 12.

The Final Innovation Pitch happened on October 28, 2023. 12 different teams from different schools in the national including the S-TEAM competed and defended their innovation. S-TEAM presented their innovation "Automated Solar Powered Speed Violation Detection System." According to them, OVERSPEEDING GIVES THRILL, BUT IT CAN HURT AND KILL.

Automated Solar Powered Speed Violation Detection System is a device that can be used to detect speed limit violations among vehicles through the use of Arduino-based IR sensors. This can monitor the real-time speed of approaching vehicles from a particular path-

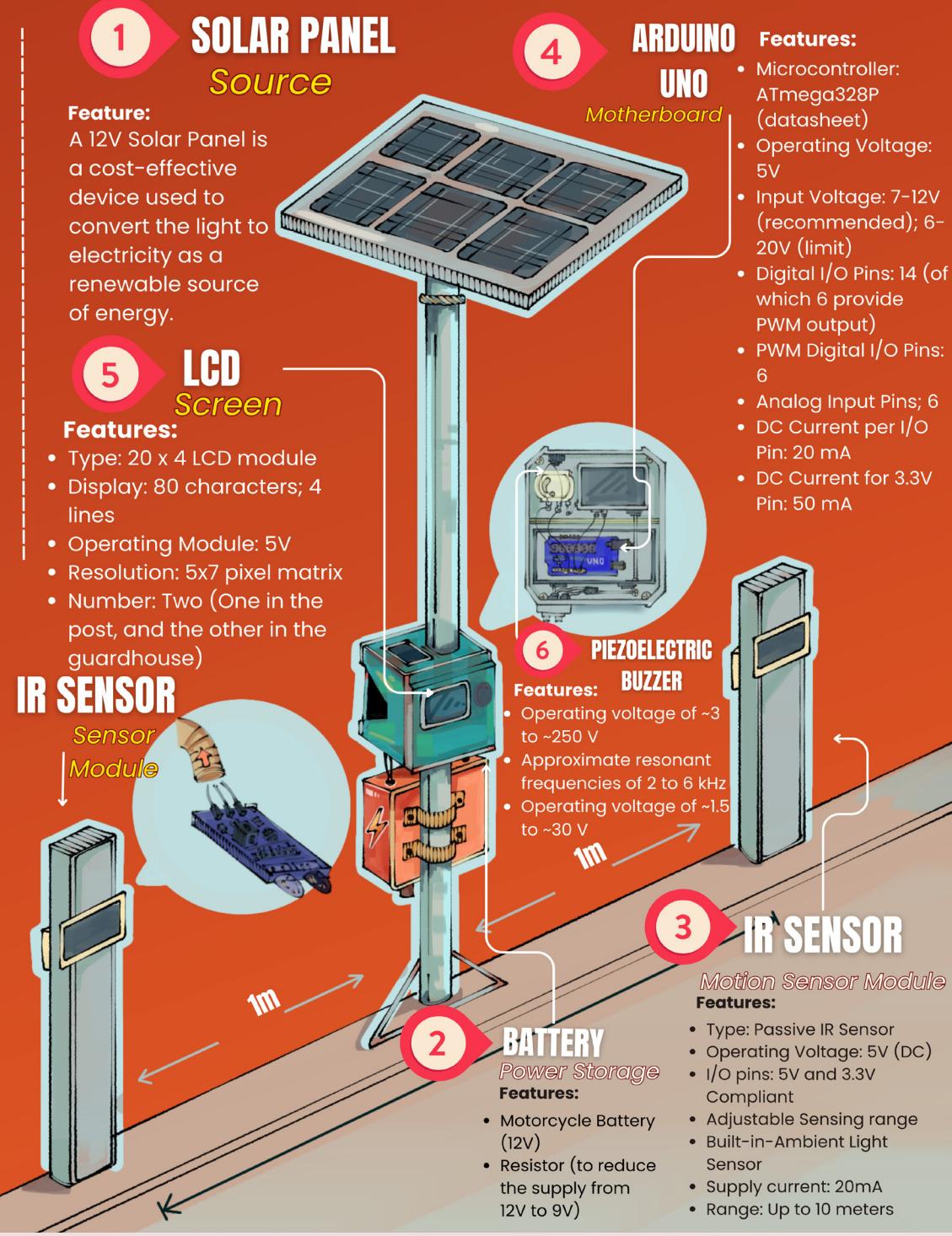
way, and provide warning signals for pedestrians and speed limit violators with the use of buzzers. Specifically, this consists of five major parts assembled in a metal post, solar panel, battery, IR sensor, arduino board, and LCD. It is placed beside the school's rough road.

On November 2, 2023, UP NCTS, on their Facebook page announced the top 12 teams in the "Safer Schools: Pioneering Road Safety Innovation." In no particular order, the finalists are: ATHSpiring Innovators from Assumpta Technical High School, Scinatics from Camarines Sur National High School, Roadbusters from Quezon City Science High School, SornaHigh Way from Sorsogon National High School, Avant-garde Espian Researchers from Espiritu Santo Parochial School of Manila, Inc., Blazers from La Union National High School, TNHS HUMSS from Tabaco National High School, CDC Prodigies - Centro De Cultura, Inc., 12 S-TEAM from Tulay Na Lupa National High School, Road Safety Innovators from Santa Rosa Science and Technology High School, SefTi First from Calamba City Science Integrated School, and Liegeons from Espiritu Santo Parochial School of Manila Inc. These teams were selected based on the average scores provided by the judges.

The announcement of winners happened on the 9th of November 2023. UP NCTS revealed the top 5 teams based on their Final Innovation Pitch, which took place on October 28. The winners are: 1st place: TNHS HUMSS from Tabaco National High School, 2nd place: Avant-garde Espian Researchers from Espiritu Santo Parochial School of Manila Inc., Scinatics from Camarines Sur National High School won 3rd place, SornaHigh Way from Sorsogon National High School got 4th place and Liegeons from Espiritu Santo Parochial School of Manila Inc. bagged the 5th place.

The S-TEAM have demonstrated exceptional creativity and dedication to enhance the safety of our educational institutions. Even though they did not enter the top 5, they won the People's choice award showing that the Tulay na Lupa National High School has unity and is a very supportive school. "Having part of the top 12 is such an honor and privilege. It is a spontaneous journey and was truly exceptional" — S-TEAM.

Photo courtesy: S-TEAM



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## THE SPRING WINS BIG AT DSPC 2023

|| Emerald Joy R. Taniang

**T**he school's official student publication – The Spring placed third in the Best in School Paper – English Category during the Division Schools Press Conference (DSPC) with the theme "From Campus Journalism to Real-World Journalism: Shaping minds from schools to

societies" held on May 19-20, 2023, at Vinzons Pilot High School.

The Spring's school paper garnered the following awards: 2nd Place – Best in Science and Technology Page, 2nd Place – Best in Layout and Page Design, 3rd Place – Best in Sports Page, 3rd Place – Best in Editorial Page.

In the individual category, Arron R. Villaluz placed 1st in Feature Writing (Eng-

lish), Zara Jun A. Salting also won 1st Place in Editorial Writing (English), and Danah Jasmine B. Sigaan won 5th in Photojournalism (Filipino).

The 1st place winners together with the school paper adviser Naomi Ruth P. Yasis participated in the Regional Schools Press Conference at Albay Central School, Legazpi City, Albay on June 9-11, 2023.



## TNLNHS Celebrates End of School Year With Rights and Revelry

|| John Razel C. Arizabal

Tulay na Lupa National High School (TNLNHS) marked a significant milestone in the academic journey of the students as they successfully executed End of School Year Rights last July 10-13, 2023, held at TNLNHS covered court under the theme "Kto12 Graduates: Molded through a Resilient Educational Foundation". Students received different excellence awards and special recognition.

### Senior High School Graduation Rites

#### With Highest Honors:

Dawn Yve A. Sidro

#### With High Honors:

Geralyn Mhay A. Andante, Justine Guab Aguirre, Ivy S. Brondial, Rodney R. Caaya, Rica Mae B. De Los Angeles, Jazel Anne L. De Vera, Jasmin T. Dela Cruz, Erron D. Esquilon, Wency Ray L. Goyala, Mark Jhon V. Icaro, Pearl Macatangay, Florian C. Malubay, Ruby Jean V. Ocol, Mark Joseph D. Prio, Seriel Mues G. Villaflores and Junel O. Volante.

#### With Honors:

A total of 52 graduates.

### Completion Rites

#### With High Honors:

John Kristoff S. Abella, Princes Nicole G. Del Rio, John Ace R. Garido, Chelsea Ann Handugan, Jackie Catherine C. Jardin, Gia Janelle N. Liwag, Mikko V. Narvaez, Judith Z. Ocol, Ira Kriztel V. Osoy, Mark Justin M. Puaso, Godwin R. Quibral, Zarah Jun A. Salting and Arron R. Villaluz.

#### With Honors:

A total of 86 completers.

### Recognition Rites

#### Grade 7

##### With High Honors:

Shanelle A. Cambe, Allana Mariz R. Del Rio and Krishtel Angela C. Perez.

##### With Honors:

A total of 53 students.

#### Grade 8

##### With High Honors:

Tristan Kim A. Cambe, Richard R. Rafer, Nhich Heinrich V. Bajas and Baby Nicole T. Canal.

##### With Honors:

A total of 82 students.

#### With High Honors:

Tristan Kim A. Cambe, Richard R. Rafer, Nhich Heinrich V. Bajas and Baby Nicole T. Canal.

#### Grade 9

##### With High Honors:

Leonard N. Amores and Kathleen Ashley C. Dating

##### With Honors:

A total of 44 students.

#### SHS—11

##### With Highest Honors:

James N. Gacos, Roanne Patricia A. Racoma and Ragem Ivory A. Sidro.

##### With High Honors:

Ruel V. De Vera, Noli G. Gardoque Jr., Myla D. Villagracia, Camille D. Del Barrio, An Keze C. Valenzuela, John Razel C. Arizabal, Mark Lester C. Asis, Cassandra M. Behagan, Jessa Mhay G. Fabia, Paul Miki E. Francisco, Precious Dañella B. Garfin, Michelle M. Mago, Kristle G. Mosico, Rica Mae P. Palmones, Daniel II Z. Ubana and Francis R. Villaluz.

##### With Honors:

A total of 48 students.

## TNLNHS Implements Catch-Up Fridays

||Qiom Maxim Jurym B. Bellen

Students of Tulay na Lupa National High School (TNLNHS) were introduced to the program Catch Up Friday which began on January 12, 2024, declaring that all Fridays must be dedicated to the "Drop Everything And Read" (DEAR) program.

The purpose of the Catch Up Friday program is to strengthen the foundational, social, and other relevant skills necessary to the basic education curriculum.

The first half of the day focuses on the National Reading Program (NRP), while the second half focuses on values, health, and peace education, including the Homeroom Guidance Program.

Its main objective is to improve the learner's ability, especially in reading and having an interest in value, health, and peace education.

**Enhancement.** Catch Up Fridays through Project Dear were launched at Tulay na Lupa National High School on January 12, 2024.



Photo courtesy: Naomi Ruth P. Yasis

## TNLNHS records 2% decrease of Enrollees for S.Y. 2023-2024 || Francis R. Villaluz

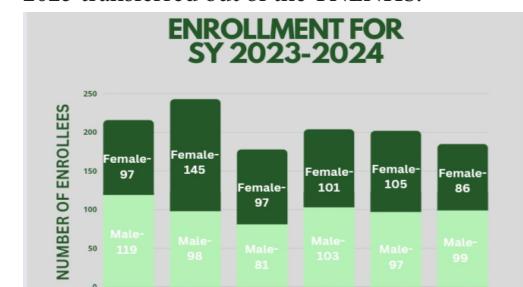
The Registrar office of Tulay na Lupa National High School (TNLNHS) has recorded a 2% decrease in enrolment for SY 2023-2024.

Based on the records from the Office of the School Registrar, as of February 5, 2024, a total of 1228 students (48.5% male enrollees and 51.5% female enrollees); 841 Junior High students (48% male enrollees and 52% female enrollees); 387 Senior High students (51% male enrollees and 49% female enrollees) signed for enrollment this SY 2023- 2024, which is a 2% decrease of enrollees compared to the 1251 enrollments for SY 2022-2023.

The enrolment is distributed as follows: In Junior High 216 Grade-7 students (119 male students and 97 female students); 243 Grade-8 students (98 male and 145 female students); 178 Grade-9 students (81

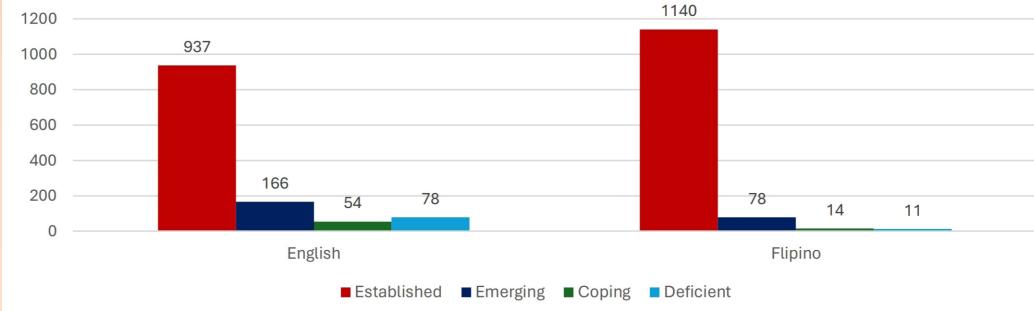
male students and 97 female students); and 204 Grade-10 students (103 male students and 101 female students). In Senior High, 202 Grade-11 students (97 male students and 105 female students); and 185 Grade-12 students (99 male students and 86 female students) were recorded.

For the SY 2023-2024, out of the 1228 enrollees, 303 are transferees from different schools. While 131 students of the SY 2022-2023 transferred out of the TNLNHS.



## TNLNHS Conduct RLA Pre-assessment for SY 2023-2024

||Ragem Ivory A. Sidro



The Tulay Na Lupa National High School (TNLNHS) conducted a Comprehensive Rapid Literacy Assessment (RLA) pre-assessment in English and Filipino last September 11-15, 2023, for this SY 2023-2024.

Based from the records, out of 1235 students from Grades 7 to 12, a total of 937 (76%) students were found established, 166 (13%) students were emerging, 54 (4%) students were coping, and 78 (6%) students were deficient in reading in English.

In Filipino, out of 1243 students from Grades 7-12, a total of 1140 (92%) students were found established, 78 (6%) students were emerging, 14 (1%) students were coping, and 11 (1%) were deficient in reading. The breakdown of the English and Filipino pre-assessment results are as follows: (Table)

Based on DepEd Memorandum No. 363, s. 2023, RLA intends to determine the decoding skills of the Grades 4-12 learners

in English and Filipino, necessary to ensure successful reading transition of Key Stage 2-4 learners.

The said assessment aims to assist teachers to identify the reading skills of students from the previous grade level and implement reading interventions to address specific difficulties, where the Post-Test will reveal the progress that the learners have made in a school year.

PISA results 2022 shows the reading literacy score in the Philippines increased from 340 points in PISA 2018 to 347 points, but still remained way below the global average reading score of countries of 476 points.

In response to the findings, the RCTQ and the National Educators Academy of the Philippines (NEAP) jointly undertake the Development and Validation of Professional Learning Packages (PLPs) for Mathematics, Science and English/Reading for Teachers in Grades 7-10 as part of the Department of Education (DepEd).

## 29 learners join National Learning Camp 2023

||Jhon Francis Bacurin



Photo courtesy: Naomi Ruth P. Yasis

Twenty-nine learners from Grade 7 and 8 of Tulay na Lupa National High School (TNLNHS) joined the National Learning Camp (NLC) 2023 with the theme "Bridging the Learning Gap Through National Learning Camp" last June 21 – July 14, 2023, held at school's covered court.

The National Learning Camp is one of the agenda of DepEd Matatag in line with Bansang Makabata, Batang Makabansa. DepEd order no. 14 series of 2023 states that NLC is a voluntary learning recovery program offered

every end of the school year that serves two fold objectives: to improve learner outcome, and to strengthen teacher competence.

Selected students who will join the program were given a pre-test for the National Learning Camp Assessment (NLCA), an online computer-based assessment that is designed to evaluate the learning achievements of students. The test covers Mathematics, Science, and English that will measure the varying skills and competencies in a multiple choice format using lingua franca (English) language.

## TNLNHS launches Brigada Eskwela 2023

|| Jessa Mhay G. Fabia



Ready to Clean. Teachers and Mt. Labo exploration and development corp. representative during the Brigada Eskwela 2023 at TNLNHS in August 2023.

Photo courtesy: Jerlene De La Cruz

**T**ulay na Lupa National High School (TNLNHS) has organized the continuation of Brigada Eskwela 2023, which took place from August 22 to 26, 2023, in preparation for the opening of school year with the theme: "Bayanihan para sa Matatag na Paaralan Tara na, Magbrigada Tayo"

The partners were members of the General Parent-Teacher Association (GPTA), the Christian Grasscutter Ministry, Pantawid Pamilyang Pilipino Program (4Ps) parents, the Local Government Unit of Labo (LGU-Labo),

the Philippine National Police (PNP), the PGBI organization, Barangay Officials, Mt. Labo, CDC, BJMP, Guardians, Tau Gamma Phi, Alpha Kappa Rho, TUPRILATODA, Mahinahon Bikers, RNV Scholarships Foundation, Citi Hardware, Merlinda Ibusag and Family, Angel Pacer and family, BJMP, Makisig Gasoline station, the students, teachers, school staff, and parents.

A new flagpole was built through Brigada Harana and the fence leading to the senior high school gate was successfully repaired.

Photo courtesy: Jerome G. Escalante

PROCLAMATION. SPTA Pres MAJ Herculano P. Mago and SPTA Vpres SGT Angel B. Pacer are newly-appointed Leaders of School Parent Teacher Association (SPTA).



## Mago leads SPTA 2023-2024

|| Kristle G. Mosico

**P**MAJ Herculano P. Mago was elected as the President of School Parent-Teacher Association (SPTA) 2023-2024 last October 18, 2023 at the school's covered court.

The electoral process started with a General Assembly, followed by grade-level-specific voting from grade 7 to 11 conducted through open balloting. The boards members casted their votes and the results showed that PMAJ Herculano P. Mago had led the election as the new President. (Sergeant) Angel B. Pacer was elected as the Vice President, Joy U. Fulgar as the Board Secretary, and Marilyn Estante as

Treasurer. Gina Visey was elected as the Auditor, and Jenny Caaya and Ana Cambronero got the position of Business Managers.

The Board of Directors consisted of 3 senior high school teachers: John Israel Asis, Maricel Cadiz, Jerome Escalante, and 6 other following parents: Eric Barnedo, Melanie Laguna, Pamela Castillo, Charlie Ocampo, Paulo Paming, and Joy Mabeza.

The election succeeded with the active participation of 10 parents and 5 board members alongside the supervision of the Comelec officers: Nesie Yanesa, and Marjorie Aceron.

## SPTA, PNP Partners in Project Green

|| Christine Joy P. Verano

school."

The SPTA President of Tulay na Lupa National High School went on to lead his very first project alongside with his fellow PNP officers, some of the school's students, accompanied by the Supreme Secondary Learners Government (SSLG), in collaboration with the Yes-O club officers to express support to the PNP initiative.

The PNP used a police vehicle loaded with different fruit berry plants. Every participant brought their own plants to the forest, which will then be used to plant as a part of the event. With the help of PNP, they then brought a truck full of fence supplies, which they used to block off the school's backyard for additional safety.

Moreover, the PNP also conducted a clearing operation, where the lush trees were reduced with branches wherein the cut-out branches were then used to serve as the school fence.



Photo courtesy: Herculano Mago

**S**PTA President Police Major Herculano P. Mago conducted the Inagural Project "TREE PLANTING, PNP PROJECT GREEN" last October 10, 2023, at Tulay na Lupa National High School (TNLNHS).

In HT-III Carolina Q. Ofracio's opening remarks, she stated that "Every plant was named after Sir Noriel G. Dela Cruz so it will serve as a remembrance for his impact for the

## Angat Buhay Dormers attend 3-day Team Building Activity

|| Michelle M. Mago

Collaborate. Tahilan Residence and Study Center Director Maria Angela Alinea, Dorm Manager Marivic Aloc headed to the 3-day team building activity for student dormers of newly built dormitory.



Photo courtesy: Tahilan Residence and Study Center

they were hosted by the province's Vice Governor, Joseph V. Ascua a dinner.

The team-building activity ended with a feast between the volunteers and the student-dormers, which was followed by a group discussion while they were around a bonfire where they shared learnings and insights on the activity.

The dormers were sent home by the volunteers with the help of their advisers and other school staff who provided them the transportation to reach their homes.

