

The Sail

"Your Compass to Honest Journalism"



Volume 2, Issue 1

THE OFFICIAL ENGLISH SCHOOL PUBLICATION OF DR. JUAN G. NOLASCO HIGH SCHOOL

SY 2024 - 2025



CLICKS, SHARES, AND EMPTY PROMISES

Social media has been part of our lives for years. Initially, it was a fun way to connect, share thoughts, and express opinions, as well as a helpful tool during emergencies like typhoons or earthquakes. Over time, it evolved into a pla

form for activism. But is this activism genuine or just another trend? In the Philippines, social media has amplified voices, enabling calls for justice and awareness of issues like poverty, corruption, and environmental destruction. Campaigns like #JunkTerrorLaw

and #ArawNgMagananakaw inspired many. For some, social media serves as a lifeline, especially for those unable to join street protests. As social media becomes more prominent, students actively participate, too. For many, it's a way to engage with

issues they care about and stay informed beyond the classroom. However, this involvement has its pros and cons. Social media can shape how students view the world, influencing their perspectives on what's right or wrong and sometimes leading them to adopt

certain beliefs without deeper understanding. At a stage where ideas are still being formed, this exposure can be both empowering and overwhelming.

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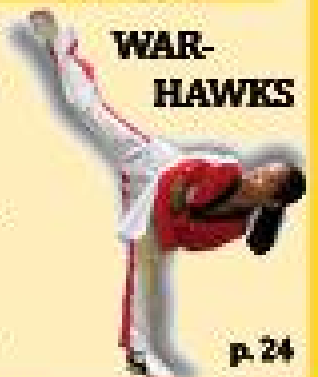


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Nolascians Earn Prestigious International Awards at Thailand Inventors' Day 2025

Davey Flores



The Nolasian delegates representing the Philippines in the Thailand Inventors' Day and receiving medals of recognition for their unique and useful inventions. It was attended by (left to right) Andricx Miguel Abriol, Mrs. Helen Rose A. Ferrancullo, Mrs. Lourdes M. Florendo, Ingrid Velasquez, Davey R. Flores, and Stephanie Kate Marasigan. Photo by: Mrs. Helen Ferrancullo

Nolasian inventors showcased their talent at Thailand Inventors' Day 2025, held from February 2 to 6 at BITEC, Bangkok. Competing against participants from 72 countries, they defended their research and robotics projects and won multiple awards.

With the support of their hardworking mentors, their impressive projects won top awards from international organizations:

- Pyrolyzed Plastic Fuel – Special Award from Savez Hrvatskih Inovatora, Croatia Inventors Network
- Smart Vault Box – Special Award from The National Institute for Research and Development in Chemistry and Petrochemistry - ICE-CHIM Bucharest, Romania

- Air to Water Generator – Special Award from Malaysia Technology Expo (MTE) 2025, Malaysia
- E-Belt Arduino Powered Assistor for the Blind – Special Award from Toronto International Society of Innovation and Advanced Skills (TISIAS), Canada

They also took home 2 Silver and 2 Bronze Medals:

- E-Belt Assistor for the Blind – Silver
- Pyrolyzed Plastic Fuel – Silver

- Air to Water Generator – Bronze
- Smart Vault Box – Bronze

The competition's success would not have been possible without the dedication of their mentors: Mrs. Lourdes M. Florendo, Mrs. Helen Rose A. Ferrancullo, Mrs. Shirly G. Custodio, Mrs. Roseanne Velasquez, and Mr. Floyd Rence V. Fuentes.

- Stephanie Kate B. Marasigan, mentored by Mrs. Shirly G. Custodio, won a Bronze Medal for her "Air to Water Genera-

- tor," which also earned a Special Award from MTE 2025.
- Davey G. Flores, mentored by Mrs. Shirly G. Custodio and Mrs. Helen Rose A. Ferrancullo, received a Silver Medal and a Special Award for his "Pyrolyzed Plastic Fuel."
- Andricx Miguel Abriol and Ayesha C. Lizardo, mentored by Sir Floyd Rence V. Fuentes, won a Silver Medal for their "E-Belt Arduino Powered Assistor for the Blind," which also earned a Special Award from TISIAS, Canada.

- Ingrid Mae B. Velasquez, also mentored by Mr. Floyd Rence V. Fuentes, won a Bronze Medal for her "Smart Vault Box," which received a Special Award from ICE-CHIM Bucharest, Romania. Their achievements reflect hard work, creativity, and determination, as well as the strong mentorship they received.

This victory at IPITEX 2025 proves that Nolasians have what it takes to compete and excel on the world stage.

Iglesia, Trance bag 7th places in Editorial, Sports Writing categories during the DSPC 2025

Zhyle Alete Robas



Precious Grace Iglesia received her certificate as the 7th placer in the Editorial Writing category, achieving her dreams to be recognized for her hard work, together with her adviser, Ms. Ginny Abiertas. Photo by: The Innovators - FEU

Precious Grace Iglesia, Editor-in-Chief of *The Sail*, and Heisia Jhustine Trance, Sportswriter, secured 7th places in the Editorial and Sports Writing categories among 40 participating schools in the Division Schools Press Conferences 2025, which happened on January 18 at Far Eastern University (FEU), Manila.

Iglesia and Trance showcased their skills and creativity in writing, earning 7th place among participating schools from both the public and private sectors in the Division of Manila.

"Ang ganda ng stage, 'no, ma'am [Ginny]? Iaakyat po kita dyan," Iglesia uttered before the competition began, referring to the stage of the FEU auditorium.

"While writing my article, all I could think

about was making Ma'am Ginny proud and imagining her walking through that incredible audiiiiiii (auditorium)," she wrote while expressing her gratitude for the support of *The Sail* members via group chat.

As the Editor-in-Chief of *The Sail*, she felt the pressure and burden of bringing glory to the publication. However, she also enjoyed the experience of representing *The Sail* by participating in the DSPC.

This was Iglesia's second time participating in the DSPC, having represented *The Sail* the previous year as a Science and Technology writer. On the other hand, this was Trance's first time joining the DSPC and being a member of *The Sail*.

He did not expect to represent the publication,

as he is a new member, but he achieved 7th place.

"Unexpected po talaga, Ma'am [Ginny]. Nagbunga po 'yung 10 a.m. to 7 p.m. na training. Thank you po," Trance expressed while looking mesmerizingly at the certificate he was holding. The journey was not easy for both campus journalists, but they never gave up.

"Babalik ako next year, Ma'am. Dudurugin ko na rin sila," Czarina, the Editorial Cartoonist of *The Sail*, promised.

Additionally, Ang Layag, the Filipino publication of DJGNHS, received three awards: 10th place in Pagsulat ng Opinyon/Kolum, 8th place in Pagsulat ng Palakasan, and 7th place in Pagsulat ng Lathalain.



For Heisia Jhustine Trance, this certificate is the fruit of all his labor, becoming recognized for his first-ever contest in the DSPC and being able to represent Nolasco. The Innovators - FEU

Nolacians Shine at the Division Festival of Talents 2025

Ranza Sampilo



Reyc Manreza, Fianca Almario, and Ricavelle Dela Peña proudly presented their dish to the judges at Raja Soliman Science and Technology High School on February 5, 2025. Photo by: Mrs. Catherine U. Ng

The Division Festival of Talents 2025 (DFOT), an annual event organized by the Department of Education, serves as a platform for students to showcase their skills and creativity across various disciplines, with the theme "Galang, Talino at Husay ng mga Batang Makabansa sa Diwa ng Makabagong Pilipinas," this year's festival highlighted the exceptional talents of young Filipinos, among the numerous participants, Nolasians secured spots in the top 10, proving their competence and dedication.

Nolascians competed in multiple categories, including History Pop Quiz, Pecha Kucha, Balye sa Kalye, and Food Processing. Their performances were commendable, with several earning top rankings:

- Balye sa Kalye: 9-Rizal secured 3rd place in this dynamic street dance competition.
- History Pop Quiz: Alexis Waine from 10-Del Mundo represented the school in this field, showcasing knowledge and quick thinking.
- Pecha Kucha: Aaron Agoring took the stage, delivering a concise yet impactful presentation.
- Food Processing: The trio of

Reyc Manreza, Fianca Almario, and Ricavelle Dela Peña ranked 8th place, demonstrating their culinary expertise.

One of the Food Processing representatives, Reyc Manreza, shared her experience in the competition: "For me, it was so fun, it was exciting though it's not easy for us because it gave us so much pressure due to how many, school that we are going to compete with, but it's also exciting and enjoyable it's a 10/10 experience with a good and bad experience we had." She also encouraged aspiring participants to seize the opportunity:

"It's an amazing opportunity to showcase your skills, learn new techniques, and meet other passionate foodies. Even if you don't win, the experience itself is invaluable. Think of it as a chance to push your boundaries and grow as a food processor."

The Division Festival of Talents 2025 not only recognized student excellence but also inspired participants to continue honing their skills. With their impressive performances, Nolasians have once again proven their talent and determination in various fields.

Nolasco Research Team Places 2nd at the DSTF 2024

Davey Flores



Yael Llorddy Rico, Davey G. Flores, and Rhyza Mae D. Cabalag, together with the rest of the team and their coaches, Mrs. Shirley Custodio, Mr. Floyd Rance V. Fuentes, and Mrs. Helen Rose A. Ferrancullo, gave honor to Nolasco as the proponents of the research presented and awarded during the DSTF 2024 at Manila Science High School. Photo by: Jerald D. Alejo

Nolasco Research Team was declared 2nd place among 33 participating schools for Physical Science, Team Category at the Division Science and Technology Fair (DSTF) 2024 on Saturday, October 12, at Manila Science High School.

Yael Llorddy Rico, Davey G. Flores, and Rhyza Mae D. Cabalag, all from 10-Del Mundo, represented Nolasco with the research title, 'Pyrolyzed Plastic Fuel' which aims to reduce the amount of plastic waste in the environment.

The team is supervised and guided by their Research Adviser, Mrs. Shirley G. Custodio, the Head Teacher of the Science Department, Mrs. Helen Rose A. Ferrancullo, who were both present in the Fair, and the School Head, Mr. Sonny D. Valenzuela.

Battle of Beauty and Brains; Eco King and Queen 2024

Precious Grace Iglesia

On September 28, Dr. Juan G. Nolasco High School was full of excitement as 9 ladies and 10 gentlemen competed in the Eco King and Queen pageant.

The event, which celebrated both beauty and intelligence, had the crowd cheering as students showcased their talents and creativity.

The Eco King and Queen pageant took place in between the TugSayAwit final performances, keeping the energy high as students, teachers, and judges cheered for the contestants. Each participant wore a costume made from recycled materials, prepared in over two weeks. These unique outfits highlighted their creativity and commitment to environmental awareness.



Eco King Xiane Fermin and Eco Queen Niña Roxas proudly stand alongside their mentors, the principal, and former titleholders of Eco King and Queen in Dr. Juan G. Nolasco High School, celebrating their well-earned victory in the competition. With their trophies and awards in hand, they showcase the dedication and hard work that led them to success on September 28, 2024.

After a fierce but friendly competition, 8 students earned titles and special awards. The winners of the Eco King and Queen pageant were:

- Eco Queen - Niña Ashley Roxas (9-1)
- Eco King - Xiane Fermin (9-14)
- Eco King 1st Runner-Up - Levi Absalon (9-1)
- Eco Queen 1st Runner-Up, Best in Recycled Attire -

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- Eco Queen 1st Runner-Up, Best in Recycled Attire -

- Euca Araos (10-9) Eco King 2nd Runner-Up - Karl Sevilla (10-6)
- Eco Queen 2nd Runner-Up, Best in Evening Gown/Formal Attire - Xyel Cacayan (10-6)
- Best in Career Attire - Venice Delos Reyes (10-Sarao)
- People's Choice Award - Angel Occampo (10-Almeda)

The Eco King and Queen pageant showed that beauty is more than appearance; it includes creativity, intelligence, and care for the environment. This event celebrated the spirit and talent of Nolasicians, reminding everyone that with passion and effort, beauty can make a positive impact.

Sway with Nature; Sing with Breeze

Davey Flores



Tugsayawit 2024 champion 10-Del Mundo captivates the audience with their dynamic performance of 'Tugtog, Sayaw, Awit' at Dr. Juan G. Nolasco High School on September 28.

Dr. Juan G. Nolasco High School concluded its annual TugSayAwit competition, showcasing the talents of its students and celebrating the power of Science and innovation through the art of Tugtog, Sayaw, and Awit.

Held as part of the school's Science Month celebrations, the competition, under the theme "Siyensya, Teknolohiya, at Inobasyon," saw five finalists compete for the title: 10-1 Del Mundo, 9-1 Rizal, 9-2 Bonifacio, 10-2 Aguilar, and 8-1 Abadilla. Each group presented their unique interpretation of the theme through powerful dance performances.

Chaired by Ms. Imee Jordan, the competition was a captivating display of creativity and technical skill. In the end, 10-1 Del Mundo emerged victorious, capturing the hearts of the judges and the audience with their masterful choreography and powerful stage presence. Their performance, a testament

to their hard work and dedication, highlighted the life-changing power of science and technology, leaving a lasting impression on all who witnessed it.

9-1 Rizal secured first runner-up, showcasing their innovative choreography and strong stage presence. 9-2 Bonifacio followed closely behind, taking home second runner-up honors with their captivating performance.

The victory for 10-1 Del Mundo carries even greater significance as it earns them a spot at the district level competition, where they will represent Dr. Juan Nolasco High School. This is a testament to their exceptional talent and dedication, and a source of pride for the school community.



9-Rizal placed first in their red orange flower costumes.



Wearing their plastic-made costumes, 9-Bonifacio proudly secured second spot.



Third placed is 10-Aguilar with their green (forest-inspired) costumes.



8-Abadilla showcased their talents, wearing their garbage warriors-inspired costumes.

Math Mastery on Display on Annual Olympiad

Sophia Yvonne Palacio



Nolasco delegates proudly represented the school in the Quiz Bee Challenge with their coaches and trainers alongside; Mrs. Charina Velasco, Ms. Charnel Santos, Mr. John Miguel Bohol, Ms. Elma Panunco, and Mrs. Melody Borromeo. Photo by: Ms. Elma Panunco

Nolasco students showed excellent math skills at the Math Olympiad on January 18, 2025, at Dr. Alejandro Albert Elementary School, successfully showcasing their problem-solving skills. They competed in the Math Olympiad competition, displaying outstanding skills in solving math problems.

The contestants had a week to train before the contest, practicing and improving their skills. Under the mentorship of Ma'am Velasco, Ma'am Tenioso, and Mr. Bohol, the team - composed of Khean Paul Carmelo, Larry Rocamora Jr, and Cedrick John Ignacio - was able to nourish their skills and knowledge in problem-solving.