## SSLG Officers attend Boys and Girls Week Celeb

|| Danah Beatriz B. Sigaan

ang Beshy Ko?" webinar with Mickie Moll—the guidance counselor of Camarines Norte State College.

The youth also attended the Annual Jail Visit and Gift Giving in the Camarines Norte Provincial jail and Kiwanis organized a Fellowship and Acquaintance Party on day five.

SSLG Treasurer Airish V. Pacer was the Youth Municipal Health Officer, and SSLG Auditor Dianne Apple Y. Icatlo was the Local Youth Development Officer, during the Municipal Boys and Girls Week Celebration, at Labo Municipal Office, on August 11-16, 2023.

The activities involved their attendance on the above mentioned plenary sessions, and a visit at Our Lady of Guadalupe Orphanage.



**S**SLG President Danah Jasmine B. Sigaan was appointed as the Youth Legal Officer, and SSLG Vice President Leonard N. Amores was the Youth Provincial Assessor, during their participation in the Provincial Boys and Girls Week Celebration which was hosted by Kiwanis Club of Daet, with the theme: "Green Skills for Youth: Toward a sustainable world" at the Provincial Capitol on August 12-18, 2023.

Topics discussed during the plenary session were: Decentralisation, Local Governance, Devolution, and Good Governance with Maria Angela G. Pioquito, PhD of Camarines Norte State College; and "bakit Malungkot

## Yasis heads Kasaysay Volume II

|| Danah Jasmine B. Sigaan

**T**he launch of Kasaysay Book Volume 2 was held at Labo, Camarines Norte Sports Complex during the 23rd Busig-on Festival and 223rd Foundation Anniversary of Labo, Camarines Norte on September 4, 2023. The book was from the local government unit of Labo and with collaboration thru Museo de Labo.

The Kasaysay book: "Pamana ng Lahi, Alay sa mga taga Labo" contains contents of information and history of Labo from the year 1570 to 2023.

The program for the book launch was held before the Busig-on quiz. Giving an overview about the history of Labo to the participants from first and secondary levels. The Editorial Board and staff who wrote the book were also introduced during the program.



Photo courtesy: Naomi Ruth P. Yasis

Teachers from Tulay na Lupa National High School (TNLNHS) Naomi Ruth P. Yasis and Manuel R. Yasis are the Editors-in-Chief of the Management operations team, and Araling Panlipunan (A.P.) teacher Bernabe B. Sanchez as Contributing editor and Marivic C. Aloc as the Head write-up contributor were part of making the book. Hon. Severino H. Francisco served as the chairman of the Editorial board and Hon. Alvin G. Bardon as the Co-Chairman.

And to celebrate the launch, the book was put in a colorful basket that was hanging from the ceiling in the middle of the complex. Hon. Francisco brought the basket down to officially launch it, the Editorial board and staff, and Sangguniang Bayan Members signed the copies for distribution to the different schools in the municipality.

## Boy Scouts take part in Diamond Jubilee Jamboree

2023 || Jan Albert V. Bardon

**S**chool's Boy Scouts of the Philippines adviser Bernabe B. Sanchez and Team Captain Alfrins R. Canal lead the team of participants which joined the Diamond Jubilee Jamboree, held on November 23-25, 2023, at Sanayang Pangkaligtasan, Sitio Mat-I, Brgy. Sto. Domingo, Vinzons, Camarines Norte.

The members if the team are: Aiko V. Pacer, Nica G. Elep, Edmar Agustin, Jhesriel Jamer O. Arnaldo, Ronella M. Bernardino, John Roy M. Cayabyab, James Ivan C. Carandang, James Dave E. Villanueva, Richard R. Rafer, and Je T'aime Char O. Campo.



DIAMOND JUBILEE ADVENTURES. TNLNHS Scouts Led by Team Captain Alfrins R. Canal During the Diamond Jubilee Jamboree at Sanayang Pangkaligtasan, Sitio Mat-I, Brgy. Sto. Domingo, Vinzons, Camarines Norte.

Photo courtesy: Alfrins R. Canal

The activities in the event were: Sub Camp which was managed by Pacer, Canal lead the outfitting, Rafer joined the pageant, and the team were taught various knot-tying techniques which are essential for tent construction and bird catching.

The event was cut short one day earlier due to heavy rainfall, leaving some of the activities left. As of writing, there is still no exact date for the continuation of the said event.



## Behagan, Ubana tops BUKAL 2023

|| James N. Gacos

Photo courtesy: Qiom Maxim Jurym B. Bellen

**S**TEM 12's Cassandra M. Behagan and Daniel II Z. Ubana led the scoreboard among 90 participants during the BUKAL: Building Up Knowledge and Aspiring Leadership in Campus Journalism—The Spring's School PressCon on December 11–12, 2023, at the school's covered court.

The winners for each event and category were announced. In the News Writing, English category, John Razel C. Arizabal won first place. Princess Suzane O. Rafer won 2nd place, and Danah Jasmine B. Sigaan won 3rd place. In Filipino News Writing, Kristine T. Batican won 1st place, Jan Albert V. Bardon got 2nd place, and Audrey Mae Goyala got 3rd place.

For the Feature Writing, English category, Daniel II Z. Ubana grabbed the 1st place, followed by Airish V. Pacer in 2nd place, and Cassandra M. Behagan in 3rd place. In Feature Writing (Filipino), the 1st place was awarded to Baby Nicole T. Canal. 2nd place went to Angela V. Gracilla, and 3rd place to Irish A. Talento.

Cassandra M. Behagan strived and won 1st place in Editorial Writing, English category; Danah Jasmine followed, taking 2nd place; and Christine Joy P. Verano got 3rd place. While Ahzumi C. Magana emerged in 1st place in Editorial Writing (Filipino). Patricia Aliyah Mago got the 2nd place, and Angela V. Gracilla grabbed the 3rd place.

Daniel II Z. Ubana came back and

secured 1st place in Sports Writing (English). Paul Miki E. Francisco appeared in 2nd place, and Cassandra M. Behagan got 3rd place. In Sports Writing (Filipino), Francis R. Villaluz succeeded in 1st place, followed by Joselito P. Jamito, who got 2nd place, and John Razel C. Arizabal, who got 3rd place.

There comes Qiom Maxim Jurym B. Bellen, who won 1st place in photojournalism in the English category. Cassandra M. Behagan was there again and got 2nd place, and Aldrich C. Villanueva got 3rd place. On the other category, Airish V. Pacer won 1st place, followed by Jessa Mhay G. Fabia in 2nd place, and Precious Dañella B. Garfin in 3rd place.

Last is the Editorial Cartooning, wherein Daniel II Z. Ubana was there again and won 1st place in the English category. Danah Jasmine B. Sigaan got 2nd place, and Patricia Aliyah Mago was placed in 3rd. In the Filipino category, Roanne Patricia A. Racoma secured 1st place, Ahzumi C. Magana took 2nd place, and Allen May V. Caaya made it to 3rd place.

The School Paper Adviser, Naomi Ruth P. Yasis discussed News Writing, Feature Writing, and Photojournalism; while the publication's former adviser Manuel R. Yasis tackled Editorial Writing, Sports Writing, and Editorial Cartooning.

The chosen school paper staff will be a part of the publication starting this school year.

## Maroon Troopers place 2nd in Pabirik Festival

|| Angela V. Gracilla

Maroon Troopers of Tulay na Lupa National High School (TNLNHS) won 2nd place in the annual celebration of the Pabirik Festival held on January 24, 2024 at Paracale, Camarines Norte. They were trained by Eldron M. Zaño and supervised by Jerome G. Escalante and Maricel A. Cadiz.



Exhausting win. TNLNHS' drum and lyre band at the awarding ceremony of Paracale's Pabirik festival on January 24, 2024.



## G12 champs English Fest 2023

|| Kristine T. Batican

Photo courtesy: Kristle G. Mosico

**G**rade 12 students were hailed 1st during the School's Celebration of English Fest 2023, with the theme "Reviving literature through English Communication," held on December 13, 2023, at the school's covered court.

The fest started with Parade of Characters where both teachers and students dressed as characters from the literature assigned to each of their grade levels. It was followed by an Opening Program, then the simultaneous conduct competitions.

The events were: Essay Writing, Text Illustration, Spelling Bee, Extemporaneous Speech, Reading Rhymes, Declamation and Grammar Quiz Show. The participants were divided in two categories: first category is for students from Grade 7-9, and the second category is divided in two Quiz Show The is categories: first category, for Grade 7-9, and the second category is for Grade 10-12.

The winners of the contests were as follows:

Spelling Bee

Category A:

1st- Shanelle Cambe (Grade 8)

Category B:

1st- Paul Miki E. Francisco (Grade 12)

Extemporaneous

Category A:

1st- John Russel M. Rasco (Grade 7)

Category B:

Category B:

1st- Mariah Kristela Nicole Castillo (Grade 11)

Reading Rhymes

Category A:

1st- Grade 9

Declamation

Category A:

1st- Bladimer Del Barrio (Grade 9)

Category B:

1st- Jessa Mhay G. Fabia (Grade 12)

Grammar Quiz Show

Category A:

1st- Mikyla Quibral Team (Grade 9)

Category B:

1st- Ruel De Vera Team (Grade 12)

Essay Writing

Category A:

1st- Tristan Cambe (Grade 9)

Category B:

1st- Ragem Ivory S. Sidro (Grade 12)

Precious Dañella B. Garfin (Grade 12)

Text Illustration

Category A:

1st- Cheryl Avelino (Grade 7)

Category B:

1st- Roanne Patricia A. Racoma (Grade 12)

## YES-O launches School-Based Science Month Timelapse Celebration 2023

|| Joselito P. Jamito



YES-O launched the Science Month Celebration with the theme, "TIMELAPSE: Accentuating the Eras of Science Clubbing", at Tulay na Lupa National High School (TNLNHS) quadrangle on September 25, 2023. The celebration introduced activities for science enthusiast students. Kathleen Ashley Datong, President of the YES-O delivered trivias during the flag ceremony. Other events were conducted on October 2-3, 2023 at different assigned places.

In the first day, Science Quiz Bee was conducted in the morning and in the afternoon was the Poster Making, and presentation of Sci-Kaya Tricks through video presentation. On the second day morning, Robotics Symposium took place in the school's covered court attended by students from Science, Technology, Engineering Program. The discussion succeeded through the knowledge of invited guest speakers, Fabian D. Macuha, and Maria Sheryl R. Macuha, a couple and both master teachers from Moreno Integrated School.

The couple tackled the different types of Arduino and discussed the functions of every part of that microcontroller. After that, they let the students make a simple program about turning lights on and off using Arduino UNO. During the closing, they demonstrated their students made device that moves only when it tracks black line.

On the same place in the afternoon, the Robotics Dance take place. After showcasing the talents of students in dance with a touch of robot movement, the program ended via awarding of winners.

Nuggets May Castillanes, Qiom Maxim Jurym B. Bellen, Mikyla Quibral, Mariecon Poblete, and Ragem Ivory Sidro (Team 3) won 1st place in Science Quiz Bee. The 2nd place goes to Shanelle Cambe, Naomi Franchesca Andaya, Tristan Kim Cambe, Mark John Zenarosa, and Francis Villaluz (Team 5), and the 3rd place was awarded to John Russel Raro, Alexander Mesmit, Matthew Randal Sidro, Joaquin Celle, and Daniel II Ubana.

For the Poster Making, Dave Oringo won 1st place, John Paul Maigue got the 2nd place, and Daniel II Ubana finishes 3rd place. In Sci-Kaya Tricks, Dianne Apple Icatlo secured the 1st place, followed by Airish Pacer in 2nd place, and Marcy Rose Arevalo for 3rd place.

In the Robotic Dance, the Jhambowockidz was the 1st place, the Black Squad was the 2nd place, and the Tubtak Group ended 3rd place.

## TNLNHS BKD Chorale participates in NDEP 2023

|| Precious Danella B. Garfin

**S**chool's Barkada Kontra Droga (BKD) Chorale participated in the search for National Drug Education Program (NDEP) – Barkada Kontra Droga (BKD) Best Implementer and Drug Abuse Prevention and Control (DAPC) Week Celebration 2023 last November 22, 2023 held at the Daet Division Office.

Camarines Norte collaborated with the provincial government to organize educational and social events in celebration of Drug Abuse Prevention and Control (DAPC) Week,

Photo courtesy: BKD Chorale



HARMONIOUS MELODIES. TNLNHS BKD Chorale Members participated in the Chorale Singing Contest under the guidance of their coaches, Angeline Y. Agra and Imelda T. Aserado

held every third week of November under presidential decree no. 124, issued on November 26, 2001.

The province-wide search of NDEP – BKD Best Implementer includes poster, slogan, and jingle making, solo, and chorale singing, and interpretative dance contest. It happens that the chorale singing was given to Tulay na Lupa National High School, being the representative of Labo East in the division contest.

The BKD chorale members: Aires Aceron, Leonard Amores, John Rommel D. Aycocho, Mike Vincent Bautista, Cassandra M. Behagan, Cyrus Bonagua, Eesha Marie Cadiz, Tristan Kim A. Cambe, Justin Glenn Cirdo, Vladimir A. Del Barrio, Precious Dañella B. Garfin, Diane Apple Y. Icatlo, Jared Marco Juria, Krisse Angel Magana, Airish V. Pacer, Mariecon Poblete, Kim Obias, Richard R. Rafer, and Marlon Culot showed off their talent and participated on the said event under the guidance of their coaches, Angeline Yasis, and Imelda Aserado.

## STEM 12 tops Children's Month tilts || Lavriane M. Lacson

**S**ix Science, Technology, Engineering, Mathematics students won in the celebration of children's month last November 29-30, 2023, at Tulay na Lupa National Highschool, with the theme "Stay curious, Stay Cautious: Empowering Learners to Surf Safety"

The celebration includes poster making, slogan making, essay writing, and photo reflection.

Poster Making

- 1st - Daniel Z. Ubana (STEM 12)
- 2nd - Mariecon M. Poblete (10 STE)
- 3rd - Vincent S. Bugarin (8 Assertive)

Slogan Making

- 1st - Deanise Yvonne J. Barcoma (10 Behave)
- 2nd - Kristle G. Mosico (STEM 12)
- 3rd - Irish D. Espinar (9 Enthusiast)

Essay Writing

- 1st - Michelle M. Mago (STEM 12)
- 2nd - Ragem Ivory A. Sidro (STEM 12)

TRIUMPHANT. Ensued victory of six students from Science Technology Engineering Mathematics in National Children's Month Celebration 2023.

3rd - Precious Dañella B. Garfin (STEM 12)

Photo Reflection

- 1st - James N. Gacos (STEM 12)
- 2nd - Allana Mariz R. Del Rio (8 STE)
- 3rd - Joseito P. Jamito (10 Compassion)

The E.S.P Department also conducted symposium in the celebration. The first speaker was Carry Franz D. De Panes who discussed about "Nutrition, Health, and Your environment". It was followed by two speakers from Labo, Camarines Norte PNP - PSSG Allan C. Azur and PSSG Genevieve S. Vecino. Wherein they explained the Anti-Bullying Act of 2012 respectively. The last speaker was PMSG Christina V. Moya, WCCPU Investigator of Camarines Norte Provincial Cyber Response Team and she talked about "Influence of Digital and Social Media on Mental Health and its impact".



## TNLNHS showcases wit in FVM || Kristle G. Mosico

**T**ulay na Lupa National High School (TNLNHS) won first place in tagis talino and several awards from different contests categorized by school grade levels from Labo east district last November 18, 2023 with the theme "Matatag na Edukasyon: Matatag na Karakter Moral, Kaakibat ng Magandang Kinabukasan ng Bawat Pilipino."

The event was held for the district-wide Filipino Values Movement celebration to which the school joined and returned with awards. There were a total of twelve contests on the list of the competition for the pupils and there were a total of two for the teachers category.

In tagis talino contest, the five students, Jhovie Loise P. Canaria, NAzarene N. Dela Vega, Richard R. Rafer, Kathleen Ashley

C. Dating, and Janah M. Alforte, teamed up and competed where they successfully secured the first place and was coached by Madam Noelma R. Cabajar and Madam Rea P. Andaya.

For the poster making contest, John Paul A. Maigue won the fourth place along with his coach, Madam Chiradee C. Aguilar. In the photo reflection, Allana Mariz R. Del Rio won the second place along with her coach Madam Baby Jane B. Rala.

For the spoken poetry contest, Qiom Maxim Jurym B. Bellen, successfully placed fifth along with the help of her coach, Madam Naomi Ruth P. Yasis. Krisse Angel Magana, coached by Madam Cindy Iza G. Belir, successfully won third place for the secondary level category in the vocal solo contest.

Another one for the teachers category Vocal Solo Contest, Madam Cindy Iza G. Belir placed second and was coached by Madam Eleonor L. Eco.



CELEBRATING FILIPINO VALUES MONTH. Students from Grade 7-11, together with their coaches, represent TNLNHS in the FVM Competition.



Photo courtesy: Jacques Mae F. Robles

## Villaluz places 3rd in District Math Fair || Patricia Aliyah S. Mago

**F**rancis R. Villaluz of STEM 12, coached by Darius Cana, and Richelle I. Bayani placed 3rd at District Math Fair held at Labo Elementary School last November 24, 2023.

Leonard N. Amores 10 STE placed 4th in the same competition.

On December 5-6, 2023, 14 students participated in the Division Math fair at Basud



MATH ENTHUSIASTS. Francis R. Villaluz and Leonard N. Amores competed in District Math Fair 2023 together with their coaches Sir Darius Cana, Ma'am Rosemarie Aquino, and Ma'am Richelle Bayani.

National High School. Whereas in the teacher category, Darius Cana presented his Math Device.

## TNLNHS SHS SBK PLACES 2ND AT THE SBK OLYMPICS

|| Glyzhane O. Villagracia

**T**ulay na Lupa National High School hosted the 6th Municipal DRRM-CCAM Skills Olympics in connection with the National Disaster Resilience Month Celebration 2023, with the theme "BIDAng Pilipino: Building a Stronger Filipino Well-Being towards Disaster Resilience", on July 21-23, 2023.

The school's Senior High School (SHS) Super Batang Kalasag (SBK) Team fin-

ished as the 2nd runner up winning the Best in Bandaging and Lifting and Moving, the Junior High School Team won the Best in Hazard Mapping.

Over 300 participants from different elementary and secondary schools in the municipality competed for these activities: Typhoon Tracking, Hazard Mapping, Bandaging and Lifting A Relay, Immobilization, and Bleeding Control, CPR, Quiz Bee, Bucket Relay, and Ropemanship Race.



Photo courtesy: Alfrins R. Canal

## Del Rio crowns Miss Buro-buro 2023

|| Danah Jasmine B. Sigaan



Photo courtesy: Princes Nicole Del Rio

**B**arangay Tulay na Lupa held its annual Buro-buro festival last August 1-3, 2023. The search for Miss Buro-buro 2023 was also one of the highlighted events during the fiesta. It took place the barangay pavement and was managed by the Sangguniang Kabataan (SK) Barangay officials of Tulay na Lupa.

Among the 8 final candidates for the pageant, 6 were students from Tulay na Lupa National High School (TNLNHS). Danah Beatriz B. Sigaan, Marjorie I. Francisco, Jamila V. Nemi, Ivy S. Brondial, Alliah Grace C. Garfin,

and Princes Nicole G. Del Rio.

The candidates were first introduced on August 1, 2023. It started with the parade and introductions in the morning. In the evening, they proceeded with the talent night.

The coronation night was held on August 3, 2023. It started with their production numbers and introductions and then proceeded with sexy shorts projections. Next was the long gown then they announced minor awards. After that, the question and answer (Q&A) portion and the advancement of the top 4 were announced. After the final q&a, the winners were announced.

Princes Nicole G. Del Rio was announced as the Miss Buro-buro 2023. Jan Faith C. Gardiola won Miss Tulay na Lupa Foundation 2023. Julie Ann Z. Ocol bagged Miss Bur-buro Tourism 2023 and Jamila Mae V. Nemi got Miss Buro-buro 1st runner up.

## Zenarosa, Serrano win over Tulay Na Lupa || Cassandra M. Behagan

**A**lex R. Zenarosa was elected as the Barangay Chairperson, along with seven Sangguniang Barangay members while Isaiah Q. Serrano was elected as the Sangguniang Kabataan (SK) Chairperson along with seven SK members as Tulay na Lupa proclaimed a new batch of Barangay and SK officials on October 31, 2023.

Zenarosa won as the Barangay chairperson with two thousand sixty-three (2,063) votes. Next were his members. Job M. Francisco with one thousand three hundred seventeen (1,317) votes; Renato P. Robrigado with one thousand three hundred nine (1,309) votes; Zenaida A. Ilan with one thousand two hundred thirty (1,230) votes; Alvin M. Crisostomo with one thousand one hundred ninety-six (1,196) votes; Wilfredo Jr. C. Mago with one thousand seventy-one (1,071) votes; Maricel V. Azures with one thousand forty (1,040) votes; and Edwin D. Raro with one thousand sixteen (1,016) votes.

Serrano won as the Sangguniang Ka-

bataan (SK) Chairperson with three hundred thirty-one (331) votes. Next was his Sangguniang Kabataan (SK) members. Maureen R. Villaluz topped with three hundred ninety (390) votes; Jeric G. Del Rio with three hundred fifty one (351) votes; Aaron Z. Luzeriaga with two hundred seventy-eight (278) votes; Pio F. Obalte with two hundred sixty-eight (268) votes; Danica Angel L. Meniano with two hundred sixty-four votes; Jacques Mae F. Robles with two hundred thirty-seven votes; and Cherry Lyn Z. Merto with two hundred thirty-six votes.



Photo courtesy: Jacques Mae F. Robles

LEAD THE PEOPLE. The newly elected Barangay and SK officials gather and host the Thanksgiving and Christmas Party 2023

# Distaste for the system's mediocrity

The results of the 2022 PISA shows that it is just "about the same" as in 2018 when the country first participated in the study. Our country ranked 76 out of 81 countries. The OECD issued an average score for math, science, and in reading, 472, 485, and 476 respectively. In math, students scored 355. In science, students scored 356. While in reading, students scored 347. Vice President and Education Secretary Sara Duterte said that the results bear an "uncomfortable truth" that we, as a nation, have to address.

In a span of 3 years, there is no visible progress. The implementation of the past programs and the current education system is ineffective. And over the course of those 3 years, students developed the *bahala na* mentality. When deadlines are fast approaching, students settle for outputs and works that could have been better if it was just given more effort. Students settle for something that the Department of Education craves, mediocrity.

It is as if the system doesn't need nor want intelligent students, it just needs students to pass. Not minding the quality of the students that they have produced. Even if you can barely write, barely read, or even tell what's the difference between your and you're, you still pass in the eyes of DepEd.

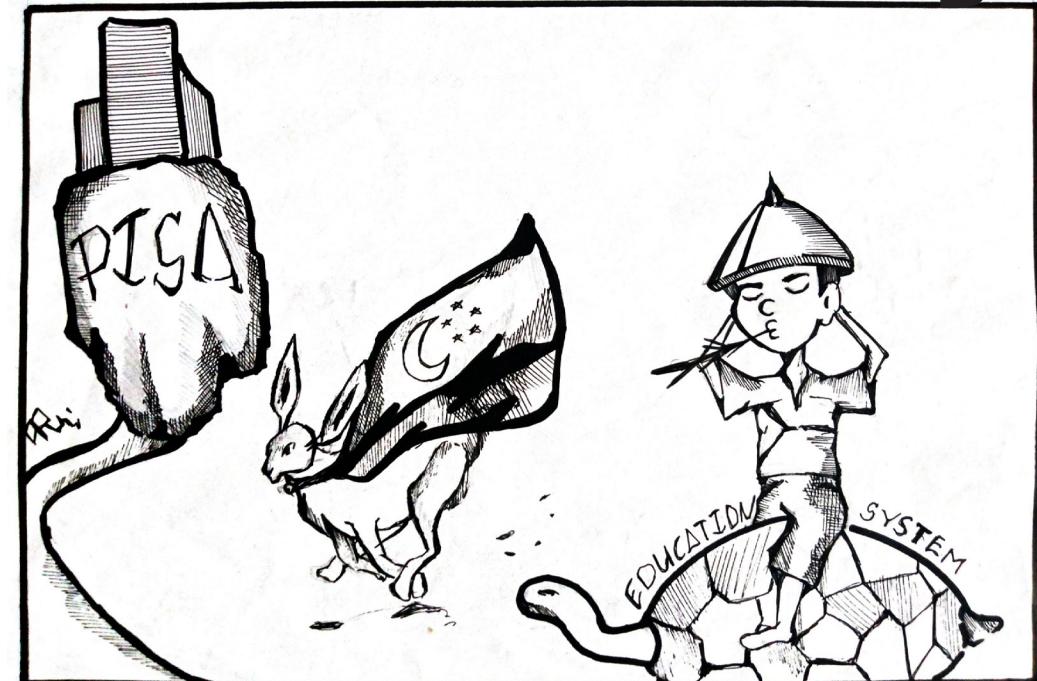
The system is not adaptive. We still cling on to the traditional way of teaching without considering how the students constantly change. Although the goal of DepEd is good, their way of implementation does not justify their words and vision. Their actions are abrupt and half-baked. They want good results but can't provide good resources and help for the teachers. They implement something abrupt and half-baked and yet, they expect something majestic. What will come out of half-baked implementations? What else than half-baked results.

The system launched something new as if to appease their lackings. The Higher Order Thinking Skills – Professional Learning Packages (HOTS-PLP) in "helping teachers teach better" as said by the National Educators Academy of the Philippines (NEAP) OIC Director Dr. Jennifer Lopez. The foundational skills and knowledge of the students are already lacking and yet, HOTS was proposed. You can never make something better if it does not exist and the system fails to see that.

HOTS is viewed as a solution even if students do not have LOTS—Lower Order Thinking Skills. Some students just go to school out of compliance. Students don't do anything to improve. Students settle for that and cling on to the concept of "mass promotion". They know that DepEd believes in the concept of "No child left behind" and no matter how low the thinking skills of a student is, they still get promoted.

When you want something to protect, you do things to an extent that you would not normally do. That is what is happening to the system and the administration. Teachers falsify information and the grades about the students just to make a school's reputation good for the public's eye. To attract the public and make them believe in a façade.

One must not be detained by mediocrity. One must be hungry for excellence especially in terms of education. Education is something the generations before us were once deprived of. September 21, 1972. A date that is familiar to a lot of Filipinos. Does it ring a bell? Marcos' dictatorship began Martial Law struck fear and sorrow to our hearts. Killings, oppressions, and closing of schools. The people were scared. The people were hiding. The people were confused. Their mouths closed along with the gates of the school.



1565 to 1989. For 333 years, the Spaniards colonized the Philippines. The people were trampled on. The people were enslaved. The people were confused. Their freedom and lives were decided only upon the people that were not even from their own land. As absurd as it may get, they could not do anything but abide by the Spaniards' bidding. Although they knew it wasn't right. Although they were well aware that it was NOT what they should be doing, they still did it. They worked tirelessly and followed blindly. Just like what the system wants.

The system doesn't want a thinker, it wants a laborer. It's okay if you're not wise. It's okay if you cheat. It's okay if you can't judge what is right from what is wrong. Actually, that would be better for the system. If that were the case, it's also okay to use you. It's okay to make you work yourself to death. Somebody or the system will live a lavish and carefree life in exchange for your suffering. You would never know and even if you did, you would never do anything.

"I have realized why corrupt politicians do nothing to improve the quality of education. They are terrified of educated voters." A statement made by the late Senator Miriam Defensor Santiago. Someone would never want something to hinder their goal. That is how the system views a thinker—a threat. They would not do something to improve a threat. It would only spell out their doom.

Mediocrity will ensure the Philippines' demise. Settling for something that isn't even good. The standards are lost. Or they may be there but it just stoops too low.

There is education. But the problem is, there is no PROPER education. That is what we, as a nation, have to address. Proper education will change this nation and make it better.

Stop looking at the bright side of things. The Philippines is lagging behind in a lot of aspects and education is surely one of them.

Do not settle for the system's mediocrity. Instill a good foundation, instill a good mentality. Never settle for *bahala na*, always aim for excellence so one can say *alam kong okay na*.

## LETTER TO THE EDITOR

### Dear 'The Spring':

I am glad you are still around; I was once a 'young' journalist myself and now I am pushing 40's already.

I happened to take a vacation in our beloved 'Alay-apá' (our term of endearment for Tulay na Lupa) and we (some of my batchmates) visited our school.

I was amazed that the new buildings extended up to the Napaod area; there really are too many buildings but I noticed that some are not yet in use. How come?! Less enrolment?

What saddened me tho' are those old buildings that are left in disrepair. It's sad when I look at them in a state of disrepair. It's sad when I look at them in a state of disrepair; especially our old classroom under the library. (We have a lot of memories there, including pulling each other on top of a coconut husk during sweeping skeds.)

WHATEVER HAPPENED to the library building? SAYANG NAMAN.

It looks to me that the old First and 2nd year buildings of our time would get flooded when it rains.

What is being done about this problem?

I know that there is still a lot of gossip in our little barangay and not all of them are encouraging about our beloved Alma Mater.

My batchmates and I are asking: Is there something being done about this problem?

Improvements like the new buildings would look better if we will include the "past" into the present.

Thank you. Good luck on your young journey.

(Name withheld upon request.)

### Dear fellow reader,

It warms our heart to hear from a fellow journalist that witnessed the changes of our beloved high school in the passage of times. As you realize how far you've come as a journalist and the changes that constantly occur around you, we appreciate your sentiments. Alay-apá, fondly known as Tulay na Lupa, holds a special place in our hearts bearing a repository of nostalgic memories, precious friendships, and worthwhile experiences. It seemed that your recent visitation from the school must've been nostalgic and shocking.

What you have witnessed, we assure you that the campus journalists will conduct interviews about the your concerns and will be making articles to clarify your thoughts and unveil the truth, so count on it!

Thank you and God bless!

Yours Truly,  
The Spring EB

FINANCIAL REPORT As of February 23, 2024	
A. THE SPRING FUND Beginning Balance (S.Y. 2022-2023) Funds from SPTA (2022-2023)	
B. EXPENSES:	Php. 64,145.45
1. Office Supplies	4,838.00
2. Travel Expenses	12,651.00
3. Food Expenses	500.00
4. Purchase of School Paper	29,930.00
5. Roof Replacement	2,505.00
6. InDesign Subscription	2,000.00
7. Printers and Printing	400.00
8. BUKAL: Food Expenses	1,426.00
9. Ring Binder + Ring Bind	2,214.00
10. Medicines	468.00
11. Notarial Fee	200.00
TOTAL EXPENSES:	Php. 64,760.50
Cash-in-Bank:	Php. 41,054.93
Cash-on-Hand:	Php. 30,559.92
	Php. 10,495.01

Attested by:  
RAGEM IVORY A. SIDRO  
Editor-in-Chief

NAOMI RUTH P. YASIS  
Adviser

Approved:  
ELEONOR L. ECO  
SOP III

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## BE A LEADER, LEAD BETTER

**Tempest Hera**

Ragem Ivory A. Sidro

Perhaps, one of the most challenging questions to answer is not only how to be a leader, but also, how to lead better.

Many of us believe in the image of a well-spoken man who stands, commands, and says he can make a change to protect his people. But this image is outdated enough that it exists for a world that was, and not for the world we have. We've set countless standards and have established numerous training and programs. Yet, we keep on failing to select great leaders for our country, and even fail to lead others because we failed to lead ourselves.

In this 21st century world, where media is made contagious enough to hold a multifaceted story, and where people keep falling prey to such words and commitments, our nation is becoming more problematic because of poor leadership, bad governance, and a broken system. Even the new administration serves no difference from its promises. With political dynasties overriding institutions, corruption draining funds, policies failing to execute, and harsh bureaucratic procedures hindering the creation of jobs remain undiminished, it is no wonder why surveys and studies show 13.2 million Filipinos claim they are poor, 4.85 million remain unemployed, and our education remained left behind.

Schools also have their incompetent leaders. We have student leaders in various organizations that we expect to unite and inspire students and unleash their potential. However, most fail to function. If it's not about the problem with resources and support, then it's probably because of poor management and lack of coordination between the officers. It's like being placed to fill out the spaces for requirements, or worse, simply existing for mere recognition because they don't know how to function.

SOME teachers and parents are no exception here too. I have witnessed several students fail, and if some teachers blame the parents for not raising their child right, then, some parents also blame the teachers for not teaching their child better. But don't forget about you, we both might even be guilty of this ourselves. So do we even deserve this kind of leadership?

You will probably say "no" and would

think this is useless, but this is not the time for your drama. Many of us are confused with the idea that leadership is having a position from a competition in a group, and that it's a privilege. But that is not leadership, that is "authority." Leadership is an act of service with responsibility and collaboration with its people. It's not the choice people made for you, it's a choice made by you.

Therefore, don't assume standing in front and doing your job, commanding people who aren't even following you and just doing their job, shows leadership. You do not. You are just showing your authority as a person of position. It's not serving. It's not inspiring and influencing the hearts and the minds. If so, what does it mean to be a leader? To be a better leader?

To be a leader is to lead yourself first. Ask yourself: Who am I to lead? Leadership begins with knowing who you are. It starts with defining your purpose, your goals and intentions, and it ends with a commitment. When you understand yourself, you build an inner architecture of you. You observe and begin to manage yourself, know your responsibilities, and put action on your priorities. You acknowledge both the good and the bad in you because you are not born perfect, none of us are. We must resist the urge to disqualify people because of imperfection.

"A great leader is not born perfect, and neither are you. He has flaws, and so do you. But he is made with values, virtues, and character, which you can develop too."

To be a leader is to work with the team. Do not keep your head down. Don't be that self-serving politician who only sees the elites, or that office worker who works at his desk without consulting his workmates because he believes he already knows it. Instead, see what is around you. But don't just react, understand it. A great leader understands. You understand that having a more diverse network is a source of a pattern of solutions, because you have people that are thinking differently than you are. Besides, not all problems are meant to be solved

only by you. As the saying goes: "Two heads are better than one."

To be a leader is to dare to be different. Do not only talk about risk-taking, do it. Do not be afraid to stand up for what's right and just, even if it means going against the tide. Fight for it. Fight for them. Make them feel the unthinkable.

There's a great speaker named Lolly Daskal who shared a story about a king at the age of 20 who was undefeated. On his march through the Persian desert with his 30,000 army, they were tormented by thirst. He was given water by a small group of infantrymen who found a small ravine. But instead of drinking it all himself, he spilled it out to quench the spirit of his troops. You may think of him as a "fool" who could have given his water to others instead, but this man understood that leaders are not great because they have power, but because they can empower others. Daskal believes that this story of Alexander The Great who is not just "great" because of his empires, made his troops feel that he can do the unthinkable, because when he saw struggle he was able to inspire.

It's like Jesse Robredo with his reformist mindset who sought transparency and accountability in local governance for a change and favored equality. Even former senator Miriam Defensor Santiago may also have looked funny when she was angry back then, but she served in the court with her legal brilliance to bust graft and corruption. When they saw wrongdoing, they were able to do the right thing for the country. These people have long gone, but people still remember them. Why? It's because they have influenced them, they made them feel the unthinkable — to remain in their hearts as a great leader who served them better.

There is this living one. A leader, people choose to let go because they remain ignorant. Atty. Leni Robredo. She has the power to inspire patriotism in others and spark volunteerism. Even you might have been a follower, a great follower. No matter how she failed to be chosen as the President, she continued her service to Filipinos. Her Angat Buhay Foundation continues to live, and we have also experienced the UNTHINKABLE. Who would have thought

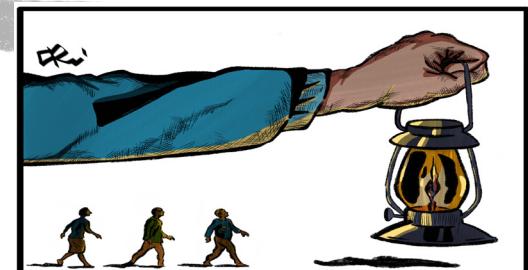
out of hundreds of schools who were also in need, we would be chosen to have a Dormitory?

There is an expression: If you want to do it, learn it. Hence, to be a better leader is to be a student leader. Not the ones in schools, but someone who continues to learn and grow. There is no such thing as an expert in leadership. Even old people or senior leaders cannot be considered experts because time changes and the environment does. With the constant changes in our world, constant changes in our approach come. When you are a leader, you seek knowledge and skills that can help you serve your followers today and tomorrow.

Besides, if Moses is standing in front of his people today with his Ten Commandments in his arms, who had listened to God, learned from his own mistakes and failures, and finally led his people out of slavery in Egypt, would you do the same thing? I bet you would because you already know you would succeed. But, if the probability of tomorrow is different. Would you commit the same thing to serve your people?

Indeed one of the most challenging questions to answer is not only how to be a leader, but also, how to lead better. We all have the potential to lead, whether from our home, school, or community. It's a choice made by us, and not the people. Being a leader can make us influence, empower and make the people feel the unthinkable. We serve them for fairness, for their rights and for their dreams. But we may stunt our growth if we remain the same mediocrity.

Be a leader. Lead better. Probably not for the same world that was, but for the realities of today, and for the untold possibilities of the world that is coming.



## ENEMIES OF MONEY'S SLAVES

**Flaming Hestia**

Cassandra M. Behagan

"Can you lend me some money?" If anyone would be asked for a favor like that, they would immediately ask why. Who wouldn't? It's your money. It's your basic right to know where it goes. But what if the person asking for that favor says "It's a secret. I can't tell you. But can you still give me some?" You wouldn't give it to them right? But well, sorry to tell you that the government says otherwise.

That is how the confidential funds go.

11 days was all it took for Php125 million to go down the drain for something our too good of a Vice President and head of DepEd could never reveal. Her actions and choices are surely questionable. It can only be justified if the President has given the VP additional tasks that are aligned for the nation's security. Well, maybe that's the case, anything is possible in this time and age for our country. Who knows? A vlogger might become the president, oh wait it already happened didn't it?

A similar case got exposed in 2013. The pork barrel scam. It was estimated that around Php10 billion was defrauded from the Philippine government in the course of the scam. When you compare the Php 125 million to this it's just a pebble but even a pebble can still damage a house of glass.

The pork barrel scam was deemed 'unconstitutional' by the Supreme court in 2013. If pork barrel was viewed as such, how is the confidential funds even given a consideration? This is clearly a breach of the constitution.

Confidential funds, by nature, are especially hard to audit. But if you have the ability to spend money, and you know that your decision will have a huge effect, you must also have the ability to audit it no matter how complicated it may seem.

"Those who are against confidential funds are against peace. Those who are against peace are enemies of the state." Sara Duterte said in Filipino. There is nothing wrong about wanting to know where your money goes especially now because of inflation and wanting a better future for the country but it seems that wanting this only causes you to be red-tagged in return. Are those who are against confidential funds really enemies of the state? Or are they enemies of those who are money's slaves?

Money makes you do countless things.

The unimaginable, it somehow lures you to do something you wouldn't do for something or someone else. The list goes on for what you can do for money. Graft, violence,

corruption, you name it.

It can happen anywhere. It already happened in the highest office in the Philippines, it can also happen in the lower sectors of this country. It can happen in your own household, your locality, and even your school. A place which you view as "child-friendly" and "safe" can hide such an act.

Facilities within the school vicinity are deteriorating. Don't be blinded with the colorful tires and landscapes. It's a façade. The walls are cracked, rooms are still standing yet students can't use them. Why is that?

Why is it that despite the problems at hand, we still fail to make solutions? I was in my 11th grade when I heard about the additional rooms that are vacant and have been considered "unusable" because of their condition. I'm in my 12th grade now but it is as if nothing has changed. Nothing was proposed to instigate the change we need. If there was, we should have seen or heard about it by now.

A school is a student's second home with people they can consider as second parents. We want what is best for our home. But sometimes, we just can't give what is best if the person overseeing our home will be blinded by what they will get in return for neglecting. The money that shines brightly overpowers the

fading light of a school's need.

The change we need in the administration will never happen if the one running it fails to see their own wrongdoings. Corruption within an administration will inevitably cause its downfall. We all know that by now. Just look at the situation we are currently in.

Money will blind you. It will give you insatiable greed. Don't be like the ones we already know and loathe. This world will be in eternal damnation if anyone else were to add to them.

Never be one of those people who poorly run the administration. Never be one of money's slaves.





## A REMEDY FOR SEXUAL IMMORALITY

**Sire Poseidon**

Daniel II Z. Ubana

The tapestries of a nation's bright future are weaved by its youth. The children of today's constantly changing and complex environments are the most substantial aspect of a country's ability to thrive and progress. However, with the rapid changes in technology, culture, and society, the young generations are exposed to many challenges and temptations towards immorality, which, to my disdain, have weakened their very moral fabrics.

The morality of Filipino teenagers regarding sex is in great decline based on the many cases of unwanted pregnancy, the spread of sexually transmitted diseases (STDs), liberality in sexual behaviors, and many other evident consequences. Today, more than two-thirds of young people in developed nations have sexual intercourse while still in their teens. In the country, 32% of young Filipinos aged 15 to 20 have already engaged in premarital sex. From this, the most vulnerable group for premarital sexual behavior are youths and adolescents.