The competition was fierce, with 31 schools vying for top honors. After a rigorous elimination round, only 15 schools advanced to the final stage. Ultimately, Florentino Torres High School emerged victorious. Although our Nolasco team didn't secure a placement, they demonstrated exceptional excellence and school spirit by proudly representing our school in the math olympiad.

New Headmaster; New Nolasco

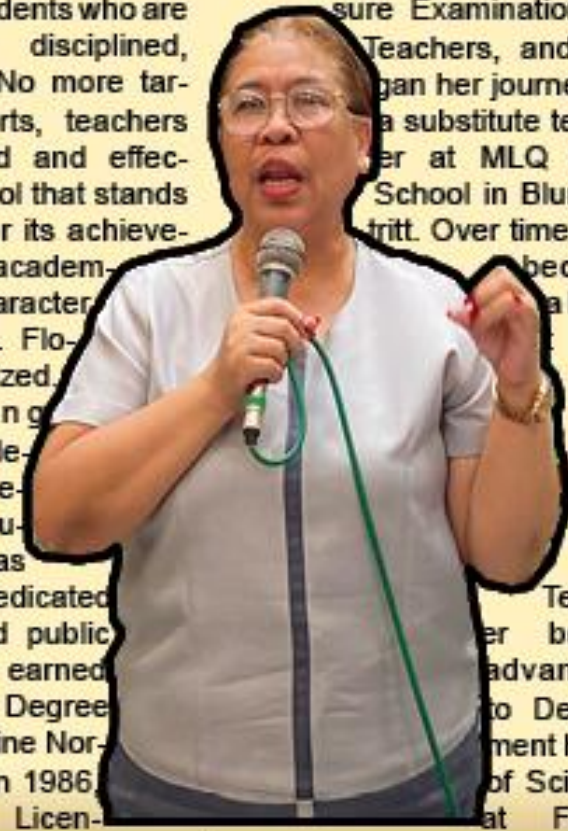
Princess Pauline Yuson

October 16, 2024, Mrs. Florendo takes place as the new principal of the school as Mr. Valenzuela leaves for a new journey.

With a clear vision for the school, Mrs. Florendo is focused on enhancing the quality of education and fostering a culture of discipline, respect, and excellence among students. She believes that by promoting productivity, enthusiasm for learning, cleanliness, and responsibility, the school can create an environment where both students and teachers thrive. "When we say Nolas-

co, we mean students who are well-mannered, disciplined, and excellent. No more tardiness in reports, teachers who are skilled and effective, and a school that stands out in Manila for its achievements in both academics and character formation," Mrs. Florendo emphasized.

Bringing nearly four decades of experience in education, she has built a career dedicated to teaching and public service. She earned her Bachelor's Degree from the Philippine Normal University in 1986, passed the Licen-



sure Examination for Teachers, and began her journey as a substitute teacher at MLQ High School in Blumentritt. Over time, she became a Master Teacher before advancing to Department Head of Science at Felipe

Calderon High School. Her leadership experience spans multiple schools, having served as Assistant Principal at Doña Teodora Alonzo High School, Ramon Magsaysay High School, and Rajah Soliman High School. On August 1, 2023, she was appointed Officer-in-Charge (OIC) Principal of Doña Teodora Alonzo High School, and she now holds the same position at Dr. Juan G. Nolasco High School.

Beyond her professional responsibilities, Mrs. Florendo is a devoted mother of three who balances her career with faith, family, and her commitment to the well-being of students and teachers. As a school leader,

she believes in the importance of being proactive, honest, resilient, and compassionate. She upholds the leadership principle of "ARA"—Accountability, Responsibility, and Authority, which serves as her foundation in guiding the school toward progress. "Everything we do in this world, we will be accountable for in the eyes of the Lord. What matters most is that we can proudly say, 'Mission accomplished,'" she shared.



SSLG of Dr. Juan G Nolasco Highschool conducted an outreach program alongside with the AP teachers wherein they provided relief to the community of Barangay 85, which was held on December 22, 2024. Photo by: SSLG

SSLG leads annual outreach program

Yezsha Nicole Manzanilla

The spirit of giving was once again felt in Barangay 85, Tondo, Manila, as the Supreme Student Government (SSLG) successfully conducted its annual outreach program for children on December 1, 2024.

By organizing fun activities, games, and gift-giving, the event ensures that every child experiences happiness and excitement, the outreach is not just about distributing presents but also about fostering a sense of belonging and love, the SSLG believe that even small gestures can make a significant impact on the lives of these children, giving them something to look forward to every year.

More than just a one-day celebration, this initiative reflects the true essence of Christmas—sharing and compassion. The SSLG officers and faculty members dedicate their time and efforts to making the event successful, ensuring that each child receives not just gifts but also warm interactions and heartfelt encouragement, the events goal is to make sure that no child feels left out



during the holiday season.

This annual outreach, an essential part of the SSLG curriculum, is dedicated to bringing joy and warmth to young children, especially during the Christmas season. Held every December 1, the initiative serves as a way to spread kindness and make children feel the magic of the holidays. Through this annual event, SSLG hopes to create lasting memories for the children, reminding them that they are valued and cherished.

It also strengthens the relationship between students, teachers, and the community. It serves as a reminder that beyond academics, education also involves teaching young leaders the value of service and empathy. Through this program, SSLG members learn the importance of making a difference in the lives of others, no matter how simple the act may be.

As this tradition continues, SSLG remains committed to its mission of spreading joy and bringing people together through kindness. Each year, the outreach program grows stronger, touching more lives and inspiring more people to take part in the spirit of giving. It is a heartfelt reminder that Christmas is not just about receiving but, more importantly, about sharing love and happiness.

Nolascians Welcome School Year 2024 - 2025

By Zhyle Alette Robas



"Welcome back to school, Nolasians!" Sir Sonny Valenzuela, principal of Dr. Juan G. Nolasco High School, warmly greets the students as they return for the new school year on September 29, 2024.

The first day of school at Dr. Juan G. Nolasco High School began on July 29, 2024, with the attendance of studentsv from Grades 7 to 10 alongside teachers, curriculum chairmen, and the principal.

The day commenced with a flag ceremony.

After that, Sir Sonny D. Valenzuela, the school principal, remarked about welcoming the students. Sir Valenzuela shared academic and behavioral expectations, including the importance of following school rules. Then, the curriculum chairmen introduced the teachers for each grade level so that students can be familiar with their advisers and subject teachers. This school year records a total number of enrollees of 3,258, Junior High School, 1,673 males and 1,585 females. Compared to last year's enrollment, DJGNHS is behind by 88 students. With this number, sections per level were maximized to maintain

equal and fair number of students per classroom.

Senior High School department almost maintained their enrollment this school year with a total of 315, 113 Grade 11 and 242 Grade 12, compared to 355 students from the previous year. With the presented data, it is evident that DJGNHS has already reached a large scale in marketing and advertising the school.

The first day of school was successful, students enjoyed their first day of school, even though they were worried or excited to meet their new classmates and teachers. They also got to make new friends who will be with them for a whole school year.



This picture was taken minutes before Sir Valenzuela bid his last farewell to all the members of Nolasco as he was grateful to be part of the community even in a short period of time.

God is good—all the time!

Mr. Valenzuela bids farewell to Nolasians

Damien Ken Oceo

This month of October, 2024, at Dr. Juan G. Nolasco High School, School Head Mr. Sonny D. Valenzuela, will be transferred to head F.G. Calderon Integrated School, after heading DJGNHS for over two school years, and will be succeeded by Mrs. Lourdes M. Florendo.

Mr. Valenzuela was originally assigned to head DJGNHS from 2023 to 2028 or 5 years—the maximum term for a school head according to DepEd Order 7 of 1999; until he was re-assigned to Calderon by the School Division Office (SDO) of Manila to head F.G. Calderon Integrated School. Mr. Valenzuela was a former Science teacher at Tondo High School, advising Tondo High's research team, bringing along with him his love for the field of Science, enabling innovation and creativity with the use of technology and research to DJGNHS. Mr. Valenzuela has very high expectations and ran promising programs for DJGNHS, most prominently collection of donated and recycled plastic bottles, and used cooking oil to sell for school funding, and also bringing opportunities for those in the Manila Robotics Society, and giving aspiring researchers the chance to come to Thailand to present their inventions.

Filipino Department Recognizes Buwan ng Wika Winners

Elizabeth Jane Buhton



This poster was declared Champion during the Poster-Making Contest as part of the activities for Buwan ng Wika of the Filipino Department. It was created by Stephanie Kate Marasigan from Grade 10 - Del Mundo (1), a student and campus journalist of The Sail.

Filipino teachers concluded the "Buwan ng Wika" with the theme, "Filipino: Wikang Mapagpalaya" by recognizing the winners, who showcased their creativity and skills in each activity launched during this month at the school grounds on August 27.

Students, who successfully displayed their creativity and skills in every category, were awarded with certificates of recognition and were called on stage to be fully recognized by the audience, which they deserve.

The following students are the winners of each contest: Slogan Contest- First place- Andie Mae A. Feria, Second place- Eliza Grace A. Somo, Third place- Prince Anthony M. Miran-

da; Essay Writing Contest- First place- Precious Althea D. Catalan, Second place- Precious Grace G. Iglesia, Third place- Zyle Alette M. Robas; Poetry Writing Contest- First place- Ayesha Claire P. Villanueva, Second place- Jamaica R. Villanueva, Third place- Jairex Ynoh Zamora; Poster Making Contest- First place- Stephanie Khate Masigan, Second place- Jhorence Adriel Malaban, and Third

place- Eariel Zane D. Valles.

Wearing their own style of Filipiniana, Filipino teachers show their support for the activity, with Mrs. Diane Rose S. Tamayao and Mrs. Isnifa H. Artieda leading the culminating program, and with the appearance of their head, Mrs. Mariano.

May the spirit of "Buwan ng Wika" continue and strengthen through these various activities.

Historical Pop Quiz Tests Waine's Knowledge

Zhyle Alette Robas



Nilo competed with different schools for History-Pop Quiz. He was trained by Mr. Edgar Dizon, Araling Panlipunan teacher and Mr. Gervacio Esteves, Head teacher of the Araling Panlipunan Department.

Historical Pop Quiz aims to test learners' prior knowledge about national issues and statistics, among the students of Dr. Juan G. Nolasco High School, Alexis Waine Nilo from 10 - 1 (Del Mundo) represented the school in the Historical Pop Quiz. The event is held at Manila Science High School on Tuesday, February 4.

According to Waine, the Pop Quiz was covered by different topics such as computing fertility rates, death rates, teenage pregnancy rates, and crucial issues facing the country today.

These issues, such as teenage pregnancy rates, serve as key indicators of social and economic well-being.

Waine and students from various schools demonstrated their skills regarding pressing issues facing the country.

Moreover, they were tasked to analyze data and apply their knowledge to real-world scenarios. Additionally, the pop quizzes were given to test their stock-knowledge, furthermore they are seen to have appeared during contests and trivia nights.

Waine uttered that Pop Quizzes like these are valuable for educators. he stated that Pop Quizzes "help teachers evaluate students' retention, encourage consistent study habits, and identify learning gaps without prior preparation."



Representing the school is one of his many dreams. Nilo can't help but be proud of himself for unleashing his knowledge in history.

Agoring places 11th among 25 Pecha Kucha Participants

Ranza Eliza Sampilo



Just like the lyrics of the song, Fight Song by Rachel Platten, Agoring showed how to fight for something he is good at, placing 11th among 25 schools. He was trained by Mrs. Jeanneth S. Norcio, Master Teacher I in English and Mr. Ambrocio B. Agustin, Head Teacher of the English Department.

Out of all the competitions in the Division Festival of Talents, the PechaKucha competition stands out for its ability to enhance students' presentation, public speaking, and quick thinking skills. Among the participants, Aaron Agoring from Grade 10-Del Mundo proudly represented Dr. Juan G. Nolasco High School on February 4, 2025, at Manila Science High School.

PechaKucha is a presentation format that utilizes 20 slides,

each displayed for 20 seconds, to narrate a story. Participants are given topics to present using a PowerPoint presentation within a set time limit. In this competition, all participants received the same three informational texts from which they gathered relevant details to build their narratives.

The assigned topics were the West Philippine Sea (WPS) dispute, Carlos Yulo and his gymnastics career, and Lea Salonga and her achievements. Aaron Agoring secured 11th place and shared his thoughts on the topics given:

"To be honest, the topics given were expected. Since we were provided with the

contest theme beforehand, I was trained to construct a narrative quickly based on many possible topics related to it. So, I felt confident when presenting."

Accompanying Aaron during the competition were Mr. Ambrocio Agustin, English Head Curriculum Chairman, and his English teacher and coach, Mrs. Norcio. Reflecting on his experience, Aaron described it as exciting and fulfilling. Despite feeling nervous as the last presenter, he cherished the opportunity to showcase his speaking and technological skills, meet new people, and even make some new friends.

For those interested in joining the PechaKucha competition, Aaron offers this advice: "What I can say is, PechaKucha is somewhat like an extemporaneous contest but on a higher level. If you're good at public speaking and utilizing technology, then it's worth the shot."

English Month Culmination ; Fiction Comes to Life

Sophia Yvonne Palacio

On December 9, 2024, the English Department, under the leadership of Ms. Peñaflorida, chairperson of the Literary Character Portrayal, organized a grand finale of the month at the school grounds.

The event featured a vibrant parade, where Nolascians dressed up as their favorite literary characters, bringing them to life with creativity and passion. This celebration not only entertained but also educated participants about the significance of these iconic literary figures in literature.

Adding to the excitement, the Speech Choir Contest champion, Grade 9-Rizal, delivered their award-winning performance, captivating the audience with their talent and teamwork.

The culmination continued with the much-anticipated awarding ceremony, recognizing the winners of various English Month contests. These include Literary Character Portrayal, Quiz Bee, Bookmark Making, Spelling Bee, Extemporaneous Speaking, Essay Writing, Poster Making and Slogan Writing, Declamation, Reading Proficiency, and Speech Choir.



English teachers, led by their department president, Ms. Gale Peñaflorida, showed their utmost support to the culminating activity by wearing their best costumes.



DJGNHS Maintains its Enrollment Rate

Infographic by Joaquin Rye Divina

Echoes of the Congos

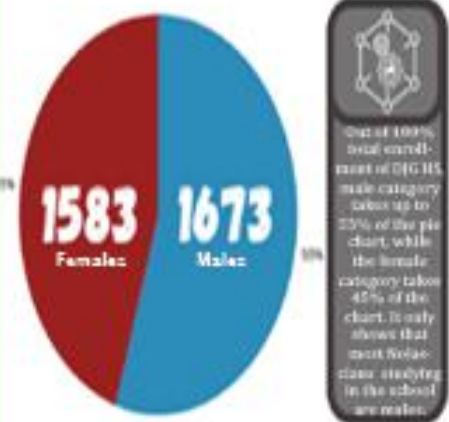
Zhyle Alete Robas

9-1 Rizal bags 3rd Place on Division Festival of Talents 2025 'Bayle sa Kalye'

Heisia Jhustine Trance

Dr. Juan G. Nolasco High School SY 2024-2025

Enrollment Rate



Senior Highschool School Department almost maintained their enrollment this school year, with total of 315, 113 Grade 11, and 242 Grade 12, compared to 355 from the previous year.