The activeness of Filipino teenagers toward sexual activities, however, is significantly different from their involvement in sexual immorality, as it is a far more heavy and sensitive matter. Its concept does not merely dwell on the shallow surface of adolescent's choices of having sex but rather on deeper waters encompassing issues relating to the entanglement of teenagers to sexual scandals. Immorality, I say!

On the national scene, a lot of controversial scandals have been widely known as the hot topics of the time and exploded on everyone's news feed. Although there has never been any official record of the personalities that have been involved in that malicious online gossip, much to the chagrin of those film stars, politicians, religious leaders, and a few TV show hosts, undoubtedly with enough proof of their faces and deeds on adult websites, their famous allegations were all but facts.

In school institutions as a setting, issues like this have risen as well. However, mostly among the young freshmen and sophomores rather than the seniors. As early as the first year of high school, there have been reports of students engaging in sexual intercourse but what more concerning is that there have also been cases of these students performing immoral acts in front of the watchful eyes of social media. Sex scandals. It is a grim reality that made our very institution no exception.

But the question is, do we really understand what led them to commit such an unacceptable act in this traditional Christian-dominated culture like ours? Have we scrutinized all the possible factors, beginning from their childhood up to their current age, that may have contributed to their sexual engagement?

There is a vast array of reasons and underlying factors, which are as complex as the human mind itself. However, we can shed light on a few substantial ones. In the words of Dr. Bernardo Villegas in 2011, it is taken for granted that chastity is an old-fashioned virtue that young people can no longer practice because of the sexually permissive environment in which they live. This significantly means that culture has a big influence on teenager's sexual behaviors. Other notable causes would point towards the influence of social media, pornography, and other avenues where teens interact (Dalmacito, 2018).

As aforementioned, pornography is one of the main factors affecting teenage perspectives and sexual behaviors. According to an article in Psychology Today, the widespread availability and accessibility of online pornography may expose young children to sexualized images and messages at an early age and shape their expectations and preferences regarding sexuality. At their age, where every new piece of information acquired is like fragile glass that can be easily broken and turned into something that could cause them harm,

porn poses many risks to the young. The fading innocence could take a downhill road and start being like a worm that eats an apple to its core.

Media, or often social media, play a significant role in shaping teenagers' attitudes and behaviors towards sex as well. The content they consume can often portray risky behaviors without showing the potential consequences, thereby influencing their perceptions. For instance, sexual content in the media rarely depicts the use of contraceptives or the risks associated with unsafe sex. This lack of representation can lead to a skewed understanding of sexual behavior among teenagers.

Another seemingly overlooked factor is the culture and environment in which they live. A permissive environment is one that tolerates or encourages sexual activity among adolescents without providing adequate guidance, support, or protection. These environments can shape their attitudes and expectations about sex, making them more likely to engage in sexual activity at an early age, with multiple partners, without using condoms or other birth control methods, and, most concerningly, sexual scandals.

The consequences of these factors that lead to the great decline in sexual behavior among teenagers and the increase in immorality can be significant and multifaceted. Teens who engage in sexual activity are at a higher risk of unplanned pregnancies, sexually transmitted infections (STIs), emotional distress, and academic problems. These outcomes can affect not only their own lives but also the lives of their families, communities, and society as a whole.



In relation to teenage pregnancy, the Philippines is on track toward a full-blown, national teenage pregnancy crisis.

According to the PSA, the country has declared adolescent pregnancy a national emergency. As adolescent mothers and fathers are compelled to prioritize pregnancy, early parenthood, and reproductive work, they are forced to put their education on hold. Although at certain times teenage mothers continue to push on their studies despite already having a mouth to breastfeed, the simultaneous struggles of parenthood and studentship make the desired diploma very unpromising.

This growing concern for our teens is one of fate's ways to destabilize a nation, and it calls for an immediate yet permanent solution.

Taking sex awareness programs to the next level is the only auspicious remedy on the horizon. There is a need for this because although numerous typical sex awareness programs are already being implemented country-wide, it still fails to produce promising results. This could be because not all adolescents have access to such programs or services, especially in remote regions where there may be barriers such as poverty, stigma, discrimination, legal restrictions, or cultural taboos. The next level being conveyed is sex education in the Philippine education curriculum.

In other countries, like the U.S., sex education is responsible and medically accurate, begins in kindergarten, and continues in an age-appropriate manner through the 12th grade. In fact, the most successful programs aimed at reducing teenage pregnancy are those targeting younger adolescents who are not yet sexually experienced (Frost & Forrest, 1995).

This panacea, which aims to curb the rising incidences of teenage pregnancies, the decline of student teenager's moral fibers toward sex, and in general, pre-marital sex in our country hangs on the balance now. Whether it will be accepted despite arising opposition from religious sections of this Christian country. This just leaves us with one remaining question. Are we ready for sex education?

Once the spotlight catches you, it will continue to illuminate the story within you.

The world continues to evolve and so does society. People keep thriving for more. Development, improvements, honor and recognition. Can they stand hard and face the standard of people?

Typical students in a classroom expect authority from the President whereas the top student is in the spotlight already, expected to lead and ace every activity. It does not end there. What if the President is also the top student? He will definitely be the so-called standard, and expectations will slowly conquer his life.

The site HumanPsychology defined expectations as the strong belief that something will happen or be the case. Setting expected results and foreseeing the next event. Perhaps, it is the opposite of our reality.

"My happiness grows in direct proportion to my acceptance, and in inverse proportions to my expectations." – Anonymous

Indeed, a quote stated in the same article. When we know how to accept defeat and failures, we can move forward with a smile. Thankful for the experience and growth achieved. However, when you set a higher expectation, the greater the disappointment will arise.

Dr. Robert Puff stated that when expectations sometimes are not met, it causes stress, anger, and anxiety. Although when fulfilled, it only guarantees a bit of satisfaction, a little taste of happiness.

Going back, students these times are expected to excel in every situation. Students from the Science, Technology, Engineering (STE) Program are expected to bloom in aca-

demics, gain knowledge and succeed in every competition. Some teachers were there for the support, but the overwhelming expectations outshine the guide that students must experience.

Perhaps the support was moral. When it comes to funds and facilities, the situation is blurry. Students already have the resources, however what will drive them in achieving their goal are consistent guides, teachings, and assistance.

Well, it doesn't only revolve in the life of STE or STEM students. Pupils from Basic Education (B. E.), also experience those situations whether it is in sports or academic competitions outside the school.

Without denying, learners from regular class look up or think that students from STE program are capable enough of winning especially when there are performances that involves battle between sections. Comparing those two, the difference between them is obvious. Having a diverse environment, living on different standards.

They might be living on different standards but the visible competition in a class or rivalry between top students is visible. Those who are on the honor list will exert much effort and strive harder, expecting higher grades. But what if they fail and do not achieve their goal? Their pride and dignity will surely fade.

Co-students are not only the ones who expect from others. The victims of expectations also make standard for others. An un-

ending cycle of intuition and disappointment.

When the person living on expectations makes a shield and returns the standard to you, flaws will arise. Students expecting a detailed and clear discussion, pupil eyeing for credentials, learners thriving for improvements.

On the contrary, there are people who do not set expectations. Individuals in higher positions don't trust the capabilities and skills of students. Those people who go with the flow. If the student lost, he lost and when the contestant won, surely a bunch of coaches will come into view.

Continue to imagine and look around you. Expectations don't end with students, teachers, or in school. There are lots in showbiz, religion, race, economy, and politics.

Standards are not only for youth. Streak winning for them will fire up the belief and assumption on them. Along their way to success, more people will expect hence more individuals will be disappointed if failure emerges suddenly.

Just like what happened in the last election. Seeing the progress of the country right now, for sure, millions of citizens are now disappointed. And we can't deny that there are people who act foolishly thinking that day will pass, and new government will lead, aren't minding the complication it brought.

Of course! Expectations and standards give a wide destruction to an individual

## DARE TO STAND TALL

**Master Geo**

James N. Gacos



who's only trying to survive each day for the sake of the dreams he carries.

"Look forward, focus on your goal."

"Do not live with the expectations of others. Be the best version of yourself."

"Be matured enough."

How can someone look forward if you're there making distraction? No matter how mature an individual is, it won't hide the fact that they will also feel down sometimes. Be lucky if that feeling will only last for a minute.

With how high the standard and the image set for a person; pressures are there to consume the energy of that person. People have forgotten that they expect in an individual who is also a human who wants to succeed without hearing complaints from others.

Human who wanted to improve and face reality, daring to stand tall.



Photo courtesy: Herculano P. Mago



## Leadership Unveiled: From CAT Commander to SPTA President A Journey of Leadership and Service

|| Qiom Maxim Jurym B. Bellen & Airish V. Pacer

**Aspiring Leader.** SPMAJ Herculano P. Mago Jr. with team and Hon. Mayor Severino H. Francisco during a community outreach program.

In the quiet town of Labo, Camarines Norte, a prominent leader who came from the Citizen's Army Training (CAT) in 1989 at Labo, Camarines Norte. Having ranked second best in his class as salutatorian while holding the prestigious position of Core-Commander, he had started an incredible journey that would eventually place him at the apex of leadership. The current School Parent-Teacher Association (SPTA) President Police Major (PMAJ) Herculano P. Mago or as people know him as June Mago whose life story is a testament to unwavering dedication towards service and excellence.

Being a boy scout when he was younger, this leader was created for success. In his various capacities of being voted in as a leader, Chief Mago held on to the philosophy that "command is command". His zeal for instilling discipline and skills in young people led him to advocate for CAT plan's revival which he envisioned as preparing

potential external threats especially China. The scope includes not only marching drills but also instruction about command and developing leaders among our youth.

Chief Mago was born as a leader and his journey continued to unfold as it progressed, these helped shape his character and leadership. From Labo's Chief of Police to an adoring dad, not only focusing on his work life, but still able to manage his time for his family. His vision for the school extends beyond academic success, so that it becomes a leading institution not only in Camarines Norte, but also across the Philippines. He wanted to develop a school that could produce informed youth, and athletes that embodies sportsmanship.

Casting on his academic achievements, he graduated with the degree of BS Electrical Engineering in Rizal Technological University and BS in Criminology in Saint Ferdinand College. Subsequently, he earned a master's degree in Public Admin-

istration. Serving 26 years in the Philippine National Police, through every police rank serving as Chief of Police in Panganiban, Capalonga, Paracale and recently in the Biggest Municipality in Camarines Norte, the Municipality of Labo. Chief Mago's leadership style, which is 'leadership is an action, not just a position' was shaped by challenges he encountered such as managing a large municipality or dealing with youth issues.

Chief Mago's style of leadership revolves around motivating his subordinates and emphasizing the philosophy that leadership is an action, not just a position. He's an upholder of the importance of taking care of the personnel morality and welfare, balancing duties and responsibilities like a long motorcycle ride, and adapting to changes for progress. His experiences in PMA and PNP has shown that he is determined to ensure and maintain peace and order knowing that without peace, there is

no progress.

Leadership as opposed to being a title is highlighted as important. "Before you can obtain something, you must work hard for it." We are left with a deep call-to-action statement

which advocates for facing problems, maintaining discipline and working together towards an enlightened future spearheaded by informed youth.



## Choked by Change

|| Daniel II Z. Ubana

Once the country's most trusted news source, it is now merely a shadow of its former self. CNN Philippines, the country's only free-to-air English news channel, has, due to devastating losses, bid its final farewells to its comrades in the media industry and to millions of viewers around the world. One may ask a prying question: how did CNN fall from grace?

Cable News Network, more commonly known as CNN, has been one of the country's most loyal distributors of news for nearly nine years. As a monopoly of information for millions of people, it is a pioneer and a leader in the field of journalism, with a reputation for breaking stories, holding power to account, and providing diverse perspectives for the masses. However, on January 29, 2024, the news network officially announced its shutdown, leaving over 300 media workers and journalists jobless and even more outside the industry, dismayed.

According to reports, the local franchise has suffered devastating financial losses, with numbers exceeding P5 billion. The decision to pull the plug was sought out as all rigorous efforts to adapt and innovate in a rapidly evolving and challenging media landscape remained ineffective and futile. Yes, CNN could not win with swords and spears in a modern arena where competitors already had guns and artillery.

CNN's downfall can be attributed to a number of factors. Each one starts off like a lump or a tumor, one that brings rot slowly to the cells of its host until it completely withers away. One of these would be the increasing decline of cable TV subscriptions. In fact, traditional cable-TV providers lost around 6 million cable-TV subscribers each year from 2019 to 2022. This trend seems set to continue, with more than 4.5 million customers leaving in the first three quarters of 2023 alone. Streaming services from Netflix to Disney to Disney+ often take the blame for these declines. Secondly, there is a loss of credibility and trust among its viewers. CNN had already faced several controversies and lawsuits over the years, ranging from a few accusations of bias to fake news. These issues have tarnished the broadcasting network's reputation and damaged its brand value. Third is the lack of innovation and diversity in its content. CNN has always been a straight news-based network, and a large number of people find straight news to be "boring" and "unenticing." People who'd rather indulge in malicious gossip and juicy stories instead of legitimate information would rather enjoy it behind the curtains of other platforms, such as the most commonly observed social media. A common Filipino foible. Lastly, there is the rise of fierce competitors. This one, however, is no longer a minor tumor embedded in the heart of CNN but rather a cancer

that gave the final decay and brought the host to its end.

The competition being conveyed doesn't only point the blaming finger towards other broadcasting networks or news outlets. But dominantly towards the rise of online or digital platforms, social media influencers, and streaming services. These have set the stage for the media industry in deep waters where CNN and other such networks could not easily make elegant splashes. These very matters raised questions about the viability and sustainability of TV broadcast networks in the Philippines.

With the world in the internet age, sustainability for legacy media is inauspicious and unpromising. Although for many years many have sought to find solutions, adjust-

ments and innovations have been made to little or no avail.

CNN's shutdown serves as a sobering reminder of the status of the media landscape today. Sky Cable had also already announced its closure on February 26, 2024. The news network ANC also faces a seemingly jeopardized future, making desperate yet necessary actions just to stay afloat. They are like soldiers being unlawfully relieved of their duty, though they have fulfilled it with loyalty and dignity.

It is still unclear whether this will end here or merely be the beginning of an even bigger collapse. Will the TV broadcast industry push through and keep up with the fast-paced world, or will it, just like CNN, be choked by the same firm hand of change?



**Loss of media.** On January 31, 2024, TV News Media of CNN Philippines processing the deactivation of broadcasting in Filipino media.

Photo courtesy: Manila (AFP)

# The Horrors Behind Closed Doors

|| Daniel II Z. Ubana

**U**nder the spotlights glow, the evening unfolded like a dream. Yet in the shadows, nightmares were etched onto the night.

In Tulay na Lupa National High School, an annual pageant reached its climax on a rainy November night. The stage was adorned with glittering decor and embellishments. Oblique lights of fancy colors spilled on the rotunda of people cheering for the candidates they wanted to be crowned Mr. and Ms. Intramurals of the evening. The melody of songs and applause set the tone for a celebration. The perfect diversion for an unforeseen evil to manifest under their noses.

One of the grade 7 classrooms, not 10 meters away from the covered court, welcomed tranquility within its floors. The four walls of the 7th grade assertive became refuge for three young girls and a sharp Dorco blade. The silence that embraced them concealed their quiet grunts, as they purposely created art works of blood on the canvas of their forearms. Their silent lacerations whispered a story only the walls could comprehend. But the silence soon shattered like fragile glass, replaced by the crescendo of screams and echoes of communal distress.

I've always considered myself an unlucky fella. I was one of the unfortunate attendees who detached from the pageant's glamour and glam. Giving in to the call of curiosity, I allowed my feet to take me to the source of the resonating screams that sent shivers both to my spinal cord and to the school's very foundation. Little did I know that that very night would be carved into my memories, not because of the pageant that I was here for, but rather because of the paranormal event that preceded. Curiosity could've killed the cat, but fortunately the cat was not alone. By the entrance, there was an old woman holding an old rosary. She stood there so still and immobile, as if her veins had solidified within her, as if were she tipped over, she would fall to the ground and shatter. I diverted my sight from that woman onto the classroom ceiling and, finally, to one of the squealing young girls on the classroom floor. As I took my first steps with the intent of approaching the child, her cries grew louder and louder, and she started moving in a peculiar manner. And at a glance, the aggressiveness mysteriously stopped. She glared at me with menace in her eyes and offered a smile. Not long after, I felt all the heavens and the earth colliding inside my chest as if forcing my heart to burst as

she started crawling towards me.

Once, I went hiking with my family in the forests of Napaod. I wandered alone and got lost on the tracks. While I was walking on that leafy forest floor, I encountered a wild boar. Wild boars in our area were aggressive, horned piggies that would charge towards people even when not provoked. And I provoked the damn beast. The tight feeling in my chest then and the weak feeling in my loins now have been exactly the same. Fight or flight, my biology told me. And so I did; I ran off and never went to that forest again. And now, at the sudden prospect of the young girl before my eyes, I had an urge to do the same. But in a very untimely moment in my life, courage kicked in, and I stood my ground.

I was ready. I positioned my stance in a way that I could easily maneuver my legs to kick hers so as to knock her down and pin her with a powerful headlock. It was then that something very unexpected happened.

A priest, a quack doctor, and a policeman rushed into the room (this is weirdly similar to the beginning of every joke I know). But it is not a joke. Rev. Father Frederick Torres of the Catholic Church was immediately called by the school's head as soon as the whispers about the "possessed girls" reached her ear. The quack doctor was Kuya Alex, the father of one of the girls. The policeman was the escort of Police Major Herculano Mago, who sits along the merriment of the crowd on the covered court. They rushed in and restrained the girls. In a sudden moment, a mixture of holy water, herbs, petroleum, gunpowder, and smoke was engulfed in the air. All three of them are doing their business to calm the girls down. And although the school teachers and guards that were first at the scene tried concealing the happenings to prevent a school-wide panic, the commotion was nothing more than a bright lamp on a dark night that attracted moths. It was inevitable. Groups of students started closing in on the scene. They were very fascinated by the embodiment of the paranormal that took place on their school's premises.

Fascination rather than fear. One of the aspects of human nature that led to the many discoveries that changed the world. This night was a very different one. Out of the crowd that approached the scene, one girl had difficulty breathing and dropped to the ground. She started crying and called for her parents. Not long after, another one did the same, followed



by another, and finally, I counted six young females, sobbing and screaming out of pain, as if they were being choked by a firm hand that could not be seen by the human eye. The priest tried his best to exorcise the evil spirits—or so he believes—but his efforts were futile. The girls were too strong and too stubborn to be freed from their torment. They resisted every attempt to calm them down or to heal them. Help us!! The quack doctor called onto each able-bodied boy, witnessing the possession that had just been taken out of the frying pan and into the fire.

Six men held and pinned each one of them to the floor. They were being more and more aggressive by each minute that pass. I, out of human compassion, held one of the girls by the shoulder. With the rest of my comrades tightly securing her limbs, she was overpowering us; quite ironic that situation was. A thirteen-year-old skinny girl is pushing six senior students off balance. I felt tired. And out of all the lightheadedness the entire experience was giving me, I knew one thing for sure. Her strength does not come from her body alone. I was so close to passing out, but luckily, that young girl spat at me and then cursed me with words that registered like the crumbling of freshly made paper.

As nasty as it was, it was bracing. It brought me back to my senses, very much like the slap of someone I know. I looked at her for a moment, then decided that I'd had enough. I left that room and spent the rest of the night in the comfort of the still-ongoing pageant on the covered court.

Days passed, and the rumors about the claimed possessions spread like warm autumn leaves. To this end,

many perspectives were drawn. Some said it was hysteria, or more accurately, mass hysteria. They were under the effect of drugs or alcohol," says the more sophisticated ones; some said it was a prank gone wrong, others said it was a curse or a hex. Some blamed the school; others blamed the parents. Some prayed for the girls; others shunned them. Some sought answers, others sought justice. But no one knew the truth. No one knew what really happened that night. No one knew what drove the girls to harm themselves and others. No one knew what they saw, heard, or felt. No one knew.

Except for those few brave souls that dared to enter that room and come face-to-face with something far beyond the grasp of human understanding. And, of course, me.

I knew. I knew because I was there. I knew because I saw it. I saw the darkness in their eyes. I saw the hatred in their words. I saw the pain in their wounds. I saw the fear in their faces. I saw the evil in their souls. And I knew what they needed. They needed faith. The school will be no exception to this need. For I believe that the paradoxes behind these peculiar events reach far beyond the very roots of the school—roots that grew stems of stubbornness toward the holy scriptures and stems that sprouted leaves of disobedience to God. And now it has grown into a wild shrub that harbors evils therein.

**Faith is the shear needed to cut it down. Faith is what those girls needed, and faith is what the school needs.**

# HERO Z: A VIRUS THAT CURED THE INFECTED MINDS

|| Danah Jasmine B. Sigaan

Bayani Love's Hero Z is a historical fiction which is set at TownZ which is a hostile community lead by Boss Tsip who has developed a virus intended to harm the people. Among all this chaos, friends – Andy (Andres Bonifacio), Jayriz (Jose Rizal), Kudz (Sultan Kudarat), and Pol (Apolinario Mabini) organized a rebellion to oust Boss Tsip.

Though Jayriz tried his best to halt the rebellion by going abroad to study and then later on develop a drug to help cure the virus. Amidst all these his friends Kudz has died of the virus, and Pol died of HIV, and that the virus has already spread in the community. And Andy formulated a plan to rebel against the government.

Upon Jayriz's return, he had successfully developed a cure, Boss Tsip has accused him of rebellion and sedition which resulted in Jayriz being executed at the town plaza. The two friends had an argument on who to follow and what plan to execute. This event pushed Andy to continue the fight and won.

Hero Z presented an exciting stage performance portraying concepts of reality and endless issues of youth. The golden history of Spanish occupation was merged with the play's orchestrated time setting.

The performance was indeed a marvelous creation that was schemed to particularly attract the vulnerable youth

to be the main audience. A set of viewers who can relate and understand the relevance of a meaningful stage play. They are the generation Z that are expected to be observant and vigilant; the chosen who will defy the repetitions of our history.

In Hero Z, Atty. Vince Tañada is a creative theater director with a unique style that incorporates futuristic themes pertinent to our history, such as pandemics and heroic figures. He also loves political history and shows the unique ideas about comedy and romance. Despite being a history theater production, it addresses current concerns such as gender sensitivity, inequality and prejudice, and racism. While evaluating it, it teaches us all to avoid doing things that we know are wrong, at the end we should have character development.

The title "Bayani Love's Hero-Z" implies that the former Filipino heroes (Bayanis) love this generation—the Gen-Zs. They do believe that Gen-Zs have the power and capability to represent and embody the Filipino heroes during a crisis.

Well, the show was not only filled by the humorous side of characters, and the sweetness of kissing scenes. It also dealt with various violence, the theater play showed different types of treatment of violence, like shooting the captain's skull, beating individuals for minor offenses, and tying them up with chains and covering the head using a sack.

The music was staged gloriously by the multi-awarded musical director and composer Peter Paul "Pipo" Cifra. As for the production design, the show has all the theatrical elements, including appropriate sets, costumes, choreography, and props satisfying the standard of its genre making it more accurate and relatable to the audience.

The most essential component of the theatrical element to effectively portray the essence of the characters is the acting choice of the actors. Atty. Vincent Tañada as Andy, Johnrey Rivas as Jayriz, Gerald Magallanes as Kudz, Fidel Redado as Pol, Adelle Barrientos as Ella, Chin Ortega as Tata Selo, OJ Arci and JP Lopez

as Boss Tsip. Vincent Tañada was a versatile actor, given his acquired roles, he successfully portrayed the personality he—the director aspired to be.

This stage play embarked on the history of the Philippine people with a mix of the modern occurrences in society today. Every concept included in the play could be an effective method in working with arts to deploy educational messages to the children. Generation Z, together with the help of our Bayani's contributions to society, we could promote countless issues being overlooked in the past up to today and we could initiate action on the matter so we can achieve an improved environment for the future generations.



Photo courtesy: Manila (AFP)

## AWAIT YOUR FALL

|| Princess Ahzumi C. Magana

"RANKED" is a mystery movie thriller invented by Science, Technology, Engineering, and Mathematics (STEM) 12 students from Tulay Na Lupa National High School (TNLNHS). The movie explores the dangers of keeping small secrets and how our actions leave a great impact on every individual close to us and result in consequences. "The higher you climb, the harder you fall" is the tagline from the movie, reminding us that we should also be considerate of ourselves.

The movie of STEM 12 is not a typical movie we see in other movies. It's similar to other Philippine television series that focus on the story behind the secret. Moreover, it is relevant to our societal issues, specifically those students that have a mental issue and students that are unable to handle pressure from their parents. That's why more people and students don't care about their actions.

Cassandra Behagan, the director of the ranked film, has a unique perspective on storytelling that leaves the audience intrigued and engaged the students audiences interested and enticed. By challenging character portrayals, she confuses the minds of the audience and leaves them wanting more.

Even though their film "Ranked" is a mystery thriller, there were some overlooked matters, including mental health issues, self-esteem, and the pride of an individual, which are more prevalent among young individuals and citizens in general. It is not just about the self, stu-

dents, and family; once you've observed and evaluated the details of the storyline, you will discover an interesting side of the film.

At first, it seems to be about ranking students in a class, but in the end, the meaning of the title discusses that it is about ranking the students who have committed the most sins to the least committed sins.

When the Class S ranking was revealed at the beginning of the second semester, all students were affected. Rowi Ofter, who had previously been ranked first, had dropped to number two, and Aden Jabez had taken the top spot, which had resulted in a conflict. Suddenly, Aden Jabez committed suicide, but based on the investigation, Aden was murdered. At the following day Rowi Opter commit suicide due to her mental health issue.

So all of his classmates and advisers investigated. During the interrogation process, other suspects defend their stance while others blame the rest.

Following the interrogation, others reveal their true colors, and for every lead that emerges, they blame each other. They have no idea which of their classmates is the real killer. The true murderer is Azrael Damien, who exacted revenge on his mother, Astra.

Azrael Damien is just the result of a one night stand between madam amida husband and Azrael's mom. Mam Amida's main motive is to kill Astra so she can't sue for alimony from her husband.

So she paid Tristan Veda a member of a gang to kill Astra.

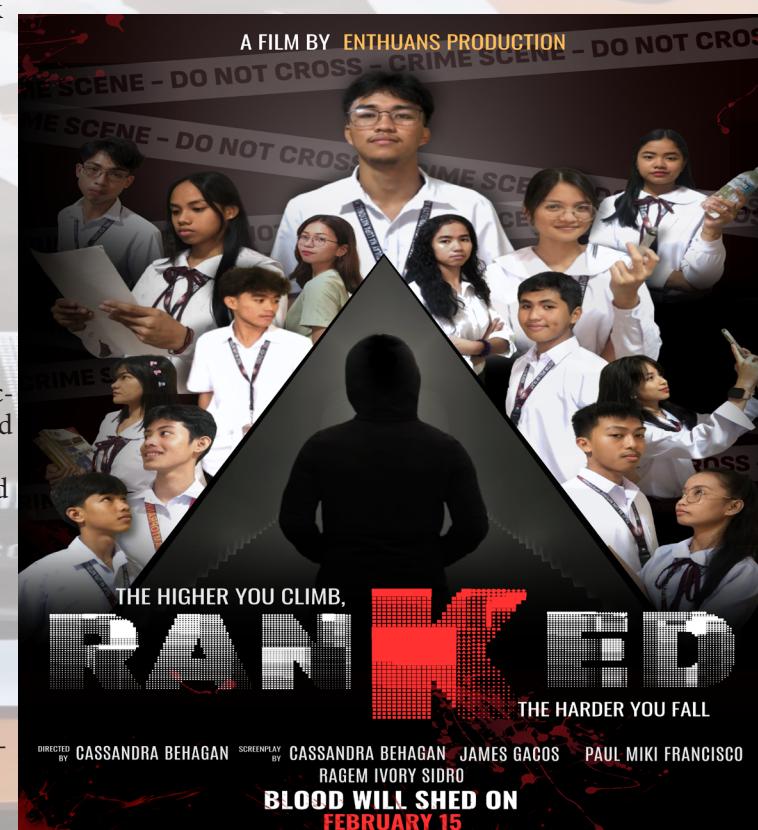
Ranked, a new film, shares similarities with other films in its portrayal of violence. Some scenes depict characters using hammers, broken parts of a bottle to kill someone and the rope to hang up a single victim, and one character that uses a gun to kill himself.

For over one and half hours of the movie of Stem 12, they engaged us into a roller coaster ride that was full of tricksness and confusion. The cinematography of the film uses a flash back strategy, glitch effects, and original musical score that make the audience heart triggered. Also in production design and venue they use a simple material and place that can be easier to find.

In Cassandra Behagan's first experience as a film director, she did not expect to win the best director award. She was delighted because her co-stars received different awards and the characters effectively portray that they can easily understand the portrayed character. Best Writers - James Gacos, Ragem Ivory Antigua Sidro, Miki Erefio, Cassandra Behagan; Best Original Theme Song - Pre-

cious Dañella B. Garfin, Cassandra Behagan, Roanne Patricia Racoma; Best Actor - Daniel Zantua Uban; Best Supporting Actor - Razel Arizabal; Best Supporting Actress - Roanne Racoma.

The movie "Ranked" reminds us that "The higher you climb, the harder you fall" we should be content with what we have to appreciate our self. At the end as an individual you will realize that your actions have a great responsibilities and when it comes to secrets we should commit.



# OUR GUIDING LIGHT

|| Baby Nicole T. Canal & Kristle G. Mosico

An educator who started serving as a teacher in Tulay na Lupa National High School at the age of 35, a father, a loving son, and a devoted husband to his wife, Ma'am Jerlene De La Cruz. Sir Noriel De La Cruz served as an inspiration to others. He lived a life with simplicity and a good heart.

Sir Noriel was also known as a sports lover with great skills to match it. He developed a passion for sports and was known as one of Tulaynon's best coaches to ever have. Coaching in various sports, one of which was basketball during the Maestro Cup, Pencak Silat, and Citizenship Advancement Training (CAT). He served two years as a

teacher. He was an adviser to Grade 9 Generous and taught subjects in Araling Panlipunan and Technology Livelihood Education.

Behind all the bright things that Sir Noriel has shown to everyone is someone who faces problems just like the rest of us. He was a father who lost a child way back in 2017 because of dengue. It brought about changes to the couple's everyday life routine. But then a miracle happened. They were blessed with another child, a daughter named Shane Leigh De La Cruz. It was their symbol of hope and a new beginning.

Apart from everything Sir Noriel already is, he

was also a businessman. He owned a carwash and a sound system. Having a passion and love for music, it served as one of his stress relievers. He had "Nothing's gonna change my love for you" by George Benson as one of his top songs on the list.

Even though he was a strict teacher, he could still maintain a good relationship with his students because of his fun personality and humorous jokes. It made him not only loved but also respected by his students. We can never tell what fate has in store for us. Sometimes, it just won't go our way and that is what befell on Sir Noriel. One of the school's best contributors had turned into a memory.

Unforeseen things can happen. Sir Noriel bid his last goodbye on October 26, 2023 due to a cerebral hemorrhage caused by hypertension. All of it was too much to bear for Tulaynon, his friends, and for the family he had left behind. We could never have been ready for his sudden departure, we can only be left behind the best memories he had made with us.

As we bid farewell to Sir Noriel, we are reminded by his profound legacy that he had left us behind. His kindness, generosity, and steadfast spirit will continue to live on in the hearts of those who were lucky enough to know him. He may no longer walk with us anymore but his heritage of love and happiness serves as a ray of hope to guide those who are wandering in the darkness.

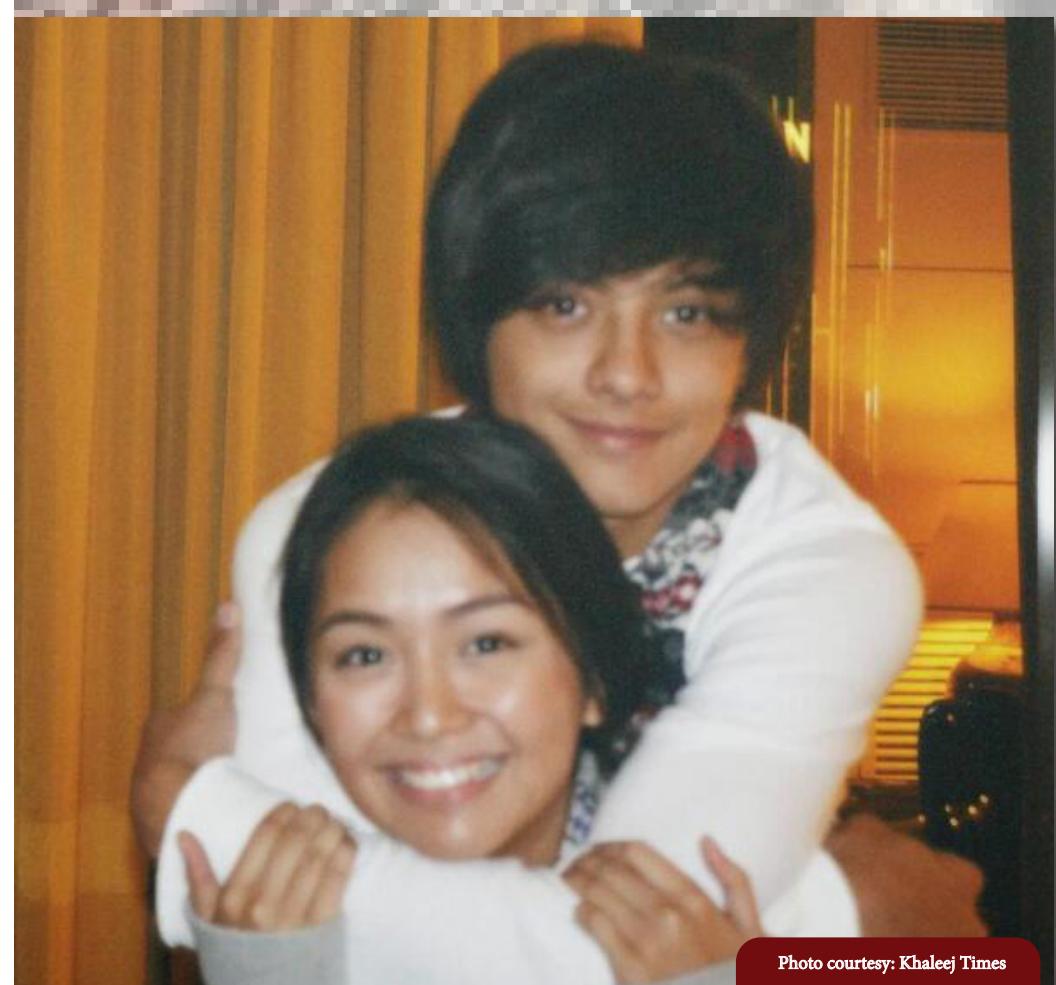


Photo courtesy: Khaleej Times

**L**ove is a spectrum of intensely pleasant and emotional feelings that includes everything from the purest virtue. A strongest affection between people to the most basic pleasure. It is also the basis of respect and represents trust. Respect and affection for coworkers, especially their love team, are fundamental traits of those who have practically grown up in the field. When true love blossoms, the audience becomes even more enthralled with the excitement it provides.

Two names that gave rise to teleseryes, plays, and movies that are among the well-known love pairings in the entertainment world. Both Daniel Padilla and Kathryn Bernardo's excellent acting were highly unlikely to not be noticed. Their enormous fan base, similar acting style, and the professional relationship they once had established their status as a well-liked and prosperous love duo.

The merging of two well-known and powerful television teams caused a lot of controversy despite their popularity, love team status, and nearly 11 years of togetherness. Fans were witnesses to the story that unfolded by these two.

The inconceivable break up of Kathryn Bernardo and Daniel Padilla. Actor Kathryn Bernardo announced on Thursday, November 30, 2024 via an Instagram post, that she and actor Daniel Padilla are no longer a couple. Kathryn Bernardo shared an old photo of her and Daniel in her Instagram account. She also wrote the caption "Chapter closed", "I hope this finally helps all of us move forward. I won't be entertain-

ing questions regarding this anymore. Thank you for understanding." And this photo also includes a longer statement, "I've always tried to be my own person. I was encouraged to think for myself and decide for myself. Even when it comes to love. Especially when it comes to love.... It's true that Dee and I have decided to part ways. What Dee and I had was real. It was never for show.... These are 11 years that brought me joy, adventure, and the feeling of being home.... He was my first boyfriend.... I will always have love for him.... We've been drifting apart for a while now, and we ultimately had to accept that we can't go back to where we used to be...." and she ended her statement with direct message to Daniel "Dee, you gave me 11 beautiful years and the kind of love that I will forever cherish. I will always be grateful for you."

Daniel responded with his own photo and statement on Instagram, after Kathryn uploaded her post. "Our lives may drift away, but our love will still ride that tide." he also added a thankful message to their fans "KathNiel, maraming salamat sa napakagandang pinagsamahan natin.... Magiging mahirap pero kailangan nating yakapin ang kinabukasan.... Bal, ang pagmamahal ko sa 'yo ay walang hanggan at walang katapusun." Daniel said.

My heart goes out for the mourning hearts of the fans of the once glorious KathNiel. It was unexpected. Who would have thought that the love team that a lot of Filipinos have grown up with would end?

The breakup sparked a lot of talks that created

## Chapter Closed: Love Adrift

|| Patricia Aliyah S. Mago & Lavriane M. Lacson

a wildfire across the internet. Talks about moving forward, determining whether it was true or not, and the talk about the issue circulating around Daniel Padilla's infidelity. Despite the multiple-cheating allegations against the actor, the 27-year-old actress said she and Padilla had been "drifting apart" for some time and that they had to accept that they couldn't go back to what they used to be, and the actress claims that their relationship was respectful from the beginning to the end.

Kathryn Bernardo and Daniel Padilla's relationship signifies that closure and love is not

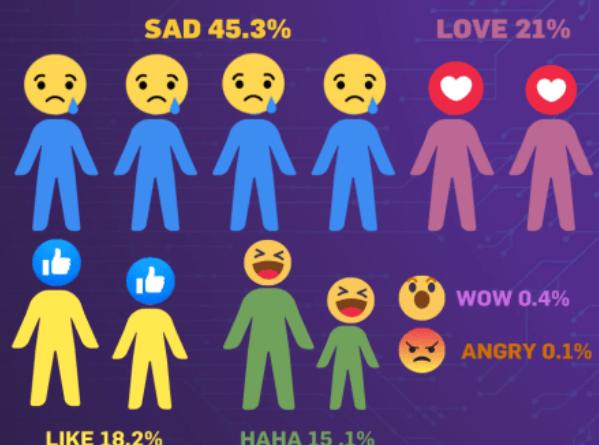


enough. Not only do they fans mourn about their break up, they also take us on bittersweet trip memories as we look back to their 11 years of romance. Their transition from showbiz to real life couples is perceived by some as a fairy tale. The end of KathNiel's romance reminds us that even if you're in a long term relationship, "forever" is not always given

### Facebook Sentiments "KathNiel" Breakup

Gathered data from publicly available accounts, posts, and overall mentions on Facebook November 1, 2023 to December 1, 2023

**1,490**  
**1,669,232**  
**508,269.5**  
POSTS  
REACTIONS  
ENGAGEMENT SCORE



# Fading Culture Halts Modernization

## EDITORIAL

**M**odernization is the definition of improvement and innovation in our society. Robotics and automation can be seen anywhere. But the development we've been chasing is too far beyond our reach.

Traditional jeepneys have always been the evidence of Filipinos' resiliency. A reminder of their resourcefulness to build something useful from the wreckage of World War II. A public transportation system that is known for being the "king of the road" for its versatility and durability, saving the lives of Filipinos. However, with the thought of modernizing it, aren't we killing the life of our culture?

Starting from the interior design of traditional jeepneys, reflecting the spirit of Filipinos being ingenious and unified by diverse cultures, up to their service as the lifeline of students and low-income workers. Jeepneys indeed made a remarkable appearance in society, but the government turned a blind eye, claiming jeeps needed to be remodeled to somehow solve their involvement in road accidents.

According to the Road Crash Statistics Report, there were 10,163 public utility jeepneys involved in road crashes in 2017. Nine drivers sacrificed their lives, 682 were injured, 11 passengers lost their lives, and 1,152 were injured. That year was a nightmare for the families that lost someone because of such tragedies. Unwanted event that opened the discussion about the modernization of jeepneys.

The Department of Transportation (DOTr) issued Department Order No. 2017-

011, known as the Public Utility Modernization Program (PUVMP), five years ago. A proposal wherein the outmoded ones are being replaced by a 23- and 18-seater bus-type electric and liquefied petroleum gas (LPG)-powered jeepney that provides comfortable partitions for passengers.

A prototype that is far different from what we used to have is an amazing idea. But why does it still gain attention and a bunch of contradictions from our own citizens? Many drivers fiercely disagree with this development. "The government is massacring our livelihood," PISTON, or Solidarity of Drivers and Operators chairperson Modesto Florida, said. The drawback of this movement is heavier than the benefits. The ranging price of the modern jeep is Php 1.3-3 million; an average driver cannot shoulder that amount of money. They could only earn at least Php 12,000 monthly from a Php 480 daily wage plus a Php 300 daily allowance. It'll take years and even decades before their wages suffice that number.