Rizalians proved their talents and skills in interpretation of the poem through their attention-grabbing and amazing performance of The Congo, proving others that they deserve the first place.

Nolascians share the Congo legacy through the harmony of voices in a speech choir performance, showcasing their skills in synchronized recitation and expressive expression at the covered court of Dr. Juan G. Nolasco High School (DJGNHS) from 11 AM to 1 PM on November 25, 2024.

Nolascians unveiled their talents in the speech choir contest with the piece, "The Congo by Vachel Lindsay, they showed remarkable movements and euphony of their voices representing the Congo legacy.

Each group will receive a consolation prize for those who didn't make it to the top three. The winners of the event are awarded as follows; the third place is 10-Del mundo(1), the second place is awarded to 8-Almario(2), and the champion, who takes the first place is 9-Rizal(1).



Grade 8 - Almario happily received their award as the 2nd place of the event.



10 - Del Mundo performed the piece wearing their orange-themed costumes, living as Congos.



'Bayle sa Kalye' 2025 brought together various schools in a vibrant dance showdown at Albert Elementary School on February 6, 2025, as they competed for the championship title. Photo by Ma'am Ayque

9-1 Rizal bags 3rd Place on Division Festival of Talents 2025 Bayle sa Kalye On February 6, 2025 at Dr. Albert Elementary School.

9-1 Rizal of Dr. Juan G. Nolasco High School showcased their talents, determination, and discipline by grabbing 3rd place during the Division Festival of Talents 2025 'Bayle sa Kalye,' despite them only having a limited time to practice.

Only having a few finish at the top, is hard, but because of their everyday training, determination to win, and their hard-working coaches, Jade Serilla, and Ma'am Ayque, Rizalians seized 3rd place making their exhaustion and hard-work worth it in the end.

With this award at the DFOT 2025 'Bayle sa Kalye,' 9-1 Rizal proved that Nolascians have what it takes to compete at the biggest stage, even against all odds.

DEPED Orders Make-Up Classes as Students Face Adjustments After 35 Suspensions

Yezsha Nicole Manzanilla

The school year 2024-2025 faced significant disruptions, with 35 class suspensions out of the 220 scheduled school days. These suspensions were caused by typhoons, heavy rainfall, extreme heat, transportation strikes, and power outages.

The frequent interruptions posed challenges in completing the required curriculum, compelling the Department of Education (DepEd) to take an action. In response, DepEd issued Memorandum DM 791 s. 2024, mandating the implementation of make-up classes to compensate for the lost school

days. This directive received support from local government officials, including city and provincial mayors, who recognized the importance of ensuring students' learning progress was not compromised. Dr. Juan G. Nolasco High School (DJGNHS) adhered to the directive by conducting Saturday make-up classes.

Teachers took proactive steps to address the learning gaps by designing activities for both synchronous and asynchronous learning. This approach allowed students to engage in lessons on days when face-to-face classes were not feasible, ensuring that essential topics were covered within the remaining school days.

To prioritize and compensate for the lost time, the school administration also decided to scale down or cancel certain extracurricular activities. For instance, the annual Christmas Cantata, which was previously a school-wide competition, was modified into a classroom performance to minimize disruptions

to class schedules. Additionally, the much-anticipated Junior High School Prom was canceled due to time constraints that made it difficult to prepare adequately for the event. Despite the challenges, DJGNHS remained committed to completing the academic year on schedule.

Unwavering typhoons continue to disrupt education in the Philippines, forcing consecutive class suspensions and making it difficult for students to attend school.

Rico Moves to Regionals for DaMath Challenge

Elizabeth Jane Buhion



Rico Yves gave another milestone and honor to DJGNHS for his achievement in the DaMath Challenge - Division Level - Grade 10 category. He was trained and accompanied by Mr. John Miguel Bobol and Mr. Elma A. Panuncio.



Second place in the Grade 8 category was snatched by Lhaila Jhazz Del Carmen, 8 - Almario.

Yves Rico, 10 - Del Mundo, defeated five district representatives in the 2025 DaMath Challenge - Division Level with a score of four (4) out of five (5) games, making him as the Champion - Grade 10 category, held at Manila Science High School on February 28, 2025.

Rico represented Nolasco and District I in the 2025 DaMath Challenge and proudly achieved the Champion award in the Grade 10 category. He was hailed champion for his score - 4/5 games. He will again represent

Nolasco and the Division in the Regional Level on March 15, 2025 in Mandaluyong City. Meanwhile, Grade 8 challenger, Lhaila Jhazz Del Carmen from section Almario, was declared second place among other districts.

BRIGADA ESKWELA ENLIVENS THE BAYANIHAN SPIRIT IN EVERY NOLASCIAN

Ranza Eliza Sampilo



Nolascian volunteers actively participate in Brigada Eskwela 2024. Students, teachers, and staff work together to clean and restore the school facilities, ensuring a safe and conducive learning environment for the upcoming academic year this August.

To prepare for the opening of classes, the Nolascan community joined the Brigada Eskwela Kick-Off program with the theme, "Bayanihan Para sa Matatag na Paaralan," led by the school head, Sir Sonny Valenzuela, head teachers, teachers, parents, students, and this school year's Brigada Eskwela Committee, the Araling Panlipunan department spearheaded by the Head Teacher VI, Sir Gervacio Esteves.

The program started with the welcoming remarks from Sir Valenzuela, where he mentioned "Together, gawin nating tahanan or home ang

eskwelahan na itinuturing nating pangalawang tahanan para sa ating mga anak, para sa Nolasceans," to encourage the community to help, give, and donate for the enrichment of classrooms and the environment of the school.

Brigada Eskwela will last until the end of the school year. During these times, everyone is encouraged to share any materials necessary for the cleanliness and health of the students. Grade 7 students with their parents and the PTA officers started cleaning the classrooms that were left untidy and unused for almost two months since the end of the previous school year.



Parents showed their utmost support for the Brigada eskwela by spending their time cleaning and donating materials for the school. They believed that making the school clean will benefit their children in all aspects.

Nolascians ranked 7th in the T.L.E Festival of Talents

Damien Ken Oceo

The T.L.E Manila Division-level Techo-Quiz Bee held for the Division Festival of Talents, and was hosted at Jose P. Abad Santos High School on February 6.

The competition was attended by 30+ high-schools from the division of

Manila, including Dr. Juan G. Nolasco High School Aaron Josh Agoring, and Damien Ken Y. Oceo, both from 10-Del Mundo, in duo were selected to compete in the competition and were mentored by Mr. Roland Daria.

In the final rankings, DJGNHS ranked 7th place, tied with other Manila high schools. "We led in the Easy, and Normal categories, being ahead with 5 points, but we fell in the difficult category. We may have not gotten to the top 3 rankings—but we still fought a good fight." - Oceo stated.

Alongside the Quiz Bee, the Poster Mak-

ing contest was also held, from February 5 to February 6 with competing Nolascan Eihlam Ziv Villanueva. The Poster Making contest was Separated into two categories—Still Life painting contest, and Poster Making.

DJGNHS ranked 6th in the Still Life painting contest. "the experience was great. I gained another type of experience particularly participating in division contests for the first time. And I also learned a lot of the standards about the judging. I'm grateful to be the chosen representative for DJGNHS." - Villanueva shared his view.



Clicks, Shares, and Empty Promises

Social media has been part of our lives for years. Initially, it was a fun way to connect, share thoughts, and express opinions, as well as a helpful tool during emergencies like typhoons or earthquakes. Over time, it evolved into a platform for activism. But is this activism genuine or just another trend?

In the Philippines, social media has amplified voices, enabling calls for justice and awareness of issues like poverty, corruption, and environmental destruction. Campaigns like #JunkTerrorLaw and #ArawNgMagnanakaw inspired many. For some, social media serves as a lifeline, especially for those unable to join street protests.

As social media becomes more prominent, students actively participate, too. For many, it's a way to engage with issues they care about and stay informed beyond the classroom. However, this involvement has its pros and cons. Social media can shape how students view the world, influencing their perspectives on what's right or wrong and sometimes leading them to adopt certain beliefs without deeper understanding. At a stage where ideas are still being formed, this exposure can be both empowering and overwhelming.

However, social media activism isn't without its flaws. One major concern is "performative activism," where people post about causes just to appear socially aware without taking meaningful action. Students are not exempt from



this, as many may join trending movements online without fully grasping the issues.

Another issue is the spread of misinformation, which heavily affects young users who often rely on social media for news. For example, during the 2022 elections, inaccurate information circulated widely, leaving many—including students—misguided about critical political matters.

Social media trends in the Philippines also tend to fade quickly. The ongoing genocide in Palestine is a recent example—many initially spoke out, including students who used their platforms to share their support. Yet, as interest waned, the issue was sidelined again, leaving some to wonder if their efforts even made a difference.

While social media activism has its strengths, it isn't enough on its own. For students, it's important to go beyond sharing posts or hashtags. Real advocacy means learning more about the causes they care about, supporting those directly affected, and finding ways to act beyond the screen. As Filipinos who value bayanihan, the challenge is to use social media as a tool for unity and real change—not just fleeting trends.



The Sail

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LTRFB also remarked that they are acknowledging the efforts and sacrifices of our jeepney drivers, so this increase will really favor the drivers, but how will this affect commuters?

Many students commute on a daily basis, the average allowance of junior high school students is ₱50, considering other needs of learners, such as food, school supplies, etc. If we are to compute it, the increase of fare will be too expensive for some students. "Para sa aming mga nag tratabaho para makapag lapag ng pagkain sa hapag, malaking perwisyo 'tong pag taas ng pamasaha dahil imbis na idagdag namin para sa pangkain, idadagdag pa para sa pamasaha." A lot of employees depends on public transportation, this would mean that a lot of employees will suffer from this fare increase.

Jeepney drivers may benefit from this raise, however this spike will surely affect all commuters. This spike can help the drivers, but can also give sufferings to commuters. If the raise is approved jeepney drivers' average earnings of ₱500 can go up to ₱560. "Ang pamasaha at biling tumataas ang sahod hindi, paano kami makakasabay n'yan?" Statement from other commuters, it is still a debate if an increase of minimum wage is reasonable, Kiko Pangilinan: "Minimum wage should be livable wage" indicating that the Philippine's minimum wage is not a livable wage.

This implementation can affect drivers positively and the commuters negatively. The increase of fare will surely affect commuters specially students. If this petition is approved, a lot will be happy, so those who will also feel more burden. The said ₱2 jeepney fare hike will benefit drivers financially but may burden commuters, highlighting the need for a solution that balances the needs of both. Some say "Maybe, we don't need to increase the fare, but need other solutions instead, such as price control on fuel and other expenses."

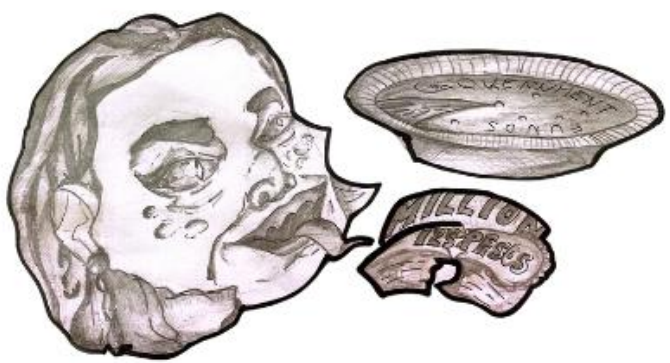


The Land Transportation Franchising Regulatory Board (LTRFB) said that they are reviewing the petition of jeepney drivers for a fare increase. As of 2nd week of February of 2025, the minimum fare for jeepneys is ₱13, jeepney drivers are asking for a ₱2 increase. But how would this increase affect both commuters and drivers? "Yung dos na magiging dagdag kung sakali ay maganda ang maidudulot sa aming mga jeepney driver," says one of the jeepney drivers. This increase will offer help to drivers to be able to afford the price increase of gasoline. "Maliit na masyado ang kita namin mga driver," they protests—jeepney drivers earn approximately ₱500 daily. According to recent data, a family of three would need to earn around ₱1,150 per day to cover basic necessities. Proving that the current earnings of jeepney drivers is not enough to cover basic necessities.



SARAgeddon: (I'm)peached Mango Pie

Princess Pauline Yuson



The Peach Mango Pie has always been on everybody's tongue—hot, messy, and impossible to ignore. Bite too soon, and you'll burn yourself. Wait too long, and it loses its thrill. And now, much like this famous snack, the nation is feasting on another piping-hot controversy. Controversy? That's putting it lightly. Overnight, the news about Vice President Sara Duterte became a blazing issue, dividing the nation into two camps: those who believe this political Armageddon is necessary and those who see it as another senseless spectacle.

"Being left by your partner is more hurtful than being impeached by the House of Representatives," the Vice President quipped, brushing off the issue as if it were nothing more than a bad breakup. Some laughed. Others seethed. Shouldn't a leader take their role—and the people's trust—more seriously? Of course, the P125-million confidential funds controversy resurfaced, like oil on water. "She managed to joke about it because she already took some of the money," critics sneered, a sharp reminder that the funds remain an unresolved mystery. Others leaped to her defense, arguing that she simply refused to dwell on negativity. "Why waste energy on this judgment?" they asked. "It's not her loss."

But whose loss is it, really?

For many, the impeachment is just another distraction—a political circus that invites endless debates, petty comparisons, and historical revisions. Once again, the nation finds itself trapped in the cycle of "what ifs" and "who did it better?" The credentials of former Vice President Leni Robredo are placed side by side with Duterte's, as if leadership were just a résumé contest. And yet, in a country that prides itself on democracy, perhaps this is a necessary storm. Maybe, for once, we need to prove—not just to other nations but to ourselves—that democracy isn't just a word but a movement. A fire that, if tended well, can light the way forward.

Except, history has a bitter aftertaste. Much like the Peach Mango Pie, Filipinos never really learn—always taking the same bite, always burning themselves, and yet, always coming back for more.



An Evil Wolf Disguise As An Innocent Lamb

Leigh Anne Abenir



Quiboloy is a highly controversial figure in the Philippines, known for leading the Kingdom of Jesus Christ (KJC) and claiming to be the "Appointed Son of God." He is known for committing sexual abuse, human trafficking, financial fraud and other illegal stuffs, but despite all of this he kept acting innocent and free of sins like his "God."

In 2022 the U.S. government indicted charges on him for causing sexual abuse, human trafficking and other illegal actions leading him to being in the FBI "most wanted list."