The drivers have been with us from the very beginning, and their hard work every day has been a great help to every commuter. They have been there, whatever the weather, proving that there is no need to question every transport strike that happens. Everyone bets on those rallies, wanting to save a shard of our identity.

Pushing this innovation will only benefit those wealthy enough who can put up with that costly project, making the rich even richer and the people below the poverty line suffer.

Drivers are only working to make the ends meet. They can't just let their source of income turn to ashes and vanish into thin air. They will struggle more with this advancement, so does the commuters.

Just like here in Tulay na Lupa, Labo, Camarines Norte, where the traditional jeeps are nowhere to be seen, the suggested fare if the modernized jeep arrives ranges from Php 40 to 50. We are in the province and thinking other citizens from the cities, for sure, there will be a great hike in fare. Not all can afford it.

We cannot set them aside because we are seeking development. Development should help and give progress to everyone rather than making them suffer and pay the price of our country's ambition alone. Improvement is a must, but we are going too far by letting others

take the fall.

Modernization is really blinding. It shines, disabling our sense of sight and hearing. Such ideas created a huge noise, revealing every story of claims and stands.

Our dear government, think holistically for once. Rather than watching the eyes of low-income workers or those in poverty line welled up, do the honor and adjustment. Help the Filipinos, help the drivers modernize.

**One thing is for sure, we cannot afford something currently far beyond our reach.**



# LOST EMOTIONS

|| James N. Gacos

The agonizing part of being a teenager is having trouble understanding yourself.

Our identity, our personality, our body, our feelings. Are all of it true? When did we start doubting our existence? Perhaps, when we feel nothing, but the emptiness and loneliness life gave us.

According to the World Health Organization (WHO), depression is a mental disorder that involves a depressed mood or loss of interest in activities for a long period of time. Symptoms include poor concentration, excessive guilt or low self-esteem, insomnia, changes in appetite, and feeling very tired or having low energy. Depression may turn or lead to more stress and dysfunction worsening the patient's status; taking his own life.

World Health Organization records show that approximately 280 million people in the world have depression. A 3.8% of the population experiences it and 50% most common among women than men. This mental disorder is also known as one of the leading causes of death among teenagers; one of the factors a person commits suicide. Notes also show that more than 700,000 people die yearly due to suicide.

Depression is an exhausting illness that deserves to be addressed and not be faked by or be involved in such trends and sensations. CNN Business stated that teens are using social media to diagnose themselves.

Based on the record of TechReport, 4.76 billion people globally actively use social media. Teens mostly use TikTok and YouTube daily. Survey shows that 77% of teenagers (around three-quarters of teenagers), use YouTube daily. It was followed by 58% saying that teens frequently use TikTok, 50% use Instagram, 51% on Snapchat every day, and 19% reportedly visit Facebook daily.

Multiple teenagers nowadays experience changes in mood. These moods drive the personality to be motivated or pessimistic. Scrolling upon social media like Facebook and TikTok and seeing sugar-coated quotes diverts the emotion to dejected part the self even more. Those quotes may be positive but are you sure that a hundred percent it is not about you building resentment and making regrets?

Artistic artworks, figurative poems, black and white photos delivered in a figurative language of trauma and tormenting past. The younger generation that shares and spreads those inciting captions as if they relate to the terror exposure to the chains of fear and destruction. Thousands of minutes pass each day just for the real victim to survive and there you are. The cool side of you romanticizing what they feel.

In an article of CNN Business, Erin Coleman told that her 14-year-old daughter search about mental health diagnosis in Apps like TikTok and Instagram. Every week the teen came up to the mother with another diagnosis. "If she sees a hint of herself in someone, she thinks she has it, too.", one of Coleman's statements. Upon watching the contents, the teen tries to convince her mother from time to time and self-diagnose herself that she has attention-deficit hyperactivity disorder (ADHD), depression, autism, mysophobia, and agoraphobia.

The same things happen to young Filipinos nowadays. With the consistent use of cellphone and media, they found posts and contents they may relate to as if mental disorders are not a complex topic. When someone finds themselves having troubles or feels something unusual with their state of mind, they should seek help from experts and profession-

## COMMENTARY

Photo courtesy: Boston University

als.

In an article of Philstar Global, Youth for Mental Health Coalition chair Alyannah Lagasca said that Young Adult Fertility and Sexuality Study (YAFS) said that the findings showed that 62% of youth who felt depressed did not reach out to anyone and only two percent sought help from professionals.

Recent episodes in Toni Talks featured Fifth Solomon wherein he said that depression is not sadness, and it is not a choice. For him, depression is something like feeling sad, but you don't know where the emotion is coming from. "Hindi siya parang light bulb na mas-wi-switch on and off mo," Solomon emphasized.

Mental illness is not a joke, and it is not something that should be part of today's trend. Depression is truly a complicated situation that will drain our energy. You may feel sad or happy by just watching movies, but it doesn't mean you're bipolar.

You may experience one of

the symptoms like insomnia, but you're not depressed. There is another reason for that, and it involves new topics.

Know that your feelings are valid but don't forget to seek medications if you're truly experiencing unusual. If your mind is troubled, don't let your independent side take the lead and self-diagnose yourself.

**"If you want peace of mind, don't make your situation more complicated."**

**Stop romanticizing depression.**



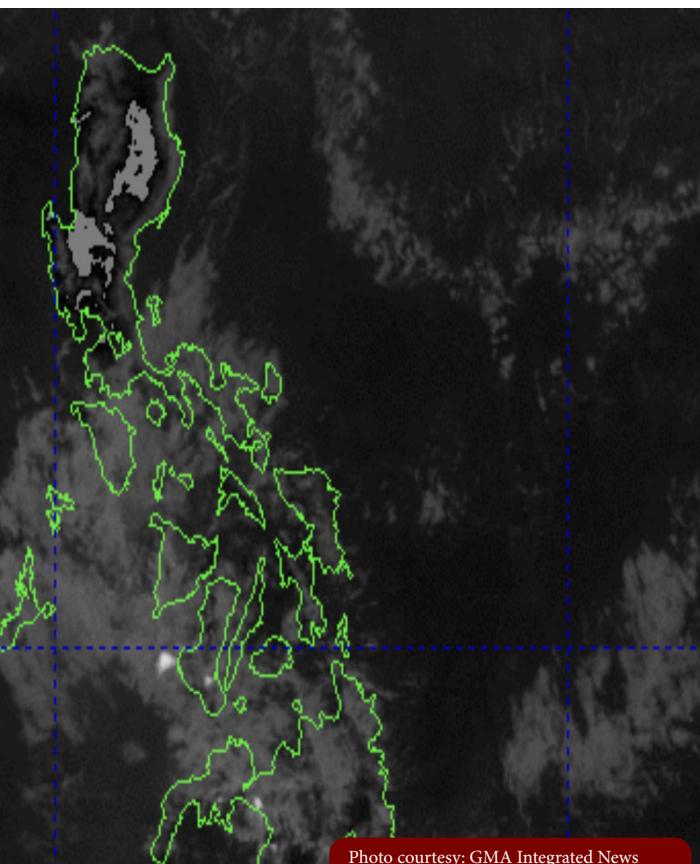


Photo courtesy: GMA Integrated News

## #WalangPasok: On DepEd's New Guidelines in Class Suspensions

|| Ragem Ivory A. Sidro

### NEWS

While the soaking weather and the stressful environmental disturbances visit the country almost every day, students and teachers are becoming confident to lay back on their beds and stay at home, thanks to the new guidelines on class cancellation and suspension.

The Department of Education (DepEd) has released DepEd Memorandum Order No. 37 s.2022, which outlines the revised guidelines for the cancellation or suspension of classes and work in schools during natural disasters and calamities. This provides the necessary information that can help local government officials and schools to make informed decisions in determining when to cancel classes.

Taking effect already, all online and in-person classes for basic education levels (from Kindergarten to Senior High School) are automatically cancelled or suspended in Local Government Unit (LGU) areas affected by flood, an earthquake, typhoon, or rainfall warnings issued by the Philippine Atmospheric, Geophysical, and Astronomical Services Administration (PAGASA).

The automatic cancellation of classes were based on the following conditions:

- During a typhoon, only LGU's with Tropical Cyclone Wind Signals (TCWS) raised 1,2,3,4 or 5 issued by the PAGASA will be suspended.
- During heavy rainfalls, only LGU's with Orange and Red Rainfall Warning issued by the PAGASA will be suspended.
- In an event of flood, specific areas in LGU's issued with a Flood Warning by the PAGASA will be suspended.
- In an earthquake, only LGU's where the Philippine Institute of Volcanology and Seismology (PHILVOCS) declare an earthquake with PHILVOCS Earthquake Intensity Scale (PEIS) V or above will be suspended.

It said that if the one of the following conditions is issued at a time when classes have already begun, the school shall immediately suspend the classes and work and send everyone home, if it safe to do so. However, schools are still obligated to keep

their students and personnel safe in school if travelling has become unsafe.

It is also contained in the memorandum that Local Chief Executives shall decide on the cancellation or suspension of classes in cases if the following conditions are not met.

#### Is DepEd Memorandum Order No. 37 s.2022 effective?

The climate in the Philippines is drastically changing and natural disturbances are getting more unpredictable. According to the Global Climate Risk Index 2022, the Philippines placed at the number one for the most-disaster-prone country in the world.

Consecutive earthquakes, tropical cyclones, heavy rainfalls, and floods continue to disrupt the lives and education of Filipinos, especially in vulnerable areas. Taking into consideration of the environmental factors, implies the importance of class suspensions, especially in vulnerable places.

Despite the cancellation and suspension of classes during natural disasters and calamities, DepEd still ensures that the learners will learn, and the school staff will work.

The memorandum states that schools are expected to implement modular learning, performance tasks, projects or make up classes during the cancellation and suspension of classes to ensure that learning competencies and objectives are still met.

In accordance to the provision of DepEd Order No. 14, s. 2021, the learners who will miss learning activities due to class suspensions brought about by various disruptions like "disasters and/or emergencies due to natural or human-induced hazards" shall be given consideration in their attendance and completion of their learning tasks.

Nevertheless, it shall also be the responsibility of the parents or guardians to assure that their child is able to catch up with the needed competencies the learners should learn.

Photo courtesy: S-TEAM

### RESEARCH & INNOVATION

## A Road for Safety: S-TEAM Proposes the Auto- mated Solar-Powered Speed Violation Detection System

|| Angela V. Gracilla

Accidents happen anytime and anywhere, but they mostly occur on the roads. Therefore, road safety is crucial to prevent accidents caused by drivers' inattention and overspeeding.

The Tulay Na Lupa National High School's (TNLNHS) S-TEAM participated in the recent UP National Center for Transportation Studies (UP NCTS) Safer Schools: Pioneering Road Safety Innovation Contest, last October 7 - November 4, 2023. The team comprises five researchers: Cassandra M. Behagan, James N. Gacos, Precious Dañella B. Garfin, Ragem Ivory A. Sidro, and Daniel II Z. Ubana, guided by their coaches, Joy U. Fulgar and Carl Marc Carillo.

The student researchers proposed a device that can be used to detect speed limit violations among vehicles. This device called the "Automated Solar Powered Speed Violation Detection System," aims to (1) detect speed limit violators through sensors; (2) monitor the real-time speed of approaching vehicles; and (3) warn speed limit violators and pedestrians through the use of buzzers.

The Automated Solar Powered Speed Violation Detection System operates by utilizing solar energy from the sun through a 12-volt (V) solar panel. The absorbed solar energy is converted into electric current and is stored in a 12 V battery to maintain a balanced and accurate flow. The device only consumes 10 V, with the remaining 2 V being preserved for the next supply.

The harnessed current powers the Arduino Uno, a microcontroller, which controls two IR sensors, and an infrared proximity sensor that emits infrared lights to detect an object's motion. Hence, when a passing vehicle is detected by the sensors, the microcontroller will calculate the speed of the vehicle based on its distance over time, between the two sensors.

If the vehicle is detected to violate the standard speed (20km/h), a buzzer will ring, and the guards on duty will be notified of overspeeding through the use of an LED screen installed at the guard house. Furthermore, the pedestrians will also be notified from another LED screen installed at the post. Thus, this will help to prevent accidents and monitor traffic rule violators in the school zone.

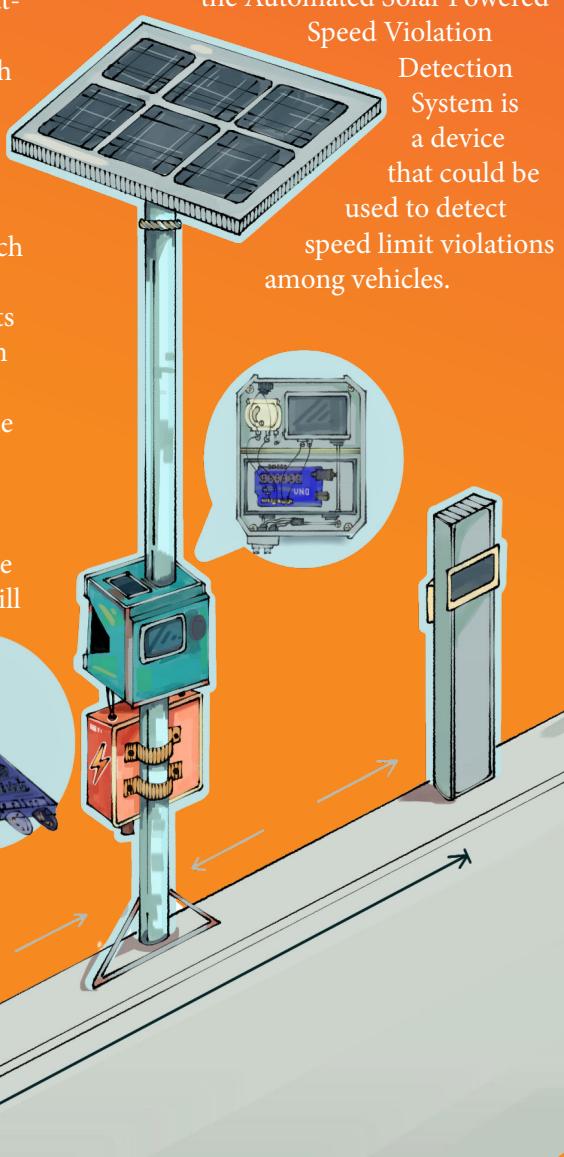


Photo courtesy: S-TEAM

However, the device will only be exclusive near the school zone. It is placed 25 km away from the school gate, beside the barangay road.

**Overspeeding gives you a thrill, but it can hurt and kill you.**

TNLNHS covers a total area of 63,420 sq.m., and to move from one building to another, students and teachers commonly use motorcycles and cars. Overspeeding is the most prevalent problem near the school since it is located on a sloped road with a lack of humps, tending to encourage drivers to overspeed. Unfortunately, there have been five recorded accidents in Barangay Tulay Na Lupa due to overspeeding, and there were also unrecorded accidents since there were no blotter reports.

These situations violate R.A. 4136 "Land Transportation and Traffic Code" Chapter 4, Article I (Speed limit and keeping to the right), Section 35 (Restriction as to speed) where the maximum allowed speed through crowded streets, approaching intersections at blind corners, passing school zones, and passing other vehicles which are stationary or for similar dangerous circumstances is 20km/h. Thus, the Automated Solar Powered Speed Violation Detection System is a device that could be used to detect speed limit violations among vehicles.



# The Walking Disease

NEWS

|| Ragem Ivory A. Sidro

You may have heard of pneumonia as a serious lung infection that causes difficulty in breathing, chest pain, cough and fever. But have you heard of the walking one? The pneumonia that can go unnoticed for weeks?

Walking pneumonia, formally known as a pneumonia, is a type of lung infection that is milder than a regular pneumonia. It is one of the Influenza-Like Illnesses (ILI) caused by a common bacteria called *Mycoplasma pneumoniae*. This disease spreads through respiratory droplets caused by coughing and sneezing, with an incubation period of 2 to 4 weeks.

The Department of Health (DOH) Central Luzon Center for Health Development (CLCHD) Infectious Diseases Cluster Medical Officer III Angelica Joy Diaz noted in an interview that the disease commonly affects individuals aged 5 to 20.

The symptoms of walking pneumonia are described as similar to a common cold or flu, which include fever, sore throat, cough (dry or with mucus), headache, chest pain, and fatigue. However, they are milder and can last longer for weeks, or even months. This is why atypical pneumonia is also called as "walking pneumonia" or "silent pneumonia."

In terms of treatment, doctors says medications for walking pneumonia in-

clude prescription of antibiotics. This helps kill the bacteria and prevent further infection. Although the symptoms will usually improve within a few days of taking the antibiotics, it is important to finish the prescribed course to avoid resistance. In addition, taking over-the-counter medicines, such as painkillers, cough suppressants, or decongestants, also helps relieve the symptoms and make breathing easier.

Contrary to beliefs, walking pneumonia is not a new or unusual disease in the Philippines. According to the Department of Health (DOH), it is a common pathogen that has been detected even before the COVID-19 pandemic happened in 2020. In fact, from January to October 2023, DOH reported that ILI cases increased by 45% compared to the same period in 2022. The agency recorded a total of 151,375 cases of ILI, from January 1 to October 13, 2023. From these cases, only four (0.08%) were confirmed cases of walking pneumonia.

"There have been four confirmed cases of *Mycoplasma* or walking pneumonia as of November 25. However, these patients have successfully recovered from the infections," Diaz reported, from the Public of Information Agency. She also noted that there are no currently new cases of walking pneumonia in the Philippines based from the Epidemiology Bureau. But while there is no reason to be

alarm, the DOH emphasizes the importance of awareness and prevention. Therefore, the public is encouraged to practice proper hygiene and sanitation.

Experts clarified that walking pneumonia does not require hospitalization and can be treated with antibiotics. However, this can still pose a threat to the public health, especially in crowded places like the schools, markets, prisons, or shelters.

These are some of the preventive measures recommended by the DOH that you can do to protect yourself and others from walking pneumonia:

- Wash your hands frequently and properly.
- Adopt a well-balanced diet.
- Wear a face mask when you're in public or in close contact with others.
- Ensure there is adequate ventilation in your home, workplace, or school.
- Update your vaccinations.
- Seek medical attention if symptoms are observed.



Photo courtesy: Pixabay

## Incurable Spread of a Swine Epidemic



|| Angela V. Gracilla

**Fear has engulfed many lives as a deadly disease continues to spread, affecting the health of animals, and even livelihoods worldwide.**

African Swine Fever (ASF) is a highly contagious viral disease that affects both domestic pigs and wild boars. It is caused by the African swine fever virus (ASFV), which belongs to Asfarviridae family of DNA viruses. ASF is known to be a serious threat to the global pork industry, due to the fact that there is no currently effective treatment for the disease.

ASF can be spread through direct contact with infected pigs like feces or body fluids, and indirect contact due to several factors including the equipment and vehicles used, or the people who work between pig farms with ineffective biosecurity, and pigs eating infected pig meat or meat products.

The clinical signs of ASF may occur in chronic, sub-acute, or acute forms. Its incubation period varies, but it is usually between 5 - 15 days. In the acute form, pigs develop a high temperature (40.5 degrees C° or 105 degrees F°), then become dull and go off their food. Other symptoms include diarrhea, (sometimes bloody) reddening or darkening of the skin, particularly ears and snout, gummed-up eyes, labored breathing and coughing, weakness, and unwillingness to stand.

The occurrence of the contagious disease has given rise to concern among livestock keepers and people who fear that it may affect

their health. However, ASF is not a threat to human health and it cannot be transmitted from pigs to humans.

Although ASF doesn't harm humans, outbreaks have caused significant economic losses in various countries, including the Phil-

ippines. In particular, the Department of Agriculture confirmed the first ASF outbreak in July 2019, which led to the culling of over 300,000 pigs. While the pork production decreased by 20.8% in 2021, leading to higher pork prices and affecting the livelihoods of many consumers. Since then, outbreaks have occurred in 72 out of the country's 82 provinces as of the end of 2023.