In the present, he runs as a one of the aspiring senatorial candidates under the Partido Demokratiko Pilipino-Lakas ng Bayan's (PDP-Laban), endorsed by Pres. BongBong Marcos, despite the cases filed against him. He was allowed by the SC to have the possibility to rule the country.

If this problem continues, more political problems may come leading many people included and even the country. Another one is more innocent people can be harmed and more victims may be silent in seeking the illegal conclusion Can they make the public believe them for seeking the illegal truth? Lastly the public may become more doubtful with the government's ability to manage, if the cycle of corruption and abuse will only grow stronger, leaving justice further out of reach.

Breaking the Taboo: Why Comprehensive Sex Education Matters



Jemari Trinidad

Sex education has long been a topic of controversy, often clouded by cultural, religious, and personal beliefs. Yet, the reality remains: young people need accurate, age-appropriate information about their bodies, relationships, and sexual health to navigate life responsibly and safely. Here's why prioritizing comprehensive sex education is a necessity, not a luxury.

Comprehensive sex education goes beyond biology. It equips individuals with tools to understand consent, recognize healthy relationships, and communicate their boundaries effectively. When young people learn about these topics in a supportive, stigma-free environment, they are empowered to make informed decisions, reducing instances of abuse and coercion.

The data speaks for itself: countries with robust sex education programs often see lower rates of teenage pregnancies and sexually transmitted infections (STIs). When people are informed about contraception, safe practices, and the consequences of risky behavior, they are less likely to engage in harmful activities.

In the absence of proper education, misinformation fills the gaps. Myths about pregnancy, contraceptives, and even anatomy can have dire consequences. Open and honest discussions help dismantle these misconceptions and promote a healthier understanding of human sexuality.

Modern sex education addresses diverse experiences, including LGBTQ+ relationships, gender identity, and sexual orientation. Acknowledging these realities fosters inclusivity and teaches young people to respect differences, reducing discrimination and bullying.

When sex education is taught with a focus on respect and responsibility, it promotes healthy attitudes toward one's body, relationships, and emotional well-being. It's not about encouraging sexual activity but about preparing individuals for the realities they may face.

Despite the clear benefits, many schools and communities resist implementing comprehensive sex education. The focus should be on collaboration between parents, educators, and policymakers to create curriculums that respect cultural values while prioritizing young people's health and safety.

The conversation around sex education doesn't need to be awkward or controversial—it needs to be intentional and constructive. By breaking the taboo, we pave the way for a generation that values respect, safety, and informed choices.



Lauren Miel Hernandez

Animal cruelty in the Philippines is a growing concern and disturbing reality, but remains hidden yet widespread, affecting countless of stray and domesticated animals. Despite having a law, many cases of animal cruelty go unnoticed or unpunished. Every day, countless animals suffer from cruelty and exploitation, it is the time for us the society to take our responsibility to recognize their own suffer and pain, and take an action to protect the animals' rights.

One major reason for this issue is that the persists is the lack of awareness and education about animal welfare. Many people mistreat animals for their own pleasure while others are using animals for illegal activities to get their own profit. Additionally, weak implementation of animal welfare laws allows abuser to escape consequences, instead of facing the consequences, furthermore they make the problem worse.

If this cruelty continues, more innocent animals will be left to suffer in silence. Will the society continue to ignore their pain and pretend like a blind eye, or will we finally take responsibility and take an action for their rights and well-being? The fate of these voiceless animals depends on the choice we make choose it will determine the future of animal welfare in our country.

ECHOES OF SILENCE



CHEATING is a CHOICE!

Michaela Fernandez

Cheating is a choice, not a mistake. The trending seven years relationship proves that even a long-term relationship doesn't guarantee loyalty or faithfulness. No matter how much you trust your partner, it is their choice to cheat. Loyalty is a responsibility not a choice.

There is no valid reason to cheat if you are in a healthy relationship. If you truly trust or love your partner, you wouldn't consider cheating. Cheating isn't always the answer whenever you have problems, communication is.

Nowadays, it is difficult to find a person that you can trust because even the most trusted person could lie. But what if the person who hurts you the most is willing to change? It is hard to trust them again after everything, so moving on might be better.



Self-Defense or Overreaction: Where's the Line?

Precious Grace Iglesia

A recent incident involving a security guard and a sampaguita vendor has ignited public discussion. The guard faced punishment for his actions, but was this decision truly justified?

The CCTV footage offers only a partial view of what happened, leaving crucial context out of the narrative. The guard's actions may have been a reaction to a perceived threat, as he later admitted to losing his patience during the incident. However, punishing him without understanding the full story risks being both unfair and harmful.

Security guards face difficult situations daily, requiring split-second decisions to maintain safety. Penalizing them without proper investigation could undermine their

confidence and ability to perform their roles. In this case, the vendor's apology and refusal to press charges further indicate there might be more to the story than what the footage shows.

A fair review is necessary, one that considers all the evidence, including eyewitness accounts and the guard's track record. Rushing to judgment based solely on incomplete footage sets a troubling precedent for how similar cases are handled in the future.

The security guard deserves a chance to defend himself, and justice demands that all sides of the story be examined. Only by seeking the full truth can we ensure that fairness prevails and that no one is wrongfully condemned.

FARE,
NOT FAIR!



Cedrick John Ignacio

The rising cost of transportation in the Philippines is increasingly affecting students, many of whom already struggle with tuition and educational expenses. Higher jeepney, bus, and train fares force students to make tough choices, often sacrificing meals to afford their commute. This not only impacts their academic performance but also their well-being. For students in remote areas, the increased transportation costs can take a significant toll on their families' limited budgets, leading to higher absenteeism and dropout rates, especially among low-income families.

The government must urgently address this issue by considering solutions such as subsidized transportation for students, improving public transport infrastructure, and enforcing stricter fare regulations. Failing to do so could worsen existing inequalities and hinder the education of many Filipino youths, threatening the country's future development. Immediate attention and innovative solutions are essential.



Cedrick John Ignacio

Making ends meet in the Philippines is becoming increasingly difficult as the prices of everyday goods rise. Food costs, particularly for rice, vegetables, and meat, are a major concern for families struggling to provide meals. Various factors contribute to this inflation, including global production and shipping challenges and excessive money printing. Regardless of the reasons, many Filipinos find daily life more challenging.

The government needs to take action to stabilize prices and support struggling families. We must address these issues to ensure that everyone in the Philippines has a fair chance at a good life.



The stakes are high



Aquia Ann De Leon

It's official! The Midterm National election campaign begins for those who want to become a Philippine Senator or represent a party in the Philippine elections starting today, February 11th 2025! It's going to be a busy few months, with lots of rallies, ads, and TV appearances. Candidates are going to be working super hard to get your Trust and votes.

Winning this election will depend on a lot of things. How much money a candidate has, will matter, but so will how good their campaign is and if they can connect with regular people like us. It also matters who else is running – some candidates are already well-known, while others are new.

The next few months will show us how fair the election really is. Will everyone have a fair chance, or will rich candidates and powerful people have big advantages? What happens in the campaign will decide who wins, and everyone's waiting to see what happens! This election is crucial for the future of the Philippines.



911 Speaking, What's Your Emergency?

Precious Grace Iglesia

The government's decision to reallocate funds for the nationwide launch of the 911 emergency response system is a step in the right direction. With ₱500 million redirected from the original ₱1.3 billion budget—leaving ₱820 million for the Philippine National Police (PNP)—this shift prioritizes public welfare. I fully support this initiative, but it must be implemented transparently to avoid wastage and inefficiency.

In a country where emergency response times can mean life or death, a reliable 911 system is long overdue. Reports show that response times in Metro Manila can take 15-30 minutes—far longer than the international standard of 7 minutes. A well-functioning system could bridge this gap and help reduce crime rates, which reached over 41,000 incidents in 2023 alone. Furthermore, natural disasters, which cost the Philippines

an average of ₱206 billion annually, highlight the urgency of an efficient emergency network.

However, this opportunity must not be misused. Past initiatives have been plagued by inefficiencies, with reports of misallocated funds and technical failures. For the 911 system to succeed, investments must focus on personnel training, infrastructure upgrades, and public awareness campaigns. The challenge now lies in ensuring proper execution and strict oversight.

The reallocation of funds reflects a commitment to public safety. If managed effectively, the 911 system could become a game-changer in saving lives and ensuring faster emergency responses nationwide. The government must now prove that this decision is more than just a budget reshuffle—it must deliver real results for the Filipinos.

Dear The Sail.

Publication is a prominent responsibility yet an honoring duty.

For the past years, this task has become your routine and somewhat it became your life. Our plea is for you all to find glee and fulfilment in the tasks assigned to you.

The journey is not going to be easy. You will experience dissatisfaction and scrutiny. Yet, always remember that mistakes could lead your skills to be become better. Treat the criticism as your evaluation to becoming better and to avoiding making the same mistakes. Follow a better pattern leading to better results.

Additionally, keep your dignity and honor as a journalist. Bring with you the prestige of being the source of valuable news and information. Keep being the light to our school as the torch of knowledge.

Your contribution to our school is highly appreciated. We as a community will be following your path diligently.

Thank you and continue growing your skills to become our school's compass to honest journalism.

Sincerely,
Gale Penaflorida
English, Teacher I

Dearest, Ma'am Gale Penaflorida,

On behalf of The Sail, I would like to express our deepest gratitude for your inspiring and thoughtful message. Your words serve as a strong reminder of the responsibility and honor that come with being part of a publication.

We understand that the road ahead will not always be easy, but your encouragement has reinforced our commitment to uphold the values of truth, dignity, and integrity in our work. We have always viewed criticism not as a setback but as a means for growth, and your reminder has strengthened our determination to keep improving and rectify our skills as student journalists.

Beyond your words, we are also immensely grateful for the support you have continuously extended to us—from guiding us with your wisdom to generously sponsoring our needs when necessary. Your belief in our potential means more than words can express, and it motivates us to work even harder in providing meaningful and truthful stories to our community.

Thank you once again for your guidance, generosity, and unflagging support. This letter could never fully captivate how grateful we are for everything you have done for The Sail. Please know that your impact will forever be etched in the heart of us, our publication.

Most ardently,
Precious Grace Iglesia
Editor-in-Chief, The Sail

By Princess Pauline Yuson

Due to Spanish influence on Philippine culture, celebrating patron saints has been a beloved and honored tradition for centuries, observed on various dates throughout the year. In Tondo, Manila, Sto. Niño takes the spotlight every third Sunday of January, turning the streets into a spectacle of vibrant banners and lively crowds.

Lakbayaw is one of the things people of Tondo were most likely looking forward to. If other provinces have their festivals, either Religious or Secular, Tondo also has it! It is divided into a lot of tribes, where people would participate whichever tribe they would like. During the festival, a dance is more than just a performance –it is a gift to the Holy Child and a showcase of the hidden talents Filipinos hold, making this celebration a truly special occasion.

L T O N D O Y P A E W



GRADE 7
GRADE 8
GRADE 9
GRADE 10

Name: Chloe Faith S. Gonzales
Section: 7 - 1 Herrera
Name of Tribe: Tribu Layko

I felt a mix of determination, anxiety, and anticipation. I was worried about making mistakes or forgetting the steps while performing. However, I practiced even harder to master the difficult moves. At the same time, I couldn't help but feel excited and thrilled to be part of Lakbayaw. Balancing school and Lakbayaw required careful planning and prioritization. I used a planner to schedule my time effectively, setting aside specific blocks for homework. Of course, it was challenging, so I applied several time management techniques to stay focused. I couldn't have done it without the support of my family and friends, who helped me manage my schedule and ensured I had enough time for both school and Lakbayaw.

Name: Richid Lainel V. Nicolas
Grade & Section: 7 - Herrera (1)
Name of Tribe: Layko Tribe

I felt happy because I got to bond with my friends, and I also had the chance to meet new ones. Before practice, I always made sure to complete my assignments so that when I got home, I could rest right away.

Name: Nathalie Patricia A. Bonifacio
Grade & Section: 8-10
Tribe: Fraeti Katala

I felt super duper happy during the Lakbayaw! The excitement and energy of the event were truly unforgettable. My priority is always school. I make sure to attend classes first, and when I get home, I practice walking for the Lakbayaw. By staying organized, I can focus on both my studies and my passion for dancing.

Name: Rolando Q. Ruelo Jr. (Nior)
Grade and Section: 8 - ABADILLA (1)
Tribe: BATANG CORCUERA

During the Lakbayaw, I experienced a mix of excitement, pride, and joy. The vibrant energy of the festival and the sense of unity within our group made the experience truly unforgettable. While the long practices left me feeling exhausted at times, my passion for our culture and the support from my fellow members kept me motivated. Balancing school and Lakbayaw was definitely a challenge, but I managed it by setting clear priorities and managing my time effectively. I made sure to finish my schoolwork before practice and used any free time I had efficiently. As an honor student, I remained disciplined in my studies, ensuring that my academic performance didn't suffer. I also sought support from my teachers and classmates when necessary, allowing me to excel both in school and during the festival.

Name: Larry D. Rocamora Jr.
Grade & Section: 9 - 1 (Rizal)
Name of Tribe: Marlac

I feel joyful while participating. Simple time management is key. I always keep track of my time, whether I'm practicing or studying. I make sure not to exhaust myself, so I can stay focused on my academics. Additionally, practicing actually motivates me to study even more.

Name : Niña Ashley L. Roxas
Grade & Section : 9 - 1 (Rizal)
Name of Tribe : BangKap Tribe

I felt joy inside me, but I was exhausted at the same time. Still, I enjoyed dancing because it's my passion, and I had my friends beside me who helped hype every step while performing. As a student with lots of extracurricular activities, I get used to balancing my responsibilities while focusing on my academics, so it was just a piece of cake for me.

Name: Chris Paul Santos
Grade & Section: 10-Del Mundo

It is exhausting but at the same time happy. When there are a lot of assignments, I complete them right away before our dance practice. If there are still remaining tasks, I make sure to finish them even though I'm exhausted from practice.

Name: Yael Lorddy Rico
Grade and Section: 10-Del Mundo
Tribe: Siete Pares

I am happy and full of energy, despite the exhaustion. Growing up as a Lakbayaw dancer, my strong devotion to Sto. Niño has always been my driving force. My grandfather once told me that dancing in the Lakbayaw would bring me three blessings from Sto. Niño: good health, prosperity, and love. This belief has stayed with me, and I've always made sure to give my all to the Lakbayaw, sometimes even putting aside my assignments. However, I've learned to balance everything through time management. It's definitely a challenge, especially with work in the mornings and not having enough time for assignments. But I manage to get five hours of sleep each night, and I rely on the support of my classmates to help me complete my schoolwork. Their encouragement and collaboration have made it easier for me to keep up with both my studies and my commitment to the Lakbayaw.

STO. NIÑO de TONDO PARISH
VIVA STO. NIÑO

BOOKS AND BURDENS

Stories of hope and perseverance..

By Princess Pauline Yuson

"Even if my knees drop to the ground, as long as they don't get buried."

a line from BTS' ON—a quiet truth that hums in the background of many lives. For some, the weight of the world isn't just a metaphor but a daily reality. School, work, dreams—they juggle it all, like a dance between survival and ambition. And though exhaustion may be their constant companion, giving up is a luxury they can't afford. The question isn't if they'll fall, but how they rise.

"A dream doesn't become reality through magic. It takes sweat, determination, and hard work."

**Princess Tony C.
Eugenio**

Grade 10 – Aguilar

In a world where the term “academics” alone can sweep someone off their feet, Princess Tony Cidro Eugenio, a Grade 10 student from Section Aguilar, balances the demands of her studies with her responsibilities as a working student. At just 16 years old, she has taken it upon herself to support her family by holding a job.

“Since then, I’ve been expected to perform well because I’m the one who has capabilities when it comes to academics; my family relies on me,” she shared, reflecting on the weight of expectations placed upon her.

Earning a monthly salary of Php 1,500 as a researcher for Pen and Pause—a company offering various art programs for women—Tony draws motivation from her family, particularly her younger brother. She dreams of providing him with a better future, one where he doesn’t have to endure the hardships they faced.

“I’ve always been cautious about how we manage our money, so I don’t ask for anything, not even a Barbie doll,” she admitted, emphasizing her frugal nature. While she initially struggled to understand the difficulties of managing money, she has always been mindful not to spend unnecessarily.

Balancing her responsibilities has not been easy. Between household chores, academics, work, and her role as an older sibling, Tony often finds herself with a cluttered schedule. To cope, she breaks tasks into smaller, more manageable parts, a strategy that helps her stay on track.

"There is no substitute for hard work. There is no such thing as overnight success or easy money."

Aries G. Protacio

Grade 10 – Quisumbing

Balancing education and work is no easy feat, but for Aries G. Protacio, it's a way of life. At 16 years old, the Grade 10 student from Section Quisumbing has taken on multiple jobs to support himself and his family. From being a sidecar driver in Divisoria to working as a delivery boy and gallon worker, Aries is no stranger to hard work. During the pandemic, he even took on the role of a kargador, carrying heavy loads to make ends meet.

Aries manages his time by attending his morning classes before heading to work in the afternoons and evenings. Despite his packed schedule, he remains motivated by the memory of his late sister, who passed away during the pandemic. Initially dreaming of becoming a doctor, Aries chose instead to pursue her dream of becoming a seaman, keeping her aspirations alive in his heart.

For Aries, education is a top priority. He believes it is something no one can take away from him—a foundation for a better future. Whenever fatigue or burnout threatens to slow him down, Aries reminds himself: “No work, no food.” This simple mantra fuels his determination to work hard every day, ensuring he can support himself and continue his education.

Aries credits his experience as a working student for shaping his personal growth. He has learned to rely on himself, tackle challenges head-on, and trust that God will guide him through life's hurdles. Balancing deadlines and responsibilities isn't always easy, but Aries has a system. He tackles tasks daily and, when necessary, asks his teachers for extensions. If those requests are denied, he prioritizes assignments and completes them as soon as possible.

Through it all, Aries dreams of a brighter future. His ultimate goal is to buy a house for his family—a place where they can build lasting memories together. To other students considering the path of a working student, Aries offers a piece of advice: “Don't think about being tired; think about what you will do. Don't rely too much on your parents—they won't always be there.”

"Experience is my best teacher."



Zedrick Bihasa

Grade 10 – Del Mundo

Zedrick Bihasa, a Grade 10 student from Nolasco, works as a shopkeeper in his family's bakery. He took on this role to help his family while also working toward his goal of becoming financially successful in the future. Despite his busy schedule, he makes sure to complete his school tasks while attending to the needs of the bakery.

However, being a working student comes with many struggles. There are times when Zedrick misses homework deadlines due to his workload, and there are also instances when he has to prioritize school over work. When stress and exhaustion overwhelms him, he finds comfort in music, which helps him gain focus and motivation. After every challenge, he reminds himself that his sacrifices are worth it because he is working for his future. Through these experiences, he has also come to understand the struggles of working adults and sympathizes with their hardships.

When asked about his advice for students planning to work, he says, "I don't recommend working at this age because school should be your top priority. But if you do choose to work, be prepared for the difficulties and stay motivated."

Work is a valuable experience that helps shape a person's character. For students like Zedrick, it teaches the importance of perseverance and time management. While juggling responsibilities is difficult, he remains committed, knowing that his hard work today will lead to a better future.

Keep going and never give up, even when things get tougher. But don't pressure yourself too much—rest is important to avoid burnout."



Jared Kent S. Bantaya

Grade 8 – Abadilla

Working is one thing, and being a student is another. But when these two come together, wouldn't it pose challenges to both your studies and personal life? While the answer might be yes, the story of Jared, a working student, shows how resilience and determination can overcome such obstacles. May his journey inspire you to find strength in facing life's challenges while staying motivated in your studies and pursuing your dreams.

Jared S. Bantaya, a Grade 8 student, works as a delivery boy for Lazada to help keep his family's business running. With money being hard to come by, he decided to take the job to support his family, all while managing his studies. Though he leads two demanding lives, Jared balances work and school efficiently through time management. During difficult times, his family's unwavering support gives him the courage to carry on.

Jared values education deeply, and staying motivated in academics is a priority for him. He does this by holding onto his faith and staying determined to achieve his goals. His experience as a working student has not only taught him the importance of hard work but has also shaped his values and personality.

To his fellow students considering the path of a working student, Jared offers this advice: "Keep going and never give up, even when things get tougher. But don't pressure yourself too much—rest is important to avoid burnout."

Work is a valuable experience that helps shape a person's character. For students like Zedrick, it teaches the importance of perseverance and time management. While juggling responsibilities is difficult, he remains committed, knowing that his hard work today will lead to a better future.

And just like BTS says, "Even if my knees drop to the ground, as long as they don't get buried," the fight continues. For those who walk this tightrope of work and study, falling is inevitable. But it's never about staying down—it's about standing up, each time stronger than before, refusing to let their dreams be buried beneath the weight of life's challenges.

May their story remind you that, just as the lyrics from BTS' ON suggest, it's not about staying down—it's about rising every time you fall. To all working students, your strength lies in your ability to keep going, no matter the obstacles, and to keep your dreams alive even in the toughest moments. Let their journey inspire you to never give up.

We are very proud of you!

JUAN Take is literally all it takes

By: Princess Pauline S. Yuson

Contributed by: Mary Laurice S. Tinoco

"Camera lens pointing at you, I'm snapping along with your movements."

---Snap Shoot by SEVENTEEN

Everyone in anyone—where moments pass in the blink of an eye—photographs hold the power to make them last forever. At Dr. Juan G. Nolasco High School, this idea rings true as students come

together, striking poses and sharing smiles—all to capture the essence of unity. With cameras flashing and laughter filling the air, the spirit of "Juan as One" shines brightly through every snapshot.

SNAPSHOT



Everyone in anyone—where moments pass in the blink of an eye—photographs hold the power to make them last forever. At Dr. Juan G. Nolasco High School, this idea rings true as students come together, striking poses and sharing smiles—all to capture the essence of unity. With cameras flashing and laughter filling the air, the spirit of "Juan as One" shines brightly through every snapshot.

As Nolasceans, we don't just take photos—we create memories. The energy is contagious, spreading through each frame as students embrace the joy of the moment. SMILE! POSE! FLAUNT! Whether it's a candid laugh, a playful pose, or a fierce stance, every shot tells a story of camaraderie and pride.

The joy of these moments is as audible as it is visible—a picture you can hear. The bustling crowd, the synchronized claps, the laughter that echoes in the air, all contribute to a sense of unity. For a fleeting moment, time feels infinite. But amidst the excitement, anxiety quietly slips in, shadowing every cheer. It's a mercurial high—thrilling yet fragile. The rush of performing, the thrill of being in the

spotlight mixed with shaky hands and pounding hearts. Pressure and exhilaration go hand in hand.

Then there are the students who beam with confidence—those whose uniforms are crisp, whose presence is unstoppable. The kind of confidence that commands attention, the pride that shines like a spotlight. They make others wish for just a piece of that aura. But behind that proud smile, doubt often lurks. The insecurity of wondering if they are enough, the quiet fear of being seen too much or too little. As they make their way back to their rooms, cheeks flushed not just from the heat, but from the silent worry of meeting expectations.

Each individual, frozen in time by the camera lens, carries with them a mix of emotions. These are core memories that will linger long after the years pass. They are a part of something bigger, something lasting—just as SEVENTEEN sings, "I'm snapping along with your movements." In every photo, we are a part of something that's more than just a moment; "We are One in Juan."

An eco-friendly alternative cement

• Denise Rhaine Dimasangal

Construction works involving cement as one of the material requires cement consumption coefficients for estimation of quantities and cost of such works, rising cement consumption due to rapid urbanization presents a significant challenge.

Geo-poly Cement, an invention created by Ynna Nichole Ilogan and Rodel Remolana Jr. of Mindanao State University – Iligan Institute of Technology (MSU-IIT), offers a low-carbon and more cost-effective alternative to traditional cement, provid-

ing adequate strength and integrity while addressing the pressing issue of carbon dioxide emissions in the construction industry.

Geo-poly Cement is made from agro-industrial waste and pozzolan materials and is refined by varying the silica-alumina ratio and alkali activator concentration

Developing geo-polymer cement with a solid alkali activator offers the potential for lightweight foamed concrete with strong thermal insulation properties which can reduce cooling costs by up to 70%, utilizing locally available pozzolans

and agro-industrial wastes.

Geo-polymerization involves reacting alumina-silicates, formed by dissolving silica and alumina, with a strong alkali activator at room temperature.

These alumina-silicates can come from natural industrial waste sources like fly ash and rice hull ash.

Researchers developed Geo-poly Cement using agro-industrial waste and pozzolan materials, with a cost-effective calcium-based alkali activator made from limestone and sodium hydroxide.

Geo-poly Cement, utilizing locally available raw materials in Mindanao, Philippines, employs a solid alkali activator, unlike conventional liquid ones, allowing it to be packaged and marketed like OPC. OPC is calcined in kilns at ~1100°C, and Geo-poly Cement is processed at ambient temperature.

Based on the study's findings, recommendations include formulating a low-carbon cement using agro-industrial wastes instead of sodium hydroxide (NaOH), testing additional mechanical properties such as slump and porosity for cement and light-

weight foamed concrete wall panels, investigating the interaction between geo-polymer cement and foaming agents, identifying suitable foaming agents for geo-polymer cement, and exploring blended cement formulations to enhance overall mechanical properties of cement and wall panels.

The project was one of the 2023 BPI-DOST Innovation Best Innovation Project of the Year Award recipients, recognized for being an outstanding innovation that leverages science and technology to address pressing issues on December 11, 2023.

Mpox spreads around the world

Monkeypox is a member of the Orthopoxvirus genus in the Poxviridae family, including variola, cowpox, vaccinia, and other viruses. Monkeypox is a type of zoonotic disease or zoonosis, which can be transmitted from animals to humans.

Mpox also known as monkeypox is an infectious disease that can cause aching rashes, enlarged lymph

nodes, muscle pain, low energy, back pain, and fever.

This disease is spreading around the world, the World Health Organization (WHO) declared a public health emergency of international concern (PHEIC), this is the WHO's highest-level alert.

The first case of monkeypox in humans was detected in a nine-month-old boy in the Democratic Republic of the Congo in 1970.

According to the World Health Organization (WHO), a global outbreak of clade IIb began in 2022 and continues to this day, including in some African countries.

There are also growing outbreaks of clades 1a and 1b affecting the Democratic Republic of the Congo and other countries in Africa.

As of August 2024, clade Ib has also been detected beyond Africa.

Clade II Mpox detected in 33-year-old Filipino with no travel history

• Davey Flores

The first case of monkeypox (clade II) variant this year is detected in a 33-year-old Filipino with no travel history according to Department of Health (DOH) secretary Ted J. Herbosa.

The DOH secretary Ted Herbosa said, "Actually in a way, that's the good thing because this is the second time the World Health Organization has declared Mpox a public health emergency of international concern".

The patient was brought to a government hospital where specimens were collected from the skin lesions and tested in

real-time by polymerase chain reaction test (PCR). "PCR test results are positive for Monkeypox viral DNA," the DOH said.

Health Secretary Ted Herbosa said the new case is currently still in isolation.

According to the Department of Health Secretary Ted Herbosa, three weeks is the recommended period of isolation. 21 days is needed until the lesions in his skin dry up.

Herbosa emphasized that anyone can get Mpox through close and intimate contact with someone who is infected, through contaminated materials like used clothes or utensils, or infected animals.

Mpox Virus case in the Philippines: Spread and symptoms

• Denise Rhaine Dimasangal

In 2024, the Philippines reported its first MPXV case, Mpox or Monkeypox is an illness caused by the Monkeypox virus wherein the virus has the ability to spread to humans from an animal host, such as rodents or nonhuman primates such as monkeys, and further spreads between people.

The virus that causes Mpox can spread to humans from animals or from person-to-person through direct or indirect contact with rashes, scabs or body fluids of an infected individual, and sexual contact with an infected individual.

There are two types of the virus, Clade I(1) and Clade II(2). The term clade is the name for a group of related viruses.

Clade I spreads regularly in Central Africa, causing severe symptoms, and is

linked to more causing more deaths, and spreads more rampantly than Clade II.

Clade II is observed to spread primarily in West Africa, causing minor symptoms and is less likely to cause death than Clade I.

Both types of the virus spread in other places around the world, often linked to international travel or animal trade.

The symptoms of Mpox tend to start within 21 days after you come in contact with the virus. You may have symptoms that are like the flu, including a sore throat, runny or stuffy nose, and coughing.

Other symptoms may include swollen lymph nodes, fever and chills, headache, body aches, and fatigue.

Those who have been in close contact with someone

with Monkeypox, the Centers for Disease Control and Prevention recommends vaccination within 4 days after exposure to prevent infection and vaccination within 14 days to lessen the severity of the disease.

MPOX can be avoided by maintaining proper hygiene, frequent hand-washing, avoiding sharing personal items with others, avoiding contact with those infected or those at risk of carrying the disease, and avoiding ingesting undercooked meats.

Currently, there is no effective cure for Monkeypox, but Dr. Juan G. Nolasco High School is planning to implement safety precautions and regulations to take action and prevent the risk of spreading Mpox, Maintaining a safe and clean environment for students.

DOH: Mutated strain of MPXV infiltrates the Philippines

Health authorities announced on Thursday that they've detected a new mutated Mpox strain clade 1b in the Philippines.

The DOH has reported a new case of the Mpox virus, the first in the country since December.

This new Mpox variant (Clade 1b) may be different in nature to that of the 2022 outbreak, with much higher community and household transmission rates reported.