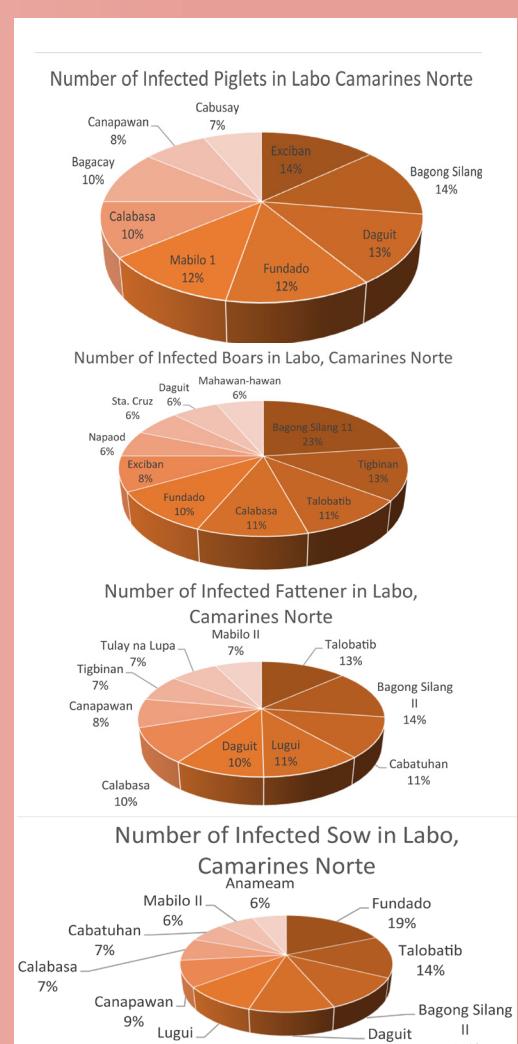
In response to spike of pork prices, President Ferdinand Marcos signed Executive Order (EO) No. 10, Series of 2022, on December 29, 2022. This extends lower pork tariff rates until December 31, 2023.

However, the lower tariffs might not be sufficient to offset the influence of high pork prices in the international market and lower demand.

In an interview with the Philippine News Agency on Wednesday, Rolando Tambago, President of the Pork Producers Federation of the Philippines (ProPork), admitted that pork production continues to be affected by the disease, since no vaccine has yet been made

available.

Since no treatment exists, the only means of control is compulsory slaughter, and avoiding to do so will only lead to the clandestine movement of potentially infected pigs. It is inevitable, but it can be overcome through caution and cooperation.



Information: Municipal Agriculturist

# Working with Nature

|| Angela V. Gracilla

There is nothing permanent except agriculture.

Permanent agriculture, commonly known as permaculture, has gained significant attention in recent years as a sustainable solution for addressing environmental challenges. This system of agricultural practices aims to create self-sustaining ecosystems by maximizing productivity and minimizing negative impacts on the environment.

In an interview with a permaculturist and owner of Glorious Land Ecofarm, Vincer Quibral said that permaculture is crucial in the daily life of people, especially in the horticulture sector as it provides everyone's daily needs. He emphasized that our environment, along with living things, must have a connection in permaculture. By using available waste, energy, and anything that can be used, we can help grow trees, plants, and other crops that do not need any chemical fertilizer to grow.

In permaculture, Quibral says that they do not weed out to prepare plots that only cover its soil. This is because when they remove the grass, it takes away the

nutrients too. He pointed out that it is difficult to promote permaculture when you are alone. This is why they build their community called "permaculturist". Their group plans to influence the community and the barangays in Camarines Norte by promoting an agreement in Local Government Unit (LGU) Labo to expand the knowledge of people when it comes to permaculture. They will venture focusing on permanent agriculture to help in livelihood.

Here are some tips and recommendations from a permaculturist for the people who wants to enter and try permaculture:

- (1) Be open minded
- (2) Learn from previous knowledge because when we learn our mind is open to new information or knowledge.
- (3) Stay connected with people that are practicing permaculture

Other groups like Permaculture of the Philippines reveal a network of 204 practitioners from Luzon (63%), Visayas (19%), and Mindanao (13%) that has the potential to grow and be influential in Philippine agriculture in the next decade.

Photo courtesy: James N. Gacos



**Organic Products.** Local plants and items produced from Glorious Land Eco park and farm in Labo, Camarines Norte.

The existence of Philippine Permaculture Association (PPA) promotes permaculture since 2000, ready to spread out and share more of its experience. Permaculture has a huge impact on people's lives if it is appreciated and valued. This teaches people to use what nature has to offer and expand innovation to create new benefits inexpensively. The more people who practice permaculture the better environment awaits.



Photo courtesy: Ahzumi C. Magana

**N**ature is a solution in pollution. Currently, pollution is becoming dominant due to plastic materials scattered and thrown by people. Thus, with continues mismanagement of both plastic and food waste the environment is left in utter chaos.

The Tulay Na Lupa National High School (TNLNHS) student researchers joined in the Division Science Technology Fair and Robotics Olympics 2023 last October 18-19, 2023 at Rizal National High School. The team consisting of 7 members with only 4 present representatives: Carl Jhon M. Lising, Princess Ahzumi C. Magana, Rich Anne B. De Los Angeles, and Bernadette N. Aldon, proposed a study to reduce the amount of single use of plastics with the use of banana.

Their study entitled "Banana (genus musa) Peel as Alternative Ingredient in Making Paper Bag" aims to (1) reduce plastic waste and food waste; (2) determine if banana peels can be an alternative material for making paper bags; (3) determine what is the best treatment could be use: TREATMENT 1:½ kg of banana peel with 11.97 grams of used paper; TREAT-

MENT 2:½kg of banana peel without used paper.

In their study, the banana peels starts of by being chopped off into small pieces and boiled for an appointed time before getting blended with bond paper to achieve its refinement state with other treatments. It is then strained using a silk strainer where the product is spread out on the surface of the strainer, and is left out to be dried out in the sun. Once dry, it is folded similar to a paper bag.

Based on the Organization for Economic Co-operation and Development Global Plastics Outlook Database, global plastics production has doubled from 2000 to 2019, spiking up to 460 million tons. Globally, only 9% of plastic waste is recycled while 22% is mismanaged. The OECD Global Plastics Outlook Database stated that the build-up of plastics in rivers implies that leakage into the ocean will continue for decades to come, even if mismanaged plastic waste could be significantly reduced. (OECD, 2022). According to The World Bank(2022), 2.7 million tons of plastic waste are generated in the Philippines each year, and an estimated 20% ends up in the ocean.

## A Way You Never Noticed

### RESEARCH & AGRICULTURE

For the researchers, the potential of banana peel as an alternative ingredient in paper bag production holds significant promise for the environment. Not only does it provide a sustainable use for a typically discarded by-product, but it also offers a solution to the problem of plastic pollution. By opting for paper bags made from banana peel, we can significantly reduce our reliance on plastic bags, thereby lessening the detrimental impact of plastic on the environment.

Moreover, the use of banana peel as an alternative ingredient in making paper bags represents a significant step towards a more sustainable future. By harnessing the potential of this overlooked by-product, we can move closer to a world where



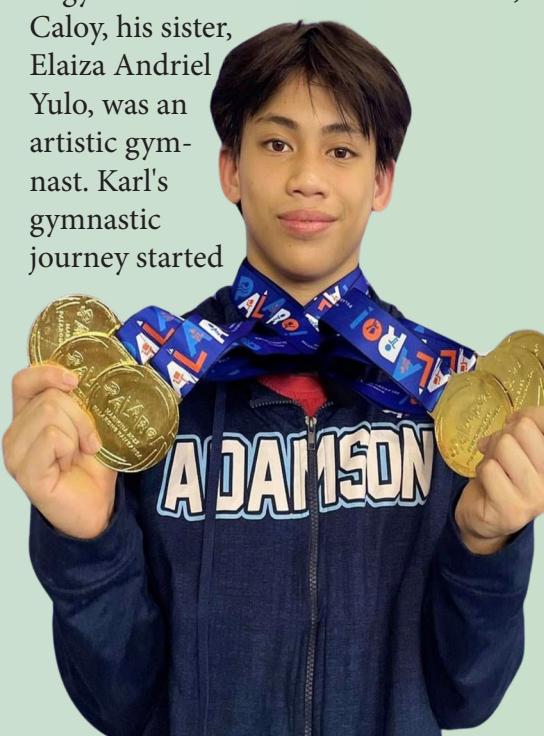
Photo courtesy: Ahzumi C. Magana

**RESEARCH AND AGRICULTURE FOR A SUSTAINABLE FUTURE.** Banana-Cute of TNLNHS proposed their Innovation "Banana (Genus musa) Peel as Alternative Ingredient in Making Paper Bag"

# LEAPING TO HIGHER ENDEAVORS

In the field of Philippine gymnastics, the name "Yulo" reflects dedication and excellence. While Carlos "Caloy" Yulo, a two-time world champion, has already built waves and had an impact on the international gymnastics stage, his 16 years old brother, Karl Yulo, is making his own name and is ready to engrave his own path to success.

Born on January 24, 2008, in the Philippines, Karl Jahrel Eldrew Yulo grew up surrounded by a family of gymnasts. Besides his older brother, Caloy, his sister, Elaiza Andriel Yulo, was an artistic gymnast. Karl's gymnastic journey started



at a very young age, accompanied by his grandfather and motivated by the works of his older brother. Under the supervision of coaches and mentors, Karl proves that determination and perseverance are the key to achieving one's dream.

According to his grandfather, Rodrigo Frisco,

who is known for introducing gymnastics to his grandsons, he believes that Karl will surely surpass his brother one day with his talent and skills.

In the years that followed, the young gymnast showed his skills and received different awards and recognition in both local and international gymnastics tournaments, including

|| John Hazel C. Arizabal

Palarong Pambansa and Asian Gymnastics Competition.

Karl won six gold medals at the Palarong Pambansa 2023 in the Men's Secondary Artistic Gymnastics. He triumphantly swept all top

also won dif-

ferent awards in the international gymnastics competition. He bagged a gold medal in the JRC Artistic Gymnastics Stars Championships in Bangkok, gold in floor exercise at the 2019 World Championships in Stuttgart, Germany, gold in the vault exercise in the 2021 World Championships in Japan and silver medal in the International Tournament at the 2023 Asian Artistic Gymnastics Championships in Singapore.

In a previous interview with the Philippine Sportswriters Association (PSA), GAP president Cynthia Carrion said, "Eventually, Eldrew will also be going abroad for training when he's old enough. Eldrew is our next gold medalist, I hope."

With his inherent passion and steadfast perseverance, he is now confidently ready to create an impact on different gymnastics stage. As he continues to grow and shine as a gymnast, may his journey inspires every young Filipino athletes.

The young gymnast



# Defying Gravity, Redefining Greatness

I am not the following Usain Bolt or Michael Phelps- I'm the first Simone Biles," declared the American gymnastics at the Rio 2016 Olympic Games, as she set out on what would be an amazing journey that is an unprecedented legacy in sports history. Simone Biles, who is only twenty-four years old, has become not only possibly the greatest gymnast of all time but also a new definition for the word 'Olympian'.

Simone Biles burst onto the scene in 2013 at age 16 by claiming two golds at the World Championships and subsequently going down as one of the best ever. Years after

enduring mark on the sport.

Biles' legendary career was further solidified by the Tokyo 2020 Olympics in 2021, making her America's most decorated gymnast to date. Despite

this have been characterized by continued dominance;

winning countless gold medals, and displaying outstanding mastery of basic gymnastic exercises with exceptional fitness. Her entry into this stage occurred through the 2019 World Championships where she first introduced ground-breaking skills making an

her remarkable sporting feats, she also emerged as an advocate for mental health, highlighting the importance of our well-being over gold medals. Born on March 14th, 1997 in Columbus, Ohio and standing at a modest height of four feet eight inches; Simone Biles defies

|| Airish V. Pacer

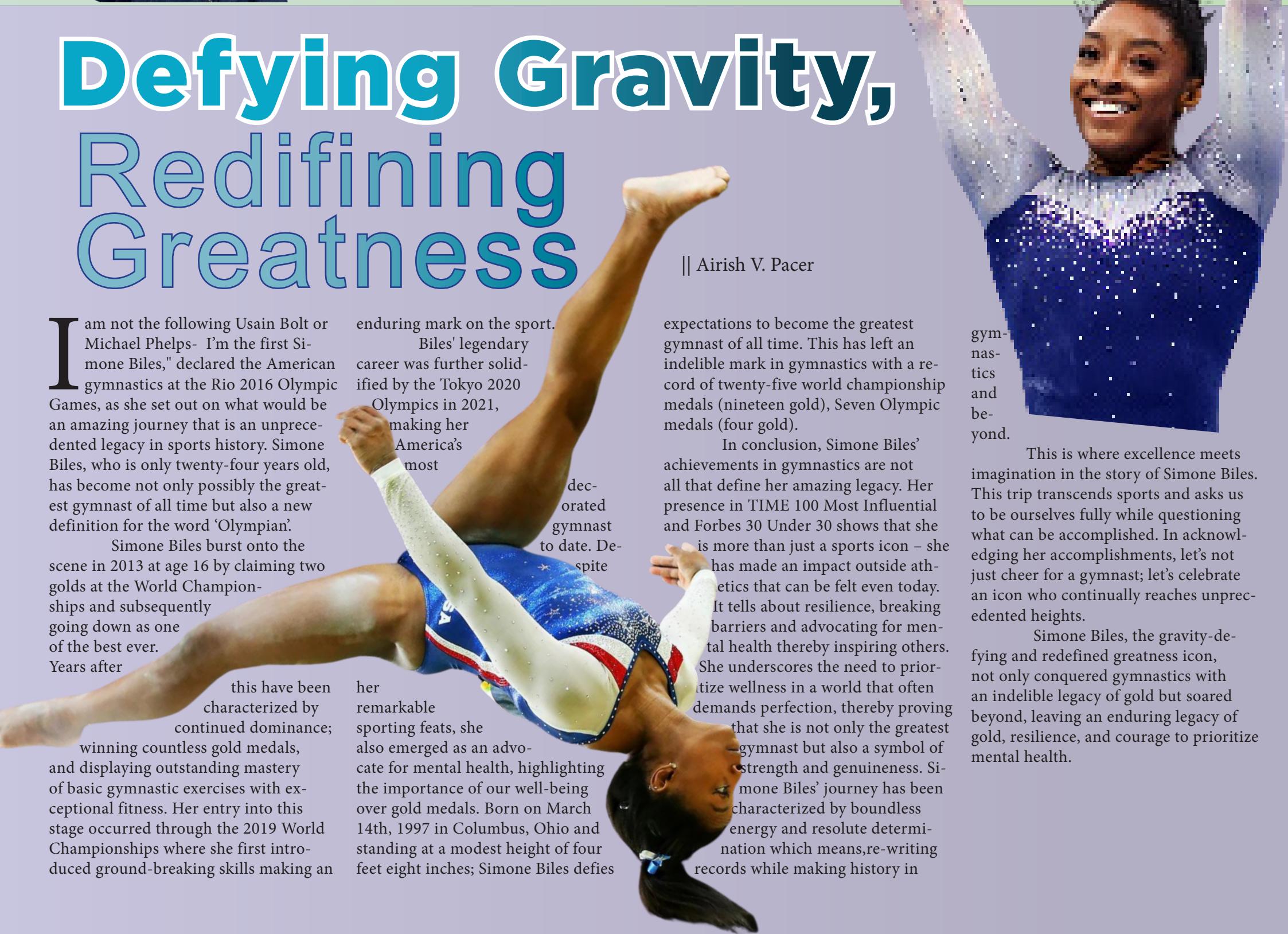
expectations to become the greatest gymnast of all time. This has left an indelible mark in gymnastics with a record of twenty-five world championship medals (nineteen gold), Seven Olympic medals (four gold).

In conclusion, Simone Biles' achievements in gymnastics are not all that define her amazing legacy. Her presence in TIME 100 Most Influential and Forbes 30 Under 30 shows that she is more than just a sports icon – she has made an impact outside athletics that can be felt even today. It tells about resilience, breaking barriers and advocating for mental health thereby inspiring others. She underscores the need to prioritize wellness in a world that often demands perfection, thereby proving that she is not only the greatest gymnast but also a symbol of strength and genuineness. Simone Biles' journey has been characterized by boundless energy and resolute determination which means re-writing records while making history in

gymnastics and beyond.

This is where excellence meets imagination in the story of Simone Biles. This trip transcends sports and asks us to be ourselves fully while questioning what can be accomplished. In acknowledging her accomplishments, let's not just cheer for a gymnast; let's celebrate an icon who continually reaches unprecedented heights.

Simone Biles, the gravity-defying and redefined greatness icon, not only conquered gymnastics with an indelible legacy of gold but soared beyond, leaving an enduring legacy of gold, resilience, and courage to prioritize mental health.



# PHILIPPINES' LOSS: The Chess Grand-

|| Daniel II Z. Ubana

**W**ith an intelligence quotient of 170, which is practically 10 points more than the late scientific genius Albert Einstein, Wesley So sets his sights on a singular goal; to be the best in the world. But not on the same fields as Einstein and his General Theory of Relativity or his Quantum Theory of Light, rather on one that extends on 64 squares of a board. A sport which he fancies most. Chess!

As of 2024, Wesley Barbossa So is a Filipino American chess player representing the U.S. and is widely regarded as one of the top players in the world. He was born on October 9, 1993, in the city of Bacoor, Philippines. His parents, American Chinese William and Eleonor So were very supportive of their son's interest in chess. Despite both not being professional players, they nurtured a chess prodigy who would go on to make waves in the international chess arena.

He learned it at the age of 6, barely figuring out how the main pieces move and absorbing the game's foundational rules and tactics. By the time he reached 9 years old, he was already competing with his classmates and neighbors and participated in weekly weekend tournaments in their city. This became his training grounds where he honed his skills before embarking on nationwide chess tournaments.

In 2003, at the tender age of 10, Wesley clinched his first big win by placing first in the Philippines National Chess Championship for under-10 age group. Followed by a success in 2007, he once again dominated the same prestigious event as a 14-year-old chess prodigy. Being the Philippine Chess Champion,

not only once but twice on such a young age, his impressive performance catapulted him into the top 100 of the official FIDE rankings (Fédération Internationale des Échecs, which is French for International Chess Federation), and he was ranked No. 7 in the world in the junior rankings.

So achieved his final title of Grandmaster (The highest norm awarded by FIDE) on December 8, 2007, at the Pichay Cup International Open (Manila, Philippines), thus becoming the youngest Filipino grandmaster and the seventh youngest on the world to reach the title.

As he took his prowess to the international chessboards, he won five chess Olympiads, taking home the gold medal for the Philippines at the 27th Summer Universiade in Kazan, Russia, in the year 2013. Wesley So's journey from local tournaments in the Philippines to global chess prominence is a testament to his exceptional talent and unwavering dedication. But something was missing, according to So. "To be frank, we weren't getting enough support, nor were we getting enough recognition," So said, referring to his time playing for the Philippines. And was, the beginning on how our country lost a potential world chess champion.

In his years of representing the Philippines, he reveals that he has been witness to the corruption of those in power in sport and how it has negatively affected those in its field. "Because of a quarrel between the kings of the sports bodies, not only did the country refuse to acknowledge my efforts, they refused to give me the P1 million promised to athletes who bring home a gold medal, So says. He was frustrated with sports politics in the Philippines, and he believed that his career



prospects would be better elsewhere. He was right.

By 2014, Philippine's GM Wesley So switched chess federations and started competing under the United States of America. A tight blow on the hopes of the Filipino people, if only they knew him that time. Yes, it is undoubtedly a fact that a lot of athletes would go unknown and unappreciated their entire life, despite the glory they bring to the country. But So has had enough.

As painful as it is, we must accept that we have failed and lost him. And it is completely our fault, but mostly those goons which didn't give him his money. I'm not pointing fingers, but kinda, well, yes I am. However, "Losing Wesley wasn't all a bad thing" Asia's very first Grandmaster, Eugene Torre states, viewing the situation optimistically. "Sa akin, I look at it positively. Kung di nangyari 'yan, baka di n'ya naabot ang naaabot n'ya ngayon. Nag-improve s'ya because he was exposed to the level of competition there." And he was right.

By the year 2017, Wesley So has reached the pinnacle of his career. He clinched the title of U.S. chess champion, showcasing his prowess in the American chess scene. On the same year, Wesley emerged victorious in the prestigious TATA steels tournament, finishing ahead of none other than World Champion

Magnus Carlsen. This remarkable performance earned him the title as World no. 2 in the international FIDE chess rankings. That's not all, With an Elo rating of 2822, Wesley So became the fifth highest-rated player in chess history at that time. His consistent play and strategic brilliance contributed to this remarkable achievement. And in the consecutive years 2020 and 2021, he bagged the title as the U.S. chess champion. And not mention he also competed in the Philippines National Chess Championship once again in 2021, in which of course, he dominated the competition. On that same year, 2021, he acquired U.S. citizenship which destroys all hopes that we have that he'll ever come back to us again. It's truly saddening.

Despite of all that disappointment, you got to agree that is one heck of a list of achievements. 3-time National Chess Champion of both the Philippines and the U.S., and former World number 2 Grandmaster Wesley So, is the complete definition of a chess genius of the world, and a wasted chance for our country. As the saying goes "you really don't know what you have until you lose it", he is the embodiment of it. May he serve as a lesson for us to treat our athletes with proper support, appreciation, and recognition that they truly deserve. May we do better next time.