The latest case was detected by heightened government surveillance following the outbreak in Africa reported by the World Health Organization (WHO).

Health officials said on Monday that the patient, a 33-year-old Filipino male from capital Manila, has no history of foreign travel.

The individual experienced a fever a week ago before a "distinct rash" was detected.

"The blister contained fluid. But it's different from the fluid from chicken pox because it turns into pus over time," a health department spokesperson said.

According to Herbosa, the patient did not travel [abroad], meaning the virus has been present in the Philippines; adding no border control measures will be implemented similar to those during the COVID-19 pandemic.

"The Mpox virus is among us. This is a warning to everybody," Health Secretary Teddy Herbosa told reporters, noting that nine cases of the virus were also detected in 2023, the case was reported to the health agency on Sunday.

FILIPINO MADE

• Davey Flores • & • Precious Grace Guiral •

NOLASCIAN INVENTIONS

• Davey Flores

Dr. Juan G. Nolasco High School students invent a pyrolysis device that converts plastic waste into usable fuel.

A team of four students from Dr. Juan G. Nolasco High School—Mrs. Shirly Custodio, Davey G. Flores, Yael Lordy B. Rico, and Rhyza Mae D. Cabalag—have developed a groundbreaking method for turning plastic waste into fuel. Their invention, a pyrolysis device, tackles the global problem of plastic pollution by offering a practical solution for recycling plastics.

The students successfully converted several types of plastic—PVC, polystyrene, polyethylene, HDPE, LDPE, and PET—into fuel using a process called pyrolysis. This process involves heating the plastic in a sealed chamber to high temperatures

Nolascian students turn plastic waste into fuel



(300-500°C), causing it to break down into a fuel-like substance.

Their pyrolysis device consists of a sealed chamber where the plastic is heated. A screw cap seals the chamber, ensuring a controlled environment during the

pyrolysis process. The team uses a pyrometer to monitor the temperature, ensuring it remains within the optimal range. Once heated, the evaporated plastic flows through a pipe to a second chamber where it condenses. Finally,

the condensed plastic, now a fuel, is collected in a sealed container.

The significance of this project is immense. According to the Nolasco Waste Management Programme, 500 of plastic are produced daily. This invention offers

a potential solution to reduce this massive amount of waste. The resulting fuel can be used for cooking, and with further processing through destructive distillation, it could even power vehicles.

This innovative approach to waste management not only addresses environmental concerns but also offers a potential alternative fuel source. The students' work highlights the power of ingenuity and the potential for young scientists to make significant contributions to global challenges. Their invention is a testament to the importance of investing in science education and fostering innovation among young people. Further research and development could lead to wider applications of this technology, offering a sustainable solution to the global plastic waste crisis.

E-Belt: a wearable Arduino innovation for enhanced mobility of the visually impaired

• Davey Flores



A groundbreaking invention by Andrixx Miguel Abriol, Sir Floyd Fuentes, and Ayesha Lizardo is poised to revolutionize mobility for the visually impaired. Their creation, the E-Belt, is a wearable Arduino-based device designed to promote independent walking and accident prevention. This innovative technology marks a significant step forward, offering a hands-free solution directly integrated into the user's clothing.

Unlike previous assistive technologies, the E-Belt is worn around the waist, providing a seamless and unobtrusive experience. The device utilizes ultrasonic sensors to detect obstacles within a user-defined range. When an obstacle is detected, the E-Belt provides haptic feedback—gentle vibrations—to alert the wearer to its presence and proximity. The intensity and frequency of the vibrations are calibrated to indicate the distance and urgency of the avoidance maneuver.

This intuitive design allows visually impaired individuals to

navigate their surroundings with increased confidence and independence. The hands-free nature of the E-Belt is a crucial advantage, freeing users from the limitations of cane-based navigation or other assistive devices that require manual operation. This enhanced freedom of movement significantly improves quality of life and fosters greater participation in everyday activities.

The E-Belt's development is a testament to the power of technology in addressing accessibility challenges. By integrating readily available technology (Arduino)

with a practical and user-friendly design, the inventors have created a solution with the potential to impact the lives of millions. Further research and development could see the integration of additional features, such as GPS capabilities for navigation and improved obstacle detection algorithms. The E-Belt represents a significant step towards a future where technology empowers individuals with visual impairments to navigate the world with greater autonomy and safety.

The future of safe storage: smart, secure, and eco-conscious

• Precious Grace Guiral

As security technology evolves, so does the need for smarter and more sustainable solutions. The Smart Improved Vault Box integrates modern security features with an eco-friendly design, offering a reliable way to store valuables while minimizing environmental impact.

This innovative project will represent Dr. Juan G. Nolasco High School at the Bangkok International Intellectual Property, Invention, and Technology Exposition (IPITEx 2025)—a global competition showcasing ground-breaking technological advancements made by students.

The vault is constructed using recycled metal, reshaped and reinforced to form a durable storage unit. By repurposing materials, the design

not only reduces waste but also provides a strong, tamper-resistant enclosure for securing important items.

At the core of its functionality is Arduino-powered automation, which enhances security through a programmed LCD display and password authentication system. Users can input and modify passwords as needed, with built-in error detection to prevent unauthorized access.

The entire system is integrated behind the vault door, ensuring that electronic components remain protected from external interference. By combining hardware and software-driven protection, the Smart Improved Vault Box offers a cost-effective alternative to conventional safes.

It demonstrates how open-sourced microcontroller technology



can be leveraged for custom security applications, allowing users to control access while maintaining an adaptable and upgradeable system. As demand for both security and sustainability increases, innovations like this vault box highlight the potential of merging recyclable materials with modern electronic systems.

Whether for personal or business use, it presents a scalable, energy-efficient approach to protecting valuables in an increasingly digital world.

Nolascians Develop Air-to-Water Generator for Sustainable Agriculture

Continuation from pg. 6

• Davey Flores

Dr. Juan G. Nolasco High School students create a device using distillation to address water scarcity and improve urban farming.

A team of five students and teachers from Dr. Juan G. Nolasco High School—Mrs. Shirly G. Custodio, Stephanie Khate B. Marasigan, Damlen Ken Y. Ochoa, Precious Althea D. Catalan, and Czyrene Marley G. Casimiro—have designed an innovative solution to combat water scarcity: an air-to-water generator, which they call the "Hydro-Gen." This device utilizes the process of distillation to convert humid air into usable water, offering a sustainable alternative water source, particularly beneficial for urban farming and hydroponics.

The Hydro-Gen directly addresses the escalating water short-

ages in Dr. Juan G. Nolasco High School, a critical environmental concern. By providing a reliable water source for hydroponic systems, it protects crops from water stress, ensures food security, and safeguards public health by guaranteeing the production of high-quality produce. The project is especially relevant in urban areas with limited arable land, where efficient water management is crucial for sustainable agriculture.



FEATURING

HYDRO-GEN: Harnessing the air

• Damien Ken Oceo

Water what is water? What can we do with water? Of course we can drink water, we can water plants with water, we can bathe in water—but what are we going to do without water? Water is our lifeblood, literally. All life on earth, fauna and flora need water to survive. Up to 60%, of the composition of a human male body, including our blood is made of water. Water is indispens-

able. Our agriculture is sustained with water; without water, we cannot our plants. What earth can sustain life? Plants without water. From the beginning of human civilization in the cradle of civilization, people used to only live by the shores, fueled by the water of rivers and oceans to fish and to support crop farming, leading to the first city states. As civilization advanced,

developments in aqua-related technology were conceived, sewage systems, irrigation, aqueducts, and water filtration. However, in a present world, where renewable processing of resources will be highly valued as resources are slowly being used up,

"People shouldn't have to worry daily about whether they'll have enough water."
-Damien Ken Y. Oceo

from where else will the world tap its water from? Junior High School researchers Precious Althea Catalan, Czyrene Casimiro and Damien Ken Y. Oceo at Dr. Juan G. Nolasco High School propose HYDRO-GEN, a generator with the purpose of extracting water from seemingly nothing... but the air. The generator utilizes the Peltier Effect, a thermo-electric phenomenon that causes air

to condense and form water, providing a steady source of water as long as it is powered. According to their statistics, derived from other sources such as the World Health Organization (WHO), and the United Nations Children's Fund (UNICEF)—36% of the world population lack a source of clean water.

Edge-tec wins third place for edible cutlery



• Denise Rhaine Dimasangal

Garbage pollution is an urgent global issue. according to the Organisation for Economic Co-operation and Development (OECD) in the year 2023, the world produced over 353 million metric tons of plastic waste, with roughly 50% of that waste ending up in landfills; and 50% also being single-use plastic.

According to the World Bank Organization, the Philippines produces an average of 2.7 million tons of plastic waste annually, with 20% of those plastic wastes ending up in the ocean, disrupting marine habitats, and creating debris along the ocean, creating obstructions for the local fishing, shipping and tourism industries. Engineering students

from the Technological Institute of the Philippines proposed reducing plastic pollution by making cutlery from flour instead of single-use plastics. The 2023 Swiss Innovation Prize competition panel of judges recognised their study. The six-member "Edge-tec" team led by Stanley del Rosario initially submitted the paper as part of their Tech 101 Engineering and Entrepreneurship class coursework. "We believe it can be a sustainable solution to lessen our need for single-use plastics," del Rosario stated. "It won't cause a problem for the community, especially for marine animals, because even if they ingest it, it is safe." Among the 150 entries from students and professionals nationwide, their work was awarded third place in the sustainability category. The group received a cash prize of PhP 30,000 and a trophy.



Why you shouldn't do drugs?

• Kheanpaul Carmelo

Around 41% of underage teenagers in the Philippines have admitted to partaking in drug usage. Drugs can also be taken in many different ways—inhalation, injection, or ingestion. Additionally, although some drugs may provide a temporary boost to mood or perception, they put you at formidable risk. Drugs, including morphine, oxycodone, heroin and fentanyl, can have damaging effects on the brain by interfering with its natural functions. These medications decrease the oxygen supply provided to the brain, resulting in death of the brain cells that can generate long-term, irreversible damage. Even more common drugs, such as marijuana and steroids, can have negative impacts on your brain. Marijuana has been associated with an impaired thought process, loss of memory, and learning disabilities. On the other hand, ste-

roids can lead to mood swings, irritability, anxiety, and even paranoia. Teenagers and young adults commonly use drugs or alcohol as an escape from emotional difficulties, peer pressure or stress. But depending on drugs or alcohol to cope with feelings can prove risky, especially when the teenage brain is still forming. Misuse or overuse of drugs can disrupt emotional regulation, cognitive function, and overall brain health. So if you or someone you love is having signs of addiction: asking for help, Talking to a trusted adult, like a teacher or family member, or connecting with a professional counselor can be the first step toward healing. If you or someone you know is struggling with addiction, there are many resources available. Remember that reaching out for help is a courageous and essential first step to recovery.



Hello Celestial!

• Damien Ken Oceo

2024 RW1 is the 9th ever asteroid detected before its impact with the Earth, it was witnessed on September 5, 12:46PM, east of Luzon. The asteroid was 1.5m in diameter and 5,500kg in weight, the celestial body

was about to collide with the Earth at 63,360 km/h before it disintegrated from the friction in the Earth's atmosphere. The asteroid emitted a spectacular light as it shortly burned up. It was initially detected just 12 hours before impact and identified as CAQTDL2 by Jacqueline Fazekas from the NASA-funded Catalina Sky Survey, run by the University of Arizona at Mt. Lemmon Observatory, they specialize in detecting and monitoring near-Earth asteroids. Due to the severe tropical storm Enteng, the view of the asteroid was obscured "An object this size has the

potential to create a stunning fireball, but weather conditions in the area are likely to be cloudy and stormy," - The European Space Agency (ESA) on X. "The object is harmless, but people in the area may see a spectacular fireball," - The ESA in another post. This is a small yet significant event, a memorable and spectacular scene for those who've witnessed it first-hand, but it is also a testament to our ability in detecting celestial objects such as asteroids; implying progress in planetary defense against other celestial objects in the future. Rarely does an asteroid at this size be seen before impact.

PAGE BY:

• Denise Rhaine Dimasangal

RAMUN: Resistance against underground pollution

In an urban city, we are often captivated with what we see around us—towering high skys-rise buildings, roads lined with endless lines of vehicles, busy streets packed with crowds of people; but there are things happening beneath the ground we cannot observe, shrouded by the concrete pavement of which we walk on.

Things happen underground that we don't notice until they become evident because they've affected the environment—once they've reached the surface...

Joseph Aristotle de Leon, 24-years-old, a recent graduate of De La Salle University in Manufacturing Engineering and Management, concentrates on his invention.

His creation, RAMUN (Resistivity Acquisition and Monitoring of the Under-

ground), is designed to reveal what's happening underground—an innovation that earned him the title of national winner at the James Dyson Award 2024, a competition that seeks innovative designs that solves the problem of underground pollution.

According to de Leon, a clear example of how RAMUN can make a difference is in the issue of flooding. He explained that one major cause of flooding is ground sub-

sidence, which occurs when the ground sinks due to the depletion of groundwater.

He added that in urban areas like Metro Manila, Metro Cebu, and Metro Davao, our groundwater systems are being drained faster than they can be replenished. This excessive extraction of groundwater leads to ground subsidence, which isn't always visible until it causes serious problems like flooding.

The system works by using electrical resistivity tomog-

raphy (ERT), a technique that injects electrical currents into the ground through transmitters. The response of these currents, which vary depending on the properties of the soil and underground conditions, is recorded by the sensors.

Although it isn't a 1:1 demonstration, de Leon described it as a "time-lapse resistivity map," which helps users visualize underground movements, such as pollutants or groundwater.

Eukaryotes without mitochondria found and identified

Mitochondria are organelles in almost every living eukaryotic cell on Earth. They are responsible for generating the energy that allows creatures to grow and to move around.

Mitochondria has a double membrane and uses aerobic respiration to generate adenosine triphosphate, the fuel that provides the energy for the cell. Eukaryotes belong to

one of four types: plants, animals, fungi and protists.

Mitochondrial genes transferred to the nuclear genome over time, yet mitochondria retained some genetic material for reasons not completely understood.

The hypothesized transfer of genes from mitochondria to the host cell's nucleus likely explains why mitochondria are not able to survive outside the host cell. Mitochon-

dria are absent in prokaryotic cells and RBC of mammals. Mitochondria are called powerhouses of the cell.

Prior research has shown that there are eukaryotes that have devolved mitochondria to the point that they have none generally because they get their energy elsewhere. For this new research, the team studied eukaryote evolution in metamonads, a type

of microscopic eukaryotic.

Such creatures are able to gather energy by absorbing nutrients directly from another creature that does have functioning mitochondria; several have been found in the human gut, for example. They collected specimens from various locations and studied them in their lab. They found five that caught their eye: three found in salty soda lake

sediment beds and two in shallow ocean sediments.

One stood out clearly from the other four due to its complete lack of mitochondria. They named it *Skolionomonas litria* and noted that it was the first-ever finding of a free-living eukaryote to have lost its mitochondria. They also note that more work is required to determine how the creature makes its ATP without using oxygen.

Fire GeoPrimer: Advancement in fire protection

Fire Geo-Primer, an invention by King Zhytt Driz and Alonzo Gabriel Limocon of the Mindanao State University - Iligan Institute of Technology (MSU-IIT), is a geo-polymeric intumescent flame-retardant primer coating for wood applications.

Geo-polymeric intumescent is a type of coat-

ing using geopolymeric intumescent, which expands when heated to form a protective ceramic layer, acting to protect materials from fire.

Its formulation combines nano-silica from agro-industrial waste and aluminum from a clay, offering better fire resistance and protection for wooden structures and a surface for paints to hold onto. It offers

superior fire resistance, adhesion, and thermal stability compared to commercial products, and it is more affordable, making it accessible for wider use.

RAMUN, Geo-poly Cement and Fire Geo-Primer will progress to the next stage of the James Dyson Award, with the international Top 20 shortlist to be announced on October

16 and the global winners on November 13.

The James Dyson Award is a yearly competition that challenges young designers and engineers to "create products that work better." It is run by the James Dyson Foundation, the charitable trust of inventor, industrial designer, and entrepreneur James Dyson.

The international-

al winners will receive approximately P2,100,000 (\$38,000), while the international runners-up will take home P350,000 (\$6,300).

In 2020, Carvey Ehren Mague, an alum of Mapua University, was named the first-ever global sustainability winner at the James Dyson Awards for developing solar panels using food waste.



OH, FEBRUARY G Penaflorida

**A FADING THOUGHT BEFORE THE COLD ENDS
MY BEAUTIFUL EXTENDED MOON AND STARS
LOOKING UP THE BLINKING LIGHTLESS VAST
THE COLD BREEZE AFTER THE NEW YEARS**

**IT'S CHARM ALWAYS CREEPS INTO MY SOUL
ALL I CAN DO- IN A GLEE- IS TO KEEP IT ALL
ENJOYING THE THOUGHTS IN MY SPRAWL
HEAD IN SPACE, BACK IN MY WALL**

**MAY THIS DELIGHTFUL WEATHER FIND YOU
LIKE IT FINDS ME IN MY SOLITARY AVENUE
LISTLESS, ALL I WANNA DO IS STARE IT'S HUE
HOLDING MY THOUGHTS, THROUGH AND TRUE**

A Letter for my FUTURE SELF

G Penaflorida

Awkward hi's and delightful waves,
Familiar hand gesture that fades.
How are you? Is that alright to say?
I'm fine here but not entirely okay.

Do we still listen to the same music?
Do we still read black and white comic?
Do we still play games and sports like a manic?
Do we still live our tiny life in panic?

I'll tell you an obvious thing,
Days, weeks, and months are fading.
Yet, we still find it childish interesting.
It's refreshing it keeps our being.

Our thoughts and actions seem better.
Sometimes sad and sometimes like a jester.
We wake up, stand up, walk, and then live.
It's a cycle whatever our lives give.

We still act childish with our friends.
How about there is there any change?
The dinner at night still seems endless.
How about there, are conversations still exchanged?

I hope we have our promise anyhow.
I hope we learned a bit and a lot now.
I hope we kept our secret silly vow.
I hope we grew up happy somehow.

Fascinatingly, I have lots of love to offer.
Although, sadness sometimes makes us suffer.
I taught us to smile even if we are in pain.
I taught us good words to live by and keep us sane.

I'm living our life so you can see a day.
I'm working on us so you can happily stay.
I hope our days are filled with hue.
I hope this feeling finds you.

It wasn't easy, trying to be anybody.
I hope it's worth it and our life will be lovely.
Let's meet again beyond this letter.
Let's meet in the future, my reader.

10-12 Barzon, teacher

PORTAL

G Penaflorida

Roaming around the dark
alleyways, an urban
legend was made. They
say there was a place for
sadness and uncertainty-
lurking in the light and
noise. Walk... walk...
walk... wall. It was close
in that corner of shadows
and smoke.

On the other hand, a song
was made. You sing it in
an instant when life gets
blurry. Where do you
think it is? Find
everything in bliss. They
say it was made for
wandering wits. They say
when you are sad you say
a little pray. In a fleet,
you'll be the prey.

Oh my dear, your wishes
must be clear. In the dark
alleyways don't find the
deer. Don't chase the
white, don't seek the
black. Don't look around
the green. Don't touch the
amber. Don't enter the
blue. It looks normal in
cue. Four corners, that
one space after the
staircase.

They say it was portal to
heal.

May I dare you to say it
again. As this urban
legend is about the end. It
grants wishes but it must
not be nice. It grants you
happiness but it screams
selfishness. There was a
lady hanging in his black
dress. Glaring at your
soul- but wait like what I
said don't seek for this
lore.

For I start to count, the
clue is not that far. Your
wishes are what they seek.
Your desperation are what
they prefer. This is a game
between the winner and
prey. I dare you to play.

Zero, on count let's start
the hunt. Your in a game of
life. You are here to dye-
red, black, white. What a
lovely sight.

One, the game starts now.
Don't look for the portal.
Don't be vertical. I have the
clues for you. You don't
really have a choice my
dear. Since you read this
clear.

Shattered ARMOR

Ingrid Velásquez

To the world, they stand so strong, so
brave,
A fearless soul, a heart unscathed.
But in the dark, when no one sees,
They drown in silent agonies.

Drained and tired, yet they endure,
Hiding pain behind a smile so pure.
Each day, they wear their mask so
tight,
Pretending they're still full of fight.

Day by day, they play their part,
Carrying burdens, guarding hearts.
No one asks if they are fine,
For strength, they say, should never
whine.

But how long can they run, conceal?
How long must they refuse to heal?
May someone see beyond their guise—
That even the strong need rest, need
time.



Unread Messages, Unspoken Words

By Ingrid Velasquez

Irah and Venice used to be inseparable. They would spend hours talking about anything—dreams, crushes, and the little things that made their days special. But lately, something had changed.

Venice sat alone on a bench outside their school, scrolling through her phone, her face blank. Irah approached, smiling.

"Hey, you're here early," Irah said, sitting beside her.

Venice barely looked up. "Yeah," she muttered, still tapping on her screen.

Irah sighed. This had become their new normal. Conversations replaced with silence, attention stolen by glowing screens.

"Do you want to grab something to eat after class? We haven't hung out in a while," Irah asked, hoping to bring back the old days.

Venice hesitated, her fingers stopping for a moment. "I don't know... I have things to do."

Irah frowned. "Things? Or just scrolling through your phone again?"

Venice finally looked at her, irritation flashing in her eyes. "What's your problem?"

"My problem?" Irah scoffed. "You're barely present anymore. We used to talk about everything. Now, it's like I don't even exist when your phone is around."

Venice sighed and put her phone down. "It's not like that, Irah. Things change. People change."

"Yeah," Irah said, standing up. "But we were supposed to change together, not grow apart."

Venice didn't respond. She only looked at her phone again, as if searching for an escape.

Irah shook her head, her heart sinking. Maybe technology hadn't changed their friendship. Maybe it had just revealed what was already fading.

With one last glance at Venice, she walked away, realizing that sometimes, no matter how much you try, some connections just don't survive the silence between screens.

A Teacher's Life Amidst Coffee & Chaos

Jenneth S. Norcio

I walk in class, my coffee's cold,
My lesson plans? A sight to behold!
The markers lost, the Wi-Fi's dead,
Yet somehow, learning moves ahead.

"Ma'am, I'm done!" (But where's your
name?)

"Sir, I swear—it's not the same!"
Excuses fly, I nod and grin,
Another wild day shall now begin.

The bell rings loud, they rush away,
Their papers left in disarray.
I chase them down, they roll their eyes,
"Oops, my bad!" (No big surprise).

I teach them English, I teach them grace,
I teach them not to lose their place.
Yet here I stand, with love so true,
A teacher's heart in all I do.

I grade at night with eyes half-closed,
Their handwriting? A secret code.
But then I spot a heartfelt note,
"Thanks for all the love you wrote."

So through the chaos, mess, and strife,
I wouldn't trade this crazy life.
For every laugh and every cheer,
I know I'm right where I belong! —Right
here.

PIXELS OVER PRESENCE

By Ingrid Velasquez

We used to talk and laugh for
real,

But now it's messages we feel.
We text and chat, but lose the
touch,

The moments gone we miss so
much.

Screens are bright, but hearts
are cold,

We send our words, but don't
feel bold.

We're close yet far, with just
one click,

The real connection starts to
flick.

Through social posts, we
try to share,

But do we really stop and
care?

We reach each other every
day,

But is it real, or just okay?

So here's the thought I
want to say,

Are we still close, or lost
away?

With all this tech, are we
still true,

Or just stuck in what we
do?

BOUND BY BLOOD Divided by Distance

By Ingrid Velasquez

They care for others with warmth and grace,
Yet for their parents, there's little embrace.
In a stranger's arms, their hearts feel light,
But at home, their words ignite a fight.

Why does love have limits and choice?
Why silence the ones who first gave voice?
It shouldn't be this way—it's not what's right,
The ones who raised you deserve the light.

Before time fades and it's too late,
Show them love, don't hesitate.
For when they're gone, you'll wish to say,
"I should have loved them every day."



Behind the Broom

By Ingrid Velasquez



Mr. Louie, did you fix that chain ... ?

Yes. It was broken, someone might need it tomorrow.

That's alright. What matters is that it helps.

You do all these things, but no one seems to notice.

You don't need to be noticed to make a difference, Miguel.

Miguel observes Mr. Louie doing small acts of kindness around the school.

Mr. Louie, why do you do all this? It's like no one notices.

Miguel hands Mr. Louie a copy of the school paper.

I wrote about you, Mr. Louie. I hope it inspires others.

You didn't have to, but thank you, Miguel.

But don't you ever want people to thank you?

Helping others isn't about recognition, Miguel.

Students and teachers begin to notice Mr. Louie's work. A student waves at him in the hallway.

The school feels different lately.

Mr. Louie taught me that even small things can make a big difference.

Sometimes, the quietest helpers makes the biggest difference.



Against all the pressure

By Yezsha Nicole Manzanilla



The Nolascian volleyball team before their match with the Paezcians; Reggie G. De Guzman, Leonard James T. Acosta, Hanzen Millares, Kyle Aldrich Diamante, Nathan Solomon, King Santos, Carlo Capalungan, Karl Anthony Sevilla, Andrei Ian Natividad, Gerard N. Escobar, Anthony Garcia, and Andrey Cunanan

The Dr. Juan G. Nolasco High School (Nolascian) men's volleyball team clinched third place in the district after a hard-fought battle against Paezcians, winning with scores of 25-23 and 25-21.

King Santos emerged as the top scorer of the match, delivering an impressive performance with 2 serves, 4 spikes, and 7 blocks. Totaling 13 points. His dominance at the net was a key factor in Nolascian's victory.

Despite early struggles, the team showed resilience, following the advice of their coach, Roselyn Candidato, who reminded them, "Huwag kayong magpadala sa ingay ng mga

manonood, mag-focus lang kayo, kaya niyo yan" The match began with an intense rally, but an early defensive lapse allowed Paezcians to score first. Nolascian struggled with communication in the first set, leading to their initial loss. However, they bounced back in the second set, led by Hanezi Militar's powerful serve, which disrupted the opposing defense. Nathan Solomon and Anthony

Garcia combined for a well-executed overhand dig and kill, adding crucial points. Tension rose when Karl Anthony Sevilla unintentionally hit the ball with his thigh. However, he quickly redeemed himself with a well-timed joust at the net, earning another point for Nolascian. As the game neared its conclusion, Paezcians

attempted a comeback, but Soloman's leadership kept Nolascian's morale high. The team's determination pushed them to seal the victory and claim third place. Mrs. Francia Intal, a key supporter of the team, expressed her pride in their performance, stating, "Proud kami sa inyo dahil binuhos niyo lahat ng effort niyo. Ang laban na ito ay para sa atin. Ang matibay ay ang may silver na teamwork at tiwala sa sarili. Masaya ako sa inyo." Nolascian's success was a result of their dedication, continuous training, and commitment to improving their skills—even practicing on weekends. Their hard work paid off, securing them a well-deserved podium finish. This victory serves as a stepping stone for the team as they aim for an even stronger performance in future competitions.

Lightning on the Track

By Yezsha Nicole Manzanilla

The list of athletes and their achievements in different track and field events, including sprints hurdles, jumps, throws, relays, and walkathons. Many had secured top rankings. Notably, Franzcheska Locsin, qualified for Palarong Maynila after placing 1st in Longjump, Highjump, Triplejump.

BOYS

- ALAMRIO, JOHN BENEDICT
400M - 2ND
400M HURDLES - 2ND
110M HURDLES - 2ND
- ANORAN, KARL JACOB
WALKATHON - 1ST
- CABRAL, LUE GEE
3000M SC - 2ND
800M - 2ND
- DEL CARMEN, NATHAN
LONGJUMP - 2ND
HIGHJUMP - 2ND
- JAVIER, MARK NATHANIEL
SHOTPUT - 1ST
JAVELIN THROW - 1ST
- LEE, ISMAEL
1500M - 1ST
DISCUSTHROW - 1ST
- RAMOS, JASON JAMES
5000M - 1ST
3000M - 1ST

VILLENA, ROW EUGENE

- 100M - 2ND
- EVENT AND RANK (DISTRICT 1)**
- 400M - 1ST
- SHOTPUT - 2ND
- 1500M - 2ND
- TRIPLEJUMP - 2ND
- 100M - 1ST
- 800M - 1ST
- 3000M - 1ST
- 5000M - 1ST
- 4X100M RELAY - 1ST
- 4X400M RELAY - 1ST

GIRLS

- ALCANTARA, AALIYAH JOYCE
100M - 2ND
200M - 2ND
- ANISCO, SHANELLE ANNE
3000M - 2ND
800M - 2ND
- ARON, RASCHELLE
WALKATHON - 2ND
- DE GUZMAN, REGIN ALLAN MAXENE
SHOTPUT - 1ST
JAVELIN THROW - 2ND
- DEL CAMPO, MHICAN
DISCUSTHROW - 1ST
- JOSE, CHRISSEY MEY
100M - 1ST
200M - 1ST
- DUENEO, LESLY
1500M - 1ST
3000M - 1ST

LOCSIN, FRANZCHESKA

- PALARONG MAYNILA QUALIFIER)
- LONGJUMP - 1ST
- HIGHJUMP - 1ST
- TRIPLEJUMP - 1ST
- EVENT AND RANK (DISTRICT 1)**
- 100M - 1ST
- 200M - 1ST
- LONGJUMP - 2ND
- 400M - 1ST
- DISCUSTHROW - 1ST
- 1500M - 2ND
- 3000M - 1ST
- 4X100M RELAY - 1ST
- 4X400M RELAY - 1ST

Nolascian Miracle

By Yezsha Nicole Manzanilla

On November 20, 2024. The Dr. Juan G. Nolasco High School Table Tennis Team had an impressive showing at the tournament held at Gregorio Perfecto High School, securing two silver medals and one bronze.