## COMMENTARY

### FILIPINO DOMINANCE: AP BREN'S TRIUMPH IN MLBB WORLD CHAMPIONSHIP



|| Francis R. Villaluz

**A**P Bren's recent triumph in the MLBB M5 World Championship does not only solidifies their status as a formidable force in the esports realm but also underscores the growing dominance of Filipino teams in the gaming world especially in Mobile Legends.

The victory of AP Bren serves as a crowning achievement for the team and a testament to their goal—

achieving success even after a tremendous triumph. It also served as an inspiration for the Filipinos aiming to be a professional in a sport that is emerging.

BREN Esports, Blacklist International, ECHO Esports, and AP Bren (renamed from BREN Esports) stands as the formidable pillars of Philippine dominance in the International Mobile Legends Tournaments, consecutively

securing 4 victories from M2 to M5. With each championship title, they continue to inspire a new generation of gamers and solidify their legacy as legends of the esports arena.

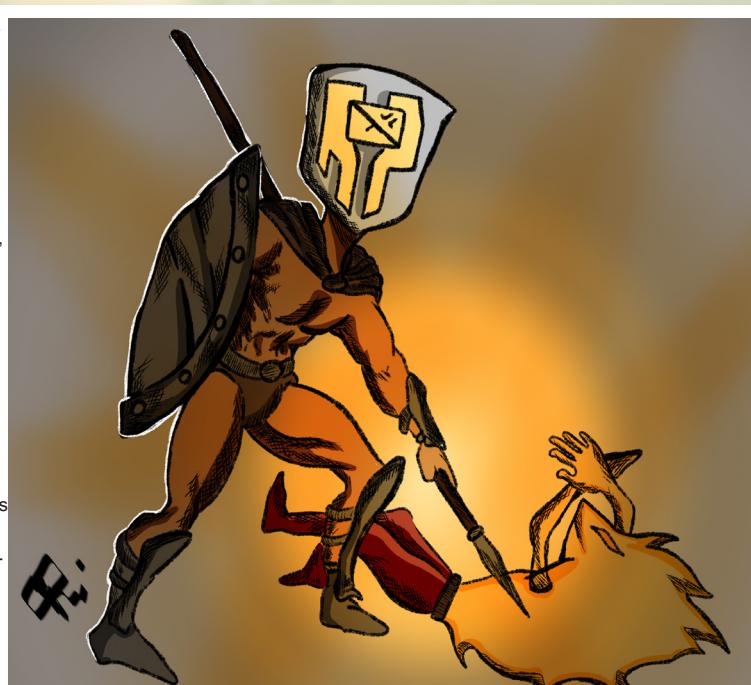
From Bren Esports, to Blacklist International, to ECHO, and now to the rebranded AP Bren, the historic wins at the M2 to M5 World Championship consistently showcased the Filipino teams' dominance in Mobile Legends.

Over the years, teams from the Philippines are consistently at the top. Leaving the audience and opponents alike in awe. They have consistently showcased their talent and prowess in numerous tournaments, earning recognition and respect in the global stage. Their strategic gameplay, innovative tactics, and exceptional teamwork have propelled them to success, securing numerous titles and accolades along the way.

The success of Filipino teams has not gone unnoticed by the international esports community. Recognizing the exceptional talent pool in the Philippines, teams from other countries have begun recruiting Filipino players and coaches to bolster their own ranks. This trend speaks volumes about the caliber of Filipino esports athletes and the impact they have had on the global stage.

ONIC Indonesia recently made headlines in the esports world by recruiting Kairi who is renowned as the best jungler in the Philippines. This strategic move has ignited excitement among fans and analysts alike, as Kairi's exceptional skills are expected to elevate ONIC Indonesia's gameplay to new heights. The recruitment for Kairi managed to reach the championship match at M5, but unfortunately, he fought against his fellow Filipinos, AP BREN, in the M5 champions.

The rise of Filipino teams in Mobile Legends is attributed with the help of the country's vibrant gaming cul-



ture, the passion of its players, and the support of dedicated fans. Additionally, the professionalization of esports in the Philippines has provided opportunities for aspiring gamers to hone their skills and compete at the highest level.

As we look ahead, it's evident that the dominance of Filipino teams in Mobile Legends shows no signs of slowing down. With organizations like AP Bren leading the charge, the future of Filipino esports looks brighter than ever. As these teams continue to excel and inspire the next generation of gamers, we can expect to see even more Filipino talent making waves in the global esports scene.

AP Bren's victory in the MLBB M5 World Championship is not only a moment of celebration for the team but also a testament to the unwavering strength and growing influence of Filipino teams in Mobile Legends. As they continue to defy expectations and redefine the standards of excellence, Filipino esports will undoubtedly remain a force to be reckoned with in the world of competitive gaming.



# ANDRADE, RACOMA LEAD ATHLETES HEADING TO PALARONG BICOL 2024

|| Ahzumi C. Magana

Andrei Andrade of Athletics and Roanne Patricia Racoma of Taekwondo finished with gold to lead the athletes during Provincial Meet last February 22-24, 2024, at the Eco Athletic Field, Daet, Camarines Norte.

## BADMINTON

**SINGLES A GIRLS** - Zyrieh B. Abuyo (Bronze)

**DOUBLES GIRLS** - Roan Jane A. Tangalin

Paula Joy P. Cambronero (Bronze)

Coach: Naomi Ruth P. Yasis

## PENCAK SILAT

### PUTRI DIVISION

Category E - Lacson, Lavriane M. (Gold)

Category D - Rafer Janniyah Rachelle F. - (Bronze)

### PUTRA DIVISION

Category C - Dabuet, Prince Aikon Michael J. (Gold)

Category B - Almadrones Lanz Daven M. (Silver)

Category A - Vibas, Patrick James F. (Bronze)

Category D - Garido, Jerwin T. (Bronze)

Category E - Villaluz, Djay C. (Bronze)

Coaches: Bernabe Sanchez, Madeleine Rocas

## TAEKWONDO

### POOMSAE

Roanne Patricia Racoma (Gold)

### KYUROGI

Bantam - Janine Mae Racoma (Gold)

Heavyweight - Jelaine Raro (Gold)

Open Category - Ervin Glen Meniano (Silver)

Flyweight - Mariecon Poblete (Silver)

Coach: Elaine Grace S. Nopia

## WEIGHTLIFTING

43 kg Category - Ralph Reniel Daniel (Silver)

45kg Category - Denize Oringo (Gold)

Marichuy Flores (Silver)

Ernie Nemie (Bronze)

46kg Category - Ernie Nemi (Bronze)

49 kg category - Marichuy Flores (Silver)

Rionel Caaya (bronze)

55kg Category - Espedido (Gold)

Princess Ilom Pardo (Gold)

Angel Trapalgar (Gold)

John Oliver Maigue (Silver)

Acquinaldo Kate Espedido (Gold)

59kg category - Princess Ilom Pardo (Gold)

67 kg category - John Oliver Maigue (silver)

Coaches: Maricel Cadiz, Cynthia C. De Leon

## ATHLETICS

Andrei Andrade

Gold - 100m dash, 200m dash, 110m Hurdle

John Roel Castillo

Silver - Discus Throw, Javelin Throw

Jay Esplana - Silver - Shot put

Rey Angelo Francisco Bronze - Long Jump, 1,500 m-

Dither Ibusag - Bronze - 800m-r, 5,000m-r

Eduard Ebuenga - Silver - 400m-d

Reymark Mendoza - Bronze - 400m Hurdle

Princess Ilom Pardo - Silver - Shotput

Fe Ann Abuyo - Bronze - Javelin throw

Coach: Chris Israel Era

## 41 STUDENT-ATHLETES HEADS TO PROVINCIAL MEET

Tulay na Lupa National High School (TNLNHS) students defended their title as they showed their talents and skills in the Dual Meet held at the school grounds on February 7, 2024.

### BADMINTON:

**WOMEN'S SINGLES CATEGORY B** (Gold)

-Zyrieh B. Abuyo

**DOUBLES CATEGORY** (Gold)

-Roan Jane A. Tangalin & Paula Joy. P. Cambronero

Coach: Naomi Ruth P. Yasis, Angeline Y. Agra

### TRACK AND FIELD

200m and 400m boys category (First place)

-Andrei Andrade

100m and 200m boys category (Second place)

-Marlon Colot

300m & 150m dash runs (Third place)

-Dither Ibusag

Shot put girls category (Gold)

-Rechel Nemi

-Princess Ilom Pardo

Photo courtesy: Elaine Grace S. Nopia



KICKING EXCELLENCE. TNLNHS Taekwondo Players with their coaches, Elaine S. Nopia and Melanie M. Briones during the Provincial Meet at SM City, Daet.



Photo courtesy: Cassandra M. Behagan

**SPIKE IT.** Labo East from Talobatib High School and Labo West from Tigbinan National High School fought Head to Toe at Dual Meet Volleyball Match held at Tulay na Lupa National High School Volleyball Court last February 7, 2024

## TNLNHS STUDENT-ATHLETES FIGHT HARD FOR DUAL MEET

Student-athletes of Tulay na Lupa National High School(TNLNHS) unleashed their talents in the District Meet at TNLNHS last December 6, 2023.

### BASKETBALL

**5X5** (Gold)

Jearmaine Winluy Acero, Reymark Bamba, Joros Barcelona, Grail Andrei Carino, Arjay Doctora, Edwharf Ebuenga, Gian Anthony Lafuerte, John Leo Logina, Johnlee Quintitos, Jhon Adrian Sanchez, Christian Karlo Valmonte, Jaz Vasquez, Djay Villaluz, Bob Nistah Villagomez, Andrei Jester Villacruel, Cyrus Vega

Trainor: Marlon T. Echano

Coach: Teresa A. Rasco

**3X3 BOYS CATEGORY** (Silver)

Gian Anthony Lafuerte, Andrei Jester Villacruel, Cyrus Vega, Jaz Vasquez

Trainor: Marlon T. Echano

**3X3 GIRLS CATEGORY**

Nieca Joy Butial, Thelma Rose Dongito, Yola Heart Pardo, Jamila Mae Nemi, Fe Ann Abuyo, Daniela Prio Jardin, Marjorie Maravilla, Denise Oringo, Alieah Palencia

Coach: Rea P. Andaya

**TRACK AND FIELD**

100m male category

-Andrei Andrade (Gold)

200m male category

-Andrei Andrade (Gold)

John Lloyd Basares (4th place)

Michael Asis (5th place)

400m male category

-Andrei Andrade (Gold)

Ralph Daniel (Silver)

800m male category

-Rey Angelo Francisco (Gold)

Raiden S. Romero (bronze)

1500m male category

-Rey Angelo Francisco (Gold)

100m, 200m female category

-Angel De Leon (Silver)

1500m female category

-Rey Angelo Francisco

Long jump boys category (Gold)

-Rey Angelo Francisco

Shot put male category

-Jay Esplana (Gold)

-Darios Concon (Bronze)

Discus throw male category

-Jay Esplana (Gold)

-Darios Concon (Silver)

Shot put female category

-Princes Ilom Pardo (Silver)

-Rechel Nemi (Bronze)

Discus throw female category

-Rechel Nemi (Gold)

-Princes Ilom Pardo (Silver)

Javelin throw boys category

-Rechel Nemi (Gold)

-Princes Ilom Pardo (Silver)

Javelin throw girls category

-Rechel Nemi (Gold)

-Princes Ilom Pardo (Silver)

Javelin throw boys category

-Rechel Nemi (Gold)

-Princes Ilom Pardo (Silver)

Javelin throw girls category

-Rechel Nemi (Gold)

-Princes Ilom Pardo (Silver)

Javelin throw boys category

-Rechel Nemi (Gold)

-Princes Ilom Pardo (Silver)

Javelin throw girls category

-Rechel Nemi (Gold)

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Javelin throw boys category

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Javelin throw girls category

-Rechel Nemi (Gold)

-Princes Ilom Pardo (Silver)

Javelin throw boys category

-Rechel Nemi (Gold)

-Princes Ilom Pardo (Silver)

Javelin throw girls category

-Rechel N

## ZYRIESH ABUYO REIGNS SUPREME AT THE DUAL MEET BADMINTON CHAMPIONSHIP MATCH

|| Paul Miki E. Francisco

Zyriesh Abuyo of Labo East rallied from a first set loss 18-21, 21-17, 21-12; in their Dual Meet against Ashley Villegas of Labo West to crush Ashley's hopes of grabbing a spot for

Single's A Girls for the Provincial Meet at Tulay Na Lupa National High School's Covered Court this morning.

Abuyo unleashed ceaseless drives and accurate drop shots on the second set against Villegas that let Abuyo gain point advantage from 17-17 to 21-17, frustrating Villegas that made her liable to errors makes Abuyo win the 2nd set of the match through a baseline shot Villegas couldn't reach to save.

Abuyo's biggest point lead was 14-2 that kept her opponent at bay utilizing it to win the game through her strategy of unceasing drives, 8 pinpoint drops along with her 8 baseline shots, 6 piercing smashes, and 2 well done service aces throughout the game ensuring her total victory. Abuyo tried to catch up with Villegas but refused to be conquered and fought back using drives and baseline shots that Abuyo had a hard time fighting back to as Abuyo seemed to be out of her mind making errors throughout the first set

leading to her almost teary loss.

Regardless of failing to triumph in the first match, Coach Naomi said "it's a good warm-up for Zy because she'll realize that this is it, this is where her muscle cramps, bodily aches, sweat, tears, and consistent training training will pay off" Coach Naomi said, "Akala ko panghihinaan si Zy buti nalang nilaban niya."

Abuyo gained

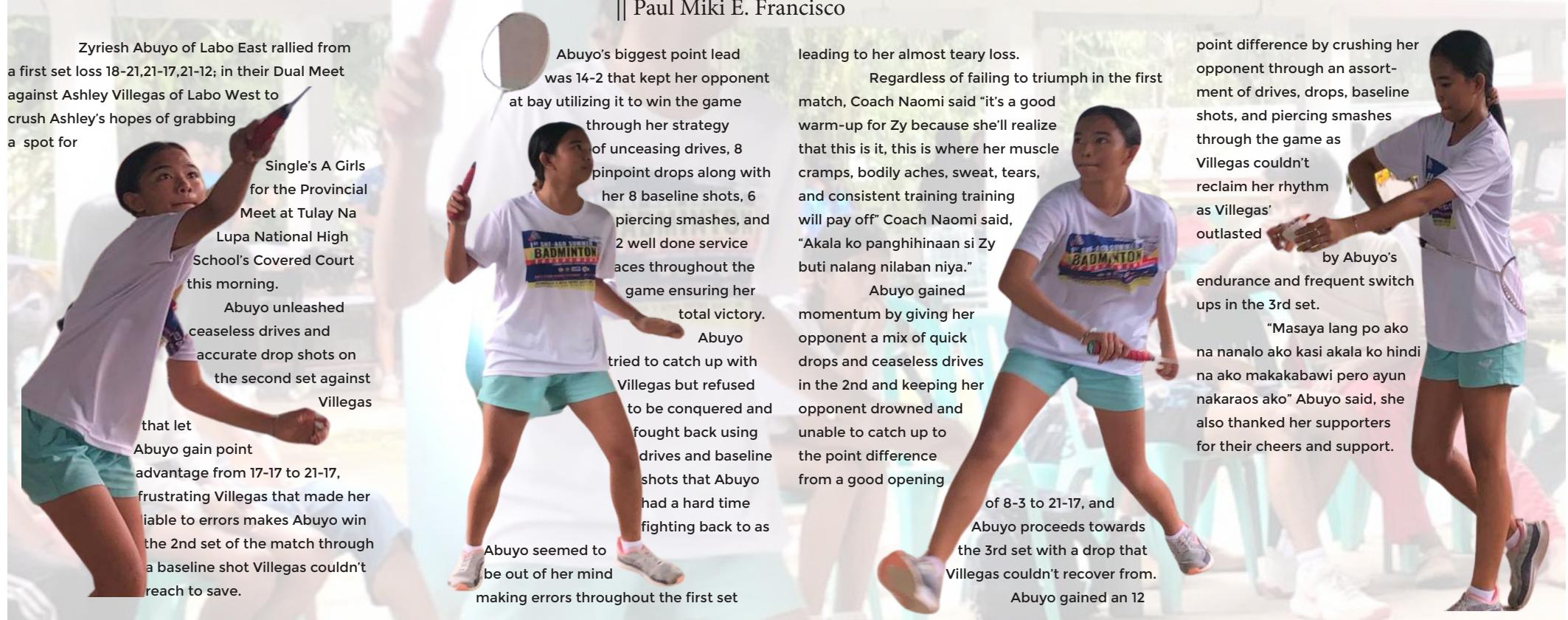
momentum by giving her opponent a mix of quick drops and ceaseless drives in the 2nd and keeping her opponent drowned and unable to catch up to the point difference from a good opening

of 8-3 to 21-17, and Abuyo proceeds towards the 3rd set with a drop that Villegas couldn't recover from. Abuyo gained an 12

point difference by crushing her opponent through an assortment of drives, drops, baseline shots, and piercing smashes through the game as Villegas couldn't reclaim her rhythm as Villegas' outlasted

by Abuyo's endurance and frequent switch ups in the 3rd set.

"Masaya lang po ako na nanalo ako kasi akala ko hindi na ako makakabawi pero ayun nakaraos ako" Abuyo said, she also thanked her supporters for their cheers and support.



## CAMBRONERO, TANGGALIN SNATCH BADMINTON DOUBLES PROVINCIAL MEET SLOT

|| Paul Miki E. Francisco



Labo East badminton duo of Paula Cambronero and Roan Tangalin outlasted the Labo West team Kimberly Trinidad and Marinela Villafria, 21-16, 18-21, 21-10, to bag the Doubles Girls slot for the Provincial Meet at the Tulay na Lupa National High School covered court this morning.

Roan Tangalin closed the match with unreachable baseline shots and a piercing smash to nail down the 21-10 victory from a 18-9 advantage after Kimberly Trinidad netted her serve.

Roan Tangalin lead the team to triumph with 13 points with her lightning smashes and service aces. "Parang tug of war nang first at second set pero panalo kami," Tangalin said.

Tangalin's team committed service faults and netted shots early in the set, but recovered the pace with Tangalin's service aces snagging a close

21-16 win in the first. Trinidad's team took the second set by lining up precise drops as Labo East struggled with their returns, Tangalin's service fault ended the 18-21 second set for Labo West.

Tangalin's team easily gains momentum as Trinidad's team gives a service fault that gave Tangalin a lead of 5-2 and continuously widens the gap as team Trinidad tries to catch up but fails miserably and reaches the match point, 20-10 that Tangalin shatters with an unreachable baseline shot to nab the win 21-10 for the principal spot.

"Ganiyan kapag doubles, kung nasa likod ang partner ni, doon ka sa harap; kung andoon man siya sa kaliwa, doon ka sa kanan kasi pupunan ninyo lang ang pagkukulang ng partner mo para manalo," Coach Naomi said.

## WEIGHTS OVER HEIGHT: SHOW OF MIGHT

|| Emerald Joy Taniang



A 45 kg barbell over a small girl weightlifter. A girl who believes that the key to success is not about the height that will suit the sport, it's all about the perseverance and determination.

The journey of the 17 year old, Denise Villacrucis Oringo, who joined weightlifting started when she was selected by Sir Jorniel Abordo. According to her, she saw that Denise had a potential in weightlifting. It just so happened that Denise was finding a sport to engage after not being able to achieve the goal she wanted. And it was as if the heavens need her call, she found weightlifting.

This small but terrible girl brought home

a gold medal despite her lack of proper training due to the lack of available equipment. She triumphantly won over her two opponents who had more of a chance to win knowing they had the advantage in terms of height.

Her success in weightlifting could not have been attained without facing obstacles, challenges, and strong competition. It was inevitable but she still pushed through. Weightlifting was new to her. It was never her sport. However, she thought that new experiences are not a bad idea.

Oringo's experience in previous sports helped her a lot. Her main sport, arnis, helped her build arm strength. While basketball helped her leg

strength and balance which are essential in weightlifting. A given in any new journey you take is that it will never be easy. The same goes for Oringo. According to her Coach, Madam Maricel Cadiz, Oringo struggled in lifting the 40kg barbell at the 2nd which almost risked her chance of winning. Luckily, she was able to balance herself and claimed the 2nd lift.

As the rising athlete continues to make an impact in the field of weightlifting, her strong personality serves as a reminder of the power of hard work and believing in one's self. She has shown that if you put your mind into it, no matter how big your goal is, you can still attain it. It didn't matter if you weren't blessed with height, you were blessed with the determination and perseverance to make up for it.