Out of five players, only two did not win a medal, defying the odds and earning recognition for their performance.

The two silver medals were claimed by Rhodo Domin and

Daniel Sven T. Sulit, while the Bronze medal was claimed by James Alvin L. Magante. Their other two teammates meanwhile, Alex Dane A. Guevarra and Lorenzo M. Bolonias sadly failed to bring home a medal.





CHECKMATE STREAK! Nolasco Boys Humble Opponents to Bag Chess Tournament

Dr. Juan G Nolasco High School Boys Chess Team took home the District 1 Title with an undefeated record at the Antonio J. Villegas Vocational High School on December 2, 2024.

Despite tough competition, the DJGNHS Boys Chess Team had an immaculate Chess Tournament with a perfect record of 12/12 wins. All four members of the DJGNHS Boys Chess Team, John Benedict A. Almario, Alex M. Agustin, Ismael Lee Jr., and Jerwin U. Lee took first place on their respective boards with all of them having won all 3 rounds. In Board 1, John Benedict A. Almario (DJGNHS) became champion, John Paul Laurence A. Hose-na (Gregorio Perfecto High School) taking first runner-up, Marky, Hanap (Antonio J. Villegas Vocational High School) placed second runner-up, and Jayrold L. Rolando (Timoteo Paez High School) positioned as third runner-up. Similarly in Board 2, Alex M. Agustin (DJGNHS) seized first place, Adrian A. France (Gregorio Perfecto High School) captured first runner-up, Brent Jacob Caalim (Antonio J. Villegas Vocational High School) finished as second runner-up, while Joel Markus Dein J. Divino (Timoteo Paez High School) grabbed third runner-up.

ferent from the first 2 boards, similarly Ismael Lee Jr. a Nolascian Claimed Champion of Board 3, but the first runner-up goes to the chess player of Antonio J. Villegas High School which is Eluah Polison, the second runner-up goes to Christoffer D. Aquino (Gregorio Perfecto High School) and lastly Lj L. Golosinda of Timoteo Paez High School takes third runner-up.

Finally in Board 4 Jerwin U. Lee secured first place, with Xian Marcus Sorreda (Antonio J. Villegas Vocational High School), Andrei Phillip E. De Quiroz (Timoteo Paez High School) and Jiehan Ezhykiel L. Aldeguer (Gregorio Perfecto High School) finished first, second respectively.

Students were a bit surprised to learn that their school won the District 1 Chess Play Tournament not really expecting them to win the tournament.

This victory brought knowing vvvnoweam. Two players were chosen to play in the Palarong Maynila. They are John Benedict A. Almario from Board 1 and Jerwin U. Lee from Board 4. that they can win tournaments or place higher if they work hard for it. After this dominant perfor-

mance of the DJGNHS Boys Chess.

By Heisia Jhustine Trance



Close but Not Close Enough!

Nolasco Girls Chess Team Face Loss in District 1 Chess Play Tournament

DJGNHS Girls Chess Team face a sad loss in District 1 Chess Play Tournament, they got 5 points out of a possible 12 during the Tournament but they got outperformed by Timoteo Paez High School Girls Chess Team who got a perfect record of 12 wins.

Even though they only got 5 points they still finished as first runner-up in the tournament only behind Paez and ahead of Antonio J. Villegas Vocational High School by 2 points.

Unlike their male teammates. All four members of the DJGNHS Girls Chess Team, Gianne Kim T. Cabuang, Czarina Mae M. Libosada, Astra Kyleigh F. Razon, and Annika Tanasha F. Razon finished in various positions.

In Board 1, Michell Lee T. Ople (Timoteo Paez High School) seized first place, while Ma. Princess Joy Alota (Antonio J. Villegas Vocational High School), Gianne Kim T. Cabuang (DJGNHS) and Jhennie L. Torio (Gregorio Perfecto High School) finished as first, second and third runner-up respectively.

Next, in Board 2, Mikaela Jeremiah Manampad (Timoteo Paez High School) claimed first place, Jarah Jean Cabale (Antonio J. Villegas) took first runner-up, Angela Mae Gertos (Gregorio Perfecto High School) finished as second runner-up and lastly Czarina Mae M. Libosada (DJGNHS) got third runner-up.

During the Tournament Board 3 and Board 4 players of Antonio J. Villegas Vocational High School and Gregorio Perfecto High School weren't there.

Because of these two points were awarded automatically to Astra Kyleigh F. Razon, Trisha P. Macuja, Annika Tanasha F. Razon and Johnica Khaye T. Manansala.

Meanwhile in Board 3, Trisha P. Macuja from Timoteo Paez High School secured first place and Astra Kyleigh F. Razon got first runner-up.

And finally in Board 4 it was the same, Johnica Khaye T. Manansala finished as champion and Annika Tanasha F. Razon took first runner-up.

Because of this dominant victory, two Paez Chess Players were chosen to play in the Palarong Maynila.

SPORTS news

PRESIDENT MARCOS JR URGE DEPED TO CONTINUE SUPPORTING SPORTS DEVELOPMENT

By Yezsha Nicole Manzanilla

President Ferdinand Marcos Jr. urged the Department of Education (DepEd) and local government units (LGUs) to continue supporting sports development during the opening of the 2023 Palarong Pambansa in Marikina City.

He emphasized that sports not only build strength and agility but also develop character and discipline, expressing confidence that young athletes will bring glory to the nation.

Marcos encouraged LGUs to promote school participation in sports and inspire students to engage in physical activities. He also commended student-athletes, coaches, and trainers for their dedication, calling them role models of excellence and sportsmanship. He invited Filipinos to support the games, believing many participants will become future national athletes and leaders.

"Pres. Marcos call to allocate more budget and provide better equipment for athletes is a crucial move to nurture future world-class champions like Hidilyn Diaz, It emphasizes the need for strong government support to help athletes success on the international stage."

Delos Santos Althea S, Taekwondo, Grade 10

"Magiging masaya ang reaction ko kung maisasagawa ito para sa mga athlete dahil tulong ito para sa atheletes. Isa rin ito sa mga nagandang magiging proyekto ng DepEd para sa mga mag-aaral na athlete."

Daphnie Khoei F. Ortega, Sepak Takrawe, 10-Alcala

"Totoo na dapat suportahan ng lahat ng sport sa ating bansa, dahil ito ang hakbang para makilala ang atin bansa sa pinakamagaling at sa paglalaro"

Gerand Jan N. Escobar, Volleyball, 10-Alcala

"President Maroco's push to support filipino athletes with better budget and equipment, is a great step para makapag produce pa ng world-class champion."

Princess B. Mendoza, Badminton, 10-Alcala

More Opportunities Await E-Sports Gamers

By Yezsha Nicole Manzanilla

UAAP Esports Season 87 commissioner Monique Monasterio highlighted the long-term benefits for student-athletes as the tournament continues.

She emphasized that the competition opens more opportunities for esports players to enter their dream schools and build a path toward professional gaming.

Monasterio noted that once esports becomes an official varsity program in universities, players will gain access to perks such as scholarships. She believes this development will provide a more stable future for aspiring esports athletes.

With the growing recognition of esports, Monasterio sees the UAAP tournament as a stepping stone for young gamers, helping them balance academics and their passion for competitive gaming.

"Once esports becomes an official varsity program in universities, players will gain access to perks such as scholarships."



Source: Bria.home.com



NOLASCO WARHAWKS

By Yezsha Nicole Manzanilla

Nolasco Warhawks once again proved their dominance in Taekwondo, securing a total of eight medals in Celedonio Salvador Elementary School.

They achieved 2 golds and 6 silvers. At the recent district meet. The team showcased their determination and discipline, bringing pride to Dr. Juan G. Nolasco High School.

The leading charges for the Warhawks were Dexter Baña and Clailee Blanco, who both captured gold medals in Kyorugi. Jamie Valeriano, Althea Delossantos, Romarosehyn Fortaleza, Cherry Placides, and Clause Roy won silver in Kyorugi. Their one and only Poomsae Crisanta Castro, also won silver.

Their teacher and coaches appreciated their determination on bagging a medal for the school.

"We're so proud of them because all of their hard works have been paid off. Lahat din ng gastos nila naging worth it sa pagka panalo

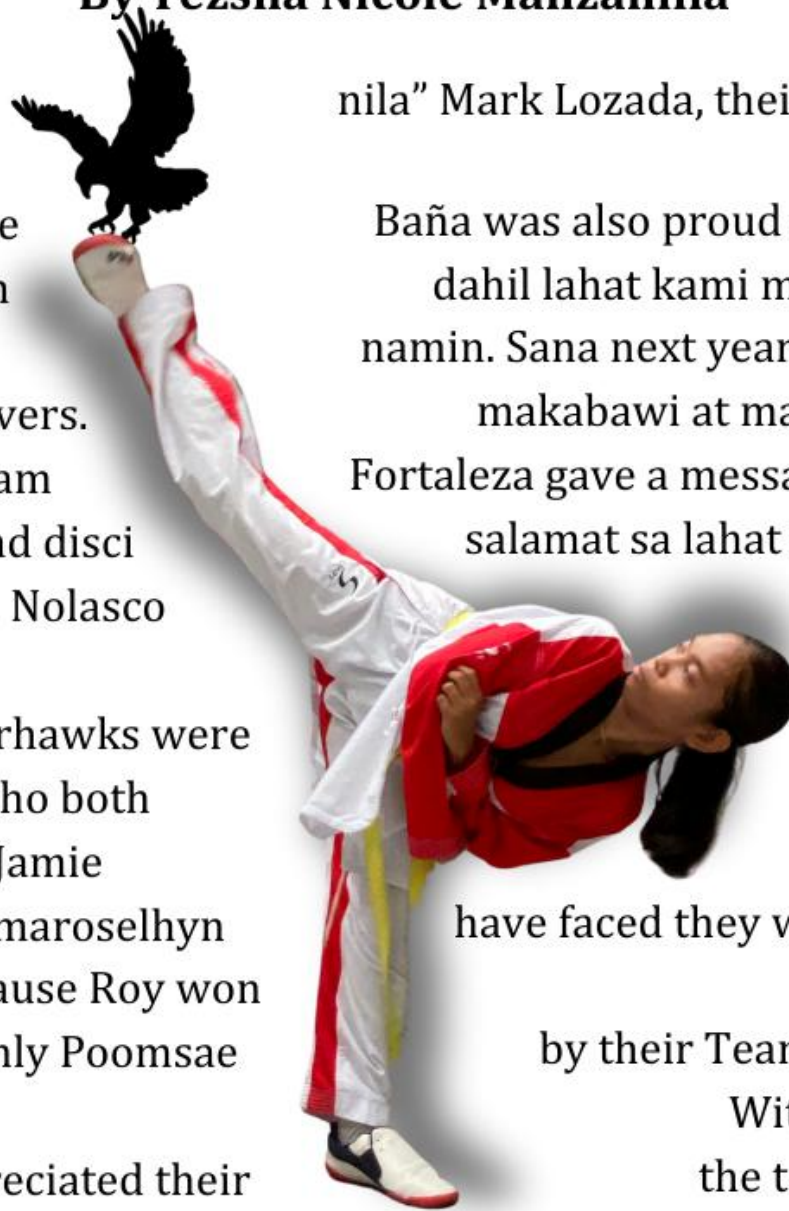
nila" Mark Lozada, their teacher expressing its gratitude towards his students.

Baña was also proud of his teammates. "Nakaka proud dahil lahat kami may medal at na achieve yung goal namin. Sana next year yung mga susunod na players ay makabawi at makapag uwi rin ng gold sa school" Fortaleza gave a message to her teammates. "Maraming salamat sa lahat ng naniwala saamin. Sana sa mga

susunod na batch ng players ay makapag uwi rin kayo ng medals at pag igihan pa para makapag laro rin sa regionals Despite all of the struggles they have faced they were determined to make it to the regionals as they are inspired


by their Team Captain who reached regionals.

With their impressive performance, the team has set their sights on future competitions, aiming to further elevate their game and bring more glory to Dr. Juan G. Nolasco High School. Their success serves as an inspiration to their fellow students, proving that with determination and commitment, great achievements are possible.



MEET THE TEAM

Behind the success of the Team captain, are the members of the whole team.



NAME: Lovie Cayabyab
GRADE & SECTION: 10 - 15
CATEGORY: flyweight
ACHIEVEMENT: Gold district - Gold Palarong Manila

**"Dream as big as you can dream, and anything is possible."
 - MICHASE PREEDS**

 <p>NAME: Cherry Placides GRADE & SECTION: 9 - 12 CATEGORY: Fin Weight ACHIEVEMENT: Silver District</p> <p style="text-align: center;">"The difference between the impossible and the possible lies in a man's determination."</p>	 <p>NAME: Crisanta Castro GRADE & SECTION: 10 - 3 CATEGORY: Poomsae ACHIEVEMENT: Silver District</p> <p style="text-align: center;">"The more you dream, the farther you get."</p>	 <p>NAME: Jamie Valeriano GRADE & SECTION: 10 - 5 CATEGORY: Welterweight ACHIEVEMENT: Silver District</p> <p style="text-align: center;">"Success is the sum of small efforts, repeated day in and day out"</p>	 <p>NAME: Roselhyn Fortaleza GRADE & SECTION: 9 - 4 CATEGORY: Lightweight ACHIEVEMENT: Silver District</p> <p style="text-align: center;">"When you fall, get right back up. Just keep going, keep pushing it."</p>
 <p>NAME: Clause Maine Roy GRADE & SECTION: 8 CATEGORY: Bantamweight ACHIEVEMENT: Silver District</p> <p style="text-align: center;">"DON'T PRACTICE UNTIL YOU GET IT RIGHT. PRACTICE UNTIL YOU CAN'T GET IT WRONG."</p>	 <p>NAME: Dexter Arnold Baña GRADE & SECTION: 10 - 3 CATEGORY: Heavyweight ACHIEVEMENT: Gold District</p> <p style="text-align: center;">"One man practicing sportsmanship is far better than a hundred teaching it."</p>	 <p>NAME: Clailee Blanco GRADE & SECTION: 9 - 7 CATEGORY: Featherweight ACHIEVEMENT: Gold District</p> <p style="text-align: center;">"If my mind can conceive it and my heart can believe it - then I can achieve it."</p>	

As Bang Gae says, "Teamwork makes the dream work." Nothing is impossible for a team that has the same vision and goals. If everyone works hard to attain their goals while exercising their passion, success will always come next. Kudos, Warhawks!